



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — June 2012

## Mississippi River Trail connector opens



**Riverdale Mayor Jack Franklin and Bettendorf Mayor Bob Gallagher open link in Mississippi River Trail.**

**By Anthony Watt**

**Courtesy of The Dispatch and Rock Island Argus**

Mississippi River Trail Inc. is all about connecting people to the river, and the Quad-Cities has a front-row seat. The group advocates a cohesive stretch of land along the edge of the river for walkers, hikers and bikers by linking riverfront trails from Minnesota to the Gulf of Mexico into a route called the Mississippi River Trail.

In the Quad-Cities, the trail would intersect with the American Discovery Trail that connects the eastern and western coasts of the United States.

The Mississippi River Trail would draw tourism from not only the United States, but other countries as well, according to Joe Taylor, president and CEO of the Quad Cities Convention & Visitors Bureau, and a member of the MRT board. "It will put us on the map," he said.

**MRT contd. page 3**

## Key Contacts

### Officers:

President - John Harrington (563) 940-6023 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)

Vice president - Denise Duethman (309) 721-7276 or [neuromanager910@yahoo.com](mailto:neuromanager910@yahoo.com)

Recording Secretary - Deb Mathias (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com)

Treasurer - Darlene Moritz (563) 386-3499 or [dmoritz@access.net](mailto:dmoritz@access.net)

Quad Cities Bicycle Club  
P.O. Box 3575  
Davenport, IA 52808  
[www.qcbc.org](http://www.qcbc.org)

### Board Members:

Terry Burke (309) 797-3790

Laurel Darren (309) 230-2484

Doug McDonald (563) 332-6774

Kevin Kraft [kkbluenote1@gmail.com](mailto:kkbluenote1@gmail.com)

Michael Hughes (563) 332-5605

Donnie Miller (309) 737-8270

Don Collins (563) 340-3476

Don Luth (563) 381-3750

Dave Thompson (309) 764-5030

**Key Contacts:** A complete listing of committee chairmen and key contacts is available on the club's website and in the front of the hard copy ride schedule and membership directory booklet.

**Mission Statement:** To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

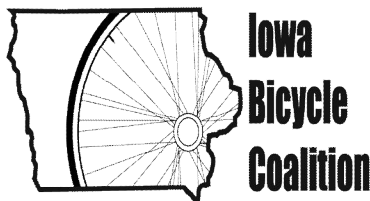
**Club Meetings:** Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to Jackie Chesser at [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) Free want ads are available for members. **Commercial ads are available at the following rates:** ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.

**Major Activities of the Club Include:** Tailwind Century in Spring and Fall, Spring Picnic, QC Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

**Benefits of Being a Club Member Include:** 12 issues of Pedalwheeling per year, annual membership Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

### Affiliated With:



[www.iowabicyclecoalition.org](http://www.iowabicyclecoalition.org)



[www.bikeleague.org](http://www.bikeleague.org)



[www.bikelib.org](http://www.bikelib.org)

## Health fairs draw crowds

By Charles Curry

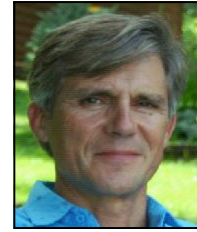
The May 10 health fair at Deere & Co Administration Center drew about 600 people. At the QCBC booth were Dean "Bareback" Mathias, Chuck Oestreich, and Charles Curry.

More than 500 kids attended St. Paul the Apostle Catholic School's health fair April 19 in Davenport. Tom Scott, Chuck Oestreich, Bareback Mathias and Charles Curry passed out information for the QCBC.



## Let's Ride!

John Harrington, QCBC president



Red winged black birds or mayflies. Pick your pest!

**Mississippi Riverfront Trail.** Bettendorf officials dedicated the new riverfront trail from Leach Park to Riverdale on May 18. Steve Grimes, Bettendorf Parks and Recreation Director and the cities of Bettendorf and Riverdale did a fantastic job on our new two-mile long trail.

Most of it is placed atop a levee with great views of the river, including a rest stop that extends over the levee towards the river. Terry Easton, executive director of the Mississippi River Trail Commission, gave our club a big "shout out" for our years of financial and activist support.

