



# Pedalwheeling

*Monthly Newsletter of the Quad Cities Bicycle Club – March 2006*

## **Rock Island: on the Path to Lanes, Livability, and Leadership in Bicycling** **Chuck Oestreich**

Quick, what makes a city a vibrant place for living? What ranks it high on the many “best places to live” lists? What makes its citizens quietly happy about where they have elected to reside?

One quick answer is bicycling. And that’s more than having a path or two through some parks or along a river. No, what helps to rank a city high is its proactive stance and positive action in making it easier for its citizens to bicycle almost anywhere in the city. It’s what’s happening in Seattle, Madison, and Chicago, among other places.

And it’s happening right now in Rock Island.

In the next two years one of its major arterial streets, 7th Avenue, will be undergoing resurfacing – from 21st Street to the Mississippi River at Mill Street. Along with the new pavement will be a dedicated bicycling route: seven-foot lanes next to the curb on both sides of the avenue. The lanes will be broadly striped and posted with many bicycle signs.

And this is not the first. Rock Island has the distinction of having the first striped bicycle lanes on a major thoroughfare in the Quad Cities. This is on 17th Street

between 31st Avenue and the Rock Island Fitness Center, which is very close to Blackhawk Road.

How has this come about? Jim Johnson, engineer for Rock Island Public Works, says that it’s a matter of leadership – coming from the City Council and the City Manager, John Philips. “They’ve looked at Chicago and seen what can be done in a heavily populated, urban area, and are trying to do the same thing here,” says Johnson.

As to negatives, especially with bike lanes located between the active roadway and parking areas along a street, as on 17th Street, Johnson says, “It’s a matter of education. It’s going to take awhile for motorists to realize the designated lanes are not for driving.”

Rock Island isn’t stopping with these two areas. In the planning stage are bicycling routes along 9th Street, 20th Street, and 38th Street, all north-south streets between the Mississippi and the Rock rivers. And besides 7th Avenue, active planning is on for a east-west cross-town connector trail utilizing 31st Avenue to connect the new West Rock River Bridge bicycle lane to Sunset Park and the Great River Trail.

Livability and bicycling. They go hand in hand, or should we say handlebar to handlebar. And in Rock Island they’re riding together - right here in the Quad Cities.

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## **Spring Picnic – April 30** **Dean Mayne**

Friends of Off Road Cycling will again host the annual Spring Picnic. The QCBC provides the resour\$e\$ and FORC provides the manpower. We will return to Illiniwek Park in Hampton Illinois on April 30th, 2006. There will be a club ride starting earlier in the morning and the picnic will begin at noon.

The picnic is potluck except for the meat, buns, condiments and drinks. Please feel free to store your food

items in the club coolers while you go out for a ride with your friends.

FORC looks forward to serving its fellow cyclists and enjoys the relationship it shares with the QCBC, in supporting cycling opportunities and events in the Quad City area.

Any questions or recommendations for this years Spring Picnic can be directed to Dean Mayne at [e.mayne@mchsi.com](mailto:e.mayne@mchsi.com) or 563-355-0995.

## 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](mailto:ecmeandd@netzero.net)  
Vice President – Phil Schubbe (563) 359-5057 or [pshschubbe@aol.com](mailto:pshschubbe@aol.com)  
Recording Secretary – Deb Mathias (309) 787-6547 or [mathiasdebdean@mcleodusa.net](mailto:mathiasdebdean@mcleodusa.net)  
Treasurer – Karen Grimm (563) 445-7797 or [qcbc\\_treas@yahoo.com](mailto: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](mailto: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](mailto: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 - Battle of the Bollards**  
**Errol McCollum**

Since the last Headset article, many emails, phone calls and some letters have flown about the State. Emails and phone calls to Ed Barsotti by Chuck Oestreich, emails to Todd Hill from both Chuck and myself, letters from both Chuck and me to Jason Nelson, phone calls from Todd to Jason Nelson, and calls from Todd

to Jim Welling have done much to the bollard movement, or I should say re-movement. The result is that the three key players, Todd Hill, bicycle pedestrian coordinator for IDOT, Jason Nelson, district 2 out of Dixon, IL, and Jim Welling, of Rock Island County parks all have the same sheet of music. It was a long time coming. My hat is off to our Chuck Oestreich for his continued effort to effect this change. Thanks Chuck.

**Trans Iowa V-2 Gravel road race**  
**Doug Zickuhr**

Doug Zickuhr from Bettendorf and a member of the QCBC since the early 80's and Bruce Nelson from Eldridge will be racing in the Trans Iowa Gravel Grinder Mountain bike race April 29-30th. This is the second year for the race.

Only 50 racers were allowed in last year's race. This year the number was increased to 70. And they're coming from as far away as Alaska, Colorado, North Carolina, Washington & Wyoming.

The race begins on the South Dakota border in Hawarden, Iowa and ends in Decorah, Iowa. The race, 350 miles in length, is on gravel roads along with some class B roads, which are mud lanes running bet

ween farm fields. This year there will even be some single track.

The race begins at 4 am on Saturday the 29th of April and ends at 3 pm Sunday the 30th. No outside support of any type is allowed this year. This means the racers are on their own and hope they can find a Casey's in the middle of the night for food and drink.

Both Zickuhr & Nelson competed in the race last year. Zickuhr made it to the half way point in Algona, but after the cut off time allowed. Nelson made the cut off time in Algona and rode an additional 45 miles to Forest City before withdrawing.

The geared mountain bike, which both used last year, was the bike of choice for most of the racers. This year however, both Zickuhr and Nelson have chosen to do it Single Speed. (Nobody said these guys were normal!)

**Wanted** -- Players for drop-in volleyball on Friday nights, to continue a long-standing tradition in which many people have met, and many friendships and relationship have developed.

**Location:** St. Mark's Lutheran church gym - 2363 W. 3rd St, Davenport.

**Dates:** Fridays in March (3rd, 10th, and 17th). (And continuing if participation warrants)

**Time:** 7:00 PM

**Cost:** \$2 per person

**Questions:** Contact Kathy Loomis, 563-386-3429

**A Whole Lotta Lance**  
**Bike Bits – Adventure Cycling**

Despite retiring from professional racing, Lance Armstrong will not suddenly become an anonymous has-been. Anything but. For instance, his foundation recently announced the launch of the 2006 LIVESTRONG Ride Series, a chain of fundraising

events in five cities across the country supporting the Lance Armstrong Foundation's mission to inspire and empower people affected by cancer. The ride locations are Orange County, California (June 25); Denver (August 20); Philadelphia (September 10); Portland, Oregon (September 24); and Austin, Texas (October 8). Individuals and teams are invited to register online at this link:<http://www.livestrongride.org>

## **A Bike Ride around Rockford Soon May Get Easier, Safer by Wally Haas, Columnist**

My grandfather never drove a car in his 73 years on this Earth. He got around mostly by walking, riding his bicycle or taking mass transit.

He lived much of his life in Chicago where sidewalks are plentiful, the mass-transit system is easy to figure out and buses run on time. When he rode his bicycle, it was for transportation, not exercise.

He would have had a tough time if he lived in Rockford, where there is a great system of paths for people who want recreation or exercise, but a cumbersome system for those who want to get from here to there. Sidewalks and mass-transit concerns are better left for another time.

Wednesday night, I came away from a meeting at City Hall encouraged that Rockford was on the road to being more bicycle-friendly.

Ed Barsotti, executive director of the League of Illinois Bicyclists, was in town to meet with local bicyclists, Rockford Mayor Larry Morrissey and other city officials. There were two goals:

- Gather public input on the best roads to bike around town under present conditions.
- Suggest roads that could be striped or improved for bikes in the future.

About 40 people attended, which is a good turnout for people who are for something. The people who attended were asked to mark up a map and pass along ideas on how Rockford could be better for bicyclists.

The information Barsotti collected Wednesday will be used to produce a free 11-by-17-inch map that will identify safe cycling trails and paths. About 2,000 maps will be printed and available before the spring biking season at bike shops, libraries, Park District offices and other outlets. One side of the map will show preferred roadways for bicyclists, street names, trails and some stops along the way. The other side will provide safety information, advertising and information about the league and local bicycling clubs.

The maps will be nice, but the best of what I heard came from Gary McIntyre, a planner with the Rockford Area Transportation Study: Rockford is ready to apply some paint for bike lanes on city streets and the Rockford Mass Transit District is willing to put bike racks

on city buses.

McIntyre couldn't give a time frame for improvements, which was frustrating for cyclists in the audience who had heard empty promises before.

There's good reason to be skeptical. Building new paths makes for great headlines and ribbon-cutting opportunities for elected officials. Slapping some paint down, putting up a few signs and adding to buses don't.

But I'm optimistic things will get done because of Morrissey. He and I have talked about bike path/lane improvements long before he ran for mayor. He really believes in this stuff.

"I prefer to give the new mayor a chance, and not pre-judge based on past city performance," Barsotti said in an e-mail response to a bicyclist who had concerns about Wednesday's meeting. "Even in places where there has been lots of institutional resistance, the will of a mayor can make things happen. The meeting provided a public forum for the mayor to pledge his support of these issues. And I focused on low-cost improvements so that attendees could make suggestions that could be easily implemented. It'll be up to all of us to make sure he comes through."

Chicago Mayor Richard M. Daley proved how a mayor's will gets things done. He pushed to have bike lanes and routes added to the city when other communities were avoiding improvements because of liability questions raised by a 1998 Illinois Supreme Court ruling. The 4-3 court ruling said that bicyclists are not "intended" users of roadways unless the roadway is signed as a bike route or marked with bike lanes. Communities were afraid if they created bike lanes that those roads would be held to a higher safety and liability standard.

Last year, Steve Ernst, city of Rockford traffic engineer, told me that court ruling delayed any decisions about bike lanes or bike routes. Tuesday, Ernst told me Rockford was going to create bike lanes. McIntyre said the same thing Wednesday.

A new mayor can inspire change.

Rockford has a long way to go before it can be like Boulder, Colorado, where bike lanes can be found on three-quarters of the streets, or Madison, Wisconsin, whose mayor pushes for a bicycle-friendly community, but it has the pieces. (cont on page 5)

## Rockford, Illinois – Bike Lanes & Routes

(cont. from page 4)

I hope those pieces come together before I see my grandfather again.

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## Preparing for TOMRV - Your Secrets

Kathy Storm

Are you a veteran rider of the Tour of the Mississippi River Valley? Here's an opportunity to share your "secrets to success" at preparing for this grueling ride. It's "grueling" only in the sense that it comes early in the cycling season. Early that is for lots of miles and hills.

(Wally Haas is Editor of the editorial page of the Rockford Register Star. This editorial appeared in the January 20, 2006 edition of the Star. His e-mail address is [whaas@rrstar.com](mailto:whaas@rrstar.com).)

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Please consider submitting your tips on how you prepare for this 2 day ride to the Newsletter Editor (that's me) by March 10th so you can help other QCBC members get ready for this ride.

I personally consider this ride a "badge of honor" each year after I finish it. This will be my 25th year riding it. Send submissions to: [qbceditor@yahoo.com](mailto:qbceditor@yahoo.com) or call me at 563-355-2564.

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## A New Week Long Bike Ride

LAGBRAU – in Utah

The LAGBRAU (Legendary Annual Great Bike Ride around Utah) is a not-for-profit bicycle ride and a not-for-profit corporation formed to handle funds raised from the bicycle ride. These funds will be used primarily to set up and fund a new foundation that will focus on teaching, industry, vocations, and employment ser

vices for young Native Americans. In fact, it will be called **NATIVES**, an acronym for *Native American Teaching, Industry, Vocations, and Employment Services*.

Imagine, 10 days, 5 National Parks, 5 amazing State Parks, 4 National Forests, 3 National Monuments, 1 National Recreation Area and a variety of ancient Indian ruins along 3 Scenic Byways. More info at [www.lagbrau.com](http://www.lagbrau.com).

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## TOSRV – TOMRV's Inspiration

Kathy Storm

Have you ever wondered where the inspiration for TOMRV started? It started back in the early 1970's when Carter LeBeau traveled to southern Ohio and rode a 2 day ride called TOSRV. Carter brought back the "idea" for this ride to the QCBC Board.

Listed below is some information on TOSRV from their web site at: <http://www.tosrv.org>

"There are many rides, but only one is America's bicycle touring classic - The Tour of the Scioto River Valley, better known by its acronym, TOSRV. Say TOSRV to bicycle riders around the nation, and they'll know you mean this event, which began as a father-and-son outing in 1962 before quickly growing into the nation's largest bicycle touring weekend. In fact, TOSRV single-handedly raised the profile of the bicycle in American life and was the inspiration for many of the mass-participation cycling events so popular today across the country. TOSRV riders have come from across the country; ranging in age from one to 81.

This year's TOSRV, scheduled for May 13-14, is expected to draw 3,000 riders for what will be the 45th edition of this classic event. TOSRV is organized by Columbus Outdoor Pursuits (COP), an organization with a full range of noncompetitive outdoor activities.

### The TOSRV Route

The traditional TOSRV starting and finishing point is the Ohio Statehouse building in downtown Columbus. Tour Registration will be held just south of the Statehouse at the Hyatt on Capitol Square at 75 E. State Street.

Since the TOSRV route runs along the Scioto River Valley between Columbus and Portsmouth, our Saturday overnight location, it avoids the large hills of southern Ohio. The first 50 miles south of Columbus include some slight grades, and from mile 50 to mile 65 there are a series of short, steep hills. The remaining miles to Portsmouth are relatively flat for a total of 105 miles (169 kilometers) for the day. The Tour returns to Columbus on Sunday along the same route."

**Welcome New QCBC Members!**  
**Charlie Sattler**

Name	City & State	Phone
Linda Genter	Arvada, CO	303-421-4008
Peg Newman & Rob Tyler	Bettendorf, IA	563-459-0385
Steve & Sandi Campie	Camanche, IA	563-259-1570
Gregg Livermore	Davenport, IA	563-355-7998
William Sherwin	Carol Stream, IL	630-752-9788
Frank O'Toole	West Bend, WI	262-338-1998

**Membership Count: 2/10/06**

Number of:	Members	Memberships
Individual	404	404
Couple	280	140
Family	337	89
Complimentary	21	21
Life	6	3
<b>Total</b>	<b>1,048</b>	<b>657</b>

***Welcome New Members***

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](mailto: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](http://www.qcbc.org).

**Free The Magazines!**  
**Adventure Cycling**

If you're not a member of Adventure Cycling--and you know who you are--you can enjoy receiving a complimentary issue of Adventure Cyclist magazine by going to the link below and filling in the blanks. If you are a member, you can have an issue sent to a friend or col-

league. Simply click on the link(s) below and follow the instructions:

[www.adventurecycling.org/membership/inquiry.cfm](http://www.adventurecycling.org/membership/inquiry.cfm)  
 (sample for you)

[www.adventurecycling.org/membership/friend.cfm](http://www.adventurecycling.org/membership/friend.cfm)  
 (sample for your friend)

**The GITAP Bike Club Incentive**  
**Chuck Oestreich**

Help your bike club aid the League of Illinois Bicyclists (LIB) in its efforts to make bicycling better – and have a week of fun at the same time.

For every bike club with 5 members or more on the Grand Illinois Trail And Parks ride (GITAP), we will add 5% of their GITAP registration fees to that club's annual contribution to LIB. Five fellow club riders would add \$75 to the club contribution; ten riders

would add \$150.

So get together with fellow club members and make GITAP a team effort this year. Help LIB realize its goals of improving facilities, education, and advocacy for bicycling. And at the same time have the fun of a week of premium bicycling in northwestern Illinois for you and your fellow bike club members. Sign up now for GITAP-06. Go to [www.bikelib.org/gitap](http://www.bikelib.org/gitap) for details and registration material. Or call Chuck at 309-788-1845 or email at [oestreich@qconline.com](mailto:oestreich@qconline.com).



## March 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.

- **Wednesday, March 1**

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

- **Saturday, March 4**

**9:00 a.m. – Scott County Hoe-Down – IA** Meet at McDonald’s on Kimberly Rd. & Eastern Ave., Davenport. Ride to: Blue Grass and Buffalo. 37 miles.

- **Sunday, March 5**

**9:00 a.m. – Cruise to Cordova – IL** Meet at Hardee’s, 425 55th St, Moline (near CNH). Ride to: Port Byron and Cordova on trail and county roads. 42 miles.

- **Wednesday, March 8**

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

- **Saturday, March 11**

**9:00 a.m. – To Gandma’s We Go – IL** Meet at Colona Grade School. Ride to Geneseo and Atkinson. 46 miles.

- **Sunday, March 12**

**9:00 a.m. – Ruffles Ridges Ride – IA** Meet at McDonald’s on Kimberly Rd. & Eastern Ave., Davenport. Ride to: Donahue, Long Grove, Eldridge and Mt.

Joy. 35 miles.

- **Wednesday, March 15**

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

- **Saturday, March 18**

**9:00 a.m. – Springin’ Into Spring – IA** Meet at McDonald’s on Kimberly Rd. & Eastern Ave., Davenport. Ride to: Eldridge via northwest Davenport. 26 miles.

- **Sunday, March 19**

**9:00 a.m. – Over Hill and Dale – IL** Meet at Colona Grade School. Ride to: Geneseo. 42 miles.

- **Wednesday, March 22**

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

- **Saturday, March 25**

**9:00 a.m. – “Search for Spring” –** Meet at Bix Beiderbecke statue near the band shell on the Davenport riverfront for a ride to the I-80 Visitors’ Center in LeClaire. Refreshments provided. 35 miles.

- **Sunday, March 26**

**9:00 a.m. – Hillsdale Happiness – IL** Meet at Hardee’s, 425 55th St, Moline (near CNH). Ride to: Rapids City, Port Byron, Hillsdale, Osborn and Barstow. 45 miles.

- **Wednesday, March 29**

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

### National Trails Symposium Media Conference Joe Taylor

QCBC members invited to National Trails Symposium media conference. American Trails and Quad Cities Convention & Visitors Bureau will host a media conference to which QCBC members are welcome to attend in colors.

The event will be at 1:30p.m. Wednesday, March 22 at River Center South, Upper Concourse, Davenport. The latest information on National Trails Symposium will be presented to the media and public.

For more information, contact Joe Taylor at [jtaylor@visitquadcities.com](mailto:jtaylor@visitquadcities.com)

### Adventure Cycling – Bike Bits

“A few years ago, on RAGBRAI, I saw an 82-year-old riding an old one-speed bike. The sign on the back of his bike said, ‘Gears are for wimps.’ I guess I’m a wimp.”

-- Adventure Cycling member Dave Brown of Illinois

## Bill Would OK Drunks on Bikes Joe Kafka, Associated Press

PIERRE, South Dakota (Feb. 2) - South Dakota lawmakers decided Wednesday that it's better to have drunks on horses and bicycles instead of behind the wheel of an auto or truck.

The state Senate Judiciary Committee approved a bill 6-1 that will exempt horses and bikes from drunken driving laws, meaning intoxicated people who either pedal or saddle up to get home after a night at the bar cannot be arrested for drunken driving.

Sen. Lee Schoenbeck said it will make the roads safer for other motorists.

"If I have to choose ... a problem drunk with 1,500 pound or 2,000 pounds of metal coming at 50 miles an hour or a two-wheel Schwinn, I'm going to win and my family is going to win," he said. "I'd much rather have a drunk on the bike."

A former lawman, Sen. Gene Abdallah, agreed. Better

to have drunks on bikes and horses than motor vehicles, he said.

"I can't believe that a horse is going to intentionally run into anything," Abdallah said. "This is a good avenue to get some people home."

Prosecutors opposed the bill. Chuck Schroyer, lobbyist for the State's Attorneys Association, said there have been arrests in several counties for riding horses while intoxicated.

In one instance, a drunken rider passed out and his horse was struck by a car, injuring several people, Schroyer said.

"There are people that are injured that are in control of these instruments," he said. "This does happen in the real world."

Legislators, however, said prosecutors still can charge drunken riders on horses and bicycles. Rather than drunken driving, they can be charged with disorderly conduct, it was suggested.

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## Deadlines for the April and May Newsletters Kathy Storm

Due to some upcoming business trips, I will need articles for the April issue of the newsletter by midnight on Thursday, March 9th. The deadline for the May issue of the newsletter will be midnight April 1st (and that's not an April Fool's joke!)

If you are coordinating a club activity that takes place during May or June, please work on getting your articles and registration forms submitted by these dates in order to be included in these Spring issues.

Please email articles for submission to the Newsletter Editor at: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) or contact me at: 563-355-2564.

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## 4 Reasons Women Ride Submitted by Vivian Norton

- **Activism** - Whether you're riding to work to do your share to prevent pollution or building awareness of ISTEAA, activism does play a part in why women chose to ride bikes. Cycling advocates work hard at making the world a better place not only for riders but everyone.
- **Fitness** - Yes the health craze has hit the bikes too! Riding is a great cardiovascular work out as many women have found out. It also incorporates many of the major muscles groups. With new advances in indoor riding, Spinning classes have hit the fitness clubs and spread like wild fire.

- **Weight Loss** - Burning calories is definitely a side effect of riding your bike. No matter what type of cycling you do, burning fat and creating muscles (which are more effective at burning calories) happen quickly. Cycling is also something very easy to incorporate into your life, making it easier to stick with than other weight loss methods.
- **Social Time** - Have you checked out your local bike club rides? Chances are there is plenty of social time. Riding at a pace that suits you while chatting it up with other cyclists can be a blast. Add a few purely social events and you've got a great mix for today's health wise consumer.

Additional information can be found at: <http://www.about.com/>

## 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 10<sup>th</sup> 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

## **Buffalo Bill Reduex Michael Zugmaier**

With support from QCBC and DICE Cycling, the “Buffalo Bill” Cody Race Series will return again in 2006.

Scott County Park will again be the main venue for ‘Series’ in 2006 featuring 2 of the 3 races. The Park will host the popular Scott County Park Road Race and Circuit Race during March and April. The third event in the ‘Series’ will be totally new for 2006 (tentatively named) The ‘Hummer Hammer’ will be the premiere event in the ‘Series’ taking place at the Iowa Research, Commerce, and Technology Park located adjacent to D&D Hummer just off I-80 in Davenport.

Though the first race in the series is a mere few days from when you first read this, it’s designed to be a training and conditioning race, in preparation for the Memorial Day Weekend Races including the Quad Cities Criterium.

**ACT I** of the CODY RACE SERIES is the Scott County Road Race (Sunday, March 11th) features 20.4 miles of head to head racing along a 5.1-mile course within the park. This will be a mass start race allowing cyclists of all skill levels to compete against each other. The rolling course is challenging with a variety of hills, turns, and flat sections that test the racers skills and fitness.

On Sunday April 22nd **ACT II** is the Scott Park Circuit Race made up of 3 ‘category’ races that will utilize a smaller 2.4-mile course at the south end of the park. The separate heats offer more focused competition and the opportunity to enter more than one race with the

third event of the day being a 28.8 mile Men’s and Women’s OPEN category.

Both ACT I and ACT II events are hometown racing at its best. Last year these events saw competitors from Nebraska, Wisconsin, Missouri, and from all across Iowa and Illinois come race for top prizes of Bake Goods and Beverages. Yep, “Feed them and they will come” to paraphrase another mythical Iowan.

**ACT III** the HUMMER HAMMER will be Sunday June 4th and offers a \$2,500 Prize Purse. This ‘circuit race’ will see three separate ‘category’ heats racing a 2-mile course that is fast and nearly flat, but with a real challenge presented in the form of 3 separate 180 degree turns along the ‘T’ shaped course. USCF Cat 4 & 5 Men begin the day with a 10 lap, 24-mile race. Next up is a mixed heat featuring Women’s Open competition, Masters 40+ and 50+, Beginners Cat 5’s and USCF Junior competitors racing for 7 laps or 16.8 miles. The ‘feature’ event will be a Men’s and Women’s Open including all eligible Category 1, 2, 3, & 4 racers coving a 12 lap, 28.8 miles course.

The Cody Series is produced by DICE Cycling to provide cyclists of Eastern Iowa and Northwestern Illinois the opportunity to ‘try out’ bicycle racing in a friendly and safe atmosphere, where participation is equally or more important than competition. We invite everyone to come out and give one or more of the races a try, or just come and watch. You’ll be amazed to see racers from 10 to 60+ years old and maybe you’ll even spot a name or face you’ve seen on the professional cycling circuit from TV or Velo News. You just never can tell, ‘this is homegrown racing at its best.

*See ya on the roads!*

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## **TOMRV Brochure Distribution Kathy Storm**

15,000 TOMRV brochures were printed by Brandt Printing of Davenport in early February. 3,464 of those were direct mailed to current QCBC members and TOMRV riders from the past 3 years. A mailing to 200+ bike shops in the Upper Midwest took place in late February; 20 brochures were sent to each shop. Another mailing to 75+ bike clubs will take place in early March.

How can you help? Easy – if you are planning to at

tend an invitational ride hosted by another bike club in March, April or May, just take a short stack (20-30) of brochures along with you and ask the event organizer if you can place them on their registration table.

TOMRV registration can be done by using the regular glossy form, by downloading a PDF form off the QCBC web site, or by registering at Active.com.

Contact me at 563-355-2564 or by email at [kbstorm@aol.com](mailto:kbstorm@aol.com) for your supply of TOMRV brochures. Thank you for continuing to make TOMRV a great Midwest ride.

League of Illinois Bicyclists  
2006 License Plate Order Form (for Illinois Residents Only)

Click here to go to the LIB web site:

[www.bikelib.org](http://www.bikelib.org)

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

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Davenport, Iowa

### **ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**

**America will be making tracks to the QC's National Trails Symposium October 19-22**  
**Joe Taylor, QCCVB**

Thank you to the Quad Cities Bicycle Club for becoming a sponsor of the National Trails Symposium.

Here are several ways you as an individual member can help this event as trail enthusiasts make tracks to the Quad Cities for this big event.

1. Plan to attend. Mark October 19-22, 2006 on your calendar.
2. Regularly check [www.americantrails.org](http://www.americantrails.org). This is where all the information will be placed as it comes in.
3. Be a presenter. Do you have a great story to tell a national audience? Submit your proposal to [www.americantrails.org](http://www.americantrails.org)
4. Nominate a Quad Cities venue for a national trails award. Is there an organization, event, volunteer, trail, etc. that deserves national recognition. Go to [www.americantrails.org](http://www.americantrails.org) and nominate a local venue for national trails awards to be presented during the symposium.
5. Be a volunteer. More than 200 volunteers will be needed on-site here. Contact volunteer coordinator Kate King at 563-940-9219 or [kek\\_100@hotmail.com](mailto:kek_100@hotmail.com) for more information.
6. List Quad Cities Bicycle information on [www.americantrails.org](http://www.americantrails.org). Send biking and trail information to [mactrail@aol.com](mailto:mactrail@aol.com) for free inclusion on the world's most comprehensive trail website.