



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — July 2013



More Criterium
and TOMRV
(left) photos by
Ken Urban on
pages

Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com

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

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

Treasurer - Darlene Moritz (563) 386-3499 or dmoritz@access.net

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

Board Members:

Terry Burke (309) 797-3790

Doug McDonald (563) 332-6774

Don Flynn (563) 340-9959

Mike Terry (309) 738-3409

Don Luth (563) 381-3750

Bruce Grell (563) 332-5145

Leonard Jefferson III (563) 209-7715

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.

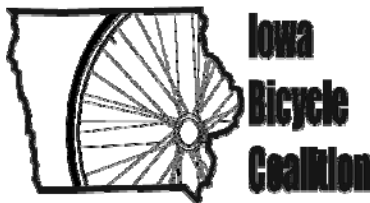
Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October. For program information, call Denise Duethman at (309) 721-7276

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please limit your article to 1 page in length. Email it to Jackie Chesser at 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. Email ad requests to club treasurer Darlene Moritz at dmoritz@access.net. After working out payment with her, mail payment to the club treasurer at the address in the box in the upper right hand corner.

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, discounts at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.



www.iowabicyclecoalition.org



www.bikeleague.org



www.bikelib.org

Iowa IDOT launches interactive bike map

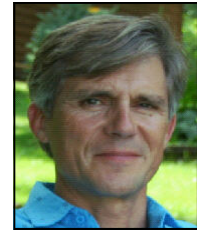
Have you ever looked at Google Maps and wished there was some more information on bike trails, parking, retailers, water and bathrooms? The Iowa DOT has created an online map showing all of the paved shoulders, bike lanes, and trails. You can enter your route, and it will plot out on their website.

iowadot.gov/iowabikes/bikemap/home.html



Let's Ride!

John Harrington, QCBC president



The red-winged black birds are winning...

Quad Cities Criterium News: Race director Donnie Miller has decided to retire after seven years managing this event.

On behalf of the Quad Cities Bicycle Club I thank Donnie for his unmatched enthusiasm, hard work and dedication to managing one of the best and longest standing races in the country.

The QCBC will continue the Criterium. We wish Donnie great success in his next challenges.

Terry Burke also has decided to retire from the Quad Cities Criterium. He has been race director for more than 20 years and actively involved in its management for 41 of the 48 years of its existence. With more than four decades of experience, I am glad that Terry will continue to assist as an advisor as we transition to new leadership.

The 48th running of the Quad Cities Criterium was exciting as always. With nearly 500 racers checking

and re-checking their smart phones, the weather was far better than the weatherman predicted. Donnie and his 250 volunteers once again held one of the nation's oldest and one of the most fan-friendly races on the race calendar.

TOMRV 36: What a fantastic event as always. Many thanks to Doug Truesdell and his volunteers for everything. Each year I hear from fellow riders that TOMRV runs like clockwork. And it does. I already have TOMRV on my calendar for June 7 and 8, 2014. It's not too soon to start training for those hills.

Ride for Wounded Warrior Project: Starting in Anacortes, Washi. on June 1, Mary and Arnie Kundel are riding their bikes across the USA to raise \$20,000 for the Wounded Warrior Project. Their daily blog is well worth your time. It's filled with bicycling stories, humor and recollections about good folks willing to lend support along the way. Check it out at bikingforourheroes.simplesite.com.



Mary and Arnie Kundel

Seeking volunteers to ride with Friendship Force guests

By Vivian Norton

Twenty members of Friendship Force International will be in the Quad-Cities to tour our bike trails in September. Cyclists are coming from the east and west coasts, the south, Wisconsin and Canada. They will be staying with QC Friendship Force members.

Friendship Force members would appreciate QCBC Club members taking the visitors on our wonderful bike trails. At the same time, QCBC members may learn about cycling in other areas of the country and Canada.

The schedule is:

- Sept. 9: Start at 10:30 a.m. from Leach Park, ride to LeClaire then start back to Leach Park at 2:30 p.m.
- Sept. 10: Start at 9 a.m. from Port Byron ride to Albany for lunch then ride back to Empire Park on the border of East Moline and Hampton.
- Sept. 12: Start at 9 a.m. from Port Byron and ride to the John Deere Commons for a tour and lunch, then back to Port Byron. (Lunch will be provided for ride leaders and sweeps.)
- Sept. 13: Start at 9 a.m. from Leach Park and ride to Nahant Marsh for a talk, then ride to Buffalo for lunch then back to Leach Park.

There will be two ride levels so two leaders and two sweeps will be needed for each of the four days.

If you will be available any of the above dates to lead or sweep a ride, contact Vivian Norton at 563-355-1899 or vjoan@q.com or Kathleen Doyle at 309-234-5921 or ckdoyle2@frontier.com.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

It's happening all over the country, particularly in more progressive cities. Bicyclists are becoming urbanized and going against many clichés bicycling once held to be gospel. In clothes, accessories, even bikes, a quiet revolution is taking place.

"It's refreshing to see people biking and wearing anything they want," says Lisa Austin of Minneapolis, who even wears skirts and heels at times. The chic bikes for getting around the city are not the multi-speed racer, but the hybrid or path and pavement bike. Going to a bar, restaurant, or the office in unflattering spandex and clickety-clack cycling shoes is passe.

The call for speed, racing, and working out on a bike is being replaced by moderation, comfort, and having fun.

A few months ago, I wrote about an in-your-face book about bicycling habits called "Let's Ride." Author Grant Peterson's viewpoint is that biking should be fun, not work, and that many aspects of bike racing take the fun from it. Much of what he has to say is a reflection of this new attitude to biking.

I mentioned the author's skepticism about clip-in pedals, but he has many more uncommon views. Here's a bunch of them. Some may think they are heresy, while others may think "You know, that just might be true."

- Don't count miles; count minutes, days, elevations, scenery. In a word: count fun.
- Gears – the most anyone needs is eight.
- No ride is too short; many rides are too long. Four hours is plenty, just about the max.
- Easy pedaling means good thinking time.
- When it's raining, wear a poncho.
- It hasn't been proven that paths are more dangerous than roads. But at least they don't have drunks. Also, racers shouldn't use paths.
- Helmets are good, but the V shape of most biking helmets can cause a neck jerk if you hit the pavement. Round helmets are better.
- Use reflectors, big ones. Use reflective tape everywhere. Be visible.
- Bike lights are useful for seeing, not to be seen. Use head or helmet-mounted ones that can direct light to where it's needed. They also are very useful in an accident.
- Don't use blinking lights. Drivers are attracted to them and sometimes get too close.
- Riding is a lousy all-around exercise. It's good for the legs, but not everywhere else.
- Riding hard burns calories, but it makes you eat more.
- Don't carb load. It makes you fat.
- Drink when you're thirsty, not before.
- Saddles don't cause impotence, but too much stress down there from racing or riding long distances can more easily bring about the problem.
- Leather saddles aren't that great; modern plastic ones are better.
- Use bike mounted bags, not backpacks.
- Use fenders, even duct-taped ones.
- Use kickstands.
- Gloves are the least necessary accessory.
- Beausage is good. What is it? It's beauty caused by usage. That old clunker can be a pretty sight.
- Light bike weight is more about racing psychology than realistic common usage.
- Heavier tires give more protection from damage and flats.
- Steel is the oldest, heaviest, and cheapest bike material, but it's also the toughest, safest, most repairable, most durable and, according to the author, most beautiful. Aluminum, titanium, carbon fiber, bamboo, and wood all have problems.

As you can see, "Let's Ride" is an upsetting book. But in the finely finished, highly polished world of biking, it's a fresh look – perhaps a needed one - but definitely one that reflects a changing bicycle world.

This July in QCBC bicycling history

By Joe Jamison

Bicycling trivia:

Many bicyclists are anal about miles. Dave Parker's "Big Dog" website allows riders to log their daily rides. The record for most miles in one year by any Big Dog is Kurt Searvogel's 27,583 miles, submitted in 2011. But Kurt's record pales in comparison with Englander Tommy Godwin's 75,065 set in 1939. That averages out to a double century every day. Remarkable when considering it took Godwin several weeks to relearn how to walk at the end of the year he set the record.

