



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – May 2006

Quad Cities Criterium 2006: Riders Will Produce a Great Show! Terry Burke

Strange headline: they always give us a good show, from 35 mph sprints to grinding crashes to flashy jerseys and bikes. But which riders will show up Memorial Day? We can count on a lot of hard core Midwest riders, and some pro team riders are a definite maybe.

One team we can count on to be out in force the DICE racing team. The local contingent of 30-35 riders will showing their best in front of the home town crowd, along with the DICE tent. The DICE team is striving to improve their performances by training & racing frequently. I'm sure they will appreciate encouragement as they navigate & sprint through the fast 8 cornered District course. See the local newspapers for featured riders from DICE.

The 2006 Criterium ad program in TV, Radio, & in the newspapers should reach a lot of you and the general public. The feature riders will be included in newspaper pre race sections. As a first, some riders will be included in a local radio show interview. We expect to Quad Cities Bicycle Week receives grant

Quad Cities Bicycle Week Receives Grant Joe Taylor

Quad Cities Bicycle Week is a recipient of a \$1,000 League of American Bicyclists/Shimano Bike to Work Week grant.

As part of its Quad Cities Bicycle Week promotion, the Quad Cities Convention & Visitors Bureau will use the

draw more spectators than 2005, when our marketing program was sub standard.

On Memorial Day 10 USCF Races, age (10-60+) Trike/Big Wheel races, youth races (age 6-will be ongoing from early morning until late afternoon. In the planning stage is a Quad City Steamwheelers charity race in the noon time period. Our outstanding announcers, awesome wheel pit, preems, course wired for sound, and VVA honor guard adds up to a lot of free entertainment.

The District, in addition to their own food and drink venues, will offer a wide variety of outside food vendors, and the HyVee family fun center. Be sure to visit the FORC & QCBC booths. FORC is raffling off a mountain bike & at the QCBC booth a limited number of Quad Cities Criterium T-Shirts and socks will be available for \$10.

The Quad Cities Criterium is a pleasant way to celebrate the Memorial Day weekend and enjoy socializing with your cycling friends. Hope to see you Memorial Day for Quad Cities Criteirum number 40!

funds in innovative ways to encourage people to bicycle to work.

The Quad Cities was one of only 15 projects funded from 110 total applications across the nation.

For more information on Quad Cities Bicycle Week, to www.qcbicycleweek.com

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/>

Deadline for National Trails Award Nominations Joe Taylor

Is your favorite Quad City trail worthy of a national award? Is Ride the River the best bicycling event in the nation? Is the Iowa Bicycle Coalition or League of Illinois Bicyclists among the best organizations in the country?

These suggestions or your own ideas of what is best should motivate QCBC members to nominate local

activities for the National Trails Symposium national awards presentation to be held here during the symposium October 19-22, 2006.

The deadline for nominations is May 31, 2006.

For all the categories and the nomination forms go to www.americantrails.org

For more information on the National Trails Symposium, contact Joe Taylor, Quad Cities CVB, at 563-322-3911 Ext. 116 or jtaylor@visitquadcities.com.

QC Times March 23, 2006 Road Work Causes Davenport Road Closures

Temporary traffic signals at River Drive and Concord

Street were activated last month for construction of left turn lanes on River Drive in Davenport. The work is expected to be completed and new signals installed in June 2006.

Save Bicycle Trail Dollars in Illinois! Ed Barsotti

In each of the last two years, the state was forced to return some of its federal transportation dollars. Instead of "sharing the pain" with proportional cuts across all categories, IDOT decided to raid bike and trail funds in an overwhelming way. And it could happen again in April!

Historically, half of Transportation Enhancements dollars and a tenth of CMAQ ("see-mac") go to trails and other bike-related projects. (See a partial list at http://www.bikelib.org/tbills/bikeways_funded_istea_98.htm) Last year alone, **46%** of Transportation Enhancements dollars (nearly \$12M) and 23% of CMAQ dollars (\$19M) were sent back, while **only 4.5%** of all other funding was returned. This is blatantly unfair and against the intent of federal legislation.

The "rescission" criteria used by IDOT dooms our bike dollars because of how these programs are struc-

ured. Join us in demanding that the state correct this situation in April and in future years.

LIB urges all cyclists to call, fax, or e-mail:

IDOT Secretary Tim Martin, phone 217-782-2616, fax 217-782-6828,

<http://www.dot.state.il.us/Email/Email.asp?from=1>

Governor Rod Blagojevich, phone 217-782-0244, fax 217-524-4049,

<http://www.illinois.gov/gov/contactthegovernor.cfm>

Include the message that you're a bicyclist and that "IDOT has unfairly given too much Enhancements and CMAQ money back to the feds the past two years. Please make sure the April and all future rescissions are proportional to authorized, NOT unobligated funds."

Further details are at

http://www.bikelib.org/political_state/rescissions06.pdf

Spring Adopt-a-Highway Trash Pickup Ken & Julie Urban

Monday evening, May 1st at 5:30 pm, please join other QCBC members for a community service project. For 14 years, the QCBC has maintained a two-mile section of Scott Park Road (old Rt 61). Meet at the gravel parking lot just north of Mt Joy Rd in Davenport, between the soccer fields and Window Experts.

Make sure to wear proper footwear for manoeuvring some steep ditches. Gloves and work gloves are a good precaution for the surprises that wait for you along the road. In recent years, the majority of the trash has been sorted for recycling. Plan on joining the group afterward for pizza and conversation. Contact Ken or Julie Urban at 563-326-3427 for more information.

Note: Rain date is following Monday evening, May 8.

