



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — July 2012



Dick Wolbers with the kitten he rescued.

TOMRV training turns into cat rescue

By Ken Urban

The 51-mile June 3 mid-paced Sunday ride was promoted as a TOMRV training ride. With 19 riders, it started at “Airport Park” south of the QC International Airport in Moline with a climb up 50th Street off of 78th Avenue and continued through Coal Valley, Orion, Cable and Sherrard.

After leaving Sherrard, the route headed up the hill on County NN toward Sherrard High School. Animal lover Dick Wolbers heard a cat meowing and pulled off to the side and tracked the sound to a storm water grate on the edge of the road. The heavy cast iron grating was lifted, and Dick reached into the catch box and pulled out a small gray kitten, which was understandably frantic, but appeared to be tame.

The closest house was about a mile away, so it wasn’t obvious who owned the kitten, which was placed in Dean Mathias’ backpack. I knew someone who lived past the school and hoped he could take the cat.

We reached his house and saw a John Deere lawn tractor at the end of the driveway with a “for sale” The owner was getting ready to leave on vacation and wasn’t interested in adopting the kitten. About the same time, a couple stopped to look at the lawn tractor. I don’t know if they bought it, but did agree to take the kitten.

It was a feel-good moment. You never know what adventure you may have on a bike ride.

Key Contacts

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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.

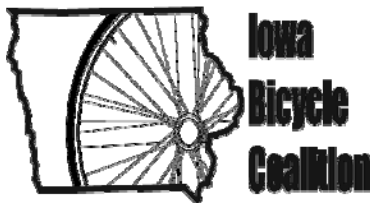
Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

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 qbceditor@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 Spring Adopt-a-Highway

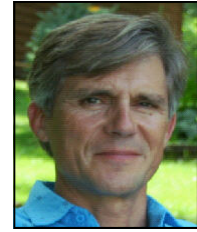
By Ken Urban

Several dedicated volunteers continued the tradition of beautifying a two-mile stretch of Scott County Park Road north of Davenport on May 6. Litter seems to have subsided through the years, but there still are many cans, bottles, cigarette packs, building materials and other trash to collect. The group was rewarded with pizza afterward. Coordinators Ken and Julie Urban thank Tom and Pat Bolton, John Harrington, Jean Kelly, Dean Mathias, Phil Schubbe and Mike Wilcox for their help. Watch the newsletter for fall cleanup information.



Let's Ride!

John Harrington, QCBC president



My dad told me a long time ago that “life is not always fair.” That certainly was true for TOMRV 35. More than 1,500 riders enjoyed a mild tailwind from Bettendorf or Preston to Clarke College in Dubuque only to be blasted by 20+ mph head winds Sunday.

Even riders that left Clarke at 5 a.m. were hit by Mother Nature with unusual early-morning winds. As usual, the best protection — and my personal favorite part of the two-day ride — was in the Mines of Spain just south of Dubuque.

Regardless of the wind, the accolades continue to pour in once again for another fantastic Quad Cities Bicycle Club Tour Of the Mississippi River Valley. SAGs were staffed by many helpful and familiar volunteers. Food and drinks were plentiful and dinner was the usual “over the top” affair.

Continuing our recent tradition of donating some event proceeds to local charities, more than \$1,500 will be given to Special Olympics Iowa. And here’s a “shout out” to the Preston Lion’s Club for donating \$100 to the American Cancer Society in our club’s name for supporting their food stand fundraiser. How great is that!

The QCBC presented event director Doug Truesdell with a special TOMRV 35 jersey for his years of service. He and his wife, Karen, are moving to Colorado, with Doug retiring from his TOMRV duties on a high note. Fortunately for thousands of future riders, Doug has since decided to lead TOMRV 36 from Colorado. His leadership team will tackle some of his many duties to ensure a smooth transition. So, TOMRV lives on with June, 2013 just a few bike rides away.