Quote from the past:

"I thought of that while riding my bike." - Albert Einstein, on the theory of relativity.

QCBC events/happenings from the past:

- **1973:** After having no race in 1971 and 1972, Jim Crue of Chicago wins the Men's Overall at the Moline Criterium.

- **1983:** The club celebrated the 10th anniversary of its first "Mississippi Valley Century," accepted as the precursor of TOMRV. That 1973 century drew 175 riders and was the largest club event in its history up to that point.

- **1993:** The newsletter that month carried the first installment of the Amarillo, Tex. to Davenport, Iowa tour by Carter LeBeau and Marv Collentine. Carter said touring with Marv was among his most enjoyable.

- **2003:** The Quad Cities Criterium took a major step toward racing hierarchy by being recognized as a ranked national caliber Criterium by the USCF.

Rain dampens Randonneurs brevet

By Joe Jamison

Conditions for the May 300K brevet from Eldridge, Iowa, to Nichols, Iowa, and back appeared better than for the April 200K event, although a chance of rain and wind were in the forecast. But temperatures were expected to reach the low 60s.

Three riders registered for the 300K option and four for the 200K. All left the motel together, but within five miles, the 300K riders eased away from the others with a couple of the 200K riders eventually filling in the middle ground forming two groups of two and one of three.

There was a tailwind for the early miles, but at about mile 20, it rained, with spray from the road and a 20mph wind sending the rain under outer garments, creating a chill that would prove to be the bane of the 200K riders.

Everyone checked through the Wilton, Iowa, control at mile 40 and continued toward the control at Nichols, but by mile 40, with 10 miles to go before reaching Nichols, it was clear their ride would end there.

A call was made to the organizers to pick up the 200K riders in Nichols, ending their day half way through the planned 200K.

Meanwhile, the 300K riders, all QCBC members, continued toward Morning Sun, which was the turnaround control at mile 90. This section between Nichols and Morning Sun was the most challenging 32 miles of the day because of 20-plus mile head winds and driving rain. After a brief break to warm up, they resumed the slog back toward Nichols, Wilton and eventually Eldridge.

Matt Levy and Greg Smith rode together all day and finished their 189 challenge at 7:40 p.m. Wayne Hanno, again riding his single-speed and riding solo, finished at 8:20 p.m. It was a remarkable effort by the three men.

Club members volunteer at area health fairs

By Charles Curry

Several hundred students and some parents received bike safety educational materials and demonstrations of proper helmet wear and arm turn signals at the St Paul the Apostle Health and Wellness Fair in Davenport May 2. Promoting QCBC and the local cycling scene were Dean 'Bareback' Mathias, Chuck Oestreich, and Tom Scott.

The Genesis Occupational Health/MidAmerican Energy Total Health and Wellness Expo was held May 14 at the Davenport Radisson. Representing the QCBC and promoting local cycling were Steve Geering, Dean 'Bareback' Mathias, Gordon Fordyce, and Charles Curry.

QCBC Utopian four club ride

By Ken Urban

On June 1, the QCBC hosted riders from Muscatine, Iowa City and Clinton bike clubs on a scenic ride from Geneseo to historic Bishop Hill. About 60 riders showed up despite questionable dark skies at the start. We passed through Cambridge and stopped at Andover for a break.

The town was holding a celebration in the park and made the stop extra festive. The group fought strong south-west winds throughout the day over many rolling hills on back roads of Henry County. The large wind turbines in the region were staying busy in the breeze and were interesting to see up close.

Everyone had an appetite built up by the time we reached Bishop Hill and filled up on the great offerings at the bakery and restaurants. It was the first time most of the guest riders and many QCBC members had visited the village. Heading north back to Geneseo, the riders finally were able to have the wind on their backs.

Over the 55-mile route, we encountered about 15 cars. If anybody wants to retrace or ride the route, it's posted on Map My Ride: <http://www.mapmyride.com/routes/fullscreen/199361554/>. Thank you to everyone that came out and helped make the ride a success.



Participating in the Utopian Ride were, from left, Ricardo Cabello, Alex Fernandez, Steve Slininger, Tom Moser, Mike Terry, Pam Davis and Randy Buikeme.

Princeton 5-K raises money for trails

The Princeton Days 5-K Walk/Run will be held at 7 p.m. Friday, Aug. 23, in downtown Princeton, Iowa. Pre-registration (postmarked on or before Aug. 19) is \$20 and includes a t-shirt. Race day registration is \$25 (shirt subject to availability) Proceeds will go towards at trail fund. For more information, email Branden Craig at bmcraig84@gmail.com (309) 463-2505.

Another successful WOW ride

By Jan Sears

Sunday, May 12

WOW riders Gail Overbeck, Pat Bolton, Pegi Langan and Jan Sears left Pat's house in Davenport at 7:30 a.m. with a cold 39 degrees and northwest winds.

After crossing the Mississippi, we took the Moline bike path to Rapids City and Brother's restaurant for a great breakfast.

We worked our way to Colona, then took the Osco blacktop on to Cambridge for a short break. We followed Route 82 south and then the county road to Kewanee for a stay at the AmericInn.

Dinner was at the New China Restaurant. We rode 73 miles and saw baby geese, beautiful flowering trees and had a great tailwind.

Monday, May 13

We weren't real happy with the AmericInn because their hot tub was broken and they ran out of waffle batter. The day started at 38 degrees, but warmed quickly. We took all county roads through Osceola, Wyonet, Walnut (lunch at Walnut Cafe), Harmon and stopped in Dixon for the night. During most of the day, we were on the Galena Trail and Coach Road which was very scenic with lots of hills. We stopped at the Comfort Inn for the night, with dinner at the Pizza Hut. We did 71 miles that day.

Tuesday, May 14

The day started with a warmer 55 degrees. We had a nice breakfast at the Comfort Inn and were cycling by 7:30 a.m. The south wind took us north on Route 26 through Polo and Forreston. We followed the Baileyville Road to Freeport and lunch. Back on route 26 through Cedarville and Orangeville where we picked up the Jane Addams bike path. We were so desperate to get out of the heat (85 degrees) and hills that we took a packed dirt and gravel path into Monroe, Wis. It was 90 degrees when we arrived at the AmericInn and we were glad to be done for the day. Dinner was next door at the Laughing Trout. Very nice. That day's total was 62 miles.

Wednesday, May 15

After a bountiful breakfast at the AmericInn, we headed east on routes 81 and 11 with a strong west wind. Then we continued on 81 and headed south on county T into Illinois and Durand for a break. We had a very strong north wind that pushed us up the many hills into Pecatonica for lunch. Enroute to Pecatonica, we had our first ever camel sighting on WOW. He was just sitting on a big sand pile enjoying the day.

More hills after lunch took us to Route 72, then Route 2 south to Oregon, Ill. This stretch of Route 2 along the Rock River with a new six foot shoulder was beautiful. The Paddle Wheel Inn on the Rock River just north of Oregon was home for the night. The gourmet meal next door at the BlackHawk Steak Pit was excellent and the best meal of the trip. We did 64 miles.

Thursday, May 16

Because of a lack of winds, we decided to do a short day to Dixon. The older I get, the more my rules for WOW are flexible. We can now average our miles to get our 5 metric centuries and we can use our banked miles from past years. So we did average 5 metric centuries again this year. We were blessed with great weather (no rain), good friends, decent roads and no flat tires. A big thanks to Tom Bolton for picking us up in Dixon.



From left are Pegi Langan, Jan Sears, Pat Bolton and Gail Overbeck

Ride the Challenge on Aug. 17

By Dick Grimm

The annual Ride The Challenge Ride to help the Miracles Can Happen Boys Ranch in Wilton, Iowa, will be held Aug. 17.

If you have ridden it before, we hope you will be back to ride on our new date. This year, we have moved the Challenge to Aug. 17, to catch the warmer weather and hopefully fairer skies. We also are trying to avoid as many conflicting activities as possible. With the route roads resurfaced last year, the routes should be better and smoother to ride.

The routes go through a variety of towns heading towards the Wapsi River valley. There are four main routes of 25-, 55-, 75-, and 100-miles plus the flexibility to adjust route lengths as needed. We also have four sag stops along the routes with plenty of Hy Vee pastries and sub sandwiches for the longer routes.

With the pastries, pies and cakes that were donated, a rider could easily finish on a sugar high.

This year, we again will start with a homemade breakfast prepared by Jim and Cathy Fry, with the help of the ranch staff and the young men of the ranch. We also will have after-ride root beer floats with pie and cakes available with a tax deductible "Love" donation.

The Miracles Can Happen Boys Ranch is a Christian Home atmosphere designed to help troubled boys suffering personal problems in their lives. The ranch doesn't receive any government aid, so it's through donations and fundraisers like the ride that they generate money to handle the costs associated with taking care of the young men.

Riders can register online, or download a registration form at the ranch website: www.mchboys.com. The cost is \$20 for those who register by Aug. 3, or \$25 after Aug. 3 until the day of the ride. Early registrants will receive a free t-shirt. Registrations and all donations are tax deductible.

For more information, check the ran website or contact Dick Grimm at rlgrimm@netexpress.net or 563-445-7797.



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Dr. Smith Answers Your Foot Pain Questions. What are Flat Feet?

The arch of the foot supports the entire foot, and therefore your entire weight. When the arch begins to fall from age, arthritis, overuse or trauma, flat feet can be the result. Over time, the foot can become more stressed because of the lack of arching. This can result in other common foot problems, such as hammertoes and heel spurs.

If left unchecked, flat feet can cause misalignment and discomfort in other joints and in the lower back. When addressed early on, nonsurgical treatment can prevent pain.

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Pedalwheeling • July 2013

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.

July 2013—Ride Schedule

Jul 02	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Jul 03	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 06	Endurance	Choose either a 200K from Eldridge to Nichols, IA & return, or The 300K from Eldridge-Nichols-Morning Sun & return, or The 400K which follows the 300K on to West Point, IA & back, or The 600K which follows the 400K on to Bloomfield, IA & back.	Brevet 200, 300, 400, 600K	6:00AM	Sleep Inn, Eldridge, IA	Joe Jamison j-jamison@sbcglobal.net
Jul 06	Mid-paced	Saturday morning ride- Ride the hills to Blue Grass for pancakes at American Legion Hall.	40-45 miles	8:00AM	Emeis Golf Course parking lot, Davenport	Ken Urban 563-343-9118
Jul 07	Mid-paced	Sunday morning ride- Riders Choice Route to be determined by riders.	TBD	8:00AM	Colona Grade School, 700-1st St., Colona	Riders Choice
Jul 09	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Jul 10	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 13	Mid-paced	Saturday morning ride- RAGBRAI training ride to Wilton. Great refueling stops at historic Candy Kitchen or Wilton CafE. Return on last leg of 2011 RAGBRAI route.	74 miles	8:00AM	Modern Woodman Park parking lot west of Centennial Bridge on Davenport riverfront.	Dixon Novy 563-221-9093
Jul 14	Mid-paced	Sunday morning ride- Ride the rollers to Woodhull Another great RAGBRAI warm up!	65 miles	8:00AM	Milan Community Center, Camden Park, Hwy. 67, Milan	Deb & Dean Mathias 309-787-6547
Jul 16	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Jul 17	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 20	Mid-paced	Saturday morning ride- explore western Scott County & beyond.	50-55 miles	8:00AM	West Lake Park, Gate 1, Davenport	Steve Geering 563-381-3619
Jul 21	Mid-paced	Sunday morning ride- southern Rock Island County ramble	45-50 miles	8:00AM	Milan Community Center, Camden Park, Hwy. 67, Milan	Jim Hudson 309-756-0953
Jul 23	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Jul 24	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 27	Mid-paced	Saturday morning ride- NE Scott County, retrace some of the TOMRV route. Stop for break in McCausland.	45-50 miles	8:00AM	Crow Creek Park, Devils Glen Road, Bettendorf	Dave Keally 309-948-1730
Jul 28	Mid-paced	Sunday morning ride- ride over the bluffs and make a loop through Erie and beyond.	45-50 miles	8:00AM	Rapid City boat launch parking lot	TBD
Jul 30	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Jul 31	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Aug 06	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Aug 07	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardees, 425 55th St. Moline	Darlene Moritz 563-386-3499
Aug 13	Women-	Tuesday after work, the ladies ride a	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Aug 14	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardees, 425 55th St. Moline	Darlene Moritz 563-386-3499
Aug 17	Mid-paced	Miracles Can Happen Challenge Ride	Multiple Distances	7:00AM	Wilton, IA	Dick Grimm 563-445-7797

New members

Colon, Jose	East Moline, IL	day 309-269-9028
Freelove, Scott	East Moline, IL	day 309-278-3518 eve 309-278-3518
Jerson, Mark	Bettendorf, IA	day 563-370-3862
Looman, Mark	Bettendorf, IA	day 563-529-1063 eve 563-514-2571

QCBC Membership Totals

Membership type	# of memberships	# of members
Comp	12	12
Couple	218	436
Family	123	397
Ind.	358	358
Life	3	5
Grand total	714	1,208

Sign up for the July 20 Z Tour Bike Ride

The Z Tour Bike Ride will be held Saturday, July 20, starting from Zearing Park in Princeton, Ill. It will benefit the Zearing Child Enrichment Center.

Riders will have a choice of a 10-, 29-, 40-, 50-, 62- or 100-mile ride on specified routes throughout Bureau County.

The Z Tour Bike Ride will feature themed refreshment stops, mobile emergency first aid, water, air, and bike transportation. At the end of the ride, each rider will enjoy a free lunch at Zearing Park. A limited quantity of Z Tour Bike Ride dri-fit sport t-shirts, commemorative ride jerseys and cycling socks will be available for purchase.

Organizers hope for at least 400 cyclists riding what they call some of the best cycling and low traffic roads in Illinois.

All proceeds will benefit the Zearing Child Enrichment Center, a premier not-for-profit early childhood education facility for children from 6 weeks to 12 years old, serving Princeton and surrounding communities.

Check out <http://zcec.org/>.

For more information on the ride, email ztourinfo@gmail.com. To register for the ride, visit <http://z-tour.org/> or the Facebook page Z Tour Bike Ride.

Sign up for the Aug. 24 Courage Ride

The Courage Ride will start Saturday, Aug. 24, at Iowa Mennonite High School, 1421 540th St SW, Kalona, Iowa. The 16-, 27-, 42- and 94-mile routes go over gently rolling hills, past Amish homesteads in Kalona, and over old stagecoach routes. Registration is \$50 in advance or \$60 on ride day, and includes a Belgian waffle breakfast, hot showers, lunch, rest stops, detailed route maps and SAG support. Register online or the day of the ride.

Courage Ride cycling jerseys will be available for \$65 in men's medium through 2X and women's medium through 2X. Orders may be placed at registration or by emailing Martin Bunge at bunge@windstream.net (add \$6 for shipping). The 94-mile ride leaves about 7 a.m. and the other between 8 and 11 a.m. The record 460 registered riders in 2012 raised \$35,000 for cancer research at the Holden Comprehensive Cancer Center at the University of Iowa Hospitals and Clinics. For ride information, to register or donate: www.courageride.org.

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UPCOMING EVENTS

July 21-27—RAGBRAI
July 20—Z Tour Bike Ride (page 10)
Aug. 17—Ride the Challenge (page 8)
Aug. 23—Princeton 5K run/walk (page 6)
Sept. 9-13—Friendship Force rides (page 3)



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING