



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – February 2006

Thinking About TOMRV

Doug Truesdell, TOMRV Chairperson

As I write this, the snow has covered the roads and the bike paths are deep in snow. This is the ski season, the indoor gym season, or maybe just the eating season.

Few of us will be on our bicycles again until April or May. By then we will be looking at getting back into some kind of shape and getting the winter weight off. What a drag! There must be a better way. Maybe this winter I will resolve to do it differently. Maybe I can maintain some conditioning this winter. Maybe I can keep some of the weight off this winter. Maybe I can get an early start on the bike this spring, and have a really good year.

If you are looking for a way to motivate yourself to do the right thing this winter for your body and your health, maybe what you need is a goal. That would be something challenging but realistic, a goal with some fun and adventure involved too.

Well we have just the thing right here in the QCBC, and that is TOMRV (Tour Of the Mississippi River Valley). Riding in June 10-11, our own club's TOMRV

Tour of the Mississippi River Valley 2006 Mark Your Calendar with These Dates

- Date of Ride: June 10 & 11, 2006
- Date of Packet Pickup: June 9 & 10, 2006 – Scott Community College
- Last Date to Register for this Ride: June 2, 2006
- Last Date to Register for “Regular Registration Fees” – March 31, 2006

TOMRV Committee Contacts:

- Chairperson – Doug Truesdell
- Registration – Linda Barchman
- Brochure Mailing – Kathy Storm
- Packet Pickup – Jane Garrett
- Rest Stops – Bill Langan

There goes Jean Kelly up and down Brady Street Hill gearing up for another TOMRV. Come on out and join Jean on this great ride.



ride challenges 15 hundred riders throughout the mid-west each year. The riders travel from the Quad Cities to Dubuque Iowa and back on a weekend tour. This is our club's premier weekend ride, end every club member should get out there and ride it, at least once.

Everyone knows that the TOMRV mileage is high, but you may not know that the Preston Iowa start shaves 40+ miles off each day's ride, making it practical for almost any club rider who would like a riding weekend with a lot of very interesting people. From Preston, the first-day distance is 65 miles, and the return ride is just over 40 miles. That's a distance you can be ready for with a little resolve early on. And think about the other things you can do this coming year with the early start you make on getting fit.

So I want to invite you to think big this winter and resolve to get into shape this spring for a real riding accomplishment. And talk to you spouse, or your boy or girlfriend, or your buddies, or your kids and see if you can all get ready together.

Every club member should ride TOMRV at least once. Make this your year. Look for the TOMRV mailing coming to you soon.

Key Contacts

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808
<http://www.qcbc.org>

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or pshschubbe@aol.com
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@mcleodusa.net
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

Board Members:

Karen Baber (309) 796-2476	Mike Desch (309) 755-4722	Dean Mayne (563) 355-0995
Frank Beshears (309) 787-4331	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	John Wessel (563) 359-8350

Key Contacts: A complete listing of Committee Chairperson and Key Contacts is available on the club’s web site 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 7pm on the third Tuesday of April and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or pshschubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 10th of the month. Please try to limit your article to 1 page in length. Email to: qcbceditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50, and a full page - \$100. Call for details: (563) 355-2564.

Major Activities of the Club Include: Tailwind Century in May, 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 Issue of Ride Schedule and Membership Directory booklet, 10% discount at QC Area Bike Shops, ability to use LAB “Bikes Fly Free” program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



<http://www.iowabicyclecoalition.org>



<http://www.bikeleague.org/>



<http://www.bikelib.org/>

From the Headset - Battle of the Bollards **Errol McCollum**

Two years ago, more or less, Dave Alftine approached the board of the QCBC asking for the board's blessing in seeking the removal of the many bollards adorning the area's bike paths. Dave and Chuck Oestreich had paired up to rid the paths of bollards. What is a bollard you ask? According to AASHTO, (American Association of State Highway Transportation Officials), section 17-2.2(o) Restriction of Motor Vehicle Traffic, "to prevent unauthorized motor vehicles from using the facilities". Also in the same paragraph, is the phrase referring to use of gates, "or restrict the movement of any intended users".

Dave and Chuck were successful in greatly reducing the number of these posts within the domains of a number of the local municipalities. When they broached the subject in the County and along State highways they encountered the "if it is on state property and built with State monies, then it can't be changed".

According to Todd Hill, Bicycle and Pedestrian Coordinator Illinois Department of Transportation, "AASHTO generally recommends them, (bollards) and

as such we have included them in our policy." In reviewing the specifications for the placement of the bollards, I found AASHTO's Barrier Post, Figure 17-2AQ and subsequent verbiage specifying that the distance between the posts be five feet.

On a trip on January 4th of this year, coming down from Albany toward the Quad Cities, I measured the spacing of the bollards, not finding one spacing of bollards, between Albany and 9th street Hampton less than 55 1/2 inches and one as low as 29 3/4 inches. Ironically, the ones spaced the closest, were right along the highway where an auto only had to travel another five feet or so to drive on to the path. As a matter of fact, I've seen numerous places where, with bollards in place, tire tracts have been left on the path. Apparently the use of these bollards does not serve their intended purpose. They do however; provide an impediment to the path users.

I have now joined in the fray with the ammunition of two very seriously injured cyclist featureds back in June on a Chicago CBS station. One of the cyclists, Jane Carvy, is now a quadriplegic as a result.

I am hoping that I can get others interested in joining the crusade.

Bike Fix up Serves Double Purpose **Jerry Brundies, Scott County Sheriffs Department**

The Scott County Sheriff's Office wants to make an impact on bringing restorative change to the community. The jail division is working with identifying needs of the inmates through educational, technical, labor and cognitive change while providing the community with a viable product.

One such program is Bicycle Restoration, the program uses inmate labor to clean, and repair and restore discarded or unwanted bicycles and return them to the community. The program has been in effect since August 2005 and recently 29 bikes were provided to the Friendly House for needy children.

The jail works with probation and parole officers as well as other agencies assisting client(s) who have had their driving privileges revoke to provide an alternative means for transportation hoping offenders will not re-offend under revoked driving privileges.

The program has been well received with the public

donating bikes. As part of the technical training on repairing bikes inmates are given classroom instruction on safety, nutrition and proper clothing to wear for the seasons. The jail could use donations of bike repair books and bike clothing. Any assistance would be welcomed. Monetary donations would focus on purchasing helmets for children that we give a bike to. Items for donation may be dropped off at On Two Wheels in Davenport or a Kathy & Bill Storm's house also in Davenport.

One project the Sheriff/Jail would like to develop is a Bicycle Rodeo for the spring or 2006 to give a safety program to children especially those who have received a bike from the jail. Anyone with insight on how to deliver this type of program; their knowledge would be greatly appreciated.

Thank you for the assistance in our program.

Lt. Jerry Brundies CJM
Scott County Sheriff Office
Jail Division
563-326-8750 ex. 7

RAGBRAI XXXIV Perm and Andy Horst

The Register's Annual Great Bicycle Ride Across Iowa for 2006 is still several months away, but you must register now if you want to be part of this great ride. We have a limited number of spaces available for a fee to those people who are QCBC members by December 31, 2005. These are available on a first come, first served basis. The ride will be July 23-29 on a route to be announced in late February. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2006. In order for us to meet their deadline, we must have **all** registration forms and checks by February 22, 2006.

The January and February newsletters will contain the RAGBRAI application and individual waiver form. (See pages 14 and 15 of this issue.)

Fee Paid Tag

Everyone must have a Des Moines Register's "Fee Paid" tag. The cost is \$110.00. If you are not a QCBC member and would like to go on the ride, you will need to obtain your "Fee Paid" tag through the Des Moines Register lottery, which is held in the spring. You can still purchase transportation and baggage service from the QCBC.

Group members who obtain wristbands through their clubs will not be able to obtain individual vehicle passes. If you want to take a camper, you need to go through the Register's lottery.

Members who obtain "Fee Paid" tags from the QCBC will have to also pay for our minimum services of \$35 to haul baggage from the start town to the end town.

On-line Registration

Riders may register on the RAGBRAI site at www.ragbrai.org. By following the outlined steps one can easily register on-line with our group. Transportation and baggage service is an additional cost payable to our group. Send all money to Scott Miller.

Waiver Required

Each and every rider participating in RAGBRAI will have to sign a Des Moines Register waiver and mail it back to us with your fees. **IMPORTANT:** If you do not include the signed waiver, no tags will be issued.

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to

you. They can only be sold upon receipt of a new waiver that will be coordinated by your bike club to the Des Moines Register.

Souvenir Pack

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$20.00 or \$40.00) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt. The 34th Anniversary pack sells for \$40.00 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

Transportation Provided

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 22 and baggage transportation between overnight stops. The transportation and baggage fee is \$95.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$30.00.

If you have your own transportation to the start of the ride, the cost is \$35.00 for the required minimum service of carrying your baggage between overnight stops. This minimum fee does not include hauling your bike and baggage back to Davenport unless you paid for the return bus.

Any rider under the age of 18 must be accompanied by someone over the age of 21, preferably a parent, and must have the person's signature on the registration form.

Please notify us ahead of time if you cannot load your bike on Friday July 21.

Home Stays

If you do not like to camp, some residents in the overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website www.ragbrai.org, after May 1, 2006.

Miscellaneous

If you cannot ride to the next overnight town on any day during the ride, the club will not be responsible for providing transportation to the next campground. (cont on page 5)

**RAGBRAI XXXIV
(cont. from page 4)**

All club members are expected to act as responsible adults and set a good example to other riders. If you act up on the ride, any unused portion of your fee paid will be refunded. We will not continue to haul your gear, and you will be responsible to find your own way home.

Do not get your tags from QCBC nor ask for services from us if you do not plan on arriving in the overnight town until after 6 pm. We make arrangements to camp in the quiet zone at each town, please comply.

The bike clubs are expected to set a good example with safe riding practices. Remember that the safety and ancillary RAGBRAI support people are out at 6 am every morning, regardless of the weather conditions.

If you have any questions, contact Scott Miller, at 563-391-2796, or E-mail mm@netexpress.net. Please address subject matter on e-mail as RAGBRAI material. If I need to call you back, please leave me an evening phone number. If a return call requires a long distance call, it will be collect.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form. **We must have these 2 forms and your check by Feb 22, 2006.** We cannot accept your application if sent by registered mail. No confirmation will be sent, if your money is not returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.

The route, with complete details, will be posted January 28, on the web site and also the Sunday Des Moines Register on the 29th. Check out their web page at www.ragbrai.org for details.

**2005 Annual Mileage Totals - QCBC Members
Compiled by Jim Merritt**

Name	Mileage	Name	Mileage	Name	Mileage
John Their	13,260	Larry Hanna	5,672	Bill Davison	3,004
Rod Hawk	11,333	Dick Grimm	5,600	John Keane	3,000
Bob Fitzgerald	10,613	Gordon Fordyce	5,459	George Coin	2,868
David Thompson	10,036	Bob Payne	5,173	Deb Mathias	2,800
Steve Kurt	9,624	Dean Mathias	5,000	Bill Storm	2,600
Dave Georlett	8,489	Bob Milligan	4,678	Charles Lund	2,300
Darlene Moritz	8,214	Bryan Moritz	4,450	Scott Miller	2,175
Warren Power	8,190	David Round	4,407	Lee Overbeck	2,150
Phil Fellner	7,216	Al Lasek	4,204	Al Nordstom	1,850
Mike Giudici	6,880	Melinda Thompson	4,100	Mario Garcia	1,798
Matt Scudder	6,370	Vern Willey	3,957	Mike Middlemas	1,514
Chuck Oestreich	6,072	Kathy Storm	3,787	Kai Swanson	1,328
Gary Jones	6,052	Herb Page	3,283	Doug Nelson	950
Jan Fitzgerald	6,025	Mike Panther	3,260	Ken Kraklio	850
Lonnie Cook	6,011	Tony Buck	3,188	Bob Replinger	554
John Pepke	5,700	Michael Stark	3,143		

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone	Name	City & State	Phone
Jill Badrick	Miles, IA	563-357-3201	Mark & Monica Hughes	Denver, CO	303-322-6738
David & Dayna Basel	Iowa City, IA	319-929-0746	Karen Jenneman	Broomfield, CO	720-436-9399
Michael Basel	Leuexa, KS	913-322-0804	Evan Jones	Bettendorf, IA	563-332-8455
Robert Bradley	Pavilion, NY	585-768-6005	Gregg Livermore	Davenport, IA	563-355-7998
Rich & Kris Brant	Columbus, OH	614-237-9373	Mary Moxham	Cottkill, NY	845-687-0844
Mary Clark	Clearwater, FL	727-535-3923	Michael Nickles	Richmand, KY	859-624-4484
Joseph Denoto	Moline, IL	309-764-8456	Ted Olt	Davenport, IA	563-355-1709
Jim Dunham	Gambler, OH	740-485-1307	Karen Phillips	Elk Grove, CA	916-688-8752
Mary Entsminger	Des Moines, IA	563-212-4006	David Scott	Jacksonville, NC	910-381-4623
Jo Anne Faris	Davenport, IA	563-323-3009	Janet Shellenberger	Clearwater, FL	727-797-4375
Lee Felix	Hubert, NC	910-326-3832	William Sherwin	Carol Stream, IL	630-752-9788
Phil Haan	Eldridge, IA	563-285-7170	Nicholas Vollman	Columbus, OH	614-235-7491
Pam Haber	St. Pete, FL	727-821-9574	Greg Whitesides	Bettendorf, IA	563-359-5339
Dave & Debra Harris	Davenport, IA	563-514-1059	Dave & Betty Zimmer	Long Grove, IA	563-285-9751
Jim Hayne	Hampton, IL	309-755-1229			

<p>If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie can be reached at: 563-391-3422 or csattler14@msn.com. Charlie prints out the labels for the newsletter and does the mailing of the newsletters.</p> <p>Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members, who live farther away, may not receive theirs until the first or second week of the month.</p> <p>You can also view the newsletter online at www.qcbc.org.</p>	Membership Count: 1/8/06		
	Number of:	Members	Memberships
	Individual	428	428
	Couple	286	143
	Family	368	96
	Complimentary	21	21
	Life	6	3
	Total	<u>1,109</u>	<u>691</u>

Take a Quiz on Your Cycling Knowledge (see pages 10 and 11)

These quizzes are from the Winter Picnic held January 15th. Bob and Stacey Replinger provided oodles of fun, both physical and mental. Bob is definitely into trivia. See how many you guessed correctly and let Bob know the next time you see him.

Answers: “Nicknames of Great Cyclists” 1 – C, 2 – D, 3 – B, 4 – D, 5 – D, 6 – B, 7 – D, 8 – B, 9 – C and 10 – C. “Tour de France and More” 1 – B, 2 – C, 3 – C, 4 – C, 5 – A, 6 – B, 7 – B, 8 – D, 9 – B and 10 – B.

Take the \$3-a-Gallon “Advantage”

By Chuck Oestreich

Is there an advantage to paying \$3 or more for a gallon of gas? Nonsense, you say – and for the most part you’re right. But, then again, it’s all in how you look at it.

If you meekly pay up at the pump without making any changes in your transportation routine, well, sure, you’re at a disadvantage. All you’re getting for what your normal routine is some new record totals on the credit card.

But what if you look at that fickle, ever-changing price on the gas station signs, and consider a little easing away from your mega-horse powered vehicle? Yes, I’m suggesting you saddle up your human-powered vehicle, your bicycle, and start using it for transportation. That’s right, using it for not just a weekend ride on a recreation trail, but using it during the week to replace a ride to work, to the grocery store, or even to a restaurant.

If you do that, look at all of your advantages.

You’ll be saving money. That’s a given. Some credit cards offer 5% off gas station costs. How about 100%? Go 15 miles (close to typical miles per gallon for city driving) and you have three dollars in the wallet. And that’s much better than 15 cents.

You’ll be helping the country. We do have an energy crisis, especially now after Katrina. Our gas and oil can have higher uses than trips to a store for a loaf of bread.

You’ll be helping the country breath easier. No burning gas; no earning pollution.

You’ll probably be healthier. Even those in the fitness center’s Ace-Number One category will get more muscle toning, lung expansion, and heart health from pedaling around town on a bike rather than in a car. (One of the ironies of modern fitness is the fellow who drives to the center and then works out almost exclusively on a stationary bike. I say make the car stationary and drive the bike.)

You’ll feel better. A not-so brisk (if a shower is not available) ride to work in the morning, is an invigorating way to jump into the day’s work. After work, let it all out. A home shower awaits. Just the thing before the evening meal.

You’ll possibly save time. Nonsense, you say. Biking is much slower than driving. Right. But the time you spend driving is usually wasted time. By biking, your driving time can be fitness time, decreasing the monotonous time on the fitness machines.

You’ll know your community better. Sure, in a car you get mind numbing minutes at stop signs or lights to ponder the areas around major street intersections. Great fun, right? Why not try the back streets through real neighborhoods, occupied houses, parks in use, even a greenway or two?

You’ll increase your nature appreciation. Birds can’t be heard through a car window. And flowers can’t be smelled.

You’ll get great parking spots. No playing parking lot bingo. Just ride up to the front entrance and take the best spot in the lot, right next to the door.

Almost every household has a bike or two in the basement or garage. Dust it off, pump up the tires, spray some WD-40 on it, and start using it. Don’t worry if it’s old and out of date. For urban riding, that’s almost a plus: who would want to steal it?

Take out a good Quad City map – perhaps the one in the phone book – and start plotting out routes. It’s amazing how easily and safely you can hit the major destinations in the Quad Cities. North Park and South Park are accessible. Moline’s Wal-Mart is a snap. I’ve never met a Hy-Vee I couldn’t bike to. (Stay away from Davenport’s exploding Elmore-and-more area for now. Someone forgot to include bike transportation in the matrix.)

But with our superb trail systems, our bikes on busses enhancement, and a community push for healthy living, we have a bicycling bonanza within our grasp. Consider the following recent developments:

- The opening of the Government Bridge and Sylvan Island Bridge for bike/peds.
- The filling in of the “Gap” in Bettendorf’s Mississippi River Trail.
- The bike lane striping of 17th Street in Rock Island (and plans for more in the future).
- The inclusion of a bike/ped facility over the almost completed west Rock River bridge.
- The serious consideration for a similar facility on a new I-74 Bridge sometime in the future.

(cont. page 9)

February 2006 Ride Schedule

- **Winter ride schedule—October - April**

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

- **Wednesday, February 1**

9:00 a.m. – Wednesday Morning Ride, “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Saturday, February 4**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, February 5**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Wednesday, February 8**

9:00 a.m. – Wednesday Morning Ride, “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Saturday, February 11**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Sunday, February 12**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.
1:00pm – Winter Hike – IA Southwest Park, Davenport. Meet at parking lot by Lulac Club on Rockingham & Ricker Roads. Hike Leader: John Wessel, 563-359-8350.

- **Wednesday, February 15**

9:00 a.m. – Wednesday Morning Ride, “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Saturday, February 18**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, February 19**

9:00 A.M. - *Tour of the Islands* - Meet at east end of Ben Butterworth Parkway near CNH. No, we can’t promise palm trees and balmy breezes, but we do have many islands in the Quad Cities. You’ll get your tour without leaving town. Think of the airfare you’ll save! Impress your friends! Come see our beautiful islands! Distance covered depends on the amount of excitement you think you can take. The contact person is Jerry Kruse, 563-370-6975.

- **Wednesday, February 22**

9:00 a.m. – Wednesday Morning Ride, “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Saturday, February 25**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

9:00am – “Winter Hike” – IL Starved Rock State Park, near Utica, IL. Meet at Ross’ restaurant in Bettendorf. Car pool leaves at 9am sharp. Hike Leader: Kathy Storm, 563-355-2564

- **Sunday, February 26**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

Winter Hikes – February

Looking for something different to do on a winter weekend? Come out and join other QCBC members looking for a change in routine during the winter months. There are 2 hikes scheduled for Sunday, February 12th and Saturday, February 25th. The hike on February 12th will explore the newest park in west Davenport which is undergoing development. Meet John at the parking lot for the Lulac Club.

The hike on February 25th, will last most of the day by the time we add in a “car pool” over to Utica, IL. We will plan to have lunch at the beautiful lodge at Stared Rock State Park.

For both hikes, please bring water and snacks in a waist or backpack.

Take the \$3-a-Gallon “Advantage”

(Cont. from page 7)

We really do have advantages compared to most communities in America. Our paths and streets are great for bicycle recreation. But now with the \$3 a gallon “advantage,” they can be just as important for bicycle transportation.

Sidebar:

“The single greatest thing a person can do – for health,

for the environment, for traffic congestion and time management – is to bike to work. If every adult American pedaled to work just one day per week, we’d reduce auto emissions by 92 million tons of CO2 per year, burn 5.1 trillion calories (shedding a collective 1.5 billion pounds) per year, ease traffic congestion, save time (no need to go to the gym that day) and reduce stress with the simple pleasure of riding a bike.”

Bicycling magazine, June 2005

Iowa Bicycle Coalition Hires First Executive Director, Mark Wyatt

January 11, 2006. NORTH LIBERTY, IOWA The Iowa Bicycle Coalition is pleased to announce the appointment of Mark Wyatt as executive director. Wyatt's appointment fulfills a major goal of the Iowa Bicycle Coalition -- to appoint staff to assure the organization sustains bicycle advocacy into the future.

The mission of the Coalition is to promote Iowa bicycling as safe and enjoyable recreation and transportation. "Bicycling is a simple solution to some of society's biggest problems, like traffic, parking, pollution, and obesity," said Wyatt. "With staff, our organization can work daily towards improving conditions for all bicyclists."

The Iowa Bicycle Coalition was started less than two years ago. As the first board president, Wyatt oversaw

the return of the Iowa Bicycle Summit. The Summit, held for the second year on February 2-3, features a new Thursday session dedicated to planners and engineers in addition to the Friday session for bicycle advocates. "Since we encourage complete street design, we are doing our part to provide the tools to build roadways and facilities for bicyclists," states Wyatt.

The Iowa Bicycle Summit returns to Des Moines at the Holiday Inn Downtown February 2-3. The session will feature Michael Ronkin, Oregon's bikeway specialist.

In addition to the summit, the Coalition will hold Bike Night on February 3 at the Holiday Inn Downtown. Speaking at the fund raiser is Richard Schwinn of Waterford Bicycles and the famous Schwinn family.

Ticket and registration information is available on-line at www.iowabicyclecoalition.org or by calling 319-626-6017.

2006 Prairie State Tandem Rally

Phil Kohl MEGP

The 2006 Prairie State Tandem Rally will be held June 16-18 in Burr Ridge, IL. For information and registration form, go to: <http://chicagotandems.home.mchsi.com/PSTR06/>

GITAP 2006

Chuck Oestreich

Interested in a short, but sweet ride? Join the Grand Illinois Trail and Parks tour at Mississippi Palisades or in the Quad Cities for a few days in the week of June 11 to 17. Interested? Give Chuck Oestreich a call at 309-788-1845 or email at oestreich@qconline.com

Nicknames of Great Cyclists

1. In my day, I was among the most feared riders in the peloton. They called me "The Cannibal". Who am I?

- A. Francesco Moser
- B. Bernard Hinault
- C. Eddy Merckx
- D. Jacques Anquetil

2. I was known for my aggressive style. My "never give up attitude" was why people called me the Badger. Who am I?

- A. Greg Lemond
- B. Eddy Merckx
- C. Laurent Fignon
- D. Bernard Hinault

3. My absolute control of the peloton during the Tour de France, and my meticulous preparation to prepare for it, have led some to refer to me as "The Boss". Who am I?

- A. Eddy Merckx
- B. Lance Armstrong
- C. Bernard Hinault
- D. Miguel Indurain

4. My trademark bandana and earring are were a few of the reasons I was called "The Pirate". Who am I?

- A. Gilberto Simoni
- B. Ivan Basso
- C. Michele Bartoli
- D. Marco Pantani

5. I am among the most powerful time-trialists to have ever ridden a bike. They called me "Big Mig". Who am I?

- A. Miguel Lasa
- B. Miguel Poblet
- C. Miguel Pacheco
- D. Miguel Indurain

6. My success on the bike helped heal a proud country that had been brought to its knees as WWII ended. I was known as "The Champion of Champions". Who am I?

- A. Gino Bartali
- B. Fausto Coppi
- C. Felice Gimondi
- D. Mario Cipollini

7. I was a successful rider in the 60s and 70s, widely regarded as France's best during that period. I'm known in cycling lore, though, as the Eternal Second. Who am I?

- A. Eddy Merckx
- B. Jacques Anquetil
- C. Louison Bobet
- D. Raymond Poulidor

8. One of the greatest Belgian riders of all-time, I was most frequently known as "The Gypsy", though my success at one particular classic earned me the name of "Mr. Paris-Roubaix". Who am I?

- A. Eddy Merckx
- B. Roger De Vlaeminck
- C. Joop Zoetemelk
- D. Rik Van Looy

9. I was the first of three riders to win all five of cycling's major classics (Paris-Roubaix, Milan-San Remo, Tour of Flanders, Leige-Bastogne-Leige, and the Tour of Flanders). I was "The King of the Classics". Who am I?

- A. Rik Van Steenbergen
- B. Eddy Merckx
- C. Rik Van Looy
- D. Roger de Vlaeminck

10. In my prime, I was the fastest man on two wheels. I was "The Lion King". Who am I?

- A. Erik Zabel
- B. Greg Lemond
- C. Mario Cipollini
- D. Freddy Rodriguez

Tour de France and More

1. Who won the points (sprint) title in the 2005 Tour de France?
 - A. Stuart O'Grady
 - B. Thor Hushovd
 - C. Robbie McEwen
 - D. Richard Virenque
2. Which team won the title in the 2005 Tour de France?
 - A. Discovery Channel
 - B. Team CSC
 - C. T-Mobile
 - D. Phonak
3. Who won the King of the Mountains title in the 2005 Tour de France?
 - A. Oscar Pereiro
 - B. Lance Armstrong
 - C. Michael Rasmussen
 - D. Ivan Basso
4. Riders from France have won the most Tours. Riders from which nation have won the second most?
 - A. USA
 - B. Italy
 - C. Belgium
 - D. Spain
5. Which nation has never had a Tour de France winner?
 - A. Britain
 - B. Denmark
 - C. Ireland
 - D. Luxembourg
6. Which rider has won the most green jerseys (sprint titles) in the Tour de France?
 - A. Ronan Pensec
 - B. Erik Zabel
 - C. Steve Bauer
 - D. Toni Rominger
7. Which rider has won the most King of the Mountain jerseys in the Tour de France?
 - A. Marco Pantani
 - B. Richard Virenque
 - C. Luis Herrera
 - D. Claudio Chiappucci
8. Greg Lemond set a record for the smallest margin of victory in the 1989 edition of the Tour de France, a mere 8 seconds. Who came in second?
 - A. Pedro Delgado
 - B. Sean Kelly
 - C. Miguel Indurain
 - D. Laurent Fignon
9. Who was the first American to win the Giro d'Italia?
 - A. Bob Roll
 - B. Andy Hampsten
 - C. Fred Rodriguez
 - D. Tyler Hamilton
10. Which of the following American riders has the most professional victories?
 - A. Greg Lemond
 - B. Davis Phinney
 - C. Lance Armstrong
 - D. George Hincapie

Answers on page 6

Cycle Zydeco – April 20 – 23

Are you signed up for this ride in Canjun country this spring? If so, plan on meeting others on Tuesday, February 21st at 7pm, at Front Street Brewery in downtown Davenport for an informal meeting to see what arrangements can be made for transportation to and from this Louisiana ride. For information, contact Ruth Sanders, 309-738-9900 or Jeannie O'Melia, 309-787-2985.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application
 Renewal Application

- Membership Type: Individual \$15/Year
 Couple \$20/Year
 Family \$20/Year

Date of Application _____

Name * _____ Address _____
 (Also list your name below)
 City _____ State _____ Zip _____
 Phone _____ Email _____
 (Incl. Area Code)

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Memberships in Other Bicycling Organizations: League of Am. Bicyclists League of IL Bicyclists IA Bicycle Coalition FORC

Please List ALL Names Included Under This Membership Below			Riding Interests	I Can Help With	
Names Under This Appl. *	Birthdate	M/F	<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

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

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release – Signature Required

Individual membership (self) _____ Date _____
 Couple/Family Membership (self) _____ Date _____
 Couple/Family Membership (spouse) _____ Date _____
 Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check 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. Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 9/5/05

QCBC Supports Trails Symposium Joe Taylor, Quad Cities CVB

The Quad City Bicycle Club has voted to be a \$500 sponsor of the National Trails Symposium coming to the Quad Cities October 19-22, 2006.

The QCBC sponsorship will help put the spotlight on the Quad Cities in terms of trail development. The club, with its logo displayed in the program, will enjoy prominence among the 600 national trails advocates expected to attend the symposium. Club members will be able to attend field trips, learn from workshops and view exhibits on the latest trail issues...right in their own back yard!

The theme for the event is "Trails for America: Every Where, Every Way, Every Day."

Members of the QCBC were among those who greeted American Trails executive director Pam Gluck when she visited the Quad Cities in June

2003. "I was impressed by the tremendous emphasis on the development of an extensive trails and greenways system to serve residents and visitors," Gluck said.

"Attendees of the symposium will learn how to form partnerships, cross political boundaries and cross physical boundaries in a seamless effort to join trail systems," she noted.

Held every other year by American Trails, the symposium provides an opportunity for advocates of all kinds of trails to come together, to communicate and to participate in an educational conference.

QCBC members can contact Joe Taylor, President/CEO, Quad Cities CVB, to learn how they can help at the symposium. Contact Taylor at jtaylor@visitquadcities.com or at (563) 322-3911 Ext. 116. For more information on American Trails, visit their website at www.americantrails.org

LIB Extra – from the League of Illinois Bicyclists Ed Barsotti, Executive Director

LIB Wins Grant, Producing Driver Ed Video

Great news! A significant gap in motorist education is about to be filled, to the benefit of cyclists throughout Illinois.

LIB has won an IDOT Traffic Safety grant to produce and distribute a ready-made "Share the Road" lesson to Illinois' high school driver education programs. A video DVD and teacher's guide will focus on proper car-bike interactions, addressing cyclists' rights on the roads and how to avoid common mistakes. Project completion is due by September 2006.

In addition to the reimbursement grant from the state, many individuals and several bike clubs generously contributed to the project. As a result, we will also be able to offer the lesson package to other outlets, including private schools, private driver education companies, senior groups, driver safety classes (for those traffic violators), police and sheriff departments, etc. The additional funding will also cover LIB's expenses for promoting the video to various groups around the state.

On December 14, LIB's Ed Barsotti, Al Sturges, Nicole Kemerer, and Dean Schott convened a kickoff meeting for the project. Representatives from the Illinois Secretary of State's traffic safety department and the Illinois

High School & College Driver Education Association discussed the best delivery methods for the video and lesson. Schott is leading LIB's efforts to select content and develop a script.

We would like to thank all of those who donated to this key project. If you'd like to offer content suggestions or volunteer your assistance, drop us a note at lib@bikelib.org.

LIB Web Resources – www.bikelib.org:

- www.bikelib.org/rides/rides.html
Organized bike rides
- www.bikelib.org/roads/maps.htm
Illinois bike maps
- www.bikelib.org/completestreets
Give your input on upcoming road projects
- www.bikelib.org/trails/git
Grand Illinois Trail guidebook, cue sheets
- www.bikelib.org/mrt
IL Mississippi River Trail guidebook, cue sheets
- www.bikelib.org/education/resources.htm
Safety education information
- www.bikelib.org/education/kidsheets.htm
Kids/parents bike safety info
- www.bikelib.org/education/laws.htm
Illinois bike laws card
- www.bikelib.org/muniguide
FAQ's about bicycling, for local officials

The Des Moines RAGBRAI Registration Form for the QCBC Charter

is located at:

<http://www.qcbc.org/RAGBRAINewsletter2006c.pdf>

RAGBRAI XXXIV REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXIV article in the January and February newsletter. Use a separate form for each person. You may reproduce this form. **WE MUST HAVE YOUR REGISTRATION, CHECK & Register Release forms by FEBRUARY 22, 2006.** Make check payable to: QCBC, RAGBRAI.

1. PERSONAL DATA

NAME _____ BIRTHDATE (REQUIRED) _____
 STREET _____ APT/STE/UNIT _____ PO BOX _____
 CITY _____ STATE _____ ZIP CODE _____
 DAYTIME PHONE _____ HOME PHONE _____
 E-MAIL _____ OCCUPATION _____
 Name of adult sponsor if under 18 _____

2. TYPE OF BICYCLE YOU ARE RIDING? _____

3. INDICATE RIDE STATUS

Des Moines Register "Fee Paid" tag	\$110.00	_____
QCBC transportation/baggage fee (bus out & haul bags)	\$95.00	_____
Baggage service only (find own way out)	\$35.00	_____
Bus return to Davenport	\$30.00	_____
Des Moines Register "Basic Souvenir Pack" (T-shirts XL only)	\$20.00	_____
Des Moines Register "Premium Souvenir Pack" (RAGBRAI XXXIV poster and XL T-shirt)	\$40.00	_____
RAGBRAI XXXIV Jersey	\$45.00	_____
Jersey size SM _____ (34-36) MD _____ (38-40) LG _____ (42-44) XL _____ (46-48) XXL _____ (50-52) XXXL _____ (54-56)		

Total \$ _____

Register subscriber? Daily ___ Sunday ___ Daily & Sun ___ Non-subscriber ___

Every rider must sign the liability waiver. If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XXXIV or in any of the activities associated with RAGBRAI XXXIV.

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____

MAIL TO QCBC-RAGBRAI; 4216 Warren, Davenport, IA 52806.

PLEASE NOTE: QCBC MEMBERS MINIMUM COST IS \$145 FOR "TAG" & BAGS; OR \$205 FOR BUS OUT, "TAG" & BAGS. ADD \$30 FOR BUS BACK TO DAVENPORT. ADD \$20 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$45.00.

NO TAGS, NO SERVICES PROVIDED.

IF YOU REGISTER THROUGH QCBC DO NOT REGISTER THROUGH ANY OTHER SOURCE OR YOU WILL BE AUTOMATICALLY DISQUALIFIED FOR TAGS.

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

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Preparing for TOMRV - Your Secrets Kathy Storm

Are you a veteran rider of the Tour of the Mississippi River Valley? Here's an opportunity to share your "secrets to success" at preparing for this grueling ride. It's "grueling" only in the sense that it comes early in the cycling season. Early that is for lots of miles and hills.

Please consider submitting your tips on how you prepare for this 2 day ride to the Newsletter Editor (that's me) by March 10th so you can help other QCBC members get ready for this ride.

I personally consider this ride a "badge of honor" each year after I finish it. This will be my 25th year riding it. Send submissions to: qbceditor@yahoo.com or call me at 563-355-2564.

Congratulations to QCBC member Bill Davidson, Eldridge, for winning a \$25 Gift Certificate to Healthy Habits. Bill's name was selected from a drawing for authors of articles submitted to *Pedalwheeling* during 2005.

Look for this program to continue again in 2006. Thank you to everyone who submitted articles in 2005. I look forward to receiving member articles on club rides, invitationals, races, etc. during 2006.