Justin and Janette Harrington offer smiles and pop-sicles at a Chestnut Mountain sag stop during TOMRV.

Take the Z-Tour on July 21

By Don Schiff

The Zearing Child Enrichment Center is hosting the Z-Tour 2012 on Saturday, July 21, beginning and ending in Zearing Park in Princeton, Ill.

The ride goes on some of the best bike roads in northwest Illinois with loops that incorporate hills, rolling terrain, beautiful views of Bureau Creek with minimal traffic.

There will be well-stocked rest stops and a nutritious meal afterward.

This year’s Z-TOUR has six route options for all levels of riders: a 10, 29, 40, 50 and 62-mile (metric century) and a new 100-mile (full century) route.. For more information, look under Rides/Toures at qcbc.org.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

Birds do it, bees do it, even energizing bikes do it. Wait a minute. Bikes don't fall in love – even though some bikers do fall in love with their bikes.

No, the “it” that all three entities have in common is not quite love. It's balance, as aspect of nature as wonderful as it is mysterious.

The painted lady butterfly flits around the backyard with no apparent aim, then with a quick stop and drop alights on the fragile edge of a rose petal. Immediately, effortlessly, and, yes, delicately, it's in balance. Let the wind blow the flower helter-skelter; it doesn't faze the lovely lady. Balance.

Birds are almost the same. How does that line of starlings keep upright while nonchalantly taking a rest on a power line? With just slight moving with the wind, it's balance.

And, of course, balance is the singular trait common to all cyclists. Above toddling and keeping upright on two legs, balancing on two wheels is a leap into beginning maturity for every youngster. It's a rite of passage, as determining as that first flight from the nest by the fledgling robin or the unfolding of butterfly wings.

So evasive and delicate, the butterfly's or bird's balance is somewhat akin to a cyclist staying safely on course in a blustering wind, speeding down a roller-coaster hill, slowly easing through lanes and lights on city roads, maneuvering along a wooded single track, or just riding – and balancing - a bike.

It's balance and equilibrium. And it's also equal liberation, not like major league baseball, basketball, or football. Both two-wheeled sexes fly with the birds and the bees – balanced together.

Along with balance, birds, insects, and bikes also have beauty. It's hard not to get an aesthetic thrill when a luna moth floats into view. The same with the majestic bald eagle or the diminutive hummingbird. And bikes, with their classic symmetry, their explicit geometry, and their motive simplicity are deeply harmonious and attractive.

But, alas, all is not always ideal. The preying mantis is as ungainly as twigs, buzzards are ugly in face and function, and some bikes (like the one I ride around town) would look bad in a junk yard.

In contrast, balance-wise, the hulking automobile with its encasing and insulating shell just doesn't make it. Mechanically it's a masterpiece of balance, but humanly it's a return to the nest – practical, but stodgy and with its four wheels stolidly on the concrete not even close to a waddling duck, much less a migrating monarch butterfly.

The car is limited. It needs pavement. It's locked into lines, regular curves, and complicating intersections. Bikes, birds, and insects, in contrast, have freedom. They go anywhere, conquering space with few structural limitations.

But it's not just beauty and balance. We know that the insect and bird world is a key part of the vast ecology of nature. That hovering bumblebee is not just smelling the roses; it's helping to fertilize the flowers it visits. The swooping nighthawk eats an incredible amount of dusk-flying insects, equalizing pest proportions. Indeed, our balancing friends are a key aspect of the whole balance of nature.

And balancing bicycles also are beneficial. Besides the physical and psychological boons they grant to their users, they help our ecology, energy saving, road preservation, traffic easement, and many other aspects of our sophisticated society.

It's not all just work. The birds, bees and bikes also play. We know bikers play, but the other two sure look like they're getting some fun out of life at times.

For those of you who are bicyclists, be happy to be one balanced with the birds and the insects. For those of you who aren't, hey, come on, try a little balance in your life.

Seeking pledges for Habitat 500 ride

By **Gordon Fordyce**

I'll be riding my ninth consecutive Habitat 500, a 500-mile week-long pledged ride, in July. I need help to support our local Quad Cities Habitat for Humanity affiliate. All funds I raise will go toward building house 77 in Davenport this year. To pledge, contact me at (563) 322-6001, gandkfordyce@mchsi.com, or go to www.habitat500.org and click the "donate" button for rider 49. All donations are tax deductible.

This July in QCBC Bicycling History

By Joe Jamison

Bicycling Trivia: In 1924, at age 20, Davenport resident Victor Hopkins set his sights on the Olympics in Paris, France. He biked from Davenport to Milwaukee for the 116-mile time trial, placed second, and then went home again—all on his one-speed bicycle.

When he qualified for the final 117-mile trial three weeks later, he pedaled the 1,000 or so miles up to Paterson, New Jersey, and won the trial by 20 seconds.

QCBC events from the past:

1972: QCBC continued to take on its own identity in this year. Club patches and club jerseys became available and were popular. (Did you know our colors are blue and gold??)

1982: A new touring opportunity was presented with an overnight at Lacey-Keosauqua State Park in deep South-east Iowa.

1992: Deb and Dean Mathias log 289 miles in the Iowa 24-Hour Challenge and both place 15th overall. Deb, on the other hand, is tops among the ladies division.

2002: Dave Thompson: race director announces the third annual QCBC Time Trial Championships to be held near Barstow, Ill, a favorite training area for cyclists.



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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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Miracles Can Happen ride to be held Sept. 1

By Dick Grimm

I hope when everyone plans all their great rides this year, they include the Sept. 1 Ride the Challenge, with great routes and awesome food at the sag stops.

We are making some changes this year. We're moving to a warmer date—Sep. 1 – the Saturday of Labor Day weekend. In an attempt to move away from the same weekend of college football and the QC Marathon, we are trying a new date.

We also hope that most of the routes will have new surfaces to ride on this year. Jim and Cathy will host their hard-to-pass-up, homemade breakfast before the ride. Last year, Hy-Vee provided pastries for sag stops and prepared sub sandwiches for the long distance riders. Then there are the after-ride "Root Beer Floats."

The routes go through a variety of towns with fall colors along the Wapsi river valley. There are four routes of 25-, 55-, 75-, and 100-miles, plus the flexibility to add or subtract miles as you choose.

We have four sag stops, five if you count that you go through Bennett twice on the long routes. We have really great sponsors that help fund the t-shirts available for early registrants, volunteers and ranch staff, plus the ranch boys.

This is the 7th year for the Challenge ride. The main goal of the ride is that everyone has a nice ride, and gets to meet Jim and Cathy Fry and the boys at the ranch, and hear about all the good things happening in the boys lives.

Miracles Can Happen Boys Ranch is a Christian home atmosphere designed to help troubled boys suffering personal problems in their lives. Fundraisers such as the Challenge ride are held to generate the funds to support the ranch. The ranch does not receive any government money, so most funds are raised through activities such as the Challenge ride and private donations.

The boys work registration, the breakfast and sag stops. Some talk freely and some are more reserved. But every year they never fail to be amazed at the fact that people will come out and pay to ride miles of hilly roads just to help them, and eat homemade cookies.

Most riders find that the boys enjoy meeting everyone. I have found that most times they just want someone to care about them and listen.

This year we again will be starting with a pre-ride breakfast of pancakes, eggs, bacon and sausage and whatever else Jim and Cathy fix. All prepared for the cost of a freewill donation.

Register for the ride online at www.mchboys.com or download a form from the website. Registration is \$20 before Aug. 18 or \$25 after until the day of the ride. Early registrants will receive a free T-shirt.

Registrations and donations are tax deductible.

For more information, contact Dick Grimm at rlgrimm@netexpress.net.

QCBC women invited to QC Women's Outdoor Club picnic

By Kathy Storm

The Quad Cities Women's Outdoor Club invites female QCBC members to join our club. We are a group of area women active, and interested in, learning about, and participating in, outdoor activities in addition to cycling.

Since the QCWOC started in 2007, we have grown to 230 members. Membership dues are \$20 for a year (January to December) or \$10 for a half-year (July to December).

Some of this year's activities are camping, rock climbing, rowing, hiking, mountain biking, softball, horseback riding, pickle ball and zip lining.

There also are community volunteer activities; cleaning a two-mile section of Scott County road, and tending a vegetable garden in Silvis and donating the harvest to a local food pantry.

On Saturday, July 14, we will host a summer picnic from 10 a.m. to 2 p.m. at Loud Thunder. It will include cycling, hiking and canoeing.

To attend as a guest of the club, RSVP Kelly Fleener at events@qcwoc.com or (309) 798-9345.

For more information about the club or for a membership form, visit www.qcwoc.com. Membership forms also are available at Active Endeavors in Davenport, area bike shops and YMCAs.

Join the August Camp-Out Ride

By Darlene Moritz

Join the fun at the August Camp-Out Ride on Aug. 18-19. Riders, their families, and guests are welcome.

Bring tents, sleeping bags, camp chairs, coolers of food and drinks to the Ben Butterworth Parkway, just east of the Captain's Table, on Saturday, where they will be loaded in a trailer from 8 to 8:30 a.m., and driven to the campsite. Overnight parking is available at the parkway.

We will leave at 8:30 a.m. and head for breakfast in one of the many small towns along the way. The route to the campsite is roughly 65 miles.

We will be camping at a small farm north of Savanna, Ill. If you are not a camping person, you can stay at the Super 8 (815) 273-2288 or L&M Motel (815) 273-7728, both in Savanna.

I will provide transportation between the motels and campsite Saturday night. Pick-up time at the motels will be around 5 p.m.

Showers will be available for campers. We will have a bonfire, and grills will be available for cooking at the campsite Saturday night.

The cost is \$6 per person to help pay for expenses such as the Porta John, charcoal, gear transportation, etc.

For more information, and/or to RSVP, contact me (563) 386-3499 or dmoritz@access.net.

I need to know if you are camping or staying at the motels in Savanna. If you are staying at one of the motels, please let me know which one.

QCBC members receive randonneuring recognition

By Joe Jamison

Audax Club Parisian (ACP) is the global governing body for randonneuring. The ACP has established awards of recognition for riders who meet the criteria. One of the most difficult award to achieve is the Randonneur 5000.

To qualify the rider must—within a four-year period—complete 200K, 300K, 400K, 600K, 1000K brevets; officially finish Paris-Brest-Paris (1200K); and officially finish a Fleches-USA (team event: minimum 360K within 24 hours)

From 1996 to the present, only two Illinois residents have qualified and only five Iowans. Of those seven, four are Quad Cities Bicycle Club members.

They are:

Wayne Hanno, Davenport, Ia., qualified in 2000

Greg Zaborac, Canton, Ill., qualified in 2000

Mike Fox, Cedar Falls, Ia., qualified in 2009

Mike Wallace, Iowa City, Ia., qualified in 2010

Congratulations to these QCBC randonneurs.

QCBC RAGBRAI XL charter service

By Dixon Novy

Attention cyclists interested in joining our RAGBRAI Charter Service.

Paid charter reservations are being accepted for those who entered the lottery for RAGBRAI XL. Payment must be received by July 14. Proof of registration through the Des Moines Register is required because you must hold a lottery TAG to accompany us on our charter.

Click on RAGBRAI tab in the right hand ribbon at www.qcbc.com for complete details and our "Charter Registration for Lottery TAG Holders" application.

Iowa Bicycle Coalition seeking members

From the Iowa Bicycle Coalition

The Iowa Bicycle Coalition is a non-profit organization working to promote Iowa cycling as safe and enjoyable recreation and transportation. We unite the voices of road riders, mountain bikers, recreation riders, commuters, and anyone who prefers a bicycle for recreation and transportation.

Our work includes Safe Routes to School, Bicycle and Traffic Safety, Complete Streets, Bike to Work/Bike Transportation, Government Relations and Legislative Efforts, and Iowa Goes By Bicycle Challenge.

Over the past year, we have accomplished work that has helped determine the quality of bicycling in Iowa:

- We helped more than 20 Iowa communities establish bicycle and pedestrian action plans, and create Safe Routes to School action plans that resulted in 27,000 kids walking or bicycling to school
- Safe Routes to School conducted workshops in more than 50 of Iowa's 99 counties, reaching nearly 100 elementary schools and almost 40,000 students
- We hosted our eighth annual Iowa Bicycle Summit and Expo Jan. 27-28, with an estimated 3,500 people who came through the Expo
- We commissioned the Economic and Health Benefits of Bicycling in Iowa study, working with the University of Northern Iowa, and found that recreational cyclists' spending has a \$364.8 million impact in Iowa, and a health-care cost savings of \$73.9 million
- We had almost 1,000 participants in our Iowa Goes By Bicycle Challenge last year, logging over 2.5 million minutes of physical activity by bicycle
- We distributed more than 2,000 bike law wallet cards to bicyclists



We worked with the legislature to keep \$3 million in the State Recreational Trails program

Recently, the League of American Bicyclists issued the annual ranking of states according to bicycle friendliness, and Iowa dropped 10 places from No. 6 to No. 16 on the Bicycle Friendly State list.

The ranking, along with two bicycle fatalities in May, has prompted the Iowa Bicycle Coalition to focus on state laws and policies that could improve safety and reduce bicycle crashes. One key issue that we have renewed our efforts on is the three-foot passing distance law.

This law has been proposed in the Iowa legislature over the past four years. Nearly half of U.S. states have adopted a three-foot passing distance law; the law recently passed in Nebraska, and it has been a law in Wisconsin since 1973.

By putting a 3-foot passing distance law into effect, it would likely be taught in driver's education, included in the driver's manual, and be a question on the driver's examination. Iowa passed a "safe and reasonable distance" law several years ago, with one of the highest scheduled fines on the books, however a more specific minimum passing distance law would increase driver awareness and education to prevent crashes.

The Iowa Bicycle Coalition is advocating and fighting for safer bicycling in Iowa, and working to bring Iowa back to one of the top states for bicycling.

We invite you to join the Iowa Bicycle Coalition. We need your support as we push for a three-foot passing distance law. The work we are able to accomplish is largely due to the support of our members. You can help strengthen our voice and have influence in making Iowa better for bicycling by joining the Iowa Bicycle Coalition!

To join, visit www.iowabicyclecoalition.org/join

DeWitt Triathlon on Aug. 4

The 10th annual First Central State Bank Crossroads Triathlon will be held Aug. 4 in DeWitt, Ia. It includes a 500-yard swim, 15-mile bike ride and 5K run. For more information, or to register, visit www.crossroadstriathlon.com.

The ride schedule was accurate at the time we published the newsletter.

Some rides may not have been submitted in time.

The QCBC website <http://qcbc.org/rides/> will have the most up-to-date schedule.

July 2012—Ride Schedule

Jul 01	Mid-paced	Sunday morning ride through to Woodhull. Rolling hills... good training ride.	60 mi. 14-16 mph avg	8:0 OAM	Camden Park- Milan	Deb & Dean Mathias 309-787-6547
Jul 01	Mid-paced	Sunday morning ride through southern Rock Island County. Rolling hills... good training ride.	TBD	8:0 OAM	SW Rock Island Library, 9010 Ridgewood Rd	TBD
Jul 03	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:3 OPM	Call Kathy for start location	Kathy Ramp 309-738-8389
Jul 04	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:0 OAM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 05	Thu-evening	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	25 - 35 miles	5:3 OPM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Bill Storm 309-736-6005 W 563-343-9916 C
Jul 07	Mid-paced	Saturday morning ride to Bishop Hill for breakfast and/or sweets.	50 mi. 14-16 mph avg	8:0 OAM	Orion High School	Dick Wolbers 563-332-9906
Jul 08	Mid-paced	Sunday morning ride-ride to Wilton for pancakes	50 mi. 14-16 mph avg	8:0 OAM	West Lake Park-Gate 1, Davenport	Steve Geering 563-381-3619
Jul 10	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:3 OPM	Call Kathy for start location	Kathy Ramp 309-738-8389
Jul 11	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:0 OAM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 12	Thu-evening	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	25 - 35 miles	5:3 OPM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Bill Storm 309-736-6005 W 563-343-9916 C
Jul 14	Mid-paced	Saturday morning ride-RAGBRAI training ride to Wilton.	50 mi. 14-16 mph avg	8:0 OAM	River Bandits parking lot- Davenport riverfront	Dixon Novy 563-221-9093
Jul 15	Mid-paced	Sunday morning ride- Retrace old Lincoln Hwy through Wheatland & Lowden	55-60 mi. 14-16 mph avg	8:0 OAM	North Scott High School- Eldridge, IA	Don Collins 563-340-3476

July 2012—Ride Schedule

Jul 17	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:3 OPM	Call Kathy for start location	Kathy Ramp 309-738-8389
Jul 18	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:0 OAM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 19	Thu-evening	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	25 - 35 miles	5:3 OPM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Bill Storm 309-736-6005 W 563-343-9916 C
Jul 21	Mid-paced	Saturday morning ride-Cordova-Albany loop	40 mi 14-16 mph avg	8:0 OAM	Cordova City Park	Bill & Kathy Storm 563-355-25864
Jul 22	Mid-paced	Sunday morning ride-Riders Choice... route and mileage determined by participants	TBD 14-16 mph	8:0 OAM	Duck Creek Parkway at Eastern Avenue, Davenport	Riders Choice
Jul 24	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:3 OPM	Call Kathy for start location	Kathy Ramp 309-738-8389
Jul 25	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:0 OAM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jul 26	Thu-evening	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	25 - 35 miles	5:3 OPM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Bill Storm 309-736-6005 W 563-343-9916 C
Jul 28	Mid-paced	Saturday morning ride-TBD (check website for update)	TBD 14-16 mph	8:0 OAM	TBD	TBD
Jul 29	Mid-paced	Sunday morning ride-TBD (check website for update)	TBD 14-16 mph	8:0 OAM	TBD	TBD
Jul 31	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:3 OPM	Call Kathy for start location	Kathy Ramp 309-738-8389

August 2012—Ride Schedule

Aug 01	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:0 OAM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Aug 07	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:3 OPM	Call Kathy for start location	Kathy Ramp 309-738-8389

August 2012—Ride Schedule

Aug 08	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Aug 14	Women-only	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30PM	Call Kathy for start location	Kathy Ramp 309-738-8389
Aug 15	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

QCBC scheduling periodic rides with other clubs

By Ken Urban

The QCBC is trying to schedule periodic rides with other regional bike clubs. It's fun exploring new roads and meeting new people. BIC- Bicyclist of Iowa City hosted a four-club ride on June 2, which started at Amana and included around 75 riders from BIC, Riverbend, Melon City and QCBC.

After fighting a headwind on a flat route out to Belle Plain for lunch at the Lincoln Café, a nice tailwind helped us over the rollers to Blairstown and back for a total of 59 miles.

Several riders enjoyed refreshments, barbecue and live music at Millstream Brewery following the ride. Watch the ride schedule for future joint rides.

July 31 QCBC movie night to show "Breaking Away"

By John Harrington

The next QCBC Movie Night will be Tuesday, July 31, at the RME Redstone Room in Davenport. We'll show "Breaking Away," one of the most popular biking movies ever. Watch QCBC.org for ticket info. We'll also send an email with details.

Again, all profits will be donated to a local charity. We've chosen HAVlife, the Hunter Aaron Vondran Foundation, whose goal is to eliminate lost potential for students. "Too often, young students are unable to pursue activities and interests because of the costs associated with music education and youth sports programs. This missed opportunity for our youth represents something that we at HAVlife call 'Lost Potential,' " according to HAVlife.

Studies link the benefits of music education and sports to social development, behavioral and cognitive development in children. However, arts education and extra-curricular programs often are the first to go in school cuts.

Started in memory of Hunter Aaron Vondran, HAVlife is a not for profit 501(C)(3) established to fund resources students need to pursue musical aspirations and athletic goals – just like Hunter did..

HAVlife provides scholarships to students to help cover things such as sports equipment, musical instruments and summer camps. Over the past four years, they have raised and granted over \$250,000.

New members

NewMember	CityState	Phone
Deutmeyer, Jason , & Sonia	Bettendorf, IA	day 563-359-8779 eve 563-343-3341
Fitzsimmons, Erin	Davenport, IA	day 319-621-5277 eve 319-621-5277
Ide, Larry	Monmouth, IL	day 309-536-0402
Kellen, Kelly	Moline, IL	563-355-5984
Kreinbring, Christina	Coal Valley, IL	day 309-234-5900 eve 309-781-3456
Marrari, Rocco , & Rebecca	Davenport, IA	day 563-370-2256
Martin, Dick	Bettendorf, IA	day 563-343-5432
Mccormack, Michael , & Karen	West Peoria, IL	day 309-692-7697 eve 630-806-9534
Mester, Randy , & Kim	Davenport, IA	day 563-210-0405 eve 563-210-0406
Moore, Jena	Davenport, IA	day 563-508-6276
Olson-Smith, Clark , & Sara	Davenport, IA	day 563-271-6176
Riches, Jimmy	Bettendorf, IA	day 563-343-2540
Schrank, Jason	Bettendorf, IA	937-654-2714
Toplikar, Mark	Davenport, IA	703-869-5088
Truesdell, Molly , & Tim	Bettendorf, IA	day 563-332-6247 eve 712-230-0503

QCBC Membership Totals

Membership type	# of memberships	# of members
Comp	12	12
Couple	241	482
Family	135	444
Ind.	387	387
Life	3	5
Grand total	778	1,335

Ride scenic Colorado charity ride on Sept. 8

The Ride Westcliffe 4th annual Charity Ride will be held Sept. 8 in southern Colorado between the towering Sangre DeCristo Mountain range (14,000 feet) and the lush wet mountains.

The ride has four options—a Century with 10,500 feet in elevation gain, a metric century with 8,500 evg, the New Guys Ride (25 Miles) with 1,500 evg, and a family ride of eight miles with 250 feet evg.

The entry includes a pasta feed, shower, pool and sauna, free concert, t-shirt, full support, five rest areas and a goody bag.

This is Westcliffe's 125th anniversary and merchant and dining discounts are available. Group discounts are available for 10 or more riders. See details at www.ridewestcliffe.com.

QCBC member want ad

Wanted to buy: double bugger in good condition. Call Jerry at (563) 324-6640.

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

Presorted Standard
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Davenport, Iowa

RETURN SERVICE
REQUESTED

QCBC—one of 10 biggest bicycle clubs in the U.S.

COMING EVENTS

July 14—Outdoor Club picnic (page 6)
July 21— Z-Tour (page 3)
July 31— QCBC Movie Night (page 11)
Aug. 4 — DeWitt Triathlon (page 8)
Aug. 18-19— Campout Ride (page 7)
Sept. 1—Miracles Can Happen Ride (page 6)



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING