



# PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—April 2007

## Canyon Riding

By David Thompson

As I was driving home from a cycling vacation in California this winter, I decided to try to find a place to ride on the way back. I had plenty of time, but the trick would be finding a good place.

After some investigating, I decided to ride in Zion National Park in southwestern Utah. It was just a few miles off my route home (I-15), the weather was moderate (normal high in January is the 50s) and the scenery looked spectacular. After riding 13 consecutive days in California, I still had good legs and the enthusiasm of riding a road for the first time.



(David taking a break to take in the surroundings)

I parked in the sleepy little hamlet of Virgin, which, according to my Garmin GPS device, would give me a 45-mile out and back ride. At 10 a.m., the temps were already in 50s with bright

sunshine. I started on Route 9, which would follow the Virgin River into Zion.

Rolling terrain with a definite upward trend greeted my first 14 miles. Traffic was light in January with a very nice, wide shoulder. As I neared the entrance of the park at Springdale, the monolithic spires of Zion canyon came into view. After paying the \$12 fee to enter the park, I stayed on the main road leading deep into the canyon.

After starting in Virgin at 3,500 feet, I now was at 4,000 feet and knew the end of the road ahead was at 4,556 feet of elevation. The varied rock formations that towered above me were at 7,500-8,500 feet. The canyon is 1/2 mile wide at the beginning and shrinks to 300 feet where the road ends.

In between was staggering scenery that I saw from a new blacktop road that twisted through the park with a moderate 1-2 percent grade. Very low traffic, probably more bicycles than cars using the park. In the summer, the park is so crowded that cars are not allowed in the canyon, only shuttle buses, pedestrians and bikes.

As I climbed in the canyon, the temps dropped, ice and snow patches appeared on the road and the sun gradually disappeared. At the turn-around, there was a parking lot with a hiking trail that goes into the rapidly narrowing canyon alongside the Virgin River.

There are 200 miles of hiking (Cont. on page 9)

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## From the Headset:

QCBC Business, & Recognition.  
By Dean Mayne, QCBC president

I'm sitting home trying to recall all the events that have been favorable to cycling in the last 30 days, things that are exceptional and noteworthy of capturing your attention for the next five minutes and, with any luck, knocking you out of your chair and onto your bikes.

Even with the snowy weather, it has been a great month for cycling. I don't know how many of you receive the Riverway Newsletter, ([www.riveraction.org](http://www.riveraction.org)) but it was chuck full of bike-related development around our cities: i.e. connecting the river path in Davenport with VanderVeer park and beyond to the Duck Creek; All the progressive planning and bike lanes going on in Rock Island; The Moline River to River Corridor Project; Riverway extension plans from Bettendorf to LeClaire and Princeton; Bettendorf connectors for its Riverfront path to Duck Creek; and Buffalo's pre-engineering of its Riverfront trail.

All these are projects connecting people with community and our natural resources. We hope to keep the face of our club and cycling advocates visible at upcoming public meetings to continue to foster this sense of public health, accessibility, and community.

Chuck Oestreich and Deano Mathias have been very busy with ACE, community advocacy, and are near completion on our first Metro Commuters Map. Keep your ears to the ground and start soliciting your local bike shops for copies of this valuable resource.

I've lived in this community most of my life, but only recently learned how to connect these routes in and around the cities, all thanks to the mapping committee. This map could prove to be useful to bikers, runners and walkers trying to find efficient ways

around the cities.

Put a star on your calendar for Bike to Work Week, May 12-18. Hopefully, we can correlate the release of our metro map along with Bike Month activities, possibly culminating in a central meeting point and celebration at, or near, the Botanical Center in Rock Island. I need a volunteer ASAP to coordinate our bike week activities with the folks at [bikeiowa.com](http://bikeiowa.com). Please contact me if you can help.

Also mark your calendars for the QCBC Spring Picnic April 29 at Illiniwek Park in Hampton, Illinois from noon to 4 p.m. I'll be organizing the picnic and will be asking the board to assist with cooking and serving members. This is free to members and our cycling friends.

So, if you have a friend that may be interested in cycling or joining our club, bring 'em along. Please join us for a club ride along with a warm and friendly picnic luncheon. We have the pavilion, so this is a rain-or-shine event. There will be a our usual Bike Swap Meet if you have cycling items you'd like to bring for sale, trade or donation to the Scott County Bike Restoration Program.

The February board meeting had more on its agenda than could be handled in one evening. We started with an entertaining recap from our insurance man, Dan McKay. It was informative and important for the board to review our coverage along with the rules that limit and regulate it. Dan is himself an avid biker and IBC member. He's an easygoing and energetic guy who actually made insurance seem fun. The board will vote on possibly updating its coverage at the next meeting.

Doug Truesdell gave the board another important update on TOMRV. Brochures should be in your mail boxes by now. Sign up early and reap the savings. Doug and his crew are making serious efforts to improve our event while keeping costs to a

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Heath Treharne, DC—QCBC Member

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**Welcome New QCBC Members! Charlie Sattler**

Name	City/State	Phone	Name	City/State	Phone
Keith Cavanagh	Bettendorf, IA	563-359-0384	Joel Pickar & Wendy Cohen	Iowa City, IA	319-358-8222
Nathan Meier	Bettendorf, IA	563-359-1140	Chris & Janine Kane	Manchester, IA	563-927-9292
Clavin & Catherine Moss	Bettendorf, IA	563-332-1772	Barry Majetic	East Moline, IL	309-721-9639
Jane Sandholdth	Clinton, IA	563-212-4491	Barbara Talley	Moline, IL	402-880-9862
Richard Vining	Clinton, IA	563-243-6096	Tim Lecander	Sherrard, IL	309-593-2504
Derek Edens	Davenport, IA	563-324-0090	James & Julie Wilt	Portage, IN	219-763-7539
Matthew, Whitmer	Davenport, IA	563-326-0809			

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).

**Membership Count: 12/18/06**

Number of:	Members	Memberships
Individual	390	391
Couple	335	167
Family	296	81
Complimentary	20	20
Life	7	4
<b>Total</b>	<b>1048</b>	<b>663</b>

**Paris Rolls Out Free Bikes**

Paris has selected French outdoor advertising firm JCDecaux SA to operate a new free bicycle service. Joining other European cities such as Amsterdam, Paris wants to make thousands of bikes available for free to commuters, strollers and tourists - in part to help cut down on pollution. With 1,450 "stations" - bays at which people can pick up their ride with a credit card and drop it off - planned across Paris by the end of the year, the project should make bicycles free or cheaply available to many of the city's inhabitants.

More than 20,000 bikes should be available by the end of the year.



**British Cyclists Score Victory**

A British cyclist found guilty last year of inconsiderate cycling has had his verdict overturned after a re-trial. Daniel Cadden was going fast downhill on a single lane road, taking the lane and, according to police, forcing cars to cross the solid white line in the center of the road illegally in order to pass him.

Instead of citing drivers for crossing the center line, police charged Cadden with inconsiderate cycling. The judge who presided over the first trial said Cadden should have been on the cycle path instead of the road, but Cadden's lawyer, Francis Fitzgibbon, was able to demonstrate that there was no legal obligation for cyclists to use the path, and that the brief delay drivers encountered while waiting to pass did not constitute "inconsiderate cycling."

**Help a Hero**

On Jan. 14, two Evergreen Bicycle Club members were hit on their tandem while riding in Homestead, Fla. They were struck from behind by a 19-year-old man who fled the scene after the impact. A man in a van heading in the opposite direction saw the accident and chased the hit-and-run driver down and made him return to the scene of the accident where it was determined he did not own a drivers license, and he was arrested at the scene. Wayne and Melanie are home resting. Unfortunately, during the chase, the good samaritan's car overheated, caught fire, and he lost his van. The EBC Hero Fund account has been set up to collect funds to help this man buy a new van.

Make checks payable to EBC Hero Fund and mail it to Everglades Bike Club; Hero Fund; P.O. Box 430282; South Miami, FL 33243-0282.

(Headset cont. from page 3)

minimum.

The fee had to be increased slightly due to inflation, but cost savings with e-filing and limited printing saved enough money to minimize the increases while still delivering a quality event. My hat goes off to the TOMRV committee and all their efforts. This is the premiere event of the QCBC that drives and funds nearly all our other activities.

The 2007 QCBC budget was finalized and approved. Thank you Karen Grimm, John Harrington, Terry Burke, John Wessel and Phil Schubbe for the education and strategic planning. It is vital to the future of the club that we have a handle on our finances.

Be sure to thank Karen Baber for providing the treats for the Search for Spring Ride, March 24.

I've submitted our 2007 Iowa non-profit Biennial Incorporation Renewal and reported to the board.

Our VP, Phil Schubbe is still following up on non-profit status with the post office that could save our club hundreds of dollars a year. He hopes to have this completed by June.

John Harrington needs two to three members to assist with a QCBC growth and development committee. Contact John with your ideas.

We still need a new chairperson for the Heartland Century Ride. Please contact Mike Desch if you'd like to take the lead on this very important club event. Without a leader, this event could be canceled. The '08 February Tour of the Islands also could be dropped from the schedule if a new leader isn't found. Let us know if you can help.

Eighteen QCBC members received training at "CPR Saturday" on Feb. 17. This is extraordinary! Our club made up more than 10 percent of the participants in this important community event. This shows our commitment to the health and safety of our members.

Our members learned CPR compressions to the tempo of the Bee Gees "Stayin' Alive." We also learned rescue breathing and the Heimlich maneuver. We are now prepared to protect our families and riders during club events. Thank Dave Georlett for having the heart and foresight to see the importance of being prepared and encouraging members to attend.

I attended the Cornbelt Running Club's annual awards party in January and was granted a few minutes to share our commitment to community events, like the QC Triathlon and Du State Duathlon. I extended

a heartfelt invitation to their members to participate in our cycling events and promised to support theirs.

CBRC is a lively group that knows how to have a good time. We have a great deal in common and can certainly learn from each others successes.

Seven QCBC members attended the annual Henry Farnam Dinner at The Mark in February. We set up an exhibit of our club video and a draft of the metro map. We had a good number of people stop by to talk. The dinner celebrated the history of our riverfront community and the evolution of the Hennipen Canal trail.

The Rock Island Historical Society gave a stirring presentation of local folklore, and there were pictures of late 19th century river life and bike racers. Thank you Bruce and Becky Perry, Deano and Deb Mathias, Errol McCollum and Mary Beth Mayne, who shared their time to support this event.

So tell me, do we pack a lot into a month or what? Remember to get your applications in for the '07 May 5 Tail Wind Ride.

Have a great April. I'll see you at the spring picnic.

## Treasurer's Report

By John Harrington

2007 Budget Approved

The QCBC board has approved the 2007 budget of almost \$200,000. It includes a few positive changes from last year's expenditures. The board:

- Projected a slight profit of 2.5 percent or \$5,000. Of course, changes in costs and income can increase or decrease this projection.

- Allocated \$2,000 for contingency expenses - unplanned expenses, new events, equipment and fund requests approved by the board during the year.

- Increase our Community Service budget to nearly \$9,000 to fund more rides, races and bike advocacy groups.

- Increased TOMRV prices to include sales tax expenses.

I am very pleased with the work the Board and Budget Committee did to quickly develop and approve this budget. We reduced some costs, and expanded support of our bicycling community while keeping annual member fees unchanged. QCBC membership continues to be one of our area's best bargains. Spread the word!

# Bits-n-Pieces

## Adventure Cycling's New Route

After three years of research and planning, Adventure Cycling Association and the University of Pittsburgh's Center for Minority Health have unveiled the newly completed 2,058 mile Underground Railroad Bicycle Route. A breakthrough in both historically-infused adventure travel and active-living outreach to the African-American community, the UGRR promises to introduce people of all cultural backgrounds to the adventure and health benefits of cycling and bicycle travel. This unique bicycle route honors the bravery of freedom seekers and those that provided shelter by following the most storied trek to freedom in American history. Starting in Mobile, Alabama, the route winds north through river valleys and wildlife refuges to Kentucky and Ohio, before reaching Lake Erie, Niagara Falls, and its end-point in Owen Sound, Ontario on Lake Huron's Georgian Bay, the final destination for many freedom seekers.

## Bikes for the Third World

A bike can change a life in a poor country. Yet for millions of people on the lowest incomes, a new bicycle is financially out of reach. Meanwhile, 10 million bikes a year are sent to landfills and millions more perfectly good bicycles lay unused in garages and basements. Every bicycle has a story, and passing the bike on to others to continue that bike's story and the lives it impacts is far better than the bike slowly decaying in a landfill site.

Bicycles for Humanity and its partners sent four containers of bikes to Namibia last summer. This year, we hope to send more, plus help other clubs, organizations, schools and churches raise funds and collect unwanted bicycles to send to developing countries. For AIDS education, medical attention and home care alone, thousands of bicycles are needed.

In developed countries, Bicycles for Humanity provides resources and support to make the process as simple and enjoyable as possible. In developing countries it works closely with organizations like BEN (Bicycle Empowerment Network) to ensure that communities, AIDS workers and disadvantaged people are empowered through improved access to food and water, employment, health care, education and social opportunities.

Our goal this year is to work with partners and together, send 10 containers of bikes to Namibia and Uganda.

For more information, visit [www.bicycles-for-humanity.org](http://www.bicycles-for-humanity.org) or contact [pat@bicycles-for-humanity.org](mailto:pat@bicycles-for-humanity.org)

## JOB POSTING: Washington, D.C.

The Washington Area Bicyclist Association is seeking a detail-oriented person to serve as Membership and Development Assistant.

Established in 1972, WABA is dedicated to promoting bicycling as a healthy and sustainable means of transportation by advocating for better riding conditions. The Membership and Development Assistant will help the Membership and Development Department communicate with, acquire, and serve WABA's members. This is a full-time position.

Hours are flexible and some telecommuting is acceptable. Salary is \$27,000 to \$30,000 with benefits. To apply, email a cover letter, resume and two writing samples to [waba@waba.org](mailto:waba@waba.org) with "Membership and Development Assistant" in the subject line.

**For sale:** Trek T200 tandem. Dark blue. 56 - 50 cm frame. Road bars; Shimano RSX brake lever shifters; Esge fenders; Blackburn rear rack, six bottle cages. Very Good Condition: mechanicals 90 percent, appearance 85 percent. Thule square-bar tandem carrier included. \$350. Call (309) 944-6184 and for Tim or Pam.

**For sale:** 2004 Burley Taiko. It has less than 500 miles and is in excellent shape. Selling because no longer have truck and can't transport on car. Starting at \$1,500. Would be able to bring it to the Quad-Cities or meet half. To make an offer or for more information, email [jacqwoodley1@yahoo.com](mailto:jacqwoodley1@yahoo.com).

## Thousands view QCBC display

The QCBC was one of 60-some exhibitors at the Feb. 14 Rock Island Fitness Center Health Fair, which fitness center officials estimated drew about 1,000 people. Helping with the QCBC display were: Tom Scott, Dean Mathias, Frank Martin, LJ Haase and Charles Curry.

The display included local tourism brochures featuring recreational cycling, several maps of local and regional bike trails, '06 - '07 ride schedules, February Pedalwheeling newsletters, and a constantly-playing laptop featuring the newly-developed DVD sponsored by the Illinois Department of Transportation emphasizing motorists and cyclists sharing the road, and a DVD highlighting the first 40 years of the QCBC.

It was an excellent chance to draw in new members by showing how the varied QCBC offerings may have a place in a personal fitness program, as well as good exposure of the club to others in the community.

We expect to be invited back to the RIA Health Fair in '08. This is another great opportunity for those club members who wish to exercise their creative talents to help promote cycling in an area that has arguably the best trail system anywhere.

## Use Your Helmet: *The Song!*

A musician named Jim Moore wrote a song to encourage helmet usage, and is allowing League members to use it free of charge for bicycle safety programs. Here's a link to the song: "Better Wear a Helmet When You Ride."

## August Campout Ride

Mark your calendars. The no-frills Campout Ride will be Aug. 25 and 26. The starting location and overnight spot are new this year. We'll leave from Moline and go to Savanna, Ill. We stop there on TOMRV. They have a really nice park. Watch the July and August Pedalwheeling for more details.

## JOB POSTING: Wisconsin

The Bicycle Federation of Wisconsin is seeking applicants for the Executive Director position. The executive director manages and directs BFW to make Wisconsin a better place to bicycle through education, advocacy and coordination of bicycling interests throughout the state. This includes responsibility for the overall management and administration of the BFW including business operations, human resource management, program management, fund raising and public relations. The ED performs assigned duties personally or through other assigned staff and/or volunteers and/or stakeholders. The Executive Director is responsible to the board. For a complete job description, visit the Bicycle

## April 2007 Ride Schedule

### ***Winter ride schedule—October through 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, April 1**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth , Old River Dr. and 55th St., Moline.

*Mid-Paced Ride, Flat Ride to Cordova*

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline. Ride trail to Cordova. Return same route. 32 miles. Ride leader: Ken Urban, 563-326-3427

#### **Wednesday, April 4**

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

#### **Saturday, April 7**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

*Mid-Paced Ride, Spring Warm-Up to LeClaire*

9:00 a.m. 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 8 (Easter)**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline.

*Mid-Paced Ride*

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline for a riders choice ride.

#### **Wednesday, April 11**

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

#### **Saturday, April 14**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

*Mid-Paced Ride, Colona to Geneseo Circuit*

9:00 A.M. Meet at Colona Grade School. Go left to bike trail, left to Green River Rd, left to Dayton Rd, right to Cty Rd 13, right to Hennepin Canal, left to Geneseo. Return same route. 32 miles. Ride leader: Jim Karr, 563-441-9115

#### **Sunday, April 15**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth , Old River Dr. and 55th St., Moline.

*Mid-Paced Ride, 3 Hour Out & Back*

9:00 a.m. 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 18**

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

#### **Saturday, April 21**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

*Mid-Paced Ride, Off to Bishop Hill*

9:00 a.m. Meet at Orion High School. Go left on Cty 32, right on Osco Rd to Andover, left on Cty 9 to Cty 19, left to Rt 82, right 1 mile to Cty 4, left to Bishop Hill Rd, and right to Bishop Hill. Return to Rt 82, right to Cambridge, left on Rt 81 to Lynn Center, and right to Orion. 45 miles. Ride leader: Dean & Deb Mathias, 309-787-6547.

#### **Sunday, April 22**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

*Mid-Paced Ride, Darlene's Surprise*

9:00 a.m. Meet at North Scott High School, Eldridge, IA. Darlene will plan out a ride to accommodate the riders who show up and the early spring weather conditions. Route will be approximately 40 miles. Ride leader: Darlene Moritz, 563-386-3499.

#### **Wednesday, April 25**

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

#### **Saturday, April 28**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

*Mid-Paced Ride, Flat Ride to Cordova*

9:00 a.m. 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 29**

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Illiniwek Park just North of Hampton.

*Mid-Paced Ride, Work Up an Appetite*

9:00 a.m Meet at Illinweek 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: Phil Schubbe, 563-359-5057

#### ***Spring Picnic and Swap Meet***

Sunday, April 29—2:00 noon. 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: Dean Mayne, 563-355-0995

## The 2007 Quad Cities Criterium 41: New Presenting Sponsor!

By Donnie Miller and Terry Burke

How do long time traditions stay alive? They change it up and add new things.

For the 41st annual Quad Cities Criterium, this has never been more evident. As you learned in the last Pedalwheeling, we welcomed Charles Horan and Criterium Financial as the new presenting sponsor for this year's QC Crit. Therefore, the new name and logo is Quad Cities Criterium presented by Criterium Financial.

We will be expecting pro teams again this year, but stay tuned to see who is on slate for an appearance. Since we have raised the prize list, hopefully we can get confirmations from some teams racing the whole Memorial weekend. We are revamping the Hospitality Tent into a friendlier atmosphere for sponsors and more room for spectators on the start finish line.

We will continue the tradition of treating the WORLD'S BEST VOLUNTEERS to another post-race party with the site and date still to come. The start and finish service from last year will return, bringing new state-of-the-art equipment to capture those exciting sprint finishes that we all love, plus two canopies and an awards stage in the middle. In addition, the long time tradition of the best Wheel Pit in the United States, dubbed "Mud or Blood," will be in use again.



We revised the race program this year and put the men and women's feature races as the last of the day. Also, the featured men's race will include the new QCBC "Hot Spots Sprints" to spice up the action. We have separated the Category 4 and 5 men's races to include two masters' races for those categories and will continue the 60+ race as well.

Some stabilizers include being part of the Illinois Cycling Association and Iowa Rider of the Year point's series. We have three colorful announcers, Vietnam Veterans Honor Guard, a wide variety of food and vendor booths, and other attractions to be announced soon.

In addition, with the QC Criterium presented by Criterium Financial being the last race on Memorial Day Weekend, we start with the Burlington Road Race on Friday, Snake Alley Criterium on Saturday, and the Melon City Criterium on Sunday.

The best stabilizers of all however, are the outstanding QCBC volunteers who set-up and tear-down the course, marshal corners and pedestrian walks, register riders, sell T-shirts, staff the wheel pit, hospitality tent, and the many other tasks that get handled to make this great race a success.

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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 marshal: Gary Jones, 563-359-5614, jonesgaryd@johndeere.com
- Registration: Vivian Norton, 563-355-1899, vjoan@worldnet.att.net
- T-shirt sales: Dennis & Karen Baber, 309-797-2476, baber@copper.net
- Wheel pit: Walt Dethlefs, 309-507-2963 (c), wdethlefs@asiowa.com
- Prize desk: Doug Nelson, 563-359-3253, dougnelsonmai@mchsi.com
- Hospitality tent: John Wessel, 563-359-8350, jewel@wpcco.com
- Volunteer coordinator: Jewel Bryan, 309-762-4762 (w), 309-236-4527 (c), jewel@wpcco.com
- Kids & Trikes: Michael Zugmaier, 563-359-9538, zuggym@aol.com

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

(Zion cont. from page 1)

trails in Zion. I stopped to take photos and then hit the wonderful downhill run out of the park. I passed several racing teams riding into the canyon. The temperature had reached 60 by this time. Not bad for January!



The temptation was to ride more, but I had about 20 hours of driving ahead of me, so I reluctantly loaded my bike and savored the memories of a fantastic bike ride. In the 45 miles I covered in 2 hours and 40 minutes, I had 1,900 feet of climbing.

## Let's Grow!

My name is John Harrington. I've been a club member for a couple of years and a board member for just a few months. So, without much history with our club, please permit me to make a few observations that I hope are true and helpful.

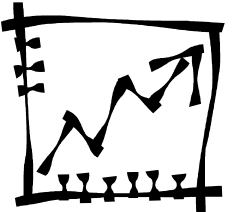
On one hand, I see a club that loves to ride and pro-actively supports bike awareness and safety. On the other, I see a club that is growing older in age while not increasing in membership. Without changes, aging organizations eventually decline in size.

So, your board has agreed to let me lead a small group of members to develop a plan to increase our membership and possibly reduce our average age. This recommended plan would be presented to the board. Some, or all, of the recommendations might be used.

To start this effort I'd like to hear your ideas on how to grow our club. What should we do differently? What should we do more of or less of that we are doing today? No idea is too small or too large.

Please email me at [jwhjkh@mchsi.com](mailto:jwhjkh@mchsi.com) or call me at (563) 940-6023.

Also, let me know if you are interested in participating in the small group that will present its recommendations to the Board. Thanks in advance for your help!



# Donnie's Indoor Cycling Experience

(1554 52<sup>nd</sup> Avenue - Moline)

First Dedicated Indoor Cycling Studio  
in the Quad Cities

**TOMRV** is just around the corner. Are you ready?

Bring your own bike and train on our state of the art eight-person **CompuTrainer**. You can ride on courses similar to that famed course without even having to leave town. Bring this in and receive 10% off on a monthly CompuTrainer membership.

Owner/Operator - Donnie Miller

USA Cycling Certified Coach

DICE Coach & Vice President

QCBC Member

Call 309-743-0260 for additional information

# Tailwind Ride

Pedalwheeling • 2007



Tailwind Ride, May 5, 2007

This is a one-day century ride with the wind at your back. A bus will take riders out 100 miles and we will ride back to the Quad-Cities. Rain date is Sunday, May 6, rain or shine.

Sign up early as the ride is limited to the first 94 people. Deadline to register is April 24. You must be prepared to ride the entire 100 miles as we do not offer SAG services. We'll bicycle from one of four locations, depending on which way the wind is blowing.

Bicycles will be loaded onto a truck between 5 and 5:30 a.m. and everyone needs to be on the bus for a departure time of 6 a.m. We will leave from one of two locations, Ben Butterworth Parking lot near Case IH in East Moline or Scott Community College in Bettendorf. Please bring a blanket to protect your bicycle during transportation. You can reclaim your blanket at the end of your ride.

How do we know where to meet? The information will be posted on the QCBC website: [www.qcbc.org](http://www.qcbc.org) after 5 p.m. Friday, May 4. Or you can call (563) 359-8350 for a recorded message. If the ride is postponed to a Sunday departure, this information may be obtained in the same manner.

Be sure you are on the bus by 6 a.m. for a prompt departure. We will be traveling approximately two hours. Doughnuts and a drink will be provided during the bus ride. We also plan on making a potty stop along the way. We should arrive at our destination around 8 a.m. Cue Sheets will be passed out on the bus. Please check your Cue Sheet for the lunch location and serving times. A nice lunch will be provided at approximately the half-way point. Also, check your Cue Sheets for emergency telephone numbers.

The cost for the ride is \$22 per person. Make your check out to Quad Cities Bicycle Club and mail, along with your signed waiver, to John Wessel, 333 - 9th St., Moline, IL 61265. Any questions can be addressed to Jewel Bryan at (309) 762-4762.

Your Committee of Dave Georlett, Dave Lefever, Charles Curry and John Wessel have worked hard to bring you a great ride. Please join them.

## Application and Release Waiver for May 5, 2007, Tailwind Ride

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Telephone \_\_\_\_\_

Here's my \$22.00. Register me for the May 5, 2007, Tailwind Ride.

Waiver:

I, the undersigned, knowingly accept and fully understand the inherent risk in bicycle touring. I understand and agree that I must wear my helmet at all times while riding the Tailwind Ride. In consideration of the Quad Cities Bicycle Club, I release its directors, officers, employees, agents and participants who may be performing official functions for this ride, from any and all actions, claims, demands and administrative proceedings, judgments or decrees, including attorney's fees of any kind that may arise from my participation in this ride, including damage to or loss of bicycle. I hereby consent and authorize Emergency Medical Treatment in case of injury and understand the 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 event.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

## Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type:  Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application \_\_\_\_\_

Family \$20/Year

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_  
(Incl. Area Code)

Email \_\_\_\_\_

**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:

Membership in Other  
Bicycling Organizations

League of Am.  
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	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 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 ride or other activity, 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 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 9/1/06

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**

### **The Sylvan Island Stampede III**

Friends of Off Road Cycling (FORC) will host a mountain bike race on Sunday, April 15 on Sylvan Island in Moline, Ill.

A few hundred mountain bikers from all around the Midwest will gather to race each other, test their skills and stretch their lungs.

Terrain of the island is unlike most race courses, with a mix of dirt, concrete, gravel, sand, woodchips and steel. A limited elevation of about 15 feet also makes the course very coasting unfriendly.

There were 75 races in 2005, and 150 in 2006. This year, FORC is expecting about 200 racers. All race participants will receive a free event T-shirt and a swag bag with products from the sponsors.

Registration is the day of the event, and the cost is \$25. This is a USA Cycling event.

Annual licenses can be renewed or you can buy a one-day license for \$5 at the registration tent.

There will be three races with four categories - novice, sport/women, and expert/masters. Electronic chip timing will be used, and a USA Cycling official will be on hand.

A children's race will break up the day with a mild loop through the island. Every young racer will be entered in a drawing to win a mountain bike, donated by Cycling for the Future.

This year's Sylvan Island race is made possible by donations from Healthy Habits, Quad Cities Bicycle Club, Century Electric and many other bicycle industry and local companies.

For more information, visit [www.qcforc.org](http://www.qcforc.org) or Jim Ghys at [fatirider66@aol.com](mailto:fatirider66@aol.com).