There are some residents of Riverdale upset that the trail intrudes on their privacy. My suggestion is that instead of writing letters to the editor or vocalizing our rights at town meetings, we just overwhelm them with kindness.

Just enjoy the trail, wave at the residents, pick up a piece of trash and enjoy your ride. They'll get used to us and may even join us one day as well.

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### MRT, contd. from page 1

The group began in 1999 when separate efforts to create unified Mississippi River trail systems combined to turn the riverfront into a "national treasured landscape," said Terry Easton, executive director of the group.

In recent years, the group has partnered with the U.S. National Park Service, U.S. Fish and Wildlife Service and the U.S. Army Corps of Engineers to incorporate dozens of parks, areas and preserves within 15 miles of the river into the trail system, often by highlighting them with signs, she said.

The group also is working with state and local entities to do the same with their parks and green spaces.

Mississippi River Trail Inc. is organizing system-wide events for people up and down the river, Ms. Easton said. The first, "Summer of Paddling," is planned this year, with the "Summer of Cycling" next year.

Ms. Easton hopes to hold one of the cycling events in the Quad-Cities and wants to find people and groups to partner with in that effort. "To me, your (trail) system right here in the Quad-Cities is one of the true jewels," she said.

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## RAGBRAI Charter Service

### By Dixon Novy

QCBC Preferred Charter Registration ended in February, but lottery TAG applicants can join our annual charter across Iowa. Paid reservations are being accepted from those who entered the lottery for RAGBRAI XL. Proof of registration through the Des Moines Register is required because you must have a lottery TAG. Click the RAGBRAI tab in the right hand ribbon at [www.qcbc.com](http://www.qcbc.com) for details and our "Charter Registration for Lottery TAG Holders" application.

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## Seeking pledges for Habitat 500 ride

### By Gordon Fordyce

I'll be riding my ninth consecutive Habitat 500, a 500-mile week-long pledged ride, in July. I need help to support our local Quad Cities Habitat for Humanity affiliate. All funds I raise will go toward building house 77 in Davenport this year. To pledge, contact me at (563) 322-6001, [gandkfordyce@mchsi.com](mailto:gandkfordyce@mchsi.com), or go to [www.habitat500.org](http://www.habitat500.org) and click the "donate" button for rider 49. All donations are tax deductible.

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## Ride the River volunteers needed

Volunteers are needed for the June 17 28<sup>th</sup> Ride the River, a family bicycle ride along the Iowa and Illinois Mississippi riverfront. People are needed to help with registration/packet pick-up; helmet sales; handling traffic cones; loading and unloading bikes; directing riders on the Arsenal or Illinois path; operating children's games in Moline; and cleanup. All volunteers receive a t-shirt. For information, visit [www.riveraction.org/volunteer](http://www.riveraction.org/volunteer)  
To volunteer online, visit [www.riveraction.org/node/109](http://www.riveraction.org/node/109) or call River Action at (563) 322-2969 or Ride the River at (563) 322-RIDE.



## Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

### A Tale of More Than Two Trails

Two brand-spankin' new bike bridges are set to be in place this summer, and we need to check them out.

One is over Duck Creek just about where Bettendorf joins Riverdale, close to where the creek meets the Mississippi. The other is across a slough of the Mississippi between Davenport's South Concord Street and Credit Island.

They link the two great river-edge trails that help make our area unique – the Mississippi River Trail and the Duck Creek Trail.

With these two bridges in place, it soon will be possible to make a big loop through the heart of Iowa's Quad-Cities communities. And that's exactly what Dixon Novy has planned.

He's an enthusiastic cyclist who heads up the Quad Cities Bicycle Club's RAGBARI hosting, and has taken the task of mapping out some day rides for this month's 10th annual Grand Illinois Trail And Parks (GITAP) bike tour.

The tour will camp two nights at Illiniwek Park, just north of Hampton, right on the banks of the Mississippi.

Dixon has come up with a nifty route that takes in both bridges, both trails—plus the short but exciting Sunderbruch Park trail—and some easy riding on a few streets to complete the loop.

Here's a preview of Dixon's Iowa route. Follow it for great Quad-Cities sights, history, nature, feelings, and fun.

Start at the Iowa side of the Government bridge and head east for 4.9 miles. Stop mid-point and get a mini-view of river traffic churning past Arsenal Island, the soaring I-74 bridge to the east, the venerable Government Bridge to the west, and classic river mansions and modern commercial and industrial businesses.

The new bridge over Duck Creek, supported by three massive pillars, leads - when final connections are made - to the eastern terminus of the Duck Creek trail. At its start, near the State Street underpass, is a small treasure – the only natural waterfall in the Quad Cities. Stop and enjoy its tranquility.

Then continue up a rise to a meandering ride through Devils Glen Park. Admire the cliffs that the creek has exposed and watch the swallows swoop.

Continue for 11.5 miles on perhaps the best amenity the Quad-Cities possesses. The Duck Creek path is a true treasure. Better than man-made entities such as the Figge Art Museum; commercial venues, such as big boxes stores; better than our superhighways.

This path quite simply makes us feel good, partly because we have to assess it through our own motion, partly because of its location amid a tranquil green river way in the heart of our cities, partly because it surrounds us with nature, and partly because of the continual stream of people using it for recreation and transportation. I think the Duck Creek path is the best public facility the Quad-Cities has to offer.

At its western end, you're off on some city streets for about 2.4 miles— Emeis Park Drive, Locust Street and Wisconsin Avenue, with lush suburban acres where you can see farms and horses. Then it's a short distance on Telegraph Road to the entrance to Sunderbruch Park.

Talk about tranquility. This park is its epitome. Its major 1.2 mile path leads you on a good, heavy-breathing climb up to a bluff ridge with a flat, prairie top. Soon, there's a downhill. Be careful. This hill is precipitous and switch-backed. It's a screamer. Keep those hands on the brakes and be prepared.

It stops at a series of bollards. Then use John Fell Drive to busy River Drive (Hwy 61) with the first stop light of the route. Go 0.7 miles on the wide shoulder of River Drive until it meets South Concord Street, where a right for 0.8 miles takes you over some railroad tracks to the new west bridge.

Once on the island, head east to the juncture with the Davenport Mississippi River path. This last segment of 5.5 miles will take you directly to your starting point, the Government Bridge.

If the west bridge isn't finished yet – look for its completion in mid-summer - continue on River Drive past South Concord to the entrance to Credit Island.

All in all, you've covered about 27.7 miles. It's been almost all on trails, mostly flat, and with constantly varying views and scenery. This route is about as good a way to really see the Iowa Quad=Cities as we have.

Some nice summer day, pedal it and enjoy one of our area's "best of times."

## This June in QCBC Bicycling History

By Joe Jamison

**Bicycling Trivia:** In 1931, Australian Hubert Opperman placed first in the 750-mile Paris Brest Paris despite intense competition from teams of Europeans. Following his astounding victory, it was discovered his only energy source for the entire event was celery.

**QCBC events from the past:**

**1972:** QCBC officers, in anticipation of the city's need to fund construction of bikeways, voted to escrow \$273 of the \$350 in its treasury to contribute when the time came.

**1982:** Jeff Cozad finishes first and Rick Paulos fourth in the Kilo at the Kenosha Wisconsin State Track Championships.

**1992:** Carter Lebeau finished his 2,448-mile tour of Route 66 celebrating the 66th year anniversary of the opening of the fabled highway as well as Lebeau's 66th birthday.

**1992:** Jan Sears, Pat Bolton, Eileen Wosoba and Karen Green reported completion of their 1992 "Women on Wheels" Tailwind Tour. They reminded readers that the only requirement for participation was to be female but bras are optional.

**2002:** After several years of sometimes contentious negotiations with landowners along River Drive in Davenport and Bettendorf, "the GAP" was closed. A celebration ceremony was held on June 1, 2002, and construction to eliminate interruption of this popular segment of the bike path authorized.

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Dr. Smith Answers Your  
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### What is Metatarsalgia?



The ball of your foot is where metatarsal bones end and toe bones begin. Sometimes, the pressure from tight shoes or high heels causes pain and inflammation, which is called metatarsalgia. The pressure on the base of your foot can also cause calluses to form.

"Shoes with very sleek and narrow construction often provide very little cushion and support for the foot," explains Dr. Smith. "The ball of the foot may become red and swollen and calluses can form on the bottom of your feet, making it painful to walk."

To sidestep this pain, wear shoes that aren't too tight across the ball of the foot. Look for thick padding in the soles. And if you experience pain and swelling in your feet, have them examined as soon as possible.

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# Miracles Can Happen ride to be held Sept. 1

**By Dick Grimm**

I hope when everyone plans all their great rides this year, they include the Sept. 1 Ride the Challenge, with great routes and awesome food at the sag stops.

We are making some changes this year. We're moving to a warmer date—Sep. 1 – the Saturday of Labor Day weekend. In an attempt to move away from the same weekend of college football and the QC Marathon, we are trying a new date.

We also hope that most of the routes will have new surfaces to ride on this year. Jim and Cathy will host their hard-to-pass-up, homemade breakfast before the ride. Last year, Hy-Vee provided pastries for sag stops and prepared sub sandwiches for the long distance riders. Then there are the after-ride "Root Beer Floats."

The routes go through a variety of towns with fall colors along the Wapsi river valley. There are four routes of 25-, 55-, 75-, and 100-miles, plus the flexibility to add or subtract miles as you choose.

We have four sag stops, five if you count that you go through Bennett twice on the long routes. We have really great sponsors that help fund the t-shirts available for early registrants, volunteers and ranch staff, plus the ranch boys.

This is the 7th year for the Challenge ride. The main goal of the ride is that everyone has a nice ride, and gets to meet Jim and Cathy Fry and the boys at the ranch, and hear about all the good things happening in the boys lives.

Miracles Can Happen Boys Ranch is a Christian home atmosphere designed to help troubled boys suffering personal problems in their lives. Fundraisers such as the Challenge ride are held to generate the funds to support the ranch. The ranch does not receive any government money, so most funds are raised through activities such as the Challenge ride and private donations.

The boys work registration, the breakfast and sag stops. Some talk freely and some are more reserved. But every year they never fail to be amazed at the fact that people will come out and pay to ride miles of hilly roads just to help them, and eat homemade cookies.

Most riders find that the boys enjoy meeting everyone. I have found that most times they just want someone to care about them and listen.

This year we again will be starting with a pre-ride breakfast of pancakes, eggs, bacon and sausage and whatever else Jim and Cathy fix. All prepared for the cost of a freewill donation.

Register for the ride online at [www.mchboys.com](http://www.mchboys.com) or download a form from the website. Registration is \$20 before Aug. 18 or \$25 after until the day of the ride. Early registrants will receive a free T-shirt.

Registrations and donations are tax deductible.

For more information, contact Dick Grimm at [rlgrimm@netexpress.net](mailto:rlgrimm@netexpress.net).

## Another Spring Tailwind in the books

**By Don Luth**

We had a great turnout of 75 riders for our spring tailwind.

We met at the Ben Butterworth Parkway bright and early and the buses took us to Sheridan, Ill. About 9:30 a.m., we started riding the 104 miles back.

Thanks to Dave Thompson, we had a new route to ride, which he marked very nicely. This route was straight and flat, which made many people very happy. As we left Sheridan, the sky was overcast, it was humid, and the temperature was around 60.

By noon, the sun was out and it had warmed up nicely. The winds gradually increased (guessing 10-12 mph) as the day went along.

The SAG stop was in Walnut, and again Janette Harrington did a great job getting the food and beverages for us. Special thanks to Denise Clark, who manned the SAG stop along with our other volunteer, Mike Winter.

Thanks to Craig Goettsch for hauling our bikes out and bringing back our blankets and bags. Thanks to Robin Rollins for transferring our blankets and bags to the storage trailer which Joe Jamison has so nicely loaned us for so many tailwinds. Be safe and keep riding and hope to see you on the fall tailwind which will be on Oct. 6.

The ride schedule was accurate at the time we published the newsletter.

Some rides may not have been submitted in time.

The QCBC website <http://qcbc.org/rides/> will have the most up-to-date schedule.

## June 2012—Ride Schedule

Jun 1	Family	Families with children ride - average <10 mph	<10 miles	6:00P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 2	Mid-paced	Saturday morning ride- Bike Path Century on Great River Trail to Savanna and back. Flat route with plenty of stops along the way easy to turn back where ever you like.	105 mi. 14-16 mph avg	8:00A M	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Dick Wolbers 563-332-9906
Jun 2	Mid-paced	Saturday morning joint club ride with BIC- Bicyclists of Iowa City. Amana to Marengo to Belle Plain. Beautiful rolling hills with bonus of returning to Millstream Brewery for BrewBBQ & the Blues. Live music, great food and cold drinks.	57 mi. 14-16 mph avg	10:00 AM	Millstream Brewery, Amana, IA	Todd Erickson 319-270-4969
Jun 3	Beginner	Beginners of all ages/abilities - trail/road rides - no drop	<25 miles	1:00P M	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins
Jun 3	Mid-paced	Sunday morning TOMRV training ride. Hilly route through Coal Valley, Orion and southern R.I. County.	45-50 mi. 14-16 mph avg	8:00A M	Airport Park south of airport off of 78th Ave.	Ken Urban 563-326-3427
Jun 5	Women-only	Tuesday after work, the ladies ride a couple hours then	25+ miles	5:30P M	East end of Ben Butterworth Park Moline	Kathy Ramp 309-738-8389
Jun 5	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St,	Donnie Miller 309-737-8270

**June 2012—Ride Schedule**

Jun 6	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Jun 7	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jun 8	Family	Families with children ride - average <10 mph	<10 miles	6:00P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 9	Mid-paced	Saturday morning ride- Riders' Choice route and mileage determined by participants (TOMRV weekend)	TBD 14-16 mph	8:00A M	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Riders' Choice
Jun 10	Beginner	Beginners of all ages/abilities - trail/road rides - no drop	<25 miles	1:00P M	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 10	Mid-paced	Sunday morning ride- Riders' Choice route and mileage determined by participants (TOMRV weekend)	TBD 14-16 mph	8:00A M	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Riders' Choice
Jun 12	Women-only	Tuesday after work, the ladies ride a couple hours then	25+ miles	5:30P M	East end of Ben Butterworth Park Moline	Kathy Ramp 309-738-8389
Jun 12	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jun 13	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499



**June 2012—Ride Schedule**

Jun 14	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jun 15	Family	Families with children ride - average <10 mph	<10 miles	6:00P M	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 16	Mid-paced	Saturday morning ride into Henry County. Take the lightly traveled back roads to Geneseo and beyond for breakfast.	45-50 mi. 14-16 mph avg	8:00A M	Colona Grade School, 700- 1st St., Colona, IL	TBD
Jun 17	Beginner	Beginners of all ages/abilities - trail/road rides - no drop	<25 miles	1:00P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 17	Mid-paced	Sunday morning Father's Day MRT Ride from Riverdale to Buffalo for pancake breakfast fundraiser. Watch website for more info.	TBD	8:00A M	Riverdale (location TBD- see website for more details)	Dean Mathias 309-787-6547
Jun 19	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30P M	East end of Ben Butterworth Park Moline	Kathy Ramp 309-738-8389
Jun 19	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jun 20	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

**June 2012—Ride Schedule**

Jun 21	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jun 22	Family	Families with children ride - average <10 mph	<10 miles	6:00P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 23	Mid-paced	Saturday morning- Metro Metric Century- explore the Quad Cities using 62 miles bike trails and routes.	62 mi. 14-16 mph avg	8:00A M	Wireless Center-Moline west parking lot	Dixon Novy 563-221-9093
Jun 24	Beginner	Beginners of all ages/abilities - trail/road rides - no drop	<25 miles	1:00P M	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 24	Mid-paced	Sunday morning ride- Northern Scott County loop on a mix of terrain.	45-50 mi. 14-16 mph avg	8:00A M	Crow Creek Park, Devils Glen Road, Bettendorf, IA	Michael Hughes 563-332-5605
Jun 26	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30P M	East end of Ben Butterworth Park Moline	Kathy Ramp 309-738-8389
Jun 26	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jun 27	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

**June 2012—Ride Schedule**

Jun 28	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jun 29	Family	Families with children ride - average <10 mph	<10 miles	6:00P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jun 30	Mid-paced	Saturday morning ride- Swinging Bridge Tour- see some new roads and sites in Muscatine County. Route goes through Wapello, Columbus Junction, Letts and other towns.	60-65 mi. 14-16 mph avg.	8:00A M	Muscatine river-front parking lot	Dave Thompson 309-764-5030

**July 2012—Ride Schedule**

Jul 1	Beginner	Beginners of all ages/abilities - trail/road rides - no drop	<25 miles	1:00P M	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Jul 1	Mid-paced	Sunday morning ride through southern Rock Island County. Rolling hills good training ride.	TBD	8:00A M	SW Rock Island Library, 9010 Ridgewood Rd	TBD
Jul 3	Race	Racing training at an average above 23mph	35+ miles	5:30P M	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Jul 3	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30P M	Call Kathy for start location	Kathy Ramp 309-738-8389
Jul 4	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499

## New members

<b>NewMember</b>	<b>CityState</b>	<b>Phone</b>
Chronister, Mak	Silvis, IL	day 309-236-3324 eve 309-793-1080
Eggers, Arthur , & Mary Beth	Rapids City, IL	day 309-236-1042 eve 309-496-9037
Fox, Michael	Cedar Falls, IA	319-266-5230
Haycraft, James	Moline, IL	day 309-782-9253 eve 309-749-9372
Ide, Larry	Monmouth, IL	day 309-536-0402
Jagers, Penny	Bettendorf, IA	day 309-944-7832 eve 563-468-7734
Kellen, Kelly	Moline, IL	563-355-5984
Martinek, Timothy	Marion, IA	day 319-377-8696 eve 319-389-8466
McKenzie, Chris , & Jaclyn	East Moline, IL	day 309-798-7115 eve 309-752-0802
Miller, Brian	Dixon, IL	day 815-288-9191 eve 815-973-3009
Randall, Stephen , & Elizabeth	Eldridge, IA	day 563-381-7882
Smith, Cynthia	Bettendorf, IA	563-210-6501
Smith, Greg , & Marcia	Richland Center, WI	608-475-2040
Verbeke, Jared	Geneseo, IL	day 217-552-3581

## QCBC Membership Totals

<b>Membership type</b>	<b># of memberships</b>	<b># of members</b>
<b>Comp</b>	<b>12</b>	<b>12</b>
<b>Couple</b>	<b>240</b>	<b>480</b>
<b>Family</b>	<b>126</b>	<b>418</b>
<b>Ind.</b>	<b>378</b>	<b>378</b>
<b>Life</b>	<b>3</b>	<b>5</b>
<b>Grand total</b>	<b>759</b>	<b>1,300</b>

### Ride scenic Colorado charity ride on Sept. 8

The Ride Westcliffe 4th annual Charity Ride will be held Sept. 8 in southern Colorado between the towering Sangre DeCristo Mountain range (14,000 feet) and the lush wet mountains.

The ride has four options—a Century with 10,500 feet in elevation gain, a metric century with 8,500 evg, the New Guys Ride (25 Miles) with 1,500 evg, and a family ride of eight miles with 250 feet evg.

The entry includes a pasta feed, shower, pool and sauna, free concert, t-shirt, full support, five rest areas and a goody bag.

This is Westcliffe's 125th anniversary and merchant and dining discounts are available. Group discounts are available for 10 or more riders. See details at [www.ridewestcliffe.com](http://www.ridewestcliffe.com).

### QCBC member want ad

**Wanted to buy:** double bugger in good condition. Call Jerry at (563) 324-6640.

# Quad Cities Bicycle Club Membership Application

(Please print legibly using only BLACK ink. Fill in all blanks.)

New Application  
 Renewal Application  
 Date of Application (mm/dd/year) \_\_\_\_\_ Gender M/F Applicant Birthdate (mm/dd/year) \_\_\_\_\_

Membership Type  Individual \$20/Year  Couple \$20/Year  
 Family \$20/Year  Sponsor \$40/Year

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
 (Including Area Code) (Please carefully print current e-mail address)

**Please Note!** The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter and our Membership Directory (e-mail address also included). We have found that this encourages existing members to welcome new members into the club. If you prefer that this info not be listed in the hard copy and online copy of the newsletter, and the Member Directory, please indicate here:

**NO** I do not want my info in the hard copy & on-line version of the newsletter  **NO** I do not want my info in the Member Directory  
 Members normally get e-mail notification when the monthly newsletter is available on the web site.  
 If you prefer your newsletter be mailed by the US Postal Service, please indicate this here:  **YES** Please mail the newsletter to me via USPS

**Memberships in other Organizations:**  League of American Bicyclists  League of Illinois Bicyclists  Iowa Bicycle Coalition  
 International Mountain Bicycling Assoc  USA Cycling  American Bicycle Racing  Adventure Cycling Assoc  Bikes Belong  
 USA Triathlon  Rails-To-Trails Conservancy  Thunderhead Alliance  Double "I" Cycling Experience  Friends of Off Road Cycling  
 Cornbelt Running Club  Velo Sport Davenport  Other (please list here) \_\_\_\_\_

Family Members *	Birth Date	M/F	Riding Interests	I Can Help With:
			<input type="checkbox"/> Camping	<input type="checkbox"/> Advocacy <input type="checkbox"/> QC Triathlon
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Annual Awards Dinner <input type="checkbox"/> Packet Stuffing
			<input type="checkbox"/> Cyclocross	<input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Race Events
			<input type="checkbox"/> Duathlons	<input type="checkbox"/> Computer Work <input type="checkbox"/> RAGBRAI
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Du-State-Du <input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Health/Fitness Fairs <input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Racing/Training	<input type="checkbox"/> Heartland Century <input type="checkbox"/> Safety/Educate
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> Membership <input type="checkbox"/> Spring Picnic
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Newsletter <input type="checkbox"/> Tailwind Rides
			<input type="checkbox"/> Touring	<input type="checkbox"/> QC Criterium <input type="checkbox"/> TOMRV
			<input type="checkbox"/> Triathlons	<input type="checkbox"/> QC Marathon <input type="checkbox"/> Volunteering

\* Single adult children up to 22 years old, still using their parent's address as their primary address, may continue on their parent's membership.

**Waiver, Consent and Release of Liability WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS ORGANIZATION AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.**  
**Admission of Risk and Liability Release:** In submitting this application, I acknowledge that I am assuming risks, and agreeing to indemnify, not to sue and release from liability Quad Cities Bicycle Club (QCBC) its officers, board of directors, members and volunteers, in the case of any accident, injury, or damage of any kind. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all QCBC rides safe as possible by wearing a helmet and obeying applicable traffic laws. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others.

**FOR MINORS:** Parent or Guardian must agree to this waiver:  
 I am the parent or guardian of the above listed Applicant, and assure QCBC that the facts and responsibilities listed above concerning my child or ward are true. By signing this form I am giving my permission for my child or ward to participate in QCBC rides, events and activities. I agree to the terms of the above listed Admission of Risk and Liability Release whose terms bind me, my child, my heirs, legal representatives and assignees. For my children not considered adequately competent to ride on city streets, county roads, state highways, shared paths, I will accompany them on club rides. If you are older than thirteen, but not yet eighteen or you are incapacitated and/or mentally challenged, please have a parent or legal guardian note their acceptance of the terms of registration by providing their initials where indicated below. If you are at least eighteen, please enter your own initials where indicated below. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. I have read, understood, and accept the agreement above. My submission of this form shall act as my legal signature.

Initials of: \_\_\_\_\_ registrant if over 18 years of age; or parent/legal guardian of minor, incapacitated, or mentally challenged person.

## Liability Release - Signature Required

Individual Membership (self) \_\_\_\_\_ Date \_\_\_\_\_  
 Couple/Family Membership (self) \_\_\_\_\_ Date \_\_\_\_\_  
 Couple/Family Membership (spouse) \_\_\_\_\_ Date \_\_\_\_\_  
 Parent/Guardian for Child <18 \_\_\_\_\_ Date \_\_\_\_\_

Please make all checks payable to: Quad Cities Bicycle Club  
 Please mail completed form to: QCBC, Attn: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter via e-mail, unless otherwise noted. Please visit our web site for a listing of club rides and other events at: <http://www.qcbc.org>

Revised 9/13/10 dlm

Quad Cities Bicycle Club  
P.O. Box 3575  
Davenport, IA 52808

Presorted Standard  
US Postage Paid  
Permit No. 3006  
Davenport, Iowa

RETURN SERVICE  
REQUESTED

## QCBC—one of 10 biggest bicycle clubs in the U.S.

### COMING EVENTS

June 9 & 10 — TOMRV  
June 17—Ride the River (page 3)  
Sept. 1—Miracles Can Happen Ride (page 6)



**ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**