



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club—March 2008

QCBC puts pedals to the metal for TOMRV 31

By Doug Truesdell
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TOMRV 31 will run June 7-8, and preparation TOMRV online registration with active.com registration by offering a \$5 reduction, which

already is under way by the TOMRV committee. The opened Feb. 15. This year, we are encouraging online effectively covers the cost of the online service.

What's new to TOMRV this year?

We welcome Katherine Weeks who is new this year with rider registration. Linda and Don Barchman, who have done a great job with registration over the past years, will be assisting Kat. This job is demanding, and we really appreciate Kat stepping forward to help.

Each year, we print a ride patch, a T-shirt and a Jersey for the tour. The T-shirt design has been finalized with Back Street Printers, and the Jersey design is being worked by Voler. Watch mid-March on the club Web site www.qcbc.org for the jersey design. Place your jersey order early to ensure we will have your size. 'I Survived the Wall' T-shirts will be for sale this year at Scott Community and Clarke Colleges.

Preston will provide free parking at the edge of town this year - check for details on the Web site.

TOMRV will have a route change this year- Z34, the road from Bellevue to Preston, is being retired. Instead, the TOMRV route will wind through Springbrook - a somewhat longer route, but one that is canopied by trees, with better views of the Mississippi River, and fewer hills. For those of you riding the century ride, the route will not change.

More than 100 people volunteer to help with TOMRV each year, in some capacity. Without help from so many, we could not even dream of a tour of this scale, quality and price.

Jane Garrett- volunteers and packet pickup; Bill and Peggy Langdon - sag stations, volunteers, food purchase, and route markings; Pat and Tom Bolton -Preston pickup; Kat Weeks, Don and Linda Barchman - registration; Kathy Storm - packet registration distribution; Karen Truesdell - T-shirt and jersey printing, on-site registration, and Clarke College information table.

Do you want to help us make TOMRV happen? Join us and the other 100 volunteers . Call me or one of the committee people or email me if you can help help with the ride.

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QCBC Club Meeting, March 18, 7-9 PM @ Rivermont Academy.

We are asking some of our local shops to provide general bike tune-up and maintenance information. In addition we will receive updates on Safety & Education, Local Trail Plans, Bike to Work Week, Complete Streets Proposals . Please join us, and stick around to snack and socialize. Pizza & soft drinks will be provided.

Key Contacts

Officers:

President - Dean Mayne (563) 355-0995 or e.mayne@mchsi.com
 Vice President - Phil Schubbe (563) 359-5057 or pshubbe@aol.com
 Recording Secretary - Deb Mathias (309) 787-6547 or mathiasdebdean@mcleodusa.net
 Treasurer - Darlene Moritz (563) 386-3499 or qcbc_treas@yahoo.com

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

Board Members:

| | | |
|--------------------------------|--------------------------------|--------------------------------|
| Denise Deuthman (563) 441-0131 | Ken Urban (563) 326-3427 | Charles Curry (309) 797-9283 |
| Donnie Miller (309) 762-5314 | Dave Georlett (309) 781-8142 | Charlie Sattler (563) 391-3422 |
| Terry Burke (309) 797-3790 | John Harrington (563) 940-6023 | John Wessel (563) 359-8350 |

Key Contacts: A complete listing of committee chairmen 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 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: qcbceditor@yahoo.com or send to: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. 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.

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.

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of
Illinois
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From the Headset:

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

We are finally breaking away from the blustery months of winter and anticipating the thaws and blooms of March. We had a real winter for a change, which has made me eager for the warmer days of spring. I love the four seasons, but am growing desperate to take a ride in the sunshine.

- Tune Up For Spring

It's time to tune up for spring: get those bikes on the tuning stands or contact your local bike shop. Grease those bearings, lubricate those chains and cables, stretch and strengthen those muscles: It's time to prepare for the 2008 riding season.

- TOMRV

The Tour of the Mississippi River Valley will be here before you know it. Register early on the QCBC.org TOMRV connection. Start training now!

- 2008 Ride Schedule

As with the seasons, change happens! We are progressing with the 2008 ride schedule. Please notice the new format in this month's newsletter. Kathy Storm modeled it after the Elmhurst Bike Club's schedule. We will be publishing the ride schedule six weeks at a time in Pedalwheeling. This will provide an overlapping schedule between issues. A quarterly ride schedule also will be available on the qcbc.org Web site.

- 2008 Club Directory

The 2008 club directory now will be a streamlined listing of members and an outline of our activities. The directory will be mailed to all members. Please thank your Ride Schedule Committee: Warren Powers, Phil Schutte, Mike Desch, Vivian Norton, Kathy Storm, and our new information coordinator, Tim Carey, for their service.

- Public Awareness

Look for a heightened QCBC presence on issues dealing with cycling and road safety. To appeal to all types of riders - racers, fitness, recreational riders and cycling activists - we have to wear many helmets. We want to attract all ages and abilities of riders and offer them a variety of activities and opportunities to keep them interested and involved. We want to continue to have FUN while creating a safe place to ride. We need more pictures and articles from racers, recreation, touring riders and activity directors to keep us all inspired.

- RAGBRAI Landing in LeClaire

Anticipating RAGBRAI landing in LeClaire this year, we are obligated to keep the public aware of cycling and road safety. Donnie Miller will be the QCBC representative and ride coordinator for the last stage of RAGBRAI. We likely will be called on to help out anywhere we can.

- QCBC Membership Drive

Our membership manager, Denise Duethman, has great ideas to keep the QCBC in the public eye. She is approaching many QCA publications to have our activities posted.

Headset cont. page 4



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Headset cont. from page 3

We are placing QCBC applications at fitness centers, and attending fitness fairs in an effort to attract new members. More family activities have been recommended. Thank Charles Curry, Chuck Oestreich and Deano Mathias for donating their time to the QCBC table at the annual Arsenal Health Fair on Feb 13.

- CPR Saturday

Thank Dave Georlette for encouraging QCBC members to learn CPR. Dave contacted Genesis Medical Center to gather information and facilitate QCBC participation in CPR Saturday. Last year, we trained 20 QCBC members in basic CPR. We hope to come close to training that many more heart heroes again this year.

- Complete Streets Initiative

QC-TAG will be starting presentations to city councils to move forward with a community-wide Complete Streets Initiative. Many city officials, board members, and citizens were inspired by the public meetings in November and January and encouraged us to press ahead with proposals for bike routes, and improved pedestrian and transit facilities around our communities.

- Bike Month and B2WW

QC-TAG already is starting to plan activities for Bike Month in May. We are approaching cities and corporate wellness committees to participate and compete in Bike To Work Week and Bike Month activities. We will be introducing two-mile challenges to get members and the public to "Rest Their Cars," and walk or ride to the store, library, church, school or park. We are also encouraging parents to lead rides to school. Check out BikeIowa.com and register for Bike to Work Week. Start talking to your Friends at work and challenge them to participate.

- Tailwind Ride April 26

You will want to put this date on your calendar. It was a terrific ride last year and promises more of the same in '08. Contact John Wessel, Dave Georlett, or Charles Curry for specifics.

-2008 Iowa Bike Summit

Thank Deano Mathias, Chuck Oestreich and Donnie Miller for joining me at the '08 Iowa Bike Summit, January 18-19. This was an opportunity to network with like-minded people around the State. Deano spent an entire day with engineers and city planners learning the nuts and bolts of bike facilities' design. Donnie Miller focused on "Safe Routes to Schools." Now here is an opportunity to gain some real respect and integrity with our community. Chuck and I attended the general session and received the cafeteria-style training on road design, livable communities, club promotion, advertising, grant opportunities and a new marketing campaign to promote cycling to improve our health and environment. We all came home inspired and motivated! Please thank the Iowa Bicycling Coalition for the terrific job they do bringing groups together to build better communities.

-Clinton County Trail Coordinator

Congratulate QCBC member and Mississippi Trail Committee member Dan Manley for his nomination as the New Clinton County Trail Coordinator. What a concept, cyclists managing trails. I love it!



Front, from left, are Ken Urban, Jim Merritt and Bill Storm. Back, from left, are Vivian Norton, Maitreyi Janarathanan, Tracey Finnegan, Kathy Storm and Susan Wolf.

QCBC bids farewell to Jim Merritt

A group of QCBC members held a 'Congratulations, new job party' for club member Jim Merritt who took a job with Hamilton Sundstrand in Rockford last August. The party, held after an Aug. 21 Tuesday night ride, was held at Happy Joe's in Eldridge. Jim, a club member since 2000, was a quiet volunteer, and helped coordinate annual mileage totals, collect stats for the 'Around the World' mileage awards, helped design the yellow and blue QCBC jersey in 2001 (this featured the I-74 Bridge), lead mid-paced rides and participated in many night rides, Heartland T-shirt designs and Scott Park Road trash pick-ups. Contact Jim at: Jim Merritt, 1406 W. 1st St., Dixon, IL 61021, (563) 349-2387 (cell phone) or rc_heli_flyer@yahoo.com.



Life in the Midwest - Friendliness multiplies

By Scott Swanson

I grew up in another river town - Sioux City, Iowa. Our rivers were the Missouri aka "the mighty Mo", the Big Sioux, and the Little Sioux, which form the western border of Iowa. So I grew up watching the annual freeze and thaw, and the ebb and flow of the current and denizens of those waters.

So, it's a bit of home to watch the Mississippi as it sheds its ice, allowing traffic to return. Of course, there have been fishermen out the whole winter. Pardon me for not having kept score on how many pickup trucks and snowmobiles took a dive this year. More work for Chad Pre-gracke.

But the working fishing boats seem to be the first to show their prows and prowess. As soon as possible after the clearing of ice, the barges and tugs make their way northward or southward from their winter docks.

You might even see the occasional houseboat or skiff. It won't be until May or June when the runabouts and speedboats come off trailers and join the crowd, followed shortly after by the silent graceful regattas of sailboats, incessant buzz of the jet skis, or thunder of a cigarette boat or V-8 powered ski boat.

And, as the song says, you'll find "Basstrackers, Bayliners, and a party barge," along with yachts with price tags that make my annual salary look like a down payment.

In all this diversity remains one interesting behavior, so common it even was used in a commercial: water people wave to each other. No matter how big or small the craft, from sailboat to barge, from windsurfer to wakeboarder, every single one will wave. Even the obnoxious ones, for the most part.

In about the same sequence, the two-wheeled folk start to populate our bikeways: the Duck Creek Parkway, Mississippi River Trail and Great River Trail.

They are streams unto themselves, and tributaries to our two-lane routes of choice on the open roads. The mountain bikers and some hearty roadies have been at it through the winter; they simply shed their winter plumage and keep logging the miles.

Ragbrai Workers Needed

Ragbrai is fast approaching. Perm and Andy Horst expect another exciting year, with the ride ending in Le Claire and Lance returning.

Matt Truitt and his two helpers will not be support drivers this year. Replacements are needed. A salary is available for those chosen. For more information e-mail Andy at: go4st8@aol.com or call (563) 381-

So do some of the harder commuters, whose bikes I see adorning buses even in January. Chapeau to you all! The triathletes come out to play, increasing their bike time to balance the running and swimming.

As the days lengthen, so do the pacelines of touring cyclists, loosening up the legs for Tailwind, TOMRV and RAGBRAI. Last, but not least, are the people who never leave the bike path: those adults whose cruising speed never hits double digits, and the kids, from the BMXers making trails and jumps here and there, to the tiny ones buzzing 90mm cranks at 600 rpm.

Every single one can be seen on almost any given day from March to October.

As I said, I grew up a Midwestern boy, one generation off the farm. I'm one of those who nods and raises an index finger to farmers on tractors, and invariably I get the same in return.

I'm one of those who will smile and wave at anyone. I ask you to do the same. Wave and acknowledge all the two-wheeled folk, no matter what size or shape they might be.

If we want the four-wheeled folk to share the streets with us, we might consider treating each other with the same courtesy we desire.

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Tailwind Ride, April 26

Ride like the wind. It's fun and very rewarding to ride 100 miles with the wind at your back. A bus will take riders out 100 miles and we will ride back to the Quad-Cities. Rain date is Sunday, April 27, rain or shine.

Sign up early as the ride is limited to the first 94 people. Deadline to register is April 12. You must be prepared to ride the entire 100 miles as we do not offer SAG services. We'll bicycle from one of four locations, depending on which way the wind is blowing.

Bicycles will be loaded onto a truck between 5 and 5:30 a.m. and everyone needs to be on the bus for a departure time of 6 a.m. We will leave from one of two locations, Ben Butterworth Parking Lot near Case IH in East Moline or Scott Community College in Bettendorf. Please bring a blanket to protect your bicycle during transportation. You can reclaim your blanket and any other personal items at the end of your ride. Remove all personal items from the bus. Anything you plan on leaving behind (at the start of the ride) needs to be put on the bike transportation truck. This year, to provide greater security, we will provide a locked trailer for your items at the end of the ride. The combination for the locked trailer will be on your cue sheet.

How do we know where to meet? The information will be posted on the QCBC Web site: www.qcbc.org after 5 p.m. Friday, April 25. Or you can call (563) 359-8350 for a recorded message. If the ride is postponed to a Sunday departure, this information may be obtained in the same manner.

Be sure you are on the bus by 6 a.m. for a prompt departure. We will be traveling approximately two hours. A morning snack will be provided during the bus ride. We should arrive at our destination around 8 a.m. Cue sheets will be passed out on the bus. Please check your cue sheet for the lunch location and serving times. A nice lunch will be provided at approximately the half-way point. Also, check your cue sheets for emergency telephone numbers.

The cost for the ride is \$22 per person. Make your check out to Quad Cities Bicycle Club and mail, along with your signed waiver, to John Wessel, 333 - 9th St., Moline, IL 61265. Any questions can be addressed to Jewel Bryan at (309) 762-4762 or jewel@wpcco.com

Your Committee of Charles Curry, Dave Georlett and John Wessel are hoping you will join them for this fun ride.

Registration and waiver on page 7

Bits & Pieces:

By Denise Duethman

As QCBC membership manager, I'm looking for ways to make the community more aware of QCBC and the advantages of being a member. I'm interested in ideas to increase club membership and to lower the average age of members. We are adding family group rides to our ride schedule this year. Mike Zugmaier has agreed to take on this new club ride. Thanks, Mike. Hopefully, it will bring in new members with young children interested in cycling.

We're also considering adding youth races/events to races and time trials as the Criterium does. Please send any ideas you have for increasing membership and club awareness to: neuromanager910@yahoo.com.

Coming events

- Saturday, March 22 - Search for Spring Ride
- Saturday, April 26 - 100-mile Tailwind Ride
- Sunday, May 4 - Spring picnic
- Monday, May 26 - QC Criterium
- Saturday and Sunday, June 7- 8 - TOMRV

For Sale: Two tandems, a Co-Motion (Road) Cappuccino w/sofride \$1,800
And a Trek(Hybrid) T-100 for \$600. For more information, call Michael Zugmaier at (563)508-2834.

Application and Release Waiver for April 26 Tailwind Ride

Name _____

Address _____

City, State, Zip _____

Daytime Telephone _____

Here's my \$22. Register me for the April 26 Tailwind Ride.

Make your check out to Quad Cities Bicycle Club and mail, along with your signed waiver, to John Wessel, 333 - 9th Street, Moline, IL 61265. Any questions can be addressed to Jewel Bryan at 309-762-4762 or jewel@wpcco.com

EVENT PARTICIPANT / VOLUNTEER ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all event participants and volunteers)

I acknowledge that QCBC Tail Wind Ride (hereafter referred to as the Event) is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of roads and highways, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to the riders, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective highways, equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I agree to obey all traffic laws of the hosting state and to wear an approved helmet while cycling in this event. I certify that I am physically fit, have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used by the Event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, **THE FOLLOWING ENTITIES OR PERSONS:** Quad Cities Bicycle Club, its directors, officers, employees, volunteers, representatives, and agents, the Event holders, Event sponsors, Event volunteers and all state, county, and municipal agencies responsible for maintenance of the highways upon the Event itinerary (hereafter referred to as Releasees); and (B) Indemnify and Hold Harmless the entities and persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this Event, whether caused by the negligence of Releasees or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this Event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors organizations and assigns. The Accident Waiver and Release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT

Print Participant's Name Age Signature of participant Date

(if under 18 years old, Parent or guardian must also sign below)

PARENT/GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian.

Print Participant's Name Age Signature of Parent or Guardian Date



Pushing for Pedaling

Promoting bicycling advocacy
Go West, Metro Man, Go West.

By Chuck Oestreich

The Quad Cities Metro Map is designed to take you where you want to go on a bicycle in our urban areas. But sometimes those areas can be difficult.

Case in point: southwest Davenport. Some streets are parallel to the Mississippi; some are oriented to the north/south grid; and some are all over the place, following ancient quirks of the topography.

But, using the map, we can still do some fine urban bicycling there, especially while heading for a destination or two. We'll start these explorations from the Mississippi riverfront trail, leaving it on Marquette Street.

Destination one: the new Sunderbruch Park You have your choice from Marquette. Use either River Drive or 2nd Street for a short bit. Neither is very comfortable for bicycling, but 2nd is noted as a connector on the metro map while River Drive isn't. The immediate aim is to get to Division Street – just a short section of it to 1st Street. Then turn to the west and continue on this calm stretch of neighborhood street all the way to Telegraph Road. Telegraph isn't the best biking street around, but it can be done, especially because you're beyond the Waverly/Lincoln intersection. Take Telegraph all the way to the park. Don't be tempted to veer left at Fairmount; just keep going straight, through the beginning of horsey country, and watch for the new park's big parking lot on the left. Enjoy the great path up the hill in the park. (Sometime in the future that path will connect to the Mississippi River path – and won't that be great!)

Destination two: Stores along Rockingham Road I don't like this street myself. It's narrow, busy, has much parking, and somehow seems to have many drivers who are heavy on the accelerators and light on the mufflers. But the street does have a number of stores and businesses that make attractive destinations.

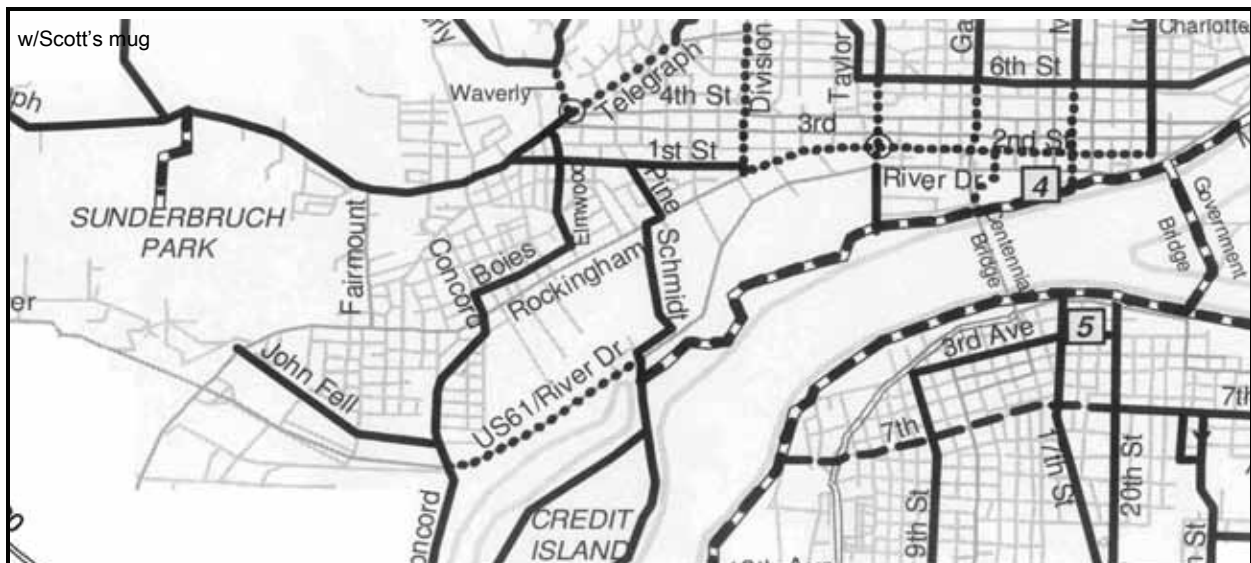
Get to them by using 1st Street, but turning south at Lincoln. Take it to a right on Boies Ave. This neat residential street is only a block from busy Rockingham and has many outlets south to the stores along that street.

Destination three: South Concord Street without using US 61/River Drive. From the end of the riverfront path to the turn onto S. Concord is about a mile of ridin'-on-the-rubble-filled-shoulder-of-put-the-pedal-down-highway. It's not fun, to say the least.

Avoid it by going across River Drive at the end of the path, the entrance to Credit Island. Immediately turn right and take an unnamed parallel road to Schmidt Road. Turn left or north on Schmidt. This is true industrial territory. Expect big semis, dump trucks and pickups – all going very slowly and deliberately. Also, alas, expect a more than occasional train blocking the street. But overall, Schmitt Road is a viable option.

Schmitt hits Rockingham, where you can either take it west to S. Concord or maneuver a block north to Boies Ave. for the run to S. Concord. Then it's a left turn onto S. Concord and just following your nose down past US 61, the railroad tracks, and the occasional pile of trash dumped there by proud citizens. This is an area that harks back to history – besides the brothels of Nahant in the past, it still has people who travel here just to throw their unwanted and unmentionables into the river or along the road.

These three destinations are only a few in this historic section of the city. Many others can be visited on bicycle with a judicious use of the Metro Map. Use it and bike through southwest Davenport with ease.



Miracles Can Happen

By Dick and Karen Grimm

Well, we completed the second Miracles Can Happen Challenge ride, and I'd like to thank everyone who helped with sags and ride support, took the time to ride a route or sent a generous donation. You all deserve a round of applause.

We started the day with great weather, great pancakes and great fellowship. As always, Cathy Fry cooked some really good cakes and sausage. Add the peanut butter and you're ready to go. The weather was cool enough that coats were needed, but we had a south wind with the routes going north. With projected winds of 30-plus mph, one could only hope the weatherman was going to be wrong.

After the learning curve of last year, we added a sag stop in Bennett. With the wind to get stronger, this proved to be a wise decision for several riders. They proved that improvising was going to come into play. They decided to use parts of several routes and get as much riding as they could with the wind at their backs. Anyone riding the long routes of 50-, 75- and 100-mile loops got the good luck of hitting the headwinds on the return.

As I said, we had a learning curve last year. I think we made some changes for the good – more and longer sag stops, better route markings. With the addition of the 50-mile route, several people used parts of the 25-, the 50- and the back part of the 100-mile routes to catch as much as possible of the tailwind back to Wilton.

Overall, we had 28 hardy riders with several people that couldn't ride donating to registration. All were gratefully appreciated. I think Dave Thompson was the only rider to complete the 100-mile route.

I, like most, was happy to be able to complete the 75-mile route. Maybe lucky is a better word. As I remember, some riders that had not rode the longer routes before found that the return was just as hilly, but with a headwind a lot more tiring.

I remember Mike Mortiz remarking that it's never fun having to pedal when going downhill. But worse when he was going less than 10 mph. With the 30-plus mph head winds we had on the return leg, we all were challenged.

Several riders weren't sure how Dean and Deb Mathias were going to get everything back. Seems Dean loves a good yard sale and Lowden was having their town yard sale. After Lowden, he found out about the Country Grocery Store in Massillon. This is definitely a trip into the past. He found the candy sticks and more. Dean was lucky there was ice cream and root beer left in Wilton when he got back. Because there wasn't much if any left when Dean headed home. He sure can eat.

This ride turned out to be more than just a ride. I personally got to feel some of Jim and Cathy Fry's trials as ranch managers. Jim had been sick with pneumonia and that weekend he had the flu. With the sickness and ride preparations, they got a call that one of their boys was picked up running from the ranch.

That alone changed how the night was going for them. It also brought to my attention that their challenges were just as many as the boys they are trying to raise. It has been fun watching the boys grow and getting to know them better. I have enjoyed hearing about their activities and interests and seeing the riders spend time with the boys at the sags. The boys really appreciated watching everyone ride into the wind to help cover the cost of their expenses.

This year we made \$1,248 gross, with a final profit of \$876. We had a very generous donation from Bob and Jan Fitzgerald and FCA manufacturing for the root beer floats. We also had the gracious help of Brian Jay at the Durant sag stop, Tom and Addie Tkatch at the Clarence sag stop. Mike Smith and Audrey Mabis drove the routes to make sure everyone got back safe.

Without these people this ride couldn't be done right or safe. This ride was a success because of the volunteers and riders.

This year on Sept. 27, we will continue this ride and hopefully you can attend. If you can, you'll meet some fun riders and neat boys that need your help. Not only will you be helping the ranch, you'll be finding out what challenges you can meet for yourself.

Once again, Karen and I would like to thank everyone for helping make this ride as great as it is. The Miracles Can Happen Boys Ranch also thanks you. But most of all, I hope we see you pedaling to the beautiful Wapsi Valley with us in 2008.

Who let the (Big) Dogs Out?

By Dave Parker



It's that time of year again, which means that it's most any time at all! The Quad Cities Big Dogs and UltraMidwest are looking forward to another year of riding long distances all over the Midwest.

For those who were not around in 2000 – it was that year that a few of the QCBC's endurance cyclists presented the rest of the membership with the Millennium Century Challenge! The goal was to ride at least one 100-mile ride a month for every month of the year 2000. Well, something like 16 cyclists completed that challenge and came back for more. And the rest is, as they say, history.

In 2001, the Big Dogs set up a Web site that allowed them to not only track the centuries they rode, but to log their mileage. The ranks of the Big Dogs grew to include riders from Central Iowa, Louisville and Texas. And every year, a number of riders complete the challenge.

In 2005, Big Dogs webmaster, Dave Parker, and long-time local long rider Joe Jamison decided to produce a few long distance race/rides for local enthusiasts. They formed UltraMidwest, LLC and folded the Big Dogs Web site into the venture.

The mileage logging still is still, of course, and the number of riders has increased to probably 100 or so active bikers logging miles any given year. Over the years, we have had some of the best ultra riders in the country logging miles with us. Tom Buckley, Scott Dixon, Larry Schwartz and Larry Ide all have logged big miles with the Big Dogs. To

register, go to www.big-dogs.org. It's fun and it's free!

This year, UltraMidwest is producing three races and we hope we can gather a few more local riders for these events. First, a grrreat warm up for TOMRV – the Balltown Classic! This year's ride will be held May 31. It is a 200 mile out and back, from Dewitt to Balltown. (Breitbach's is supposed to be back in business by then).

This is a tough ride – 10,000 feet of climbing – but it will sure get you in shape for that other ride that goes down the following week! And if you think a double is a bit much for May, we offer a 100-mile version – ride to Balltown and get shuttled back.

In August, we will present the Prairie State 4X50 in the Peoria area, and last but not least, we will be producing the Ultra Midwest 24-hour challenge. This includes 24-, 12- and 6-hour races.

We intend to provide some training rides starting in March. These rides will all be 100 miles and be self-supported, free rides. Most will take place on routes around the Quad-Cities, but we plan on having at least a few rides that are out of town, but drivable in a day. We hope to get some of our fellow dogs in Muscatine, Macomb, and Iowa City to host a few rides for us. These events are not races, they are set up as training rides, and no one will be dropped. Basic route sheets will be pro-

Rock Island Arsenal Health Fair:

Despite the snow and cold an estimated 1,100 people attended the annual Rock Island Arsenal Health Fair 2/13/08. One of 65 exhibitors, QCBC's table was full of maps of area trails, the recently developed "Metro Map" that features recommended street routes in the Quad Cities, QCBC newsletters and brochures, and League of Illinois Bicyclists safety and legal information. There was a near steady discussion with numerous attendees about local cycling issues and concerns, and lots of interest in our fabulous trail system.

Collaborating with this event were Tom Scott, Chuck Oestreich, and Charles Curry. Dean Mathias showed his versatility by not only helping with the QCBC display, but by assisting exhibitors with unloading/unloading and parking.

ROAD TRIP WITHOUT A CAR

We're getting an occasional glimpse of bare pavement here in Montana, which can only signal that around the corner is road trip season - on a bike! Adventure Cycling has some fantastic cross-country trips scheduled, mostly self-contained but also our first van-supported TransAm. Check out these great rides - the Underground Railroad (starting in warm southern spring breezes and traveling north to the sparkling Great Lakes), the legendary TransAm, the gorgeous Northern Tier (from coastal Washington to Bar Harbor, Maine), and the awesome North Star from Montana to Alaska - at http://www.adventurecycling.org/tours/index_2008.cfm?menu=SC. You can access the supported TransAm - where your gear will be carried so you fly along - at <http://www.adventurecycling.org/tours/2008transamvan.cfm>.

Club Hikes Beat Winter Blahs

Winter Hikes

By Kathy Storm

There were five hikes in January and February - Loud Thunder, Scott County Park, Wild Cat Den State Park, Matthissen State Park and Blackhawk Historical Site.

Snow was a common element at each hike, with daytime temps ranging from 4 to 36 degrees. We found that if the winds were strong out in the open, we were sheltered in wooded areas. We even had a few tailgate parties after the hikes. Sheri Feiweger definitely excels as "party planner" for her campfires and treats after the hike at Loud Thunder she and Dean lead.

Cindy Botrell, Dean Mayne, Sheri Feiweger, Peg Newman, Kathy Storm, Paul Sullivan, Rob Tyler and John Wessel volunteered to lead hikes this year. We all enjoy being outside in the winter and meeting club members we may not normally ride with. We even had three members of the Elmhurst Bicycle Club join us on the Feb. 9 hike in Matthissen State Park near Utica, IL. It was there we saw several frozen waterfalls.

Jin Woo Kim of Korea joined us on three of the hikes. He's an engineer working at Stanley Consultants on a six-month exchange program. Deb and Dean Mathias have taken him under their "athletic wing". In his native Korea, he participates in cycling, hiking, handball games and camping.

As always, dogs were welcome on every hike. Look for this series again next winter.



Jan. 26 hike in Wild Cat Den State Park were, from left, Rob Tyler, Peg Newman, Gary Jones, Susie Wolf, Kathy Storm and Jin Woo Kim.



Photos by Peg Newman

Feb. 16 hike at Blackhawk Historical Site from left, Rob Tyler, Peg Newman, John Wessel, Dean and Deb Mathias, Susie Wolf and Kathy Storm.

Welcome New QCBC Members!

| Name | SPOUSE | CITY | STATE | PHONE |
|-------------------|--------------|-------------------|-------|--------------|
| Wayne Whitesides | Jenifer Fine | College Park | GA | 404-314-6983 |
| Brad Mason | | Peachtree | GA | 770-631-0255 |
| Robert Loch | | Bettendorf | IA | |
| Sherry Emerick | | Davenport | IA | |
| Malcom Seline | | Davenport | IA | 847-431-1876 |
| Andrew Claeys | Cherrie | Long Grove | IA | 563-285-4127 |
| Joellen Wilson | | Maquoketa | IA | |
| Kale Brockmann | | Walcott | IA | 563-650-2883 |
| Nancy Phelps | | Wheatland | IA | 563-374-1728 |
| Richard Schroeder | Tara | Burlington | IL | 847-221-5108 |
| Nicholas Leras | | DeKalb | IL | 847-361-7048 |
| Robert Olivero | | Elk Grove Village | IL | 847-800-1861 |
| Jeff Timmerman | Kelly | Geneseo | IL | 309-441-5231 |
| Kellen Smith | | Lake In The Hills | IL | 815-451-3797 |
| Jim Scholl | | Mapleton | IL | 309-697-0672 |
| Dan Osterman | | Rock Island | IL | 309-793-0906 |
| Jacob Wills | | South Elgin | IL | 847-488-0132 |
| Larry Varney | | Cold Spring | KY | 859-635-3865 |
| Bruce Arnold | | New York | NY | 212-505-2028 |
| Matthew Bloch | | New York | NY | 212-619-3511 |
| James Labi | | New York | NY | 212-505-2028 |
| Robert Ryan | | New York | NY | 646-342-0489 |
| Susan Hall | | Putnam Valley | NY | 845-284-2501 |
| Don Gieringer | | Hamilton | OH | 513-738-1498 |
| Gloria Costello | | Willowick | OH | 440-944-5390 |

If you have problems getting your hard copy newsletter in the mail, contact Charlie Sattler at (563) 391-3422 or csattler14@msn.com. Charlie prints the labels for the newsletter and mails them.

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.

Membership Count: 02/18/08

| Number of: | Members | Memberships |
|---------------|---------|-------------|
| Individual | 402 | 403 |
| Couple | 324 | 162 |
| Family | 351 | 95 |
| Complimentary | 20 | 20 |
| Life | 7 | 4 |
| Total | 1104 | 684 |

March 2008 Club Rides

| Date | Time | Distance | Start | Leader | Description |
|---------------|-------------|----------------------|--|----------------------|---|
| Sat Mar 1 | 9:00 AM | Determined by riders | McDonald's on Kimberly Rd at Eastern Ave., Davenport | Determined by riders | Saturday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sun Mar 2 | 9:00 AM | Determined by riders | Hardee's, 425 55th St. Moline | Determined by riders | Sunday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Wed Mar 5 | 9:00 AM | Determined by riders | Hardee's, 425 55th St. Moline | Determined by riders | Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sat Mar 8 | 9:00 AM | Determined by riders | McDonald's on Kimberly Rd at Eastern Ave., Davenport | Determined by riders | Saturday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sun Mar 9 | 9:00 AM | Determined by riders | Hardee's, 425 55th St. Moline | Determined by riders | Sunday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Wed 12 | 9:00 AM | Determined by riders | Hardee's, 425 55th St. Moline | Determined by riders | Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sat Mar 15 | 9:00 AM | Determined by riders | United Methodist Church, 1790 Cleveland Rd, Colona | Determined by riders | Saturday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sun Mar 16 | 9:00 AM | Determined by riders | McDonald's on Kimberly Rd at Eastern Ave., Davenport | Determined by riders | Sunday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Wed Mar 19 | 9:00 AM | Determined by riders | Hardee's, 425 55th St. Moline | Determined by riders | Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sat Mar 22 | 9:00 AM | 35 miles | Bix Beiderbecke statue near the band shell on the Davenport riverfront | | "Search for Spring" Ride - Combined Ride to the I-80 Visitors' Center in LeClaire. |
| Wed Mar 26 | 9:00 AM | Determined by riders | Hardee's, 425 55th St. Moline | Determined by riders | Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sat Mar 29 | 9:00 AM | Determined by riders | United Methodist Church, 1790 Cleveland Rd, Colona | Determined by riders | Saturday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sun Mar 30 | 9:00 AM | Determined by riders | McDonald's on Kimberly Rd at Eastern Ave., Davenport | Determined by riders | Sunday Morning Ride - Combined The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |

**Check web site for updates and additions to this new monthly ride schedule format.
Last updated 2/16/08**

Cont. on page 10

Contd. from page 9

April Club Rides

| Date | Time | Distance | Start | Leader | Description |
|---------------|-------------|-----------------------|--|------------------------------------|---|
| Wed Apr 2 | 9:00 AM | 25+ miles | McDonald's on Kimberly Rd at Eastern Ave., Davenport | Determined by riders | Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sat Apr 5 | 9:00 AM | 27 miles 14-16 mph | Eastern Ave. Duck Creek Parkway, Davenport | Bill & Kathy Storm 563-355-2564 | Saturday Morning Ride – Mid Paced Ride to Le Claire using trail & highway |
| Sat Apr 5 | 9:00 AM | 30+ miles 16+mph | Eastern Ave. Duck Creek Parkway, Davenport | Determined by riders | Saturday Morning Ride – Fast Paced No breakfast stop |
| Sun Apr 6 | 9:00 AM | 30+ miles 16+mph | East end of Ben Butterworth Parkway, Old River Dr. and 55 th St. Moline | Determined by riders | Sunday Morning Ride – Fast Paced No breakfast stop |
| Wed Apr 9 | 9:00 AM | 25+ miles | McDonald's on Kimberly Rd at Eastern Ave., Davenport | Determined by riders | Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop. |
| Sat Apr 12 | 9:00 AM | 30+ miles 16+mph | Eastern Ave. Duck Creek Parkway, Davenport | Determined by riders | Saturday Morning Ride – Fast Paced No breakfast stop |
| Sun Apr 13 | 9:00 AM | 30+ miles 16+mph | East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline | Determined by riders | Sunday Morning Ride – Fast Paced No breakfast stop |

Check web site for updates and additions to this new monthly ride schedule format.

Last updated 2/16/08

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.

TOMRV 31 - Brochure Distribution

By Kathy Storm

In early February, 8,000 TOMRV (Tour of the Mississippi River Valley) brochures were printed by Brandt Printing, and 3,428 direct mailed to QCBC members and TOMRV riders from the past three years. Twenty brochures were mailed to 200-plus bike shops in the upper Midwest.

If you are a current QCBC member, you should have received yours by the time you read this in the newsletter.

If you're planning to attend an invitational ride hosted by another bike club in March, April or May, take 20-30 brochures with you and ask the event organizer if you can place them on their registration table. If you're participating in a health fair and staffing a QCBC booth, please set a stack of brochures out to promote our major fundraiser.

For a supply of TOMRV brochures, contact me at (563) 355-2564 or by email at kbstorm@aol.com. Thank you for continuing to make TOMRV a great Midwest ride.

