



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — March 2009

## Beautiful Biking Bliss across the “Pond”

By Mike Giudici, MD

It's not often I have a day with absolutely no responsibility, but that's what happened Feb. 7. I flew to London, landing early Feb. 5 in what was a "historic snowfall" for England. I had brought my cyclo-cross bike in the hope of getting in a ride, but things didn't look too promising as I crossed the "pond."

My plane got in early, and I was able to check into my hotel room in the Paddington section of town early and get cleaned up and take a nap. I was happy to learn that my first talk wasn't until 4 p.m., so I got out the bike and the concierge directed me toward Regent's Park. The streets were a bit wet, but otherwise fine. The temperature was in the high 30s, as I rode around London on a cross bike for 32 miles. How cool was that! Not a really exciting route, but a ride nonetheless.

Friday was all medical meeting, but Saturday was going to be all mine. I asked around at the meeting and was told to head for Brighton, on the South Coast, because the snow missed there.

On Saturday, I got up and had the hotel breakfast to stoke up. European breakfasts are fabulous, something for every palate. Porridge, fish cakes, baked beans and baked tomatoes were among the items not commonly part of the Denny's Grand Slam here in the states. Plus, what they call bacon we would consider lean ham.

I rode my bike the three miles to Victoria Station near Buckingham Palace and booked a one-way ticket to Brighton. The trains are very accommodating to bikes and the other passengers were friendly and helpful. As I was throwing away my ticket on arrival in Brighton, a gentleman picked it out of the trash and explained that I would need it to exit the station, and he never once used the word "moron."

I took off from the station hoping to find some quiet road out of town. Brighton is very hilly. I got warmed up very quickly in spite of a cold northwest wind. It was interesting countryside - pastureland with very few trees (or roads) to break it up. I kept ending up along the coast heading east. They're right about the White Cliffs along the channel. I saw them over and over as I rode through seaside villages. The road was busy, but civilized.

I finally stopped at a Texaco Station and asked a nice woman if there was a road inland somewhere. She told me to take the turn to Lewes in the village of Newhaven, so I did. Ten miles later I was in a delightful upscale little town whose Main Street was closed for Saturday Market. It was so crowded I had to walk my bike past all the vendors. The food was tempting, but I really wanted to get in 40 miles before lunch.

I stopped at a book store where a helpful couple suggested I go further north on A275 and west on B2116. What a find! It was a real biker's road, a little winding road through village after charming village. The farther I rode, the more bikers I came upon and the sunnier it got. I probably saw 20 riders, three with kit on out for a racing club training ride, the rest out solo. We exchanged the traditional biker salutes.



London, contd. Page 6

## Key Contacts

### Officers:

President - John Harrington (563) 940-6023 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)  
 Vice President – Phil Schubbe (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.com)  
 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 Duethman, (309) 721-7276	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Charlie Sattler (563) 391-3422	John Wessel (563) 359-8350
Terry Burke (309) 797-3790	Tim Carey 920-209-1984	Doug McDonald 563-332-6774

**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 [phschubbe@aol.com](mailto:phschubbe@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 or David Weckel, 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/>

**Clinton Bend of the River Bicycle Club gets new Web site, plans March Ride**  
 The Bend of the River Bicycle Club based in Clinton, Ia. now has a Web site - <http://www.rbbclinton.org/index.html>.  
 This is the club that sponsors the Icicle Bicycle Ride in late March. This year, the ride will be held March 21, and start at 9 a.m. from Happy Joe’s in Clinton. The cost, which includes a pizza buffet, has not been set yet.  
 The weather for this ride can be undependable, so be prepared for cold, rain, snow, fog or whatever Iowa can throw at us in March. The ride will be about 35 miles, with a stop in Thomson, Illinois. The eagles should still be at the dam so be sure to take a few minutes to take in this great sight.  
 The trail through the Thomson Sand Prairie has been paved so the ride is headed north again this year. More information will be posted on the Web site.



## Let's Ride!

John Harrington, QCBC president



I know that many of you hit the roads to take advantage of our warm weather this month. I hope you enjoyed it as much as I have! Here's what new in the club:

**Bicycle Friendly Community:** I saw a lot of familiar faces at the Jan. 29 Bicycle Friendly Community meeting in Davenport. Thanks for supporting this effort. Dean Mathias did a super job organizing the event and getting key participants to attend. Of course, many other club members and bike advocates provided plenty of help as well. Mayor Bill Gluba of Davenport asked the volunteer-oriented audience to help Davenport become a BFC. This is a great opportunity for our community. The QCBC will send a letter to Mayor Gluba offering our support.

**E-Pedalwheeling:** We now offer QCBC club memberships with an e-Pedalwheeling option. Thanks to those of you that have made the switch. You are now receiving email notifications when the latest Pedalwheeling is online. You are helping to reduce club expenses, reading Pedalwheeling sooner, and doing a good deed for the environment. A three-fer! Current members can enjoy these benefits immediately by emailing Charlie Sattler at [csattler14@msn.com](mailto:csattler14@msn.com). He'll gladly make the switch for you.

**Three-year Plan:** Your board is completing a three-year plan for the QCBC. I welcome any ideas from members about the future direction of the club. We will post our plan on the Web site when it's complete. We will also post our by-laws there in the near future.

Here's to a more warm weather! See you on the road. |

John

## TOMRV Teaming with Live Strong this year

By Doug Truesdell, TOMRV coordinator

TOMRV is our club's annual weekend tour to Dubuque and back. Each year 1,500 cyclists come to ride, making this a major Midwest cycling event. This year, TOMRV will be June 13-14, and is shaping up to be a very good ride.

TOMRV is teaming with Live Strong. For each rider and volunteer on TOMRV this year, we are donating \$1 to Live Strong. So you will be eligible to get a Live Strong bracelet. What a great way to get started! You will also have an opportunity to donate to Live Strong beyond the \$1. If you are interested in helping us operate this new part of TOMRV, please call or email me.

If you have not ridden TOMRV before, then maybe this is your year. Signing up for TOMRV is a great way to encourage yourself to get into riding shape this summer. It is an excellent plan to ride TOMRV in June if you are considering RAGBRAI or another tour later in the year. Also, do you know that we have a shorter route that starts and ends in Preston, Iowa? Starting in Preston, the mileage is 40 miles less on both days. Registration begins on Feb 16, and you can sign up online this year at <http://www.qcbc.org/tomrv>.

If you are not inclined to ride the tour, then consider volunteering. Each year, more than 100 volunteers help make TOMRV happen. Call me or email me if you might be interested in helping with the tour this year. There are many hands to make TOMRV work each year, and our volunteers have a great time, often returning year after year. Most volunteers work on the weekend, but there are also many things to do in the weeks before the tour. We need many different skills.

I hope to hear from you. Contact me at [tomrv\\_dt@msn.com](mailto:tomrv_dt@msn.com) or (563) 332-4503.



## Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

I went to the I-74 Corridor meeting at the i-Wireless in January and was impressed. The new bridge will be beautiful, and – most importantly – it will have a bike/pedestrian path along its downriver side.

But while listening to the engineers and other folks chatting, I heard “By the time it’s finished, it’s probably going to cost close to a billion in total.” No one disagreed.

Wait a minute. This project is going to cost a billion dollars?

Living in Rock Island as I do, I don’t use the present bridge much. When I go to Iowa, I usually use the Government or Centennial bridges. With the bike passage on the Government, I’m pretty well set. But for many of you, a new bridge would be great.

But one billion dollars?

When I use the I-74 bridge, it’s usually not during rush hour. At other times I’ve used it, such as going to a QCBC meeting at Rivermont, it’s hardly busy at all. So I suppose the major rationale for a new bridge is to make it easy for people rushing to and from home to work.

But at a billion dollars – or in numbers - \$1,000,000,000?

As for beauty and using a new bridge as a signature icon for the Quad-Cities, I go back to the present bridges. The Centennial Bridge is the most modern and closest in design to the projected new one, but guess what? It’s hardly used as an icon. The real bridge icons in the QC are the present twin bridges. And they didn’t even come close to costing a billion dollars.

That’s right – a billion dollars.

It’s true that accidents happen on the present I-74 bridges – and they cause problems because there are no shoulders for disabled vehicles. But most of the accidents are caused by that old bug-a-boo - speed. Slow down traffic and accidents will decrease. I know, I know, traffic won’t slow down because with no stops, drivers will ignore signs and just go fast. So here’s a way to slow it: put a toll booth in the middle. (It worked on the Centennial at one time, and stopping in the middle still works on the Government.) A toll booth would make a little money and it wouldn’t cost a billion dollars.

You heard it right, a billion dollars. That’s a thousand times a million dollars.

But it’s an interstate bridge and therefore speeds have to be high. Interstate, my eye. How many self respecting drivers going cross-country go through the QC on I-74 rather than escape all the commotion by using I-80 or I-280? No, I-74 in the QC is an intercity road. We use it almost exclusively for our own use and by calling it an interstate we get the federal government to pay for most of it – at a billion dollars.

Was that a billion dollars? Think of it this way: at a thousand dollars a pop, that’s worth 1 million bicycles.

Oh, by the way, once we have our billion dollar new bridge, psst, buddy, I’ve got a bridge for you. Two of them in fact. But get them quick before they’re dumped in the Mississippi. They’ll be going cheap – a lot cheaper than a billion dollars.

You heard that right – a billion dollars.

Excuse me if my broad sarcasm is offensive to those of you who look upon the bridge with its bike facility as a great enhancement for the Quad Cities. When it is built, it will surely be. It’s just that my thrifty self has real trouble with the astronomical costs of projects like this, and I kind of think that old things don’t necessarily have to be trashed.

### **Seminars Start for Adults Teaching Bike Safety to Kids**

LIB has launched a series of 42 seminars around the state to help adults teach kids bike safety at bike rodeos or scout meetings, in school classrooms or assemblies, or at home. The 90-minute “Train the Trainer” seminars ([www.bikelib.org/srts/training](http://www.bikelib.org/srts/training)), funded by the IDOT Safe Routes to School program and REL, will be conducted February through April. To host or attend a session, contact Donnie Miller at (309) 737-8270 or [bcy-cleracr@mchsi.com](mailto:bcy-cleracr@mchsi.com).



## Spring's around the corner; time for tune-up

"A wiggle in the walk and a giggle in the talk ... makes the world go round round round."

So said the Big Bopper, but it doesn't necessarily apply to riders or bicycles. It's nearly spring, and we know that I have far too much jiggle after long months of carbo-loading.

So, it's time to get on the bike, but it needs some attention before it's going to carry the likes of me, or most of the rest of us.

According to Moon Villalobos of Healthy Habits, the following steps should put your mount in good stead.

- **Wash it.** Road grime can hide a world of problems. While you are washing, start to inspect what is uncovered and take note.
- **Check the cables, brake levers and pads, and shifters and derailleurs.** If things are sticky or rusty, it's time for new cables. Lube your derailleurs while you're checking them.
- **Check your chain for stretch, rust and tight links or splayed links.** Also, check for wear on your sprockets and chainrings. Excess wear can result in problems in shifting and possible a dropped chain. If everything looks good, remember to lube the chain.
- **While you're checking chainrings, give your crankset a good wiggle.** If there is any play, you may need to tighten the crank bolts, or your bottom bracket may be loose.
- **Check your pedals to make sure they are tight on the crank and they spin freely.** Check the cleats on your shoes for excess wear, too.
- **Look over your wheels.** Are they true? Do they spin freely? Are any spokes missing, bent, rusty? Check your tires for cracks or wear. And Moon says to pump up your tires a day or two before you plan your first ride. Butyl tubes with age will start to weaken and leak. Remember to check your quick release levers. Make sure your wheel is completely mounted and that the qr levers are tight enough.
- **If you have check lights, a cyclocomputer or heart rate monitor, are they working?** How are the batteries? How are the connections? Clock on daylight savings time, hmmm? I've missed a ride or two in my time because of that little tidbit.
- **Finally, swing a leg over and check the handlebars.** Are they tight? Aligned? Give them a good grip and press downward to check the headset. You should not find any play. And now that we're about back where we started, check the positions of your brake levers. What may have been "good enough" at the end of last season may not be how you want them now.
- **That brings us to overall riding position.** Our physiques are ever changing. The old familiar position may be only that: familiar. A change of just a couple of millimeters in handlebar height or stem length or saddle height or front-back position may just take away that ache in your lower back or that pain in your calf.



**Bike mechanic Moon Villalobos**



### From the Iowa Bicycle Coalition

Senate File 117, the bicycle safety bill soon will be debated in the Iowa Senate. The House companion has yet to be debated in committee.

After much discussion, Section One of the bill will be removed. Otherwise, it remains intact. This section would have added language to Iowa Code that prohibits cities from allowing bicycles to be prohibited from streets. Cyclists disagree that cities have this ability, but the language would have made it specific to 19 communities with sidepath laws. The Iowa Code says local governments can regulate bicycles, but can't conflict with 321.234 which gives cyclists the same rights and duties. The language is still in our favor, but the issue needs corrected with several communities.

You can read more about the bill here: <http://www.iowabicyclecoalition.org/issues/2009legislation.htm>.

If you want this to pass, urge your State Senator and Representative to vote yes. Let them know why a 5-foot passing distance is important to you, your kids, and kids biking to school.

You can find out the email addresses for your legislators at <http://www.legis.state.ia.us/FindLeg/>

Please let us know if you hear from your legislators. We are keeping a running tally.



## Ride like the wind! Sign up now for Tailwind

The annual Tailwind Ride will be Saturday, May 2. The ride is limited to the first 94 people who sign up. Registration deadline is April 20. You must be prepared to ride the entire 100 miles because no SAG services will be available. The group will 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—the 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 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](http://www.qcbc.org) after 5 p.m. Friday, May 1. Or you can call (563) 359-8350 for a recorded message.

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 about 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 Bike Club and mail, along with your signed waiver (form on page 7), to John Wessel, 333 9<sup>th</sup> St., Moline, IL 61265. For more information, call Michael Struve at (309) 762-4762 or [office@wpcco.com](mailto:office@wpcco.com).

The ride committee of Charles Curry and John Wessel hope to see you on the ride.

### London, Contd. From Page 1.

After about 45 miles, I was in a tiny village northwest of Brighton. I stopped in a little grocery store and got the biker special – ham and cheese sandwich, chips, coke and banana. I asked another couple if there was a quiet road back into Brighton and hit the jackpot. They sent me up over “Devil’s Dyke” which was the regional killer hill climb. This was a great bike road that gave spectacular views of Brighton, the English Channel and miles of coastline.

By now, the sun was shining and that nasty wind out of the northwest was at my back. I cruised back into Brighton and followed the signs to the train station. Back to London where I buzzed Buckingham Palace on two wheels and back to the hotel – 65 miles of British Biking Bliss!

To top off a perfect day, I got cleaned up and went down the street to a pub for a few pints of recovery fluids and fish and chips. Liverpool pulled out the football victory over Portsmouth 3-2 in the last minute, and the older gent at the next table was not happy.

Britain is more bike-friendly than I would have imagined. There are bike lanes everywhere, and even in very busy traffic everyone was courteous. I met great people, had great rides and great food, and the memories are all because I brought my bike. Further proof that you really can ride just about anywhere.

## Lance Armstrong on bicycling

- “Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”

- “Winning is about heart, not just the legs. It’s got to be in the right place.”

- “If you worried about falling off the bike, you’d never get on.”

## Application and Release Waiver May 2, 2009 Tailwind Ride

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Telephone \_\_\_\_\_

Here's my \$22.00. Register me for the May 2, 2009 Tailwind Ride.

### 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**

## March 2009 Ride Schedule

Date	Ride	Dis- tance	Time	Meeting Place	Contact info
1-Mar	<b>Sunday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
4-Mar	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
7-Mar	<b>Saturday</b> Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
8-Mar	<b>Sunday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
11-Mar	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
14-Mar	<b>Tour of the Islands</b> - Ride around the scenic islands of the Mississippi	25	9:00 AM	Ben Butter- worth Pkwy near CNH	Joe Jamison 309 235-4284
15-Mar	<b>Sunday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
18-Mar	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
21-Mar	<b>Saturday</b> Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
22-Mar	<b>Sunday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
25-Mar	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
28-Mar	<b>Saturday</b> Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
29-Mar	<b>Sunday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	

**Check Web site for updates and additions to ride schedule format. Cont Page 9**

## April 2009 Ride Schedule

Date	Ride	Distance	Time	Meeting Place	Contact info
1-Apr	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
4-Apr	<b>Saturday</b> Morning Fast Paced Ride, one stop	40-50 miles 16-18 mph	9:00 AM	Eastern Ave Park, Duckcreek Pkwy, Davenport	Dave Thompson 764-5030, Gary Jones 359-5614
4-Apr	<b>Saturday</b> Mid Paced Ride to LeClair using the Trail and Hwy	27 miles 14-16 mph	9:00 AM	Eastern Ave Park, Duckcreek Pkwy, Davenport	Bill & Kathy Storm 563 355-2564
5-Apr	<b>Sunday</b> Morning Fast Paced Ride, one stop	40-50 miles 16-18 mph	9:00 AM	East end of Ben Butterworth Pkwy Old Rive Dr. & 55th St. Moline	Dave Thompson 764-5030, Gary Jones 359-5614
5-Apr	<b>Sunday</b> Morning Mid Paced Ride to Cordova and back. Use hybrid or mt bike due to gravel on the trails	32 miles 14-16 mph	9:00 AM	East end of Ben Butterworth Pkwy Old Rive Dr. & 55th St. Moline	Ken Urban 563 326-3427
8-Apr	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
11-Apr	<b>Saturday</b> Morning Fast Paced Ride, one stop	40-50 miles 16-18 mph	9:00 AM	East end of Ben Butterworth Pkwy Old Rive Dr. & 55th St. Moline	Dave Thompson 764-5030, Gary Jones 359-5614
11-Apr	<b>Saturday</b> Morning Mid Paced Trail clean up. This is a "bike & broom" ride; we'll stop along the way and sweep gravel. Bring a broom you can haul on your bike	20 miles 14-16 mph	9:00 AM	East end of Ben Butterworth Pkwy Old Rive Dr. & 55th St. Moline	Ken Urban 563 326-3427 Dick Wolbers 563 332-9906
12-Apr	<b>Sunday</b> Morning Fast Paced Ride, one stop	40-50 miles 16-18 mph	9:00 AM	Eastern Ave Park, Duckcreek Pkwy, Davenport	Dave Thompson 764-5030, Gary Jones 359-5614
12-Apr	<b>Sunday</b> Afternoon Mid Paced ride Geneseo on quiet back roads	30+ 14-16 mph	1:00 PM	Colona Grade School, Colona IL	Determined by riders
15-Apr	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
18-Apr	<b>Saturday</b> Morning Fast Paced Ride, one stop	40-50 miles 16-18 mph	9:00 AM	Eastern Ave Park, Duckcreek Pkwy, Davenport	Dave Thompson 764-5030, Gary Jones 359-5614
18-Apr	<b>Saturday</b> Morning Mid Paced ride to Buffalo, Blue Grass, and Walcott	30+ 14-16 mph	9:00 AM	Emeis Park, Davenport	Eric Weeks 563 324-3948
19-Apr	<b>Sunday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	40-50 miles 16-18 mph	9:00 AM	Orion High School Orion IL	Dave Thompson 764-5030, Gary Jones 359-5614
19-Apr	<b>Sunday</b> Morning Mid Paced ride to Bishop Hill	45 miles 14-16 mph	9:00 AM	Orion High School Orion IL	Dean & Deb Mathias 309 787-6547

Check Web site for updates and additions to ride schedule format. Cont Page 10

## April 2009 Ride Schedule

Date	Ride	Distance	Time	Meeting Place	Contact info
22-Apr	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
25-Apr	<b>Saturday</b> Fasted Pace ride, one stop	40-50 miles 16-18 mph	9:00 AM	Eastern Ave Park, Duckcreek Pkwy, Davenport	Dave Thompson 764-5030, Gary Jones 359-5614
26-Apr	<b>Sunday</b> Morning Fast Paced Ride, one stop	40-50 miles 16-18 mph	9:00 AM	Quad Cities Airport / General Aviation, Airport Rd.	Dave Thompson 764-5030, Gary Jones 359-5614
29-Apr	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499

### 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.

### Membership—Totals

Type	Memberships	Members
COMP	18	18
COUPLE	201	402
FAMILY	95	346
IND	406	406
LIFE	6	12
Grand Total	726	1184

Name	FirstName	SPOUSE	CITY	STAT	PHONE
Huber	Kiersten		Washignton	DC	301-841-4745
Burke	Barry		Bettendorf	IA	563-332-5363
Byrnes	Celia		Bettendorf	IA	563-359-8322
Kraft	Kevin	Kyle	Bettendorf	IA	563-505-9688
Rudd	Kevin		Bettendorf	IA	847-219-9643
Marx	Lew		Davenport	IA	563-343-0252
Miller	Josie		Davenport	IA	
Ryan	Vicki	Jim	Davenport	IA	563-386-6390
Sieverding	Luke		Davenport	IA	563-320-0889
Beadel	Nelson	Cyndi	Eldridge	IA	563-285-6870
Daley	Kelli	Dave	Coal Valley	IL	309-799-5343
Reeh	Scott		Coal Valley	IL	309-234-5642
Raya	Juan	Leslie	Geneseo	IL	309-236-6651
Shaw	Keith		Golconda	IL	618-264-7144
Raisley	Karena	Elena	Milan	IL	309-797-3578
Jones	Bronwyn		Newton	PA	215-504-8038

### Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application  
 Renewal Application - Please make all changes from last yr.  
 Date of Application \_\_\_\_\_
- Membership Type:  Individual \$20/Year  
 Couple \$20/Year  
 Family \$20/Year

Name \_\_\_\_\_ Address \_\_\_\_\_

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

Phone \_\_\_\_\_ (Including Area Code) Email \_\_\_\_\_ (Please carefully print current e-mail address)

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

- Memberships in Other Bicycling Organizations:  League of Am Bicyclists  League of Illinois Bicyclists  Iowa Bicycle Coalition  DICE  FORC

Family Members *	Birth Date	M/F	Riding Interests	I can help with	
			<input type="checkbox"/> Biathlons <input type="checkbox"/> Camping <input type="checkbox"/> Commuting <input type="checkbox"/> Endurance <input type="checkbox"/> Mountain Biking <input type="checkbox"/> Racing <input type="checkbox"/> Recumbent <input type="checkbox"/> Tandem <input type="checkbox"/> Touring <input type="checkbox"/> Triathlons	<input type="checkbox"/> Annual Diner <input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Computer Work <input type="checkbox"/> Du-State-Du <input type="checkbox"/> Heartland Century <input type="checkbox"/> Membership <input type="checkbox"/> Newsletter <input type="checkbox"/> QC Criterium	<input type="checkbox"/> QC Triathlon <input type="checkbox"/> Packet Stuffing <input type="checkbox"/> Race Events <input type="checkbox"/> Ride Leader <input type="checkbox"/> Ride Schedule <input type="checkbox"/> Safety/Education <input type="checkbox"/> Telephone Calling <input type="checkbox"/> TOMRV

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

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

**Please consider receiving an e-mail notification of our monthly newsletter to help keep club dues low and reduce paper consumption.**

Please Circle your response... **Yes**, Please send me an email notification **No**, I prefer a paper copy

#### 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 next month's newsletter.  
 Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>  
 Last revised 2/18/09 and valid through 12/31/09

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

Presorted Standard  
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Davenport, Iowa

RETURN SERVICE  
REQUESTED

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

**Upcoming events**

May 2—Tailwind Ride

**Get out and Ride!**

