



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — August 2012

Here's to another successful Criterium

By Donnie Miller, race director

This year's Quad Cities Criterium brought some new partners and attractions, and fantastic racing as well.

The best news was the addition of Genesis Health System as the new title sponsor, and a new name for an old race - the Quad Cities Criterium presented by Genesis Health System.

Ken Croken, vice president of corporate communications has been awesome to work with and we look forward to a continued partnership. Thank you for being our presenting sponsor.

We had a fantastic day of racing, even though the weather looked like it was not going to cooperate.

The low during the race was a cool 64 degrees and the high was 89 degrees with humidity recorded at up to 93 percent. The wind stayed at an average of 11 mph and was out of the west with gusts up to 39 mph. The course proved tough again with the winds creating some tough spots to ride.

Then there was rain. It's not really Memorial Day without at least a little rain. Unfortunately, we got it twice, once in the morning for the juniors, and again in the afternoon for the best riders of the day.

Unfortunately, the afternoon storm for the Men's Pro 1/2 race came right before the podium celebration and the crowds scattered as soon as the storm hit. We did get a dry sprint finish, but that was about it. At about the 15th guy or so through the finish line, the sky just opened up, and everyone got wet.

This year, we had 563 entered riders and another 75 for the kid's races. Our men's feature race was an exciting tactical show, especially with the racers fighting headwinds as they set their prospective sprinters up for the win.

The women's feature was as exciting as the men's race, and all came down to a field sprint. The other races of the day saw great fields and great competition. Also up over last year's entries were the juniors' fields, which included a new U23 Cat 4/5 race, all competing for the Lance Armstrong Juniors Road Race Series points for inclusion into USA Junior Camps.

Overall, there were entries from 24 states, and Ontario, Saskatchewan, and New Zealand.

Along with the rodeo, kid's races, Vietnam Veterans Color Guard, Sandy Wohlford singing the National Anthem, Rascal the QC Bandit's Mascot, Jumpin' Joey's Bounce Houses, food vendors, QC Tumblers troupe, and all of the beer vendors and beer establishments, made for an exciting day.

We look forward to seeing everyone next year and thank you for making this year's 47th edition a great success.



Key Contacts

Officers:

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

Vice president - Denise Duethman (309) 721-7276 or neuromanager910@yahoo.com

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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 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

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.

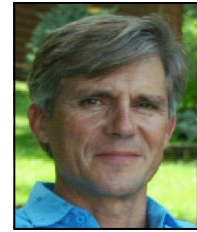
Entry includes a pasta feed, shower, pool and sauna, concert, t-shirt, full support, five rest areas and goody bag.

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.



Let's Ride!

John Harrington, QCBC president



I'll take our July weather over next January's any time.

Tidbits from the road...

While on vacation in Denver, I had the chance to get in a few miles on their local bike paths. A Bicycle Friendly City, Denver has several hundred miles of wide bicycle paths with minimal stop signs that guide cyclists around and outside the city.

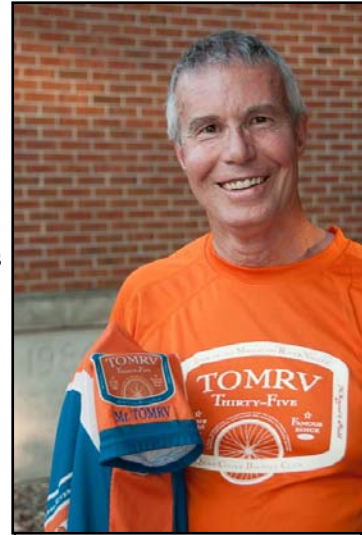
Many of the trails include welcome shade and rest stops. Bike path maps are readily available. Try out one of their paths on your next visit to the Mile High City.

Speaking of bike paths, Janette and I recently rode Chicago's Lakefront Bike Path. East of Lake Shore Drive, the path is more than 18 miles long and includes beaches, volleyball courts, playgrounds, baseball diamonds, tennis courts and soccer fields.

Once you're on the path, city traffic and noise disappear. The path runs north-south along the lake with great views of the city, and is easy to find from your downtown hotel. Consider taking your bike to Chicago for an enjoyable ride.

Mark your calendar for the Saturday, Sept. 8, Heartland Century, one of our club's favorite rides. The route is scenic, the lunch is sumptuous and the SAGs are refreshing. Early sign-ups get a T-shirt. Sign up at <http://qcbc.org/heartland/>. And members, at \$19 this is one of the world's best biking bargains. TOMRV.

On behalf of our club, I presented Doug Truesdell with a special jersey for the great work that he has done for us. Doug and his wife, Karen, are moving to Colorado, retiring from TOMRV duties. Fortunately, Doug has 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.



Doug Truesdell

Join the Sept. 1 Miracles Can Happen

By Dick Grimm

The Ride the Challenge will be Sept. 1, with great routes and awesome food at the sag stops.

Jim and Cathy Fry will host their 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 after-ride "Root Beer Floats."

The routes go through several 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.

This is the 7th year for the Challenge ride, a fundraiser for the Miracles Can Happen Boys Ranch, a Christian home atmosphere designed to help troubled boys suffering personal problems. 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. 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 start 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 online at www.mchboys.com. 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 member want ad

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



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

On June 1, the Rock Island City Council unanimously voted to place shared-lane markings, also known as "sharrows," on three moderately trafficked city streets – 38th Street, 31st Avenue and 17th/20th Streets.

The council did this instead of following the bike plan which called for bike lanes on these areas. In so doing, they saved about \$130,000 (but gave up more than \$1 million in grants for bike lanes).

But money wasn't the only reason for switching to sharrows. What possibly loomed more importantly was that old bug-a-boo – parking. With most streets of normal width, adding bike lanes means parking can't be allowed. There's just not room for parked cars, moving cars and moving bikes.

Most home owners feel that somehow they own the parking space in front of their home, even though it's owned by everyone. It's common property, the same as all our streets and avenues. But restricting parking in front of a home! Why, that's grounds for consternation, ire and fighting words.

I know the feeling. I lived, and had a car, in Chicago many years ago. When I left from in front of my apartment, I wanted barriers to keep other cars out, especially in winter, after I shoveled my car out of deep snow. That space was mine. Woe to someone else taking it. Some guys had their wife and kids camp out in the space – with electric blankets plugged into extension cords.

So parking in front is sacrosanct. It's part of our heritage, one of our rights. I can hear it now, "No bicycle is going to take my street parking away from me!"

This is where the sharrow magic enters: they provide the compromise. They permit the parking, but make bike travel around the parked cars easier and safer.

It's all done with a large, very visible stencil of a bike topped with arrow markings pointing in the travel direction. These are painted about 11 feet away from the curb. That's 7 feet for the parked car, and 4 feet for the swing of a typical car door being opened.

When a moving bike and swinging door meet, it's called "dooring," and it's not fun for the cyclist. In Chicago, I was knocked off my bike by a door once on Michigan Avenue and had to visit an emergency ward.

With that sharrow at a safe distance from the parked car, the cyclist can aim right down the middle of the painted bike and pass with a reasonable degree of safety.

But 11 feet means he or she is traveling pretty close to the middle of the traffic lane. When that happens, if the cyclist is passing a line of parked cars, moving cars might form behind the bike. The cars will have to slow down and be extra cautious. They will have to heed the warning painted in the lane – the sharrow.

Sharrows are not some new gift to bicyclists. Cyclists always have had the right to the road. According to the Illinois Bicycle Law, "Ride as close as practicable to the right-hand curb except . . . when reasonably necessary to avoid . . . parked or moving vehicles . . ."

In other words, bike to the right unless you have to pass a parked vehicle, in which case you should bike 4 feet from the parked vehicle for safety reasons. This might put you in the traffic lane, where you have the right to be.

On the other hand, Sharrows on a street don't mean bikes should travel down the middle of the painted symbols all the time. If there's no impediment on the right, ride as close as practicable and safe to the right-hand curb or edge of road.

What do sharrows mean for motorists and bicyclists?

Motorists:

- Expect to see bicyclist on the street
- Remember to give bicyclists 3 feet of space when passing
- Follow the rules of the road as if there were no sharrows

Bicyclists:

- Use the sharrows to guide where you ride within the lane
- Always ride in the direction of the sharrow's arrows
- Remember not to ride too close to parked cars
- Follow the rules of the road as if there were no sharrows



Giving helmets and spreading safety tips one event at a time

By Donnie Miller

QCBC safety and education director

It's the mission of the Quad Cities Bicycle club to promote, encourage, and support, safe participation in bicycle riding for all ages and abilities, and to anticipate and address the needs and interests of all aspects of bicycling in the Quad-Cities area.

This year, with the East Moline/Silvis Rotary Club's "Lid's for Kids Program" we gave away about 200 helmets to all first graders at Hampton Elementary, Carbon Cliff Eagle Ridge, and Silvis George O.Barr Elementary. You wouldn't believe the feeling you get giving helmets to children, especially seeing the smiles on their faces.

This year, we also have done rodeos that gave away helmets at The Milan Optimist Club, Casa Guanajuato, and the QCBC's Great Big Bike Rodeo. In the first three rodeos, we gave away more than 400 helmets. We've also done the Radish

Health Fair and more. If you see us at a fair or festival, stop and say hi and help us reinforce that cycling is fun as well as safe in the Quad-Cities, and hopefully getting better every day.

Happy safe riding and I hope to see you out on your bike.



Donnie Miller talks to Silvis George O.Barr students

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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.

Dr. Smith P.C.

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Volunteers help pull off successful Criterium

By Donnie Miller, race director

Another year and another successful criterium. Starting the year with economics as they were, we had doubts as to the outcome of this year's race. We also had steering committee changes that put us in a scramble. We depend on incredible volunteers to hold a successful event. As most of you know, we work on the criterium all year long.

The biggest news this year was a new title sponsor. Sponsorship solicitation is the single most important task we do each year. Asking for money is a difficult job, especially in hard economic times.

Without sponsors we can't do the event. And who came through again? Dr Mike Giudici. With his connections, we were able to get a one-year deal with Genesis Health System, with talks in the works about signing a new deal.

Now, on to the Steering Committee. Terry Burke and I head it, with Darlene Moritz as treasurer and running the prize desk, Doc helping with sponsor solicitation, and Catherine Rodgers-Ingles and Carl McClaskey from The District helping with everything that involved the city of Rock Island.

So thank you to all who worked so hard to make this event a success. Key people who lead our committees, in no particular order, are Sherri Faley, first aid; Mike Smith, communications; Deb and Dean Mathias, corner marshals and crossing guards; Manny Martinez, wheel pit; Keene Hart, kids trike/bike race; Kathy Kraft, Tina Anderson, Kristin Jordan, and Stacy Cruise, QCBC's big bike rodeo; Michelle Cole, registration; Vivian Norton, volunteer coordinator; Mike Moritz, website; Ken Urban, photography; Dan Morgan, t-shirt sales; Walt Lysell, bike valet; Kenny Labbe and Kim West, announcing and primes (award given for rider to reach a certain point mid-race in a sprint, pronounced "preem" in French.); Bob and Adam Jackson, and Brad Heitz, race course logistics; and our two lovely podium girls; Carrie Driscoll and Liz Whitney.

The committee heads are listed above, but here are other volunteers on those committees:

Communications – Bob Cannon, Craig Jorgenson, Charlie Egert, John Hoenshell, Kevin Howell, Dick Lane, Don Schneider, Tom Brehmer, Monica Brehmer, Kathy Pezley, Lee McKnight, Ben Cook, Doug Nelson, Leo Williams.

Registration – Beth Swyter, Roger Swyter, Joanne Higgins, Jeff Cozad.

Prize desk – Doug and Emily Nelson, Melinda Thompson, Ginny Alftine, William Chewning.

Wheel pit – Paula Martinez, John Harrington, Dave Thompson, Dan Burns, Matt Levy, John Severs, Corey Towel, Matt Goedkon, Melissa Wright, Carmen and Triston Schram, Emily and Doug Ollar.

T-shirt sales – Sarah, Allison, and David Morgan, Kayla Purdum.

Bike Valet – Sam Volden, Brad Sutliff

First aid— with one volunteer whose name I did not get, Medic Emergency Medical Services and RI Fire.

Pace car drivers – Gary Patch and Paul Gilbert.

Kids trike and bike race – volunteers from the QCBC's GBBR.

QCBC's Great Big Bike Rodeo – no volunteer list provided, but Keene Hart and Johnny Hawkins involved.

QCBC media – Mike Moritz, QCBC webmaster, and Jackie Chesser, QCBC Pedalwheeling newsletter editor.

Newspaper reporters – Steve Tappa and Doug Green

Shift one - Leader Steve Geering with Otto Geering, Tom Redington, Tom Brooks, Anne Fleischman, Jeff Hogue, Dave Stephens, Tom and Pat Bolton, Armando Murga, Bill Harrington, George Van Thorre, Greg Hansen, Gary Christenson, David Gatherright, John Schlader, John Schlader (nephew), Kentley Loewenstein.

Shift two – Leaders Linda Work and Terry Inch with John Punkiewicz, John Grice, Shawn and Stacie Wetzel, Dave Cinotto, Fran and Nancy Inch, Cheryl Morris, Paul and Payton Loete, Doug McCollum, Dr Casey Kenny, Judy Cunningham, Dr Margie Millar, Diane Williams, Bonnie Sturgeon and Perm and Andy Horst.

Shift three – Leaders Tom and Mary Scott with Dan Brown, Dean Arney, Errol McCollum, Ken Schiess, Steve Shippey, Todd Hunter, John Mead, Tom Brown, Steve Moller, Sue and Larry Meyer, Don Flynn, Bill and Cathy Storm, Dick Puder, Darrell Bush, Rob Salmon, Sue Mason and Dian Border.

Shift four – Leaders Mike Desch and Frank Martin with Andrew Desch, Jason and Fred Krack, Jim Bernas, Mike Bell, Barney Young, Doug Sell, Bill Wiebel, Gene Conrad, Gary Mattis, Bruce Perry, Karl Jahns, Roger Fobair, Dawn Martin, Kevin Kraft and Tony Fisher.

Race course logistics (set up and teardown) – Leader teams of Bob and Adam Jackson and Brad Heitz with Roger Ruthhart loaning course materials used in the R.I. Grand Prix, the Vietnam Veterans of America, with Adam Jackson, Brad Heitz, Jason Thies, Mike Warren, Chad Hulbert, Fred Chapman, Eric Vasquez, Eric Whipple doing course set-up and teardown and with QC Extreme Gymnastics for banner hanging and teardown and trash; Brenda and Tony Sexton, Kelly Wenthe, Dan Larson, Brooke and Chad Bennett.

Start/finish services – By 10 Speeds Productions of Ohio with owner J Baumeister and his crew.

Announcers – Kenny Labbe and Kim West of the Kim West Radio Cycling Show.

Criterium, contd. page 13

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.

TOMRV 35 a success; more volunteers needed

By Linda Barchman

TOMRV 35 is over, and hopefully everyone enjoyed the ride.

The hot weather and head winds reminded me of when TOMRV rest areas only offered bananas and water. These days, there are an endless supply of snacks on the ride.

I want to thank all the volunteers who gave up their weekend so riders could enjoy the ride. TOMRV would not be what it is without the volunteers, many of whom have been involved with TOMRV for more than 20 years.

TOMRV director Doug Truesdell recently moved to Colorado for a new adventure in his life and, so far, no one has stepped forward to take over the position.

We'd like younger people in the club to be more involved. If we want TOMRV to continue as the great weekend bike ride it is, we need you to step up and get involved.

Volunteer areas are: registration and packet pick-up in Bettendorf and Preston, packet stuffing, working at rest stops between Bettendorf and Dubuque, loading bags and driving trucks, route markers, route sweepers, bicycle repair and a director who oversees all of this.

Beside all the individual volunteers, thanks also must be given to Scott Community College, Pleasant Valley High School, Clarke College, Loras College, the University of Dubuque, Dubuque trolleys, Free Flight Bicycle Shop, the towns of Preston and Miles in Iowa, Hanover and Galena in Illinois, St. Joseph's Church in Preston, the various county and traffic departments of the communities we ride through, the churches, parks and home owners that let us set up our rest areas on their property.

These are the people who were involved this year. I apologize for any omissions or incorrect listings.

Allen and Tammy Trebian, Annis Bear, Aubrey Mabis, Barb Donald, Betty Kadlec, Brad Sutliff, Bill Osbourne, Bill Spade, Bill Sturgeon, Bonnie Gesling, Brian Willis, Carol Weiler, Charles Curry, Charlie Sattler, Cheryl and Carl Morris, Chuck deProse, Darlene Moritz, Darlene Neff, Dave Meyers, Dean Arney, Denise Clark, Dennis Rose, Dianne Williams, Dick and Karen Grimm, Jane Garrett, Don and Linda Barchman and Doug McDonald.

Also, Doug and Karen Truesdell, Elaine Dalrymple, Jim Gale, Frank Martin, Janet Meyers, Jean Kelly, Jeanette Harrington, Jeanne Gale, Jerry Neff, Jim Blunk, Jim and Shirley Wadle, Joe Welsch, Joey Arney, Kat Weeks, Ian Weeks, Michaela Weeks, Mike Carl, Kathleen Doyle, Kathy Storm, Keith Brick, Kentley Loewenstein, Kristen Wendell, LaJuan Gault, Martha and Richard Jirus, Merle Schluesner, Mike and Kathy Lee, Paul and Cindi Gilbert, Nick Urbain, Norma Westbrook, Pat and Tom Bolton, Patty Glass, Paul and Cindy Scheibelhut, Pegi and Bill Langan, Phil Schubbe, Sherry Power, Stacie Langan, Steve Kocourek, Mary Dixon, Michelle Carl, Thiera Smith, Vivian and John Norton, and Warren Power.

Heartland Century will be held Sept. 8

By Scott Swanson

Heartland 2012. The date is Sept. 8. C'mon, admit it's your favorite.

As usual, all rides start at the shelter next to the camping area at Illiniwek Park on Ill. 84, north of Hampton.

You can register by filling out the registration form (page 9) and mailing it to Scott Swanson, or register on site. Early registration will help us with shirt sizes and food orders.

This year, to the best of our ability, all riders (preregistered or on-site) will receive an event t-shirt. There are three routes to choose from: a half-century, a metric century, and a full century. You will receive a route guide for your chosen ride. If you change your mind about the route you wish to ride, no problem.

The half century starts at Illiniwek, goes through Port Byron via the bike path, and traverses scenic rolling hills to Erie, where you find your first rest stop with snacks and drinks. Next, you ride out of Erie to Cordova, where there's another rest stop. Then it's back to Hampton and Illiniwek.

The metric century also starts at Illiniwek and heads to Erie, then to Albany. There is not a provided rest stop in Albany, but there are plenty of services, so bring cash or a card. From Albany, pick up the bike path to Cordova, where you will find the second rest stop. Then it's back along the bike path to Hampton and Illiniwek.

The full century goes from Illiniwek to Erie, on to Morrison's Rockwood State Park to the rest/lunch stop. Then it wends back to Erie, to Cordova for a quick knosh, and then back to Illiniwek.

Check-in will open at Illiniwek at 6 a.m., where a continental breakfast will be available. This site will be staffed until the last rider returns. Stops at Erie, Morrison Rockwood State Park, and Cordova also will be staffed.

The Heartland will be held rain or shine.

Registration and waiver forms on pages 9 and 10.

Ladies take 330-mile adventure

By Jan Sears

Sunday, May 13: A Good First Day, 65 miles

Pat Bolton, Peg Langen, Gail Overbeck and Jan Sears left Pat's house in Davenport at 7 a.m. with a north wind. We biked across the river and had Mother's Day breakfast at the City Limit in Rock Island, then crossed the Rock River and took the Beltway to Ridgewood Road onto Ill. 94 through Taylor Ridge, Reynolds and Aledo. In Little York we met a professor from Monmouth College who rode with us into Monmouth. Allowing a man to ride with us is a first. We stayed at The America Inn that night, and had dinnert next door at Petey's.

Monday May 14: No Free Lunch Day, 63 miles

We left Monmouth at 7:15 a.m. after a great waffle breakfast and headed south on U.S. 67 to Roseville, then east on 116 to London Mills and lunch at Spoonneys with great tenderloins. Then it was on to 91 through Fairview and our only true tailwind of the day. We spent the night in Canton at the Super 8 and had pizza delivered. We made our 2nd metric century with a few miles to 'bank'. We worked for our miles today.

Tuesday, May 15: Warm/great winds 67 miles

We left Canton after a bagel and cold pizza breakfast. We road east on route 9 to route 24, riding past the Banner Marsh and Wetlands Preserve. The scenery was a welcome break from the corn fields. The bridge over the Illinois River has four lanes and a wide shoulder, making it a great place to cross the river. We stopped at Missy's Corner Cafe for a real breakfast. Did we mention the great WSW winds? We continued on route 9 to Dillon then on to Bloomington and the Quality Inn and Suites. We enjoyed a soak in the hot tub and had dinner at Cracker Barrel.

Wednesday, Dec. 16: The wind god's were with us 74miles

A nice breakfast at the Quality Inn and on the road by 7 a.m. with 17 mph NNE wind. We rode a new bike path to Shirley., and toured Funk Grove, McLean and Atlanta on old route 66. Lunch was at Mama's Arcade Cafe in Lincoln, then it was on to Sherman. We stopped on the outskirts of Springfield and the Comfort Inn. We hit the hot tub and had dinner at Los Rancheros next door.

Thursday, May 17: Happy birthday Pat 62 miles

We left Springfield at 7a.m. after another great breakfast, and took back roads to Farmingdale, went through Ashland, past historic Clayville and on to Virginia for the best lunch of the trip at Dr. Ugs -Drugstore Cafe. We then rode to Beardstown, crossed the Illinois River and rode to Rushville where Bill Langan was waiting for us. Thanks Bill for the great pick-up. Five new destination points, all new roads, a metric century every day, no flat tires and no rain. A total of 330 miles.

Quad Cities Bicycle Club Heartland Century
REGISTRATION FORM
Saturday, September 8, 2012



Start/Finish: Illiniwek Forest Preserve 1 mile north of Hampton, IL
Starting Times: 6:30 until 8 a.m. for Century
Before 10 am for 62 mi. ride
Before 11 a.m. for 50 mile ride
Continental Breakfast 6:30 to 10 a.m.



① Who are you?

Name: _____
Street: _____
City: _____
State: _____
Zip: _____
Phone: _____
email: _____
Club Affiliation: _____
How many Previous Heartlands? _____

③ What is your shirt size?

S Small
 M Medium
 L Large
 XL Extra Large
 XXL Extra Extra Large

Every rider will receive an event shirt onsite to the best of our ability to provide the correct size.

② What route would you like to ride?

*A turn-by-turn route guide will be given to you onsite.

- 50 Half century: 50 miles
Hampton – Erie – Cordova - Hampton
- 62 Metric century: 62 miles
Hampton – Erie – Albany – Cordova – Hampton
- 100 Full century: 100+ miles
Hampton – Erie – Morrison State Park – Erie – Cordova – Hampton

④ What does it cost?

Member QCBC postmarked before Sept. 3 \$19.00
Member QCBC postmarked Sept. 4 and later or onsite \$22.00
Non-member QCBC postmarked before Sept. 3 \$22.00
Non-member QCBC postmarked Sept. 4 and later or onsite \$25.00

Total remitted:

Make your check payable to Quad Cities Bicycle Club

- Hampton/Illiniwek Start: Continental Breakfast, mechanic for minor adjustments (parts at a fee)
- Erie: Rest stop for all riders, snacks and fluids at stop
- Morrison-Rockwood State Park: Lunch stop for full-century riders
- Albany: Services are available in Albany, but no official rest stop
- Cordova: Rest stop for all riders, snacks and fluids at stop
- Hampton/Illiniwek Finish: Snacks and fluids available at end of ride



⑤ Fill out the accident waiver and release of responsibility.

Ride goes on, rain or shine. No refunds.

⑥ Mail registration, waiver, and check to:
Scott B. Swanson
Attn: Heartland
528 1st Ave
Silvis, IL 61282

All participants are expected to wear a helmet to reduce their chances of injury.

Pedalwheeling • August 2012

ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all Event participants and volunteers)

I acknowledge that **The Heartland Century** (hereafter referred to as the Event) is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of roads and highways, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to the riders, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective highways, equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the Event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, **THE FOLLOWING ENTITIES OR PERSONS: Quad Cities Bicycle Club, its directors, officers, employees, volunteers, representatives, and agents, the Event holders, Event sponsors, Event volunteers and all state, county, and municipal agencies responsible for maintenance of the highways upon the Event itinerary (hereafter referred to as Releasees);** and (B) Indemnify and Hold Harmless the entities and persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this Event, whether caused by the negligence of Releasees or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this Event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors organizations and assigns.

The Accident Waiver and Release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT

Print Participant's Name	Age	Signature (if under 18 years old, parent or guardian must sign below)	Date
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PARENT/GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian.

Print Participant's Name	Age	Signature of Parent or Guardian	Date
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Deb and Dean Mathias receive 2011 Award of Merit

By Kathy Storm

Many club members recognize Deb and Dean Mathias from their years of involvement with the QCBC. At last fall's annual dinner, they were honored with the Award of Merit.

Here are a few facts about Deb and Dean:

They've been QCBC members since the mid-90s; support many QCBC activities, including RAGBRAI and the Criterium; Deb has been on the QCBC board for 10 years and board secretary the last six; past 6; and they have chaired the annual October Fall Foliage Ride for 10 years.

Their leadership as mid-paced ride leaders is much appreciated and participating riders can count on well prepared cue sheets, ride leaders who know the route and will ensure that all riders have an enjoyable time.

Deb and Dean also are members of River Action. Dean has worked tirelessly organizing MRT (Mississippi River Trail) fundraising rides for the past four years, and serves on the board of QCTAG (Quad Cities Transportation Alternatives Group).

Deb and Dean spend most of their leisure time riding bikes or promoting cycling. They are sincere in their mission to get more people on bikes for recreation and/or transportation.

Please join me in congratulating Deb and Dean.



Join Deb and Dean for October Fall Foliage Ride

By Deb and Dean Mathias

Make plans to join Deb and Dean Mathias and others for the 2012 QCBC Fall Foliage Ride in Mt. Horeb, Wisconsin Oct. 13 and 14. The Mathias' will drive to Mount Horeb Friday evening, Oct. 12.

Saturday's 50 to 60 mile ride starts at 9 a.m. from the Military Ridge State Park Trail parking lot. Sunday's 40 to 50-mile ride starts at 8 a.m. from the same location. The distance from Davenport to Mt. Horeb is 140 miles, close enough to drive up and back the same day for those who want to ride just one day.

Mt. Horeb (<http://trollway.com/>) is known for life-size trolls carved into tree trunks scattered along its main street. Visitors can take a leisurely "[Troll Stroll](#)" to seek out these unique characters.

A cycling route on quiet country roads promises more than a few hills both days, although options with less challenging hills will be available. The destination is a different town each day with lunch before the return ride on different roads.

The Military Ridge Bike Trail (crushed limestone) is an option for cyclists who prefer flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

Contact Deb or Dean Mathias at (309) 737-8429 or mathiasdebdean@peoplepc.com if you plan to join the ride and/or a scrumptious Italian dinner Saturday night, so we know how many people to expect. People not riding are welcome to attend the dinner.

Riders must make their own room reservations. A room at the Karakahl Country Inn (www.karakahl.com) is \$59.95. The area can be busy at this time of year so reserve early. Call (888) 621-1884 or (608) 437-5545.

Rooms also are available at the Village Inn Hotel (www.littlebedder.com), adjacent to the Military Ridge Bike Trail. Call (608) 437-3350. Check the Mt. Horeb website if you're interested in a bed and breakfast.

For camping, there's 112-acre Brigham Park, seven miles west of Mt. Horeb, with a spectacular view, or Blue Mounds State Park about 10 miles west of Mt. Horeb. For information, call (608) 437-5711 or (888) 947-2757.

Bring non-cycling family members to enjoy points of interest in or near Mt. Horeb, including the Troll Walk, Military Ridge Bike Trail, Blue Mounds State Park, Brigham Park, Stewart Park, Little Norway (www.littlenorway.com) and Cave of the Mounds (608-437-3038).

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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.

August 2012—Ride Schedule

Aug 01	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 04	Mid-paced	Saturday morning ride- Geneseo for breakfast. Flat route on lightly traveled rural roads.	40 mi 14-16 mph avg	8:00AM	Colona Grade School, 700 - 1st St., Colona, IL	Warren Power 563-391-5466
Aug 05	Mid-paced	Sunday morning ride- Scott County rollers, route will be determined by wind direction.	40 mi 14-16 mph avg	8:00AM	Duck Creek Parkway at Eastern Ave., Davenport	Ken Urban 563-326-3427
Aug 07	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 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 11	Mid-paced	Saturday morning ride- SW Rock Island County rollers- Taylor Ridge, Reynolds, Edgington	40-45 mi 14-16 mph avg	8:00AM	Thermo King parking lot- SW Rock Island Industrial Park	Tom Scott 309-788-9257
Aug 12	Mid-paced	Sunday morning ride- Riders Choice. Route to be determined by riders	TBD 14-16 mph avg	8:00AM	Credit Island- Davenport club house parking lot	Riders Choice
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
Aug 18	Mid-paced	Saturday morning ride- Camp-Out ride to Savanna. Ride the trail to Savanna and camp overnight, ride part way or make a century out of it. See website.	65 mi. 14-16 mph avg	8:30AM note later time	Ben Butterwork Parkway (parking lot just east of Captains Table)	Darlene Moritz 563-386-3499
Aug 19	Mid-paced	Sunday morning ride- 3 hour out and back with QCBC President. Convenience store stop.	40 mi 14-16 mph avg	8:00AM	Crow Creek Park, Devils Glen Rd, Bettendorf	John Harrington 563-332-0651

August 2012—Ride Schedule

Aug 21	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 22	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 25	Mid-paced	Saturday morning ride- Geneseo to beautiful Johnson Sauk Trail Park. Optional breakfast stop in Annawan or Atkinson.	50 mi 14-16 mph	8:00AM	Geneseo City Park	Tim & Ruth Clearman 309-441-5484
Aug 26	Mid-paced	Sunday morning ride- Over the hills half century ride- come celebrate somebody's 50th birthday... the route and leader will be a surprise!	50 mi 14-16 mph	8:00AM	Emeis Park golf course parking lot- Davenport	TBA
Aug 28	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 29	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

September 2012—Ride Schedule

Sep 01	Mid-paced	Saturday morning ride- Riders Choice Route and mileage determined by participants	TBD 14-16 mph avg	8:00AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Riders Choice
Sep 05	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	HyVee- Kimberly Rd/ Spring Street, Davenport	Darlene Moritz 563-386-3499
Sep 12	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	HyVee- Kimberly Rd/ Spring Street, Davenport	Darlene Moritz 563-386-3499

New members

NewMember	CityState	Phone
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
Middleton, Robin	Rock Island, IL	day 319-415-5187
Moore, Jena	Davenport, IA	day 563-508-6276
Schrank, Jason	Bettendorf, IA	937-654-2714
Springgate, John , & Lisa	Reno, NV	day 775-287-1809 eve 775-250-2460
Starenko, Drew	Rock Island, IL	day 309-912-5971 eve 309-788-7756
Stevenson, Andrew	Bettendorf, IA	day 563-424-5314
Toplikar, Mark	Davenport, IA	703-869-5088

QCBC Membership Totals

Membership type	# of memberships	# of members
Comp	12	12
Couple	235	470
Family	135	444
Ind.	380	380
Life	3	5
Grand total	765	1,316

Criterion, contd. from page 6

Officiating crew – Chief referee Mark Guthart and chief judge Sara Rodney, Brett Griggs, Steve Eppel, Brenda Feehery, Bruce Pesch, Jeff Mertz, Loch Miwa as the motorcycle ref.

Security – R.I. Police Department with its fine officers who helped throughout the weekend.

Sponsors and vendors – Presenting sponsor Genesis Health System, with The District, QCBC, Noodles & Co., Zimmerman Honda, Exelon Generation Station, Quad City International Airport, Healthy Habits Nutrition and Bicycles, Alcoa, Group O, Active Endeavors, Texas Roadhouse, KVF Quad Corp, Trek Bicycle Store of Davenport, Bark and Stay, Crawford Co, The Dispatch/Argus, Vietnam Veterans of America Color Guard, Medic Emergency Medical Services, Holiday Inn Hotels and Resorts, WHBF-TV 4, Star 93.5, 97X, B100 and Rock 104.9 Radio Stations (Cumulus), Deere & Co., AB Screen, ABC Portable Storage, Euclid (Miller Lite), Bike and Hike, Bike One, Davenport Radio Amateur Club, Hi-Nee Huts Portable Sanitation, High Tech Signs, Kelly's Medical Supplies, Fed/Ex Kinko's, Let's Ride, Manny's Mobile Repair, Martin Motors, Minuteman Press, Nature Valley Grand Prix, General Mills, Inc – Nature Valley Granola Bar Samples, Outdoor Innovations, QC Laminating and Trophy Co, QC1 Research Foundation, QC Triathlon, Radish Magazine, The River Bandits, River Cities Reader, Safe Kid's Coalition, Selco, SK Model Management, Sunbelt Rental, Watts Trucking, AAA Rents, Atlante Tratoria, Precision Embroidery, and R.I. Streets Department. (Apologies to anyone we missed or any names misspelled. Let us know and we'll correct it in next month's Pedalwheeling.)

Thanks to everyone for a job well done. A race of this magnitude takes a lot of time and help from a lot of people, and without all of you, it would not be possible. Hopefully, you attended the volunteer party and shared your memories of a great day of racing.

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

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COMING EVENTS

Aug. 4 — DeWitt Triathlon (page 8)
Aug. 18-19— Campout Ride (page 7)
Sept. 1—Miracles Can Happen Ride (page 3)
Sept. 8—Heartland Century (page 8)
Oct. 13-14—Fall Foliage Ride (page 11)



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING