



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — May 2010



Bigger Expo feel for 2010 Criterium

By Donnie Miller

Race director

We'd like to thank returning title sponsor Modern Woodmen Bank for its generosity, and for helping the QCBC keep this great race alive.

Modern Woodmen has one year under its belt with its new bank, which is on the course at the corner of 1st Avenue and 17th Street. It's a virtual bank in that it has a drive-through only and a Web presence, where it conducts the majority of its business. Check them out at www.modernwoodmenbank.com.

The Criterium always gives us a good show, from 35 mph sprints and grinding crashes to flashy jerseys and bikes. But, which riders will show up Memorial Day?

We can always count on a lot of hard-core Midwest riders, and some pro team riders.

The Hot Spot Sprints, a crowd favorite sponsored by the QCBC, spice up the action and keep the pros pushing for big points and bigger payouts. With a special points-chase for an extra cash incentive, there will be sprints within the race at laps 25, 20 and 15 to go for three place cash awards of \$500, \$300 and \$200. This helps create many of the team tactics that you might not normally see.

This year, the Quad-Cities has a new entry in the team classification — Velosport Racing, which races from local legend Jeff Bradley's Trek Store in Davenport. The team formed this winter, and already has some good riders with wins this season.

Stay tuned for more from this team, as they are sure to rip up the standings this year, and pull off some major wins. Who knows, they might come away with honors at the 45th Modern Woodmen Bank Quad Cities Criterium! So cheer them on, as they will be in lime green and black Haraki-Gordon Green Tea kits.

One team we can count on to be out in force is the DICE racing team. The local contingent of 30-35 riders will be showing their best in front of the hometown crowd, and there will be a DICE tent. The DICE team is striving to improve its performances by training and racing frequently. I'm sure they'll appreciate encouragement as they navigate and sprint through the fast, eight-cornered District course. See the local newspapers for featured riders from the pros and the local DICE team.



A race from the 2009 Criterium

Criterion contd. on page 4

Key Contacts

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

<http://www.qcbc.org>

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
Vice President – Denise Duethman (309) 721-7276
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
Treasurer – Darlene Moritz (563) 386-3499 or dmoritz@access.net

Board Members:

Ken Urban (563) 326-3427	Dave Thompson (309) 764-5030	Don Luth (563)381-3750
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. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please 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 Membership Directory booklet, 10 percent discount at QC area bike shops, 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



The arm warmers will not darken my door for many months!

- **Fred Blessin Memorial Update:** Great news! In February, we submitted an application to the Davenport Community Partnership Program to help fund the Fred Blessin Memorial at Eastern Avenue Park. I learned today that we would receive \$7,000. This will put us very close to our \$12,000 goal. I expect that we will reach our goal very soon. It's very possible that we'll have the memorial completed this summer. Special thanks go to Mike Giudici (Greenway Habitat chairman and bike rider extraordinaire) and Tom Pilcher (Northwest Davenport Business Association). Extra special thanks go to Paul Eickhoff, Davenport Sr. Parks manager for his award winning design, project cost estimate and site selection.

- **Iowa Bicycle Safety Bill:** The "sausage factory" has completed this session's work. Here's the language that will go into effect this year:

Sec. 105. NEW SECTION. 321.281 Actions against bicyclists.

1. A person operating a motor vehicle shall not steer the motor vehicle unreasonably close to or toward a person riding a bicycle on a highway, including the road or shoulder adjacent to the road.
2. A person shall not knowingly project any object or substance at or against a person riding a bicycle on a highway.
3. A person who violates this section commits a simple misdemeanor punishable as a scheduled violation under section 805.8A, subsection 14, paragraph "k".

Sec. 106. Section 805.8A, subsection 14, Code Supplement 2009, is amended by adding the following new paragraph h:

NEW PARAGRAPH. k. Actions against a person on a bicycle. For violations under section 321.281 the scheduled fine is \$250.

Although half of all states have a passing distance statute, Iowa did not pass the proposed 5-foot passing rule. According to Mark Wyatt, Iowa Bicycle Coalition, the next step is to include the new law in the driver's license manual and test.

- **RAGBRAI in the QCA:** Joe Taylor, CEO of the Quad Cities Convention and Visitors Bureau is leading the effort to have the 2011 RAGBRAI end in the QCA. He recently met with the QCBC board to educate us and enlist our support. Please take the time to email RAGBRAI's Director, T.J. Juskiewicz, at tj@ragbrai.org to voice your support!

- **Ride with the Director:** As a part of the May 15-22 "QC in Motion" event, Moline, Rock Island, Davenport and Bettendorf are hosting "Ride with the Director" bicycle rides on the 22nd. Each parks director will lead a different ride. Go to activatequadcities.org for the details.

Bike path Century on May 29

By Dick Wolbers

Our first bike path century will be held May 29. We'll ride the Illinois path from East Moline to Savanna and return. There are several options to make the length of the ride suit you.

If you ever wanted to do a century, but don't like riding on the road, this is for you. The route is perfectly flat. This is a non supported ride—no sags or food provided. This is a great primer for TOMRV.

For more information, call Dick Wolbers at (563) 332-9906.

Volunteers needed for spring clean-up

By Ken Urban

The spring QCBC Adopt-a-Highway will be at 5:30 p.m. Monday, May 3.

Twice a year, club volunteers clean up a two-mile stretch of Scott County Park Road.

Volunteers should meet at the parking lot west of the soccer field north of Deere Davenport Works. Wear long pants, gloves, sturdy shoes.

Participants will receive pizza afterward. Rain date will be May 5.

For more information, call Ken or Julie Urban at (563) 326-3427 or (563) 343-9118.

Criterion, contd. from page 1

The 2010 Modern Woodmen Bank Quad Cities Criterion ad program on TV, radio, and in the newspapers should reach a larger audience. The feature riders will be included in newspaper pre-race sections as well as on our race Web site.

We also expect to draw more spectators and racers than in past years, since we're advertising more and have a very established Web site at www.QuadCitiesCriterion.com. Mike Moritz has done an awesome job with this site, so please check it out to see the new additions he's added. After the winter we had, we expect to see many families getting out of the house for this first holiday of the outdoor festival season.

On Memorial Day, we'll have 13 USCF Races, ages (10-60+) including the Roger De Langhe Kid's Bike, Trike and Big Wheel youth races (age 2-10). These will be ongoing from early morning until late afternoon with the featured men and women's races saved for the last two races of the day.

Our Juniors races again will be a part of the Lance Armstrong Juniors Road Race Series or LAJRS so they can earn points for inclusion in Junior Development Camps in Colorado Springs. We have set a standard with the Women's race in the Categories 2 and 3's.

We have had a great response to this race, the only one in the nation, and are hoping for an even larger turnout this year. This will allow women to get more opportunities to race and not have their winnings taken by the Cat 1's and Pro's. The Women's Feature and the 2/3's race have an even bigger prize purse this year. We have also put 2/3's race in the morning to allow them to recover and refuel, and do two races.

We also will offer a \$10 discount to all racers who race more than once on Monday.

To create a more family festive atmosphere, we have added a pancake breakfast, live robot fighting, and bounce houses for the kids, and the Illinois Masons are bringing their Chips – Child Id Program to the all-ages bike rodeo. The QCBC's Great Big Bike Rodeo will be on Monday, during the Criterion, from 9 a.m. to noon in the parking lot across from Modern Woodmen Bank at 1st Avenue, from 17th to 18th streets.

Rodeo participants will be entered in the Roger De Langhe Kid's Bike, Trike and Big Wheel youth races (age 2-10), with those events starting at 12:30 p.m. We also will have bicycle memorabilia vendors and food, so bring the family and your bikes and participate in our free rodeo. The kids races are always free, and everyone gets an award.

Also new this year is bicycle parking for those who leave their cars at home. We also have our outstanding announcers, Kenny Labbe, ex team mate of Lance Armstrong on the US Postal Team and racer of many years at the QC Crit, up-and-comer Brad Sohner and our own Laurel Darren, an awesome wheel pit, preems, VA Honor Guard and Sandy Wohlford singing the National Anthem, the River Bandits mascot and podium girls.

The District, in addition to its own food and drink venues, will have a wide variety of outside food vendors, too. Don't forget to get a limited edition Quad Cities Criterion T-Shirt.

The Quad Cities Criterion is a pleasant way to celebrate the Memorial Day weekend and enjoy socializing with your cycling and community friends. We hope to see you Memorial Day for the Modern Woodmen Bank Quad Cities Criterion for number 45!

Ride with a Park Director

Club members are encouraged to participate in the Saturday, May 22, Bike Ride with the park director in each city. Bring your family and bikes and learn what your parks have to offer.

Times are:

- Bettendorf - Registration, 8:30-9 a.m. Ride from 9:15 a.m. to noon on Duck Creek Parkway. Start/finish at Middle Park Lagoon Shelter.
- Davenport - 9 a.m. Trail ride starts at Duck Creek Parks and ends at Emeis Golf Course.
- Moline - Registration, 8:30 a.m. Ben Butterworth East Shelter. Ride begins at 9 a.m. and ends at 10 a.m. at Sylvan Island.
- Rock Island - Registration, 8:30 a.m. Sunset Park, 31st Ave Entrance Parking Lot. Ride begins at 9 a.m. and ends at 10 a.m. at Sylvan Island.

Join Melon City 3 Club Ride

The Muscatine Melon Bicycle City Club is hosting a first annual 3 Club Ride (includes QCBC and BIC—Bicyclists of Iowa City RAMCO (Ride Around Many Counties) on Saturday, June 4.

Starts at 7:30 a.m. a.m. from Fuller Park in Muscatine (Take 61 Bypass to Cedar Street; left (east) on Cedar Street; Fuller Park on the left). Visit <http://ci.muscatine.ia.us/maps/parks.htm> for location details.

A homemade burrito breakfast (we are suggesting the QCBC and BIC riders make a donation) and start/ending refreshments will be provided by Melon City Club. Other, "on your own" stops, are possible in Columbus Junction and Wapello.

To get a handle on the burrito count, contact Dean "Bareback" Mathias at mathiasdeb-dean@peoplepc.com, or (309) 737-8429.

Criterion Volunteer Opportunities

By Donnie Miller



We have some volunteer opportunities open for the upcoming 2010 Modern Woodmen Bank Quad Cities Criterion:

- **Registration:** Work the registration desk and have the chance to meet the guys and gals registering to race or picking up packets for their teams. Get an interesting insight into the race when you meet them. Contact Vivian Norton at (563) 355-1899, vjoan@q.com

- **Corner Marshals and Crossing Guards:** See what's going on during the race and help racers be safe by being a corner marshal or crossing guard. Corner marshals monitor street crossings to stop spectators from crossing in front of the racers, making it very unsafe for the riders, and helping alert medics that there was a crash, all while getting a front row seat. Crossing guards monitor select areas that we have set up to let spectators cross.

Contact Deb and Dean Mathias at (309) 787-6547, mathiasdebdean@peoplepc.com

Bicycle Parking: This year, we'll have bicycle parking. Volunteers and spectators are encouraged to ride their bicycle down, with a lock to lock it up. We need attendants to check-in/out bicycles throughout the day. Parking will be behind the start/finish service on 2nd Avenue, so attendants will get a chance at seeing what the officials see all day. Contact Deb and Dean Mathias at (309) 787-6547, mathiasdebdean@peoplepc.com

T-shirt sales: Do you like to sell and be part of the action? Do you want a free shirt? Would you like to hand out QCBC swag? Contact Lisa Wessling at (563) 324-3815, lwessling@tricityelectric.com

Wheel Pit: If you "know your wheels" or want a quick, practical lesson, join the Wheel Pit Crew dubbed "Mud or Blood" and be a part of the best wheel pit in the Midwest! Contact Walt Dethlefs at (309) 945-4309, dethlefs@mchsi.com

Prize Desk: You may not get a prize but you do get to see how it's done. Contact Darlene Moritz (563) 386-4499, dmoritz@access.net

Trikes and Youth Races: Volunteers are needed for registration and a "Trike Wrangler" (to line up trike racers). Contact Dean Mayne at (563) 650-1026, e.mayne@mchsi.com

Logistics and course set-up: Volunteers are needed for course set-up and teardown. Contact Adam Jackson at (309) 781-4112, ajackson6382@yahoo.com

Bike Rodeo: Volunteers are needed for course set-up and teardown. Contact Dean Mayne, (563) 650-1026, e.mayne@mchsi.com

Shifts are available from 7 a.m.-6 p.m. on Memorial Day. The reward is \$6 in free food coupons at vendors, a Criterion t-shirt, an invitation to the volunteer party June 4 at Ragtime Grille in Rock Island.

To find out what volunteer sports are open, contact Vivian Norton at (563) 355-1899 or vjoan@q.com.

Upcoming Races

By Donnie Miller

Registration is open for four upcoming race events Donnie Miller is directing.

- The 45th annual Modern Woodmen Bank Quad Cities Criterion in Rock Island, Ill., is part of the Memorial Weekend Races, which also includes the Burlington, Ia. Road Race and Snake Alley Criterion, and The Muscatine, Ia. Melon City Criterion.

The two main Web sites are www.quadcitiescriterion.com and www.bikeiowa.org/mdwbr/mdwbr.shtml, with links to these other great Memorial Weekend races. Riders will be staged in order of registration and start lists will be updated regularly on the QC Crit Web site. You also can get e-mails from the other Web site if you use the link to sign up for the Yahoo Groups page.

- May 23, 10th annual 20K TT in Barstow, Ill..

- July 17, 6th annual Mississippi Bluffs Road Race in Rapids City, Ill, which is the ABR Illinois State Road Race Championships.

- July 18, 8th annual 40K TT in Cordova, Ill., which is the Midwest Regional 40K TT Championships and an ABR Nationals Qualifier.

Information on these events can be seen on the Double "I" Cycling Experience Team Web site at www.dicecycling.com and my web site www.DiceTraining.com with registration for all but QC Crit at www.GetMeRegistered.com.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

Let's Get in Motion during May

The Quad Cities is celebrating QC in Motion Week May 15-22.

We of the QCBC should be leading the way. After all, our whole focus is on a human-powered vehicle that gives us transportation and a whole host of other things - fitness, economy, contemplation (even meditation), environmental responsibility, but most of all – fun.

Quite simply, the bicycle is where it's at. And during this week it's where we should be – on it. So make sure you participate in at least one of the week's moving events.

This week started with Bike to Work Week, but we realized that all of us don't work. Some go to school, some go shopping, some need a haircut, and we all do a myriad of other things where a bike can be used as easily as a motor vehicle.

So a few years back, QC-TAG (Transportation Advocacy Group) came up with Alt. Trans. Week and expanded the scope to all of our transportation needs and to walking and using transit. We realize that a bus is motorized, but it's much more efficient than a car in moving groups of people and it almost always involves some amount of walking – or biking, if you use the bike/bus racks on the buses.

This year, we've expanded even more. We've joined with at least 12 other groups, including major sponsors Trinity Health Systems, Palmer Chiropractic Clinics and the Bi-State Regional Commission. Other groups helping promote the cause of getting people away from their cars (at least for a week) are Activate Quad Cities, the Quad City Health Initiative, Quad Cities YMCA, the American Heart Association, and all of the park departments of the major cities.

Here's a few general ideas for the week:

- Go to www.activatequadcities.org and take the Community Challenge Survey to help us find out just how much involvement is taking place for the week. You'll also get a chance to put some input out there that could result in improvements in the future.

- **Plan to use the bike racks on the bus during the week.** Your bus ride will be free if you do so.

- **Make sure you use alternative transportation to replace one car trip during the week.** It doesn't count if you just go for a recreational ride during the week. You have to use your bike for transportation.

With that in mind, here's some of the week's activities for bicyclists:

- **Saturday, May 15** - 9 a.m. to 1 p.m., bike or bus to the Davenport Country Market. Stop by the QC-TAG booth where you'll find printed material and friendly advice about opportunities for making the Quad-Cities a better place for "thinking outside the car." The Quad Cities' latest transit attraction, the Loop bus, will be at the Farmer's Market so you can become acquainted with it. If you bike to the event, we'll have valet service.

- **Sunday, May 16** - Bike or bus to your place of worship

- **Sunday, May 16** - "Loop the Loop" Family and Friends Ride. Park your bikes at the Figge Art Museum, with free valet parking, and spend an afternoon exploring the Mississippi waterfront by bus. The Loop will be free, and many venues will have free or reduced rate admissions.

- **Monday, May 17** - 6:30 to 9 a.m., Bike to the Commuter Breakfast at Davenport's Bechtel Park (foot of Government Bridge) for a free breakfast provided by Greatest Grains.

- **Tuesday, May 18** - Bike/bus/trail to work. Combine a bus ride (bike in front) with a trail ride to your destination.

- **Wednesday, May 19** - Bike to work, then participate in the Employee Health Walk at your place of employment.

- **Thursday, May 20** - This is the official day to bike to work. Do it.

- **Thursday, May 20** - Another "Loop the Loop." Ride for free from 5 p.m. to 1:30 a.m. Plan your rides to be at RIBCO in Rock Island's The District at 7 p.m. for a celebration of the week.

- **Friday, May 21** - Safe Routes to School Day. If possible, work with your children in getting to school by bicycle.

- **Saturday, May 22** - In the morning, participate in your city's Ride with the Parks Director in the morning.

But the main thing is to use this QC in Motion Week to motivate for motion – your motion. Get moving on a bike.

Leisure rides kick into gear for 2010

By Vivian Norton

Our first 2010 leisure ride is May 1. Since it's the first ride for the year, we'll be doing some organizing, probably when we stop to eat. Scott County and River Way maps will be distributed. If anyone has access to copies of Illinois county or state bike maps, please bring some to share. At that time, you may also sign up to lead a ride or make suggestions for rides or routes.

We encourage participants to plan routes and lead. The success of rides depends on your input, enthusiasm and cooperation.

The rides will be listed each month in Pedalwheeling. Be prepared for changes from the rides listed below. If a local pancake breakfast comes up, we don't want to miss it!

May rides will begin at 9 a.m. in Illinois. This is the only month at 9 a.m. start.

May 1,8,15: 9 a.m. Meet at Empire Park on Illinois 84 in Hampton.

May 22 and 29: 9 a.m. Meet at the old Case IH parking lot (1st Street East Moline/ 55th Street Moline.)

June 5, 19, and 26 (Iowa): 8 a.m. Meet at Leach Park, 12th Street, Bettendorf.

July 3: Bike path ride. Meet at trail head on Highway 61 in Iowa, by Mickey's restaurant.

July 10 (Illinois): Colona to Geneseo. Meet at Colona United Methodist Church, 1709 Cleveland Road. Thanks to Jim Dayton for getting directions to the church on www.microsoft.com/streets. (Off I-80 take a right onto Cleveland Road. Church is on the left.)

July 12: Cordova City Park L on Illinois 84 and ride to Hillsdale.

July 24: Colona to Geneseo (see July 10 for directions).

July 31: Cordova City Park L. on Hwy 84 and ride to Erie.

Aug., 7, 14, 21, 28 (Iowa): All rides start at F55 and Old 61 at the Crow Creek Wildlife Park., near the John Deere implement dealer. Take Highway 67 north to F55. Rider's choice rides.

Sept. 4 (Illinois): Meet at Illiniwek Park shelter on Illinois 84 north of Hampton.

Sept. 11: 8 a.m. Heartland Century: Register and meet Leisure group at the Illiniwek Park shelter on Illinois 84 north of Hampton.

Sept. 18 (Illinois): Meet at Albany City Park and ride north.

Sept. 25 (Iowa): Fundraiser for Miracles Can Happen in Wilton, IA. (more details later)

Remember, our speed averages is 10-13 miles an hour. Please arrive at the ride 15 minutes before the start. Be prepared to be flexible if there are wind or weather changes.

E-mail addresses and phone numbers of most of the QCBC members are in the new handbooks if you want to contact members.

Milan Optimist Club Youth Safety Day

By Donnie Miller

On April 10, the Milan Optimist Club held its first Youth Safety Day at the University of Illinois Extension Office, at the old Milan Police and Fire stations. Activities included fire and food safety and nutrition, animal safety and bicycle safety.

With help from the QCBC and Donnie Miller, the Optimist Club hosted a bicycle rodeo that taught children bicycle safety maneuvers and how traffic works. All 215 kids that participated received a new helmet.

Parents who brought their kids could go through the Illinois Masons Child ID Program. Each child was fingerprinted, had a DNA swab taken and were videoed against a height chart backdrop to show speaking patterns, a record of their voice, and their mannerism, which can be useful in helping to locate a missing child. The Optimist Club was very excited with this first time event, and has already started planning for 2011.

2010 Ride the River will be June 20

Submitted by River Action

When Father's Day rolls around, Quad-citizens think Ride The River. The 26th annual Ride the River will be held on Father's Day, Sunday, June 20.

What started as an idea to give cyclists a chance to ride on protected areas of streets along the river has become a ride mainly on bike paths, which were just an idea in 1984.

By the third year of the ride, nearly 7,000 cyclists turned out for Ride the River. Through the combined efforts of many agencies and communities, there is now a 62-mile path on the Illinois side of the river. On the Iowa side, cyclists can ride on paths from Davenport's Credit Island to Leach Park in Bettendorf and for many miles along Duck Creek.

The Quad City Bicycle Club has been a consistent and generous supporter of Ride the River. The QCBC board has authorized funds for helmet purchase and club members have helped fit and sell helmets for practically every year of the ride. This year, they will continue support of safe cycling by selling helmets June 19 and 20.

In addition to the traditional ride, which can include a short cruise on the Celebration Belle and/or a ride around Arsenal Island, Dean "Bareback" Mathias is planning a round trip ride from Muscatine to Buffalo on the proposed Mississippi River Trail (MRT).

That ride is specifically for faster, experienced road cyclists. There is a \$10 fee. It will include a pancake breakfast and T-shirt. This ride follows a successful 2009 advocacy ride from Princeton to Bettendorf after which stimulus funds were secured for engineering the 17-mile trail.

River Action has played a major role in the development of safe paths for cyclists. Its staff has spent many hours working to spur path development by meeting with state and community governments, community leaders, and writing successful grants to fund alignment studies and start up funding for Quad City area trails. River Action appreciates the continued active support of the Quad City Bicycle Club.

There is always a need for volunteers. Sign up to help fit and sell helmets and put out and pick up traffic cones. There's a big need this year for volunteers for "Kids' Ride, Too" activities. To volunteer, call River Action at (563) 322-2969

Remember when you use the Rock Island and Davenport ramps to the Arsenal Bridge that the ramp studies and push for their completion were done with money raised and efforts by River Action.

We thank QCBC and look forward to seeing you on the ride to support River Action projects.

East Moline/Silvis Rotary Club's 2010 Lid's for Kids Program

For the third year, the EM/Silvis Rotary Club collaborated with the QCBC in giving helmets to first graders in the East Moline, Hampton, Silvis and Carbon Cliff school districts.

This year, Lid's for Kids founder, and QCBC member Mike Atkins and his wife Tese, secured four schools for the safety presentation and helmet giveaway— Hampton Elementary, Silvis George O'Barr, Ridgewood, and Carbon Cliff Eagle Ridge.

In total, 205 helmets were given away after Donnie Miller gave a safety presentation, which included a video and demonstration on how to properly wear the helmet, and an entertaining question and answer session. They also received handouts on safety and the law from the Secretary of State and the League of Illinois Bicyclists to study with their parents, a sly way to teach parents about bicycle safety.

This program has been gaining momentum each year, with the hope of getting every school in the area to participate. Anyone interested in having the program in their school should contact Donnie at bcycleracr@mchsi.com.



From left are Mike Atkins, some Ridgewood first graders, and East Moline city administrator Rich Keehner .

10th Annual DICE/QCBC 20K TT Championships

Date: Sunday 5/23/2010

Time: 9:00am first rider off at 9:01

Pre-register by: 5/20/2010
With on-line registration at
WWW.GetMeRegistered.com
Late fee in effect after above date
except for QCBC members
Race day registration will be held from
7:45am-9am @ the Barstow Fire Dept.

Entry fees:

- \$20 Pre-Registered ABR Member
- \$25 Pre-Registered w/1 Day License
- \$25 Race Day ABR Member
- \$30 Race Day w/1 Day License
- \$5 off for second race

Mall ABR Standard Release Waiver to:

Donnie's Indoor Cycling Experience

PO Box 902
 Moline, IL 61206-0902
 Phone: 309-737-8270
 Email:
 bicycleracr@mchsl.com

Web sites:
 dicecycling.com
 DiceTraining.com
 qcbc.org
 ambikerace.com
 GetMeRegistered.com



For more information e-mail:

bicycleracr@mchsl.com

Contact person: Donnie Miller

This is the same 20K out and back course in Barstow, IL as in the past. Dead flat following the Rook River. No turns. Can be windy. Turnaround in middle of road.

Directions: Exit off of Rt 5 (Turns into I-88) Barstow Rd. Exit is on edge of Silvis. Go 2 miles east on Barstow Rd to Fire Dept on left. DO NOT PARK @ FIRE DEPT. Park on streets and at Grade School 1 block away.

Riders go out in 1 minute intervals starting @ 9:01am sharp. First signed up, first out. All ABR rules apply. You must have an annual license or purchase a 1-Day License. Rain or Shine, no refunds. Holder will be provided. If you are racing twice you must pre-register.

We will raffle off a pair of Profile TT Bars. Park Self Service Tool Kit will be available. Course Records:

Bryoc Mead 26:18.42 @ 29.47mph
Debbie Dust 29:21.84 @ 25.39mph

AWARDS

Trophies to top 3 Overall
 Trophies to top 5 Senior & Master's Category,
 Age Group Winner's, and QCBC member

Men

Open (1/2), Cat 3, 4, 5, Juniors, Age Grade 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, Breakaway, Recumbent-HPV, Tandem

Women

Open (1/2/3), Cat 4, 5, Juniors, Age Grade 30-39, 40-49, 50-59, 60-69, 70+, Recumbent-HPV, Breakaway, Tandem, Mixed Tandem

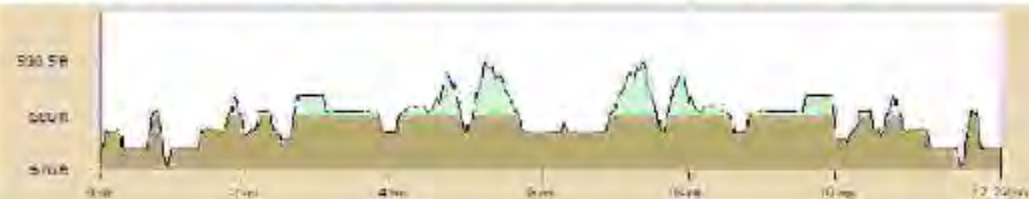


**WI-IL
 ROTY
 EVENTS**

"TOI/W"

**Tour of
 Illinois
 &
 Wisconsin**

Sponsored by:



May 2010 Ride Schedule

1-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	9:00 AM	Empire Park, Hampton IL, Hwy 84	
1-May	Saturday Morning Mid Paced Ride to NE Scott County	25 - 30 miles 14-16 mph	8:00 AM (note earlier time)	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Mike Wilcox 563-322-0946
1-May	Saturday morning Fast-Paced Ride , one stop.	40-50 Miles 16-18mph	8:00 AM (note earlier time)	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
2-May	Sunday Morning Mid Paced Ride to Hillsdale and Barstow. Return to park for SPRING PICNIC . Bring a dish to pass.	35-40 miles 14-16 mph	8:00 AM (note earlier time)	Illiniwek Park, Hampton, IL. Off Rte 84.	Darlene Moritz 563-386-3499
2-May	QCBC Meet and Greet Ride . Followed by the club picnic.	40-50 Miles 16-18mph	8:00 AM (note earlier time)	Illiniwek Park. On Rt. 84 between Hampton and Rapids City.	David Thompson 764-5030, Gary Jones 359-5614
3-May	Monday evening: QCBC Adopt-a-Highway-trash pickup along 2 mile stretch of Scott County Park Road (Old Hwy 61)		5:30 PM	Parking lot west of soccer fields near F55 & 956 (Scott County Park Rd)	Ken Urban 563-326-3427
3-May	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
4-May	Women' Only Rides -- All skill levels welcome, no drops.	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Josie Miller Miller JosieL@JohnDere.com
4-May	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
5-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
5-May	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
6-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	

Unleash pent-up winter energy—get out and ride!

May 2010 Ride Schedule

8-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	9:00 AM	Empire Park, Hampton IL, Hwy 84	
8-May	Saturday Morning Mid Paced Ride to Buffalo, Blue Grass & Maysville	35+ miles 14-16 mph	8:00 AM	Emeis Park golf course lot, W Central Park & Emeis Park Ave., Davenport, IA	Paul Gilbert 563-391-3908
8-May	Saturday morning Fast-Paced Ride , one stop.	50-60 Miles 16-18mph	8:00 AM (note earlier time)	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
9-May	Sunday- MOTHER'S DAY Rider's Choice	35+ miles 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Determined by Riders
9-May	Saturday morning Fast-Paced Ride , one stop.	50-60 Miles 16-18mph	8:00 AM (note earlier time)	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
10-May	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
11-May	Women' Only Rides -- All skill levels welcome, no drops.	17-30 Mi TBD by group	5:30 PM	Governor's. Middle Rd. Bettendorf, IA	Josie Miller Miller Josiel@JohnDere.com
11-May	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
12-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
12-May	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
13-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
15-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	9:00 AM	Empire Park, Hampton IL, Hwy 84	
15-May	Saturday Morning Mid Paced Ride -Northern Scott County	40-45 miles 14-16 mph	8:00 AM	North Scott High School, 200 S. 1st St., Eldridge, IA	Dixon Novy 309-736-0162
15-May	Saturday morning Fast-Paced Ride , one stop.	50-60 Miles 16-18mph	8:00 AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614

May 2010 Ride Schedule

16-May	Sunday morning Midpaced ride- 3 hour "Out and Back"- no breakfast stop	40 miles 14-16 mph	8:00 AM	Crow Creek Park, Devils Glen Road, Bettendorf, IA	John Harrington 563-940-6023
16-May	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	8:00 AM	Quad Cities Air- port/General Avia- tion. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
17-May	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus so- cialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restau- rant, Bettendorf IA	
18-May	Women' Only Rides -- All skill levels wel- come, no drops.	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline, IL.	Josie Miller Mil- lerJosieL@JohnDe ere.com
18-May	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and bever- ages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
19-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
19-May	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Park- way, Old River Dr and 55 th St Moline	Roger Fobair 563- 940-5583
20-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
22-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	8:00 AM	East end of Ben Butterworth Park- way, Old River Dr and 55 th St Moline	
22-May	Saturday morning Midpaced ride- Atkin- son, Henry County...route depends on wind	40-45 miles 14-16 mph	8:00 AM	Geneseo City Park Hwy 6 & Center St, Geneseo, IL	Jerry Kruse 563-370-6975
22-May	TOMRV Training ride in Potosi, Wisconsin. Meet at Potosi Brewery on Main St. Very hilly route.	70 Miles 16- 18mph	1000AM	Potosi Brewery on Main St. Right hand side on downhill to the river.	David Thompson 764-5030, Gary Jones 359-5614
23-May	SUNDAY AFTERNOON Midpaced ride- South Rock Island County	30-35 miles 14-16 mph	1:00 PM	Milan Community Center/Camden Park Hwy 67, South of Milan	Ruth Sanders 309-738-9900
23-May	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	8:00 AM (note ear- lier time)	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 754-5030, Gary Jones 359-5614

May 2010 Ride Schedule

24-May	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
25-May	Women' Only Rides -- All skill levels welcome, no drops.	17-30 Mi TBD by group	5:30 PM	Governor's. Middle Rd. Bettendorf, IA	Josie Miller Miller JosieL@JohnDeere.com
25-May	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
26-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
26-May	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
27-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
29-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	9:00 AM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	
29-May	Saturday morning- BIKE PATH CENTURY to Savannah, options to loop back for shorter mileage	100 miles 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Dick Wolbers 563-332-9906
29-May	Sunday morning Fast-Paced Ride , one stop	50-60 Miles 16-18mph	8:00 AM (note earlier time)	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 754-5030, Gary Jones 359-5614
30-May	Sunday morning midpaced ride to Muscatine to see Mellon City Criterium	40 miles 14-16 mph	8:00 AM	Buffalo Park, Dodge St., Buffalo, IA	Dean Arney 563-355-1282
30-May	Sunday morning Fast-Paced Ride , one stop	50-60 Miles 16-18mph	8:00 AM (note earlier time)	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 754-5030, Gary Jones 359-5614
31-May	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	

“Every time I see an adult on a bicycle, I no longer despair for the future of the human race.”

-H.G. Wells

June 2010 Ride Schedule

1-Jun	TUESDAY- Women's Only Rides - All skill levels welcome	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Josie Miller- MillerJosiel@JohnDere.com
1-Jun	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
2-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
2-Jun	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
3-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
5-Jun	Saturday Leisure Ride Bettendorf-Buffalo	20-25 miles 10-13 mph	8:00 a.m.	Leach Park, at 12th St. Bettendorf, IA	Vivian Norton 563-355-1899 563-508-1323
5-Jun	Saturday morning midpaced/fast- 3 club ride with Muscatine & Iowa City bike clubs: START IN MUSCATINE	60+ miles 14 -16 mph	7:30 AM	Start at Fuller Park (Take 61 Bypass to Cedar Street; left (east) on Cedar Street; Fuller Park on the left)	Peg Heither 563-260-0126
5-Jun	Saturday morning Fast-Paced Ride, Ride with Melon City bike club in Muscatine	66 Miles 16-18mph	800AM	Riverfront Park on Rt. 92 Muscatine	David Thompson 754-5030, Gary Jones 359-5614
6-Jun	Sunday morning midpaced ride- Tour of South Rock Island County, plenty of hills for TOMRV training	45 miles 14 -16 mph	8:00 AM	Airport Park- south of QC Intl Airport on 78th Ave.	Ken Urban 563-326-3427
6-Jun	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 754-5030, Gary Jones 359-5614
7-Jun	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
8-Jun	TUESDAY- Women's Only Rides - All skill levels welcome	17-30 Mi TBD by group	5:30 PM	Duck Creek Park , Davenport (Marlo Ave. & Locust St) Meet at the path	Josie Miller- MillerJosiel@JohnDere.com
8-Jun	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

June 2010 Ride Schedule

9-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
9-Jun	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
10-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
12-Jun	Saturday morning midpaced ride-TOMRV weekend Riders' Choice	determined by riders 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Determined by Riders
12-Jun	TOMRV No fast-paced ride				
13-Jun	Sunday morning midpaced ride-TOMRV weekend Riders' Choice...ride out to meet TOMRV riders?	determined by riders 14-16 mph	8:00 AM	Duck Creek Parkway-Eastern Avenue, Dav.	Determined by Riders
13-Jun	TOMRV No fast-paced ride				
14-Jun	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
15-Jun	TUESDAY- Women's Only Rides- All skill levels welcome	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Josie Miller- Miller JosieL@JohnDeere.com
15-Jun	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
16-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
16-Jun	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
17-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
19-Jun	Saturday Leisure Ride Bettendorf-LeClaire	20-25 miles 10-13 mph	8:00 a.m.	Leach Park, at 12th St. Bettendorf, IA	Vivian Norton 563-355-1899 563-508-1323
19-Jun	Saturday morning midpaced ride-Rock Island County- Taylor Ridge, Reynolds and beyond	45 miles 14-16 mph	8:00 AM	Rock Island Industrial Park Thermo King parking lot 3900-81st Ave, Rock Isld Centennial Expressway,	Tom Scott 309-788-9257

June 2010 Ride Schedule

19-Jun	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
20-Jun	Sunday morning midpaced ride MRT Ride- Muscatine-Buffalo-Muscatine Register at http://www.riveraction.org/	44 miles 14-16 mph	7:00 AM	Downtown Muscatine riverfront pathway parking lot	Dean Mathias 309-737-8429
20-Jun	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 754-5030, Gary Jones 359-5614
21-Jun	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus so- cialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restau- rant, Bettendorf IA	
22-Jun	TUESDAY- Women's Only Rides- All skill levels welcome	17-30 Mi TBD by group	5:30 PM	Duck Creek Park , Davenport (Marlo Ave. & Locust St) Meet at the path	Josie Miller- Mil- lerJosieL@JohnDe ere.com
22-Jun	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and bever- ages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
23-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
23-Jun	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Park- way, Old River Dr and 55 th St Moline	Roger Fobair 563- 940-5583
24-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
26-Jun	Saturday Leisure Ride Rider's choice	20-25 miles 10-13 mph	8:00 a.m.	Leach Park, at 12th St. Bettendorf, IA	Vivian Norton 563-355-1899 563-508-1323
26-Jun	Saturday morning midpaced ride- RAG- BRAI training: North Scott County	45+ miles 14-16 mph	8:00 AM	North Scott High School, 200 S. 1st St., Eldridge, IA	Dixon Novy 309-736-0162
26-Jun	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
27-Jun	Sunday morning midpaced ride- Bishop Hill for breakfast	45+ miles 14-16 mph	8:00 AM	Orion High School 1100- 13th St., Orion, IL	Deb & Dean Mathias 309-737-8429
27-Jun	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	Quad Cities Air- port/General Avia- tion. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614

June 2010 Ride Schedule

28-Jun	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
29-Jun	TUESDAY- Women's Only Rides- All skill levels welcome	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Josie Miller- Miller JosieL@JohnDeere.com
29-Jun	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
30-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	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 regrouping. 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 Members:

NewMember	Spouse	CityState	Phone
Brewer, William		East Moline, IL	309-333-0596
Byerly, Todd	Lori	Davenport, IA	563-529-2300
Ciasto, Chris	Dave	Silvis, IL	563-349-1608
Deckard, Rob		Blue Grass, IA	563-381-3210
Fobair, Roger		Bettendorf, IA	309-748-2711
Gluck, Peter	Sheila	Bettendorf, IA	563-359-9730
Good, Dana	Suzanne	Bettendorf, Ia	563-332-5096
Honts, Libby	Vince	Bettendorf, IA	563-349-2695
Hudson, James	Debra	Milan, IL	309-787-9660
Jeanes, Sarah		Bettendorf, IA	319-269-7836
Johnson, Kent		Moline, IL	309-524-5150
Jurgensen, Cyndi		Bettendorf, IA	563-355-1080
Keir, Patricia		Bettendorf, IA	563-441-7595
Koster, Kari		Geneseo, IL	309-489-4026
Loftin, Beth		Davenport, IA	563-322-9537
Maresca, Sophia		Bettendorf, IA	563-355-1080
Mason, James		Geneseo, IL	309-781-4734
Milke, Chris	Barb	Davenport, IA	563-386-1498
Nordstrom, Eric	Michelle	Orion, IL	
Van Tol, Ruth		Bettendorf, IA	507-273-4340
Weber, Tom		Thornton, CO	720-841-3515

Quad Cities Bicycle Club

Membership Application

(Please print legibly using blue or black ink. Fill in all blanks.)

New Application Renewal Application

Date of Application (mm/dd/year) _____

Membership Type

Individual \$20/Year

Couple \$20/Year

Family \$20/Year

Sponsor \$40/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Including Area Code)

E-mail _____
(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 and Membership Directory (e-mail address also included). We have found this encourages existing members to welcome new members into the club. If you prefer that this info not be listed in the hard copy and online copy of the newsletter or in the Membership Directory, please indicate here:

Members normally get e-mail notification when the monthly newsletter is available on the Web site. If you prefer your hard copy newsletter be mailed by the US Postal Service, please indicate this here:

Memberships in other Organizations:

League of American Bicyclists League of Illinois Bicyclists Iowa Bicycle Coalition

International Mountain Bicycling Assoc USA Cycling American Bicycle Racing Adventure Cycling Assoc

Bikes Belong USA Triathlon Rails-To-Trails Conservancy Thunderhead Alliance Double "I" Cycling Experience

Velosport Racing Friends of Off Road Cycling Cornbelt Running Club

Other (List Here) _____

Family Members *	Birth Date	M/F	Riding Interests	I Can Help With:
			<input type="checkbox"/> Camping	<input type="checkbox"/> Advocacy <input type="checkbox"/> QC Triathlon
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Annual Awards Dinner <input type="checkbox"/> Packet Stuffing
			<input type="checkbox"/> Cyclocross	<input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Race
			<input type="checkbox"/> Duathlons	Events
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Computer Work <input type="checkbox"/> RAGBRAI
			<input type="checkbox"/> Mountain	<input type="checkbox"/> Du-State-Du <input type="checkbox"/> Ride
			Biking	Leader
			<input type="checkbox"/> Racing/	<input type="checkbox"/> Health/Fitness Fairs <input type="checkbox"/> Ride Schedule
			Training	<input type="checkbox"/> Heartland Century <input type="checkbox"/> Safety/Educate

* Single adult children up to 22 years old, still using their parent's address as their primary address, may continue on their parent's membership

Membership Application contd.

Waiver, Consent and Release of Liability

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS ORGANIZATION AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

Admission of Risk and Liability Release:

In submitting this application, I acknowledge that I am assuming risks, and agreeing to indemnify, not to sue and release from liability Quad Cities Bicycle Club (QCBC,) its officers, board of directors, members and volunteers, in the case of any accident, injury or damage of any kind. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all QCBC rides safe as possible by wearing a helmet and obeying applicable traffic laws. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others.

FOR MINORS: Parent or Guardian must agree to this waiver:

I am the parent or guardian of the above listed Applicant, and assure QCBC that the facts and responsibilities listed above concerning my child or ward are true. By signing this form I am giving my permission for my child or ward to participate in QCBC rides, events and activities. I agree to the terms of the above listed Admission of Risk and Liability Release whose terms bind me, my child, my heirs, legal representatives and assignees. For my children not considered adequately competent to ride on city streets, county roads, state highways, shared paths, I will accompany them on club rides. If you are older than thirteen, but not yet eighteen or you are incapacitated and/or mentally challenged, please have a parent or legal guardian note their acceptance of the terms of registration by providing their initials where indicated below. If you are at least eighteen, please enter your own initials where indicated below. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. I have read, understood, and accept the agreement above. My submission of this form shall act as my legal signature.

Initials of: _____ registrant if over 18 years of age; or parent/legal guardian of minor, incapacitated, or mentally challenged person.

Individual Membership (Self) _____ Date _____

Couple/Family Membership (Self) _____ Date _____

Couple/Family Membership (Spouse) _____ Date _____

Parent/Guardian of Child <18 _____ Date _____

Please make all checks payable to: **Quad Cities Bicycle Club**
Please mail completed form to: **QCBC, Attn: Membership,**
PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter via e-mail, unless otherwise noted. Please visit our web site for a listing of club rides and other events at: <http://www.qcbc.org> **Revised 3-114-10 dlm**

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

Presorted Standard
US Postage Paid
Permit No. 3006
Davenport, Iowa

RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

May 2—Meet and Greet Ride
May 15-22—Alt. Transportation Week (Page 6)
May 22—Ride with a park director (Page 4)
May 23—Barstow Time Trials (Page 9)
May 29—Bike path Century (Page 3)
May 31—Criterium (Page 1)
June 4—3 Club Ride in Muscatine (Page 4)
June 12—TOMRV

Get out and Ride!

