



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club—May 2008

Quad Cities Criterium: Bigger and Better



By Donnie Miller They always give us a good show, from 35 mph sprints and grinding crashes to flashy jerseys and bikes.

But, which riders will show up Memorial Day? We can always

count on a lot of hard-core Midwest riders, and some pro team riders.

Back this year are the Hot Spot Sprints to spice up the action and keep the pros pushing for big points and bigger payouts.

With a special points chase for an extra cash incentive, the race will have sprints within the race at laps 25, 20 and 15 to go for three place cash awards at \$500, \$300, and \$200. This really helps create a lot of team tactics you might not normally see.

One team we can count on to be out in force is the **DICE** racing team. The local contingent of 30-35 riders will be showing their best in front of the hometown crowd.

The **DICE** team is striving to improve its performance by training & racing frequently. I'm sure team members will appreciate encouragement as they navigate and sprint the fast, eight-cornered District course. See local newspapers for featured riders from the pros and local **DICE** team.

The 2008 Quad Cities Criterium presented by Criterium Financial ad program on TV, radio and in the newspapers should reach a larger audience. The feature riders will be in newspaper pre-race sections.

We expect to draw more spectators and racers than 2007, since we're advertising more and have an awesome Web site at www.QuadCitiesCriterium.com.

With the winter we had, we expect to see a lot of fami-

On Memorial Day we'll have 14 USCF Races, ages 10-60+, along with the Trike and Big Wheel youth races (age 6-10).

These will go from early morning to late afternoon with the featured men's and women's races as the last two races of the day.

We're proud to announce the addition of some new wrinkles this year. Our Juniors races will be part of the Lance Armstrong Juniors Olympic Road Race Series or LA-JORS, so they can earn points for inclusion to Olympic Junior Development Camps out in Colorado Springs.

We've also added another Women's race in Categories 2 and 3. This will allow women more chances to race and not have their winnings taken by the Cat 1's and Pro's.

We'll also have that race in the morning to allow them to do two races. And, we've offered a \$10 discount to all racers who would like to race more than once on Monday!

The final new race entry is the Emergency Services Personnel Race. Regional Police, Paramedic, and Hospital staffers will race on their department-issued bicycles and in their normal uniform.

They'll be competing for bragging rights and a traveling trophy for their department. If you know of someone that would like to do this race, please let them know...and it's FREE!

To create a more family festive atmosphere, we've added an all-ages bike rodeo, the QCBC's Great Big Bike Rodeo, from 10 a.m. to 1 p.m. Sunday, May 25.

We'll also have bicycle memorabilia vendors and food so bring your family and bikes to our free rodeo.

On Monday, bring the kids back for their first introduction to bike racing with our free Trike and Bike races at lunchtime.

Our outstanding announcers, awesome wheel pit, preems, and VA Honor Guard add up to a lot of free entertainment. The District, in addition to its own food and drink venues, will have a wide variety of outside food vendors. Don't forget to get a limited edition Quad Cities Criterium T-Shirt.

The Quad Cities Criterium is a pleasant way to celebrate Memorial Day weekend and socialize with cycling and community friends.

We hope to see you Memorial Day for Quad Cities Criterium presented by Criterium Financial for number 42!

In this issue:

Ride in Silence	Page 5
Pushing for Pedaling	Page 7
Game of Monopoly	Page 9
Bike to Work	Page 10-11
Ride Schedule	Page 13-16

See page 6 for volunteer opportunities

Key Contacts

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

<http://www.qcbc.org>

Officers:

President – Phil Schubbe (563) 359-5057 or pshubbe@aol.com
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
Treasurer – Darlene Moritz (563) 386-3499 or qcbc_treas@yahoo.com

Board Members:

Denise Deuthman (563) 441-0131	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	John Harrington (563) 940-6023	John Wessel (563) 359-8350

Key Contacts: A complete listing of committee chairmen 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 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: qbceditor@yahoo.com or send to: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. 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.

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/>

Criterion Outpost By Heath Treharne

Tree of Life Chiropractic in downtown Rock Island is having its annual Race Refuge to give a place for our family and friends to watch the races protected from the elements. Our business is at the end of the first turn and we've had some great race moments seeing racers bid for the hole-shot and the beginning and end of the race. This is the third year our doors have been open and we are expecting another great turnout.

Stop by during the race. There will be plenty of lemonade, water and snacks. We also will be giving away a special gift for the first 10 people that come in and say they are members of the QCBC.

ACE is the Bike Place

By Chuck Oestreich

Greetings QCBC Bicyclist or bicyclists,

Perhaps you've heard of the ACE line - the Advocacy Connection Email line. It's a way to connect those interested in hearing and sharing observations, comments, feelings, what-have-you about the paths, roads, streets, motorists, enhancements, problems, anything connected with biking in the Quad Cities area.

You can join in by simply emailing me at ace@qconline.com and asking to be put on the line. What's the point?

- We can identify problems and suggest improvements
- We can give credit and crab when discredit is due.
- We can build a consensus for positive changes.
- We can use our combined power to push for improvements.

How does it operate? It isn't a Web site or a blog, just a simple use of email. Every so often you'll receive a message by email from ACE. You either read it and do nothing, or reply.

If you reply, your ideas will be sent to everyone else in the ACE address folder. They won't know it came from you, just that it came from ACE. You don't have to use your name if you don't want to. Sign your input with a bicycling moniker if you care to.

So what's the harm? You go for a ride and observe some problems or enhancements. You can call a few people or tell some friends, but that's usually as far as it gets.

By using ACE, perhaps your observations will strike a chord with others and build to something happening about it. Who knows?

I think it's worth a try.

Upcoming Local Races

Registration is open for four upcoming race events Donnie Miller is directing.

1. The 42nd annual Quad Cities Criterium in Rock Island, IL, part of the Memorial Weekend Races, which also include the Burlington, IA Road Race and Snake Alley Criterium, and The Muscatine, IA Melon City Criterium. The two main Web sites are www.quadcitiescriterium.com and www.bikeiowa.org/mdwbr/mdwbr.shtml, with links to these other great Memorial Weekend races.

Riders will be staged in order of registration and start lists will be updated regularly on the QC Crit Web site. You also can get e-mails from the other Web site if you use the link to sign up for the Yahoo Groups page.

2. May 18, [8th annual 20K TT](#) in Barstow, IL
3. July 12, [Mississippi Bluffs Road Race](#) in Rapids City, IL
4. July 13, [6th annual 40K TT](#) in Cordova, IL

Information on these events can be seen on the Double "I" Cycling Experience Team Web site at www.dicecycling.com and my web site www.DiceTraining.com.



Tree of Life
CHIROPRACTIC INC.

Have you already had your bike tuned up for the season?

- Improves total body function
- Gentle, specific **NUCCA** adjustments
- Increase body energy and performance
- Upper Cervical Specialist

What about your Body?

Heath Treharne, DC—QCBC Member

1804 Third Avenue, Rock Island, IL • 309.786.TREE (8733) • For more information visit www.treeoflifechiropractic.net



Appreciating Authority

By Scott Swanson

What? He said what? The aging, not-so-long-haired borderline hippie? Shouldn't he be raising his fist in Tommy Smith fashion and howling at the powers that be?

Well, yeah, I should. That authority against which I would rail is a blind and rabid one, interested in its own power, wearing the face of the farm dog that is speeding towards my future path, calculating trajectories better than any AI built into an F-22. That authority would like to devour me and, well, you remember biology class.

But I wish to consider that other authority, the one that means having a deep knowledge, judgment, abilities, self-control and acceptance of personal responsibility.

I've just finished reading "The Cult of the Amateur," by Andrew Keen. The subtitle is "How Today's Internet is Killing Our Culture." Keen is neither anti-technology nor anti-amateur. What he does assert and support well is that the sum knowledge of 10,000 somewhat-informed people doesn't always equal or surpass the knowledge accumulated by one expert.

And if we pretend it does, and we depend on that shared knowledge (e.g. Wikipedia) or "common sense", we will lose our experts and their expertise.

Am I disparaging folk knowledge? Am I saying we're all schmucks incapable of learning from our own experience? Not at all. I've learned as much from my 26 years in the classroom as I did in college. However, that doesn't discount what I did learn from the experience and concerted attention of others in my field. I have some license and authority to talk about my field and put things into practice.

And the part about bicycles? Yeah, yeah, I'm getting there.

Raise your hand if you love eBay. Raise your hand if you've gotten a great deal through Bike Nashbar or Jensen USA or your other favorite site. Me, too. I save some bucks, and those bucks let me get out on the road. But, if we all buy online, and we expect our local bike shops to give us matching prices, we're going to drive them out of business.

And then where am I going to go to talk bikes? Where am I going to go to someone who can connect me with someone else who happens to have the used part that I need but would spend three times as much online to buy? Where am I going to take my aging Schwinn to get them fixed?

Think there's no chance of local bike shops closing their doors? Read the aforementioned book to learn what happened to Tower Records.

Support your local bike shop please. Authority can be good.

Bike to Work Week May 10-16

Get friends, family or company involved in this nationwide challenge. Learn to prepare and plan a route, and how to ride safely on streets. Sign up for Bike to Work and Bike Month Activities. Information will be posted on QCBC.org, QC-TAG (<http://quad.cities.tag.googlepages.com>) and BikeIowa.com

Bike to Work Week activities:

May 10 - Kickoff at the Farmer's Market, register for B2WW, shop and join us for a Metro Ride around the cities.

May 11 - Bike to Worship

May 12 - Bike to Work Breakfast at Bechtel Park

May 14 - Ride of Silence

May 15 - After school rides

May 16 - Wrap up party

Earn commuter points for your or your team! Just add up all your non-recreational commuter miles to work, the store, school, out to dinner or to worship.

Problem getting newsletter?

If you have problems getting your hard copy newsletter in the mail, contact Charlie Sattler at (563) 391-3422 or csattler14@msn.com. Charlie prints the labels for the newsletter and mails them.

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.

Remembering Fred Blessin, a QCBC Founder

By Joseph M. Jamison
Club historian

In March, the Quad Cities Bicycle Club lost another of its founders.

Fred Blessin passed away after 90 years of service to his community, and he will be missed. Of the three men who engaged in the formation of the club, Fred may have been the one most responsible for the longevity the QCBC has enjoyed.

A quiet man, it was always to my amazement, looking through our club's history, the influence Fred had in building the platform upon which our organization was constructed. It was he who moved the membership towards creating the bylaws, ride schedule and newsletter.

The earliest formal safety programs had his fingerprints on them as well as leading rides locally, regionally and beyond. His history with bicycling goes back to his early youth. He had respect for all things cycling including his bikes.

Others will write of his life outside of cycling, and it was rich and no less effective, but we must remember him as he was, our founder. I, for one, can't help but compare him to John Wooden, the legendary basketball coach of UCLA. Both men were leaders, not with whips, but with soft voices uttering principled suggestions leading to effective results.

I never met a man so willing to leave the credit for accomplishment to other people, and so it was perhaps easy to overlook his impact on the organizations which were fortunate enough to have him included in their number.

But the old timers who were there in the formative years of the QCBC can tell you, if asked; "Who was Fred Blessin?" and to a person they will respond; "A gentleman of the first order and leader second to none"!

Tailwinds Fred

Ride in Silence May 14

This ride is in memory and tribute to all bicyclists who've been hurt or had close calls while riding our streets and roads alongside motorized vehicles.

Many remember what happened to Dave Holmes, killed tragically in a truck/bike accident north of Davenport in the summer of 2004.

To boost public awareness that motorists must learn to share the road with bicyclists, we'll have a Ride of Silence at 7 p.m. Wednesday, May 14. Assemble in the QC Botanical Center parking lot in Rock Island.

This is NOT a Critical Mass Ride. There are no shirts for sale, no fees or registration. The ride is at a 12 mph pace, in silence. Participants obey all rules of the road, and only ride two abreast when the law allows.

It's not just a club ride. It's a ride for moms, dads, brothers and sisters, family and friends, beginning cyclists, and racers, anyone who wishes to honor a fellow cyclist killed or injured by a motorist. The ride lets vehicle drivers know they MUST share the road with us.

Participants are asked to wear a black armband to honor a cyclist killed, and/or a red armband to honor a cyclist who has been injured.

We'll ride together on one-ways in Rock Island and Davenport, perhaps using parts of Rock Island's bicycle-striped 7th Avenue. Riders may also ride the Mississippi River trail.

Dress in bright biking clothes, wear a helmet, bring a light. Bring an armband, and ride SILENT. The Ride of Silence is a part of this year's Bike to Work Week - May 10-16. For more information, go to

www.quad.cities.tag.googlepages.com

ALL SPORTS SCREENPRINTING

TEE SHIRTS SWEATSHIRTS JACKETS &
MORE

WE SERVICE:

RACES	SCHOOLS
BUSINESSES	TEAMS
CHURCHES	ATHLETES

563-441-5690 /563-505-9494

LOCALLY OWNED & OPERATED BY LONGTIME
MEMBERS
OF THE QCBC & THE CORNBELT RUNNING CLUB

JOLEEN & DOUG ZICKUHR
801 STATE ST BETTENDORF
allsports1@qwestoffice.net

May 26 Criterium Volunteer Opportunities

Volunteers are needed for the 2008 Quad Cities Criterium presented by Criterium Financial.

Registration: Work the registration desk and meet the people registering to race or picking up packets for their teams. You get an interesting insight into the race.

Contact: Vivian Norton, (563) 355-1899, vjoan@worldnet.att.net

Corner Marshals: See what's going on during the race and help racers by being a corner marshal. Corner marshals monitor street crossings to stop spectators from crossing in front of racers, all while getting a front row seat.

Contact: Gary Jones, (563) 359-5614, jonesgaryd@johndeere.com

T-shirt sales: Do you like to sell and be part of the action? Do you want a free shirt?

Contact: Dennis or Karen Baber, (309) 796-2476, baber@copper.net

Wheel Pit: If you "know your wheels" or want a quick, practical lesson, join the Wheel Pit Crew and be part of the best wheel pit in the Midwest!

Contact: Walt Dethlefs, (309) 945-4309, wdehthlefs@asiowa.com

Prize Desk: You may not get a prize, but you do get to see how it's done.

Contact: Doug Nelson (563) 355-3253, dougnelsonmai@aol.com

Hospitality Tent: Mingle with sponsors, officials and Crit organizers.

Contact: Jewel Bryan, (309) 762-4762, jewel@wpcco.com

Trikes and Youth Races: Volunteers needed for registration and a "Trike Wrangler" to line up trike racers.

Contact: If interested in chairing or working this event, please e-mail bcycleracr@mchsi.com

Logistics and course set-up: Volunteers are needed for course set-up and teardown.

Contact Chairperson: If interested in chairing or working this, please e-mail bcycleracr@mchsi.com

Bike Rodeo: Volunteers are needed for course set-up and teardown.

Contact Chairperson: If interested in chairing or working this, please e-mail bcycleracr@mchsi.com

Shifts are available from 7:30 a.m.-5 p.m. Memorial Day.

Your BIG rewards:

- \$6 in FREE FOOD coupons good at Criterium vendors!
- A spectacular and MUCH coveted Criterium t-shirt.
- Quad Cities Criterium socks for \$5 when you present T-Shirt ticket at the T-Shirt booth. (Price to public is \$10)
- An invitation to the volunteer party! (Time and location to be announced)
- A full day (or shift) of entertainment!
- An opportunity to be an active QCBC volunteer.
- BE PART OF THE CRITERIUM FUN!

Call Vivian Norton at (563) 355-1899, vjoan@worldnet.att.net or Jewel Bryan at (309) 762-4762,

jewel@wpcco.com to find out what volunteer spots are open or to tell them what volunteer opportunity you would like.

TOMRV Fast Approaching

By Doug Truesdell

TOMRV is getting close, and tour details are coming together nicely. I'm hoping for good weather like last year to make it a perfect weekend of riding and fun. Registration is progressing rapidly, and we'll have a large tour again this year.

Here is a heads up of some changes this year. First, parking in Preston will be in a lot West of town, and not around Twogood Park. Although the SAG stop will be at the park, packet pickup on Saturday morning, and the bag drop and pick-up will be at this lot. This will alleviate car congestion in Preston.

Another change is in the Sunday route. This year, we'll be going through Springbrook, a town between Bellevue and Preston. This new road gets rid of two long hills, and you'll like the new scenery.

You may have noticed Katherine Weeks' name on the application this year. Katherine is our new registrar, so be sure to say thanks when you see her out riding. This is a difficult but essential job to keep TOMRV going. And speaking of riding, be sure to get out on your bike and get ready for another great tour



Pushing for Pedaling

Promoting bicycling advocacy

By Chuck Oestreich

Rock Island's Biking Lines

Rock Island's lines stand out on the Metro Bike Map, available for free at all QC bike shops, Convention and Visitors' Bureau locations, and Tree of Life Chiropractic in Rock Island.

The city has a grid of solid black lines, more than, and with more connectivity, than any other of the Quad Cities. And that means good biking – since those lines were judged preferred routes by the experienced cyclists who put the Metro Map together.

I'm prejudiced on this, being a longtime resident of Rock Island. Also, I once harbored the belief that everyone should have less than a half-mile on side streets before meeting safe connectors to go anywhere in a city.

That old dream is just about reality in Rock Island. Almost everyone can leave their home (in greater Rock Island, not beyond the Rock River), and be less than a half-mile from a good bike passage to almost all destinations.

All the major north-south streets are bike friendly for the adult city cyclist – 9th, 17th, 24th/25th, 30th and 38th. Yes, 38th gets a bit problematic on the hill going down to K-Mart, but the east side of that stretch is slated to be turned into an off-road path in the near future (and connected to the new Rock River bridge.)

And look what Rock Island did with 17th Street as it meanders towards Black Hawk Historic Site – bike lanes on each side. That's hard to beat.

Going east to west isn't as direct. Stay away from the major arterial streets. The one-ways close to the river (4th and 5th avenues) as well as the commercial workhorse that is 18th Avenue are best avoided.

To the south, Blackhawk Road is a no-no.

But there is a way to get to K-Mark, say, from the west of Rock Island without going up or down hills. Take the Mississippi Trail to 31st Avenue and use to get to 9th Street. Then take 9th Street all the way to 45th Avenue.

Continue on 4th Avenue to Black Hawk Historic Site, go through it, crossing over Blackhawk Road on the pedestrian bridge. Then use park trails to meander to around 25th Street. Here, you'll have to go out on busy Blackhawk Road for about half of a tenth of a mile to go over a small bridge. Turn at the county's 47th Avenue and follow it to K-Mart. It may not be that direct, but it gets you to where you want to go.

On the plus side of going east/west, close to the one-ways is 7th Avenue with its superlative bike lanes from 20th Street west to the river (those lanes are soon to be extended all the way to Augustans College).

In the middle of the city, nice streets on both sides of 18th Avenue allow for pleasant errand running to the businesses along it. To the north use 14th and 15th avenues, and to the south 20th And 21st avenues work fine. I use them both all the time.

Thirty first Avenue also is a useful bicycle street, even if it does have a few hills. It's slated to have painted bike lanes in the near future – part of a connection between the end of the Mississippi Trail and new Rock River Bridge. Won't that be great!

Of course, the bike workhorse is the Mississippi River path. Rock Island has four and a half miles of it, most of it affording superlative views of the lazy ol' river. For example, stop and sit down at River Action's nice rest shelter at the foot of 20th Street. You can almost reach out and touch the Tip of the Island with its teeming bird life. And in the background, the Government Bridge, barges and tows, and downtown Davenport all shimmer in the distance.

Do this at twilight and inhale the lights of Davenport and Centennial Bridge while listening to the sound of baseball crowds drifting across the water. Make it a point to do it some time. It's great. People come from all over the world to experience what we have every day of the week.

As you can see, Rock Island does have some mighty good bicycle lines. To paraphrase Lead Belly (or Lonnie Donegan, if you must):

The Rock Island Bike Line is a mighty good road

The Rock Island Line is the road to ride

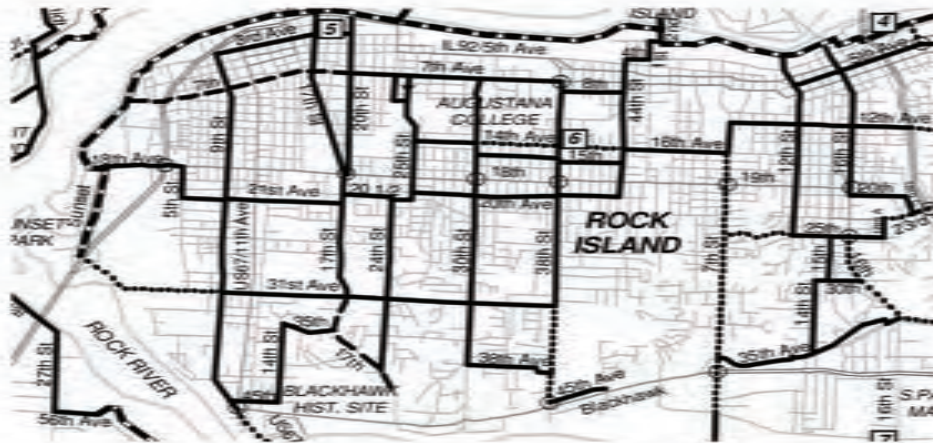
The Rock Island Bike Line is a mighty good road

If you want to ride you gotta bike it like you find it

Get your ticket at the station for the Rock Island Bike Line

Map on page 8

Contd. from page 7



Tune body as well as bike

**By Dr. Heath Treharne
Tree of Life Chiropractic**

Spring is here and many of you are dusting off your bikes for the biking season. That may include a trip to the bike shop for an annual tune-up. It's a great time to tune up yourself as well. Do it now, so you can put on more miles with greater ease.

There are three areas where you can start to clean up and repair the junk that holds you back mentally, physically and spiritually.

You are what you think you are. If you haven't created your New Year's resolutions (or not kept them) have a spring cleaning of thoughts to get rid of that stinking thinking. That might increase your pedal power and motivation. Start living the way you want and unload negative thinking that might be holding you back.

Three areas to work with would be

- A. Set goals and put a date on achieving them.
- B. Create a daily affirmation and put in on your bathroom mirror.
- C. Change your self image, look yourself in the mirror and love the person you see.

Spring is a great time to do an internal flush of your body systems to remove toxins that might have built up over the long, cold winter. There are many great products out there so stop by a health foods store and ask what might be the best for you. This will motivate you to clean up your diet and focus on a more healthful approach to eating foods that won't be so toxic.

While you're getting your body functions cleansed, you also should make sure your body structure is in alignment. Schedule an appointment with your chiropractor for a spring 'tune-up.' Insuring the nervous system is functioning at an optimal level will increase the efficiency and health of your body.

Spring is symbolic in that we are experiencing new growth in our lives. Just like having new grass and leaves form, we too grow in our experience. This is a time for washing and renewing our spiritual health as well. Dedicate time each day on quiet prayer or meditation to allow the body to enter a calm state, giving the body the time it needs to create internal harmony.

As the temperature increases and the urge to get out and enjoy the world our maker has given us, think and act on creating a better balance in your life. If you ever need any assistance, feel free to contact me and I will do my best to help you with what you need.

Game of Monopoly has consequences

By Joe Getz

Although a QCBC member since 1979, this is the first time I've submitted a newsletter article. I retired from the Arsenal in 1997 and get into some interesting rides. A couple of years ago, while visiting family in Atlantic City, I took a ride with my cousin, Bob Bevan, a QCBC member who lives there and works at the Tropicana Casino.

When I'm in town, we usually do a 25-mile or so bike ride. Since there were no organized rides, we decided to ride around Atlantic City.

We started in Marvin Gardens, riding on a few streets before crossing Ventnor and Atlantic avenues. Then we headed towards Ocean and decided to ride on the Boardwalk, which starts in Ventnor City and goes 10 or so miles to the northern end of Atlantic City.

To do a decent 25-mile or so ride, we decided to do the whole boardwalk and back.

Once we hit the Atlantic City line, we started to pass many of the casinos which are along the boardwalk, extending from the ocean to Pacific and Atlantic avenues. These streets parallel the boardwalk and aren't rider friendly.

We passed the Hilton, Tropicana, Caesars, Trump Plaza and Ballys. We stopped at Park Place and had a Philly cheese steak (no sags on this ride).

Then we continued north, dodging people with handcarts, pedestrians and casino workers on strike. Soon we passed Indiana, Kentucky and New York avenues and St. James Place, where we stopped for an Italian Ice.

Then we continued past South Carolina, North Carolina and Pennsylvania avenues. Three miles from the end of the boardwalk, we passed the Resorts, Trump Taj Mahal and Showboat casinos. The last site was the old renovated Steel Pier. We turned around after crossing Connecticut and Vermont avenues at Oriental Avenue.

I knew the game of Monopoly was designed around Atlantic City and told Bob I felt like we were doing a virtual game. He laughed and said, "Yep, this is where I make all my money."

We turned around and headed back to GO, not realizing that bike riders have to be off the boardwalk by 11 – for pedestrian safety. We soon learned the curfew is strictly enforced.

We were at St. James Place when two Atlantic City police officers in hot rod golf carts pulled us over.

Here we were, two 55-year-olds enjoying ourselves and getting the scolding of our lives by two 30ish officers. They escorted us off the boards and told us to ride Pacific Avenue.

Wow, what a ride that was. Bump after bump on a busy one-way. About three miles later, we decided to sneak back onto boardwalk.

As soon as we did, we found the same two officers waiting in ambush. They wrote us a ticket and gave us a court summons (which never materialized), then escorted us back to Pacific Avenue and warned us that the next time we'd go to jail.

We rode two more miles to Ventnor City where the boardwalk has no curfew.

We finally finished our 28.5-mile ride, which we look back on as if we were a couple of kids playing Monopoly.

We still chuckle about the experience and promise not to be juvenile delinquents again. Remember when riding to always obey the law!

Thank You TOMRV Packet Stuffers

By Kathy Storm

In 90 minutes on Feb. 28, quick work was made of parceling out 3,675 TOMRV brochures to 245 bike shops around the Midwest.

Six QCBC members gathered around a dining room table and took piles of address labels, indicia labels, manila envelopes, TOMRV brochures, etc. and carefully assembled 15 TOMRV brochures to be mailed to the bike shops.

All this while carrying on some lively conversations and keeping the completed envelopes in zip code order.

The TOMRV Committee started with 8,000 brochures this year, a reduction from past years. Beginning in mid February, we use various methods to try to get all those brochures into the hands of past and hopefully future riders of TOMRV. Direct mailing is one of the largest methods used.

A big thank you goes out to the following volunteers for making this year's mailing to bike shops successful and fun: Don and Linda Barchman, Cherry Fritch, Jean Kelly, Karen Ketelsen and Kathy Storm.

After we finished stuffing the packets, Charlie Sattler did his part in preparing the "trays" for the post office. Charlie has been providing this service to the QCBC for 15-plus years and we are very appreciative.



QUAD CITIES TEAM CHALLENGE, May 10-16, 2008

Dear Team Leaders,

The Quad Cities Transportation Advocacy Group (QC-TAG) is teaming up with the following groups to Promote Bike to Work Week (B2WW) this year:

Community Foundation of the Greater River Bend,	League of Illinois Bicyclists,
Iowa Quad Cities Transit,	Bi-State Regional Authority,
Iowa Clean Air Task Force,	Genesis Wellness,
Quad Cities Bicycle Club,	Iowa Bicycling Coalition

This national event has gained increased media recognition the last six years for its practicality, fun, environmental, health and safety related reasons. We're using B2WW to promote wellness, clean air, active lifestyles, and safe accessible multi-modal transit around our community.

We're encouraging individuals, and club and company teams to promote bicycling as a safe and efficient form of transportation to work, and for short trips to and from your home. All non-recreational bike miles, walking, and bus transit count toward your total points.

B2WW Participation is Free! Donations and Sponsorships are welcomed and encouraged!

How to get involved:

1. Ask your company or club to become a B2WW team sponsor
2. See our Web site for detailed activities
3. Ask your friends and Family to get involved
4. Register at quad.cities.tag.googlepages.com or bikeiowa.com

Sponsorship Level 1: \$500 Commitment

Participation in all B2WW Activities, Recognition in local media, on our brochures, posters, Statewide tracking of B2WW activities on our website and bikeiowa.com. Compete with other teams and organizations throughout the state, Bicycle commuter maps, and prizes for up to 25-50 employees.

Sponsorship Level 2: \$250 Commitment

All the above and prizes, for 10-25 employees.

Please make checks payable to:

Community Foundation of the Great River Bend- QC TAG fund
852 Middle Road Suite 100, Bettendorf, IA 52722

Questions: see quad.cities.tag.googlepages.com or contact us at quad.cities.tag@gmail.com

List of activities on Page 11



This year let's really get into using our bikes for urban transportation.



Biking Contest

Who bikes the most non-recreational miles for the week?

Find all the details at: www.quad.cities.taq.googlepages.com or e-mail quad.cities.tag@gmail.com

Calendar of Events—Bike to Work Week—May 10 to May 16

Saturday, May 10 – 9 a.m. Kick off to Bike to Work Week Held on Saturday morning at Davenport's Farmers' Market, this event features distribution of Alt. Transportation material, Metro bike rides through the streets, and a Bike-and-Bus demonstration.

Sunday, May 11 – Bike to worship and blessing of the bikes. All area pastors will be invited to ask their congregations to bike to worship on this day. Watch for a "Blessing of the Bikes."

Monday, May 12 – 6:30 to 9:00 a.m. Breakfast at Davenport's Bechtel Park (Gov. Bridge & 2nd Ave.) Those using alternative transportation to work are invited to have breakfast on the way. **Greatest Grains** has agreed to sponsor the event, providing yogurt, granola bars, and breakfast pizza and juice.

Tuesday, May 13—7:15 a.m.—A-TOG (Alternative Transportation On the Go!) Bikes, buses, and cars will each follow the same route through the city, ending at the Figge Art Museum. What are the advantages of each? Disadvantages?

Wednesday, May 14 – 7 p.m. Ride of Silence. This slow-paced evening event remembers killed or injured cyclists. Riders with black armbands ride will ride silently through our cities streets, starting at the Quad City Botanical Center.

Thursday, May 15 – After School Bike Rides. All schools are urged to organize a bike ride in the area of the school, emphasizing how easy it is to get to school on a bike.

Friday, May 16 – Wrap Up Party. Celebrate the full week by dropping your kick-up stand at the outdoor patio of Moline's Bier Stube after work. Awards and refreshments.

Welcome New QCBC Members!

Name	FirstName	SPOUSE	CITY	STATE	PHONE
Aquino	Tito		Bettendorf	IA	
Bernas	Jim	Rebecca	Bettendorf	IA	563-332-2132
Briggs	David	Susan Brick	Bettendorf	IA	309-235-0456
Claudy	Maggie		Bettendorf	IA	563-505-2152
Knodell	Steve	Jodi	Bettendorf	IA	563-332-5554
League	Ed		Bettendorf	IA	313-410-1345
Marmorine	Mark	Marilyn	Bettendorf	IA	563-328-6497
Mickelson	Michael		Bettendorf	IA	563-320-1225
Schirm	Malinda	Jeff	Bettendorf	IA	563-359-7285
Wiege	Lynn	Dale	Bettendorf	IA	563-359-4383
Daggett	Kathy		Blue Grass	IA	563-210-2627
Ahmann	Pauline		Davenport	IA	563-570-5678
Chiappinell	Jane	Jeff Miller	Davenport	IA	563-441-7570
Eiben	Josh	Monica Loan	Davenport	IA	563-320-7167
Freitag	Susan	Roger	Davenport	IA	563-386-7719
Gorowsky	Blake		Davenport	IA	651-308-6736
Jones	Lee		Davenport	IA	563-322-9348
Kammeraa	Kelly		Davenport	IA	
Krasnow	Ellen	John Blegen	Davenport	IA	563-323-3561
Napel	Dennis		Davenport	IA	563-386-5228
Schneider	Sijke		Davenport	IA	563-320-7167
Valleroy Sr	Kristoffer		Davenport	IA	563-323-3723
Wildharber	David		Davenport	IA	563-359-1511
Bippus	Jerry	Suzi	Eldridge	IA	563-285-8473
Metcalf	Jerry		Eldridge	IA	563-285-8873
Imgrund	John		Le Claire	IA	563-212-9894
Bodeen	Jeff		Colona	IL	309-792-1585
Curless	Phiip	Christine	Colona	IL	309-796-1225
Knobloch	Mark		East Moline	IL	309-755-7245
Stone	Jason	Anne Marie	Geneseo	IL	309-945-7651
Clure	Christine	Ricky	Moline	IL	309-230-3098
Cottay	George	Ann	Moline	IL	309-757-5005
Fleetwood	Martin		Moline	IL	309-912-0783
Greene	Kristin	Thomas	Moline	IL	309-762-5050
Hoague	Mark		Moline	IL	309-797-8620
Mckeown	Kevin	Collen	Moline	IL	309-764-2053
HILL	David		Rock Island	IL	309-235-3551
Schladt	Christopher		Rock Island	IL	309-781-9753

Membership Type memberships members

Comp	20	20
Couple	179	358
Family	95	353
Individual	424	423
Life	4	7
Grand Total	722	1,161

Coming events

Big Bike Rodeo—May 25
Quad Cities Criterium—May 26
Bike to Work Week—May 10-16
Ride of Silence—May 14
TOMRV—June 8-9

May Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Thu May 1	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat May 3	8:00 AM	14-16 mph	Clark's Landing Restaurant, Buffalo, IA	Determined by riders	Saturday Morning Ride – Mid Paced Rider's choice
Sat May 3	8:00 AM	30+ miles 16+mph	Airport Park, Moline. Indian Bluff Rd., south of QC Airport.	Determined by riders	Saturday Morning Ride – Fast Paced Rider's choice
Sun May 4	8:00 AM	40-45 miles 14-16 mph	Illiniwek Park, Hampton. Off Rte 84.	Bill & Kathy Storm 563-355-2564	Sunday Morning Ride – Mid Paced Ride and return to park for club picnic. Bring a dish to pass.
Sun May 4	8:00 AM	30+ miles 16+mph	Illiniwek Park, Hampton. Off Rte 84.	Determined by riders	Sunday Morning Ride – Fast Paced Ride and return to park for club picnic. Bring a dish to pass.
Sun May 4	9:00 AM	20 miles 10-13 mph	Illiniwek Park, Hampton. Off Rte 84.	Vivian Norton 563-355-1899	Sunday Morning Ride – Leisure Ride and return to park for club picnic. Bring a dish to pass.
Sun May 4	12:00 – 4:00 PM	N/A	Illiniwek Park, Hampton. Off Rte 84.	Phil Schubbe 563-359-5057	Spring Picnic Hy-Vee will cater the meat Club provides rolls, beverage, tableware. Bring a dish to pass.
Sun May 4	2:00 PM	4 – 10 miles 8-10 mph	Illiniwek Park, Hampton. Off Rte 84.		Family Ride Parents and their children are invited to join this afternoon ride on the Riverfront bike trail.
Mon May 5	5:30 PM	N/A	Gravel Parking Lot on Scott Park Rd, just north of Mt. Joy Rd.	Ken & Julie Urban 563-326-3427	Adopt a Highway Trash Pickup Wear work clothes, sturdy boots and gloves. Rain date is May 12th
Tue May 6	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed May 7	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride - Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu May 8	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	Thursday Evening Ride – Combined Rider's choice

Check web site for updates and additions to ride schedule format. Last updated 4/20/08

Cont. page 14

May Club Rides

Sat May 10	8:00 AM	35-45 miles 14-16 mph	Geneseo City Park, Geneseo, IL	Tim Carey 920-209-1984	Saturday Morning Ride – Mid Paced Ride to Cambridge or Prophets-town depending upon direction of wind.
Sat May 10	8:00 AM	30+ miles 16+mph	Eastern Ave. Park, Duck Creek Parkway, Davenport	Determined by riders	Saturday Morning Ride – Fast Paced No breakfast stop
Sat May 10	9:00 AM	20 miles 10-13 mph	City Park on Main St. in Port Byron	Chet & Cathy Doyle 309-234-5921	Saturday Morning Ride – Leisure Ride to Excelon plant. Usually includes a breakfast stop.
Sun May 11	8:00 AM	35+ miles 14-16 mph	Crow Creek Park, Bettendorf	Determined by riders	Sunday Morning Ride – Mid Paced Rider's choice
Sun May 11	8:00 AM	30+ miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	Sunday Morning Ride – Fast Paced No breakfast stop
Tue May 13	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed May 14	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride - Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu May 15	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat May 17	9:00 AM	20 miles 10-13 mph	Middle Park Lagoon, along Bike Trail in Bettendorf	Steve Montgomery 563-332-*5963	Saturday Morning Ride – Leisure Ride to le Claire
Sat May 17	8:00 AM	35+ miles 14-16 mph	Boat Launch, along Bike Trail, Rapids City	Determined by Riders	Saturday Morning Ride – Mid Paced Ride to Albany for breakfast
Sat May 17	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun May 18	8:00 AM	40+ miles 14-16 mph	City Park in Cordova Off Rte 84	Determined by Riders	Saturday Morning Ride – Mid Paced Rider's choice
Sun May 18	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Sun May 18	9:00 AM	20K	Barstow, IL	Donnie Miller	DICE 20k TT Championships See page XX for details.
Tue May 20	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed May 21	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride - Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.

Check web site for updates and additions to ride schedule format. Last updated 4/20/08

Cont. page 15

May/June Club Rides

Thu May 22	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	Thursday Evening Ride – Com- bined Rider's choice
Sat May 24	9:00 AM	22 miles 10-13 mph	City Park in Ando- ver	Dan DeMay 309-755-6768	Saturday Morning Ride – Leisure Ride to Bishop Hill for breakfast
Sat May 24	8:00 AM	40+ miles 14-16 mph	North Scott HS, Eldridge	Determined by Riders	Saturday Morning Ride – Mid Paced Ride the hills in Scott Co – prep for TOMRV
Sat May 24	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun May 25	8:00 AM	40+ miles 14-16 mph	Colona Grade School, Colona, IL	Determined by Riders	Saturday Morning Ride – Mid Paced Rider's choice
Sun May 25	8:00 AM	30+miles 16+mph	East end of Ben But- terworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Sun May 25	9:00 AM	N/A	The District Rock Island, IL	Donnie Miller	QCBC Great Big Bike Rodeo See page XX for details.
Mon May 26	8:00 AM	Varies by race	The District Rock Island, IL	Donnie Miller 309-737-8270 Terry Burke 309-762-5314	Quad Cities Criterium Come to The District in Rock Island to watch 500+ racers compete in this "loop circuit." See page XX for details.
Tue May 27	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Res- taurant, Eldridge	Determined by riders	Tuesday Evening Ride – Com- bined Rider's choice
Wed May 28	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wednesday Morning Ride The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu May 29	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	Thursday Evening Ride – Com- bined Rider's choice
Sat May 31	8:00 AM	55+ miles 14-16 mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	Saturday Morning Ride – Mid Paced Ride to Hillsdale and Erie
Sat May 31	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Park- way Davenport	Determined by riders	Saturday Morning Ride – Fast Paced No breakfast stop
Sat May 31	9:00 AM	20 miles 10-13 mph	Scott County Park, Walnut Grove (north entrance)	Jean Kelly 563-3599508	Saturday Morning Ride – Leisure Ride to DeWitt for breakfast
Sun Jun 1	8:00 AM	55+ miles 14-16 mph	Geneseo City Park, Geneseo, IL	Determined by riders	Sunday Morning Ride – Mid Paced Rider's choice
Sun Jun 2	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	Sunday Morning Ride – Fast Paced No breakfast stop
Tue Jun 3	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Res- taurant, Eldridge	Determined by riders	Tuesday Evening Ride – Com- bined Rider's choice

June Club Rides

Date	Time	Distance	Start	Leader	Description
Wed Jun 4	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Jun 5	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Jun 7	Tour of The Mississippi River Valley – 31st annual ride sponsored by the QCBC. Advanced Registration required. Saturday route is from Bettendorf to Dubuque; 106 miles. Shorter route option starting from Preston, IA; 67 miles. Registration forms available online at Active.com, qcbc.org or at QC Area bike shops. For additional information, contact Katharine Weeks at 563-324-4938 or tomrv.31@gmail.com . Volunteers are needed!				
Sun Jun 8	Tour of The Mississippi River Valley – 31st annual ride sponsored by the QCBC. Advanced Registration required. Sunday route is from Dubuque to Bettendorf; 88 miles. Shorter route option finishing in Preston, IA; 42 miles. Registration forms available online at Active.com, qcbc.org or at QC Area bike shops. For additional information, contact Katharine Weeks at 563-324-4938 or tomrv.31@gmail.com . Volunteers are needed!				
Tue Jun 10	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Thu Jun 12	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Jun 14	8:00 AM	46 miles 14-16 mph	City Park in Cordova Off Rte 84	Bill & Kathy Storm 563-355-2564	Saturday Morning Ride – Mid Paced Ride to Hillsdale and Erie. Fairly flat route.
Sat Jun 14	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sat Jun 14	9:00 AM	20 miles 10-13 mph	City Park (Main St), Port Byron	TBA	Saturday Morning Ride – Leisure Ride to Hillsdale for breakfast
Sun Jun 15	8:00 AM	46 miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Sunday Morning Ride – Mid Paced Rider's choice
Sun Jun 15	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop

Ride Classification:

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 re-grouping. 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.

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

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

Want Ads

For sale: Men's Trek 2006/2007 1500 SLR, RED, 58cm. Mint condition, only 45 miles on it.

Components:ultegra crank set, shimano 105 gears, fiber forks & stem, bontrager tires/wheels, 2 water bottles & brackets - never used - extra seat - wonder seat, lock-in pedals - shimano SPD PD-324, Airstrike - airstream handle bar, extra hand brakes near aero bar, sigma computer read out hook to front tire, & air pump with bracket.

Paid more than \$1,200, asking \$800. Call Bill Davison at (563) 320-0274

For sale: Thule 5 bike wheels on rooftop bike carrier w/ locks for bikes and rack. 64 1/2" load bars, extra keys, hardware, and original instruction booklets. \$650 new, sell \$325 or best offer. For more information call Greg Murphy at (309) 793-5169.

For sale: 2006 Scattante 50cm, 10-speed, Ultegra components, silver aluminum frame with carbon fork, seat stays, bladed wheel spokes. Includes computer, bottle cages. 17.5 pounds. Excellent condition. For more information, call Pat at (309) 361-0151.

