



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—October 2007



From the Headset:

By Dean Mayne, QCBC president
e.mayne@mchsi.com

The days are getting shorter and the shadows longer. By the time this goes to press, the sunrise and sunset will be closer to 6:30. We'll be seeing the first signs of autumn, as the colors begin to change.

We start optimizing outdoor projects and planning tasks that can be done indoors later this winter. We start making time for college football, and hunting for our riding gloves, long-sleeved jerseys, windbreakers and tights. There's still a lot of great riding to do in the fall, but a little more preparation is needed.

Your QCBC board resumed meetings Sept. 10. It has been our mission to provide clarity and openness between the board and membership, so I'll make a regular effort to keep everyone informed. My impressions of the meeting follows.

We had a new meeting place at Donnie's Indoor Cycling, due to remodeling at the Bettendorf Library.

We opened the meeting thanking Donnie for hosting and introducing him as our New League Certified Instructor.

- Donnie has finished his training and is gearing up to start training the QCBC and public. He already has a gig teaching bike safety to the All Saints School 7-8th graders. Donnie plans to provide his first adult cycling class to the QCBC board and then open up classes to the public.

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BFC Program Gets Big Boost from Trek

Trek has announced a \$1 million, three-year commitment to the League of American Bicyclists' signature Bicycle Friendly Community Program as part of the bicycle company's larger One World, Two Wheels advocacy initiative.

Trek president John Burke unveiled the campaign in August to 1,000 enthusiastic Trek dealers at the corporation's annual event in Madison, Wisconsin. He said "Bicycling is a very simple solution to many complicated problems in the world."

League executive director Andy Clarke said, "We are absolutely delighted. This effectively triples the size of the BFC program and enables us to do a lot more to help transform cities across the United States."

**Quad Cities Bicycle Club
Awards Dinner
Friday, November 9th
The Lodge
Spruce Hills and Utica Ridge Road, Bettendorf.
(See page 4 for more details)**



Hanging in the *balance*

By Scott Swanson

I'm feeling imbalanced for some reason, and I'm questioning what to do.

It's not good to start questioning the physics of balance when you're rolling down the road. You have to have a modicum of control of your machine, and complete faith that certain matters of physics such as centrifugal force and adhesion are going to hold, because we can't control those things anyway.

Like surfing, you go with the flow.

So, the balance thing? You had a direction? Yeah, having a direction, that's the ticket. Four years ago, I was a runner, and that's all I did. Then I got a road bike, and that's what I did.

Massive opportunities have come my way since then. I've toured, raced, officiated and volunteered. And I started writing regularly. I've got direction, too many directions!

I've been told I get a little too focused when I get into something. The motorcycle? Three weeks in, and I've put close to 1,300 miles on it. And I haven't ridden it every day.

It's been said "all things in moderation." Well, moderation only gets you moderate results.

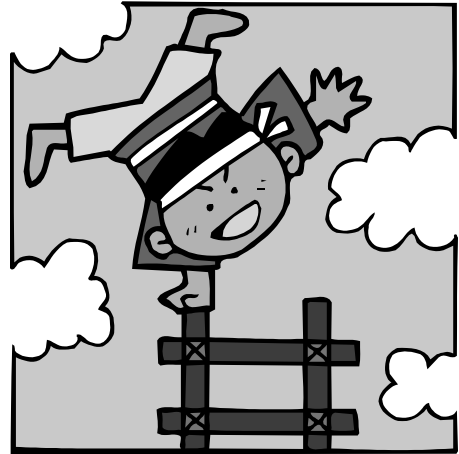
Things like double centuries are, shall we say, immoderate acts.

I go in three- or four-year cycles, it seems. I get into something until I get to the point where I've made some accomplishment and I'm ready to be done, or the activity seems to take on a life of its own and I'm just a roommate in my own life.

Themis, goddess of divine justice, is pictured with a balance and a sword. So, must some things be cut to bring things into balance? There's nothing I want to cut out. It's all good.

But I'm still feeling as though I'm on Illinois 67 being buffeted by semis. There's no easy out.

I'll just have to put my head down and pedal faster. It will be interesting to see where I am when the wind stops.



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Welcome New QCBC Members! Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Loren & Tina Devries	Bettendorf, IA	563-332-9629	Alex Casas	East Moline, IL	309-798-4768
Michael Pagniano	Bettendorf, IA	563-332-1565	Maurice & Brenda Nelson	Geneseo, IL	309-944-4538
Jessica Dopler	Davenport, IA	563-271-0762	Renee & Alvin Dulong	Milan, IL	309-787-4232
Todd Francis	Alpha, IL	309-629-2102	Tim Leinbach	Milan, IL	309-781-9585
James Briggs	East Moline, IL	309-738-4979	Ken Atkinson	Moline, IL	309-721-5310

<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>	<p>Membership Count: 12/18/06</p> <table border="1"> <thead> <tr> <th>Number of:</th> <th>Members</th> <th>Memberships</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>384</td> <td>384</td> </tr> <tr> <td>Couple</td> <td>330</td> <td>165</td> </tr> <tr> <td>Family</td> <td>295</td> <td>81</td> </tr> <tr> <td>Complimentary</td> <td>20</td> <td>20</td> </tr> <tr> <td>Life</td> <td style="border-top: 1px solid black;">7</td> <td style="border-top: 1px solid black;">4</td> </tr> <tr> <td>Total</td> <td style="border-top: 1px solid black; border-bottom: 3px double black;">1036</td> <td style="border-top: 1px solid black; border-bottom: 3px double black;">654</td> </tr> </tbody> </table>	Number of:	Members	Memberships	Individual	384	384	Couple	330	165	Family	295	81	Complimentary	20	20	Life	7	4	Total	1036	654
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QCBC Annual Awards Dinner

The Quad Cities Bicycle Club annual awards dinner will be held Friday, Nov. 9 at The Lodge on Spruce Hills Drive and Utica Ridge Road, Bettendorf. It will begin at 6 p.m. with social hour, appetizers and a cash bar. Dinner is served at 7 p.m., followed by the awards program.

The cost is **\$25** per person. The registration form and your check - payable to Quad Cities Bicycle Club - should be returned by Nov. 1 to: John Wessel, 333 9th St., Moline, IL 61265

For more information, call Jewel Bryan at (309) 762-4762, or email jewel@wpcco.com

Dinner Reservation Form

Name: _____

Name: _____

Name: _____

Name: _____

Daytime phone number: _____

(Headset cont. from page 1)

meetings. John is a true gentleman diplomat and will serve us well in this capacity.

- QCBC Growth Committee

John Harrington is the chair of this committee and is looking for suggestions and assistance. Some of his ideas include (1) a membership drive, (2) volunteer awards, (3) increase QCBC presence in the media, (4) consider a uniform membership fee of \$20 for all members, regardless of a individual or family membership, (4) more family activities, (5) paying race fees for juniors, (6) reduced family rates at club events.

The future of the QCBC is dependent on a healthy, happy and active membership. Finding better ways to serve our members is important to our development.

- Criterium Report

Terry Burke reviewed the financials from the Criterium. There are plans to find a new sponsor solicitor for next year's event and plans to raise the regional awareness and competition level of the event to compete head on with other long-standing events in the midwest.

Donnie Miller, new criterium director, said he wants to promote the children's races to include a bike rodeo, and create a special competition for police departments and paramedics.

- QCBC Officer Nominations and Elections

John Wessel led the committee to nominate new officers last year. I plan to contact him to do the same at this year's general meeting on Oct. 16.

- Annual Awards Dinner

John Wessel also chairs the annual dinner and will report his plans during the October board meeting

- Heartland Century

Mike Desch said 250-260 people participated in the '07 Century, 90-100 full century riders. He had a picture perfect day and lots of praise for the route. Don't forget to say thanks to the Heartland chairman and his crew. This kind of organization takes a lot of work, a love for cycling, and devotion to those they serve.

Mike has chaired the event three years. He won't chair it next year, but agreed to train his replacement. Anyone interested in a directing this crowd-pleasing event should contact Mike Desch at (309) 755 4722.

- World Wide Miles Director

Jim Merrit has transferred to Rockford and no longer will collect annual mileage for the club. We are seeking a replacement.

- Thank You Davenport and Bettendorf Parks

Our members on the ACE email list have asked the club to extend their thanks to Davenport park personnel for revisions to the Duck Creek Trail this summer.

We'd also like to thank Steve Grimes, Bettendorf park personnel, and Missman Stanley and Assoc. for bringing the Bettendorf Trail Project forward for public input. Thank you for your vision and contributions to a greater living experience around our cities.

- Next General Membership Meeting at 7 p.m. Oct. 16
Phil Schubbe and Deb Mathias arranged to have an official from the I-74 project report on the pedestrian bridge. Cornbelt members will join us. There is potential of having reports on other trail projects in the QCA, along with Donnie Miller discussing his role as our Local LCI.

Meeting adjourned at 9 p.m.

Additional bits & pieces

- QC-TAG Transportation Advocacy Group Formed
See quad.cities.tag.googlepages.com for details. The Bike to Work Committee has evolved into QC-TAG to address alternative transportation and active healthy living in the QCA.

The 2007 QC Metro Bike Ride was our first group event. The ride started and finished at the Davenport Farmer's Market Sept. 22. The event was created to support the YMCA's national "America on the Move" initiative and recognize the efforts of local city planners to create safe bike routes in our cities.

QCBC provided ride leaders,

Cont. Page 6

He envisions teaching cyclists and motorists and hopes to do regular visits to Driver's Education programs around the region. Donnie indicated an interest in getting involved with local trail coordinators through connections with the Bi-State Region Trails Commission.

Donnie plans to promote public health through proper training, safe streets, and safe-routes-to-school programs. Having an LCI is necessary to fulfill our education mission and non-profit status.

Having a local instructor is the big step toward our Bike Friendly Community Certification. We are grateful for Donnie's willingness to serve and his enthusiasm for cycling. Please contact him ASAP to set up your Road 1 Training.

- Miracles Can Happen Challenge Ride

Dick Grimm asked the board to consider making the Sept. 29 ride for the Boy's Ranch in Wilton, Iowa, a regularly scheduled club activity.

Dick has a true devotion to the young men at the Wilton Christian Home and is encouraged by their willingness to host and manage the sags themselves. Some of the boys were inspired by last year's riders and are planning to ride the event themselves.

The ride is inexpensive and all proceeds go to the Boy's Ranch. All Dick asks is to have the ride recognized as a club-sanctioned activity and have as many club riders participate as possible.

The Wilton Boy's Ranch would appreciate your help. The board likely will vote to accept this ride as a club-sanctioned event.

- Karen Grimm's Treasurer's Report

The treasurer's report indicated some possible outstanding receipts and earnings from our RAGBRAI and TOMRV accounts. The board suggested inviting Doug Truesdell back in October to finalize the report and make some suggestions on rider safety.

- Secretary's Report

Deb Mathias reviewed action items from last May's meeting. We discussed concerns about community and

driver complaints after major club tours.

This led to a suggestion that we elicit recommendations from our ride directors. Suggestions included (1) pre-ride in-servicing on Rules of the Road, (2) modifications to our event waiver and (3) written rider instructions.

The consensus was to not try to micromanage these events, but allow the directors to create solutions for these concerns. Bottom line: if we don't do a better job training our riders, public regulations could be created to address these concerns and limit community access for our events.

- USPS Non Profit Status and Annual Awards

Phil Schubbe reported on his follow-up with our United Postal Service Non Profit Status. Recommendations were made to recruit some committee assistance from Charlie Sattler and Doug Truesdell.

Phil and I will get together to consider awards for the annual dinner presentations. Suggestions include creating an official dress shirt, vest or jacket with a QCBC logo on it. This would be something we could wear to public functions to be recognized as an official with the QCBC. Other suggestions are welcome.

- Ride Schedule Committee Report

Frank Breshears was co-chairman last year, but doesn't care to manage this group. In the absence of Warren Power, who resigned his chair last year, we are looking for a new ride schedule director.

Frank somewhat hesitantly agreed to contact last year's participants to find out if they were still on board and get recommendations for this year's committee.

Last year's ride schedule members were Dean Mayne and Phil Schubbe for editing, Mike Desch for fast-paced rides, Kathy Storm for mid-paced rides, and Vivian Norton for leisure rides. Mike, Phil and I were present and agreed to assist.

- Bettendorf Trail Extension Steering Committee

John Harrington has volunteered to represent the QCBC on the Trail Steering Committee and will report at follow-up board and general club

(Headset, Cont. from pg 6)

route sheets and refreshments. Genesis Wellness provided prizes and health-related materials. Iowa QC Transit provide Bike N Bus instructions. River Action and QC Magazine provided organization and manpower.

- Three Feet Rule Adopted in Illinois
See QCBC.org for details

- Tax Returns for Bike Commuters
See QCBC.org for details

- Remember to Ride Right
Learn to share the roadway in accordance with Rules of the Road. Community members often get frustrated with large groups or cyclists who don't comply with local ordinances. Let's be great neighbors and representatives of our cycling culture. If community members continue to report problems, we may find ourselves struggling to find communities willing to host our events and stiffer laws regulating them.

- Share The Road Plates
Here is a great way to show your support and raise money for state trails and bicycle education. There are applications in bike shops and online. See the QCBC.org Web page or check out bikelib.org or Iowabicyclecoalition.org for details.

- Bettendorf Trail Extension Community Meetings
The QCBC was well represented at community meetings. Scott Tunncliff, with Missman Stanley discussed the nature and scope of the trail extension between Leach park and Eastern Duck Creek path trailhead. He has requested a QCBC member to be on the Bike Path Steering Committee.

A \$2.16 million grant has been authorized with a 20/80 agreement between the cities of Bettendorf and Riverdale to provide 20 percent of the funding for the project.

The first promising step was to hear that the Corps of Engineers would authorize an extension of the path on top of the levy, east of the Isle of Capri. Priorities of 1) safety, 2) aesthetics, 3) cost effectiveness 4) commuter needs, will be considered as we try to stay in line of sight of the Mississippi as we traverse east near some of our industrial neighbors. Hopefully, we will find consensus as we seek the harmony and energy that a riverfront path

can provide.

- Main Street, Davenport's Bike Route Upgrade.
City planners indicated that a north-south bike route from the Duck Creek Bike Path to the Riverfront Bike Path should be established by the end of August. New signs mark the route. We'll be raising awareness of the change through a our '07 QC metro Bike Ride on Sept. 22.

Trying to get cities to commit to bike routes isn't easy due to liabilities. The fact that this is happening reinforces trends for a more active community. Concerns for safe streets, physical fitness, obesity and its complications, and efforts to reduce fuel consumption and carbon emissions further facilitate these changes.

My hat is off in recognition of Davenport city planners for their concern and active approach to promoting public health and bicycle transportation.

- Du State Du Volunteers

The QCBC provided at least 11 volunteers to man race stations at the 18th annual Du State Du at Loud Thunder on Aug. 19. We were determined to make a good showing for the QCBC.

Cornbelt Running Club does an excellent job with this event with easily 200-300 participants annually. Post-race awards and a cookout always are well received.

If you haven't done this event, mark your calendar for next year. It's well worth the drive. QCBC volunteers to thank include: Gean Kelly, Mr. & Mrs. Weeks, Cindy Bottrell, Paul Sullivan, Linda Wikinson, Mike Beard, Jim Briggs, John Mahon, Kentley Lowenstein, and me. The CBRC extended its appreciation to QCBC for help with the event.

- August Campout Aug. 25

Thank Darlene Moritz and her handful of volunteers for their organization of the '07 Palisades Ride & Campout. The weather let up just in time to ride in perfect conditions. Nearly 50 riders participated. I'm looking forward to the October Campout.

- TOMRV Registrar Replacement

Linda Barchman is stepping down as TOMRV's official registrar and is seeking a replacement. If you are interested, contact Linda or Doug Truesdell via your club directory.

Illinois Trail Funding Saved!

The past three years have been very tight in the transportation funding world, as the feds have told states to give back more and more money promised to them.

Recent Illinois Department of Transportation handling of these "rescissions" has disproportionately hurt bicycling, compared to other transportation project funding categories.

But that changed in April's record-setting rescission, after a big push by LIB and others.

Faced with rescinding \$120 million of its annual \$1 billion in federal funding, IDOT chose to cut Trail Funding Enhancements (ITEP) and CMAQ programs at the same percentage as most other categories. That's in sharp contrast to last year, when 61 percent of ITEP's \$25 million was cut while only 12.4 percent was cut from all other categories.

"Congress, through the legislative process, created a small slice of the pie for some balance in transportation spending," said LIB's Ed Barsotti. "Through flexibility in rescissions, state departments of transportation can basically re-write this policy on their own. We're glad that the State of Illinois spread the pain of the April cuts more evenly."

Although not true in Illinois in 2006, about half of ITEP dollars traditionally go to trails and bikeways. Many of the trails built around the state the past 15 years have been funded through ITEP and CMAQ. The estimated effect of the more equitable April 2007 cuts is a savings of \$3 to \$10 million for future trails in Illinois.



Two Bike Bills Pass Legislature, Await Governor's Signature

Bike club members across Illinois are urged to ask the governor to sign Senate Bills 80 and 314, bike-friendly bills that passed the state legislature this spring.

SB80 requires motorists to give at least three feet clearance when passing bikes. The bill also legalizes the right-arm signal for a right turn, and allows cyclists to move into the lane to avoid "right hook" crashes at intersections.

SB314 states that "bicycle and pedestrian ways shall be established" when IDOT does major roadwork in an urban area. This "Complete Streets" bill seeks to correct inadequate design policies that have made bike and foot travel difficult on state roads, especially in urban areas.

Ask the governor to sign SB80 and SB314. Call (217) 782-0244, (312) 814-2121 or visit www.illinois.gov/gov/contactthegovernor.cfm.

League Responds to DOT Attacks on Bike Projects

The bicycle community responded quickly to a series of astonishing statements by Mary Peters, Secretary of Transportation, linking the tragic Minneapolis bridge collapse to spending on bicycling projects and the Safe Routes to School program.

The League's quick response to her statements on the News Hour with Jim Lehrer was picked up by bloggers and advocacy groups across the country.

"Our rapid reaction was even more important as we discovered Secretary Peters had been spreading this misinformation to newspapers and editorial writers as part of a campaign to discredit Rep. Jim Oberstar (D-MN) and other Congressional leaders seeking to raise additional funding for infrastructure needs. We haven't heard back from the Secretary yet," said Andy Clarke, executive director of the League.

Listen to the interview on the LABV web site at <http://www.bikeleague.org>.



Growing Good Corn

There was a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon.

One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors. "How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

He is very much aware of the connectedness of life. His corn cannot improve unless his neighbor's corn also improves.

So it is in other dimensions. Those who choose to be at peace must help their neighbors to be at peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

-Author Unknown

2007 QCBC Fall Foliage Ride

By Deb and Dean Mathias

Just a reminder about the QCBC Fall Foliage ride Oct. 13-14 in Mt. Horeb, WI.

Routes are mapped and hills are awaiting your arrival. Give us a call or send an email to say you'll join us. We especially want to know if you'd like to join us for an Italian dinner Saturday night so we can give the restaurant a head count.



If you have not already made hotel reservations, do so immediately. A block of rooms has been reserved at the Karakahl Country Inn (www.karakahl.com).

Mention the QCBC for a group rate of \$62.95. Call Wally at (888) 621-1884 or (608) 437-5545 to reserve your room.

Remember, Saturday's ride will start at 9 a.m. from the Military Ridge State Park Trail parking lot in Mount Horeb, approximately 150 miles from Davenport. We will be riding about 35 miles Saturday morning before a lunch stop so you will want to eat breakfast before starting and bring along a couple of water bottles and some snacks.

For more details, contact Dean or Deb Mathias at (309) 787-6547 or mathiasdebdean@peoplepc.com. Dean's cell is (309) 737-8429 and Deb's is (309) 737-8428.

Hope to see you on the hills of Wisconsin!

Need a job?

Do you think more kids should be walking or bicycling to school? The Iowa Bicycle Coalition is hiring a Safe Routes To School program director to run an encouragement and education program directed at elementary and middle schools across the state. In-state travel required. Full-time position with health/dental insurance. Please send resume to Iowa Bicycle Coalition, P.O. Box 572, North Liberty, IA 52317 or visit www.iowabicyclecoalition.org for more information.

www.iowabicyclecoalition.org
 www.iowabicyclecoalition.org

HELP WANTED

www.iowabicyclecoalition.org
 www.iowabicyclecoalition.org
 www.iowabicyclecoalition.org
 www.iowabicyclecoalition.org

The Iowa Bicycle Summit will be held Jan 18-19

in Des Moines. Find updates at <http://www.iowabicyclecoalition.org>

Advocacy group forming in QC
A Quad Cities Transportation Advocacy Group is forming in the Quad-Cities to work on bike, pedestrian and transit issues. Their "tag line" is Think Outside the Car! See more at <http://quad.cities.tag.googlepages.com>. Check out the Quad Cities Bike Map at <http://www.bikelib.org/quadcities/quadcities24x18.pdf>

On Sunday, Oct. 9, the Hennepin Canal is having its 100-year birthday party at the Park Visitors Center. There will be events throughout the day, including a looped 100-km bike ride. There will be various options for riding distances up to 100km on the beautiful fall roads and canal path in Bureau County. The visitors center is only 45 minutes from the Quad-Cities and just off I-80 and Highway 40. No registration fee, but a "gift" for the canal will be appreciated.

Registered finishers on the 100 km. will have special recognition and food ticket. For more information, contact Bruce Perry at tandem300@mchsi.com.

Anne Stone is cleaning out her garage and has several bike items for sale.

- 10-year-old "Dirt Research" tandem used on RAGBRAI in 1997. Very little use since. \$300 obo.
- Bike carrier for tandem and two other bikes. \$50 obo.
- Carrier/bike rack \$25 obo.
- Bike her son used when he was small. \$20 obo

To see any of the items, call Anne at (563) 359-0758 (Bettendorf). For a photo, email astone1949@yahoo.com/

Wanted: Inside storage space for the QCBC trailer. The club owns a trailer used for support on TOMRV and the Century. We would like to have inside storage space for the trailer, which is 20-feet long. If anyone has unused space in a barn or garage, call Dave Lefever at (563) 343-5222.

Mississippi Palisades Park Camp-Out

By Darlene Moritz

FUN! FUN!! FUN!!! A good time was had by all who attended. The weather was perfect. We had 29 people stay the night in the Savanna area at tents in the park and hotels in town.

Those who attended were Don Schiff, Debbie Heneke, Myrna & Bob Rokocy, Bob, Jan and Randy Fitzgerald, Mike Beard, Desiree Reid, Jimmy Ailada, Barb Donald, LJ Haase, Al and Jean Jackson, Jean Kelly, Todd Kempf, Dean and Deb Mathias, Dean Mayne, Margy Millar, Brad Noble, Calvin Moss, Dixon Novy, Phil Schubbe, Elaine, Mike and Darlene Moritz. Our wonderful van drivers were Merle Schleusener and Jeff Moritz.

A big thank you for Bob Fitzgerald and Merle Schleusener's vans. We had many join us for part of the way up to

Savanna, to Savanna and to parts farther. One even rode back to Moline that Saturday. Way to go Jeff West with 112.3 miles.

Many took in the Tastee Freeze for ice cream. Check out the Web site for good pictures of the campout. There were a few that went for a hike to Ozzie's point and that was a hike to watch the sunset. There has been talk that they want to do this again next year, so plan on the last weekend in August next year. Still to come this year is a campout ride to the Thomson Causeway in October. Check the newsletter for times and dates.



October 2007 Ride Schedule

Winter ride schedule—October through 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.

Monday, October 1

DOT Adopt a Highway Trash Pickup

5:30 P.M. 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, October 8.

Tuesday, October 2

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Ride the Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles.

Wednesday, October 3

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Thursday, October 4

Night Ride

6:30 P.M. Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Approx. 20 miles.

Saturday, October 6

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Mid-Paced & Leisure Ride, Chili Lunch in the Park

9:00 A.M. Meet at Middle Park Lagoon Shelter, Bettendorf. A shorter option will be available for the Leisure Ride lead by Vivian Norton, 6563-355-1899. Please bring \$4 for your lunch. Call Bill or Kathy by 8 p.m. on Thursday, October 4th, for lunch reservation or if you can help with getting the picnic set up at the park at 10:30 A.M. 40 miles. Ride leaders: Bill & Kathy Storm, 563-355-2564.

Sunday, October 7

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, North to Albany for Brunch

9:00 A.M. Meet at the boat landing along the Great River Trail in Rapids City. 42 miles. Ride leaders: Cindy Botrell & Paul Sullivan, 563-355-7122.

Tuesday, October 9

Night Ride

6:30 P.M. Meet at the Lindsay Park Marina parking lot at the foot of Mound St. in Davenport. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Approx. 20 miles.

Wednesday, October 10

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Thursday, October 11

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Ride the entire length of the Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles.

Saturday, October 13

Fall Foliage Ride

QCBC's annual ride to enjoy the fall colors will again be held in Mt. Horeb, WI. For more information see the section "QCBC Annual Rides". Dean & Deb Mathias are the contact persons, 309-787-6547.

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Sunday, October 14

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, Herbert Hoover Highway Tour

9:00 A.M. Meet at North Scott High School, Eldridge, IA. 66 miles. (Shorter option to New Liberty available, 42 miles.) Dick Wolbers 563-332-9906

Tuesday, October 16

QCBC General Meeting

7:00 P.M. Meet in the auditorium of Rivermont Collegiate (formerly known as St. Katherine's/St. Mark's), 1821 Sunset Dr, Bettendorf. Elections of officers for 2005 will be held at this meeting.

Wednesday, October 17

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Thursday, October 18

Night Ride

6:30 P.M. Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Approx. 20 miles.

Saturday, October 20

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Mid-Paced Ride, Rapids City to Geneseo Circuit

9:00 A.M. Meet at the boat landing along the Great River Trail in Rapids City. Ride to Geneseo. 52 miles. Ride Leader: Warren Power, 563-391-5466.

Sunday, October 21

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, In Town Trail Loop

9:00 A.M. Meet at Eastern Ave entrance to Duck Creek Parkway 25–45 miles.

Tuesday, October 23

Night Ride

6:30 P.M. Meet at the Lindsay Park Marina parking lot at the foot of Mound St. in Davenport. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Approx. 20 miles.

Wednesday, October 24

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Thursday, October 25

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Ride the entire length of the Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles.

Saturday, October 27

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway. **Mid-Paced Ride, Cordova to Eagle Point Park**

9:00 A.M. Meet at Cordova City Park. 40 miles. Ride Leader: Dave Weckel, 309-523-3023.

Sunday, October 28

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, Geneseo-Cambridge-Andover Circuit

9:00 A.M. Meet at City Park in Geneseo. 41 miles. Ride Leader: Jeanne O'Mealia, 309-787-2985.

Tuesday, October 30

Halloween Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Ride the entire length of the Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles.

Wednesday, October 31

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.



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. These rides are offered year round, throughout the schedule.

Chili Lunch in the Park Ride

By Bill and Kathy Storm

The 7th annual Chili Lunch in the Park ride will be held Saturday, Oct. 6.

This is a "once a year" activity originally started as a mid-paced-ride season finale. It's an activity designed to allow club members (not just mid-paced) to go on various rides and then have lunch in the park afterward.

This 35 to 40 mile ride will not have a stop for breakfast. It will depart from Middle Park Lagoon (along the Duck Creek Trail in Bettendorf) at 9 a.m. If you plan to drive to the ride-start location, you'll need to use Parkway Drive off 18th Street to access the lower parking lot by the lagoon.

While riders are out riding around on eastern Scott County roads, the food will be assembled at the park. Lunch will be served from 11:30 a.m. to 1 p.m. It will feature homemade chili, sandwiches from Hungry Hobo, fresh fruit, apple crisp, brownies, chips, hot chocolate, apple cider, and pop. The cost for lunch is \$4 for adults, \$2 for children ages 7-12, and free to children under the age of 7.

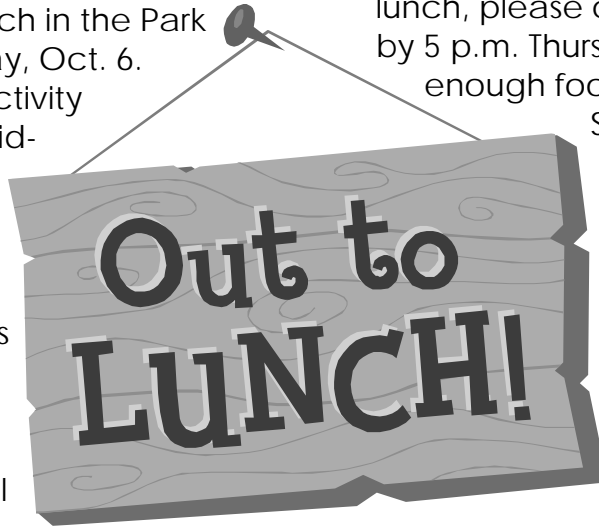
The scheduled ride is a mid-paced one at 13-16 mph for 35 to 40 miles. Vivian Norton (563-355-1899) will take another group on a leisure ride, at 10-13 mph for about 25 miles.

If someone wants to put together a family ride or a fast-paced ride, that would be great. Everyone can start

around 9 a.m. and meet back at the park around noon.

If you're interested in joining the group for lunch, please call us to make a reservation by 5 p.m. Thursday, Oct. 4 so we can have enough food available at the park on Saturday.

Call Bill or Kathy Storm at (563) 355-2564 or email kbstorm@aol.com. Kathy also is looking for a few volunteers who can be at the Middle Park Lagoon Shelter at 10:30 a.m. to help set up the picnic food, wipe down tables, put up the QCBC banner, etc.



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OF THE QCBC & THE CORNBELT RUNNING CLUB

JOLEEN & DOUG ZICKUHR
Allsports1@qwestoffice.net

Awards Given

The annual Awards Program at Adventure Cycling Association is in full swing. Each year, they acknowledge exemplary contributions to the success of bicycle travel. To help acknowledge the many individuals and groups that help spread the message of the joy of travel by bicycle, visit (www.adventurecycling.org/awards) to read more about the 2007 Awards and the nominations process. This year, there will be three awards that celebrate individual and group efforts to make bicycle adventures possible. If you've encountered an individual or group offering inspiration, tell about it.

The Pacesetter Bicycle Travel Award recognizes individuals, groups, businesses, and organizations that have consistently demonstrated extraordinary commitment, dedication and service to the advancement of Adventure Cycling's mission of inspiring others to travel by bicycle.

The Award is named in honor of Charlie Pace of Columbus, Ohio, who has devoted more than 40 years to creating and supporting bicycle travel opportunities.

The Sam Braxton Bicycle Shop Award honors bicycle shops that provide exemplary services to bicycle tourists. This award is named for its inaugural winner, The Braxton Bicycle Shop of Missoula, MT.

In addition to servicing the repair needs of hundreds of long-distance riders, Sam Braxton hand-built beautiful custom touring and expedition bikes and wheels designed for the rigors of loaded touring.

The June Curry Trail Angel Award acknowledges individuals or groups encountered during a bicycle tour who have time and again made cycling journeys easier, or in some cases even possible, by helping the adventurer simply as a form of goodwill. This award is named in honor of June Curry, the famous Cookie Lady of Afton, Virginia. June has been assisting cyclists on the TransAmerica Trail since 1976.

Please tell Adventure Cycling Association about the individuals or groups who have helped weave your life of adventure.

Nominations must arrive by Sept. 30. Nomination forms are available online.

October Camp-Out Ride by Darlene Moritz

The request was made for the Thomson campout in October, when it tends to be cooler. We will ride the Great River Trail in Illinois to the Thomson Causeway in Thomson, IL on Saturday, Oct. 27 and return Sunday, Oct 28. You will need to make reservations with Darlene Moritz at (563)386-3499 or dmoritz@access.net. We need to know if you are camping or staying in a hotel in Savanna.

Cars can be left just east of the Captain's Table boat landing in Moline. Riders, their families and guests are welcome to camp or stay at Savanna's Super 8 (815) 273-2288 or L&M Motel (815) 273-7728. Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and we are allowed four people per site. There are also RV sites for slightly more.

We will have a bonfire and most of us will cook out at the campground Saturday night. Bring tents, sleeping bags, camp chairs, food and drinks to near the east end of the Ben Butterworth Parkway where they will be loaded in a van that will take everything to the campground. The van will be loaded from 8:30 to 9 a.m. Saturday.

On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route to Thomson is 45 miles. Don't miss the fun. For more information, and/or to make reservations, contact Darlene Moritz at (563)386-3499 or dmoritz@access.net.



Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application _____

Family \$20/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Incl. Area Code)

Email _____

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:

Membership in Other
Bicycling Organizations

League of Am.
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	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 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 ride or other activity, 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 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 9/1/06

Quad Cities Bicycle Club
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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Iowa biking license plates

Iowa has pre-sold 125 Share The Road license plates, but still needs to sell

375 for the program to go forward. While many applications went out, returns have been slow. If 500 plates aren't sold, the plates won't be offered.

To order plates, visit www.iowabicyclecoalition.org/strplate.htm and download the application and instructions. Fill it out and return it to the IBC.