Criterion Volunteer Opportunities
Memorial Day, Monday, May 29, 2006
Vivian Norton

Meet the Racers: Work the **registration desk** and have the chance to meet the guys and gals registering to race or picking up packets. You get an interesting insight into the race when you meet them. Contact Chairperson: Vivian Norton (563-355-1899, vjoan@worldnet.att.net)

QCBC Booth: Join Chairperson Dave Lefever [563-355-6476, (cell) 563-343-5222, bike@netexpress.net] at the QCBC booth to introduce Criterion fans to the advantages and enjoyment of being a QCBC member.

Corner Marshals: See what is going on during the race and help out the racers at the same time by being a corner marshal. Corner marshals monitor street crossings to stop spectators from crossing in front of the racers. Call Bill and Kathy Wiebel chairpersons 309-234-5987; billwiebel@aol.com

T-shirt sales: Like to sell? Like to be part of the action? Like to get a free shirt? Join Dennis and Karen Baber at the T-shirt sale booth. Dennis, 309-796-2476, babber@copper.net.

Wheel Pit: If you "know your wheels" or want a quick, practical lesson, join the Wheel Pit Guys by contacting Donnie Miller 309-762-5314, bcyclercr@mchsi.com.

Prize Desk: You may not get a prize but you do get to see how it's done. To volunteer call Doug Nelson 563-355-3253, dougnelsonmai@aol.com

Hospitality tent: Mingle with our sponsors, officials, Crit organizers and help Jewel Bryan at the **Hospitality** tent. 309 762-4762, jewel@wpcco.com.

Registration for Trikes and Youth Races: volunteers are needed for registration and for a "Trike Wrangler" (to line up the trike racers). Contact Michael Zugmaier 563-383-6216 or 563-508-4301; mzugmaier@carletonls.com.

Shifts are available from 7:30 a.m.-3:00 p.m. on Memorial Day.

Your BIG rewards:

- 2 FREE FOOD coupons good at Criterion vendors!
- A spectacular and MUCH coveted Criterion t-shirt.
- Quad Cities Criterion socks for \$5 when you present your T-Shirt ticket at the T-Shirt booth. (Price to public is \$10)
- An invitation to the volunteer party! (Time and location to be announced)
- A full day (or shift) of entertainment!
- An opportunity to be an active QCBC volunteer.
- BE PART OF THE CRITERIUM FUN!

Call Vivian Norton 563-355-1899; vjoan@worldnet.att.net, (Vivian will not be available between May 18-29) or Jewel Bryan, 309-762-4762, jewel@wpcco.com. to find out what volunteer spots are open or to tell what volunteer opportunity you'd like.

Want Ads

Additional Ads on Web Site at www.qcbc.org

- **Want to Buy** - I am interested in securing a used Burley for sale or loan. Contact Lisa Miotto at 309-737-8076 or miottol@mchsi.com.

Support Habitat for Humanity
Gordon Fordyce

For the third consecutive year I will be riding the Habitat 500 which is a pledged 500-mile bicycle ride to benefit the Quad Cities affiliate of Habitat for Humanity. This year's ride takes place in Minnesota July 9-15. It begins and ends in Sandstone, passing through the towns of Duluth, Virginia, Hibbing, McGregor, Pierz, & Mora. I invite your support for this very worthwhile organization. I need contributions by July 1st payable

to "Habitat 500". Contact me at 563-322-6001 or glfordyce@qconline.com to contribute to this tax-deductible cause.



Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone	Membership Count: 3/31/06		
Brent Hoyer	Davenport, IA		Number of:	Members	Memberships
C.J. Beutien	Hampton, IL	309-496-1750	Individual	407	407
Melanie Payne	Rock Island, IL	309-230-6351	Couple	296	148
Steven Williams	Murfreesboro, TN	615-545-4702	Family	328	88
			Complimentary	20	20
			Life	6	3
			Total	1,057	666

Welcome New Members

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.

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. You can also view the newsletter online at www.qcbc.org.

Preparing for TOMRV 29 – Testimonials

One of my favorite routes for training for TOMRV is a loop from Davenport to McCausland. From my house near Emeis Park it is a 45 mile round-trip.

Head North on Jersey Ridge Road to the T intersection at F55. Right on F55 to Z16. Left on Z16 to F45. Right on F45 to Z30. Left on Z30 to McCausland.

Return by the same route.

This Route has a good variety of hills on good roads and the distance gives a good workout.

When I first was going on TOMRV, quite a few people said you should have a base of at least 500 miles with rides of 40-60 miles with some hills. That is still good advice.

Mike Smith
Davenport, IA

This will be my 24th TOMRV. I don't do any special training other than getting out as early as I can in the spring and riding as far as I can in the most miserable conditions I can tolerate.

Living in Minneapolis, I can't start a consistent riding schedule until late March due to snow and ice. Starting in early April (daylight savings) I do two 30-mile after work rides during the week. On the weekends I immediately shoot for 50-60 mile rides - the windier the better. That gets me fit quickly and also helps prepare me psychologically for inevitable TOMRV headwinds. As I write this on April 8th, I'm at 302 miles.

I do an organized century in late April and two more the last two weekends in May. I should have 1,100-1,200 miles by TOMRV.

My approach to riding the TOMRV has changed over the years. When I was younger I pushed hard trying to better my times. At 57 I don't have to prove anything, so I concentrate on enjoying the ride and SURVIVAL. I don't poke along, but I'm careful not to run too long with my faster friends early in the day, since I pay for it towards the end. See you in June.

Charles Tanger
Minneapolis, MN

Quad Cities Bicycle Club 20k Time Trial Championships

Welcome	To the 7th annual Quad Cities Bicycle Club time trial championship. Race #3 on QC Multisport series. Part of tour of IL/WI.
Date/Time	Sunday May 21, 2006. 1st rider off at 9:01am. Riders will go off every 30 seconds. The race will be chip-timed this year.
Contacts	Dave Thompson 309-764-5030 dave_thompson@qcracingevents.com www.qcracingevents.net for race results.
Location	Barstow, Illinois. Just outside east Moline. Registration and awards at Barstow fire dept.
Register	Race-day registration will be held from 745am-900am at Barstow fire dept. Late fee in effect after 5/15 except for QCBC members.
Sanction	This is an American Bicycle Racing sanctioned event. You must have an annual license or purchase a 1/day permit.
Course	20k, out and back course. Dead flat following Rock River Valley. No turns. Turnaround in road. Can be windy. Course records: Paul Deninger/Iowa city 26:13 Jane Rinard/Menona 30:25
Directions Parking	Exit off of rt 5 (turns into I-88) Barstow rd. Exit at the edge of Silvis. 2mi east on Barstow rd to fire dept, on left. Do not park at fire dept! There is parking on city streets and grade school 1 block away.
Race Rules	Riders go out in 30 second intervals starting at 9:01 sharp. First signed up, first out. We will follow all ABR rules. Race goes on, rain or shine. We will provide a holder.
Awards	Plaques to top 3 overall/top master. Trophys in following categories and age-groups [followed by # of awards in []]. Men: junior [3] open [3] cat 4 [5] 30-39 [5] 40/49 [5] 50/59 [5] 60/64 [5] 65/69 [5] 70+ [5] women: junior [1] open [3] cat 4 [3] 40/49 [3] 50/59 [3] 60+ [3] recumbent class [1] tandem class [1]

FIRST NAME	Fees/Pre-Registered ABR Member	\$15
LAST NAME	Pre-Registered W/1 Day License	\$19
ADDRESS	Race Day/ABR Member	\$18
CITY	Race Day W/1 Day License	\$22
ST/ZIP	Check HERE IF QCBC MEMBER	
GENDER	Fill In Total Paid	
AGE/ABR ANNUAL LICENSE #	Make Checks Out To QCBC Mail To: 2330 15th Ave Moline, Il 61265	
RACING CATEGORY	Fill In Below For 1-Day License	
NAME/PRINT	SIGNATURE	
ADDRESS	CATEGORY	GENDER
CITY/STATE/ZIP		



New Quad Cities Bicycle Week Celebrates Quad Cities Trails

The Quad Cities is located at the crossroads of the country's extensive trail system and the new Quad Cities Bicycle Week celebrates the trails in the Quad Cities area. From June 10-18, 2006, there are several bike rides going on during that week, the author of the new book "Biking Iowa" will be here for signings, and a new bicycle safety rodeo for kids is happening on Saturday, June 17.

All of the information on the week's events and bicycle riding safety tips can be found on www.QCbicycleweek.com, a new website created for the campaign.

The Quad Cities Convention & Visitors Bureau (QCCVB) has partnered with River Action, the Quad Cities Bicycle Club, Friends of Off-Road Cycling, and local bike shops for Quad Cities Bicycle Week.

"These organizations have come together to organize the new Quad Cities Bicycle Week in order to help make residents and visitors more conscious of the great trails we have in this area," says Jessica Waytenick, Public Relations & Marketing Manager, QCCVB.

In conjunction with Quad Cities Bicycle Week, a free Bicycle Ride Kit will be available after April 1 at Bike & Hike, Healthy Habits, Jerry & Sparky's, On Two Wheels, the River Action office in Davenport, and the QCCVB's downtown Moline and Davenport Visitor Centers. The free kit includes trail information and maps, Quad Cities Bicycle Week events, a bike rental coupon from the QCCVB, and a tire repair kit or bicycle item from the participating stores.

As a new event for Quad Cities Bicycle Week, a Bicycle Safety Rodeo is taking place on Saturday, June 17 from 9:00-12:00 a.m. in the old Freight House restaurant parking lot, 421 W. River Dr., downtown Davenport. This free event for kids in kindergarten through 6th grade features bike safety inspections, safety information, and a helmet fit check, followed by a chance for kids to go through 8 stations that check their control, coordination, distance judgment, balance, and turning.

For information on Quad Cities Bicycle Week and trails in the Quad Cities area, visit www.QCbicycleweek.com or contact the Quad Cities Convention & Visitors Bureau at 563-322-3911.



QCBC Member **John T. Kustes**, East Moline, IL, proudly displays his "National Bicycle Month" plates from the League of Illinois Bicyclists. Each spring, the LIB and other state advocacy organizations, offer their members the opportunity to pay an extra fee for these special license plates.

Proceeds from this display of support for bicycling goes towards supporting advocacy programs within the state. For additional information regarding participating in this program for Illinois residents go to the LIB web site at www.bikelib.org or, contact Laura Sanborn Kuhlman at 630-462-5427.

**Scott County Park Rd Race – March 19th
Act I, Cody Race Series - Michael Zugmaier**

The first installment of the Cody Race Series closed with quite a bang. With early spring weather still in the upper 30's the warming sun brought out 55 racers to Scott County Park for a tough 25 mile Road Race. In it's second year Cody Act I featured a mass start that allowed all racers to put their skills against each other, regardless of their license category.

The 4 laps of Scott County Park is nothing to take lightly with it's constantly rolling terrain and in particular one steep climb that seems to break the spirit of many a racer. This was evidenced from the first lap were only 20 riders were in the lead pack as they crossed the start finish line. In each of the following laps the lead pack lost 3 or 4 more as the course took its toll.

The racers of the lead pack fought hard for position coming towards the Pool and across the Veterans Memorial with 1/2 mile to the finish. In the end it was Matt Hartman a Category 4 racer with Team Atlas that took the top prize ahead of last years Iowa Point Champion Lee Venteicher from the All9Yard Team. Seldom do Cat 4 riders have the chance to race next to the 'expert' level riders of Category 1, 2 or 3. And on this day those Cat 4 riders took four of the top 10 spots on the day.

Cody Act I was the first in a series of Bicycle Races that are designed to get more people involved in racing in Eastern Iowa. The next installment Act II, the Scott Park Circuit Race will be April 22 (after this publication) and the Finale will be Act III, The HUMMER HAMMER on June 4 at the Iowa Research, Commerce, and Park in front of D&D Hummer just off I-80 and Hwy 61. The event will consist of 3 races providing a total prize purse of \$2,500. You can check out www.dicecycling.com for more information.

The Cody Race Series is sponsored by the Quad Cities Bicycle Club, DICE Cycling, Heart of America Restaurants and Inns, Swiss Valley Farms, Genesis Health Group and supported by QC1 Research Foundation and D&D Hummer.

Results – Cody Act I – Scott County Park Road Race

Place/Overall/Name/Cat./Team/City & State

Top Ten Overall

1	Matt Hartman	4	Atlas	Iowa City, IA
2	Lee Venteicher	1	All9Yards	Iowa City, IA
3	Lane Anderson	2	All9Yards	Altoona, IA
4	Jim Cochran	3	Atlas	Iowa City, IA
5	Tracy Thompson	3	Atlas	W Burlington, IA
6	Bob Thompson	4	ICCC	Iowa City, IA
7	John Olney	2	ICCC	Iowa City, IA
8	Dominic Moraniec	40+	Atlas	Burlington, IA
9	John Madsen	4	ICCC	Iowa City, IA
10	Nick Martin	4	Atlas	Iowa City, IA

Cat 1,2 Men

1	2	Lee Venteicher	1	All9Yards	Iowa City, IA
2	3	Lane Anderson	2	All9Yards	Altoona, IA
3	7	John Olney	2	ICCC	Iowa City, IA

Cat 3 Men

1	4	Jim Cochran	3	Atlas	Iowa City, IA
2	4	Tracy Thompson	3	Atlas	W. Burlington, IA

Cat 4 Men

1	1	Matt Hartman	4	Atlas	Iowa City, IA
2	6	Bob Thompson	4	ICCC	Iowa City, IA
3	9	John Madsen	4	ICCC	Iowa City, IA

Cat 5 Men

1	17	Lance Andre	5	FreeFlight	Dubuque, IA
2	29	Eric LaGrange	5	2 Bee	Swisher, IA
3	38	Matt Brakeville	5	DICE	Burlington, IA

Women

1	22	Andrea Myers		Kenda Tire	Silvis, IL
2	25	Amanda Miller		Atlas	Mt Union, IA
3	36	Andrea Venteicher		Atlas	Iowa City, IA

Masters 40+

1	8	Dominic Moraniec	40+	Atlas	Burlington, IA
2	18	Todd Black	40+	ICCC	Iowa City, IA
3	20	Mark Sorenson	40+	2 Bee	Coralville, IA

Masters 50+

1	26	Landen Beachy	50+	Bike Tech	Kalona, IA
2	27	Dave Thompson	50+	DICE	Moline, IL
3	28	Mike Giudici	50+	DICE	Davenport, IA

May 2006 Ride Schedule

- **Monday, May 1**

5:30 p.m. - DOT Adopt a Highway Trash Pickup – IA Join other QCBC members for a community service project. This is the 14th year that the QCBC has maintained this two-mile section of Scott Park Rd (old Rt 61). Meet at the gravel parking lot just north of Mt Joy Rd in Davenport, between the soccer fields and Window Experts. Wear work clothes and gloves. Coordinators: Ken & Julie Urban, 563-326-3427. Note: Rain date for this pickup will be Monday, May 8.

- **Tuesday, May 2**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, May 3**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Har-dee's, 425 55th St., Moline (near CNN). Riders' choice.

- **Thursday, May 4**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders' choice.

- **Saturday, May 6**

5:30 A.M. – 12th Annual Tailwind Ride This is a one-day century ride with the wind at your back. A bus will take the riders out 100 miles, and we will ride back to the Quad Cities. Rain date is May 7, rain or shine! See page 17 of this issue of the newsletter or the QCBC Web site, www.qcbc.org, for details. Chairperson: Dave Lefever, 563-355-6476.

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA Meet at Airport Park, Indian Bluff Rd. (Behind the Moline Airport) for a riders' choice ride.

8:00 A.M. – Mid-Paced Ride – Riders' Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

9:00 A.M. – Leisure Ride – Spring River Ride – IL Meet at Schuler's Shady Grove Park in Rapid City for a ride on the river front Bicycle trail to Bass Landing. Ride Leader: Dodie Robers, 309-755-9197

- **Sunday, May 7**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway near CNH, Old River Dr. and 55th St., Moline (near CNH).

8:00 A.M. – Mid-Paced Ride – Barstow Volunteer Fireman's Pancake Breakfast – IL Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH). Ride to Port Byron and Joslin. Continue on to Barstow for Fireman's Pancake Breakfast. 32 miles. Ride leader: Mike Middlemiss, 563-386-6690.

- **Tuesday, May 9**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, May 10**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Har-dee's, 425 55th St., Moline (near CNN). Riders' choice.

- **Thursday, May 11**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders' choice.

- **Saturday, May 13**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

8:00 A.M. – Mid-Paced Ride – Working the Hills to Edgington – IL Meet at the former Jaydon Distributing Co. (corner of Andalusia and Ridgewood Roads), Milan, IL. Ride to: Taylor Ridge, Edgington and Reynolds. 42 miles. Ride leaders: Mike McCaw, 309-787-2271 and Gregg Sprott, 309-798-2820.

9:00 A.M. – Leisure Ride – Shuffle Off to Buffalo – IA Meet at Lindsey Park Boat Club at the foot of Mound Street in Davenport for a ride to Buffalo. Ride Leader: Dottie Wil-lits, 309-787-1256.

- **Sunday, May 14, Mother's Day**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway near CNH, Old River Dr. and 55th St., Moline (near CNH).

Mid-Paced Ride - No Ride scheduled for today. Enjoy time with relatives.

- **Tuesday, May 16**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, May 17**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Har-dee's, 425 55th St., Moline (near CNN). Riders' choice.

5:30 P.M. – Ride of Silence – IA Meet at Happy Joe's Restaurant in Eldridge. Slow, short ride in memory of those who have died in a motor vehicle accident while riding. See page 13 for additional information.

- **Thursday, May 18**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders' choice.

- **Saturday, May 20**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

8:00 A.M. – Mid-Paced Ride – Swinging Bridge Tour – IA Meet at Muscatine downtown river parking lot. Ride to Wapello, Columbus City, Columbus Junction, Fredonia and Letts. 63 miles. Ride leader: Rodger Horst, 563-263-0410.

May 2006 Ride Schedule (cont.)

- **Saturday, May 20 (con.t)**

8:00 A.M. – Mid-Paced Ride – 3 Hour Out & Back – IL
Meet at the boat landing along the Great River Trail in Rapids City. Ride 1.5 hours out, take a short break along side the route, then return to starting location. No planned breakfast stop on this ride. Approx. 40 miles. Ride leader: Gerald Correthers, 309-755-0394.

9:00 A.M. – Leisure Ride – Illinois by the River – IL
Meet at the east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH). Ride the River Front Trail to Sunset Marina and back. Ride Leaders: Kaye & Carter LeBeau, 563-323-6848.

- **Sunday, May 21**

9:00 A.M. QCBC 20K Time Trial Championship – IL
Starts in Barstow, IL. Fifth Annual 20K Time Trial Championship. Race is sanctioned by the ABR. Age group winners recognized. Registration forms are available on page 6 of this issue of *Pedabwheeling* and on the club Web site, www.qcbc.org. Contact Dave Thompson, race director, 309-764-5040, or dthompson@revealed.net.

8:00 A.M. – Fast-Paced Ride – Riders’ Choice – IL
Meet at east end of Ben Butterworth Parkway near CNH, Old River Dr. and 55th St., Moline (near CNH).

8:00 A.M. – Mid-Paced Ride – Hills & Vistas of Scott County – IA
Meet at Eastern Ave entrance to Duck Creek Parkway. Ride to McCausland and Scott County Park using lots of county roads that are not only hilly, but have great views!. 42 miles. Ride leaders: Bill & Kathy Storm, 563-355-2564.

- **Tuesday, May 23**

5:30 P.M. – Summer Evening Ride – IA
Meet at Happy Joe’s Restaurant in Eldridge. Riders’ choice.

- **Wednesday, May 24**

8:00 A.M. – Wednesday Morning Ride – IL
Meet at Har-dee’s, 425 55th St., Moline (near CNN). Riders’ choice.

- **Thursday, May 25**

5:30 P.M. – Summer Evening Ride – IL
Meet at the boat landing along the Great River Trail in Rapids City. Riders’ choice.

- **Saturday, May 27**

8:00 A.M. – Fast-Paced Ride – Riders’ Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

8:00 A.M. – Mid-Paced Ride – North to Albany for Brunch – IL
Meet at the boat landing along the Great River Trail in Rapids City. Ride to Albany using the Great River Trails and county roads. 40 miles. Ride leader: Jim Karr, 563-441-9115.

9:00 A.M. – Leisure Ride – Tour of Credit Island – IA
Meet at Lindsey Park Boat Club at the foot of Mound Street in Davenport for a ride to Credit Island and back. Ride Leader: Bonnie Gesling, 309-762-1178.

- **Sunday, May 28**

8:00 A.M. – Fast-Paced Ride – Riders’ Choice – IL
Meet at east end of Ben Butterworth Parkway near CNH, Old River Dr. and 55th St., Moline (near CNH).

8:00 A.M. – Mid-Paced Ride - 3 Hour Out & Back - IA
Meet at Healthy Habits, Bettendorf. Ride 1.5 hours out, take a short break along side the route, then return to starting location. No planned breakfast stop on this ride. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

- **Monday, May 29**

Quad Cities Criterium – IL
All Day Event - Bike Races in The District of Rock Island. Chairperson is Terry Burke, 309-797-3790 or tburke@qconline.com.

- **Tuesday, May 30**

5:30 P.M. – Summer Evening Ride – IA
Meet at Happy Joe’s Restaurant in Eldridge. Riders’ choice.

- **Wednesday, May 31**

8:00 A.M. – Wednesday Morning Ride – IL
Meet at Har-dee’s, 425 55th St., Moline (near CNN). Riders’ choice.

Ride Classifications:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These

rides are offered in the schedule, April – October.

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider’s Choice – the riding pace on these rides will vary depending upon who shows up.

QCBC 20K Time Trial Back For 7th Year

Dave Thompson

I would like to welcome all racers back for the 7th Annual Quad Cities Bicycle Club 20 kilometer time trial championships. From a quiet start with 26 competitors in 2000 to 107 riders last year, the race has shown steady growth. Also a steady increase in fast riders, especially in the masters ranks has been a side effect.

Many riders from Chicago and Iowa City have fallen in love with the blazing fast, flat Barstow course. Many people have set personal bests on what is for us local riders, one of our favorite training roads. New for this year is chip-timing and start times 30 seconds apart which will make it a shorter day for all involved. Same out and back course starting in Barstow, Illinois. Sunday May 21 at 900am is start time. Registration at Barstow Fire Department with awards and refreshments at same spot after race.

Entry fees have gone up \$5 to cover chip-timing. Lots of plaques will be given away in various ability and age-groups. And of course the coveted QCBC champions plaque to fastest male and female QCBC member! You can register the day of race: no late fee for QCBC members and DICE team members. Or you can pre-register by sending in the registration form on page of this issue of Pedalwheeling, pick up a form at Healthy Habits and mail to me. You can also email me at dthompson@revealed.net and reserve a spot in the starting order and pay on race day. Just make sure I get all relevant information in the email.

Starting order is set by first registered, first off so get your entries in quickly. Heat and wind is a factor for later start times. Race info, results and the starting order will be posted at www.qcracingevents.net. Hope to see you there. The following are former overall champions:

MALE

2000 Aaron Inch	St. Louis	28:28
2001 Scott Stirrett	Bettendorf	29:51
2002 Aaron Inch	St. Louis	27:04
2003 Paul Deninger	Iowa City	26:21
2004 Craig Gartland	Chicago	27:23
2005 Paul Deninger	Iowa City	26:13

FEMALE

Lauren Naset	Naperville	32:02
Melinda Thompson	Moline	35:55
Amy Castro	Bettendorf	31:11
Jane Rinard	Monona	30:25
Diane Roanhaus	Franklin	30:45
Diane Roanhaus	Franklin	31:31

Iowa Bicycle Coalition Updates

Mark Wyatt

Senate File 2267 Passes – adds bikes to drivers ed.

Senate File 2267 is awaiting Governor Vilsack signature after passing in the Iowa Legislature. The bill adds bicycle and motorcycle awareness to the drivers education curriculum AND stiffens penalties for motorists who fail to yield.

<http://coolice.legis.state.ia.us/CoolICE/default.asp?Category=BillInfo&Service=Billbook&hbill=SF2267>

New IBC Board Members/Officers

At the IBC annual board meeting two new directors were added to the Iowa Bicycle Coalition Board. Milly Ortiz and Jim Green will fill vacancies. Bill Neal retained his current position. Lisa Hein was elected IBC President. Congratulations to all!

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

Ride of Silence League of Illinois Bicyclists

Joliet, Illinois will be participating in the Ride of Silence, honoring the memory of **Jan Briese**. In May, 2005, while leading her Thursday morning Joliet Bicycle Club ride as she had for the past 12+ years, Jan was struck and killed by 88 year old motorist, John G. Feely of Palos Heights.

Please join cyclists worldwide in a silent, slow-paced ride (max. 12 mph) at this memorial for all fallen cyclists who have been injured or killed while cycling on public roadways. This ride will take place at over 120 U. S. locations and eight other countries (see <http://www.rideofsilence.org> for other locations).

• Joliet Ride of Silence

Date: May 17, 2006
Time: 6:45 P.M. memorial tribute; 7:00 P.M. prompt ride begins
Where: Joliet, Illinois - Memorial Stadium, 3000 W. Jefferson Street (Rt. 52)
Distance: 10 miles

For more information or to submit names of fallen cyclists, contact Sara Jo Briese, sjbriese@yahoo.com, 815-521-0311 or <http://www.rideofsilence.org>.

• Chicago Ride of Silence

Date: May 17, 2006
Time: 7:00 P.M. prompt ride begins
Where: Chicago, IL - Daley Plaza (corner of Dearborn and Washington)
Distance: 10 miles

For more information contact Elizabeth Adamczyk, emadamczyk@hotmail.com, 773-370-2038, or visit the Chicagoland Bicycle Federation Calendar of Events at <http://biketraffic.org/calendar/>

• Arlington Heights Ride of Silence

Date: May 17, 2006
Time: 7:00 P.M. prompt ride begins
Where: Arlington Heights, IL - Recreation Park, 500 East Miner
Distance: 10.5 miles

For more information contact Gary Gilbert, ride@cyclearlington.com, 847-577-4275. Sponsored by: Arlington Heights Bicycle Association <http://www.cyclearlington.com> and Village of Arlington Heights Bicycle Commission

• Quad Cities Ride of Silence

Date: May 17, 2006
Time: 5:30 P.M. prompt ride begins
Where: Meet at Happy Joe's in Eldridge, IA
Distance: 12 miles

For more information contact John Their john-sue704@hotmail.com, or 563-285-8220.

Started in 2003, the RIDE OF SILENCE WILL NOT BE SILENT and exists:

To **HONOR** cyclists who have been injured or killed.

To **RAISE AWARENESS** that we are here.

To ask that we all **SHARE THE ROAD**

On May 17th, the Ride of Silence will begin at 7:00 P.M. in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor fallen cyclists. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes are not aware of the cyclists themselves.

The Ride of Silence is a free ride. There is no brochure, no sponsor, no registration fee and no t-shirt. The ride, which is being held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.

Endurance Cycling in the Quad Cities.

Dave Parker

For 6 years the Quad Cities Big Dogs have challenged cyclists across the USA – and a few from beyond our borders, to try the Century Challenge. The Challenge is to ride at least one 100 mile ride – in a 24 hour period – per month every month of the year. 15 or so of the originals have done this every year. And over 400 cyclist have registered at the Big Dogs web site – where you can log your daily mileage and browse through other riders logs – all for free! Take the challenge at www.big-dogs.org.

Last year Big Dogs Endurance Cycling and parent company Ultra Midwest, LLC, produced two local ultra-cycling events – the Balltown Classic and the UMCA 24 Hour Championship. Both events were successful rides.

The Balltown Classic is either a 100 or 200 mile ride. The 200 miler is also a sanctioned UMCA (UltraMarathon Cycling Association) event in the John Marino Challenge – a series of long distance rides for endurance competitors.

The UMCA 24 Hour Championship brought in cy-

clists from all across the United States, Canada, Great Britain and Australia. In addition to the 24 Hour, we provide 6 and 12 hour options.

This year we have changed the route and hope to move it to Illinois.

In 2006, we plan to revive a double century that the Big Dogs promoted in 2001 – the Metamora 50X4. This is a very flat route – a fifty mile loop with one hill. This route is perfect for self-supported riders - you can store supplies in the starting area and refuel every 50 miles. We also hope to attract recumbents, HPVs and hand-cycles. If some of the recumbent riders in the region get together on this route we could see some flat out fast laps!

We invite everyone to give one of these rides a try this year. Test yourself with some ultra! This area has a number of very good endurance cyclist – is time for you to join them?

For more information, see the UltraMidwest link at www.big-dogs.org. Or www.ultramidwest.com. E-mail Joe Jamison at j-jamison@sbcglobal.net or Dave Parker at parker_dave@hotmail.com.

Author of New Book Visits During Quad Cities Bicycle Week

As part of the new Quad Cities Bicycle Week, author Bob Morgan is going to be in the Quad Cities on Thursday, June 15 to sign his new book entitled *Biking Iowa: 50 Great Road Trips and Trail Rides*. It will be released on March 31, 2006.

Morgan will be at the Midwest Writing Center, 225 E. 2nd St., Davenport, from 12:00-1:00 p.m. on June 15 as part of their Brown Bag Lunch series. Then at 7 p.m., he will be at Borders Book Store, 4000 E. 53rd St., Davenport.

About the Book

Biking Iowa is a 136-page bicycle exploration of the Hawkeye State, with 50 rides ranging in length from seven to forty-eight miles. Discover the surprisingly steep hills of Iowa's northeastern corner and the historic river towns along the Mississippi River; watch hawks gliding in an enormous sky over never-ending fields of corn in Central Iowa; delight in the rolling terrain of Southern Iowa; visit the deep blue waters of

Iowa's Great Lakes; and test the rugged Loess Hills of Western Iowa.

Each ride includes a map and mile markers, and the ride descriptions point out places of amusement, interest, and historical significance. Whether a recreational rider, bicycle tourist, or hard-charging hammerhead, *Biking Iowa* is a guide to low-traffic roads, scenic trails, and bicycling in the state.

About the Author

Bob Morgan's column "Savvy Cycling with Bob Morgan" covering cycling issues, bicycle safety, and bike touring was a long-time feature in the Waterloo-Cedar Falls *Courier*. He also contributed to *The Iowa Trails Advocate*, the newsletter of the Iowa Trails Council, and other bicycle- and trail-advocacy publications. Morgan lives in Cedar Falls, IA.

Quad Cities Bicycle Week celebrates the trails in the Quad Cities area. From June 10-18, 2006, there are several bike rides, a new bicycle safety rodeo for kids, and free Bicycle Ride Kits.

Bike Rentals Are Back in the Quad Cities

Joe Taylor

Quad Cities – The Quad Cities Convention & Visitors Bureau (QCCVB) is starting its third season of bike rentals on Monday, April 3, 2006, at its downtown Davenport, 102 S. Harrison, and downtown Moline, 2021 River Drive, Visitor Centers.

Bikes can be rented by the hour or by the day. The hours for rentals from both visitor centers are 8:30 am-4:30 pm Monday-Friday. Then starting on the first Saturday in June, the offices will be open for rentals on Saturdays from 10 am-4:00 pm until the end of September. Rentals will be available until November 1st.

Different sizes and kids' bikes are available and each rental comes with a helmet and lock. In addition to regular bicycles, tandems, kiddie trailers, and trail-behind bikes for younger riders are also available to rent.

“The bike paths are an excellent way to explore both sides of the river in the Quad Cities,” says Jessica Way

tenick, QCCVB Marketing Manager. “Currently, we are the only organization renting bicycles in the Quad Cities.”

The rental bikes are part of the Trek Navigator Comfort series, a combination bike perfect for rentals. The 24-speed bike has a cushioned seat, hand brakes, shock absorbers, and bell. The QCCVB is partnering with On Two Wheels in Davenport for the bike rental program.

For information on bicycle rentals, trails, and the Quad Cities area, contact the Quad Cities Convention & Visitors Bureau at 563-322-3911 or visit their website at www.visitquadcities.com.

The Quad Cities is located on the Mississippi River and is made up of the riverfront cities of Davenport and Bettendorf in Iowa, and Moline, East Moline and Rock Island in Illinois. The area is just a 2-½ hour drive from Des Moines, Iowa, and Chicago, Illinois. It is easily accessible via I-80,

I-74, I-88 and several major state highways.

Corrections to Ride Sch. & Membership Directory

Kathy Storm

The 2006 – 2007 Ride Schedule and Membership Directory booklets have been mailed out to all current QCBC Members. It takes a tremendous amount of work to put this publication together. And as soon as it goes to the printer, “poof” we notice corrections to be made.

If you have a correction that you would like members to be aware of, please contact me at: 563-355-2564 or qcbceditor@yahoo.com. I'll be happy to publish them in upcoming issues of the newsletter. Here are a few for now.

Page 2

Iowa Adopt a Highway Pickup
(New Key Contacts)
Julie & Ken Urban

Page 30

May 27 – Leisure Ride
(New Ride Leader)
Bonnie Gesling, 309-762-1178

Page 94

Donnie Miller
(New Email Address)
bcycleracr@mchsi.com

Page 102

Phil Schubbe
(New Street Address)
1309 Pinnacle Pines Court

RIDE RAGBRAI XXXIV WITH THE QUAD CITIES BICYCLE CLUB
Charter Service

The Quad Cities Bicycle Club will provide charter service for riders who obtain their RAGBRAI tags from the Des Moines Register. Photocopy your bike and wristband tags, including the unique id numbers. Check the services you require below. Use a separate form for each person. Make check payable to QCBC, RAGBRAI XXXIV. Bikes are loaded Friday, July 21, 4:30-6:30 p.m. in Davenport, Iowa at Northpark Mall, 320 W. Kimberly Road, **East center lot number C13 and C14 which is South of Sears and across the street from Lunardi's Restaurant.** If you leave a vehicle at Northpark Mall understand that neither Northpark Mall nor QCBC can take responsibility for anything adverse that may happen to your car or its contents. Riders and gear load Saturday, July 22, 6:30-7:00 a.m. Return bus to Davenport July 29, 2:00-4:00 p.m.

Name of rider _____ Birthdate: Month/Day/Year _____

Night Phone # _____ Day Phone # _____ Tandem Yes _____ No _____

Street _____ City _____ State _____ Zip _____

Adult sponsor if under 18 _____ E-mail _____

RAGBRAI Unique ID# _____

Bus transportation:	Davenport to Sergeant Bluff	\$70.00	_____
Baggage service for the week:		\$40.00	_____
Return bus:	Muscatine to Davenport	\$35.00	_____
	Total	\$	_____

MAIL TO QCBC-RAGBRAI, 4216 Warren, Davenport, 52806 or mm@netexpress.net

Please identify e-mail subject as RAGBRAI

Kick-In' Tailwind Escapade – May 6th
Dave Lefever

Bring a friend who hasn't ridden a century and experience the enjoyment. The most enjoyable thing about our tailwind is to be at the end and meet people who have completed their first century. Many had felt they couldn't complete the ride but found out that with a decent tailwind, it's doable.

Another reason they completed the ride was that there is no other way to get home, meaning we don't offer SAG services. I do drive the route to see no one is left to fend for themselves.

The ride will take place on Saturday May 6th, 2006 (earlier this year to avoid Mother's day weekend). Here is how it works. We will bicycle from one of four locations depending on which way the wind is blowing the morning of the ride. We will load everyone's bikes at one of two locations:

- 1.) Butterworth parking lot near Case New Holland (Moline, IL) if we are going East or South.
- 2.) Scott Community College (Bettendorf, IA) if we are going West or North.

How will you know where to meet? That information will be on my answering machine between 5:00 – 7:00pm on Friday, May 5th. I will have alternate information on my machine if the weather is going to be extreme and the ride needs to be postponed to Sunday, May 7th.

New and Improved TAILWIND CENTURY. There will be no stop for food in route to the beginning town. It seems that the words "fast food" have become an oxymoron. It took us an hour to make that stop last year. I will have some "energy food" on the bus, i.e., something like Krispy Kream. We will make a potty stop.

Promptly at 6:00am our bus transportation will leave for an approximately two-hour ride into the wind. Around 8:00am everyone will leave the bus, unload their bikes and take off for a 100-mile ride with the wind at their back the whole way. (We hope)

Be at the starting location at 5:30am to load bikes into the truck. You might want to bring a blanket to protect your bike during transit. These will be waiting for you when you return back to the start. There will be a SAG truck with refreshments during the ride.

Fill out the form on this page, sign the waiver, and send it along with a check for \$20.00 made out to the Quad Cities Bicycle Club. Mail the form and fee to: Dave Lefever, 1735 Piccadilly Place, Davenport, IA 52807. Do it quickly because registration is limited. It'll be on a first come first serve bases, with postmarks determining cut offs.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Here is my \$20.00. Please register me for KITE, the Kick-in' Tailwind Escapade of spring. In order to participate in KITE the following must be completed fully and signed in ink.

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle touring. I understand and agree that I must wear my helmet at all times while riding the KITE. In consideration of the Quad-Cities Bicycle Club, its directors, officers, employees, agents and participants who may be performing official functions for the ride, from any and all actions, claims, demands, administrative proceedings, judgments, or decrees, including attorney's fees, of any kind that may arise out of my participation in the KITE ride.

I also hereby consent to and authorize emergency medical treatment in case of injury. I understand that any medical costs will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in this tour event.

Participants' Signature _____ Date _____

Parent or Guardian Signature (if under 18) _____ Date _____

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

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

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

It's Ride the River Time Vivian Norton

After 22 years, when Father's Day rolls around, Quad-citizens think RIDE THE RIVER. It is that time of year, making this the 22nd year for Ride the River. The ride takes place on Father's Day, Sunday, June 18, 2006

Each year the River Action staff and volunteers work on a new theme or special events for the ride. This year were making Ride the River the "Kick off the Summer" for the Quad Cities summer events.

QCBC members continue their commitment to

safe cycling by selling helmets on Saturday, June 17 and Sunday, June 18.

There is always a need for volunteers. Sign up to help fit and sell helmets and putting out and picking up traffic cones. A big need this year is volunteers for the "Kids' Ride, Too" activities. To volunteer call the River Action office at (563) 322-2969

Remember when you use the Rock Island and Davenport ramps to the Arsenal Bridge that the ramp studies and push for their completion were done with money raised and efforts by River Action.

We look forward to hearing from you and seeing you on the ride to support River Action projects. Thanks.