



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – April 2006

Take A Hike

John Wessel & Dean Mayne

Winter's a great time to take a hike. Our group got a VIP tour of a new trail at the future site of SouthWest Park in Davenport from our own board member and trail guru, Dean Mayne and his guide dog Fleck. Dean and the crew from FORC (see www.qcforc.org) have surveyed, laid out and cut three miles of single track trails that offer spectacular views from the hill tops into ravines and surrounding pastures. This area will remain very natural with no roads planned into the park. Whether in boots or on pedals, put this trek on your list of things to do, but don't be surprised if you forget that you are still in town.

Dean says plans are underway for another 3-4 miles of

single track, as well as a 2 mile paved bike path, and 3-5 miles of nature and ski trails, all within this 130 acre gem, located in the west end of Davenport. The city plans to start construction this spring on the parking lot off of Telegraph road, along with a perimeter fence, a bridge, and the first 1/2 mile of the paved bike path.



Since the City has not established street access to this property, current access to the trail heads are through the Lulac Club parking lot, located on Rockingham and Ricker Rd. Our friends at the Lulac club are receptive of our access through their lot as long as you are courteous and respectful of their property.

The Hikers included Dean & Deb Mathias, Terry Inch, Linda Work, John Wessel, Dean Mayne, Fleck, Jessie, Jeff and Sue Leonard.



Saturday, June 10 – Sunday, June 18
(See article on page 4 of this issue)

April General Meeting

- Date:** Tuesday, April 18
- Time:** 7:00pm
- Location:** Rivermont Collegiate, Bettendorf
- Speakers:** Lt. Jerry Brundies, Scott County Sheriff's Dept. Program for inmates to fix up used bikes. Donations of used adult cycling will be taken.

Joe Taylor, QCCVB, National Trails Symposium, October 2006
- Information:** Phil Schubbe, 563-359-5057 or Pschubbe@aol.com

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 **Errol McCollum**

I realize that as I look out my window that it does not seem like cycling weather, especially for me, the quintessential fair-weather rider. I must admit however, that I have participated in several winter rides this season because of Dave Georlett. Today there is snow on the ground and a chill in the air. But, that does not keep me from thinking about putting the bike in the stand and doing a thorough checking-over and cleaning. Most likely when this gets to print many of us will already be out, putting in the miles that will enable us to do TOMRV.

But, don't neglect your steed. The modern bicycle is a truly remarkable device, which is lightweight, sturdy, efficient and actually quite maintenance-free. That doesn't mean that it can be totally ignored. At the start of every season I clean my bicycle in such detail, that I can inspect each exterior part for flaws or wear. This is a good time to look over the tires, on the sidewalls as

well as the wearing surfaces. I have spotted chord breakage on tires that when changed, prevented inevitable catastrophic failure. I always carry spare tubes but never spare tires, (except the one on my person). The modern bicycle has many "sealed" bearings, such as bottom brackets, hubs, pedals and even some headsets. These bearings rarely need servicing, but should be occasionally looked at too. I have long been a champion of sealed bearings on bicycles, well before they were standard, but these can lead one into complacency with regards to other maintenance issues. One year I did my usual cleaning, especially the chain and checking brakes etc. but neglected the headset. I nearly crashed when the stiff grease refused to allow the bike to straighten up after a turn.

The chain and tires generally take the lion's share of wear and abuse on the bicycle. This is an excellent time to consider replacing them. Although I am an advocate for good chain maintenance, the start of the season is a good time for replacement. See to it that your bicycle is up to the task of this year's riding.

Notes from the Board – March 2006 **Karen Baber**

To keep members updated on activities of the QCBC Board of Directors without boring you every month, the board will give a briefing about 3 times per year. Look for "Notes from the Board" in March, June and December.

- A subcommittee of the board has been established which will initially review requests for contributions to organizations that request funding from the board. The "**Community Service Contributions Review Committee**" will review all requests and make recommendations to the QCBC board. This greatly reduces the time spend at board meetings discussing each request. The board has the final say and can override any of the recommendations made by the committee. Phil Schubbe, John Wessel and Terry Burke are the current members.
- The **ride schedule** is being headed up this year by Warren Power with assistance from Frank Beshears in Warren's absence. An additional mid-paced ride format for a shortened ride time will be added. This will allow participants to ride out and back and not take a breakfast stop. A 7:00 am start time is also being considered.
- **TOMRV** report: Doug Truesdale updated the board on TOMRV and the various chairpersons who are handling the many tasks for this annual club ride. Kathy Storm delivered TOMRV brochures to board members to assist in marketing TOMRV. Each board member was asked to distribute the brochures to work places, gyms and/or check out bike shops in areas that they may be traveling to in the next couple of months.
- **Annual Winter Picnic:** Due to low attendance and support this year and in years past, the board voted to cancel the Annual Winter Picnic next year. The board did recognize what a great job Bob and Stacey Replinger did organizing and planning entertainment for this year's event.
- A larger **storage shed** has been acquired for the club. Mike Desch will coordinate transfer of items in March or April depending on his schedule and better weather.
- The board again this year will be supporting "**Ride the River**". The financial support given will be used to purchase helmets for this event. Promoting bike safety and biking within the community are goals that both "Ride the River" and the QCBC share.

Deadline for National Trails Award Nominations Joe Taylor

Is your favorite Quad City trail worthy of a national award? Is Ride the River the best bicycling event in the nation? Is the Iowa Bicycle Coalition or League of Illinois Bicyclists among the best organizations in the country?

These suggestions or your own ideas of what is best should motivate QCBC members to nominate local

activities for the National Trails Symposium national awards presentation to be held here during the symposium October 19-22, 2006.

The deadline for nominations is May 31, 2006.

For all the categories and the nomination forms go to www.americantrails.org

For more information on the National Trails Symposium, contact Joe Taylor, Quad Cities CVB, at 563-322-3911 Ext. 116 or jtaylor@visitquadcities.com.

Celebrate Bicycling in the Quad Cities - June Chuck Oestreich

We all know that the Quad Cities is a good place for bicycling – fairly easy access around the community, an extensive trail system, green and scenic places to ride, community officials generally sympathetic to biking concerns, and one of the largest bike clubs in the Midwest.

And, with the convergence of our two national trail systems (the ADT and the MRT) right here on the Government Bridge, we are also the virtual center of bicycling in America.

So let's celebrate and make sure our community knows about it. With three major events happening during one week in mid-June, a marketing push will begin for the first time this year to publicize bicycling in all of its aspects.

Called Bicycle Week – not to be confused with Bike Week, which could inadvertently promote motorcycling – this promotion will be for the week of June 10 to 18, 2006.

WEB SITE: Keep up-to-date about the week at www.qcbicycleweek.com

The three major events are:

- **TOMRV** – (June 10-11) One of the most prestigious two-day rides in the country, which most Quad Citians unfortunately do not know about.
- **GITAP** – (all week, but stops at Augustana College on June 14 and 15) This League of Illinois Bicyclists' seven-day ride brings a national ridership to four days on the Mississippi River this year.

- **RIDE THE RIVER** (June 18) River Action's citizens' ride celebrates Fathers Day by getting families on their bikes for a festival on our great riverfront paths.

Other events planned:

- Book Signing (June 15) Author Bob Morgan will sign his new book, "Biking Iowa" at both the Bucktown Center and at Borders Book Store.
- Bike Rodeo (June 17)
- QCBC Rides (June 17) Three different rides, each focused on different degrees of ridership.
- And let's not forget the two other major Quad City bicycling events this year:
- The Criterium (May 28-29, Memorial Day) Nationally ranked bicycle racing at its best in The District of Rock Island.
- The National Trails Symposium (October 19-22) Trials professionals from all over converge for a major learning/sharing/experiencing convention about all aspects of trails.

Bicycle Week will be featured in advertising, featured stories in the media, and on the Convention And Visitors Bureau' web site. And a special feature will be a free **Bicycle Week Kit** featuring maps, information, a bike rental coupon, and other bicycling surprises. This will be available at all of our bike shops and at River Action and the Convention And Visitors Bureau.

So be aware and plan to take part in helping our community become know about us – bicyclists right in the center of much that is good about bicycling.

Making Plans for the Future

Chuck Oestreich

Envision, with bicycling blinders on, the Quad Cities 30 years into the future:

- Bicycle corridors from the Mississippi River to the outlying borders of all of our cities. And not just one, but three or four in each city. A corridor, by the way, would mean either striped lanes or off-street trails.
- Corridors also running east and west below the hill, on the crest, and in the rapidly growing outlying areas of our cities.
- Easy bicycle exits from all of our cities into the countryside.
- Safe and bicycle-friendly transit across all of our rivers, including any new I-74 bridge.
- Bicycling celebrated not just as recreation, but as an important link in the entire transportation scheme, with special emphasis on biking to work, to do shopping, to enjoy entertainment, and to get to school.

Sounds like a great place to live, doesn't it?

Our transportation agency, the Bi-State Regional

Commission, recently looked into the future of the Quad Cities and started drafting transportation segments that could and should be built in the next 30 years. The commission put a draft plan on paper and asked the public for input. The draft plan in relation to bicycles was ambitious, comprehensive, even revolutionary. Imagine striped bike lanes intertwined throughout the community. All in all, the plan contained 39 specific bicycle related proposals.

But even that wasn't enough. So the QCBC submitted 34 more proposals to the commission as citizen input. Included were more corridors through our cities, maintenance and access issues, bridge access, even a proposal to put a bike bridge across the mouth of the Rock River below Sunset Park in Rock Island.

Yes, these proposals are visionary and perhaps even unrealistic. And some of you are saying, "Thirty years. Let's see, I'll be . . . well, I'll be on a tricycle not a bicycle, and my tricycle will probably be pushed by my nurse and my great grandchildren."

Sure plans are plans – just dreams on paper. But once they are in ink and our officials start taking them to heart, who knows, we might awaken from our dreams into a real urban bicycling world of ease and safety.

Want Ads

Additional Ads on Web Site at www.qcbc.org

- **SAG Driver Needed** - I am looking for an adventurous person to ride with me to the start of the Trans Iowa Bike Ride on April 28 -30th in Hawarden (western Iowa). I then need this individual to drive my sag vehicle to Decorah, Iowa, the finish point of the race, where I hope to be on Sunday April 30th. Contact Doug Zickuhr at 563-570-5911 or zickuhr@mchsi.com.

- **Want to Buy** - I am interested in securing a used Burley for sale or loan. Contact Lisa Miotto at 309-737-8076 or miottol@mchsi.com.
- **For Sale** – 2004 Specialized Sequoia (Women's) Road Bike (small frame). Silver colored aluminum frame, carbon fiber fork, and triple gearing. Comes with computer, water cages, clipless pedals, shoes (size 42), indoor mag trainer. Less than 100 miles on bike, \$500. Contact Pat or Cheryl McGovern in Putnam, IL at 309 361-0151 or iamfreeborn@yahoo.com.

Support Habitat for Humanity

Gordon Fordyce

For the third consecutive year I will be riding the Habitat 500 which is a pledged 500-mile bicycle ride to benefit the Quad Cities affiliate of Habitat for Humanity. This year's ride takes place in Minnesota July 9-15. It begins and ends in Sandstone, passing through the towns of Duluth, Virginia, Hibbing, McGregor, Pierz,

& Mora. I invite your support for this very worthwhile organization. I need contributions by July 1st payable to "Habitat 500". Contact me at 563-322-6001 or gfordyce@qconline.com to contribute to this tax-deductible cause.



Welcome New QCBC Members!
Charlie Sattler

| Name | City & State | Phone | Membership Count: 3/4/06 | | |
|-----------------------------------|----------------|--------------|---------------------------------|----------------|--------------------|
| Megan & Eric Bantz | Davenport, IA | 563-920-9212 | Number of: | Members | Memberships |
| Caleb Conley | Davenport, IA | 563-650-6128 | Individual | 408 | 408 |
| Jerry Myhre | Geneseo, IL | 309-441-5545 | Couple | 292 | 146 |
| Laurie Stojanovic | Caledonia, WI | 262-835-1092 | Family | 328 | 88 |
| Bethia Waterman | Big Indian, NY | 845-254-4116 | Complimentary | 20 | 20 |
| Jenni & Phillip Whitley | Rochelle, IL | 815-793-2610 | Life | 6 | 3 |
| <i>Welcome New Members</i> | | | Total | 1,054 | 665 |

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.

10:00 a.m.
July 23, 2006
 Fifth annual

George Street Bike Challenge for Major Taylor
Main and George streets
Worcester, Mass.

See how fast you can pedal up George Street, a two-block quad-buster that was a training ground for 1899 world champion Major Taylor. It's one rider at a time

against the clock in this steep uphill time trial in downtown Worcester presented by [Barney's Bicycle](#) and the [Seven Hills Wheelmen](#). The distance is 500 feet, and the average grade is 18 percent. The contest is open to riders age 12 and up. Helmets are required. Entry fee is \$15. Proceeds benefit the Major Taylor Association, Inc. The event is sponsored by [Puma](#) and other [Friends of Major Taylor](#).

For additional information contact Lynne Tolman at info@majortaylorassociation.org or 508-831-0301.

Ride of Silence – May 17
Bike Bits – Adventure Cycling

May 17 is the date for the international "Ride of Silence", being held to commemorate cyclists who have been injured or killed while bicycling on public roadways. So far, more than a hundred rides are slated for thirty-seven states and several foreign countries. Visit this website to see if there's a ride near you; if not, you'll have the opportunity to organize your own ride <http://www.rideofsilence.org>

(Editor's Note: this information was added into the April issue of the newsletter at the last minute. If you are interested in leading this ride, contact Kathy Storm 563-355-2564 or kbstorm@aol.com.

We should have more information about the start location of this ride, distance, etc. in the May newsletter. At present, the above web site lists rides scheduled for Des Moines, Chicago, Joliet, and Arlington Heights. These rides start at 7pm, distance about 10 miles, and speed of 12mph or less. The purpose is to ride slow and in silence.)

April 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.

- **Saturday, April 1**

9:00 A.M. – Fast-Paced Ride, Riders' Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

9:00 A.M. – Mid-Paced Ride, “Spring Warm-Up to LeClaire” – IA Meet at Eastern Ave entrance, Duck Creek Parkway. Ride Duck Creek Trail east to end at Rt 67. Left on Rt 67 to LeClaire. Return to trail via Rt 67 and Valley Dr. 27 miles. Ride leaders: Bill & Kathy Storm, 563-355-2564.

- **Sunday, April 2**

9:00 A.M. – Fast-Paced Ride, “Riders' Choice” – IL
Meet at east end of Ben Butterworth Parkway near CNH.

9:00 A.M. – Mid-Paced Ride, “Flat Ride to Cordova” – IL Return same route. 32 miles. Ride leader: Ken Urban, 563-326-3427

- **Wednesday, April 5**

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

- **Saturday, April 8**

9:00 A.M. – Fast-Paced Ride, Riders' Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

9:00 A.M. – Mid-Paced Ride, “Off to Bishop Hill” – IL Meet at Orion High School. Ride to: Andover, Bishop Hill, Cambridge, Lynn Center, and Orion. 45 miles. Ride leaders: Dean & Deb Mathias, 309-787-6547

- **Sunday, April 9**

9:00 A.M. – Fast-Paced Ride, “Riders' Choice” – IL
Meet at east end of Ben Butterworth Parkway near CNH.

9:00 A.M. – Mid-Paced Ride, “3 Hour Out & Back”
Meet at east end of Ben Butterworth Parkway near old CNH facility. Ride 1.5 hours out, take a short break along side the route, then return to starting location. No planned breakfast stop on this ride. Approx. 40 miles. Ride leader: Frank Beshears, 309-787-4331.

- **Wednesday, April 12**

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

- **Saturday, April 15**

9:00 A.M. – Fast-Paced Ride, Riders' Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

9:00 A.M. – Mid-Paced Ride, Colona to Geneseo Circuit – IL Meet at Colona Grade School. Ride to Geneseo. 32 miles. Ride leader: Jim Karr, 563-441-9115

- **Sunday, April 16 (Easter)**

9:00 A.M. – Fast-Paced Ride, “Riders' Choice” – IL
Meet at east end of Ben Butterworth Parkway near CNH.

Mid-Paced Ride - No Ride scheduled for today. Enjoy time with relatives.

- **Tuesday, April 18**

7:00 P.M. – General membership Meeting - IA Meet in the auditorium of Rivermont Collegiate (formerly known as St. Katherine's/St. Mark's). 1821 Sunset Dr, Bettendorf. Program: Lt. Jerry Brundies, Scott County Sheriifs Dept. and Joe Taylor, National Trails Symposium (October 2006). For additional information, contact Phil Schubbe at 563-359-5057 or phschubbe@aol.com.

- **Wednesday, April 19**

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

- **Saturday, April 22**

9:00 A.M. – Fast-Paced Ride, Riders' Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

9:00 A.M. – Mid-Paced Ride – “Flat Ride to Cordova” – IL Meet at east end of Ben Butterworth Parkway near CNH. Ride trail to Cordova. Return same route. 32 miles. Ride leader: Charles Curry, 309-797-9283.

- **Sunday, April 23**

9:00 A.M. – Fast-Paced Ride, “Riders' Choice” – IL
Meet at east end of Ben Butterworth Parkway near CNH.

April 2006 Ride Schedule (cont.)

- **Sunday, April 23 (cont.)**

9:00 A.M. – Mid-Paced Ride, “Darlene’s Surprise” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave, Davenport. Darlene will plan out a ride to accommodate the riders who show up and the early spring weather conditions. Route will be approximately 35 miles. Ride leader: Darlene Moritz, 563-386-3499.

- **Wednesday, April 26**

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

- **Saturday, April 29**

9:00 A.M. – Fast-Paced Ride, Riders’ Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

9:00 A.M. – Mid-Paced Ride, “Riding the Hills Around Warner and Orion” – IL Meet at Colona Grade School. Ride to Orion and pass by Warner Castle using lightly traveled roads. 50 miles. Ride leader: Bob Fitzgerald, 309-797-2356.

- **Sunday, April 30 Spring Picnic**

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IL Meet at Illinwek Park Pavilion.

9:00 A.M. – Mid-Paced Ride, “Work Up an Appetite” – IL Meet at Illinwek Park Pavilion. Located just off Highway 84 in Hampton, IL. Ride to Rapids City, Hillsdale, and Joslin. No breakfast stop on this ride. Please plan to eat lunch at the end of the ride at the Spring Picnic. It is suggested you bring a change of warm, dry clothes for the picnic. Approx. 40 miles. Ride leader: Darlene Moritz, 563-386-3499.

12:00 noon – Spring Picnic and Swap Meet – IL Meet at Illiniwek park, near Hampton, Illinois, for a picnic and a chance to swap or sell used biking gear. Bring a dish to pass along with items to sell. New members welcome. Coordinators: Rick Wren, 309-786-7979 and Dean Mayne, 563-355-0995.

Ride Classifications:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when regrouping. Distances vary from 25 to 65 miles. These

rides are offered in the schedule, April – October.

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider’s Choice – the riding pace on these rides will vary depending upon who shows up.

Spring Picnic – April 30 Dean Mayne

Friends of Off Road Cycling will again host the annual Spring Picnic. The QCBC provides the resources 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 year's Spring Picnic can be directed to Dean Mayne at e.mayne@mchsi.com or 563-355-0995.

TOMRV June 10 & 11 - Updates **Doug Truesdell, Chairperson**

Yesterday (March 11th) was my first day back outside on the bike since Winter began. What a good feeling! The few "good riding" days early in the spring are a real joy. It felt so good to be back out with the wind on my face. And now today it is raining. Well, that is Spring in the Midwest.

For me, riding in the Spring is about getting ready for TOMRV. Each day on the bike, and each longer ride prepares me for that weekend in June. I need a goal and this is my spring goal. So when I get back from a ride feeling fresh, then I am happy. And when I get

back feeling tired, then I tell myself that this is getting my body ready. This will be about my 20th TOMRV.

If you are a repeat TOMRV rider, then you probably have a similar approach. As you read the training notes on this page and the next, notice the common theme of starting early in the season and building up.

If you are thinking about riding TOMRV for the first time, I recommend that you sign yourself up right now. And call your riding buddy and tell him or her to sign up with you. You can do it the same way these veteran riders are doing it. Set your training goals now. And as the good weather comes, get out riding. You will find real satisfaction in achieving your goal.

Preparing for TOMRV 29 - Testimonials

I plan on riding 100 miles a week starting April 1 so I will have 1000 miles by TOMRV time. I usually have 500 miles. I plan to ride more hills. This doesn't happen either. Maybe I should ride with the club on weekends so I can get off the bike path.

I don't eat anything special, but I do eat. I have never lost any weight doing TOMRV.

So if you think you can't do TOMRV ride it with me. I do it slow but still get there. This will be my 26th year. Don and I were both doing TOMRV before we got married and in 1993 we decided to get married on Friday before TOMRV. Well, now it is tradition.

Linda Barchman
Davenport, IA
25 Previous TOMRV's

I have ridden twenty-three TOMRV's and have learned that there are three things I must do to prepare for the ride.

First, I get my weight down. The less of me I have to haul up those hills, the better.

Second, I ride as many miles as possible, at least 350 to 400. I try to get most of these in 15 to 20 mile-long rides because I find that is the minimum distance for building endurance. I don't worry much about how fast I ride, only how far. TOMRV isn't a race.

Third, I take my bike to the bike shop for a tune up.

Randy Wells
Juneau, WI
23 Previous TOMRV's

I usually do not ride consistently for 3-4 months during the winter. I spend the winter months walking, lifting weights, and cross country skiing. This allows me a good mental and physical break.

Once I get to late February or early March, I set my sights on riding TOMRV in early June. I start out riding 10-15 mile rides until I can ride 2-3 times a week consistently. Then I build up to 25-30 mile rides. As I near the end of April, I lengthen some of my rides to a distance of 50 miles. In May, I work on riding longer rides 2-3 days in a row to make sure my gluts gets toughed up.

My overall goal in preparing for TOMRV is to log 1,000 miles. I also try to ride at least one 70 mile ride by the end of May.

Kathy Storm
Davenport, IA
24 Previous TOMRV's

I retired from John Deere after 36 years in Dec 2001 and bike riding is my favorite pastime so I do more riding than most. My goal is to average 100 miles per week all year. During the winter I spin or ride a stationary bike at the YMCA and ride outside if the weather is above 40 degrees and the roads are dry. So far this year I have ridden 550 miles outside and 600 miles inside. So you see I am a little ahead of schedule and will have at least 2000 miles in before TOMRV. Before I retired I would have had at least 1000 miles in each year before TOMRV.(cont. on page 10)

**Preparing for TOMRV
(cont. from page 9)**

I enjoy TOMRV because it is a challenging ride early in the year and gives me something to train for. I also like the optional 100 mile the second day. It is always the first century that I do each year.

My suggestion for riders is to ride at a pace that is comfortable for them and not try to keep up with someone that rides faster than is comfortable for them. They should drink and eat small amounts often as they will need the energy during the last half of a ride of this caliber.

TOMRV has a history of great rest stops with great food and a fine dinner Saturday evening.

Don Pettengill
Ottumwa, IA
23 Previous TOMRV's

My TOMRV preparation has always been to ride at least 1,000 miles and one century ride prior to TOMRV. Now that I'm retired and riding a lot more, accomplishing this really isn't really a challenge. As I've gotten older, what's become more important is how I ride TOMRV. I've changed to the short route. It's just as pretty, you still have most of the sag stops, and you still have most of the hills. Slow down, smell the roses. You've got all day to get to Dubuque. Ride below your ability for most of the ride. You'll hurt a lot less at the end of Saturday and Sunday will be a lot more enjoyable. Remember, this is not a race. It's supposed to be fun, not painful.

Warren Power
Davenport, IA
24 Previous TOMRV's

**How To: "Not to Train" for TOMRV
Jean Kelley**

Equipment: 16 year old Cannodale and aging female rider.

Training/conditioning between TOMRV's: minimal biking, walking, hiking, inline skating, downhill skiing

Start biking when temperatures are at least in the 50's, winds 20 mph or less and no rain (at least upon starting).

A morning daylight allows, biking an hour before work each day becomes possible. Optimum time is on the weekends, one or two mornings, @ 40-60 miles each ride.

Hilly routes are a must as endurance increases. If possible, sign up for the 100 mile Tailwind Ride in May to force more time on the bike.

Final week before TOMRV: Panic/crash training ritual: Wednesday, 5:30am bottom of Brady Street hill, downtown Davenport, IA. Complete 12 climbs of Brady. Done with biking 'til 5:30am Saturday, at Scott Community College.

Average miles before ride: 300-450 (never owned an odometer)

Experience has been the main ingredient the @ 26 long route TOMRV's. Ride steady, conversational pace, break into 10 minute increments mentally, begin regimen of Advil at Miles or Palisades rest stop.

Don't socialize too long at rest stops, depending on your training, conditions and AGE.

Enjoy the beautiful scenery, fuel up on great food, meet/greet other riders and most importantly HAVE FUN!! This is not a race.

Jean Kelly
Davenport, IA
26 Previous TOMRV's



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

The Sylvan Island Stampede 2006

Bruce Grell

The second annual Sylvan Island Stampede will take place on Sunday April 9th, 2006 in Moline Illinois. This Year's race kicks off 2 mid western mountain bike racing series' The I-74 Homegrown Series and the Iowa Mountain Bike Championship Series.

This race was started with the purpose of helping to grow Mountain biking and racing in the Quad Cities and has succeeded in doing so with the help of the Friends of Off Road Cycling (FORC), Healthy Habits Bicycle Shop, and other local monetary sponsors; Quad Cities Bicycle Club, Dr. Michael Giudici of the QC1 Research Foundation, The Coffee Hound and Bettendorf Financial Group.

In early 2005 Jim Ghys, Healthy Habits Bicycle Shop, and John Blair, President of FORC, spearheaded the plans for the race thinking it would give Mountain biking enthusiasts in the area something else to do. So far

it seems to be working, but with the added benefit of new members in the Club and more interest in Mountain Bikes in the Shop. The race had 75 participants last year and expects 25% + increase for 2006. Joining Forces with the Peoria Area Mountain Bike Association and the Iowa Off Road Cycling Association has helped further the cause, attracting more participants from Areas outside the Quad Cities by being part of their respective points competitions.

The Quad Cities area can only benefit from the increased interest in Mountain biking advocacy with its low environmental impact, multi age group appeal, and obvious benefits to peoples health.

For information about the Sylvan Island Stampede and FORC visit www.qcforc.org or Email Jim at fatirerider66@aol.com or call him at 563-320-3266.

You can get information about PAMBA at www.pambamtb.org Information about IORCA can be found online at <http://iorcahome.blogspot.com/>

The 2006 Quad Cities Criterium Number #40 Again Different!

How can an event go on for 40 years? Easy: Reinvent it some each year with some planned new wrinkles (not the age type), some stabilizing features, of course a few surprises.

Under the reinventing category we'll be inviting some riders from professional teams missing for the last couple of years. They should provide a few surprises for the Midwest riders that have gotten used to taking home the prize money in the men & women's feature races. The volunteer party will be revived.

For new wrinkles the new start finish service & stage will be more attractive than the previous, with two canopies and a awards stage in the middle. More new wrinkles are old wrinkles in form of 60+ riders added to the 50+ men's master race. And lastly Quad Cities Criterium socks will be offered for the first time.

A surprise is a credit to the State of Illinois for repaving of 1st Ave/Illinois 92, corner #7 to corner #8.

Some stabilizers include being part of the Illinois Cycling Association and Iowa Rider of the Year points series, 3 colorful announcers, great wheel pit, Vietnam Veterans Honor Guard, a wide variety of food and vendor booths and being the last race on Memorial Day Week End starting with the Burlington Road Race

on Friday, Snake Alley Criterium on Saturday, Melon City Criterium on Sunday.

The best stabilizers of all however are the outstanding QCBC volunteers who marshal corners and pedestrian walks, register riders, sell T-Shirts, staff the wheel pit QCBC Booth and VIP tent. In addition to a full day of entertainment, volunteers get an official Quad Cities Criterium T-Shirt, an invitation to the volunteer party, and two vendor coupons. Chairpersons to call or email are:

Corner Marshals Bill & Cathy Wiebel, 309-755-1859, billwiebel@aol.com.

QCBC Booth Dave Lefever, 563-343-5222, bike@netexpress.net.

Registration Vivian Norton, 563-355-1899, vjoan@worldnet.att.net.

T-Shirt Sales Dennis & Karen Baber, 309-797-2476, baber@copper.net.

Wheel Pit To be announced in May newsletter. During April, call Terry Burke, 309-797-3790 tburke@qconline.com.

Prize Desk Doug Nelson, 309-359-3253, dougnelsonmai@mchsi.com.

VIP Tent Jewel Bryan, 309-762-4762, jewel@wpcco.com, or cell 309-230-5612.

So remember to mark your calendar for a Memorial Day weekend to have some fun in the District!

Kick-In' Tailwind Escapade – May 6th
Dave Lefever

Bring a friend who hasn't ridden a century and experience the enjoyment. The most enjoyable thing about our tailwind is to be at the end and meet people who have completed their first century. Many had felt they couldn't complete the ride but found out that with a decent tailwind, it's doable.

Another reason they completed the ride was that there is no other way to get home, meaning we don't offer SAG services. I do drive the route to see no one is left to fend for themselves.

The ride will take place on Saturday May 6th, 2006 (earlier this year to avoid Mother's day weekend). Here is how it works. We will bicycle from one of four locations depending on which way the wind is blowing the morning of the ride. We will load everyone's bikes at one of two locations:

- 1.) Butterworth parking lot near Case New Holland (Moline, IL) if we are going East or South.
- 2.) Scott Community College (Bettendorf, IA) if we are going West or North.

How will you know where to meet? That information will be on my answering machine between 5:00 – 7:00pm on Friday, May 5th. I will have alternate information on my machine if the weather is going to be extreme and the ride needs to be postponed to Sunday, May 7th.

New and Improved TAILWIND CENTURY. There will be no stop for food in route to the beginning town. It seems that the words "fast food" have become an oxymoron. It took us an hour to make that stop last year. I will have some "energy food" on the bus, i.e., something like Krispy Kream. We will make a potty stop.

Promptly at 6:00am our bus transportation will leave for an approximately two-hour ride into the wind. Around 8:00am everyone will leave the bus, unload their bikes and take off for a 100-mile ride with the wind at their back the whole way. (We hope)

Be at the starting location at 5:30am to load bikes into the truck. You might want to bring a blanket to protect your bike during transit. These will be waiting for you when you return back to the start. There will be a SAG truck with refreshments during the ride.

Fill out the form on this page, sign the waiver, and send it along with a check for \$20.00 made out to the Quad Cities Bicycle Club. Mail the form and fee to: Dave Lefever, 1735 Piccadilly Place, Davenport, IA 52807. Do it quickly because registration is limited. It'll be on a first come first serve bases, with postmarks determining cut offs.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Here is my \$20.00. Please register me for KITE, the Kick-in' Tailwind Escapade of spring. In order to participate in KITE the following must be completed fully and signed in ink.

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle touring. I understand and agree that I must wear my helmet at all times while riding the KITE. In consideration of the Quad-Cities Bicycle Club, its directors, officers, employees, agents and participants who may be performing official functions for the ride, from any and all actions, claims, demands, administrative proceedings, judgments, or decrees, including attorney's fees, of any kind that may arise out of my participation in the KITE ride.

I also hereby consent to and authorize emergency medical treatment in case of injury. I understand that any medical costs will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in this tour event.

Participants' Signature _____ Date _____

Parent or Guardian Signature (if under 18) _____ Date _____

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

**Walk to the Moon Challenge
Doug Fairall**

On March 31, 2006, the Wellness Champions of the Quad-City Health Initiative will launch a community “walk” to the moon and back. Residents of the Quad-Cities will challenge the residents of Rockford and Peoria, IL, to be the first community to “walk” to the moon, a distance of 477,400 miles.

This is the first year of participation for the Quad-Cities. Peoria won last year with 4,000 walkers in 10 weeks time.

Miles will begin to accumulate starting April 1, 2006. I have volunteered to collect the miles for members of the Quad-Cities Bicycle Club. Bicycle miles will be converted into miles “walked”.

Anyone wishing to participate, should tally their miles and e-mail them in on a weekly basis. They will be forwarded to Mission Control for a weekly update against the other cities’ progress. Please denote miles walked and miles biked.

April is the time to ride. Get your friends and relatives together for some healthy and fun rides. Space suits are as always optional. Have fun! E-mail weekly miles to Doug Fairall at BilyRubin@aol.com.

**Early Deadline for the May Newsletter
Kathy Storm**

Due to some upcoming out of town trips, I will need articles for the May issue of the newsletter by midnight Monday, April 3rd. Please email articles for submission to the Newsletter Editor at: qcbceditor@yahoo.com or contact me at: 563-355-2564.