



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – January 2006

RAGBRAI XXXIV Perm and Andy Horst

The Register's Annual Great Bicycle Ride Across Iowa for 2006 is still several months away, but you must register now if you want to be part of this great ride. We have a limited number of spaces available for a fee to those people who are QCBC members by December 31, 2005. These are available on a first come, first served basis. The ride will be July 23-29 on a route to be announced in late February. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2006. In order for us to meet their deadline, we must have **all** registration forms and checks by February 22, 2006.

The January and February newsletters will contain the RAGBRAI application and individual waiver form. (See pages 10 and 11 of this issue.)

Fee Paid Tag

Everyone must have a Des Moines Register's "Fee Paid" tag. The cost is \$110.00. If you are not a QCBC member and would like to go on the ride, you will need to obtain your "Fee Paid" tag through the Des Moines Register lottery, which is held in the spring. You can still purchase transportation and baggage service from the QCBC.

Group members who obtain wristbands through their clubs will not be able to obtain individual vehicle passes. If you want to take a camper, you need to go through the Register's lottery.

Members who obtain "Fee Paid" tags from the QCBC will have to also pay for our minimum services of \$35 to haul baggage from the start town to the end town.

On-line Registration

Riders may register on the RAGBRAI site at www.ragbrai.org. By following the outlined steps one can easily register on-line with our group. Transporta-

tion and baggage service is an additional cost payable to our group. Send all money to Scott Miller.

Waiver Required

Each and every rider participating in RAGBRAI will have to sign a Des Moines Register waiver and mail it back to us with your fees. **IMPORTANT:** If you do not include the signed waiver, no tags will be issued.

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to you. They can only be sold upon receipt of a new waiver that will be coordinated by your bike club to the Des Moines Register.

Souvenir Pack

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$20.00 or \$40.00) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt. The 34th Anniversary pack sells for \$40.00 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

Transportation Provided

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 22 and baggage transportation between overnight stops. The transportation and baggage fee is \$95.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$30.00.

If you have your own transportation to the start of the ride, the cost is \$35.00 for the required minimum service of carrying your baggage between overnight stops. This minimum fee does not include hauling your bike and baggage back to Davenport unless you paid for the return bus. (cont. on page 4)

Key Contacts

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

<http://www.qcbc.org>

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or pshschubbe@aol.com
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@mcleodusa.net
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

Board Members:

Karen Baber (309) 796-2476	Mike Desch (309) 755-4722	Dean Mayne (563) 355-0995
Frank Beshears (309) 787-4331	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	John Wessel (563) 359-8350

Key Contacts: A complete listing of Committee Chairperson and Key Contacts is available on the club's web site 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 7pm on the third Tuesday of April and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or pshschubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 10th of the month. Please try to limit your article to 1 page in length. Email to: qcbceditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50, and a full page - \$100. Call for details: (563) 355-2564.

Major Activities of the Club Include: Tailwind Century in May, 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 Issue of Ride Schedule and Membership Directory booklet, 10% discount at QC Area Bike Shops, ability to use LAB "Bikes Fly Free" program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



<http://www.iowabicyclecoalition.org>



<http://www.bikeleague.org/>



<http://www.bikelib.org/>

From The Headset - Spinning; Part II **Errol McCollum**

As I mentioned last month, you should have a trainer, a bike to put on the trainer and a heart rate monitor. A cadence feature on your bike computer is handy but not essential. If you don't have a cadence feature on your computer, you may want to put your bike on the trainer and learn to count your cadence while riding. It is easier to learn on the trainer than on the road. A fit check by a competent bike fitter, will aid in the achievement of an efficient spin on your bike.

There are several baselines that you should establish. They are "normal cadence, both on the trainer and on the road, "normal heart rate" and resting heart rate. To establish resting heart rate, merely put your monitor on per instructions with the unit and set down. Casual reading is OK but remain sitting without coffee or other stimulants for at least five minutes but better ten. Look at your monitor and write down this resting H/R number. Training or optimal heart rates are sometimes figured on this value. Also, age is frequently factored in for training heart rate. If you don't want to invest in a heart rate monitor, your exercise level should not be so high that you can't talk while spinning. I occasionally use this system if I'm short of time and want to get on the bike under limited time situations.

While on the trainer, put the bike in a comfortable gear and turn the cranks at a comfortable RPM, one well within the being able to talk while riding. To count RPM without a cadence computer, have your computer on time function, and wait until the time is at an even 10 seconds and your knee is at the top of the stroke and count every time your knee gets back to the top of the stroke in six seconds. If the number of times is seven, then your cadence is 70 RPM, eight is 80 RPM etc. A few practices on the trainer will get you good enough to do this while riding. If not, find a place where you can safely do your cadence count while riding. It is recommended to get this "normal" cadence while riding as well as your "normal" cadence while on the trainer. Do not be surprised if they differ by ten RPM's or more. Try to get the normal riding cadence not riding into the wind. Now with these baselines you're ready to start spinning.

The road cadence is strictly a reference number and will not be used until you get back on the road next spring. Now with your bike on the trainer multiply your normal trainer cadence by 1.25. This will give you a realis-

tic target RPM. If the cadence was 80, then your target RPM will be 100. On your first training session add 5 RPM to your eg. 80 to 85. Try to maintain this RPM for 15 minutes. If you can't, repeat this the next day and the next until you can. Once you have reached this level, then add 5 RPM and do the 15 minute routine. Continue doing this until the 100 RPM or whatever you figured out for yourself, is reached. At this point you can add 5 minutes to the equation every workout or until you have reached 30 minutes. Many people don't have this much time in their day so my solution to this problem was to get up a little earlier in the morning. I highly recommend doing this training before breakfast. If your training is developing properly, you will notice an increase in RPM naturally without making a conscious effort to do so. Increases in RPM above your last training RPM however, will take a conscious effort. Check this cadence every several minutes or so, to make sure that you are doing the target RPM for that day's ride.

Remember that road cadence? After this, a road ride while trying to ride at a comfortable RPM and comfortable speed with little or no headwind should result in a noticeably higher RPM than before. This is what you are striving for. If your target RPM was achieved real easily, then you might want to add another 10 RPM, by 5RPM increments.

Note the smoothness of your pedal stroke. If you're bouncing, (you may want an outside observer to detect this), you will need to tweak your pedaling technique. Bouncing is the result of the foot getting to the bottom of the stroke abruptly causing your body to lift up, Newton's third law, (for every action there is an equal and opposite reaction). This can be remedied by bearing in mind that at about 4:30 on your pedal stroke you should start pulling back on the pedal so as to eliminate the bottoming of your foot at the bottom of the stroke. This little hang-up can prevent you from being able to increase your spin. A little practice will smooth out your pedal stroke in short order. Seat height is important here also. Too low or too high of a seat height will also cause a bounce.

What about that expensive H/R monitor you had me buy? If you went to a sports cardiologist as I mentioned last month, he/she should have suggested a heart rate to train at and one not to exceed. Use these guidelines while training. If your training is working properly, your heart rate should come down while doing the same regimen. (cont. on page 4)

From The Headset (cont. from page 3)

At this juncture, you may want to try adding a little more RPM or training time to your workout. After you

RAGBRAI XXXIV (cont. from page 1)

Any rider under the age of 18 must be accompanied by someone over the age of 21, preferably a parent, and must have the person's signature on the registration form.

Please notify us ahead of time if you cannot load your bike on Friday July 21.

Home Stays

If you do not like to camp, some residents in the overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website www.ragbrai.org, after May 1, 2006.

Miscellaneous

If you cannot ride to the next overnight town on any day during the ride, the club will not be responsible for providing transportation to the next campground.

All club members are expected to act as responsible adults and set a good example to other riders. If you act up on the ride, any unused portion of your fee paid will be refunded. We will not continue to haul your gear, and you will be responsible to find your own way home.

Do not get your tags from QCBC nor ask for services from us if you do not plan on arriving in the overnight town until after 6 pm. We make arrangements to camp in the quiet zone at each town, please comply.

October Night Rides 2006 Kathy Storm

As announced in the December issue of this newsletter, Bill and I are looking to pass the torch to another club member who would be interested in leading the October Night Rides.

While Bill and I enjoyed leading these rides for the club for the past 10 years, we are ready to have the month of October be less filled with commitments.

have reached a noticeably improved RPM that you can do for the entire workout, you are ready for interval training. Bear in mind your cardiologist's recommendations! You certainly don't want to redline.

The bike clubs are expected to set a good example with safe riding practices. Remember that the safety and ancillary RAGBRAI support people are out at 6 am every morning, regardless of the weather conditions.

If you have any questions, contact Scott Miller, at 563-391-2796, or E-mail mm@netexpress.net. Please address subject matter on e-mail as RAGBRAI material. If I need to call you back, please leave me an evening phone number. If a return call requires a long distance call, it will be collect.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form. **We must have these 2 forms and your check by Feb 22, 2006.** We cannot accept your application if sent by registered mail. No confirmation will be sent, if your money is not returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.

The route, with complete details, will be posted January 28, on the web site and also the Sunday Des Moines Register on the 29th. Check out their web page at www.ragbrai.org for details.

There are probably a good 100 club members who have ridden these rides with us over the years or who have the equipment to ride at night. (Some of you are endurance riders, some are commuters.)

If you are interested in taking over these rides next October, please contact Bill or I (563-355-2564) and we will help get you started. The deadline to include these in the 2006 Ride Schedule booklet is mid February.

Welcome New QCBC Members!

Charlie Sattler

<u>Name</u>	<u>City & State</u>	<u>Phone</u>
Karen Jenneman	Broomfield, CO	720-436-9399
Sally Swartz & Rob Roy	Greenwood Vil-	303-220-0955
Meredith Dekalb	Washington, DC	571-237-2925
Christine Clure	Largo, FL	727-744-7635
Eric & Tina Longlett	Bettendorf, IA	563-359-3857
Chad Jasen	Clinton, IA	563-242-1712
John Imgrund	Le Claire, IA	563-212-9894
Jim Hayne	Hampton, IL	309-755-1229
Laura Miller	Rock Island, IL	309-912-5829
Mike Rivers	Rock Island, IL	309-782-6724
Frank Hart	St.Johns, MI	989-224-4698
Bob Welles	St.Johns, MI	989-224-4368
Gregory & Chrisanne Ur-	Marshfield, WI	715-387-8151
Vincent Martin	Platteville, WI	608-348-8567

Membership Count: 12/10/05		
Number of:	Members	Memberships
Individual	408	408
Couple	278	139
Family	366	96
Complimentary	21	21
Life	6	3
Total	<u>1,079</u>	<u>667</u>

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie can be reached at: 563-391-3422 or csattler14@msn.com. Charlie prints out the labels for the newsletter and does the mailing of the newsletters.

Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members, who live farther away, may not receive theirs until the first or second week of the month.

You can also view the newsletter online at www.qcbc.org.

For Sale/Want Ads

- **For Sale** – 2 - **TOMRV** 23 Jerseys (from 2000). Made by Voler, w/21" chest zipper. Colors: Blue, orange, and green. 1 size each: Club Large and Club Medium. \$15/each. Contact [Kathy Storm](mailto:Kathy.Storm) at 563-355-2564

- **For Sale** – 1 pair Look brand Mountain Bike Shoes w/SPD cleat. Blue and Gray suede uppers. Combination lace and velcro closure. Size 41. Very clean. \$20/pair. Contact [Kathy Storm](mailto:Kathy.Storm) at 563-355-2564

Rocky Mountain Low

The Colorado State Patrol recently announced a policy that would severely impact the largest rides in one of our best states for cycling. The new policy would have limited bicycle events to 2,500 riders, and the agency could further lower the limit at its discretion, any time it chooses. This, according to Bicycle Colorado, would put virtually every bicycling event in the state at risk: tours, races, charity rides, group rides, and triathlons. Fortunately, many individuals and groups (including Adventure Cycling and the League of American Bicyclists) responded immediately to this arbitrary decision. News reports indicate that the State Patrol has deferred

implementation of the policy for a year. In addition, they have promised to work with cyclists on the policy (something they failed to do before making their first announcement).

You can write and encourage the State Patrol to create a more bike-friendly policy -- and also thank them for holding off on implementing a policy that would set a bad example for bike rides locally and nationally. For more information, contact Bicycle Colorado at www.bicyclecolo.org or 303-417-1544.

(Thanks go to Phil Fellner, Milwaukee, WI, for submitting this news item to the Editor.)

January 2006 Ride Schedule

• Winter ride schedule—October - April

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

• Sunday, January 1

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

• Wednesday, January 4

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Saturday, January 7

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

• Sunday, January 8

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Wednesday, January 11

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Saturday, January 14

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

• Sunday, January 15

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

Noon – Winter Picnic - The 21st annual QCBC potluck winter picnic will take place at the Carriage House of the Deere-Wiman facility at 817 11th Ave, Moline. See details below.

• Monday, January 16

Martin Luther King Jr. Day Ride

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Wednesday, January 18

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Saturday, January 21

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

• Sunday, January 22

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Wednesday, January 25

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Saturday, January 28

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

• Sunday, January 29

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

Winter Picnic Stacey and Bob Replinger

Date: Sunday, January 15

Location: Carriage House
Deere-Wiman House
817 11th Avenue
Moline

Time: Noon

What to bring: A dish to pass and a serving utensil

Organizers: Stacey and Bob Replinger

The club will provide baked ham, milk, hot chocolate, French roast coffee, and table service. New this year is the Indoor Bicycling-Related Club Championships. Events may include races, tire toss, tire-changing contest, brain teasers, wheel rolling, and more. Prizes. No reservation required.

Contact Bob or Stacey at bobreplinger@aol.com or 309-793-7339.

“Whoever invented the bicycle deserves the thanks of humanity.”
-- Lord Charles Beresford (1846-1919), British Admiral and Member of Parliament

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application
 Renewal Application

- Membership Type: Individual \$15/Year
 Couple \$20/Year
 Family \$20/Year

Date of Application _____

Name * _____ Address _____
 (Also list your name below)

City _____ State _____ Zip _____

Phone _____ Email _____
 (Incl. Area Code)

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

- Memberships in Other Bicycling Organizations: League of Am. Bicyclists League of IL Bicyclists IA Bicycle Coalition FORC

Please List ALL Names Included Under This Membership Below			Riding Interests	I Can Help With	
Names Under This Appl. *	Birthdate	M/F	<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

* Single adult children up to 22 years, using their parent's address as their primary address, may continue on their parents' membership.

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release – Signature Required

Individual membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter. Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 9/5/05

Resistance Training for Endurance Cyclists Ultra Marathon Cycling Association

Resistance training is a valuable tool that can contribute to the development of endurance athletes of all abilities. Traditionally, athletes and coaches were reluctant to include strength training as part of the endurance athlete's training program in fear of developing "extra bulk" that would reduce cardiovascular performance. In recent years, current research has shown that strength training has no adverse effect on aerobic capacity and can enhance muscular strength and power. In addition, other benefits to the endurance athlete include: maintaining proper muscular strength ratios, increasing bone mineral density, enhancing connective tissue, preventing overuse injuries, improving lactate threshold and improving exercise economy.

Cycling, swimming, running, or any other endurance activity subjects athletes to continuous, repetitive movements that can last for many hours. This can result in a strength deficit in selected muscle groups that may compromise optimal performance and efficiency, and may also lead to injuries. With cyclists, the pedaling motion can overdevelop the powerful hip and knee extensors resulting in an imbalance between the muscles of the hip and thigh. Resistance training can address this by including specific exercises for the hamstring muscles to maintain proper strength ratios and promote optimal joint stability.

In addition to muscular adaptations, strength training also promotes development of bone and connective tissue. Bone is a dynamic tissue that provides a rigid lever to support movement. Bone is sensitive to changes in forces it experiences and has the capacity for growth and regeneration if damaged. Activities must be weight bearing to provide the most effective stimulus for bone formation. Cyclists and swimmers are particularly vulnerable since their activities are non-weight bearing in nature. They should incorporate strength training to promote bone health.

Strength training can also enhance connective tissue resulting in an increased ability to withstand greater forces and improved overall joint integrity.

Overuse injuries can be frustrating to the athlete and may result in lost training time and severe setbacks. Many of these injuries are predictable and can be prevented with proper training progressions and a "Preha-

bilitation" strength-training program. Prehabilitation refers to the realization that a potential for injury exists, and implementing specific strategies to prevent such occurrences. Each sport has common overuse injuries that affect many athletes. In cyclists, inflammation of the patellar tendon (patellar tendonitis) can result from repeated knee flexion and extension during pedaling. During a four-hour training session, the knee joint can undergo over 25,000 flexion/extension cycles subjecting the tendon to high stress. Supplementing the cyclist's training program with strength exercises can help maintain proper muscular balance and enhance the connective tissue network to reduce the possibility of patellar tendonitis.

Lactate threshold, an important element of endurance performance, can be enhanced with strength training. One study in 1991 found that strength training improves cycling endurance performance independently of changes in VO₂ max. The improved endurance comes from changes in muscle fiber-type recruitment. A greater percentage of slow-twitch and reduced rates of fast-twitch recruitment during exercise result in increased power.

Critical to the endurance athlete is developing high levels of exercise economy. Exercise economy refers to the energy cost to maintain a given level of output. Economical athletes can perform at a higher level while experiencing less fatigue. A 1997 study by the University of New Hampshire of 12 distance runners revealed that strength training significantly improved running economy, and strength in the upper and lower body. To achieve full potential as an endurance athlete and remain competitive in challenging events, an individually designed resistance training program should be implemented. Each athlete, regardless of sport, brings to the training table a set of unique talents and abilities that can be molded and shaped into a more complete athlete with the addition of a regular resistance training program.

Resistance training is any activity that overloads muscles more than on the road bike, thus resulting in strength gains. Resistance training does not necessarily require special equipment, or long hours in the gym.

- Resistance training can have five benefits for the endurance cyclist:
- Increasing core strength and creating a stable platform for pedaling power. (cont. on page 9)

Resistance Training for Endurance Cyclists (cont. from page 8)

- Developing leg strength, which can be turned into increased power on the bike.
- Improving the balance among muscle groups, resulting in increased pedaling economy and efficiency.
- Strengthening connective tissues, to reduce the risk of injury.
- Improving upper body endurance and comfort on the bike.

Any strength training program should follow the general principles of resistance training:

- Activities that are weight-bearing and/or use free weights (e.g., hiking, lunges) require more balance and motor control and thus stress connective tissues more than strength training with machines.
- Exercises that work multiple muscle groups and

joints (e.g., lunges, wall squats) are more efficient at developing strength than activities, which work a single muscle group (e.g., hamstring curls).

- Resistance activities which move in the same forward-backward plane as cycling, and have a similar motion to road cycling (e.g., snow shoeing, mountain biking) will translate more directly to improved cycling than activities which are more general (e.g., squats).
- Since most of us have a dominant side, exercises which work each leg separately (e.g., one-legged pedaling, lunges) are better than activities, which work both legs (e.g., rowing).
- Exercises which work a single muscle group (e.g., hamstring curls) are useful for addressing specific muscle imbalances.

Doing resistance exercises three or four days a week will improve your performance off the bike and reduce the risk of injuries. Recommended exercises are illustrated at ultracycling.com/training/training.html

MidPaced Rides for 2006

Kathy Storm

In 2005, we had 34 QCBC members make a commitment to lead rides for the MidPaced Rides (13 – 16mph riding speed). I would like to thank these members. Leading a club ride takes not only a time commitment, but also a commitment to an organization. The 2005 MidPaced Ride leaders included: Dave Alftine, Dennis & Karen Baber, Frank Beshears, Charles Curry, Rick DeClerck, Chet Doyle, Bob Fitzgerald, Larry Hanna, Perm & Andy Horst, Rodger Horst, Jim Karr, Jean Kelly, Jerry Kruse, Deb & Dean Mathias, Mike Mc Caw, Rick Meeker, Jim Merritt, Mike Middlemiss, Steve & Nancy Montgomery, Darlene Moritz, Doug Nelson, Vivian Norton, David Round, Greg Sprott, Bill & Kathy Storm, Scott Swanson, Ken Urban, Mark Valliere, and George Van Thorre.

In 2006, the MidPaced Rides will continue being offered April – October on the weekends. These rides are designed for members who are experienced cyclists and want to ride with others on local recreational trails and county roads on the weekends. The rides are generally 25 – 60 miles in length, with a riding pace of 13-16mph. In the past, almost all of these rides have included a breakfast stop after 15-20 miles.

In 2006, there are some new avenues being looked at for these rides, including some that are simply an “out and back” ride in a 3 hour time frame with no breakfast stop. We are hoping this type of ride would appeal to those members who want the camaraderie of riding with others, but who are pressed for time. The committee is also taking a look at having more ride start locations being outside the immediate QC area and having more start locations in Illinois due to the higher percentage of paved roads than what is found in Eastern Iowa.

If you are interested in being a Ride Leader for the MidPaced Rides in 2006, or if you have some suggestions for start locations or routes, please contact Kathy Storm, Phil Schubbe or Frank Beshears by January 21, 2006. Frank and Warren Power are co-chairs of the Ride Schedule Committee for 2006. Frank is also helping with a revamped MidPaced Ride Schedule. We look forward to hearing from you and seeing you on some MidPaved rides next spring.

Kathy Storm: 563-355-2564 or kbstorm@aol.com
Phil Schubbe: 563-359-5057 or Phschubbe@aol.com
Frank Beshears: 309-787-4331 or hfbeshears@mchsi.com

RAGBRAI XXXIV REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXIV article in the January and February newsletter. Use a separate form for each person. You may reproduce this form. **WE MUST HAVE YOUR REGISTRATION, CHECK & Register Release forms by FEBRUARY 22, 2006.** Make check payable to: QCBC, RAGBRAI.

1. PERSONAL DATA

NAME _____ BIRTHDATE (REQUIRED) _____

STREET _____ APT/STE/UNIT _____ PO BOX _____

CITY _____ STATE _____ ZIP CODE _____

DAYTIME PHONE _____ HOME PHONE _____

E-MAIL _____ OCCUPATION _____

Name of adult sponsor if under 18 _____

2. TYPE OF BICYCLE YOU ARE RIDING? _____

3. INDICATE RIDE STATUS

Des Moines Register "Fee Paid" tag \$110.00 _____

QCBC transportation/baggage fee (bus out & haul bags) \$95.00 _____

Baggage service only (find own way out) \$35.00 _____

Bus return to Davenport \$30.00 _____

Des Moines Register "Basic Souvenir Pack" (T-shirts XL only) \$20.00 _____

Des Moines Register "Premium Souvenir Pack"
(RAGBRAI XXXIV poster and XL T-shirt) \$40.00 _____

RAGBRAI XXXIV Jersey \$45.00 _____

Jersey size SM ____ (34-36) MD ____ (38-40) LG ____ (42-44)
XL ____ (46-48) XXL ____ (50-52) XXXL ____ (54-56)

Total \$ _____

Register subscriber? Daily ____ Sunday ____ Daily & Sun ____ Non-subscriber ____

Every rider must sign the liability waiver. If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XXXIV or in any of the activities associated with RAGBRAI XXXIV.

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____

MAIL TO QCBC-RAGBRAI; 4216 Warren, Davenport, IA 52806.

PLEASE NOTE: QCBC MEMBERS MINIMUM COST IS \$145 FOR "TAG" & BAGS; OR \$205 FOR BUS OUT, "TAG" & BAGS. ADD \$30 FOR BUS BACK TO DAVENPORT. ADD \$20 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$45.00.

NO TAGS, NO SERVICES PROVIDED.

IF YOU REGISTER THROUGH QCBC DO NOT REGISTER THROUGH ANY OTHER SOURCE OR YOU WILL BE AUTOMATICALLY DISQUALIFIED FOR TAGS.

The Des Moines RAGBRAI Registration Form for the QCBC Charter

is located at:

www.qcbc.org

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

Presorted Standard
US Postage Paid
Permit No. 3006
Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

2006-2007 Leisure Rides

Vivian Norton

Leisure Rides...And this year we do mean leisure!

The leisure rides have been getting longer and a bit faster than advertised so the Leisure Rides are being revamped this year. All except one of the rides will be about 20 miles long and stay at about 10-13 miles per hour. Speed and any added distance will be at the discretion of the ride leader and will take into consideration the riding level of the group that attends.

There may be a flat century option later in the summer, depending on weather conditions, for those who will have attended the leisure rides and want a challenge. Watch in the monthly ride schedule bulletin that the Newsletter Editor includes in each *Pedalwheeling* for that information.

If there is a ride you would especially like to have included in the 2006 – 2007 Ride Schedule, or if you'd like to lead a ride contact Vivian Norton (563-355-1899 or vjoan@worldnet.att.net)

Check the 2006-07 Ride Schedule booklet for dates, times, and starting locations. Bring a friend.

**Attention All Club Members!
Errol McCollum, President**

Now is the time to correct your membership listing; spelling of your name, street address, phone number, and email address for the 2006 - 2007 Ride Schedule and Membership Directory booklet. Contact Charlie Sattler at (563) 391-3422 or by email at csattler14@msn.com to report any corrections needed.