



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — April 2009

Tour of the Islands draws 51 riders

By Joe Jamison

Sometime, things just fall in place; you know, your newspaper is delivered on time, the plumber shows on the day promised and your teen-aged son cleans his room!

Maybe, because it was close to St. Patrick's Day, the "luck-o-the-Irish" was with us, because this year's Tour of the Islands couldn't have been much better.

We had 51 riders (yes, 51) report for free passage on the QCBC cruise ship along the placid Mississippi River to visit the historic ports of Campbell's Island, Sylvan Island, Arsenal Island and Credit Island before departing for the luau at the 11th Street Precinct in the East Village of Davenport.

Conditions were perfect with a clear sky, brisk temps which promised 50 degrees before the end of the day, and near zero wind. Gary Jones, Terry Burke and friends even reported the discovery of an additional island for consideration in future cruises. Can you say "Isle of Capri"?

Although touted as a social cruise, the day was not completely void of competition as riders maneuvered for better cards in pursuit of the best poker hand, which would merit a \$25 gift card.

The judging of the best hand was fraught with danger when Kathy Storm's royal flush and Warren Power's five jacks presented a difficult situation for the ship's casino management.

The manager, fearing a Storm on one hand and ultimate Power on the other negotiated a compromise where the best card drawn would take all. Storm's seven bested Power's five and all shipmates left happy. (We hope).

We want to thank everyone who participated, especially the riders who joined us for their first club ride. We hope you were treated with courtesy and had any questions about the club answered to your satisfaction.

We also thank the QCBC Board for financing the expenses of the Tour.

Until next year, Aloha from the volunteers - Dave and Lori Parker, and Joe and Rosemary Jamison.

Seven hours and many miles; Thanks Pat

On March 14, Pat DeLashmutt, who owns It's on the River in Port Byron with his wife Cindy, used his Bobcat to sweep winter debris off the Great River Trail bike path from Hampton to Albany. It took Pat seven hours, according to neighbor Stacey Moon. To show your appreciation, pay a visit to the riverfront restaurant. Kitchen hours are 11 a.m. to 9 p.m. Monday through Thursday, 11 a.m. to 10 p.m. Friday and Saturday, and 11 a.m. to 8 p.m. Sunday. The bar stays open later. For more information, call (309) 523-2867.



Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
 Vice President – Phil Schubbe (563) 359-5057 or phschubbe@aol.com
 Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
 Treasurer – Darlene Moritz (563) 386-3499 or 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.

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 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 or less - \$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/>

Editor’s note on picture submissions

We really appreciate people sending pictures for the newsletter. Too much gray space is monotonous. So, if you’re going on a ride, take some pictures, which also are a good way for club members to get to know each other. Some tips:

- ◆ Please send pictures in as high a resolution as possible. Pictures from a phone are poor quality, don’t reproduce well and their size can’t be changed. So, please high resolution shots from a digital camera.
- ◆ Please have a focal point in the picture. Wide, unorganized group shots don’t work well. Frame up to five people in a picture, and get as close as you can—allowing a little space on the sides to give some insight into the setting..
- ◆ Please provide names of all the people in pictures, from left to right.



Let's Ride!

John Harrington, QCBC president



Let's Ride!

Spring is finally here! It's time to hit the roads and show our colors. Remember that we're all representatives of the Quad Cities Bicycle Club. So please, obey stop signs and ride according to your state laws.

Some updates:

- **Three-Year Plan.** Your Board has completed our 3 Year Plan for the QCBC. You'll find it posted on our great Web site in the near future. We are now developing plans to achieve each of our 2009 objectives. Your comments are always welcome. We are also posting our club's bylaws. They may seem dry stuff to some, but are important none-the-less.

- **At a recent Bettendorf-to-Princeton Trail meeting**, our group finalized the Request for Proposal that will be sent to prospective engineering firms. The winner will develop the detailed engineering plans for this segment of our trail system. I'll pass along the timeline as soon as it is available.

- **Mark your calendars.** Our annual meeting is April 21 at Rivermonte Collegiate in Bettendorf. Details are coming soon.

- **With more than 50 participants**, some not even of tricycle age, the 2009 Tour of the Islands was a smashing success. Thanks go to Joe and Rosemary Jamison and Dave and Lori Parker for leading this great event. Be sure not to miss it next year.

``Ultra Dave Thompson has offered to be the fast-paced ride coordinator. With ``only'' 40-50 miles in each ride that he leads, he'll have to do additional morning rides to maintain his ``Big Dog'' status.

See you on the road!



Sign up 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 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 6), to John Wessel, 333 9th St., Moline, IL 61265. For more information, call Michael Struve at (309) 762-4762 or office@wpcco.com.

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



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

The Metro Bike Map - Part Two

They had vanished - like Gatorade at a convenience store stop on a QCBC summer ride. They were gone, scattered into the file folders and memories of many Quad City bikers, ordinary citizens, and even some tourists. Only a few of the 6,000 copies of the Quad Cities Metro Bicycle Map were left at the bike shops and the chiropractic office. The Convention and Visitors Bureau was completely out. Some changes in the map were due – a new bridge over the Rock River to Milan, for instance.

So the call went out to gather input for a revised map. And this winter QCBC members and some others responded with enthusiasm, time, and a wealth of knowledge of the streets of our communities. They have finished the work now, making many revisions and adding a few new items:

- A section on the best ways to go out to the countryside from the QC on a bike.
- The insertion of a complete Quad-Cities wide transit map.
- The locations of all of our schools and parks.
- 9,000 copies for the next three years

So thanks goes out to all who worked on the Metro Map. (Special thanks to Terry Burke, whose attention to detail, helped master Moline's metro maze.) You can pay them back by riding your bike through our cities – going to work, school, anywhere, using the map as a guide.

Our major sponsors were: The League of Illinois Bicyclists, The QCBC, Quad Cities Convention And Visitors Bureau and QC Transit.

Other sponsors were: Bike 'N Hike, The Davenport Trek Store, Donnie's Indoor Cycling Experience, Heathy Habits, Jerry & Sparky's, Tree of Life Chiropractic and The Iowa Bicycle Coalition.

Our volunteers: Tom Brown, Terry Burke, Jeff Cornelius, George Cottay, Charles Curry, Bill Davison, Christy Filby, Anne Fleischman, John Harrington, Kentley Lowenstein, Dean Mathias, Deb Mathias, Dean Mayne, Errol McCollum, Dan McNeil, Donnie Miller, Carrie Mote, Toby Mote, Doug Nelson, Dixon Novy, Dan Osterman, Curt Roseman, Dave Round, Karen Schaar, Scot Schaar, Phil Schubbe, Bill Scott, Mary Scott, Mike Smith, Judy Teeple, Dave Thompson, Doug Truesdell, Joan Wren and Rick Wren

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), funded by the IDOT Safe Routes to School program and REI, will be conducted February through April. To host or attend a session, contact Donnie Miller at (309) 737-8270 or bicy-cleracr@mchsi.com.

TOMRV Volunteers Call Bike Shops

By **Kathy Storm**

Part of the effort to get the word out about TOMRV (the QCBC's big fundraiser) is to mail packets of brochures to about 250 bike shops in the Midwest. This winter, a group of QCBC members - some are also TOMRV riders - stepped up and spent time calling these shops to verify they still were in business and that we had their correct information on file. We also spent a few minutes chatting up the ride.

A big thank you goes to the following QCBC members who helped with this project in January and early February - Don and Linda Barchman, Bill Davison, Paul and Cindy Gilbert, John Seavers, Mike Smith, Kathy Storm and Judy Teeple.

If you know of a bike shop that could use some TOMRV brochures, contact Kathy Storm at kbstorm@aol.com or (563) 355-2564. We hope to see many QCBC members participating in this two-day ride June 13 and 14, or helping as a volunteer.

Quad Cities Ultra Cycling
By Dave Parker

What is *ultra* or *endurance* cycling? Many of us can describe it in one word – crazy!

Arriving in Eldridge at 2 a.m. after riding Dave Holmes' 400K (about 250 miles) brevet; freezing because at 6 a.m. that morning it hadn't seemed like a jacket was necessary; waiting in the motel lobby to have the night clerk validate my brevet card – under those circumstances, the term crazy just wasn't *crazy* enough. But along with the doubts of one's sanity comes a great sense of accomplishment – or maybe that's just an endorphin rush.

Generally speaking, ultra cycling is considered to be bicycle rides of at least 100 miles, although there are those who don't think that mere centuries qualify as endurance rides. There are different classifications of endurance rides; Brevets or Randonnees started in France and are the granddaddy of endurance cycling, while *ultra cycling* is a more American offshoot of long distance riding.

Brevets (literally "certificate") or randonnees (a "ramble") originated in France and Italy at the beginning of the 20th century. Brevet and randonnee are interchangeable terms, but the former is more commonly used. Technically, brevets are not just any long distance ride, they follow specific routes and must be certified by an official sanctioning body - *Audax Club Parisien* (France) and its American agent *Randonneurs USA* (RUSA).

Brevet distances generally are 200, 300, 400, 600, 1000 and 1200 kilometers, or 125 miles to 750 miles. Although brevets are timed events, they are not races and the emphasis is on endurance, self-sufficiency and touring skills. Randonneurs (cyclists) follow prescribed but unmarked routes, and must check in at a number of *controls* (checkpoints) to successfully get credit for the ride.

The ultimate randonnee, for many randonneurs, is the prestigious Paris-Brest-Paris (PBP) event, a 1200 Km ride that takes place every four years. To qualify the cyclist must complete a brevet series, usually 200 through 600 Km rides, the year preceding PBP.

In America, the ultimate endurance event is RAAM (Race Across America). RAAM is an annual race that runs from the west coast to the east – non-stop, for as long as it takes to trek the near 3,000 miles, usually about nine days.

Obviously, RAAM is not for everyone, since it demands an extreme dedication to training, mental preparation and a sizeable outlay of cash to compete. However, there are other endurance rides that can be undertaken that are challenging but not as daunting as RAAM.

US ultra cycling is less structured than the French randonnees and, generally takes the form of double centuries, 12- and 24-hour races and a few 500-mile events. Although the organizers of these rides often bill them as races, the majority of participants are focused on personal achievement as much as racing. The largest American organization for endurance cycling is the UltraMarathon Cycling Association (UMCA) which sanctions qualifying requirements for RAAM, and provides a loose framework for various points competitions across the country.

But the main impetus for endurance riding comes from within, when a cyclist considers a long distance ride and wonders "Could I do that?" There are always those who are fueled by the desire to win, but for most of us it's a challenge to oneself.

In the QC, there are several of these events throughout the cycling season. UltraMidwest (www.ultramidwest.net) will produce two 200-mile race/rides and a 6-12-24 hour race in 2009. And this year they have been certified to produce 200 and 300 Km brevets. And there is always the Big Dogs – www.big-dogs.org, the home of the Century Challenge.

The Big Dogs Web site provides a free mileage logging service, no matter how many or few miles you ride, and it gives you a look at the mega miles that some of our endurance riders accumulate. The Century Challenge has been going on since 2000, challenging riders to complete at least one century per month for every month of the year. Sound crazy? Try it and find out.

Bike and Broom Ride

By Ken Urban

At 9 a.m. on Saturday, April 11, there will be a trail clean-up ride on the Illinois river trail. Please plan creative ways to haul brooms on your mountain or hybrid bike or use a pull-behind trailer to haul your clean-up gear.

Riders will clean debris from the trail as needed to make our spring rides flat free. Meet at the east end of the Butterworth Parkway near the intersection of River Drive and 55th Street in Moline. For more information, call Ken Urban at (563) 326-3427 or Dick Wolbers (563) 332-9906.

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

April 2009 Ride Schedule

Date	Ride	Distance	Time	Meeting Place	Contact info
1-Apr	Wednesday 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	Saturday 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	Saturday 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	Sunday 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	Sunday 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	Wednesday 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	Saturday 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	Saturday 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	Sunday 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	Sunday 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	Wednesday 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	Saturday 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	Saturday 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	Sunday 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	Sunday 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 8

April 2009 Ride Schedule

22-Apr	Wednesday 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	Saturday 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	Sunday 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	Wednesday 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

May 2009 Ride Schedule

Date	Ride	Distance	Time	Meeting Place	Contact info
2-May	Tailwind Century Ride	100 miles	8:00 AM	TBD	Charles Curry 309-797-9283, John Wessel 563-359-8350, Eric Weeks 563-324-4938
2-May	Saturday Morning Mid Paced Ride to the start of the Saturday Mid Paced Ride in Blue Grass. (10 miles each way). This would give you a 55 - 60 mile ride.	20 miles 14-16 mph	7:00 AM	Emeis Park, Davenport, IA	Eric Weeks 563-324-4938
2-May	Saturday Morning Mid Paced Ride to Walcott, Stockton and New Liberty.	25 - 30 miles 14-16 mph	8:00 AM	Blue Grass Elementary School, Blue Grass, IA (2 blocks northwest of the intersection of Y40 and old Hwy 61)	Mike Wilcox 563-322-0946
3-May	Sunday Morning Mid Paced Ride to Hillsdale & Barstow. Return to park for club picnic. Bring a dish to pass.	40-45 miles 14-16 mph	8:00 AM	Illiniwek Park, Hampton, IL. Off Rte 84.	Bill & Kathy Storm 563-355-2564
3-May	QCBC Picnic Ride. Fast Paced group ride before lunch.	40-60 miles, 16-18 mph	8:00 AM	Illiniwek Park, Hampton IL, Route 84	Dave Thompson 764-5030, Gary Jones 359-5614
5-May	Iowa Evening ride	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
6-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
7-May	Thursday evening ride	Determined by riders	5:30 PM	Rapid City boat launch	

May 2009 Ride Schedule

9-May	Saturday Ride Tour of Louisa county with trip by Swinging Bridge in Columbus Jct. Melon county bike club invited along. 1 stop	60 miles 16-18 mph	8:00 AM	Muscatine riverfront Park. Park in lot off of Rt. 22 in downtown Muscatine	Dave Thompson 764-5030, Gary Jones 359-5614
9-May	Saturday Morning Mid Paced Ride to Cambridge or Prophetstown depending upon direction of wind.	35 - 45 miles 14-16 mph	8:00 AM	Geneseo City Park, Geneseo, IL	Tim Carey 920-209-1984
10-May	Sunday Afternoon Mid Paced Ride. Mother's Day - Rider's choice.	35+ miles 14-16 mph	1:00 PM	Crow Creek Park, Bettendorf, IA	Determined by Riders
10-May	Sunday Morning Fast Paced ride, one stop	50 - 60 miles 16-18 mph	8:00 AM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Dave Thompson 764-5030, Gary Jones 359-5614
12-May	Iowa Evening ride	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
13-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
14-May	Thursday evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
16-May	Saturday Morning Mid Paced Ride to New Boston. Fairly flat route.	52 miles 14-16 mph	8:00 AM	Illinois City Grade School, Illinois City, IL	Dick Wolbers 563-332-9906
16-May	Saturday Morning Fast Paced ride, one stop	50 - 60 miles 16-18 mph	8:00 AM	Eastern Avenue Park/Duck Creek Parkway	Dave Thompson 764-5030, Gary Jones 359-5614
17-May	TOMRV Training Ride Fast Paced Group, training ride in the "Alps" south of Loud Thunder	25+	8:00 AM	Loud Thunder Forest Preserve/Horse Corral	Darlene Moritz 563-386-3499
19-May	Iowa Evening ride	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
20-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
21-May	Thursday evening ride	Determined by riders			
23-May	Saturday Morning Fast Paced ride, one stop	50 - 60 miles 16-18 mph	8:00 AM	Eastern Avenue Park/Duck Creek Parkway	Dave Thompson 764-5030, Gary Jones 359-5614
24-May	Sunday Morning Fast Paced ride, one stop	50 - 60 miles 16-18 mph	8:00 AM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Dave Thompson 764-5030, Gary Jones 359-5614
26-May	Iowa Evening ride	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
27-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
28-May	Thursday evening ride	Determined by riders	5:30 PM	Rapid City boat launch	

May 2009 Ride Schedule

30-May	Saturday Morning Fast Paced ride, one stop	50 - 60 miles 16-18 mph	8:00 AM	Eastern Avenue Park/Duck Creek Parkway	Dave Thompson 764-5030, Gary Jones 359-5614
31-May	Sunday Morning Fast Paced ride, one stop	50 - 60 miles 16-18 mph	8:00 AM	East end of Ben Butterworth Park- way, Old River Dr and 55 th St Moline	Dave Thompson 764-5030, Gary Jones 359-5614

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
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COMP	18	18
COUPLE	206	412
FAMILY	92	334
IND	401	401
LIFE	6	12
Grand Total	726	1184



New Members

NewMember	Spouse	CityState	Phone
Atkinson, Sharon		Buckley, WA	253-227-5339
Boyens, Angie		Bettendorf, IA	563-349-7468
Burke, Barry		Bettendorf, IA	563-332-5363
Daley, Kelli	Dave	Coal Valley, IL	309-799-5343
Faley, Sherri	Gary	Davenport, IA	563-324-3489
Ferry, Dan		Eldridge, IA	563-285-5834
Fowler, Melissa		Davenport, IA	563-388-3989
Graf, Christine	Rick Torney	Oswego, IL	630-740-2364
Kurth, James	Marina	Dixon, IL	815-564-3130
Lovewell, Mike	Heather	Davenport, IA	
Mcmahon, Kevin		Bettendorf, IA	
Mottet, Carol		Bettendorf, IA	563-370-8721
Potter, Jan		Bettendorf, IA	
Press, Howard		Bettendorf, IA	563-344-4770
Quinn, Tom		Davenport, IA	309-764-7445
Raisley, Karena	Elena	Milan, IL	309-797-3578
Rudd, Kevin		Bettendorf, IA	847-219-9643
Shaw, Keith		Golconda, IL	618-264-7144
Sibold, Ryan		Bettendorf, IA	660-422-1943
West, Jeff	Stacy	Bettendorf, IA	

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

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Davenport, Iowa

RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

April 11— Bike and Broom ride
April 21—QCBC annual meeting
May 2—Tailwind Ride

Get out and Ride!

