



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club—June 2008

## Stedje tries to hide in back of the pack

By Steve Tappa

Dispatch/Rock Island Argus

Sherri Stedje was at the back of the Elite Women's pack, trying to keep a low profile at the 42nd Quad Cities Criterium.

But when you're called "The Queen of the Criterium," having won a record four women's titles in a hometown event, it's hard to fly under the radar.

"For a second, I was sitting there like, 'They don't even know I'm here. This is perfect,'" said Stedje, a surprise entrant in the race, having missed last year to have a baby.

"Then (race announcer) Kenny (Labbe) pointed me out, and I tried to wave him off. He kept telling me to move up to the front (for the start), and I was like, 'No!'"

"I tried looking around like I couldn't tell it was him talking to me. I was like, 'Sherri Stedje? She's here? Where?' I even cut my hair so hopefully nobody would recognize me. I was incognito."

But Stedje's cover was blown, and the Moline native, 42, received a rather rude reception for the next 33 laps from a 32-woman field that included no teammates. Without help, she finished 12th to claim \$65.

"Team Revolution had so many racers, I was chasing everything, except the (7-woman breakaway) that finally mattered," Stedje said.

"I should have forced the hand of (race-winner Samantha Schneider's) team to do a little more work, because I knew she wanted to win the race. Tactically, I made the error. ... By the time the (breakaway) went, I'd been chasing everything down, so I just let them go and nobody else reacted."

That was too bad, because Stedje said this likely will be her last year of competitive racing. "I'll try and stay fit so I can come back and do this until I can't anymore," Stedje said of the QCC. "But I pretty much think this will be the last season on the (pro circuit)."

The reason? David John Stedje, who turns 1 on June 11.

"He's just too active," Stedje said. "Even at 2, there will be so much he's involved in."

"Oh, he is something else, let me tell you," the beaming mother said. "He's already 25 pounds and muscular, and he's already been on the bicycle. He's been to the circus. He's been on a plane twice now. He takes swim lessons already. He's just go-go-go."

And, that doesn't allow Stedje, or her riding husband Dave, much time for training.

"The days of doing things together are over. Now it's, 'You take him and I'll go ride,'" Stedje said with a laugh. "Some days, we do a lot of training and some days you just go, 'Not today!' So our training has gone down the tubes, but for a good cause." Stedje also said she's rebounded slowly from childbirth, feeling out-of-shape until only recently, after doing 10 criteriums since last summer.

"If she doesn't think she's in shape, let me tell you, when she was up front at the start of the race, trying to keep up with her I was just like, 'Whoa,'" said last year's champ, Catherine Walberg of Kansas, who finished third in the race.

"And at the end there, I was just hanging on for dear life, barely staying on her wheel, hoping she'd lead me to the win (after Walberg and the breakaway lapped Stedje and the rest of the field).



**Robert Leistra—Dispatch/Argus**

Former Quad Cities Criterium champion and Moline native Sherri Stedje, right, sips some champagne with 2008 Women's Elite champion Samantha Schneider.

Contd. on page 4

## Key Contacts

### Officers:

President - Phil Schubbe (563) 359-5057 or [pshschubbe@aol.com](mailto:pshschubbe@aol.com)  
 Vice President –  
 Recording Secretary – Deb Mathias (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com)  
 Treasurer – Darlene Moritz (563) 386-3499 or [dmoritz@access.net](mailto:dmoritz@access.net)

**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) 737-8270	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.

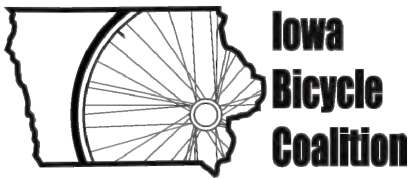
**Club Meetings:** Are held twice a year at 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or [pshschubbe@aol.com](mailto:pshschubbe@aol.com).

**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](mailto: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.

### Affiliated With:



<http://www.iowabicyclecoalition.org>

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

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

### QCBC Participates in health fairs; voted best table

The QCBC recently participated in two employee health fairs: April 30 - May 1 at the Deere & Co. Administration Center, and May 15-16 at Oscar Mayer in Davenport. Covering the events were Dean Mathias, Chuck Oestreich, Tom Scott and Charles Curry. The Deere & Co. wellness group said the QCBC table was voted top table at the health fair. As employers recognize the value of these events, there likely will be future opportunities for the QCBC to get valuable exposure at similar events. Anyone wishing to be involved in this outreach can contact Charles Curry (309) 797-9283.

## Friends of Off-Road Cycling hosts Mountain Biking 101 and Bike Demo Days

Friends of Off-Road Cycling (FORC) is offering a free off-road mountain biking skills clinic in June, designed with beginner and intermediate riders in mind. Participants will have a chance to ride demo mountain bikes in a real off-road trail setting, courtesy of Bike N Hike and factory Giant.

The Mountain Biking 101 Skills Clinic is open to any mountain biker at least 10 years old interested in learning more about various aspects of trail riding (known as “mountain biking” in areas where there are mountains). Bike N Hike and FACTORY GIANT will be on hand with demo mountain bikes from 4-7 p.m. Friday and 9 a.m. to 1 p.m. Saturday. Test ride a variety of mountain bikes on natural off-road terrain.

The clinic begins at 9 a.m. Saturday, June 14, at Davenport’s Sunderbruch Park with a short discussion on equipment requirements, safety tips and trail etiquette. It will then break into groups for the hands-on riding skills clinic. The clinic will cover topics such as bike setup, body position, standing up while riding, proper braking, pedal position in corners and over obstacles, balance (side to side / fore and aft), proper gear selection, cornering and managing switch-backs, use of momentum, riding narrow bridges, negotiating drop-offs, wheelies over obstacles, and wet weather considerations. Members of the National Mountain Bike Patrol will be present.

All participants must have a mountain bike and helmet to participate in the clinic. Children under the age of 12 must be accompanied by an adult. Representatives from Bike N Hike in Rock Island will be on hand to assess participant bicycle maintenance and assist in remedying any problems discovered.

All participants will be given a packet of information at the end of the lecture about off-road trail riding areas within two hours of the QCA. For more information about Mountain Biking 101 or FORC, visit [www.qcforc.org](http://www.qcforc.org).

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## Tailwind Report

### By Dave Georlett

On April 26, QCBC held its annual 100-mile tailwind ride. I thought last year was the best ride ever out of Paw Paw, Illinois. Now, I think this year was the winner.

We had 88 riders and a west wind averaging close to 20 mph, with gusts higher at times. It felt like we were flying. It really felt good to be able to maintain that type of speed, and get some idea what the pros feel on a calm day.

We left Scott Community College via Johannes bus service at 6 a.m., along with Craig Goettsch of H&H trucking hauling our bicycles. We arrived in South English, Iowa and started our ride for home about 8:30 a.m.

Next stop was Weed Park in Muscatine for a catered lunch by Hy-Vee food store. Food was great - grilled chicken, burgers, brats, beans and brownies. Then on to Scott Community to complete our 100-mile ride.

I would like to thank all involved for their efforts to make this great ride possible.

- Jewel Bryan, John Wessel's secretary, because without her, none of this would have been possible.

- Our five route drivers who drove several hundred miles checking each route to ensure they were safe and open - Charles Curry and Richard Grimm from Paw Paw, Dave Alftine from Independence, Dean and Deb Mathias from Norway, and Phil Schubbe and Jean Kelly from South English, plus the old guy who did the Lewistown route.

- Jim Dayton, who loaned his Haulmark trailer for us to store blankets and valuables in until our return to Scott Community. Jim not only loaned us the trailer, but spent the day at the parking lot helping riders retrieve their items.

- Jackie Chesser, who volunteered to drive to South English and follow us home, to support our riders in case of accidents or break downs.

Your Tailwind committee of John Wessel, Charles Curry, and me hope all of you who rode the Tailwind ride had a wonderful time, and those of you who did not, we hope you'll join us for next year's ride.

Have a very safe and wonderful bike riding season.



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## Disparate Moments

By Scott Swanson

It seems that an eighth grader has been recruited to play basketball for the University of Kentucky. Beings 15, that makes him the youngest player to verbally commit to a school in the history of college basketball.

That fact alone didn't have much impact on me. For some reason, a paraphrase of the coach's words set me off.

The father of Michael Avery, the young man in question, said, "From what I understand, he displayed a total skill set and the basketball IQ to know when and where to use that skill set within the context of the game."

My knee jerked rather violently at reading that. Skill set? IQ? Context of the game? What are we talking about here? What happened to having fun here?

Well, as usual when I don't pay attention to the route markers, I had gotten lost. When I got back on course and continued reading, it turns out the kid loves the game, and his parents are very supportive of that. On one hand, they are searching for a high school where he can raise the level of his game. There's a mind bender right there.

On the other hand, the father doesn't speak as though getting his son into a major program is the be-all and end-all of Michael's existence.

There is no pressure to be with the best of the best, no talk of pro contracts. It seems that Michael's parents have his best interests at heart.

I asked myself how I would have felt if I had read about a 15-year-old who had just been scouted by Slipstream-Chipotle or Toyota-United. And let's say the parents were considering moving to Colorado Springs or traveling to follow LAJORS (Lance Armstrong Junior Olympic Road Series), or even moving to Belgium to let that son or daughter race there.

I'd be ecstatic. And I'd be hauling out my teacher's vocabulary and start spouting phrases like...like...skill set and context.

Amazing what a little context will do for you, isn't it?

## Want Ads

**For sale:** Trek 1000, 2007, 1 year old, 43 cm., Discovery Blue/Titanic Black, aluminum frame, carbon forks, includes Trek computer, bottle holder and tube holder. \$325. For more information, call Debbie Henneke at (815) 488-1675.

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### Stedje, contd. from Page 1

"I look at somebody like Sherri genetically, and she's still got one of the best sprints out here. If she'd have had some teammates to help her, or could have been in that breakaway with us, it would have been interesting."

For that reason, Walberg is trying to talk Stedje out of full-time motherhood.

"How old are you?" Stedje asked Walberg.

"I'm 46," answered Walberg. "Remember. Just like your pets, when they get older, they can still go fast, they just need a little more sleep."

### QCBC Adopt-A-Highway

The Adopt-A-Highway Spring Cleanup was May 5. Several people helped pick up trash on a two-mile stretch of Scott Park Road (old Hwy. 61). No unusual finds, only the usual collection of aluminum cans, glass and plastic bottles, fast-food wrappers, etc. The recyclable materials were separated and taken to the Scott County Recycling Center. The group was rewarded afterward with pizza and drinks at Happy Joe's afterward.

Hosts Ken and Julie Urban want to thank participants Charles Curry, Denise Duethman, Jean Kelly, Peggy Newman, Dixon Novy, Mark Schroeder and Bill Storm. The fall cleanup will be held in early October. Watch the newsletter for more details.



# Pushing for Pedaling

**Promoting bicycling advocacy**  
*By Chuck Oestreich*

Moline: A Bicyclist's Prune or Plum?

Biking through Moline can be practical and satisfying. With the help of the Quad City Metro Map it's possible to get just about anywhere in the city on a bike – downtown, SouthPark, Blackhawk College, even Whitey's Ice Cream.

But Moline does have a big problem for biking – big highways, mega-roads that run right through it. We're talking Interstate 74 with its north-south swath bisecting the city into almost two biking areas. The other major car delivery system is Blackhawk Road to the south. On the north, fairly close to the Mississippi River another less disruptive highway arrows through the city – Illinois 92, divided into one-ways for much of its route.

Trying to ride a bike east/west through Moline is a problem. There are only five ways to get over or under I-74 and three of them are very close to the north or south borders away from most of the population.

The Mississippi River path's transit is slick and easy – a bicyclist is hardly aware of the highway overhead except for the sudden extended length of shade.

Fifth Avenue, Moline's main street downtown, works nicely. It's not a path, so there's traffic, but most of the big exhaust belchers are on the one-ways surrounding it.

Way to the south, 38th Avenue under the expressway is marked caution on the map, justifiably so. Actually, sort of an extension of this is 27th Street. It cuts diagonally over I-74 and isn't bad, although again caution has to be used.

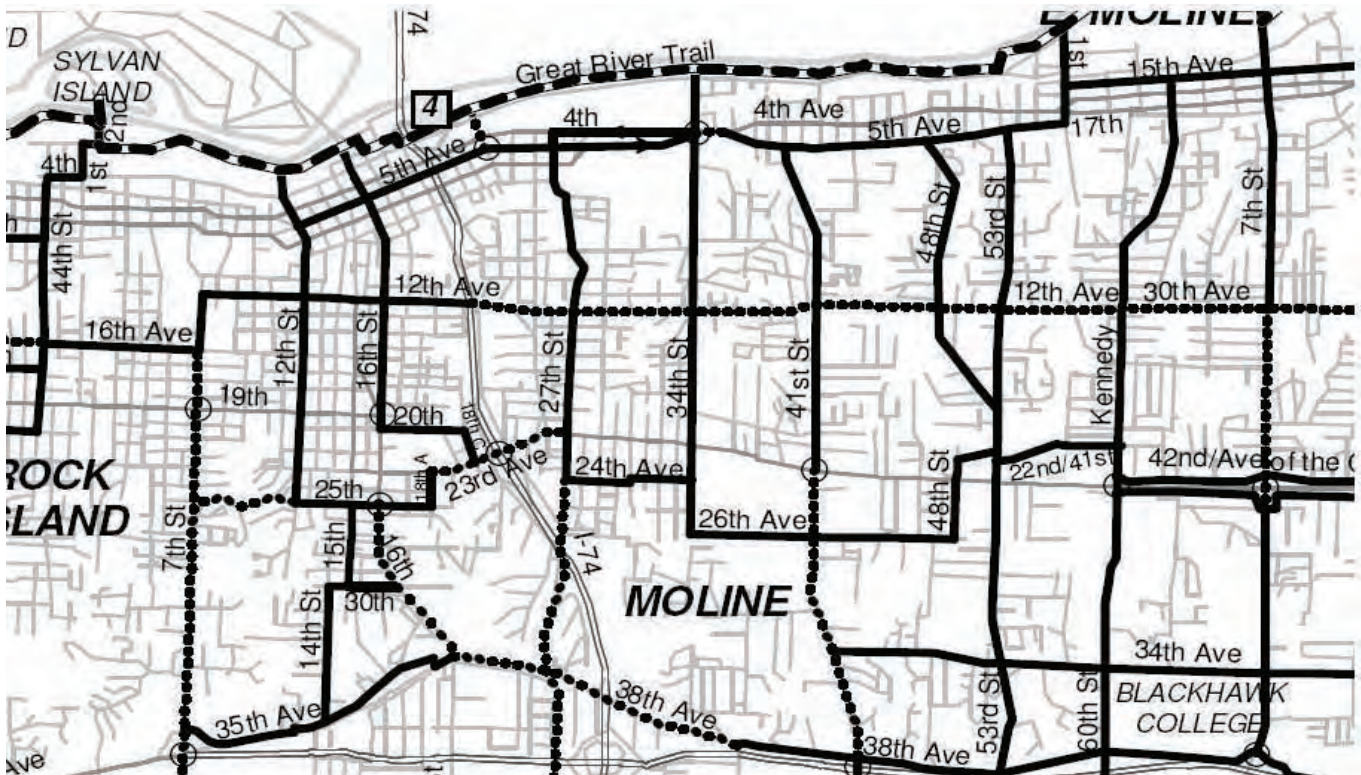
The other two ways to get to one side or the other of the big interstate (slated to be expanded in this area with the projected construction of a new I-74 bridge over the Mississippi) both have problems.

Twelfth Avenue is decent to the west, but to the east traffic picks up and caution is needed. Especially now, with construction on Avenue of the Cities, it's not a happy place to be on a bike.

And forget about going across on the Avenue of the Cities. Its name should be changed to Avenue of the Jitteries for bicyclists.

By using the Metro Map, it's easy to avoid the Avenue of the Cities in going east and west in the heart of Moline. Use streets to the south of Moline High School and continue (right by Whitey's), to the north at 48th Street.

Moline, with its sculptured ravines, beautiful residential areas and fine mix of commercial attractions is one of the Quad-Cities' plums. But for bicyclists, it's a divided city – its mega-highway changing its plums into bruised prunes.



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## June 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sun Jun 1	8:00 AM	55+ miles 14-16 mph	Geneseo City Park, Geneseo, IL	Determined by riders	<b>Sunday Morning Ride – Mid Paced</b> Rider's choice
Sun Jun 1	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Sunday Morning Ride – Fast Paced</b> No breakfast stop
Tue Jun 3	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Jun 4	8:00 AM	25+ miles	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jun 5	5:30 PM	20-25 miles 14-16 mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Thursday Evening Ride – Com- bined</b> Rider's choice
Fri Jun 6	6:30 – 8:30 PM	N/A	Scott Community College, Bettendorf	Jane Garrett 563-441-9115	<b>TOMRV Packet Pickup</b>
Sat Jun 7	<b>Tour of The Mississippi River Valley</b> – 31st annual ride sponsored by the QCBC. Advanced Registration required. Sat- urday route is from Bettendorf to Dubuque; 106 miles. Shorter route option starting from Preston, IA; 67 miles. Registration forms available online at Active.com, qcbc.org or at QC Area bike shops. For additional information, contact Katharine Weeks at 563-324-4938 or <a href="mailto:tomrv.31@gmail.com">tomrv.31@gmail.com</a> . Volunteers are needed!				
Sun Jun 8	<b>Tour of The Mississippi River Valley</b> – 31st annual ride sponsored by the QCBC. Advanced Registration required. Sun- day route is from Dubuque to Bettendorf; 88 miles. Shorter route option finishing in Preston, IA; 42 miles. Registration forms available online at Active.com, qcbc.org or at QC Area bike shops. For additional information, contact Katharine Weeks at 563-324-4938 or <a href="mailto:tomrv.31@gmail.com">tomrv.31@gmail.com</a> . Volunteers are needed!				
Tue Jun 10	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Jun 11	8:00 AM	25+ miles	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jun 12	5:30 PM	20-25 miles 14-16 mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Thursday Evening Ride – Com- bined</b> Rider's choice
Sat Jun 14	8:00 AM	20 miles 10-13 mph	City Park (Main St), Port Byron	Dodie Robers 309-755-9197	<b>Saturday Morning Ride – Leisure</b> Ride to Hillsdale for breakfast
Sat Jun 14	8:00 AM	46 miles 14-16 mph	City Park in Cordova Off Rte 84	Bill & Kathy Storm 563-355-2564	<b>Saturday Morning Ride – Mid Paced</b> Ride to Hillsdale and Erie. Fairly flat route.
Sat Jun 14	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	<b>Saturday Morning Ride-Fast Paced</b> No Breakfast Stop
Sun Jun 15	8:00 AM	40+ miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	<b>Sunday Morning Ride – Mid Paced</b> Rider's choice
Sun Jun 15	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	<b>Sunday Morning Ride-Fast Paced</b> No Breakfast Stop
Tue Jun 17	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice

Check web site for updates and additions to ride schedule format. Last updated 5/26/08      Cont. Page 8

## June 2008 Club Rides

Wed Jun 18	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jun 19	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Thursday Evening Ride – Combined</b> Rider's choice
Fri - Sat Jun 20- 21		10K & 16 mi			<b>QC Senior Olympics</b> 10K and 16 mile road races. Information online at: <a href="http://qcseniorolympics.org">qcseniorolympics.org</a>
Sat Jun 21	8:00 AM	25 miles 10-13 mph	Colona Grade School In Colona	Mike Beard 309-230-2521	<b>Saturday Morning Ride – Leisure</b> Meet at the Colona Grade School and ride to Geneseo for breakfast.
Sat Jun 21	8:00 AM	50+ miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Saturday Morning Ride – Mid Paced</b> Ride to Erie
Sat Jun 21	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	<b>Saturday Morning Ride-Fast Paced</b> No Breakfast Stop
Sun Jun 22	8:00 AM	45+ miles 14-16 mph	Colona Grade School In Colona	Determined by Riders	<b>Sunday Morning Ride – Mid Paced</b> Ride to Geneseo and Atkinson
Sun Jun 22	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	<b>Sunday Morning Ride-Fast Paced</b> No Breakfast Stop
Tue Jun 24	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Jun 25	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jun 26	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Thursday Evening Ride – Combined</b> Rider's choice
Sat Jun 28	8:00 AM	20 miles 10-13 mph	Hillsdale truck stop	Bonnie Gesling 309-762-1178	<b>Saturday Morning Ride – Leisure</b> Meet at the truck stop and ride a loop to Spring Hill and back.
Sat Jun 28	8:00 AM	40+ miles 14-16 mph	North Scott HS, Eldridge	Determined by Riders	<b>Saturday Morning Ride – Mid Paced</b> Rider's Choice
Sat Jun 28	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	<b>Saturday Morning Ride-Fast Paced</b> No Breakfast Stop
Sun Jun 29	8:00 AM	40+ miles 14-16 mph	Geneseo City Park, Geneseo, IL	Determined by Riders	<b>Sunday Morning Ride – Mid Paced</b> Ride to Cambridge or Prophetstown
Sun Jun 29	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	<b>Sunday Morning Ride-Fast Paced</b> No Breakfast Stop

Check web site for updates and additions to ride schedule format. Last updated 5/26/08 Cont. Page 9



## July 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Tue Jul 1	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Jul 2	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wednesday Morning Ride</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Jul 5	8:00 AM	20 miles 10-13 mph	State Street Trail Head (Riverdale/Bettendorf line)	Vivian Norton (563) 355-1899	<b>Saturday Morning Ride – Leisure</b> Ride from Bettendorf to Le Claire. See the shops and have rest stop.
Sat Jul 5	8:00 AM	40+ miles 14-16 mph	Crow Creek Park, Bettendorf	Determined by riders	<b>Saturday Morning Ride – Mid Paced</b> Ride to Mc Causland
Sat Jul 5	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	<b>Saturday Morning Ride-Fast Paced</b> No Breakfast Stop
Sun Jul 6	8:00 AM	40+ miles 14-16 mph	Boat Launch, along Bike Trail, Rapids City	Determined by Riders	<b>Sunday Morning Ride – Mid Paced</b> Ride to Albany
Sun Jul 6	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	<b>Sunday Morning Ride-Fast Paced</b> No Breakfast Stop
Tue Jul 8	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Jul 9	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wednesday Morning Ride</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Jul 12	8:00 AM	20 miles 10-13 mph	Leach Park, 12 <sup>th</sup> St. Bettendorf by boat launch	Mike Mid- dlemiss 563-650-3689	<b>Saturday Morning Ride – Leisure</b> Saturday Morning Ride –Ride to Buffalo for breakfast
Sat Jul 12	8:00 AM	40+ miles 14-16 mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	<b>Saturday Morning Ride – Mid Paced</b>
Sat Jul 12	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	<b>Saturday Morning Ride-Fast Paced</b> No Breakfast Stop
Sun Jul 13	8:00 AM	40+ miles 14-16 mph	North Scott H.S., El- dridge	Determined by Riders	<b>Sunday Morning Ride – Mid Paced</b>
Sun Jul 13	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	<b>Sunday Morning Ride-Fast Paced</b> No Breakfast Stop
Sun Jul 13				Donnie Miller 309-762-5314	<b>40K Time Trial</b>
Tue Jul 15	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restau- rant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Jul 16	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wednesday Morning Ride</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.

Check web site for updates and additions to ride schedule format. Last updated 5/26/08 Cont. Page 10

**Ride Classification:**

**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.

**Welcome New QCBC Members!**

- Bob Kennis, Bettendorf, IA, 563-340-0039
- Michael Mickelson, Bettendorf, IA, 563-320-1225
- Malinda and Jeff Schirm, Bettendorf, IA, 563-359-7285
- Richard Vermeer, Bettendorf, IA, 563-210-0801
- Melisa and Michael Andrews, Davenport, IA, 563-355-7569
- Daniel and Lisa Barry, Davenport, IA, 563-324-1744
- Susan and Roger Freitag, Davenport, IA, 563-386-7719
- Kelly Kammeraa, Davenport, IA,
- Dennis Napel, Davenport, IA, 563-386-5228
- Timothy and Kristen Nelson, Davenport, IA, 563-386-3521
- Bradley Noble, Davenport, IA, 563-370-5494
- Melanie and Peter Scheidler, Davenport, IA,
- Lonnie Marlow, Le Claire, IA, 563-650-9507
- Dee Reed, East Moline, IL, 309-755-9367
- Jason and Anne Marie Stone, Geneseo, IL, 309-945-7651
- Mark Hoague, Moline, IL, 309-797-8620
- Margy Millar MD, Moline, IL, 309-767-2106
- Dwight Yackley, Naperville, IL, 630-305-7171
- Mark and Anne Gannon, Port Byron, IL, 309-523-9469
- Kevin and Jacqui Dodson, Rock Island, IL, 309-787-4927
- David HILL, Rock Island, IL, 309-235-3551
- Larry and Carol Junis, Rock Island, IL, 309-732-1392
- Joseph Thompson, Abingdon, VA, 276-614-6673

Membership Type	memberships	members
Comp	20	20
Couple	181	362
Family	99	369
Individual	421	420
Life	4	7
<b>Grand Total</b>	<b>725</b>	<b>1,178</b>

**Get out and Ride!**

**Barstow Time Trials**

**By Donnie Miller**

I'd like to thank everyone for coming for the recent eighth annual DICE 20K TT Championships.

We had 51 people doing 54 rides, which was down from 113 last year. The weather was cool, sunny, and 55 degrees with a NW wind between 12 and 23 mph. It must have been the gas prices keeping people from traveling.

I'd like to thank volunteers Lisa Wessling, Jennifer Ainsworth and Rebecca Carroll for doing registration; Dan Carroll for helping with course set-up; Mike Desch as the starter; Frank Martin as the wrangler; Bill Minard as the holder; and Bob Lundberg as our official.

Despite a windy day, a new course record was set for the men with Bryce Mead from Jelly Belly coming from Sterling to set a blistering 25:18.42 with a speed of 29.47 mph and a pace of 2:02.2 min/mile. Awesome job Bryce! Then he rode back to Sterling by bike. Paul Deninger held the previous course record at 26:13. The women's overall winner was Karen Stierler from Bike Tech from Coralville, IA., with a 31:29.81 and 23.67 mph. Awesome job Karen!

The QCBC winners were John Grice with a 28:35.98 and Margaret Miller with a 37:05.06. Great job you two!

Don't forget, on July 12-13, I'll be putting on the Mississippi Bluffs Road Race and DICE 40K TT Championships. Details are on my Web site at [www.DiceTraining.com](http://www.DiceTraining.com) and DICE Cycle's web site at [www.dicecycling.com](http://www.dicecycling.com). Have a safe weekend of riding and we hope to see you racing soon.

Pedalwheeling • 2008  
**Quad Cities Bicycle Club Membership Application**

(Please print using blue or black ink)

New Application

Membership Type:  Individual \$20/Year

Renewal Application

Couple \$20/Year

Date of Application \_\_\_\_\_

Family \$20/Year

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_  
(Incl. Area Code)

Email \_\_\_\_\_

<b>NOTE:</b> 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: <input type="checkbox"/>
---

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 ensure 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  
P.O. Box 3575  
Davenport, IA 52808

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Davenport, Iowa

**ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**

### Coming Events

- Sat. & Sun., June 7-8 - TOMRV
- Sunday, June 15 – River Action’s Ride the River
- Sat. & Sun., June 21-22 - Senior Olympics
- Sunday, July 13 - 40K Time Trial Championships
- July 20 – 26 - RAGBRAI
- Saturday, Aug. 9 - Metamora 4 X 50 Double Century
- Saturday, Sept. 13 - Heartland Century

