



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — December 2012

Iowa's newest destination trail worth the trip

By Sarah Gardner, Radish Magazine
Courtesy of the Dispatch/Rock Island Argus

It was not the sight I expected the morning my husband and I unloaded our bikes alongside the High Trestle Trail: a languid hawk in flight, wings spread wide, near enough to see the warm air ruffle the tips of its feathers, soaring below us.

Less than three miles into the ride, though, that is exactly what I witnessed. Passing over the bridge from which the trail takes its name, with the Des Moines River 13 stories below us, I spotted the hawk. In a blink it cut below the bridge while we wheeled overhead.

To say it's spectacular doesn't quite do the bridge justice, and yet in truth it is just a half-mile segment of the 25-mile High Trestle Trail. Opened in the spring, the trail lies on a former rail line owned by the Union Pacific railroad.

The corridor was acquired in 2003 by the Iowa Natural Heritage Foundation, which then began working with the five communities through which the trail passes--Ankeny, Sheldahl, Slater, Madrid and Woodward -- to develop the trail, write grants and undertake fundraising that would enable them to buy the corridor from INHF. Now the trail is owned and jointly managed by the towns and counties along the trail.

"There were so many people involved, and the project was successful because of that -- the many people who took an interest," said Lisa Hein, program and planning director for INHF, in a subsequent phone interview. Establishing trails are some of the most complicated projects the organization undertakes, she says, but also the most rewarding "because of the many lives touched."

Now finished, the trail is well paved and flat, making for a leisurely ride through the surrounding farmland. At several points it crosses over gravel roads and a handful of highways; stop signs warn cyclists of coming intersections. On the day we rode the trail, most of the drivers we encountered were alert and courteous, waving us through the intersections, though it is still better to be safe than sorry. Road vehicles have the right of way and can be hard to spot when the crops are high in the fields. The intersections are few enough and far enough in between that it is not serious hindrance to stop, especially considering the large farm machinery that might be traveling those roads.

You can access the trail from any of the five communities as well as from a handful of entry points along the trail -- there is no set starting point. Several parking lots allow you to jump on or off the path easily. As you ride the trail, small, unobtrusive signs alert you of places to eat and rest as you approach the different communities.



Cyclists pedal across a bridge spanning the Des Moines River on the High Trestle Trail.

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
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Board Members:

Terry Burke (309) 797-3790 Doug McDonald (563) 332-6774 Don Flynn (563) 340-9959
Mike Terry (309) 738-3409 Donnie Miller (309) 737-8270
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.

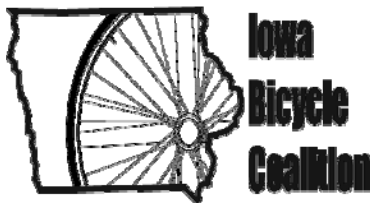
Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October. For program information, call Denise Duethman at (309) 721-7276

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. Mail payment to the club treasurer at the address in the box in the upper right hand corner.

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, discounts at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



www.iowabicyclecoalition.org



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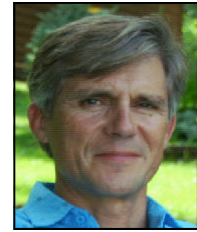


www.bikelib.org



Let's Ride!

John Harrington, QCBC president



Don't put that bike away. There is still more good riding in our future.

Did you ever golf with a pro after his Masters rounds at Augusta? Catch a pass from a Super Bowl quarterback? Or swing at a pitch from a World Series pitcher?

If not, you had your chance to meet and ride your bike with a 10-time Tour de France finisher during our Weekend with Christian. We had a blast.

Almost 150 club members and friends enjoyed dinner, lively discussion and friendship with Christian Vande Velde at our Nov. 2 Awards Banquet. Jeff Bradley kicked the weekend off by surprising the audience when he introduced Christian as one of his teen students from a long ago cycling camp.

Christian regaled us with "inside the Tour" stories and his 2013 plan to complete his career with the Giro d'Italia, Tour de France and the Pro Cycling Challenge. We wished him great success. Christian promised to see us again with his dad, cycling Olympian and Breaking Away actor, John Vande Velde.

Forty strong, we rode with Christian around Scott County the next morning with all proceeds going to his cycling related charity of choice. With two SAGs, we had plenty of time to get to know Christian. Ride leader Dave Thompson mid-paced the group for several miles until our first SAG.

At that point, "unnamed" anxious riders transitioned the 40+ mile ride to a faster pace. For riders looking for a more relaxing ride, First Lady Janette Harrington led a shorter return to our Scott County Park start. Christian was a great sport to converse, sign autographs, take pictures and most importantly ride with us. See you at next year's big weekend.

Reserve a spot for Dec. 19 Christmas bicycle lunch

Friday bike riders and other QCBC members are invited to the 9th annual Christmas bicycle lunch at 11:30 a.m. Wednesday, Dec. 19, at the Machine Shed restaurant in Davenport.

Order off the menu, a 15 percent tip will be added. Please let Dave Georlett know if you will attend and if you're bringing a guest, by Dec., 10, at dmgeorlett@mchsi.com.

Guidelines for using Constant Contact changed

By Donnie Miller

QCBC has having some issues with Constant Contact uses and look., so the board decided to change how this service will be used.

To keep our branding and messages look and feel the same from e-mail to e-mail, event managers are now asked to send their prepared e-mail, with all pertinent details - when the e-mail needs to go out, if there needs to be a reminder, and which club database you would like us to send it to— to Mike Moritz at michael.moritz@gmail.com AND Donnie Miller at bicycleracr@mchsi.com a minimum of 10 days in advance. One of them will send out the email for you.

The purpose of this service is to not inundate club members with a barrage of e-mails all the time. We do not want to lose valued members because of sending out too many notices.

If you have stuff you would like to send out that doesn't need this specific service, and is more of a general note, please use the Yahoo Groups e-mail at qcbc@yahoogroups.com. If you have not signed up for this free tool, please see the Yahoo link on the left of our main page of the www.QCBC.org website.

Create a Yahoo account, if you don't have one, then, once approved by the moderator, you can send bicycle specific messages and requests at any time you need, un-moderated. Please confine them to bicycling-related topics and needs.

Thanks for your understanding on this matter.



Pushing for Pedaling

Promoting bicycling advocacy

By Chuck Oestreich

You've seen them if you've been driving in Rock Island from downtown to Blackhawk Park or from the Mississippi River to the city's eastern limits along 31st Avenue. They're white stencil paintings of a large bicycle outline topped by a set of straight-ahead arrows.

And they're right on the street where you are driving.

What's going on? Are they new bike passages positioned almost in the middle of the street? Are they indicators that bicycles might be using the traffic lanes along with you at times? Are they reminders for you to keep your eye out for bikes – and maybe a little extra pitch to drive safely?

The answer is “yes” to all the questions.

And, as a bike rider using these roads, you can hardly not be aware of them. They're called “Sharrows” and they're big and they point in the direction you should be going. (Hey, scofflaw, if you're not riding with the sharrows, you're on the wrong side of the road and increasingly at risk for an accident.)

But most of the time, when you see these sharrows, they'll be farther out into the street than you're used to traveling. And that's the way it should be.

By law you're supposed to travel as close to the curb as safely possible. And you do that. But then, wouldn't you know, a parked car is in your way. You have the right to

go around it without stopping and waiting for a break in traffic. And, what's more, you have the right to not get clobbered if a parked motorist opens the driver-side door just as you are passing.

That's when you follow the sharrow. It tells you to get out there about four feet (a car door's length) from a parked car as you pass. When you've passed the car, it's back to your normal operating distance from the curb.

As you can see, these sharrows are simply indicators – signs pointing the safe way for motorists and bicyclists.

Vehicle drivers might have to get in the other lane as they pass the bicyclist if there's no traffic in that lane. Remember state law says you must stay at least three feet from a bicycle, and that means the handle bars on the bike.

Or you might have to slow down and follow the bike if you can't move to the other lane. But here's the thing: even if the street didn't have sharrows, you would have to act the same way. You simply have to share the road with that bike, even if it means a bit of caution on your part. The sharrow on that street is a constant reminder of that need for caution – and for sharing the road.

I have found a renewed sense of entitlement and comfort when I bike on 31st Avenue or 20th/17th streets. I can see that motorists are now more aware of me, even if there are no cars parked on my right of way. And if there are parked cars, I have a straight-arrow path to follow in going around them.

And, what's really neat, is that the sharrows subconsciously transfer to every street I bike on. Even if they don't have sharrows, I ride them as if they do. They don't have to be there because all they really do is reinforce the traffic laws for both me and motorists.

As a citizen of Rock Island, I'm happy that my city is the first of the Quad-Cities to extensively use sharrows. It is joining a new wave of progressive cities around America that have found them helpful in motivating bicyclists to bike through their cities with a renewed sense of comfort and safety.

Cleveland, Seattle, Sacramento, Baltimore are all cities that have recently installed these stenciled-on-the-pavement signposts for bicyclists and motorists. And more cities have them in the works.

Painted bike lanes are fine if there's room for them. But most city streets and avenues just don't lend themselves to lanes. Sharrows, however, can greatly contribute to the job of making travel through our cities harmonious for everyone, motorists and bicyclists alike.



Trestle, contd. from page 1

The only serious impediment we encountered was some wind late in the day, which can be quite gusty coming off the fields. Several segments of the High Trestle Trail have mature stands of trees on either side of the path, though, providing a convenient windbreak. And the parts that aren't wooded have lovely views of the countryside.

Because we made a long weekend of our biking expedition, camping at nearby Swede Point Park, we decided to try the trail again the following day, this time after dark. Once night fell, we returned to the Woodward trailhead with our bikes. We pedaled down the path with a full moon at our shoulders, our headlights the only other illumination. The moon was quickly lost behind the trees, the night full of chirruping crickets and chattering locusts.

It's difficult to convey fully just how dark the next two miles were. Every so often the headlights of other cyclists would flicker into view, but for the most part we only had the ghostly LED cast of our lights to show the way.

Watching out for oncoming cyclists so as to pass safely while also keeping an eye on the narrow band of trail illuminated by our own lights proved challenging at times.

A little more than two miles into the ride, it suddenly seemed as though the night was being zippered open: the trees fell back on either side, and overhead a swath of moonlit sky rapidly widened. The Des Moines River basin spread out from north to south, and the mudflats, somewhat drab in the daylight, glowed now with a pale sheen.

Two stone pillars, part of the art installations at the bridge, rose up fully illuminated like monoliths; I felt a little chill as I sped between them and onto the bridge.

If the pillars felt like relics of an ancient society, what came next was decidedly space-age. It's not often riding a bike seems to induce a time warp. Blue lights encircled the high trestle bridge, strung beneath the off-set metal squares that arch over the bridge, creating a tunnel of electric light. With the stars overhead and the empty night above and below us, it felt like we were rocketing through space.

With all the cycling, we slept well that night (aided, perhaps, by the beer we had to celebrate the end of the ride at the Flat Tire Lounge, a small pub built in a Quonset hut alongside the trail. In the morning, as we took down the tent and loaded the bikes, a chevron of geese passed overhead, the first migrating birds of the season. For more information on the High Trestle Trail, including maps, visit inhf.org.

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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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Christian with John, Janette and Justin Harrington.



At left, Christian and Dave Thompson. At right, Christian with Darlene Moritz.



From front left, Deb Wood, Jeff Bradley and Christian, surrounded by other club members.

Charlie Sattler notes 20 years of volunteering for QCBC

By Charlie Sattler

I started commuting to work in the early '70s. I rode my bike 12 miles a day about 10 months of the year.

One day, when I was coming home, I ran into a bike club member who invited me to join the club.

I went to my first meeting and learned they needed help preparing the newsletter for mailing. We had to correlate and fold each one at that time. Then we had to label, sort by zip and put rubber bands on all the packets, before putting them in the proper mail bags.

I took over the operation within a couple of months.

I have worked with a lot of volunteers over the years, knowing that they enjoy helping as much as I do.

Last September marked the 30th year I have been mailing the newsletter. Today, we don't correlate or band anymore but we still label, and sort by zip and destination.

I'd like to encourage everyone to volunteer for the bike club. It's a lot of fun and always rewarding.



MRT announces 365 events in 365 days

The Mississippi River Trail, Inc. has announced the MRT Year of Cycling 2013! The goal is 365 events for 365 days to entice riders from around the world to visit the Mississippi River corridor's 10 states and 400 communities.

Bicycling news, a calendar of events and locations, help organizing a YOC2013 event, cycling pledges, links to cycling services, organizations, and supporters in 10 states can be found at www.mississippirivertrail.org/YOC2013. Or click on the YOC2013 logo link at www.mississippirivertrail.org.

Follow on Facebook <www.facebook.com/mississippirivertrail> to see hundreds of photographs and connect with MRT bloggers.

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Darlene and Mike Moritz receive Award of Merit

By Dean “Bareback” and Deb Mathias

The QCBC Award of Merit is presented each year at the Quad Cities Bicycle Club’s annual dinner. The award was the brainchild of legendary basketball coach, storyteller and QCBC member, Jerry Leggett, in 1996 to annually recognize a deserving member who contributed generously to the QCBC.

Jeanne O’Melia created the traveling Award of Merit trophy from pieces of scrap metal gathered while on her bicycling excursions. Contributions of past recipients live on today through continued active participation or the legacy they left.

This year’s award was presented to Darlene and Mike Moritz for their unflagging, around-the-clock dedication to the QCBC.

Darlene has served many roles for QCBC: treasurer from 1999-2003 and again beginning in 2008, still serving to keep the club’s checkbook balanced.

She was RAGBRAI secretary and registrar for QCBC in 2007 and 2008; QC Criterium treasurer and prize desk coordinator; mid-paced ride leader and Wednesday morning ride leader for the past 10 years.

She organizes and makes luggage transport arrangements for the campout ride and orders food to be waiting for hungry riders at the club’s spring picnic.

Mike took on the role of QCBC webmaster two years ago. We thank Mike for keeping this topnotch heart of QCBC up-to-date for information and communication.

Together, Darlene and Mike have promoted bicycling through their, and their two Eagle Scout sons,’ involvement with Boy Scouts by leading annual scout bicycle rides. They also supported son, Brian, through his racing endeavors.

The QCBC salutes Darlene and Mike for their hugely appreciated contributions to the QCBC and for promoting bicycling in the community.



Another successful Chili Ride

By Don Luth

The rides started at 9 a.m. at Middle Park Lagoon in Bettendorf with 30 to 35 riders and three ride choices. The leisure ride was led by Janette Harrington and they went to Credit Island. Phil Schubbe led the mid-paced ride and they went to the Le Claire/Princeton area. I led the fast-paced ride and we went through Plainview, Dixon and Donahue.

The rides started with the overcast skies and temps in the low to mid 40s, with moderately strong winds from the west. By 11 a.m., the sun was shining and it warmed to around 50. We all met back at Middle Park Lagoon for a bowl of hot chili, hot dogs, chicken and wild rice soup, broccoli and cheese soup, cookies and pumpkin bars. Thanks to Janette and Phil for leading the leisure and mid-paced rides. Thanks to the Harringtons for bringing the drinks and energy bars, and thanks to Becky Luth for getting the shelter and food ready for us.

Rain couldn't spoil Fall Foliage Ride

By Dean “Bareback” and Deb Mathias

Perfect weather greeted us for the 11th annual Mt. Horeb Fall Foliage ride on Oct. 13 and 14 - if you enjoy testing rain gear.

The Wheeling Wheelmen decided Saturday morning's gloomy sky and threat of rain made for a better hiking day in Blue Mounds State Park. Good alternative and just one of many ways to enjoy the area in spite of rain.

QCBC members John and Phil Chebuhar, Angie and Ray Morrison, Tom Moser, Andy Horst and Mark Werner risked the rain that morning to join us for a ride to Mazomanie. A change of route to the flattest possible roads allowed the riders to hang together for the most part.

Shortening the distance from 56 to 38 miles didn't prevent getting caught in a drizzling mist that ratcheted up a bit before we arrived for lunch at the Bay Five Diner in Mazomanie. Hot chocolate or coffee helped preserve core temps while waiting for our food.

Heading up the mile climb on Midland Road elevated our bikes and core temps to warm us. On the return trip, John got a flat tire. At the same time Angie rode up to tell us that Ray also had a flat about a mile back. Angie and Phil rode back to assist. Both were caused by a sharp piece of gravel.

We then hightailed off Highway FF, heretofore known as Fix Flats, to catch Tom, Andy, and Mark, and went southward to the gradual incline back to Mt. Horeb. A brief light mist of rain greeted us on the steep Stewart Park hill.

We had Saturday night's traditional dinner at Sole Saponi, and presented Ann, the owner, with an appreciation plaque from QCBC for 10 years of fabulous food and service under current management. It was on the wall by the time we left.

Sunday began with 7 a.m. breakfast at Finks. Temps were just over 60 degrees with fog. As we left, a steady stream of mist started to dissipate the fog. We rendezvoused at the trailhead so riders could make their own call. John and Phil Chebuhar, Tom Moser, Dean and Deb chose to tackle the abbreviated 25-mile route in a continuous rain to Daleyville and back.

The route involved more and longer hills than Saturday. A quick stop under an evergreen in Daleyville provided a dreary photo op. Tom could have been a poster child for rain riding with his new helmet cover, rain pants, etc.

Phil put in an extra big hill when he overshot a turn with his brother in pursuit. Dean followed and saw the two cresting back up the long hill in the unrelenting downpour.

A church on a hill above the winding Spring Valley Road provided a picturesque view even in the rain. The rain let up enough for a celebratory picture at the trailhead. Thanks to all who joined us and to those who called or e-mailed to indicate they would give-it-a-go next year.

From left are
“Bareback” and
Deb Mathias,
Phil Chebuhar,
John Chebuhar,
and Tom
Moser.



December in QCBC bicycling history

By Joe Jamison

Bicycling trivia:

In 1903, Maurice Garin, an Italian-born chimney sweep, won the first Tour de France. He averaged 15.9 mph during the six-day, 1,510-mile course. Of the 60 racers who started, only 21 finished.

Quotes from the past:

On dealing with long rides: “When you’re on the starting line of your first century, it’s not wise to sit there and think, ‘I’ve got to ride one hundred miles.’ I remember my first one, and my thought was to get to the first rest stop. I made each succeeding rest stop my goal. When they’re about twenty-five miles apart, you don’t get intimidated by what seems an impossible distance. All you need to do is ride twenty-five miles four times.” — Seana Hogan, the finest U.S. female long-distance cyclist in history

QCBC events/happenings from the past:

1972: Deb (Bradley) Kuehl, was inducted into the QCBC Hall of Fame in November 2012, and was a national champion during her cycling career. But did you know she also was treasurer of the QCBC in 1972, ‘73 and ‘74? She was 16 during her first term.

1982: The QCBC held its first winter picnic and it was well attended.

1992: Pat Bolton reported on an eight-day tenting tour of the Southwest U.S. Other QCBC members on tour were Barney Young, Fred Leonard, Eileen Wosoba, Mary and Ron Dorch, and Ken Berger.

2002: Dave Alftine reported on the “Overnight Campout II” which he started in 2001. The event was well attended and remains a viable part of the QCBC calendar to this day.

Kate Rutledge passing

By Joe Jamison

It is with deep regret we learn of the passing of Kate Rutledge of Galesburg, on Oct. 29, 2012. Kate and her husband, Bob, joined the QCBC in 1978 to ride the first TOMRV, which had Burlington, Iowa, as the overnight. They remained members from that point until the present.

Many will remember the Rutledge Chili Ride which was a “not to miss event” during the day. Bob and Kate thought nothing of making the drive from Galesburg to volunteer for QCBC events whenever asked. Many is the weary rider who was energized by the sweet smile and disposition of Kate and the friendly and helping hand from Bob on TOMRV or the Heartland Century.

This couple was married for 64 ½ years and provided invaluable service to our club and Kate’s death leaves a large hole in our hearts.

Our deepest sympathy goes out to Bob.

Illinois Trail And Parks bicycle tour set for June 9-14

By Chuck Oestreich

The six-day ride—from Sunday, June 9 to Friday, June 14—will go to the unexplored area south of Chicago. Three of the overnights will be next to either the Illinois or Kankakee rivers. Two days and nights will be spent at both the Kankakee River and Starved Rock State Parks.

The ride promises great cycling (and not all hills), scenery, and state parks – along with a special blend of small numbers and large friendliness.

The ride will begin and end at Channahon’s Field House. From there, it’s off to three outstanding parks – Kankakee River, Starved Rock, and Illini. Much of the route will be on paths and roads that are part of the Grand Illinois Trail. The minimum distance is 250 miles for the week, but by taking extra loops, it will be possible to do 490 miles.

The Grand Illinois Trail and Parks Bicycle Tour is a small ride with a limit of 160 riders. Last year we were filled up by early February, so don’t put off registration. Go to www.bikelib.org/gitap/ or contact Chuck Oestreich at chuckace2@gmail.com or (309) 788-1845.

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.

December 2012/January 2013—Ride Schedule

Dec 01	Mid-paced	Saturday afternoon ride- Riders Choice - route determined by participants	TBD	9:00AM	Hardees, 425 55th Street, Moline	Riders Choice
Dec 02	Mid-paced	Sunday morning ride- Riders Choice - route determined by participants	TBD	1:00PM	HyVee- Kimberly Rd/Spring Street, Davenport	Riders Choice
Dec 05	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	10:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Dec 08	Mid-paced	Saturday afternoon ride- Riders Choice - route determined by participants	TBD	9:00AM	Hardees, 425 55th Street, Moline	Riders Choice
Dec 09	Mid-paced	Sunday morning ride- Riders Choice - route determined by participants	TBD	1:00PM	HyVee- Kimberly Rd/Spring Street, Davenport	Riders Choice
Dec 12	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	10:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Dec 15	Mid-paced	Saturday afternoon ride- Riders Choice - route determined by participants	TBD	9:00AM	Hardees, 425 55th Street, Moline	Riders Choice
Dec 16	Mid-paced	Sunday morning ride- Riders Choice - route determined by participants	TBD	1:00PM	HyVee- Kimberly Rd/Spring Street, Davenport	Riders Choice
Dec 19	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	10:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Dec 22	Mid-paced	Saturday afternoon ride- Riders Choice - route determined by participants	TBD	9:00AM	Hardees, 425 55th Street, Moline	Riders Choice
Dec 23	Mid-paced	Sunday morning ride- Riders Choice - route determined by participants	TBD	1:00PM	HyVee- Kimberly Rd/Spring Street, Davenport	Riders Choice
Dec 26	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	10:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Dec 29	Mid-paced	Saturday afternoon ride- Riders Choice - route determined by participants	TBD	9:00AM	Hardees, 425 55th Street, Moline	Riders Choice
Dec 30	Mid-paced	Sunday morning ride- Riders Choice - route determined by participants	TBD	1:00PM	HyVee- Kimberly Rd/Spring Street, Davenport	Riders Choice
Jan 02	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	10:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
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Jan 13	Mid-paced	Sunday afternoon ride- Riders Choice - route determined by participants	TBD	1:00PM	Hardees, 425 55th Street, Moline	Riders Choice
Jan 16	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	10:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499

New members

NewMember	CityState	Phone
Duggan, Amber	Davenport, IA	day 563-949-6280 eve 563-949-6280
Kustes, Matthew	Davenport, IA	309-738-6828
Nickerson, Brandon	East Moline, IL	309-755-4133
Rebman, Butch	Davenport, IA	day 563-579-4971
Wilhelm, Anna , & Eric Perry	Bettendorf, IA	
Willsher, Jay	Bettendorf, IA	day 319-240-1174 eve 319-240-1174

QCBC Membership Totals

Membership type	# of memberships	# of members
Comp	12	12
Couple	229	458
Family	133	426
Ind.	368	368
Life	3	5
Grand total	745	1,274

Mileage totals for 2010

By David Thompson

Once again I will be compiling the total miles ridden for 2012 and printing them in the February Pedalwheeling. Compile your miles ridden on a bicycle between Jan. 1 and Dec. 31 and send them to me. I'd also like the number of centuries you rode in 2012, plus your lifetime miles. I think it would be interesting to compare lifetime miles. Please submit your total 2012 miles by January. Send them anytime you think you're done riding for the year to ultrabiker@sbcglobal.net , or leave a message at (309)764-5030.

Fall Tailwind Recap

By Don Luth

More than 30 riders signed up for this year's fall tailwind. We met at Ben Butterworth Parkway and rode the bus to Central City, Iowa, and were on our way back around 9:30 a.m.

Thanks to Dave Thompson we had a well-marked route with some rolling hills. The route took us through Anamosa, Morley, Olin, Hale, Oxford Jct., Lost Nation, Calamus, Donahue and then through downtown Davenport across the Arsenal Bridge and the bike path back to the parking lot.

The skies were overcast all day with temperatures in the 40s and a nice tailwind. Thanks to Janette Harrington for arranging the bus and truck for transporting the bikes and getting the food for our lunch stop. Thanks to Denise Clark for serving lunch at Calamus. The hot chocolate was a special treat. Our next tailwind ride will be late spring. Look for our announcement.

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

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING