



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — March 2011

The Quad-Cities wins Davenport hosts final leg of RAGBRAI



From left, Dean Mathias, QCBC QC-Tag representative; Tony Buck, QCBC RAGBRAI charter service director; Joe Taylor, Quad-Cities Convention & Visitors Bureau CEO/president; Dixon Novy, QCBC RAGBRAI charter registrar; T.J. Juskiewicz, RAGBRAI director; and Donnie Miller, QCBC board member, recently attended the January RAGBRAI announcement party in Des Moines, where Davenport was named as the final stop on the RAGBRAI ride. Approximately 800 people attended the announcement party.

Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com

Vice President - Denise Duethman (309) 721-7276 or neuromanager910@yahoo.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
www.qcbc.org

Board Members:

Terry Burke (309) 797-3790

Laurel Darren (309) 230-2484

Doug McDonald (563) 332-6774

Katherine Bain (563) 514-3066

Michael Hughes (563) 332-5605

Donnie Miller (309) 737-8270

Don Collins (563) 340-3476

Don Luth (563) 381-3750

Dave Thompson (309) 764-5030

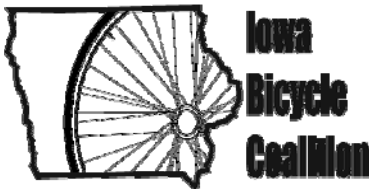
Key Contacts: A complete listing of committee chairmen and key contacts is available on the club's website and in the front of the hard copy ride schedule and membership directory booklet.

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 Spring and Fall, Spring Picnic, QC 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.



www.iowabicyclecoalition.org



www.bikeleague.org



www.bikelib.org

Assault on the Peak to be held Aug. 28 in Colorado

The Assault on the Peak ride, one of the country's most challenging rides, will be held Aug. 28.

The fully closed course up a 14,000 ft. Colorado mountain has beautiful scenery and unmatched support.

At the same time, Colorado Springs is hosting a 10-day cycling festival. On Aug. 20-21, the US Grand Prix Track Sprint tournament will be held at the Colorado Springs 7/11 Velodrome.

On Aug. 22, the Quizno's Pro Challenge will hold the inaugural Prologue from Garden of the Gods to downtown Colorado Springs and then a week of professional racing around Colorado.

There also will be the 7th annual Roll Bike Art Festival, training opportunities with Carmichael Training Systems at their world headquarters, and an invitation from our local Colorado Springs Cycling Club to ride and train.

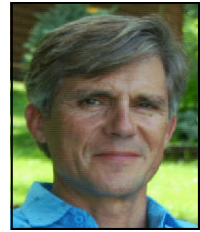
For more information on Summit Cycling Productions event, visit

http://www.ridepikespeak.com/Assault_2011/Home.html.



Let's Ride!

John Harrington, QCBC president



Punxatony Phil is right so I've retired my warmest riding clothes.

- **RAGBRAI XXXIX.** It's true that RAGBRAI will finish in Davenport on Saturday, July 30. This is great news and is largely due to the great efforts of Joe Taylor at the, Quad Cities Convention and Visitors Bureau.

At our first meeting, we were given the Overnight Town handbook to help plan this gargantuan task. Committees are being organized and assignments are being made. There is a tremendous amount of volunteer work that will be done. FYI, the actual town by town route will be announced on March 14.

- **Bettendorf Transportation Plan Update.** Shive-Hattery along with the city of Bettendorf will be presenting the recreational trail element of the city's comprehensive plan to the QCBC and Cornbelt Running Club at 7 p.m. Monday, March 21 in Bettendorf City Council chambers. This is your chance to provide input on Bettendorf's future trails.

- **Spring Tailwind.** Dave Thompson will lead our Spring Tailwind on Saturday, April 30. As usual, Dave will have several routes planned to make this your fastest century. Stay tuned for details.

- **Tour of the Islands.** Get that bike in shape quick. Joe Jamison is leading our Tour of the Islands at 9 a.m. Saturday, March 5. Joe promises tropical weather for all riders.

- **More riders.** Our ride leaders noticed a drop-off in the number of riders in 2010. Your board is developing ideas to fix this problem. I welcome your input. Please call me at (563) 940-6023 or email me at jwhjkh@gmail.com

- **Top 10 Club.** We recently learned that the QCBC is among the top 10 largest bicycle clubs in the United States. Wow! The Cascade Bicycle Club in Seattle takes top honors with 13,500 members

Women-only Rides Resume in March

All skill levels of riding are invited. A couple of get-togethers have been planned so riders can get to know each other.

- **March 8 - Spring Bike clinic and potluck,** 6 p.m. at Karen Maves' house, 243 Fernwood Ave., Davenport. John Lamb will give a refresher course on changing tires. Please bring a side dish to share at the potluck. The main course, table service and beverages will be provided.

Directions to Karen's house— Take Locust Street in Davenport to the area near Duck Creek Park. The road on the western edge of Duck Creek Park (road to the tennis court) is Fernwood, which is between Marlo and Forest, both of which have stoplights on Locust. Go south on Fernwood and through intersection of Fernwood and Middle. Karen's house, a white two-story colonial, is about a block further south on the left side of the street. RSVP to Kathy Ramp at likestobike@mediacombb.net.

- **March 15 -** 6 p.m. dinner upstairs at River House in Moline. RSVP Kathy Ramp at likestobike@mediacombb.net



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

Bike Lanes: the City Line-scape

Still wondering about bike lanes? Check out this quote:

“The data is in! Implementing buffered bike lanes in New York City resulted in a 190 percent increase (nearly tripled) in bicycling based on before and after counts.”

The cliché, of course, is that experienced cyclists don't need bike lanes. We can deal with traffic. No problem. Well, yes and no. My opinion is that I don't really need them, but I sure enjoy them when I have them.

But it's the citizen bike user who really gets the most out of lanes, as the above quote suggests. Bike lanes empower people to use roads which they haven't considered using for bicycling. The lanes affirm that streets and avenues don't belong just to motorists. They belong to all of us. We pay for them and we want them to be as safe and usable as possible.

Bike lanes help make that happen.

The conventional bike lane is a striped and bike-marked section of the side of a road adjacent to the gutter or shoulder. It works, but it isn't perfect. For one thing, the single stripe hardly prevents motorized vehicles from encroaching on the lane. It's not much of a barrier.

The other main problem is parking for vehicles. Under the assumption that parking must rule the way, various configurations have come about to deal with it. The most prominent one is putting the bike lane outside of a parking lane. Check Rock Island's 17th Street for an example.

One problem with this method is that if cars aren't parked, then the bikes seem to be out in the street for no reason, and be violating their usual practice of staying to the right.

Well, imaginative street designers have come to the rescue.

One new bike lane concept is the Buffered Lane. Instead of just a simple stripe, the border between bikes and motorized vehicles is a two-foot or so painted area, usually with very visible diagonals for the entire length of the lane.

Where the street has the available width, this method is catching on. Although not perfect, it adds a buffer of safety to the cyclists' perception. That two feet of paint makes a very visible point.

Another new lane concept is the Cycle Track. With this lane, the bike is placed right next to the curb, but the parking is between the bike lane and the traffic flow. In other words, if the traffic engineer has the road width, he or she can place a line of parked cars between cyclists and traffic.

What's not to like about that? Well, there are some problems, most of which go back to one of the most basic cycling axioms: Be Visible. With bikes being hidden by a line of parked cars, all kinds of ominous things can happen when an intersection raises its crazy head.

Also, motorists and their passengers can cause problems as they move across the bike lanes without thinking of a bike coming up behind them.

Regular bike lanes, buffered lanes, or cycle tracks: they all have some limitations, but they also all offer city cyclists encouragement, safety and empowerment.

Bike lanes can make it happen.

Don't miss March 8 general meeting

By Denise Duethman

The QCBC general meeting will be held at 7 p.m., March 8 at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf.

Speaker will be Jeff Bradley, owner of The Trek Store in Davenport. Jeff raced in the 1984 Olympics, won Pan-Am gold in 1983 and has won 11 national titles. He also was on the legendary 7-11 team that competed in the European Pro Circuit, Giro de Italia and the Tour de France.

Hope to see you then.

Nature Valley Pro Ride Is Amateur Cyclists' Chance to Feel Like A Pro

Six new events are part of the 2011 Nature Valley Pro Ride, the qualifying race for amateur cyclists to earn a trip to compete against the country's top men and women professional bicycle racers at the Nature Valley Grand Prix.

The Pro Ride selects the top amateur man and woman at each race to become part of a pair of composite Nature Valley Cycling Teams for the 13th annual premier stage race on the 2011 USA Cycling National Racing Calendar June 15-19 in East Central Minnesota and Western Wisconsin.

Rider invitations will be issued after each of the six stops on the Nature Valley Pro Ride national tour: Fayetteville Stage Race (March 19-20), near Austin, Texas; Jefferson Cup (March 27), Charlottesville, Va.; Tour of the Depot (April 9-10), Salt Lake City; Sterling Road Race (May 7), Boston; Mutual of Enumclaw Stage Race (May 21-22), Seattle; Quad Cities (May 28-30), Iowa and Illinois.


Riders invited to compete in the Nature Valley Grand Prix earn free entries to the race, generous travel stipends, team clothing, housing, ground transportation, and staff support for their composite teams. They will also receive pro-level recognition before, during and after the events, including pre-race call-ups and participation in promotional and media appearances.

Donnie Miller, promoter of the Modern Woodman Bank Quad City Criterium – one of three races that make up the Quad Cities event – said being the last Nature Valley Pro Ride qualifying race makes it even more exciting.

"Those that don't get in at the other five Nature Valley Pro Ride events have to come to our weekend and do all three races, not just one," Miller said. "We definitely want to highlight some of our Midwest's best and give them the shot they deserve. We have some pretty good talent here."

More details on the qualifying process can be found at: <http://www.NatureValleyProRide.com>

Dr. Smith Answers Your Foot Pain Questions. **What is a Neuroma?**



Neuromas typically develop between the middle toes and cause tingling, numbness and/or sharp pain in the toes and ball of the foot.

"When bones press together, they can irritate a nerve, causing abnormal growth of nerve tissue called a neuroma," says Dr. Smith. "Wearing tight or narrow biking shoes can lead to neuromas."

Dr. Smith says neuromas may begin as a minor irritation, forming a painful lump if left untreated.

Reducing neuroma pain and swelling may involve:

- Orthotics and supportive, comfortable shoes
- Padding the ball of the foot
- Ice and massage
- Anti-inflammatory medications, injections, and surgery

Dr. Smith P.C.
ordinary name • extraordinary care
(309) 762-7919
www.drsmithdpm.com

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March Ride Schedule

2-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
5-Mar	QCBC Tour of the Islands	TBD	9:00 AM	Moline Boat Launch on Bike Path	Joe Jamison (309) 235-4284
6-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
9-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
12-Mar	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
13-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
16-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
19-Mar	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
20-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
23-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
26-Mar	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
27-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
30-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

March Ride Schedule

2-Apr	Mid Paced Ride	TBD	9:00 AM	TBD	
2-Apr	Fast Paced Ride	TBD	9:00 AM	TBD	
3-Apr	Mid Paced Ride	TBD	9:00 AM	TBD	
3-Apr	Fast Paced Ride	TBD	9:00 AM	TBD	
5-Apr	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309-738-8389
6-Apr	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
9-Apr	Mid Paced Ride	TBD	9:00 AM	TBD	
9-Apr	Fast Paced Ride	TBD	9:00 AM	TBD	
10-Apr	Mid Paced Ride	TBD	9:00 AM	TBD	
10-Apr	Fast Paced Ride	TBD	9:00 AM	TBD	
12-Apr	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	Duck Creek Path (access from Locust & Marlo Ave)	Kathy Ramp 309-738-8389
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23-Apr	Mid Paced Ride	TBD	9:00 AM	TBD	
23-Apr	Fast Paced Ride	TBD	9:00 AM	TBD	
24-Apr	Mid Paced Ride	TBD	9:00 AM	TBD	
24-Apr	Fast Paced Ride	TBD	9:00 AM	TBD	
26-Apr	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	Duck Creek Path (access from Locust & Marlo Ave)	Kathy Ramp 309-738-8389
27-Apr	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
30-Apr	Mid Paced Ride	TBD	9:00 AM	TBD	
30-Apr	Fast Paced Ride	TBD	9:00 AM	TBD	

Pedalwheeling • March

Ride Classification:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider's Choice – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule

Welcome New Members!

New Member	Spouse	City, State	Phone
Carson Lisa		Walcott, IA	563-940-1157
Davila Nic		Silvis, IL	309-558-9156
Finnegan Thomas		Bettendorf, IA	563-349-8085
Hofmann Bernard ,Millissa		Pleasant Valley, IA	309-786-4900
Mangin Ryan		Morrison, IL	
Matuszyk Sherri		Kewanee, IL	309-854-2154
Platt Dennis		Camanche, IA	563-503-9016
Regan Micheal		Wheaton, IL	630-335-5222
Romagnoli Chris		Princeton, IL	815-879-9131
Schulze Aaron		Bettendorf, IA	563-340-9320
Shelangoski Andrew		Durant, IA	563-508-3781
Slater Jack		Moline, IL	309-797-4409
Smith Dean ,Brenda		Bettendorf, IA	
Van Houtte Scott		Colona, IL	309-781-2969
Wilton John		Frisco, TX	214-564-8070
Wulf Pete ,Mary		Princeton, IA	563-271-5382

MEMBERSHIP TOTALS

TYPE MEMBERS	MEMBERSHIPS	MEMBERS
COMP.	18	18
COUPLE	227	454
FAMILY	111	406
INDIVIDUAL	357	357
LIFE	3	5
GRAND TOTAL	716	1240

Quad Cities Bicycle Club
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QCBC—one of 10 biggest bicycle clubs in the U.S.

March 5—Tour of the Islands
March 8—QCBC General meeting
March 8—Women's -only bike clinic, potluck
March 15—Women's only ride dinner
April 30—Tailwind Ride



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING