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Modern Woodmen Bank Quad Cities Criterium Memorial Day – May 30th, 2011

The 46th annual **Modern Woodmen Bank Quad Cities Criterium** returns to the streets of downtown Rock Island on Monday, May 30th.

Race organizers are pleased to announce the return of **title sponsor Modern Woodmen Bank**. Modern Woodmen Bank is located at 100 17th Street, and sits directly on the race course. In addition to the downtown Rock Island office in the Quad Cities, Modern Woodmen Bank conducts business nationwide primarily via the Internet www.ModernWoodmenBank.com, mail, telephone, and other electronic means. Modern Woodmen Bank is open to the general public, wholly owned by Modern Woodmen of America, and is FDIC insured.

Thirteen Criterium bicycle races and eight races for children will be held. The Modern Woodmen Bank Quad Cities Criterium is the fourth race in the Memorial Day Weekend series of bicycle racing. The event is the culmination of a weekend of racing throughout the area including races in Burlington, IA and Muscatine, IA. The event features over 650 cyclists - men and women riders from novice to professional, from 10 to over 60 years of age, representing all parts of the United States, Canada and Europe who compete at speeds up to 35 mph.

Races begin at 8:25 a.m. and will conclude at 5:30 p.m. The Quad Cities Bicycle Club and The District host this event.

New this year, the Modern Woodmen Bank Quad Cities Criterium is one of six new events that are part of the 2011 Nature Valley Pro Ride. These qualifying races are for amateur cyclists to earn a trip to compete against the country's top men and women professional bicycle racers at the Nature Valley Grand Prix.

The Nature Valley Pro Ride selects the top amateur man and woman at each race to become part of a pair of composite Nature Valley Cycling Teams for the 13th annual edition of the premier stage race on the 2011 USA Cycling National Racing Calendar. This year's Nature Valley Grand Prix is June 15-19 in East Central Minnesota and Western Wisconsin. The men and women NVGP pro ride winners will be crowned in a ceremony after the last event of the day.

Another new feature this year is a pancake breakfast that will be served on the Great River Plaza from 6am until 10am. Whether you are looking for some fuel to help get you through a race, or just wish to enjoy breakfast while you watch the races, Kiwanis Club of Rock Island will be preparing pancakes, sausage links and a choice of coffee or juice for \$5 per person. Proceeds will help improve the quality of life for children and families in the Quad Cities and abroad.

The Quad Cities Bicycle Club's **Great Big Bike Rodeo** will return on race day – Monday, May 30, from 9 a.m. until Noon. A bicycle rodeo is an obstacle course set up to teach and practice safe bicycling skills.

Kids and adults are encouraged to sign up to learn how to safely ride a bicycle in all settings; sidewalks, paths and trails, and the roadway. Equipment needed: a bicycle, a helmet and tennis shoes. After the rodeo, all children ages 10 and under will be able to participate in the Modern Woodmen Bank Quad Cities Criterium's, Roger De Langhe Kids Trike and Bike Races. The bike rodeo will be located in the parking lot located just south of 1st Avenue between 17th and 18th Streets. There is no charge to participate in the QCBC's Great Big Bike Rodeo.

ILCHIP – the Illinois Mason's Child Identification Program – will be onsite from 9 a.m. until 2 p.m. and will provide a DNA sample, fingerprints and a recorded interview on DVD for your child's protection and your peace of mind.

Additional **Family activities** include The River Bandits and inflatable games from 10 a.m. until 2 p.m. Free balloon creations from Balloonman will be available from 11 a.m. until 1 p.m. and a special appearance by Rascal, the official mascot of the Quad Cities River Bandits from Noon until 2 p.m.

The **Roger De Langhe Kids Trike and Bike Races** will be held for children ages 2 to 10. Children ages 2 to 5 on Big Wheels, trikes and bikes. Children ages 5 to 10 can race on two-wheeled bikes, doing one lap around the $\frac{3}{4}$ mile course. Youth races will start at 12:30 p.m. and free registration will be located at the bicycle rodeo entrance off 17th Street starting at 9 a.m. All children are winners and all will receive ribbons. Participants need to bring their own Big Wheel, trike, or bicycle and approved helmets are required.

Spectators can enjoy the races from many locations on the $\frac{3}{4}$ mile course. Much of the course is wired for sound to enjoy play-by-play accounts of the races as they unfold. The start-finish line is located at 2nd Avenue and 18th Street, close to the food and drink vendors. The racecourse features a unique hourglass shape using the intersection at 3rd Avenue and 18th Street to connect the two loops. The wide streets and eight corners allow riders to demonstrate their speed and bike handling abilities in packs as large as one hundred fifty racers.

The progression of races means that the **best rider of the day will be the winner of the last race**. The Zimmerman Honda women's feature race begins at 2:30 p.m. and the Modern Woodmen Bank men's feature race begins at 4 p.m. The prize list is one of the largest in the Midwest with over \$12,000 in prizes awarded. The event has been a **Memorial Day tradition** in the Quad Cities for decades. Families come to watch the races, enjoy the activities, food and beverages, and visit with friends and neighbors in a revitalized downtown setting. The cheering crowds are just one of the reasons that this event is a perennial favorite of racers and bicycle enthusiasts alike. Before the Modern Woodmen Bank men's feature race at 4 p.m., the Vietnam Veterans of America Chapter 299 will present colors in honor of Memorial Day. Sandy Wohlford will sing the National Anthem and Rock Island Mayor Dennis Pauley will start the feature race.

Delicious **food and beverages** will be available from 8:30 a.m. to 5:30 p.m. including traditional festival foods such as corn dogs, hot dogs, brats, funnel cakes, cotton candy, roasted sweet corn, egg rolls, shish kabobs, grilled pork chops, and plenty of cold Miller Lite. No coolers are allowed at the event.

For more information, visit www.quadcitiescriterium.com or www.ridistrict.com

Race Schedule

Modern Woodmen Bank Quad Cities Criterium - May 30, 2011 \$12,000 in Prizes						
Event	Entry Fee	Laps	Prizes	Places	Start Time	Field Limit
LAJRS Juniors 10-14	\$15	5 laps	Awards	3	8:25 AM	50
LAJRS Juniors 15-18	\$15	14 laps	\$300	12	8:45 AM	75
Women Cat 2/3****	\$25	13laps	\$900	15	9:15 AM	150
Men 30+,40+ Cat 4/5	\$30	14 laps	\$600	15	9:45 AM	75
Women Cat 4	\$25	12 laps	\$500	12	10:15 AM	75
Men Cat 5 / Citizen*	\$15	14 laps	Awards	10	10:45 AM	50
Masters 50+ ****	\$30	13 laps	\$200	5	11:15 AM	75 total
Masters 60+ ****	\$30	13 laps	\$100	3	11:15AM	75 total
Men Cat 4	\$30	14 laps	\$700	15	11:45 AM	150
Bike/Trike/Big Wheels age 2-10	Free	30 mins	Ribbons	Everyone Wins	12:30 PM	n/a
Men Cat 3	\$35	24 laps	\$1,300	20	1:00 PM	150
Men 30+,40+ Cat 1/2/3	\$35	24 laps	\$900	15	1:45 PM	150
Women Cat 1/2/3/Pro**	\$35	33 laps	\$1500	20	2:30 PM	150
Men Cat 1/2/Pro**/****	\$45	50 laps	\$5,000	25	4:00 PM	150

Winning a Criterium requires tactical skills, bike handling, strategy, sprint speed, and a little luck. Cycling is a team sport that requires the support of the team to win.

The event has **devoted volunteers** and support from the 1,200-member Quad Cities Bicycle Club. The official ambulance for the event is provided by MEDIC and first aid by the Mississippi Valley Regional Blood Center. Bicyclist registration, results and prize desk are located in the Blarney Room at Holiday Inn Rock Island.

The weekend of events starts with **concerts** on the Great River Plaza presented by Rock Island Brewing Company. The Travoltas will perform the evenings of Saturday, May 28 and Sunday, May 29. Gates open at 7 p.m. Visit www.ribco.com for complete concert details.

The Downtown Rock Island Arts & Entertainment District (The District) is a 501(c)6 not-for-profit organization established in 1992 by local downtown merchants. The District's mission is to establish and manage downtown Rock Island as a creative and innovative experience by focusing on the development of the arts and quality special event management. It features retail shops, excellent restaurants, live entertainment, dinner theater, art galleries and several entertainment venues. Rock Island is located on the Mississippi River, three hours west of Chicago in an area known as the Quad-Cities which straddles the river and the Illinois/Iowa border. It is at the intersection of Interstate highways 74, 88 and 80 and is served by Quad City International Airport in Moline, IL.

Name: Charles Townsend
Residence: Mendota Heights, MN
Age: 57
Occupation: Management Consultant
Years Raced: 30+
Team Affiliation: Bianchi / Grand Performance
Race Entered in this year's Criterium: 50+, and 40+

Best recent finishes:

- | | |
|---|------|
| 1 st Place - US National Criterium Champion (55+) | 2010 |
| 1 st Place - US National Tandem Time Trial
Masters Champion (with wife Sherry!) | 2010 |
| 1 st Place - US National Tandem Road Race
Masters Champion (with wife Sherry!) | 2010 |
| 1 st Place - Minnesota State Road Race Champion (50+) | 2010 |
| 1 st Place – Minnesota State Cyclocross Champion (55+) | 2010 |

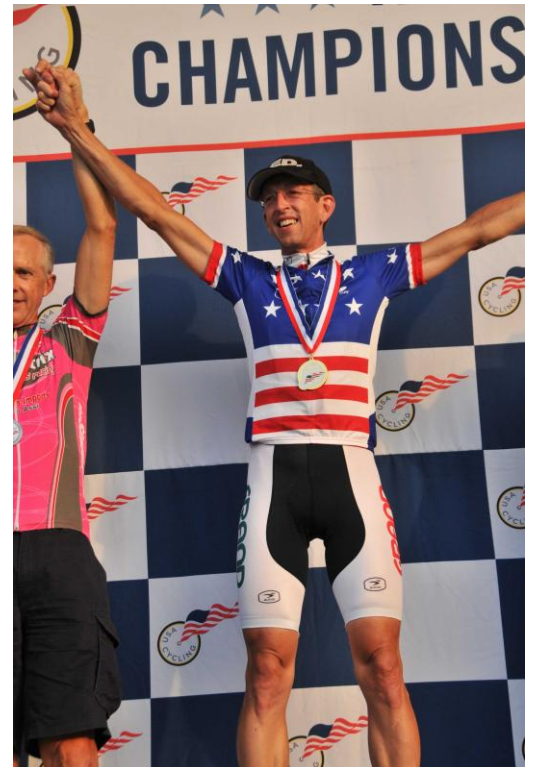
Other sports accomplishments:

Head Coach and Director of fast growing St. Paul Bicycle Racing JuniorTeam

1971 Roosevelt High School (Des Moines) Bicycle Race Winner (inaugural and final running of the event)

Strategy for winning the Quad Cities Criterium:

Help establish a motivated break of 3 or 4 and go like crazy for the last corner.



- **Name:** Brandon Feehery
- **Residence:** Homewood, IL
- **Age:** 19
- **Occupation:** College student
- **Years Raced:** 9
- **Team Affiliation:** Mesa Cycles
- **Race Entered in this year's Criterium:** Pro 1/2

- **Best recent finishes:**

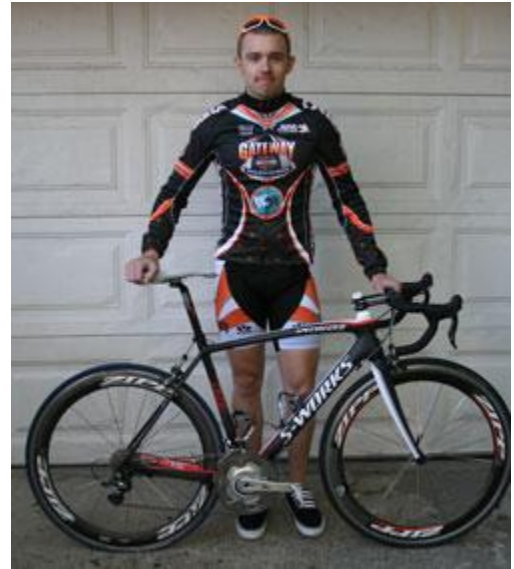
- 5th Place – Belleville Crit 2011
- 8th Place – L'Abitibi 2010
- 4th Place – IL State RR Pro 1/2 2010
- 1st Place – IL State Crit Juniors 2010

- **Other sports accomplishments:**

- Selected for Hockey Night in Boston
- Conference all star in ice hockey
- Varsity Captain as senior in ice hockey

Strategy for winning the Quad Cities Criterium:

- Staying toward the front.



- **Name:** Jeff Bradley
- **Residence:** Davenport, IA
- **Age:** 50
- **Occupation:** Owner, The Trek bicycle Store Davenport
- **Years Raced:** 39
- **Team Affiliation:** American Equity-- Velosport Iowa
- **Race Entered in this year's Criterium:** Mens Cat ½ Pro

○ **Best recent finishes:**

- 3rd Place – Zealous Road Race 2011
- Champion – Iowa State Road Race 2010
- 1st Place – International Cycling Classic 2009

○ **Other sports accomplishments:**

- Member US Olympic Team 1984
- Pro Rider with 7-11 Team
- Tour De France 1987
- First Place – Quad Cities Criterium 1978
- 11 Time National Champion
- Ridden as a Pro – Giro de Italia, Tour de Suisse, Paris Roubaix, Milan San Remo, Tour of Flanders



Strategy for winning the Quad Cities Criterium:

- An opportunist seeking the perfect moment, I will more than likely try to make up for my lack of fitness with my experience. I plan to bury myself in the peloton for all but the last 3 laps. At that time I plan to move to the top 5 and hold there until the last backstretch. With 2 corners to go I will jump off the front, putting about 6 bike links on the field, hopefully I will be able to hold that acceleration to the line for the win!

- **Name:** Emily Flanigan
- **Residence:** St. Louis, MO
- **Age:** 27
- **Occupation:** Trek Bike Store Assistant Manager
- **Years Raced:** 5
- **Team Affiliation:** Dogfish
- **Race Entered in this year's Criterium:** Women 2/3

- **Best recent finishes:**

- 2nd Place - Ofallon Gold Cup Crit 2011
- 1st Place - Belleville Crit 2011
- 1st Place – Tour of St. Louis Omnium 2010
- 1st Place – Edwardsville Crit 2010
- 1st Place – Missouri State Track Omnium 2010

- **Other sports accomplishments:**

- Co-creator and President of Augustana Bike Club
- Avid mountain biker and rock climber



Strategy for winning the Quad Cities Criterium:

- I want to be first around the last corner and to stay upright. Gotta keep the rubber side down! I grew up in Dubuque Iowa and went to college here in Rock Island at Augustana. I'm really excited to be racing so close to home again.

- **Name:** Ian McShane
- **Residence:** Louisville, KY
- **Age:** 14
- **Occupation:** Student
- **Years Raced:** 5
- **Team Affiliation:** Red Zone Cycling Team
- **Race Entered in this year's Criterium:** Junior 10 – 14 / Cat 4 Men



- **Best recent finishes:**
- 1st Place – Cyclocross Nationals Men 13-14 2010
- 1st Place – USGP of Cyclocross – Louisville – Cat 4 Men 2010
- 1st Place – Java Johnny's Cyclocross – Cat 4 Men 2010
- 1st Place – Hyde Park Blast Criterium – Category 13-14 2010
- 2nd Place – Highland Rim Classic Criterium 10-14 2011
- **Other sports accomplishments:**
- 2008 Cyclocross National Champion – 10-12
- 2009 Time Trial National Champion – 13-14
- 2010 City Champion in 800 meter and Mile-track/Middle School

Strategy for winning the Quad Cities Criterium:

Attack – attack – attack - sprint

- **Name:** Lesley McShane
- **Residence:** Louisville, KY
- **Age:** 42
- **Occupation:** Freelancer in Film Production
- **Years Raced:** 16
- **Team Affiliation:** Texas Roadhouse Cycling Team
- **Race Entered in this year's Criterium:** Women 2/3

○ **Best recent finishes:**

- 1st Place – Elite National Tandem TT - Female 2010
- 4th Place – Masters Nationals Criterium – Women 40-44 2008
- 1st Place – Masters National Tandem TT – Female 2008
- 1st Place – Masters National Tandem RR – Female 2008
- 1st Place – Louisville Short Track Series – Women 2009

○ **Other sports accomplishments:**

- Have made the Nationals podium 3 times in individual events. I have made the Nationals podium 3 times on a Female Tandem with friend Niki Dallaire (who is also racing in Quad Cities) and 5 times on a Mixed Tandem with my husband.
- Have made the Nationals podium 3 times in individual events. I have made the Nationals podium 3 times on a Female Tandem with friend Niki Dallaire (who is also racing in Quad Cities) and 5 times on a Mixed Tandem with my husband.
- Along with my husband and John Haley, started Red Zone Cycling, a junior development squad based in Louisville, KY 5 years ago. We focus on kids 6-16 years old in the disciplines of Road, Cyclocross and Mountain.
- Have raced many years and in many locations. The memorial day racing in Iowa and Illinois are definite favorites. When I was serious about my own racing, back in the late 1990 and early 2000s, I loved mixing it up with the Pro/1/2 women. But since I have been coaching kids, including my own over the past 5 years, I haven't concentrated much on my own racing. This year I decided to throw my hat into the ring in the 2/3 category, because as a 42 year old who has been riding with kids predominantly, this category is perfect for me. I can be competitive without getting killed in the Pro/1/2 field.

Strategy for winning the Quad Cities Criterium:

Winning is secondary. I just want to have fun

- **Name:** Mike McShane
- **Residence:** Louisville, KY
- **Age:** 46
- **Years Raced:** 22
- **Team Affiliation:** Texas Roadhouse Cycling Team
- **Race Entered in this year's Criterium:** Masters

○ **Other sports accomplishments:**

- USGP of Cyclocross 40+ Series Winner - 2009 & 2010
- 4th place Podium appearance in Criterium at Masters National Championships 2010
- 9 National Podium appearances on Tandem - 5 with wife, 4 with former teammate Erik Fagerberg.

Strategy for winning the Quad Cities Criterium:

Draft - draft- draft - sprint!

