



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — August 2013



Steve Depron teaches Wayne Overton how to ride a "Penny-Farthing" bike during June's Ride the River. (Chet Strange/Dispatch-Argus)

Make plans for August Campout Ride

By Darlene Moritz

The annual August Campout Ride will be held Friday, Aug. 23 through Sunday, Aug. 25.

We will set up the tents and have a campfire on Friday night at Country Side Camp in Savanna. Bring your tents, sleeping bags, camp chairs, coolers of food and drinks. You will need food and drinks for Friday night, Saturday morning and Saturday night. Showers will be available for campers.

You can come out Friday night to camp and have a campfire, or come out Saturday morning to start our ride. If you're not a camper, you can stay at Savanna's Super 8 (815-273-2288) or L&M Motel (815-273-7728).

The cost of the campout ride is \$6 per person to help pay for expenses (Porta Potty, charcoal, etc.). We will have grills available to cook your food and a campfire.

On Saturday morning we will leave at 8:30 a.m. on a 65-mile loop ride. We'll have lunch in Mt Carroll, then return to our campsite and have a cookout and campfire.

For anyone interested, there is music and dancing Saturday night at Mooney Hollow Barn. Drive on your own and caravan or car pool. The band plays from 7 to 11 p.m.

On Sunday, we will head out on our bikes at 8:30 a.m. for breakfast at a local restaurant, then ride a 50-mile loop back to our campsite. Tents should be dry and ready to take down to break camp.

Don't miss the fun. For information or address of the camp, or to reserve a spot, contact Darlene Moritz at (563) 386-3499 (leave a message with your phone number) or email dmoritz@access.net.

We need to know who is planning to camp or to stay at each motel.

Key Contacts

Officers:

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

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

Recording Secretary - Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com

Treasurer - Darlene Moritz (563) 386-3499 or dmoritz@access.net

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

Board Members:

Terry Burke (309) 797-3790

Doug McDonald (563) 332-6774

Don Flynn (563) 340-9959

Mike Terry (309) 738-3409

Don Luth (563) 381-3750

Bruce Grell (563) 332-5145

Leonard Jefferson III (563) 209-7715

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.

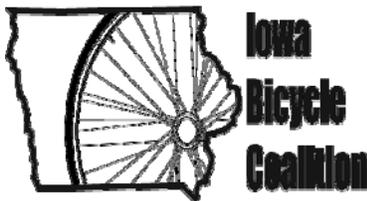
Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

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 it to Jackie Chesser at qcbceditor@yahoo.com Free want ads are available for members. Commercial ads are available at the following rates: ¼ page or less - \$25, ½ page - \$50, and a full page - \$100. Email ad requests to club treasurer Darlene Moritz at dmoritz@access.net. After working out payment with her, 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.



www.iowabicyclecoalition.org



www.bikeleague.org



www.bikelib.org

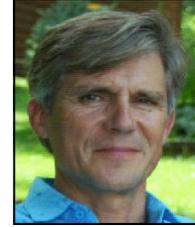
Princeton 5-K raises money for trails

The Princeton Days 5-K Walk/Run will be held at 7 p.m. Friday, Aug. 23, in downtown Princeton, Iowa. Pre-registration (postmarked on or before Aug. 19) is \$20 and includes a t-shirt. Race day registration is \$25 (shirt subject to availability) Proceeds will go towards trail fund. For more information, email Branden Craig at bmcraig84@gmail.com (309) 463-2505.



Let's Ride!

John Harrington, QCBC president



The red-winged black birds still are winning...

Heartland Century. Mark your calendars for Saturday, Sept. 14 for another great Heartland Century. Check out the new 60- and 100-mile routes and the Get Me Registered link at qcbc.org/heartland. DeFeet socks will be available for riders on a first-come, first-served basis.

Volunteer opportunity. If you want to see more young riders join our ranks, read on. We're searching for a Social Media Manager to lead and execute the club's efforts to communicate about our club, club events and anything that is biking related. If interested, please contact me at jwhjkh@gmail.com or 563-940-6023.

Editor opportunity. Jackie Chesser wants to retire from Pedalwheeling after the January newsletter. I've read many other club newsletters and find ours to be the best in stories, pictures and layout. Our next editor will have the opportunity to continue this tradition. Please contact me if you're interested in applying for this paid position.

Awards Dinner. Don't put that calendar away. Our annual Awards Dinner and Charity Ride will be on Saturday, Nov. 2. We are hoping to have another great guest speaker. Stay tuned.

Senior Olympics. I strongly recommend that more club members participate in the 2014 Senior Olympics. This year's road race was managed once again by Dave and Melinda Thompson with the First Lady assisting at the finish line. More than a dozen riders from 50+ to 80+ participated in this competitively fun event.

Quad Cities Biking Guide. The Quad Cities Convention and Visitors Bureau has done us bikers a big favor with their new Bikers Guide at visitquadcities.com/biking.php. A map on the site illustrates many local bike paths with featured destinations. Be sure to share this site with your friends visiting the QCA.

This August in QCBC bicycling history

By Joe Jamison

Bicycling trivia:

Post World War II English bicycle racers could have taught today's American athletes a thing or two about diversity. Food rationing still was in effect as the 1948 Olympics neared, and athletes were allowed the same number of calories as everyone else, about 3,400 a week. Broken down, it was 425 calories for meat; 230 for cheese; 1,675 for sugar and sweets and 1,036 for butter, lard and margarine. The government increased this allocation 50 percent three months before the Olympics.

Quotes from the past:

"If you can't excel with talent, triumph with effort" - Anonymous

QCBC events/happenings from the past:

1973: The initial "Mississippi Valley Century," organized by Carter LeBeau, is judged as one of the top three programs presented by the QCBC that year.

1983: Rosemary and Joe Jamison joined the QCBC. Let's hope they keep paying their dues for many years.

1993: TOMRV's popularity and increased ridership required organizers to add Loras College to the list of lodging choices for riders. A "trolley shuttle" service also was initiated.

2003: Vivian Norton reported that the QCBC sold nearly 300 helmets at Ride the River. She estimated that nearly 4,000 helmets were distributed over the years. Vivian has been an active supporter club programs for many years.

Dirty Duo to be held Oct. 6 at Scott County Park

The Dirty Duo, a event consisting of 1.5 to 2-mile trail run and a 7- to 10-mile trail bike ride will be held at 11 a.m. on Sunday, Oct. 6 at Scott County Park in Eldridge, Iowa.

The run will be open grass and single-track trails, while the bike portion will be on easy non-technical, rolling, double-wide trails. (This can be done on a cyclocross or hybrid bike.) An exact route and map will be posted soon.

The event is \$20 and limited to 100 pre-registered entrants; no race day registration. To register, visit <https://secure.getmeregistered.com/index.php>

Racers will receive socks. First, second and third place trophies will be given to males and females in three age groups. Part of the proceeds will benefit local running and biking trails. <http://fitfoamfun.org/#>



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

The Mississippi paths were compromised by flooding. It wasn't supposed to happen, but rain will have its way.

Iowa's Duck Creek, however, promised to be relatively serene. I'm up early (6 a.m.) to avoid the heat, humidity and healthy winds.

After going up Main Street, through classic urban living and schooling spaces, I cross Central Park Avenue and hit the stop sign capital of the QC – six blocks – six stop signs. My brakes take a battering.

Then I join the trail and all is smooth. I head east towards Bettendorf and the rising sun. The creek is whispering its song: “Roll gently, sweet Duck Creek.” I roll with it through the meandering green fringes of the river.

My companions are walkers – mostly dog walkers. They all have leashes and are very attentive to my “Passing” pronouncement. Very few bikes are evident., but there are more bikes on the path than golfers in the four golf courses I skirt. And the few golfers all have golf carts. Can they hear the birds? Perhaps not. Birdies are on their minds. But they are having fun out in nature on a beautiful morning. Why should I quibble?

As I head east, the path runs through more and more groomed space, at first somewhat homespun, but gradually becoming estate clipped and formed. I and a few walkers enjoy it. But we don't own the path, the birds do. And not rare and exotic birds, just our buddies the robins, sparrows, starlings, and a few showoff cardinals.

They seem to be guarding their section of the path, just as the herons do on the big show to the south.

Houses border the creek, but because of the enthusiastic growth of shrubs and trees, they are almost invisible. I wonder if the owners even see the creek, much less marvel at its simple beauty. Oh, well, I live close to the Mississippi, and most of the time I hardly notice it. I wouldn't be surprised if living next to the Grand Canyon becomes passe after awhile.

But Duck Creek is settled and secure, sometimes not visible from the path. It's not like the Butterworth trail in Moline which shows off the mighty river with aplomb. However, it pays for it in the relentless traffic on River Drive. Noise, movement, sometimes even smell. The Duck Creek is just a creek, but it's a watery place of contentment.

The creek path also has some hills. They're nothing like the Mississippi bluffs, but they do demand some downward foot power. On both ends of the path, through Devils Glen and near Emeis Golf Course, healthy hills are a relief from the flat river flood plain.

In the spring, wildflowers reign, especially in Bettendorf. In late June, it's elderberry flowers, great burgeoning bushes of them, crowned with skull caps of resplendent white. I make a mental note to come back in September and pick some of the berries.

Way back then, under the influence of “Arsenic and Old Lace” I made some primitive elderberry wine. The sour stuff sat in a dark corner of my basement until I had the guts to dump it all. Maybe I should try it again, this time with decent yeast.

Close to the turnaround in Riverdale, I search for the one Q-C waterfall. Alas, it's almost hidden, like the residences, behind verdant greenery. But I slow down and stop, listening to its soft cascade and admiring its nuanced persistence.

I'd like to go through Riverdale and meet up with the Mississippi River path, but unfortunately on this beautiful morning, I don't want to feel unwanted – to be an intrusion on someone's morning coffee time, to be rolling down a street rather than a riverside path.

I turn around and head west to Davenport and the string of parks connected by the trail. Here the trail is active. People are up and about – some going to work, some running, some tending to their dog, and some – like me – just lazing along enjoying a crystalline bubble of morning.

I know the heat will pop that bubble later in the day, but for now I'm content just crankin' away on the gently rolling, sweet Duck Creek.

Join Deb and Dean for Wisconsin Fall Foliage Ride

By Deb and Dean Mathias

It's time to start making plans to join Deb and Dean Mathias for the 2013 QCBC Fall Foliage Ride in Mt. Horeb, Wis. on Oct. 12 and 13.

The ride starts at 9 a.m. on Saturday from the Military Ridge State Park Trail parking lot and will be 50 to 60 miles. On Sunday, the ride starts at 8 a.m. from the same location and will be 40 to 50 miles. Deb and Dean will drive to Mount Horeb Friday evening, Oct. 11.

Can't get away for an entire weekend? Travel distance to Mt. Horeb is about 140 miles from Davenport. Close enough to drive up and back the same day. You have an option to ride just one day on some new roads with spectacular scenery that is quite different from the corn and bean fields we have been looking at all summer.

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

A cycling route on quiet country roads promises to offer more than a few hills both days. So keep up your hill training regimen. Some options with less challenging hills also will be available. The destination is a different town each day with lunch opportunities before the return ride on different roads.

The Military Ridge Bike Trail (crushed limestone) offers 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.

If you plan to attend, contact Deb or Dean Mathias at 309-737-8429 or mathiasdebdean@peoplepc.com so we know how many people to expect. Also, give us a head count of people who will be joining the group for a scrumptious Italian dinner on Saturday night. People who are not riding are welcome to join us for dinner.

You are responsible for making your own room reservations. At the Karakahl Country Inn (www.karakahl.com), the rate is \$59.95 plus tax. The area can be busy this time of year so we encourage you to reserve early. Call 888-621-1884 or 608-437-5545 to reserve your room.

Rooms also are available at the Village Inn Hotel (www.littlebedder.com), which is attached to the Military Ridge Bike Trail. Call 608-437-3350 for reservations.

Some bed and breakfasts also are in the area. Check the Mt. Horeb website for more information.

There are two nearby parks that provide camping. Brigham Park is a 112-acre park with a spectacular panoramic view about seven miles west of Mt. Horeb. Blue Mounds State Park is about 10 miles west of Mt. Horeb. For information on the parks call 608-437-5711 or 888-947-2757.

Bring along non-cycling family members to enjoy points of interest in or near Mt. Horeb, such as 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)

New route, 2 options for Sept. 14 Heartland Century

By Bruce Grell

The Sept. 14 Heartland Century has a new route and two distance options of roughly 60 and 100 miles. Both start at Illiniwek Park north of Hampton, Ill. Riders on the short route will have a sag stop in Geneseo, which riders on the long route will hit twice. Lunch stop for the long route is in Andover. The map will be/is available at qcbc.org.

Registration is at Get me Registered https://secure.getmeregistered.com/get_information.php?event_id=8904 and is open through Sept. 7, and includes DeFeet socks. Socks may, or may not, be available for those who register on ride day.

The Century starts from 6:30 to 8 a.m., and the short course ride must start before 10 a.m. Pre-registration through GetMeRegistered is \$25 plus their fee for club members and \$30 for non members. Registration on race day will be \$30 and \$35 respectively, and include socks if available.

Ride the Challenge on Aug. 17

By Dick Grimm

The annual Ride The Challenge Ride to help the Miracles Can Happen Boys Ranch in Wilton, Iowa, will be held Aug. 17.

If you have ridden it before, we hope you will be back to ride on our new date. This year, we have moved the Challenge to Aug. 17, to catch the warmer weather and hopefully fairer skies. We also are trying to avoid as many conflicting activities as possible. With the route roads resurfaced last year, the routes should be better and smoother to ride.

The routes go through a variety of towns heading towards the Wapsi River valley. There are four main routes of 25-, 55-, 75-, and 100-miles plus the flexibility to adjust route lengths as needed. We also have four sag stops along the routes with plenty of Hy Vee pastries and sub sandwiches for the longer routes.

With the pastries, pies and cakes that were donated, a rider could easily finish on a sugar high.

This year, we again will start with a homemade breakfast prepared by Jim and Cathy Fry, with the help of the ranch staff and the young men of the ranch. We also will have after-ride root beer floats with pie and cakes available with a tax deductible "Love" donation.

The Miracles Can Happen Boys Ranch is a Christian Home atmosphere designed to help troubled boys suffering personal problems in their lives. The ranch doesn't receive any government aid, so it's through donations and fundraisers like the ride that they generate money to handle the costs associated with taking care of the young men.

Riders can register online, or download a registration form at the ranch website: www.mchboys.com. The cost is \$20 for those who register by Aug. 3, or \$25 after Aug. 3 until the day of the ride. Early registrants will receive a free t-shirt. Registrations and all donations are tax deductible.

For more information, check the ran website or contact Dick Grimm at rlgrimm@netexpress.net or 563-445-7797.



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If left unchecked, flat feet can cause misalignment and discomfort in other joints and in the lower back. When addressed early on, nonsurgical treatment can prevent pain.

People with flat feet can take action to prevent strain and pain. Dr. Smith can help you determine the right strategy for treating your foot issues.



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Pedalwheeling • August 2013

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+ - Ride Schedule

Aug, 14	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardees, 425 55th St. Moline	Darlene Moritz 563-386-3499
Aug, 15	Mid-paced	Thursday evening ride-loop on and off Great River Trail.	32-36 miles	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. & 55th Street, Moline	Bill Storm 563-343-9916
Aug, 17	Mid-paced	Miracles Can Happen Challenge Ride	Multiple Distances	7:00AM	Wilton, IA	Dick Grimm 563-445-7797
Aug, 17	Mid-paced	Saturday morning ride-Riders choiceRoute determined by participants.	TBD	8:00AM	Eastern Avenue Park, Duck Creek Pkwy- Davenport, IA	Riders Choice
Aug, 18	Mid-paced	Sunday morning ride-Henry County rambleOloop around Geneseo & Cambridge.	55 miles	8:00AM	Colona Grade School, 700-1st St., Colona	Mark Doeckel 309-752-3033
Aug, 20	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Aug, 21	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardees, 425 55th St. Moline	Darlene Moritz 563-386-3499
Aug, 22	Mid-paced	Thursday evening ride-loop on and off Great River Trail.	32-36 miles	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. & 55th Street, Moline	Bill Storm 563-343-9916
Aug, 24	Mid-paced	Saturday morning ride-Savanna campout- ride up the Great River Trail to camp or ride as far as you like and turn back.	65 miles	8:00AM	Ben Buterworth Parkway just east of Captains Table	Darlene Moritz 563-386-3499
Aug, 25	Mid-paced	Sunday morning ride-Riders ChoiceRoute to be determined by riders.	TBD	8:00AM	Eastern Avenue Park, Duck Creek Pkwy- Davenport, IA	Riders Choice
Aug, 27	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Aug, 28	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardees, 425 55th St. Moline	Darlene Moritz 563-386-3499
Aug, 29	Mid-paced	Thursday evening ride-loop on and off Great River Trail.	32-36 miles	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. & 55th Street, Moline	Bill Storm 563-343-9916
Aug, 31	Mid-paced	Saturday morning ride-explore NE Scott County with the club president.	40-45 miles	8:00AM	Crow Creek Park, Devils Glen Road, Bettendorf	John Harrington 563-940-6023
Sep, 01	Mid-paced	Sunday morning ride-Orion for breakfast in park	40 miles	8:00AM	Colona Grade School, 700-1st St., Colona	Jean Douglas 309-526-3102
Sep, 02	Mid-paced	Labor Day ride-McCausland for pancakes and car show. Great holiday tradition.	40 miles	7:30AM (note earlier time)	Eastern Avenue Park, Duck Creek Pkwy- Davenport, IA	TBD
Sep, 03	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Sep, 04	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, 05	Mid-paced	Thursday evening ride-loop on and off Great River Trail.	32-36 miles	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. & 55th Street, Moline	Bill Storm 563-343-9916
Sep, 10	Women-only	Tuesday after work, the ladies ride a couple hours then go out for supper	25+ miles	5:30PM	Call Kathy for starting location	Kathy Ramp 309-738-8389
Sep, 11	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

Courtney, Greg	Ames, IA	515-450-7901
Freelove, Scott	East Moline, IL	day 309-278-3518 eve 309-278-3518
Looman, Mark	Bettendorf, IA	day 563-529-1063 eve 563-514-2571
Peterson, Eric	Naperville, IL	day 630-355-5803 eve 630-355-5803

QCBC Membership Totals

Membership type	# of memberships	# of members
Comp	12	12
Couple	221	442
Family	119	383
Ind.	350	350
Life	3	5
Grand total	705	1,196

Sign up for the Aug. 24 Courage Ride

The Courage Ride will start Saturday, Aug. 24, at Iowa Mennonite High School, 1421 540th St SW, Kalona, Iowa. The 16-, 27-, 42- and 94-mile routes go over gently rolling hills, past Amish homesteads in Kalona, and over old stagecoach routes. Registration is \$50 in advance or \$60 on ride day, and includes a waffle breakfast, hot showers, lunch, rest stops, detailed route maps and SAG support. Register online or the day of the ride.

Courage Ride cycling jerseys will be available for \$65 in men's medium through 2X and women's medium through 2X. Orders may be placed at registration or by emailing Martin Bunge at bunge@windstream.net (add \$6 for shipping). The 94-mile ride leaves about 7 a.m. and the other between 8 and 11 a.m. The record 460 registered riders in 2012 raised \$35,000 for cancer research at the Holden Comprehensive Cancer Center at the University of Iowa Hospitals and Clinics. For ride information, to register or donate: www.courageride.org.

People needed to ride with Friendship Force guests

By Vivian Norton

Twenty Friendship Force International members will be in the Quad-Cities to tour bike trails in September. Cyclists coming from the east and west coasts, the south, Wisconsin and Canada, will stay with QC Friendship Force members.

Friendship Force members would appreciate QCBC members taking the visitors on our wonderful bike trails.

The schedule is:

- Sept. 9: Start at 10:30 a.m. from Leach Park, ride to LeClaire then start back to Leach Park at 2:30 p.m.
- Sept. 10: Start at 9 a.m. from Port Byron ride to Albany for lunch then ride back to Empire Park on the border of East Moline and Hampton.
- Sept. 12: Start at 9 a.m. from Port Byron and ride to the John Deere Commons for a tour and lunch, then back to Port Byron. (Lunch will be provided for ride leaders and sweeps.)
- Sept. 13: Start at 9 a.m. from Leach Park and ride to Nahant Marsh for a talk, then ride to Buffalo for lunch then back to Leach Park.

There will two ride levels so two leaders and two sweeps will be need for each of the four days.

If you will be available any of the above dates to lead or sweep a ride, contact Vivian Norton at 563-355-1899 or vjoan@q.com) or Kathleen Doyle at 309-234-5921 or ckdoyle2@frontier.com).

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UPCOMING EVENTS

Aug. 17—Ride the Challenge (page 6)
Aug. 23—Princeton 5K run/walk (page 2)
Aug. 23-25—Campout Ride (page 1)
Aug. 24—Courage Ride (page 8)
Sept. 9-13—Friendship Force rides (page 8)
Sept. 14—Heartland Century (page 5)
Oct. 6—Dirty Duo (page 3)
Oct. 12-13—Fall Foliage Ride (page 5)



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING