



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — January 2012

Chuck: It's time to look at the big picture

By Chuck Oestreich

Let's think big.

Let's take out our latest copy of the Quad City Metro Bike Map, spread it out, get a bit dreamy-eyed, and think about what the future could bring.

Let's not be completely pie-in-the-sky, but let's not be stick-in-the-mundane.

Let's propose projects that could push us up there with the best in the U. S. as far as urban bicycling goes. Let's be both far-sighted and realistic.

For starters, play around with these:

Circle the Illinois and Iowa Quad Cities with bike paths.

Iowa is close. With closing of the "Bettendorf Gap" on the Mississippi, only a western connection from Emeis Golf course to Credit Island is needed, and the trail through Sunderbruch Park helped close much of this gap.

Illinois, however, is not as close. One major reason is that it doesn't have a Duck Creek, an east-west stream with water edge trail possibilities. Wait a minute. How about the Rock? If we had a trail along the Rock from Rock Island's Sunset Park to Carbon Cliff, we'd be a short connection to joining with the Mississippi's Great River Trail.

Formulate a major Illinois mid city east-west corridor similar to Duck Creek's.

Because of the Illinois side geography, no natural path exists. The best we can do is use existing roads, and that's an exciting prospect. Bike lanes, including buffered ones, with edging protecting the bike lanes, are usually cheaper and often safer than dedicated trails. Connecting Moline's 12th Avenue to Rock Island's 14th Avenue would seem to be just the ticket.

Add bike lanes to form a bicycling grid throughout the cities.

It's happening in the larger, more progressive urban area and should happen here. We have the lower population density that makes many of our roads very amenable to pavement striping for bike lanes. The Metro Bike Map already has an unofficial grid. Make it official.

Maintain the present facilities and add maintenance to any new facilities.

Can you imagine putting in a new street and not plowing it in the winter? Yet, we do that with bike facilities (our trails, for instance) all the time. We keep city roads nicely clear of debris. Unfortunately, many times that gravel, broken glass, pieces of metal, etc. are pushed close to the gutter where a bicycle rider is expected to be. Cars can usually handle surface scatterings; but bikes have trouble. A small chunk of gravel can bring down the best of us.

Make biking to school the thing to do.

Most adults walked or biked to school as kids. Yet, our kids either aren't allowed to, or can't because of traffic. The national program, "Safe Routes to School," offers many possible solutions to both problems.

We need to put them into effect, not only because it's less expensive for us and our environment, but because it makes good health sense for kids. One of the saddest sights at the end of the school day is the puny number of bikes in the bike rack and the long line of idling cars along the curb waiting to pick up a student.

Establish a paid Quad-Cities bicycle coordinator.

Good things happen when motivated people beat the drum and turn good ideas into practical reality. A coordinator could make that happen. Funded by a combination of public funding from all our cities, along with private contributions, grants, fundraising, etc., the office could thrust us into attaining a "Bicycle Friendly Community" designation from the League of American Bicyclists – the highest community biking honor in the nation. The post could push us to roll down the lane or path propelled by enthusiastic bikers in a premium "bike city" USA.

Looking at the big picture can be productive. And it can also lead to making the Quad Cities a much better place to live – and to bike.



Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
Vice president - Denise Duethman (309) 721-7276 or neuromanager910@yahoo.com
Recording Secretary - Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
Treasurer - Darlene Moritz (563) 386-3499 or dmoritz@access.net

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

Board Members:

Terry Burke (309) 797-3790	Laurel Darren (309) 230-2484	Doug McDonald (563) 332-6774
Kevin Kraft kkbluenote1@gmail.com	Michael Hughes (563) 332-5605	Donnie Miller (309) 737-8270
Don Collins (563) 340-3476	Don Luth (563) 381-3750	Dave Thompson (309) 764-5030

Key Contacts: A complete listing of committee chairmen and key contacts is available on the club's website 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.

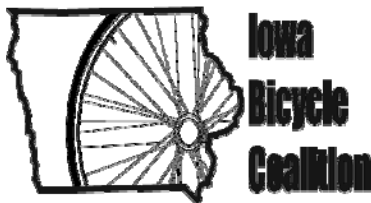
Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to Jackie Chesser at qcbceditor@yahoo.com Free want ads are available for members. **Commercial ads are available at the following rates: ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.**

Major Activities of the Club Include: Tailwind Century in Spring and Fall, Spring Picnic, QC 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 membership Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



www.iowabicyclecoalition.org



www.bikeleague.org



www.bikelib.org

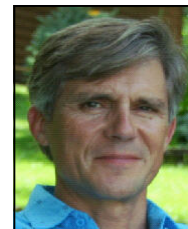
Compiling 2011 mileage

Dave Thompson is calculating total miles for 2011, to be printed in the February Pedalwheeling. Compile miles ridden on a bicycle from Jan. 1 and Dec. 31 and send them by Jan. 10—along with number of centuries ridden in 2011 and your lifetime miles—to Dave at ultrabiker@sbcglobal.net or call him at (309) 764-5030.



Let's Ride!

John Harrington, QCBC president



It's been a warm December, so far.

HDC Update. Prior to our Roll with Bob weekend extravaganza, we chose the Handicapped Development Center as our charity for all proceeds from the book selling/signing and ride. I'm very pleased to announce that we raised \$2,600 for the HDC.

At our recent board meeting, we learned that we received \$2,500 back from the city of Davenport for the Fred Blessin memorial because the project was done under budget. With that unexpected bonus in hand, we decided to match the original \$2,600 donation with club funds for a total of \$5,200.

Carol Foster of HDC is thrilled with our donation. I'll have more thoughts on future charitable support efforts as they develop.

RAGBRAI Update. RAGBRAI XL will announce its July 22-July 28, 2012 route on Jan. 28. Go to <http://qcbc.org/ragbrai/> for some outstanding info on RAGBRAI and our club's Charter Service. Be sure to register early for our service to get the best deal.

And back by popular demand, stay tuned for news about our annual RAGBRAI for Rookies meeting. Once again, we'll provide tons of information and support for RAGBRAI newbies and veterans.

Heartland Century. Mark your calendars. On Saturday, Sept. 8, we'll hold our 2012 Heartland Century ride. Check out <http://qcbc.org/heartland/> for more information as it becomes available.

Thanks. I am continually amazed by our dedicated volunteers. Your creativity and hard work make our club the best. Thank you to all club members that volunteered time in 2011.

ALERT!

Wednesday morning rides will begin at 11 a.m. in January and February.

Learn more about the Quad-Cities Women's Outdoor Club

Women interested in fun, outdoor activities, adventures and trips are invited to join the the Quad-Cities Women's Outdoor Club, a club for women of any age, fitness level or outdoor interest.

QCWOC members will find activities that will enhance current interests, and activities that will help you explore other levels of fitness. QCWOC is a non-profit organization with events and activities organized by its members. To learn more, attend the QCWOC Winter Social and annual meeting at 6:30 p.m. Thursday, Jan. 19, at D'Alessandro Restaurant, 1524 4th Ave., Rock Island, IL and meet club members and learn more about the club.

Appetizers will be provided, and a cash bar will be available. RSVP to events@qcwoc.com. For more information on the club, visit www.QCWOC.com and check the club Facebook page. To join, visit <http://www.qcwoc.com/home/join-our-club>.

Grand Illinois Trail And Parks bicycle tour June 10 to June 15

By Chuck Oestreich

The ride begins and ends at Dixon's Sauk Valley Community College, then makes a circular tour through northwestern Illinois' country roads and trails.

The route is moderate, with the week's basic mileage at about 235 miles, but extra mileage options allow up to 505 miles. We overnight at three state parks, two nights at The Mississippi Palisades and two nights near the Quad-Cities.

Included are dinners, breakfasts, camping sites, sags, bike repair, T-shirts and door prizes. The ride is limited to 160 riders. For more information, contact: Chuck Oestreich at chuckace2@gmail.com, (309) 788-1845, or visit www.bikelib.org/gitap/.

Quad Cities Bicycle Club Member Profile

NAME: Kevin Kraft

AGE: 57

MARRIED TO/SIGNIFICANT OTHER/ YEARS TOGETHER: Sue Kraft, 25 years

CHILDREN/AGES: Four, Jamie and Jennifer in Chandler, Ariz., Kyle in Waunakee, Wis., and Lauren in San Diego.

GRANDCHILDREN/AGES: Jamie has three sons—Caden, 10; Luke 7; Nolan, 1. Jennifer has two daughters—Nicolette, 6, Taylor, 4.

YEARS AS QCBC MEMBER - 3

BORN WHERE: Racine, Wis.

LIVE WHERE: Bettendorf

EMPLOYED WHERE: UBS Financial Services

YEARS CYCLING: 38. I got serious about cycling while in the Army living in West Berlin. In the early 1970s. I toured Germany, France, Spain, Italy and Switzerland with saddle bags and a sleeping bag.

NUMBER OF RAGBRAIS RIDDEN: 3

NUMBER OF TOMRVS RIDDEN: 3

FAVORITE TYPE OF CYCLING: Road

BICYCLES YOU RIDE NOW: 2009 full carbon Cerevelo, RS, Trek 7.5 FX

FAVORITE RIDE: Saturday mornings to the Farmer's Market for coffee, pork chop sandwich and people watching.

LONGEST RIDE: Day one of TOMRV

DREAM RIDE: Back to Europe to tour the wine country of France and Italy

OTHER ATHLETIC INTERESTS: running, golf

WHAT'S ONE THING FEW PEOPLE KNOW ABOUT YOU: I know Morse code.



Send in a QCBC Member Profile

Seen someone at a QCBC event, but didn't know who they were? Want to get to know other club members better, or have them know you better? Then send us a profile of you or another club member, along with a mug shot – please, no pictures taken with a cell phone – and we'll put them in when space is available in Pedalwheeling. We do reserve the right to edit. Send them to qbceditor@yahoo.com.

Here are some suggested questions:

1. Name:
2. Age:
3. Family:
4. Employed where:
5. Town and state where you live now:
6. What do you remember about your first bike:
7. What do you ride now:
8. Favorite type of cycling:
9. What's your favorite ride:
10. Have you had any unusual rides or something unusual happen during a ride:
11. What was your longest ride:
12. What is your most memorable ride:
13. What is your dream ride:
14. What's one thing few people know about you:

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LPL Financial
John Harrington

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Bettendorf, IA 52722
(563) 441-9903 Office
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(563) 940-6023 Cell
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Dr. Smith Answers Your
Foot Pain Questions.

What is a Neuroma?



Neuromas typically develop between the middle toes and cause tingling, numbness and/or sharp pain in the toes and ball of the foot.

“When bones press together, they can irritate a nerve, causing abnormal growth of nerve tissue called a neuroma,” says Dr. Smith. “Wearing tight or narrow biking shoes can lead to neuromas.”

Dr. Smith says neuromas may begin as a minor irritation, forming a painful lump if left untreated.

Reducing neuroma pain and swelling may involve:

- Orthotics and supportive, comfortable shoes
- Padding the ball of the foot
- Ice and massage
- Anti-inflammatory medications, injections, and surgery



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www.drsmithdpm.com

See Dr. Smith for an early diagnosis of any foot pain.

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2012 RAGBRAI XL QCBC Preferred Charter Registration RAGBRAI's 40th Anniversary

It's that time of the year to be thinking about next summer's RAGBRAI. Tony Buck returns to chair the organizational duties of the QCBC RAGBRAI charter services. I will handle the registration duties and charter applications.

The QCBC RAGBRAI Charter has always been a great experience for those who have joined us and we hope that many new cycling enthusiasts will accompany our charter next summer as well. The 2012 ride will be July 22 - July 28, on a route to be announced Jan. 28.

BRAND NEW THIS YEAR – All QCBC Preferred Charter Members are required to register for RAGBRAI TAGS and complete the waiver(s) ONLINE at www.ragbrai.com. Your group name is Quad Cities Bicycle Club. **YOUR PASSWORD IS - quadcities**, all lower case. If you joined us last year, your info could be stored in their data base, and you would've received an email from them on Nov. 15 informing you of this.

After completing your online RAGBRAI form, fill out our QCBC Preferred Charter Registration form, available in the December and January issues of Pedalwheeling. Our printable charter form is also available on our website (www.qcbc.org) until Feb. 01, 2012.

Please take your time and **PRINT** your information on our registration form. Be sure to **INDICATE** the dollar amount for your selected services in sections # 3 "RAGBRAI Services" and # 4 "Charter Services", as this saves valuable minutes when we are processing a couple hundred applicants.

Do not send RAGBRAI any fees. All club members are to send a check for all fees, RAGBRAI & Charter Services, to the address indicated on the QCBC form. Make checks payable to QCBC-RAGBRAI.

Our registered Charter Members will be privy to the QCBC RAGBRAI newsletters in April, May and June. These contain very helpful information such as hotels for our out of town guests, local training rides, a complete list of what to pack, bike shipping, bike loading, packet pick up, those all important safety tips and much more information showing you why we are the premier charter service for RAGBRAI.

The postmark deadline for sending us your Charter Registration and fees will be Feb. 1, 2012. **You are guaranteed a RAGBRAI TAG by registering with our club.** Please do not register or request wristbands from more than one (1) source. The Des Moines Register does a computer check and will not issue any passes to you if you are found requesting a wristband from multiple sources. Also, our bike club will get penalized.

Fill out your RAGBRAI XL TAGS application and waiver(s) online, send your QCBC registration form/waiver and all fees to me. We will send in one check to RAGBRAI for the entire QCBC Charter group.

You must be a QCBC member by Dec.31, 2011 to qualify for our club rates. If you are not a member of the QCBC, or renewed your membership by the end of December, you will need to put your name in the Des Moines Register lottery. If they select you, and we have space available in our charter, we would be able provide you the same transportation, baggage and camping services, but at a higher fee.

Cost for the weeklong wristbands is \$150 each. Transportation to the start of the ride and haul your bags for the week (Full Service Charter) will be \$160, and bus service returning from the ending town to Bettendorf will be \$60 per person. The minimum cost for our QCBC Preferred Charter Service is \$250.

There will be a \$25 processing fee deducted from your reimbursement on all QCBC Charter cancellations/TAG transfers. If you must cancel, please advise us as soon as possible so we can try to resell your TAG if we have a waiting list of potential riders, but realize that there is no guarantee. After July 1, 2012, fees are not refundable.

Campers, trailers and personal vehicles are not allowed in our assigned overnight campsites. Our campsites are for registered QCBC vehicles only. Wristbands must be worn on the bus out, throughout the week and bus back so we may identify our PAID charter guests. There will be no exceptions. We strive to be fair to every one of our guests.

2012 RAGBRAI 40 - QUAD CITIES BICYCLE CLUB (QCBC) REGISTRATION

Please read the RAGBRAI 40 article in Pedalwheeling or online edition

YOU MUST REGISTER FOR QCBC RAGBRAI TAGS ONLINE, BUT SEND FEES TO QCBC

Use a separate form for each person. You may reproduce this form

QCBC must have this REGISTRATION FORM and your CHECK FOR ALL FEES by FEB. 01, 2012

Make check payable to: QCBC – RAGBRAI c/o Dixon Novy, 704 12th Street, DeWitt, Iowa 52742

1. PERSONAL DATA (Please print legibly in all areas) (MM/DD/YYYY)

MR/MS _____ NAME _____ BIRTHDATE _____

ADDRESS _____ APT/STE/UNIT _____

CITY _____ STATE _____ ZIP CODE _____

CELL/CONTACT PHONE _____ OTHER PHONE _____

OCCUPATION _____ E-MAIL _____

Name of adult sponsor if under 18 _____

2. TYPE OF BICYCLE YOU ARE RIDING? ___ Road/MTB ___ Tandem ___ Recumbent ___ Other ___

3. RAGBRAI SERVICES

INDICATE SERVICES BELOW

Des Moines Register Weeklong RAGBRAI TAG	\$150.00	<u>\$150.00*</u>
Or Des Moines Register RAGBRAI Daily TAG Number of days _____ x \$ 25.00		_____
D M Register "Premium Souvenir Pack" (RAGBRAI XL poster and T-shirt _____)	\$ 40.00	_____
Des Moines Register "Basic Souvenir Pack" (T-shirts - M, L or XL only)	\$ 25.00	_____
RAGBRAI XL Jersey with QCBC side panels-Jersey size _____	\$ 50.00	_____
RAGBRAI XL JERSEY & SHORT cycling kit-Jersey size ____/Short____	\$100.00	_____
RAGBRAI XL JERSEY & BIBs cycling kit - Jersey size ____/Bib____	\$110.00	_____

4. Q C B C CHARTER SERVICES - THERE WILL NOT BE ANY SERVICES PROVIDED WITHOUT RAGBRAI TAGS

PLEASE NOTE: QCBC MEMBER MINIMUM COST IS \$240 (FOR "TAG" & "BAG" SERVICE) *

QCBC PREFERRED CHARTER (bus out, camp & haul bags for week)	\$160.00	_____
Baggage/Camp Service for week (find own way out)	\$ 90.00	_____*
Charter Bus Out only	\$ 90.00	_____
Bus return to Davenport	\$ 60.00	_____
Daily Camp Service (per night fee includes daily baggage transport)	\$ 20.00	_____
Q. C. B. C. Ride Across Iowa Souvenir T-shirt (size _____)	\$ 10.00	_____
RAGBRAI Jersey Raffle to benefit the youth Dream Team (size _____)	\$ 5.00	_____

TOTAL \$ _____

QCBC MEMBER RAGBRAI TAGS & JERSEYS WILL BE AVAILABLE AT FRIDAY PM PACKET PICKUP

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

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____ Date _____

11/11

January 2012—Ride Schedule

Jan-04	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jan-07	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hardee's, 425 55th St. Moline	
Jan-11	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jan-14	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
Jan-18	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jan-21	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hardee's, 425 55th St. Moline	
Jan-25	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Jan-28	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	

February 2012—Ride Schedule

Feb-01	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Feb-04	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hardee's, 425 55th St. Moline	

February 2012—Ride Schedule

Feb-08	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Feb-11	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hy-Vee on Spring St. Dav- enport (across parking lot from McD's)	
Feb-15	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Feb-18	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hardee's, 425 55th St. Moline	
Feb-22	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Feb-25	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00PM	Hy-Vee on Spring St. Dav- enport (across parking lot from McD's)	
Feb-29	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	11:00A M	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

New QCBC Members

NewMember	CityState	Phone
Bates, Bill ,Carolyn Grabow	Bettendorf, IA	day 309-781-7469
Fiegel, Brent	Buffalo, IA	563-381-1926
Mcbee, Jim ,Lynn	Murray, KY	day 270-293-2696 eve 270-293-2696
McNamara, Rich- ard ,Cheryl	Hillsboro, NH	603-464-0212
Puder, Dick	Silvis, IL Thousand	309-792-1936
Seabury, Charles	Oaks, CA	day 818-419-2881
Wurl, Pete ,Lynn	Tomahawk, WI	day 715-966-3381 eve 715-453-1981

QCBC Membership Totals

<i>Membership Type</i>	<i># of Memberships</i>	<i># of Members</i>
<i>COMP</i>	18	18
<i>COUPLE</i>	236	472
<i>FAMILY</i>	117	429
<i>IND</i>	360	360
<i>LIFE</i>	3	5
<i>Grand</i>	734	1289

RAGBRAI Route Announcement Party

From the Iowa Bicycle Coalition

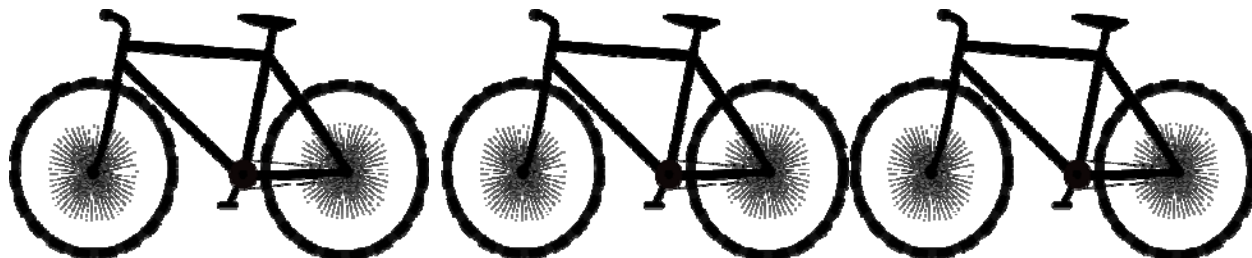
Attend the RAGBRAI XL route announcement party on Jan. 28, 2012, at the Iowa Events Center Vets Auditorium in Des Moines. The evening will feature live music with a special performance Boogie and the Yo Yoz. This is the event that kicks off the year of bicycling.

If you come to Des Moines early, attend the Iowa Bicycle Summit and Expo from 8:30 a.m. to 5 p.m. at the Iowa Events Center.

Iowa Bicycle Coalition members can attend a pre-event from 7 to 8 p.m. You must be a current member to attend. To join, visit <https://www.iowabicyclecoalition.org/join>

In addition to live music and the RAGBRAI route announcement, the night will feature: live and silent auctions on great cycling items; door prizes, raffles, Iowa Bicycle Coalition updates, complimentary RAGBRAI-style snacks and soft drinks, complimentary drafts (also a cash bar), special commemorative souvenir gifts.

Tickets are \$30. To reserve one, visit <https://www.iowabicyclecoalition.org/routeannouncement>



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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING