



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — April 2012

Preparing for Q-C Criterium 47

By Donnie Miller, race director

For the second consecutive year, we'll be working with the Nature Valley Grand Prix (NVGP) stage race in Minnesota. The Memorial Weekend races; specifically the Snake Alley Criterium and Melon City Criterium, along with our race, will be used as an omnium to create a point's series, only for non-pro Men's Category 1 and Women's Category 1/2 racers.

This omnium will be the last in a six-weekend series of qualifiers to select one male and one female to build an Elite Amateur composite team to race on two six-person teams to compete in the NVGP, called the Pro Chase. This qualifying process is considered the "American Idol" for these amateurs, who get to "chase" a pro contract with a pro team.

Also returning this year is the Quad Cities Bicycle Club's Great Big Bike Rodeo, teaching bike safety to all ages from 9 a.m. to noon. Bring your kids, bikes or trikes, and helmets to learn fun skills and ways to practice to keep your cycling fun and safe. Kids will then get to race their first criterium in the Roger De Langhe Memorial Kids Bike and Trike Races during the noon hour. Mom and Dad can race in the morning Beginner's races to see what it's like too.



We'll also have vendor booths with food and drink to satisfy all tastes.

The criterium marks the end of National Bike to Work Month, a whole month of bike-related activities. Check the QCBC.org for events. With many activities throughout the month, everyone should be in the mood for a little bike ride to the races. Ride your bike down and we'll again provide secured bicycle parking behind the start/finish area with an attendant or two on hand.

Check it in, and we'll keep your bike safe while you're at the races.

We'll continue the tradition of treating the world's best volunteers with a post-race party at a park yet to be determined, so keep an eye on the QCBC website for those details. What we've done in the past is never well attended. So this year we'll do a picnic and I'll cook the meat, and the first keg of beer and beverages will be on us. Just bring a dish to share, and have some fun on us.

Our normal start and finish service, Ten Speeds Productions, will return, bringing new state-of-the-art equipment to capture exciting sprint finishes, plus two canopies and an awards stage. This year, we'll do expanded ceremonies at the end of each race for podium photos from QCBC's own Ken Urban, and our podium girls from SK Models.

We'll also continue the tradition of the best Wheel Pit in the United States dubbed "Mud or Blood."

We'll be expecting pro teams again this year, so stay tuned to see who is slated for an appearance. With American cycling taking front row on the pro cycling scene, I hope we can attract some big names for the 47th edition of the Midwest's Best Bike Race.

We will continue the women's Category 2/3 race, which gives women more chances at some great competition with an increase in prize money for their race. Again this year, the feature men's race will include the QCBC "Hot Spots Sprints" to spice up the action.

We'll also be a LAJRS race again this year with the U23 race. That means we'll be part of the Lance Armstrong Juniors Road Race Series for ages 10 to 23 years, which gives Juniors series points for possible inclusion into USA training camps. Very Cool!

Criterium contd. Page 3

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
Kevin Kraft kkbluenote1@gmail.com 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.

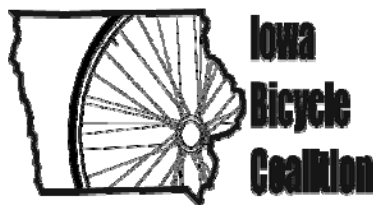
Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to Jackie Chesser at qcbceditor@yahoo.com 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.

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:



www.iowabicyclecoalition.org



www.bikeleague.org



www.bikelib.org

QCBC General Meeting to be held March 27

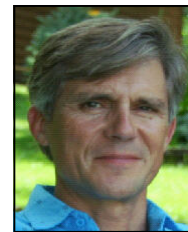
The Quad Cities Bicycle Club general meeting will be held at 7 p.m. Tuesday, March 27, at The 11th Street Precinct Bar and Grill, 2108 11th St., Davenport. Pizza, beer and pop will be provided for free.

Dr. Mike Giudici will discuss cardiac concerns in masters athletes and other heart-related issues. Bring your questions for the expert. For more information, contact Denise at (309) 721-7276 or neuromanager910@yahoo.com



Let's Ride!

John Harrington, QCBC president



I think we skipped winter and spring, and went right to summer.

It's time to plan your summer and fall around our club's great rides. So, here's your calendar:

Saturday, April 28: Spring Tailwind. As always, riders and their bikes will be transported 100 miles into the wind via luxury motor coach. Then, riders will enjoy 100 miles of tailwind pleasure. Last year's fast-paced riders clocked in after only four hours of riding. Check qcbc.org for more details.

Sunday, May 6. QCBC Club Picnic at Illiniwek Park in Hampton, Ill. We'll have a fast-paced ride led by yours truly and mid-paced ride led by Dixon Novy, both at 9 a.m. We also may have leisure-paced and mountain bike rides (we'll post them at qcbc.org). Lunch will be at noon with hot dogs, hamburgers, drinks and salads. Please consider bringing a dish to share. The rides and lunch are open to members and guests at no charge. We'll also have a swap meet for members who want to sell bike parts etc.

Monday, May 28. 47th annual Quad Cities Criterium presented by the QCBC and The District. This flat, fast 3/4-mile hourglass-shaped course will include a raucous cheering crowd and one of the best wheel pits in the world. There's plenty of parking and the course is just one block from the Mississippi River and Schweibert Riverfront Park. We know you will have a great time racing and celebrating in The District.

Saturday and Sunday, June 9 and 10. The QCBC TOMRV (Tour Of the Mississippi River Valley), a Midwest cycling tradition since 1978. Every year 1,500 bicycling enthusiasts ride TOMRV. They enjoy a well-supported, challenging ride on scenic roads, through Midwest farmland, and along the river. Sign up now at qcbc.org.

Sunday through Saturday, July 22-28. QCBC RAGBRAI Charter Service. RAGBRAI (The Register's Annual Great Bicycle Ride Across Iowa), is an annual seven-day bicycle ride across Iowa. Heading into its 40th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world.

The Quad Cities Bicycle Club RAGBRAI Charter is hosted by chairman Tony Buck, who covers the organizational duties of the charter services and with registrar Dixon Novy, who handles registration duties and charter applications. Sign up now at qcbc.org.

Saturday, Oct. 6. QCBC Fall Tailwind. It's just like the Spring Tailwind with fall colors.

Saturday and Sunday, Oct. 13-14. QCBC Fall Foliage Ride. Join Deb and Super Dean Mathias on their annual trek to Mt. Horab, Wis. They promise quiet country roads, beautiful scenery, a hill or two and great company. They'll post updates at qcbc.org.

Saturday, Oct. 20. Don's World Famous Chili Ride. We'll start at the Bettendorf Middle Park Lagoon Shelter for several rides followed by hot chili. Updates will be posted at qcbc.org.

Criterion, contd. from page 1

Kenny Labbe, an ex-Lance Armstrong teammate from the US Postal Service Team, again will be announcing, along with Kim West from the "Kim West Radio Cycling Show" of Des Moines. Dispatch freelance writer Laurel Darren will be talking up preems throughout the day. We'll also have the Vietnam Veterans Honor Guard, our own Sandy Wohlford singing the National Anthem, and Mayor Dennis Pauley speaking.

The best stabilizers are the outstanding QCBC volunteers who set-up and tear-down the course, marshal corners and pedestrian walks, secure bicycle parking, register riders, sell T-shirts and other goodies, staff the wheel pit and prize desk, and other tasks. Volunteers get an official Criterion T-Shirt, invitation to the volunteer party, and vendor coupons for a sandwich and beverage. Chairmen to call or email for volunteer opportunities are:

Corner Marshals: Dean Mathias - 309-737-8429 (c), mathiasdebdean@peoplepc.com

Registration: Vivian Norton - 563-355-1899, vjoan@q.com

T-Shirt Sales: Need Chairperson

Wheel Pit: Manny Martinez - 309-912-5990 (c), manuelmarcus@gmail.com

Prize Desk: Darlene Moritz - 563-210-0345 (c), dmoritz@access.net

Volunteer Coordinator: Vivian Norton - 563-355-1899, vjoan@q.com

Course Setup/ Teardown: Adam Jackson - 309-781-4112 (c), ajackson6382@yahoo.com

Kid's Bike & Trike Race: Deren Batterson - 309-738-9663 (c), woodystyle@mchsi.com

Bike Rodeo: Deren Batterson - 309-738-9663 (c), woodystyle@mchsi.com

Bicycle Valet: Don Collins - 563-340-3476 (c), ddbuidersinc@aol.com

Communications: Mike Smith - 563-271-5723 (c), cessnasmith@netzero.net



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

As the wind whizzes by, filled with early spring invitations for bicycling, here are some ideas and practicalities flying around the country about improving urban cycling. Some are projects only cities can do; some are ways for individual bicyclists to make things better for all. All have been done in cities at the forefront of urban bicycling.

Smart bike lane: Stripes run into trouble when they hit parking. Nobody likes to give up that parking space right next to the curb. But a bike stripe on the traffic side of parking (such as on Rock Island's 17th Street) puts bikes close to traffic and in danger of getting clipped by an opening car door. So switch the lanes. Put the lane right next to the curb and then stripe parking spaces next to it. Viola! Cars have their spaces and bikes their lanes – and the protection that parked cars can give.

Bike sharing: From free green bikes, to credit-card bike dispensaries and low-cost rentals, many cities make it easy to get around if you don't a bike. When you need one, pick one up, and get to where you want to go and back. Quad-Cities downtowns are split between cities and a large river, but with our Arsenal bike bridge, there's not much to hamper bike movement between Rock Island and Davenport. The QC should be raring for sharing.

“Thank You” amenities for cyclists: Why not give cyclists a few perks? A foot prop at stop signs is an interesting idea, eliminating the awkward almost dismounting while waiting. Bike racks are old hat, but how about giving up a close-in space in a store's parking lot dedicated just to bikes? It sends an almost subliminal message that bicycles are important and need very minimal space compared to a car.

People friendly streets: Experiments have shown that just putting up a speed limit sign doesn't do much to calm traffic. What works is making the street people-oriented rather than automobile-crazed. Trees, flowers, benches, play areas, sand boxes - all close to a street, bring in people and slow traffic. If Rock Island's Schwiebert Park had been built around a street, would cars be speeding through it?

Raising the cost of automobile driving: Some cities are demanding extra fees for drivers in using central areas. A decal shows that the fee is paid. And, of course, parking in such areas is astronomical. But what about parking cars on residential streets in moderate sized towns? Some narrow streets with cars parked on both sides are not only dangerous for motorists, but almost impossible for bicyclists. What's more important – transportation or parking? It's a public right of way, not necessarily a place for personal parking. And then there's gas prices. Sure, high prices affect the economy, but a culture of unnecessary car trips has many negative ramifications for the quality of life.

A no-no on bike clothes: What's the message to the general public when they see skin tight bike shorts and jerseys on bicyclists in town? “Oh, you have to be a major biker, or racer, to bike through the city. Yeah, they can handle it, but I'm just an average person, no way can I do what they do.” So, forget about the uniform in the city. Wear regular clothes and put out the message that anyone can do city cycling. Is it possible to bike a few miles in regular shorts, not bike shorts? No problem. You're not on RAGBRAI or the racing in the Tour de France.

Bicycles with a Boost: Some cities actively promote bikes with an electric motor that can be engaged when going up hills. They can't go fast and their range is limited, but when needed, they are a godsend. The Quad-Cities is just the place for them, with the hills. With a little push from a battery, we can make that mountain into a go-hill. But don't use the motor on a path. That obviates why you are on the path. People power and fitness comes first.

Knowing the city: Almost half the citizens of Amsterdam, Holland, make at least one bike trip each day. They do for one reason: the city actively makes it easy for them to do it – with lanes and parking, and other amenities - and the high cost of gas in Europe. But another things being pushed in the press and the media is the sheer emotional plus that bicycling imparts and that driving in a car doesn't. It's the sights and sounds – the smells and textures – the slowed down appreciation of what the city has to offer. Transportation on a bike opens your community to you.

We're behind the times here in the Quad-Cities, but we're slowly getting up to speed, not pedaling on a stationary track. And one major factor in giving us the boost is you on a bike, doing ordinary transportation things. The more you do it, the more others might try. So, go with the wind these April days. Breeze through your city on a bike.

Thanks for helping at health fair

Charles Curry wants to thank Tom Scott, Frank Martin and Chuck Oestreich for representing the QCBC at the Rock Island Arsenal's annual health fair on Feb 15. About 1,600 people passed through the displays, taking almost all the written material we had available, so the word about the local cycling scene should be spreading through the community.



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



The ball of your foot is where metatarsal bones end and toe bones begin. Sometimes, the pressure from tight shoes or high heels causes pain and inflammation, which is called metatarsalgia. The pressure on the base of your foot can also cause calluses to form.

“Shoes with very sleek and narrow construction often provide very little cushion and support for the foot,” explains Dr. Smith. “The ball of the foot may become red and swollen and calluses can form on the bottom of your feet, making it painful to walk.”

To sidestep this pain, wear shoes that aren't too tight across the ball of the foot. Look for thick padding in the soles. And if you experience pain and swelling in your feet, have them examined as soon as possible.



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Kathy Storm sent in this picture of QCBC members, Chuck Oestreich, left, Charles Curry and Dean Mathias at the QCBC booth at the recent RI County Health Fair.



QCBC Cycling Classes

By Donnie Miller

Finally, cycling is really starting to take off nationwide and the Quad-Cities is keeping pace. With new cycling facilities being added yearly locally, residents finally are starting to realize what we have known all along—the Quad Cities is a great place to ride a bicycle.

Along with facilities, local cyclists would like to work on a designation from the League of American Bicyclists, or LAB, called Bicycle Friendly Communities or BFC as part of the overall Bicycle Friendly America program.

Within the scope of the BFA program are what's called the Six E's in my particular order of importance;

- **Equality/Equity:** being treated as an equal when it comes to transportation choice and road use.
- **Education:** offering regular classes in bicycle-related topics for motorists and cyclists of all ages.
- **Enforcement:** continuing training for police officers concerning cycling and the rights of cyclists, along with enforcement of the laws towards cyclists against motorists and cyclists.
- **Evaluation:** taking inventory of the facilities we have and current state of each facility, assessing needs to stimulate growth, and repairing these facilities and new ones on an ongoing basis.
- **Engineering:** planning and continued growth of the QC Bicycle Network in a way that's safe for all road users
- **Encouragement:** the easiest of all the Six E's— encourage the use of these facilities and encourage the community to make transportation of all types accessible for all people of all abilities.

Therefore, the QCBC will be offering various types of classes throughout the year, ranging from Road Safety/Ride Leader training to Kid's Classes/Rodeos, Commuter, Group and LCI/Teacher classes.

Here is the current schedule:

- **Intro to Bicycle Rodeos:** March 28, from 7 to 8:30 p.m. \$15 for QCBC members, \$25 for non-members. Register by midnight March 25.

QC-BFC Bike Month Commuter Class: April 10 and April 12, 6 to 9 p.m. \$15 for QCBC members and \$25 for non-members. Register by midnight April 8. \

QC Criterium Race Training Rides, starting at 5:30 p.m. ever Tuesday and Thursday in May. Free. These are race-pace rides with average speeds above 22 mph. Must be in shape.

All classes are subject to cancellation/refund do to not enough people signed up. The QCBC website will have the most current and up-to-date information with online registration at Get Me Registered.

https://secure.getmeregistered.com/get_information.php?event_id=5866

RAGBRAI XL Charter Service

By Dixon Novy

Attention cyclists interested in joining our RAGBRAI Charter Service.

Our QCBC Preferred Charter Registration has ended, but you can join our annual charter across Iowa once the lottery results are announced in May. You must have a lottery TAG to accompany us on our tour, so our "Charter Registration for Lottery TAG Holders" form will not be available until then.

To clarify, you will not be able to obtain our registration form until the lottery winners are announced, and you must hold a lottery TAG in order to join our charter. Please keep an eye out in our future publications for the further instructions.

QCBC Membership Totals

Membership type	# of memberships	# of members
Comp	12	12
Couple	258	516
Family	132	448
Ind.	395	395
Life	3	5
Grand total	800	1,386

Tour of Islands was heaven

By Joe Jamison

The Tour of the Islands was full of surprises this year. First, pre-ride notifications suggested we should prepare for 53 riders, which would have broken any previous record for attendance.

Second, we moved the lunch to Front Street Brewery because of detour signs at the Water Works near the Davenport Boat Club. It appeared to be dicey for novice riders.

Third, the weather forecast Friday for Saturday was positive, if unseasonable.

Fourth, we were reminded that there was a little event planned for downtown Davenport that morning called the St Patrick's Day parade. Uh Oh.

Then, by 9 a.m. Saturday, when everyone had signed our rider log, the fifth and overwhelmingly biggest surprise was an unbelievable head count of 91 riders!! When asked for a raise of hands by those on their first "tour", we estimate that 20 people responded. Many of those were non-members, and throughout the day, I had at least three say they intended to join the QCBC. They seemed to be having the time of their lives.

As if the weather wasn't enough to have an enjoyable morning, the atmosphere at the Front Street Brewery was festive, convivial and conducive to a party "whose time had come" after the long winter wait for rites of spring.

We worried that our hopes for seating at the Front Street Brewery would be jeopardized by the race and St Patrick's Day parade all converging on downtown Davenport at the same time. But fellow organizer Dave Parker and our faster riders finished well ahead of the other festivities and "commandeered" the patio.

By 11:30 a.m., we were in control of the patio and the program of awarding a \$25 gift card to the best poker hand (won by Justin Harrington with a straight flush consisting of all spades from deuce to ace).

The oldest rider (Mike Middlemiss, 75) and youngest rider (again, Justin Harrington, 11) both received a free lunch. Lucky for Mike, organizers were ineligible for the contest.

It was a super day, thanks to fellow organizers, Rosemary Jamison and Dave Parker. Lori Parker, who usually is part of our supporting cast, was laid low by a painful bout with a mean kidney stone.

Look for some big changes in 2013 that, weather permitting, will put us over 100 riders. Thanks everyone for coming and making it a great day.

This April in QCBC Bicycling history

By Joe Jamison

Want to know what is meant by "Adventure Touring"? Then go to "youtube" and call up "Ian Hibbel". Ian was a Brit who joined the club in 1964, the year of our founding. He stayed in the Quad-Cities for a short time before embarking on a lifelong adventure of biking around the globe. Awesome achievements.

Closer to home, 1982: A new tour, TOGIR (The Other Great Iowa Ride), created by Carter Lebeau and Herb Page has more than 300 participants signed and there is still three months before the July launching.

1992: Terry Burke: Criterium chairman announces the addition of a \$2500 prize list for women.

2002: Our officers report 44 new members were signed in the April issue of the newsletter bringing the overall membership to a total of 1149.

Big turnout for RAGBRAI for Rookies

By Ken Urban

The QCBC third annual RAGBRAI for Rookies seminar on March 3, at the Davenport Public Library at Eastern Avenue, drew about 70 people, including some from as far away as Dubuque.

About half the attendees had never participated in RAGBRAI, while others were ride veterans looking for more information and tips. Topics included RAGBRAI history, the application process, charters, safety, camping, training and emergency repairs.

Presenters included Tony Buck, Michael Hughes, Dean Mathias, Donnie Miller, Dixon Novy and Ken Urban. An open house followed with demonstrations and individualized advice.

Jim Coffman, a RAGBRAI rookie who signed up with the QCBC charter service, said the seminar "was well done and exceeded my expectations. The people there who represented the QCBC were obviously committed to the sport and event. Thanks for the invite and the information. I'm excited to do the ride and the training."

April 2012—Ride Schedule

Apr-Leisure 01	Sunday Morning- beginners ride- 1 hour easy ride	Leisure/ 10 miles 8-10 mph	8:00 AM	Milan Commu- nity Center Camden Park Hwy 67, Milan	Deb & Dean Mathias 309-787 -6547
Apr-Mid- 01 paced	Sunday Morning- Paced Ride- ride the back roads of south Rock Island County with Deb & Dean.	35-40 miles 14-16 mph	9:00 AM	Milan Commu- nity Center Camden Park Hwy 67, Milan	Deb & Dean Mathias 309-787 -6547
Apr-Women 03 only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30 PM	East end of Ben Butterworth Park Moline	Kathy Ramp 309 -738-8389
Apr-Race 03	Racing training at an av- erage above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Wed- 04 morn- ing	Wednesday Morning Com- bined ride, riders deter- mine the distance, pace, includes breakfast stop	25+ miles	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Apr-Race 05	Racing training at an av- erage above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Family 06	Families with children ride - average <10 mph	<10 miles	6:00 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563- 340-3476
Apr-Mid- 07 paced	Saturday Morning Mid Paced Ride- Buffalo-Blue Grass and beyond	43 miles 14- 16 mph	9:00 AM	HyVee- Eastern Ave. & Kimberly, Davenport	Dean Arney 563- 355-1282
Apr-Begin- 08 ner	Beginners of all ages/ abilities - trail/road rides - no drop	<25 miles	1:00 PM	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563- 340-3476
Apr-Mid- 08 paced	Sunday morning- Easter Sunday Riders' Choice- route & distance deter- mined by riders	miles TBD 14- 16 mph	9:00 AM	Colona Grade School, 700- 1st St., Colona, IL	Riders' Choice
Apr-Women 10 only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30 PM	East end of Ben Butterworth Park Moline	Kathy Ramp 309 -738-8389

April 2012—Ride Schedule

Apr-Race 10	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Wed- 11 morn- ing	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Apr-Race 12	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Family 13	Families with children ride - average <10 mph	<10 miles	6:00 PM	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Apr-Mid- 14 paced	Saturday Morning Mid Paced Ride. SW Rock Island loop- mix of hills and flat terrain to Taylor Ridge, Reynolds and Edgington.	45 miles 14-16 mph	9:00 AM	Thermo King-R.I. Industrial Park, Rock Island	Tom Scott 309-788-9257
Apr-Begin- 15 ner	Beginners of all ages/abilities - trail/road rides - no drop	<25 miles	1:00 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Apr-Mid- 15 paced	Sunday Morning Mid Paced Ride- SW Scott County surprise	35+ miles 14-16 mph	9:00 AM	Emeis Park Golf Course parking lot- Davenport	Ken Urban 563-326-3427
Apr-Women 17 only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30 PM	East end of Ben Butterworth Park Moline	Kathy Ramp 309-738-8389
Apr-Race 17	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Wed- 18 morn- ing	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

April 2012—Ride Schedule

Apr-Race 19	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Family 20	Families with children ride - average <10 mph	<10 miles	6:00 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563 -271-3048, Don Collins 563-340- 3476
Apr-Mid- 21 paced	Saturday morning mid paced ride- Ride to Le-Claire, option to go beyond	TBD 14-16 mph	9:00 AM	Eastern Avenue Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355- 2564
Apr-Begin- 22 ner	Beginners of all ages/abilities - trail/road rides - no drop	<25 miles	1:00 PM	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563 -271-3048, Don Collins 563-340- 3476
Apr-Mid- 22 paced	Sunday Morning Mid Paced Ride- Rock River Ramble- scenic loop along Rock River on lightly traveled rural roads.	TBD 14-16 mph	9:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Kevin Smith 309 -792-5613
Apr-Women 24 only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30 PM	East end of Ben Butterworth Park Moline	Kathy Ramp 309 -738-8389
Apr-Race 24	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Wed- 25 morn- ing	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Apr-Race 26	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
Apr-Family 27	Families with children ride - average <10 mph	<10 miles	6:00 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270, Mike Hughes 563 -271-3048, Don Collins 563-340- 3476

April 2012—Ride Schedule

Apr- Mid- 28 paced	Saturday morning mid paced ride- Riders' Choice - route determined by riders	TBD 14-16 mph	9:00 AM	Great River Trail parking lot Rapids City, IL	Riders' Choice
Apr- Begin- 29 ner	Beginners of all ages/ abilities - trail/road rides - no drop	<25 miles	1:00 PM	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
Apr- Mid- 29 paced	Sunday morning mid pace ride- 3 hour out and back ride with QCBC club president	40 miles 14-16 mph	9:00 AM	Crow Creek Park, Devils Glen Road, Bettendorf, IA	John Harrington 563-940-6023

MAY 2012—Ride Schedule

May- Women 01 only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30 PM	Crow Creek Park Bettendorf	Kathy Ramp 309-738-8389
May- Race 01	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
May- Wed- 02 morn- ing	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00 AM	HyVee- Rd/Spring Street, Davenport	Kimberly Darlene Moritz 563-386-3499
May- Race 03	Racing training at an average above 23mph	35+ miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Donnie Miller 309-737-8270
May- Family 04	Families with children ride - average <10 mph	<10 miles	6:00 PM	Eastern Avenue Park, Duck Creek Parkway.	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563-340-3476
May- Mid- 05 paced	Saturday morning mid paced ride- McCausland and back	40 miles 14-16 mph	8:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Tony Buck 563-508-0989

MAY 2012—Ride Schedule

May-Begin- 06 ner	Beginners of all ages/ abilities - trail/road rides - no drop	<25 miles	1:00 PM	Illiniwek Park, Hampton, IL	Donnie Miller 309-737-8270, Mike Hughes 563-271-3048, Don Collins 563- 340-3476
May-Mid- 06 paced	Sunday Morning Mid Paced Ride to Hillsdale. Return to park for SPRING PICNIC. Bring a dish to pass.	25 - 30 miles 14-16 mph	9:00 AM	Illiniwek Park, Hampton, IL. IL Rte 84.	Dixon Novy 309- Off 736-0162

New members

NewMember	CityState	Phone
Anderson, Christina	Bettendorf, IA	day 563-332-5791 eve 563-580-0190
Beverage, Mckenzie	Urbana, IL	317-579-1539
Burrows, Andrew	Moline, IL	day 443-340-7588
Caras, Kelly , & Earnie	Moline, IL	day 309-631-0911
Chubick, John	Bloomington, IL	day 309-663-6976 eve 309-319-6346
Cunningham, Ray	Durant, IA	day 563-785-6973 eve 563-506-3905
Danielsen, Lauren , & Mathew Wolford	Boulder, CO	day 970-389-3465
Hojnacki, Paul	Bettendorf, IA	day 563-579-3660
Hood, Rick , & Kathy	Milan, IL	309-283-7153
Howard, Nicolas	Moline, IL	day 402-708-8570 eve 402-708-8570
Jackson, Debra	Davenport, IA	day 563-359-1728 eve 563-508-6720
Kraft, Kathryn	Bettendorf, IA	day 309-517-0599
Kuehl, Bob , & Carol	Eldridge, IA	day 563-285-4923 eve 563-340-5333
Lovejoy, Frank , & Debbie	Davenport, IA	day 563-529-4459 eve 563-322-5254
Mecham, Clint , & Jo	Port Byron, IL	day 309-523-2945 eve 309-781-1260
Murphy, Terry	Moline, IL	day 309-737-6133 eve 309-737-6133
Pahnke, Eric	Davenport, IA	907-799-9738
Ring, David , & Jimmie	Davenport, IA	770-653-6718
Roegner, MD, Douglas P.	Rockford, IL	day 815-229-1791 eve 815-222-9838
Rosebery, James , & Virginia	Rock Island, IL	706-505-8261
Sattizahn, Mark	Erie, IL	day 309-738-2716
Schalk, Ben , & Dorothy	Rock Island, IL	day 309-781-1468
Seasly, Jim , & Shelley	Grand Rapids, MI	day 616-334-4789
Stenmark, Kent	Milan, IL	day 308-787-2719
Tiemann, Pamela	Erie, IL	day 309-945-7252 eve 309-945-6827
Umland, Kasey	Urbana, IL	217-721-4316
Widick, Blake	Bettendorf, IA	day 309-912-1233
Wolf, Joshua , & Monique	Rock Island, IL	day 540-557-7276 eve 917-744-7071

Quad Cities Bicycle Club
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COMING EVENTS

March 27—QCBC annual meeting (Page 2)
April 28—Spring Tailwind (Page 3)
May 6—Club Picnic (Page 3)
May 28—47th annual QC Criterium (Page 1)
June 9 & 10 — TOMRV (Page 3)



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING