

TREK
Bicycle Store
Of Davenport

Kimberly & Eastern
(563)-386-5533

HEALTHY HABITS
NUTRITION & BICYCLES

3441 Devils Glen Rd.
Bettendorf, IA 52722
(563)-332-5145
www.healthyhabsqc.com
Mon - Fri 10-7,
Sat 10-5, Sun 12-4

Jerry and Sparky's
CYCLING & FITNESS

TREK - SCHWINN
GARY FISHER
(563) 324-0270
1819 E Locust St, Davenport

CARBON CLIFF

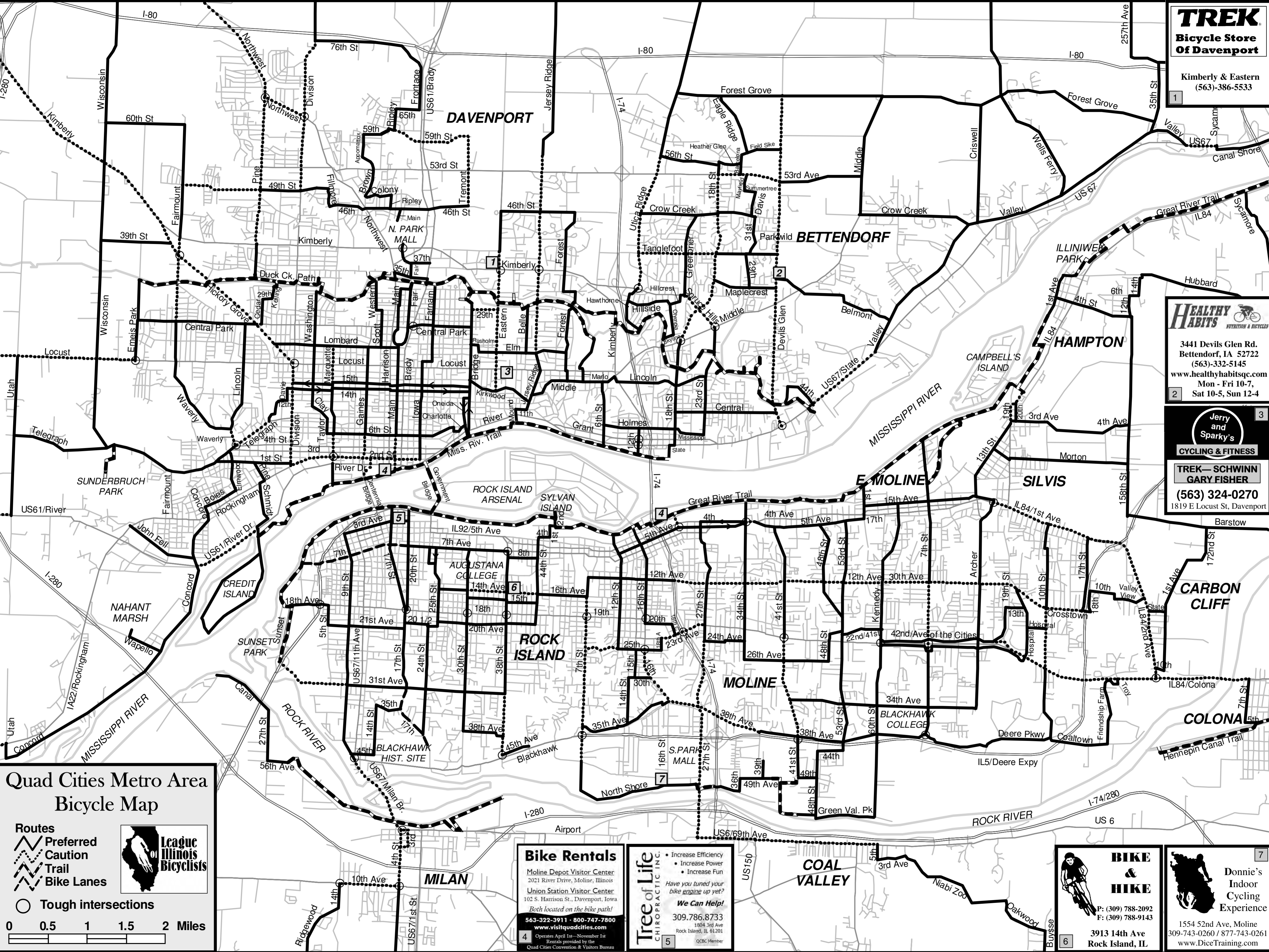
COLONA



BIKE & HIKE
P: (309) 788-2092
F: (309) 788-9143
3913 14th Ave
Rock Island, IL



Donnie's Indoor Cycling Experience
1554 52nd Ave, Moline
309-743-0260 / 877-743-0261
www.DiceTraining.com



**Quad Cities Metro Area
Bicycle Map**

Routes

- Preferred
- Caution
- Trail
- Bike Lanes

Tough intersections

0 0.5 1 1.5 2 Miles

Bike Rentals

Moline Depot Visitor Center
2021 River Drive, Moline, Illinois

Union Station Visitor Center
102 S. Harrison St., Davenport, Iowa

Both located on the bike path!

563-322-3911 • 800-747-7800
www.visitquadcities.com

Operates April 1st - November 1st
Rentals provided by the
Quad Cities Convention & Visitors Bureau

Tree of Life
CHIROPRACTIC INC.

- Increase Efficiency
- Increase Power
- Increase Fun

Have you tuned your bike engine up yet?

We Can Help!

309.786.8733
1804 3rd Ave
Rock Island, IL 61201
QCBC Member

6 7

Quad Cities Metro Area



What is LIB?

The League of Illinois Bicyclists (LIB) is the statewide advocacy group for Illinois cyclists, promoting bicycle access, education, and safety. Our staff and volunteers work hard on issues including better roads and policies, more trails and funding, education of cyclists and motorists, and favorable legislation.

We rely heavily on dues from bicyclists like you. Without our members, we would not be able to improve the future of bicycling in Illinois. Check us out at www.bikelib.org, and look through our latest newsletter. We're making a difference.

Support LIB's efforts by becoming a member. Help LIB make Illinois and your town better places to ride! Join today using a copy of the adjacent form, or on-line at www.bikelib.org/join

LIB Application

LIB Individual Membership Levels (Select one)

Basic \$25 Family \$35 Advocate \$60
 Sustaining \$80 Century \$100 Patron \$125
 Benefactor \$200 Other _____

Optional Premiums (Higher levels may select one)
 Advocate or above— T-shirt M/L/XL Tail light
 CO₂ inflator #1021 Mini-pump #1020
 Sustaining or above— Protege 9.0 computer Light set
 Century or above— LIB jersey—Sizes XS-3XL _____
 No premium desired, thanks.

(Photos and descriptions of premiums at: www.bikelib.org/join)

Make checks payable to: **League of Illinois Bicyclists**
 Send to: LIB, 2550 Cheshire Dr., Aurora, IL 60504

Name _____

Address _____

City/State/Zip _____

Telephone _____

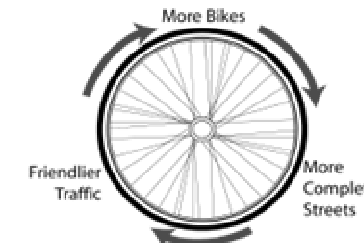
E-mail (used only for occasional advocacy alerts)

Instead of paper copies, send my newsletters as e-mail (PDF)
 Omit my name from list trades with other bike advocacy groups
 Omit my name from an annual newsletter listing of contributors



The mission of the Iowa Bicycle Coalition is to promote Iowa bicycling as safe and enjoyable recreation and transportation. To accomplish this mission the Iowa Bicycle Coalition has the adopted following policy platform.

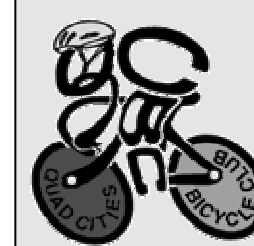
1. Bicyclists Rights and Bicycle Facilities
2. Public Awareness and Education
3. Traffic Enforcement
4. Discourage Sidewalk Bicycling
5. Roads for Bicycling
6. Bike Lanes
7. Road Maintenance
8. Multi-Use Paths for Bicycling
9. Discourage Side paths adjacent to roads
10. Bicycling and Public Transportation
11. Bicycle Parking and Storage
12. Theft Prevention



Membership is open to all those interested in improving Iowa bicycling.

- Member—\$25
 Family Member—\$50
 Sustaining Member—\$100
 Legacy—\$500
 Friend of Cycling—\$1000

Sign up now at www.iowabicyclecoalition.org



The Quad Cities Bicycle Club, affectionately known as "The QCBC," is what bicycling in the Quad Cities is all about.

The club has a myriad of bicycle-related activities—from almost daily rides most of the year, to special invitationals, to sponsoring TOMRV, RAGBRAI, and the Heartland Century. In addition, it works at promoting facilities, amenities, and incentives especially geared for bicycles—such as the development of on-road lanes, extended shoulders, and recreational trails.

Membership in the club brings a monthly *Pedal-Wheeling* newsletter, a 112-page club directory, an impressive web page, 10% reductions at area bike shops, and reductions on many of the club's invitationals.

For membership go to www.qcbc.org, or send this to QCBC, PO Box 3575, Davenport, IA 52808

Date: _____

Name: _____

Address: _____

City: _____; State: _____ Zip: _____

Phone: (include area code) _____

Email: _____

Individual \$15/year ___; Couple \$20/year ___; Family \$20/year ___

Membership in other organizations:
 League of American Bicyclists: _____
 League of Illinois Bicyclists: _____
 Iowa Bicycle Coalition: _____
 FORC: _____

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 application agrees to the above conditions.

Signature: _____ Date: _____

Resources & websites

- www.bikelib.org—LIB homepage
- www.bikelib.org/currentnewsletter.pdf—latest "Illinois Bicyclist" LIB advocacy newsletter
- www.bikelib.org/mapstrails—bike maps, and listings of Illinois trails
- www.lepirtle.com/lib/rides/events.cfm—public rides/events by bike clubs, others
- www.bikelib.org/education/resources.htm—safety booklets, videos, websites, classes
- www.bikelib.org/education/laws.htm—download a handy Illinois bike laws card
- www.bikelib.org/education/kidsheets.htm—safety sheets for kids and their parents
- www.bikelib.org/video—LIB's video on sharing the road, for motorists
- www.bikelib.org/join—LIB membership
- www.qcbc.org—Quad Cities Bicycle Club
- www.iowabicyclecoalition.org—Iowa Bicycle Coalition
- www.bikelib.org/git—LIB's guidebook for the Grand Illinois Trail (northern IL)
- www.bikelib.org/mrt—LIB's guidebook for the Mississippi River Trail route
- www.mississippirivertrail.org—across the country north to south on the Mississippi River Trail
- www.discoverytrail.org—The American Discovery Trail, east-west across U.S.

Bicycle Map



About this map

The League of Illinois Bicyclists has developed this map to encourage biking as a healthy and enjoyable form of recreation and an energy-efficient, economical, and non-polluting form of transportation. The map suggests routes for bicycle travel throughout the Quad Cities area. The back of the map provides resources and useful information for safer biking.

The network of routes shown is based on the experience of local cyclists. As much as possible, roads and streets were chosen with lower traffic volume and speed, ample width, and fewer stop signs but stoplights at busy crossings. Certainly, many of the streets are less than ideal, but cyclists judged them as the best available in an area. The more "bike-friendly" roads are solid black lines. Dotted lines indicate roads that provide connectivity but should be used with caution. Off-road trails and on-road bike lanes are also shown. Tough intersections are circled.

Hazards may exist along these roads and streets, which are the responsibility of the government agencies that maintain them. The League of Illinois Bicyclists in no way guarantees the safety and fitness of the recommended routes. Make your own evaluation of traffic and road conditions and plan routes that are appropriate to your riding skills. The user of this map bears the full responsibility for his or her safety.

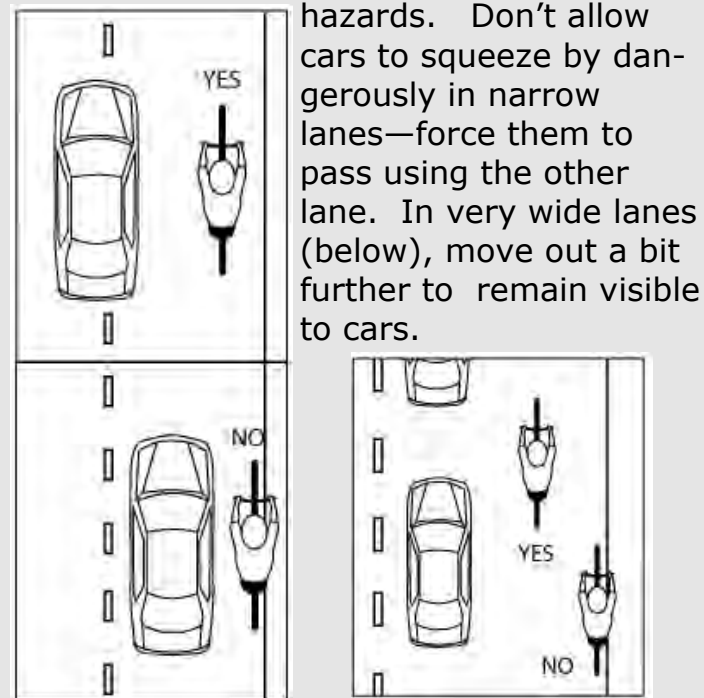
Free distribution and copying of this map is permitted and encouraged.
 2007—League of Illinois Bicyclists

Lane positioning

Always ride on the right with the traffic flow. You'll be more visible to cars and safer, especially at intersections. And—it's the law.

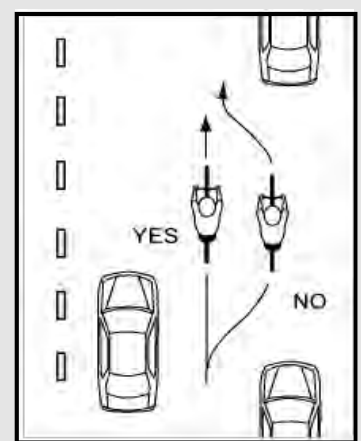
Be predictable—ride in a straight line. Learn how to look behind you without swerving.

Ride far enough from the road edge to avoid hazards. Don't allow cars to squeeze by dangerously in narrow lanes—force them to pass using the other lane. In very wide lanes (below), move out a bit further to remain visible to cars.



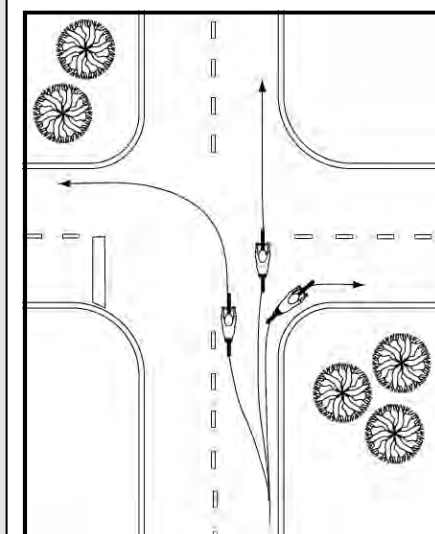
Ride in a straight line. Avoid dodging between parked cars.

Be aware of people in parked cars who might open a door in your path.



Intersection positioning

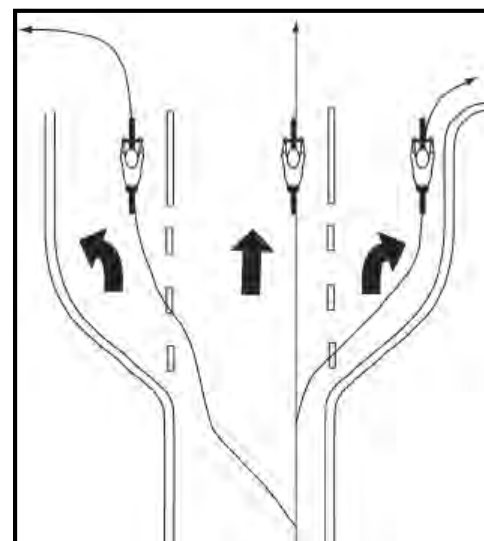
At intersections without turn lanes:



- 1) To turn left, merge into the left part of the lane.
- 2) To go straight, move slightly toward the center of the lane.
- 3) Stay right for a right turn.

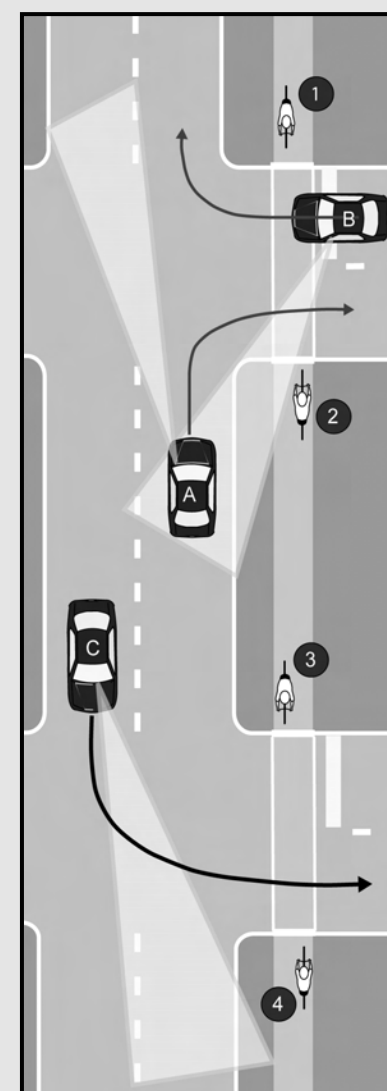
You may also make a "pedestrian-style" left turn. Go straight through the intersection, stop, turn your bike left 90 degrees, then proceed as if you were coming from the right.

Whether there are turn lanes or not, always use the right-most lane going to your destination.



Sidepath bicycling

When biking on sidepaths (trails along roads) or sidewalks, be aware of conflicts at side streets, business entrances, and driveways. Look each way and assume you have not been seen. Try to make eye contact, and ride defensively.



This shows where motorists look when turning. Bikes 2 & 4 might be seen. Bikes 1 & 3 are harder to see.

Car B: Be alert for cars that stop past the stopline or only look left.

Car A: Watch for cars which might cross your path to turn in front of you.

Car C: Anticipate when cars on the other side of the road will turn and cross the path.

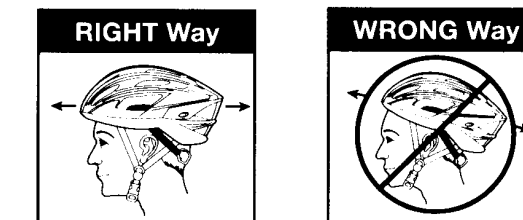
In each case above, cyclists on the right side of the road are biking where turning motorists are looking. This is one reason why many cyclists prefer riding on the road, especially on medium or low speed roads with lots of intersections.

Other Information

Status on roads—By state law, bicyclists are granted all the rights on the road and are subject to all the rules for car drivers. Traffic laws apply to cyclists—ignoring them hurts our public perception! Cyclists fare best when we act and are treated like other vehicles on the road.

Riding Side-by-Side—Riding two abreast is permitted as long as the normal and reasonable movement of traffic is not impeded.

Wear a helmet—your brain is worth protecting! Wear the helmet low in the front to protect the forehead.

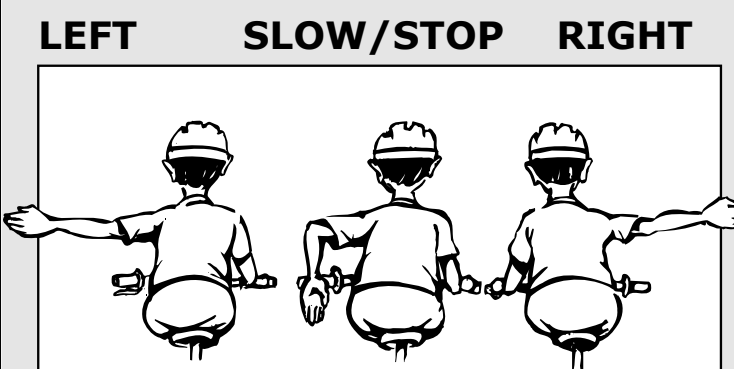


Adjust for a snug fit:

- 1) EYES—should see helmet edge when you look up
- 2) EARS—straps should form a "Y" just under your ears
- 3) MOUTH—straps loose enough for a finger between buckle and jaw, but tight enough that the helmet pulls down on top your head

See, be seen and be heard. Use lights at night or in poor visibility. A white headlight and rear red reflector are required by law. Flashing lights are very effective. Use bike reflectors, reflective clothing, and a bell.

Be predictable—signal your intentions. Also use eye contact to communicate with drivers.



Trail Etiquette



Keep right, pass on the left. Announce intentions to pass. Move off trail when stopped. Yield to other users as shown on this sign.

Preventing Potential Accident Situations:

- 1) **Motorist's Failure To Yield**—As you approach an intersection, don't hug the curb. If you are going straight, ride where a car's right wheel would be if it were going straight. Put your hands on the brake levers and watch closely. Be prepared to maneuver.
- 2) **Cyclist's Failure to Yield**—Wait for traffic to clear. Stop for traffic signals. Don't turn left unless you have checked for traffic and it is clear.
- 3) **Wrong-Way Riding**—Ride with traffic, it's the law.
- 4) **Being Hit From Behind**—Become proficient at looking over your shoulder without swerving. Get a rear view mirror. Occasionally checking traffic to the rear can help you blend better with the flow of cars, buses, trucks and other bikes.
- 5) **Opening Car Doors**—Never ride closer than 3' to a parked car.
- 6) **Being Hit at Driveway or Intersection while on a sidewalk**—Avoid riding on sidewalks unless necessary.
- 7) **Interactions at Intersections**—Use hand signals and eye contact to signal your intentions to drivers.