



# Pedalwheeling - 2001

The Newsletter of the Quad Cities Bicycle Club — July 2001



QCBC Club Ride June 2



QC Criterium-Jack Wilhoit



Linda Barchman



Don Barchman

**Inside July's Newsletter:**  
Choosing a recumbent  
Criterium Reports  
Ride Schedules  
Upcoming Events

## QCBC Information

The mission of the Quad Cities Bicycle Club is to promote, encourage, and support the safe participation in bicycle riding of all types of people of all ages and abilities; to anticipate and address the needs and interest of all aspects of bicycling in the Quad-Cities area.

**President:** Kathy Storm (563) 355-2564 kbstorm@aol.com

**Treasurer:** Darlene Moritz (563) 386-3499

**Mountain Biking:** Rick Wren (309) 786-7979

**Criterion:** Terry Burke (309) 797-3790 tburke@qconline.com

**Meetings/Safety/Education:** Vivian Norton (563) 355-1899 vjoan@worldnet.att.net

**Membership/Address Changes:** Bill Langan (563) 386-3058 langandav@home.com

**Ride Schedule:** Bill Wiebel (309) 755-1859 billwiebel@aol.com

**Leisure Touring Rides:** Barb Donald (563) 332-4878 bjdonald@hotmail.com

**Endurance Cycling:** Joe Jamison (309) 755-6801 jmjamiso@derbyworks.net

**TOMRV:** Susie LaForce (563) 355-5530 susielaforce@hotmail.com

**QCBC Webmaster:** Cy Galley (309) 788-3238 cgalley@qcbc.org

**Club Web Site:** <http://www.qcbc.org>

**QCBC Newsletter Editor:** Judy Starcevich (563) 344-0716 qbceditor@muscanet.com

**The Quad City Bicycle Club Newsletter (PedalWheeling)** is published for distribution to the club's membership and to the general public at local bike shops. Submission of bicycle related articles is encouraged. Members may place free classified ads, notices of companions wanted, and reports of stolen bicycles.

**Deadline** for articles is the 10th of the month. Articles should be emailed to qbceditor@muscanet.com, preferably in "Word" or similar format.

**The Quad City Bicycle Club** was established in 1964 to encourage and promote bicycle riding and safety for its members and the general public.

**Club Meetings** are held on the third Tuesday of every month during January, February, March, April, May, September and October. Check the newsletter and the QCBC Website for specifics.

Members receive a 10% discount on many items at most Quad City bicycle shops, including Bike & Hike, Healthy Habits, Jerry & Sparky's, Wolfe's Village Bike Shoppe, and On Two Wheels.

Major activities of the club include: the Tour of the Mississippi River Valley (TOMRV) in June, the Criterion on Memorial Day, the Heartland Century in September. The club also supports RAGBRAI. Other rides and activities occur every week of the year.

Private Business Ads: Full Page-\$50; Half Page-\$25; Quarter Page-\$15; Business Card-\$5.

### **Guidelines for Submitting Articles for the Newsletter Submitted by Kathy Storm**

Pedalwheeling is our club's monthly newsletter. The purpose of this newsletter is to inform members of what's going on locally around the QC Area in regard to bicycling activities. Beginning this month, Judy Starcevich will be editing our newsletter. I think it is appropriate at this time to review some of the guidelines to keep in mind when you're submitting an article to for publication:

- Articles from club members get preference.
- Articles submitted should reflect a bicycling activity you participated in with other club members: a club ride, an invitational you attended with some other club members, a weekend ride or a week long ride.
- Please include your name, address and telephone number in case the Newsletter Editor needs to contact you in regard to the article.
- Articles should be 2 pages or less. (Many clubs limit article length to 1/2 page!!!)
- Other members enjoy reading about your "adventures", especially if you were out in a group. Let us know how you're having fun riding your bike and what interesting things you have learned while out riding.
- Please refrain from using profanity and/or language that degrades another person or segment of the population.
- The Newsletter Editor has the right to make changes to articles if they need to be "cleaned up" or "shortened".
- Articles need to be in Microsoft Word format, or in a similar word processor format that can be opened and edited in Microsoft Word.

## **From the Headset**

### **Submitted by Kathy Storm**

I just returned from my 20<sup>th</sup> TOMRV. As always, it was an enjoyable weekend. I have made many friends over the years through bicycling. Some of these “annual acquaintances” now live in other states and I only see them on TOMRV and maybe one other ride during the year. I sometimes feel as if there isn’t enough time during the weekend to catch up on everything that has gone on in our lives.

This year, we had 1,574 riders on TOMRV. I’ll let Susie LaForce and Doug Truesdell fill you in on the rest of the details in their write-up this month or next. As always, it was a great 2-day ride that has been showcased in Bicycling Magazine.

Another great event that took place in the past month that the QCBC can be very proud of was the QC Criterium on Memorial Day. Terry Burke has Chaired this event for over 15 years and does a fantastic job of bringing together top notch racers from all over the US and a great group of volunteers to help set up, staff and tear down after this event.

The revised “Guide to Bike Trails in the Quad Cities” brochure has been printed and delivered to local area bike shops, Welcome Centers, hotels and the Visitors and Convention Bureau. The QCBC paid for the graphics work and printing on this brochure. This is one of the activities we use some of our proceeds from events to support.

Turnouts on club rides have been very good this year. Overall, we have more riders out on club rides in total than we have in past years. On some days we have 3 - 5 club rides going on and 8-20 riders out on each type of ride. There are actually 5 different types of rides that you can choose from depending upon your interest, equipment you own and your ability. These are: Leisure, MidPaced, Fast and Endurance Rides if you are a “roadie” and the FORC rides if you are a mountain biker. A lot of credit goes to the Ride Schedule Committee headed by Bill Wiebel for coming up with a great selection of rides for this year.

For those of you riding RAGBRAI this month, have a great trip! Make sure you get lots of good training miles in before July 20<sup>th</sup> and get your bike checked out before loading it on the rental truck. As you load the bus, be sure to thank the QCBC RAGBRAI staff for all their hard work this winter and spring in planning out another great trip for you so you can enjoy your week of bicycling across the State of Iowa.

On a closing note, all of the old QCBC jerseys were sold off at the QC Criterium. The design for the new jerseys is available for viewing on our website (qcbc.org). The jerseys are scheduled to be in the QC Area bike shops by the end of June. You will need to pay cash or write a check to QCBC. The jerseys will sell for \$53.50 and the wind vests for \$46.00.

Enjoy the rest of the summer – get out and ride your bike!!!

### **Ride Report – June 2 QCBC Club Ride to Albany**

#### **Submitted by Mary Scott**

About 20 riders showed up for the Saturday June 2nd ride to Albany. including 5 tandem teams!!! We met at the Boat Landing on the Great River Trail in Rapid City. It was a cool cloudy day that felt more like early fall than June 2nd. The smiling faces and bright yellow jackets were our only sunshine for the day. We stopped at the Albany house for breakfast. The waitress was somewhat overwhelmed by our crowd. Bob Fitzgerald stepped in to give a hand. He poured coffee for our table and served the other patrons as well. The waitress, realizing his potential, hinted that the new management was looking for a good waiter. The stiff wind from the northwest made our return a bit challenging until we reached the bike path. A good time was had by all. It's always a pleasure to ride with old friends and make new acquaintances.

**How to choose the right recumbent**

**by Linda Barchman**

In 1996 Don and I decided to buy a tandem. We also decided it would be a recumbent because it would be easy to adjust the bike for our height differences and because a road bike bothers his neck. We researched information from the recumbent manufacturers that were making tandems and decided on a Double Vision. The tandem provided togetherness that couples riding single bikes don't experience unless their biking abilities are the same. The recumbent made the ride more enjoyable for him because he didn't have the sore neck or any of those other problems associated with road bikes. I just enjoyed the ride and was able to take pictures as we rode.

Don first got interested in recumbents after seeing one in a magazine about fifteen years ago. The cost was more than he could afford so he cut up some used bikes and built his own. He still has it and takes it out for at least one ride a year.

Three years after we got the tandem we decided to look at single recumbents for those times when we weren't both able to ride. We had been to the Recumbent Rally in Stevens Point, WI a couple times. They have several bikes to test ride and you can check out the bikes that everyone brings with them. Don was able to ride almost anything, but my choices were limited due to my height. I found someone there about my height so was able to check out their bike. Unfortunately that model wasn't being made anymore.

A Vision R44 with a 16" front wheel was what I decided to get. The small front wheel made the bike low enough that I could put my feet on the ground while seated. You need to be able to do that when you stop. Don also got the Vision R44 but with the standard 20" front wheel. Don really liked his, but after a short time I decided I would rather ride the tandem. My Vision had a shorter wheelbase than Don's did because of the small front wheel and I think this made it feel unstable. I was uncomfortable and decided I wanted something different.

I narrowed my search to the Easy Racers Tour Easy and the Rans Stratus. I had been able to test a Tour Easy on a twenty mile ride but found my tailbone area became sore. I had this problem on the tandem also. I tried different things to resolve this, but the simplest solution was to get off the bike for a few minutes about every 15 miles and stretch. I wasn't quite convinced to buy any recumbent if I was always going to have this problem. After all a road bike seat didn't seem to give me too much trouble and recumbents are expensive. We visited the Easy Racers factory last summer and met Gardner Martin who is the owner and designer. I talked to him about this tailbone problem I had and he told me they customize the seat for anybody who has this kind of problem. I wondered if this would really help me?

I sold the Vision so all I had to ride now was my Schwinn touring bike that I have had for 15 years. This bike and I have shared many miles. Well I rode it three times this spring and it just wasn't fun. The bike was uncomfortable and I ached everywhere. But I still wasn't sure what to get to replace it. Finally I was able to try the Rans Stratus in my size and after a short ride in a parking lot I knew this wasn't the bike for me. I ordered the Tour Easy and last week I rode it home from the bike shop and had a great time. I've been on a couple rides long enough to let me know that I don't have the tailbone problem either. Biking is fun again.

So if you have ever thought about getting a recumbent or you are tired of the aches and pains of upright bikes how do you go about finding the right recumbent? There are many models and different styles of frames so it takes some time and research. Recumbents come in several wheelbase lengths, the handlebars may be above the seat or below, and crank height is another factor. If you see someone riding one, stop him or her and ask what they like or don't like about the bike they have. I think most recumbent riders will be more than happy to answer questions.

Check our local bike shops. They are carrying almost every brand now. Test ride different models to determine what feels comfortable to you. It takes a little time to get used to riding, stopping, and starting in this laid-back seat position but once you find the right bike it becomes very natural.

Go to a Recumbent Rally. The Hostel Shoppe in Stevens Point, WI has one in June every year with many bikes available for test rides. About 200 people attended when I was there so you will see just about everything including homemade styles and trikes. Also in June is a smaller but closer rally at The Bike Barn in Ogden, IA. Both offer the opportunity to do test rides and talk to recumbent owners.

Here are some questions and answers about recumbents as listed on the International Human Powered Vehicle Association website. More questions are at <http://www.ihpva.org/FAQ/>

**Q. Are they difficult to ride?**

A. No. It may take you a little time to get used to the feel and handling of the bike. There are variations in handling just as there are in uprights- some are fast, twitchy racing models and others are smooth, stable touring models. Be forewarned though, recumbents use different muscles, so even if you are a very fit upright rider, you will experience difficulty climbing hills until you develop the new muscle groups.

**Q. Do they “do” hills?**

A. Yes, they do “do” hills. Some people think that because you can’t stand on the pedals, that you can’t ride up hills. Recumbents do tend to be slower going up hills, but as long as you keep pedaling the bike keeps moving. Depending on how steep a hill you’re climbing, you may want a low granny gear (and a good set of lungs), which will enable you to spin your way to the top. Usually you can keep up with some of the upright riders, and if any time was lost climbing, you will make up for it on the downhills and flat ground.

**Q. Are they faster?**

A. Well, this is very controversial. In the IHPVA sanctioned events, all the land speed records are held by recumbent or semi-recumbent designs. The real question you are asking is, will you be faster on a recumbent? The answer is, “maybe”. There are so many factors involved; how long you’ve been riding, how long you’ve trained on the recumbent, style and weight of the bike, topography - hilly, mountainous, flat. Since the biggest factor limiting speed is aerodynamic drag, if you want to go really fast, use a recumbent with a well-designed fairing or a full body. In this case, the answer is YES, they are faster

**If I can answer any questions call 563-388-8043 or email [tandembent@hotmail.com](mailto:tandembent@hotmail.com)**

For Sale:

Schwinn Sprint 10 speed; small frame, silver color  
Very good condition with new seat and new tires.  
Used very little.  
Call Judy at 563-344-0716 or email [star@muscanet.com](mailto:star@muscanet.com)

**For Sale:**

Schwinn Voyageur touring bike, 19" frame  
18 speed, Shimano 105 components  
15 years old and in very good condition  
Computer, rear rack and pack included  
\$500 when purchased, will sell for \$150

Linda Barchman  
563-388-8043

**QCBC CENTURY DAY SUMMARY**

(A QCBC Endurance Team Event)

summary and results contributed by Joe Jamison

It was 5:00am 26 May 2001 and the Weather Channel promised nothing but rain and cool temperatures for the day. The high hopes we had for jump starting interest in randonneur cycling among QCBC members were looking as damp as the weather forecast. Twenty-four registrations had been received which was far more than for any previous QCBC Double Metric ride, and now this.

We arrived at Empire Park at 6:30am and set up the vehicle to receive riders. Our expectations were low, but soon, vehicles began to arrive and then more until the parking lot was buzzing. Cyclists were fussing with their equipment, asking questions about time limits associated with brevets etc. As the 7:00am mass start approached, the weather worsened. We were very impressed with the spirit of this group when sixteen of the original registrants actually started the ride under these conditions.

As the day wore on, the rain intensified causing several of the riders who had planned on a 100 or 125 mile effort to opt for the Metric Century. However, despite the worsening conditions, Jim Hanson met his goal and completed the Double Metric course, which is actually 128 miles. Jim rode alone all day!

The only riders to complete the English Century course, were two riders who were going for THEIR FIRST CENTURY. Cindy Dewulf and Judy Porter exhibited unusual perseverance and courage to follow through with their plan and to achieve their goal. This is what randonneuring is all about and we applaud them.

**All of the riders who finished will have the opportunity to receive their medal (which is customary in brevet riding) showing their overall time, at the QCBC annual dinner. To all of the participants who rode go our heartfelt congratulations and compliments on your tenacity and courage.**

Special thanks go to the volunteers who gave their time to marshal the brevet checkpoints on the

QCBC CENTURY DAY RESULTS						
NAME	HRS	MINS	DISTANCE	MINUTES	MILES/MIN	MILES/HR
HANSON, JIM	9	58	128	598	0.2140	12.84
BRASKO, ROBERT	3	38	66	218	0.3028	18.17
WATERMAN, TOM	3	40	66	220	0.3000	18.00
DEWULF, CINDY	8	27	103	507	0.2032	12.19
PORTER, JUDY	8	27	103	507	0.2032	12.19
WATERMAN, BOB	3	40	66	220	0.3000	18.00
WIEBEL, BILL	3	38	66	218	0.3028	18.17
DEMAY, DAN	5	33	66	333	0.1982	11.89
HAWK, ROD	5	33	66	333	0.1982	11.89
ARNOLD, CHRIS	3	35	66	215	0.3070	18.42
HUNTER, SLOANE	4	10	66	250	0.2640	15.84
LAZZARI, JOSHUA	4	10	66	250	0.2640	15.84
MAGUIRE, PATRICK	4	10	66	250	0.2640	15.84
RAABE, JENNY	5	0	66	300	0.2200	13.20
MCPETERS, SUSAN	5	0	66	300	0.2200	13.20

## Pedalwheeling - 2001

The 3rd annual Arsenal Criterium in Rock Island, Illinois.

Senior Men Category 3,4,5 30+

1. Rick Rohret	QCBC	Davenport, Ia
2. Chad Martel	Team Mack	Galesburg, Il
3. Paul Deninger	ICCC	Iowa City, Ia
4. Joe Mann	Harper's Schwinn	Muscatine
5. Eric Paterson	ICCC	Iowa City, Ia
Richard Gilmore	DMOS	Washington, Ia

Tracy Thompson	Bickels	
Tony Gordon	QCBC	Moline, Il
Steve Curran	Bickels	Keokuk, Ia
Rich Fristik	QCBC	Davenport, Ia

The race stayed together to the end on the flat course. Each of the teams tried to attack. Chad Martel took the first prime from Paul Deninger. Paul took the second prime from Chad. Rich Fristik led the last lap and a half as the sprinters lined up behind him. Chad Martel overtook Paul as he started out the sprint, but Rohret came up on the outside and took the win by half a wheel.

Junior Race

1. Adam Price	Harper's Schwinn	Muscatine, Ia
2. Chris Mann	Harper's Schwinn	Muscatine, Ia

The age and corresponding size difference meant everything in this race. 16 year old Adam was able to outride training partner Chris Mann who was only 12 years old. Even so, Chris kept up a good pace in his highest gear. The race was stopped when Adam lapped Chris and Adam had a chance to rest so that he could race the Category 5 race also.

Category 5, Beginner race

1. Jeffry Van Dyne	Coal Valley, Illinois
2. Scott Adams	Bettendorf, Ia
3. Adam Price	Muscatine, Ia
4. William Uffman	Annapolis, Md
5. Bryan Buhman	Bettendorf, Ia

The highlight of this race was the waterbottle prime. This prime was a 5 place prime with each place receiving a 20 ounce ice cold bottle of water. The riders actually sprinted for this prize. Note: The bottled water was available to all racers and spectators alike.

Category 4

1. Justin Hyde	ICCC	Iowa City, Ia
2. Tony Gordon	QCBC	Moline, Il
3. Jason Renk	ICCC	Iowa City, Ia
4. Tracy Thompson	Bickels	Burlington, Ia
5. Joe Mann	Harpers Schwinn,	Muscatine, Ia
6. James Emmans		Peoria, Il
Matt Billingsly	QCBC	Davenport, Ia
William Uffman		Annapolis, Md
Rich Fristik	QCBC	Davenport, Ia
Scott Adams		Bettendorf, Ia
Steve Curran	Bickels	Keokuk, Ia

The fours race was fairly quick with many attacks. Steve Curran took the first prime, but paid for it by losing the pack shortly afterwards. He did hold off everyone at the end, preventing himself from being lapped. Justin Hyde attacked and Tony Gordon went with him with 6 laps to go. Tony took the final prime. The two were able to hold off the pack and Justin took the 2-up sprint. The field sprint was won by Hyde's team mate Jason Renk. Note: though Justin Hyde purchased a one day license today, at the QC criterium he was forced by the chief official to ride the Category 3 race where he placed in the top five. Perhaps this is his last category four race.

Masters race, 40+

1. James Hopson	ICCC	Iowa City, Ia
2. Dan Burns	Free Flight	Davenport, Ia
3. James Emmans		Peoria, Il
4. Richard Gilmore	DMOS	Washington, Ia

The group stayed together throughout the race. Dan Burns won the first prime. Richard Gilmore won the second prime. The four up sprint was very close and had to be decided by the camera.

Category 1,2,3,4 Open race

1. Paul Deninger	ICCC	Iowa City, Ia
2. Justin Hyde	ICCC	Iowa City, Ia
3. Greg Deuthman	ICCC	Iowa City, Ia
4. Jason Renk	ICCC	Iowa City, Ia
5. James Hopson	ICCC	Iowa City, Ia
6. Rick Rohret	QCBC	Davenport, Ia
7. Dan Burns	Free Flight	Davenport, Ia
8. Matt Billingsly	QCBC	Davenport, Ia

Paul Deninger showed up early at the race course and helped sweep the track. He has been to this race all three of the years that we have held it. Well, he and his teammates swept the race results. Paul went off the front only 3 laps into the race. With his team mates blocking and Paul keeping a steady pace, his gap held strong. His teammates were able to pin down the non Iowa City riders. Justin Hyde went off the front of the pack and when Matt Billingsly and Rick Rohret finally had to chase, they wasted themselves in bringing the remains of the group back together. Rick was soon off the back and Matt trailed a few laps later. Paul kept up a steady pace and eventually lapped Billingsly and Rohret. Matt and Rick latched onto Paul. After two laps, Matt sat up, but Rohret stayed on. The last chance for a non-Iowa City rider to take a place was when Paul pulled Rick up to James Hopson with two laps to go. With the two riders being lapped they were competing for fifth place. When the three riders went by on the bell (final) lap, Rohret explained to James that this was the final lap and they were sprinting for fifth place (a somewhat confusing finish). James did a fine job in taking fifth place from Rohret by two bike lengths and then Paul finished the race in first place. Paul had managed to maintain a 25.9 MPH average throughout the r

The weather was very nice this day and there were no accidents. Unfortunately there were only 25 riders who showed up to race. This is about half of the riders from last year. This may be due to the postponement of the race, but it is still quite a disappointment. Rick Rohret



# 2001 Heartland Century

Saturday  
*September 8*



**PRICES LOWERED AGAIN!**

JOIN US FOR A DAY OF GREAT RIDING  
GREAT FOOD AND GREAT MEMORIES

**Prices are Lowered Again!** Participants were up significantly last year. They should be up again this year. Basic accounting tells you that most of the fixed costs in doing an event stay the same, regardless of the number of participants. This means that we can again lower the cost!! This means a total cost of \$14.00 for a pre-registered QCBC member. This includes a t-shirt, water bottle, continental breakfast, plenty of sags, que sheets, and on course support. Throw in another \$6.00 and it will include a great pork chop dinner. **WE CHALLENGE YOU TO FIND A BETTER DEAL AT ANY OTHER CENTURY!**

We've moved again this year, but not far! Two miles up the bike trail from Empire Park to Illiniwek Forest Preserve. Along with ample parking, Illiniwek offers us a much larger shelter, plus camping for our overnight guests. . The ride will continue to begin and end on the Great River Bike Trail. It will be pretty much the same route as last year and will take the riders through several rural towns and tour some of the NW Illinois countryside.

Although the course is mostly flat, it meanders through varied countryside and promises to be scenic. All roads have an excellent surface and most are county maintained and have a low traffic volume, especially on weekends.

The Heartland Century will again have distances of 25, 50, 62, and 100 miles. As in the past, the emphasis is on safe, group riding. We encourage all cycling enthusiasts and their families to participate.

We have something to offer all! The 25 mile route is geared toward family riding. It will be held entirely on the Great River Bike Trail. There is a rest stop with refreshments at the ½ way point. It will also pass through three river towns so that additional breaks can be taken. (Children under 12 are free). The 100 mile route is geared toward the serious cycling enthusiast. It offers a chance for the riders to accomplish this important mile-stone. The 50 and 62 mile routes are the in-between distances. The 50, 62 and 100 mile routes are the same route for the first 25 miles. Thusly, in case of having a good or bad day, you can change the overall distance at the 25 mile point.

The customized Heartland t-shirts are back. All riders will receive one. Customized wide-mouthed water bottles are also available and FREE ones will again be provided to all that register before Sept. 1.

Be sure to register early so that you can realize the savings and get the free water bottle!

See you at the Heartland!



# Quad Cities Bicycle Club Heartland Century

## REGISTRATION FORM (Detach and Return)

Saturday September 8, 2001

Start/Finish: Illiniwek Forest Preserve 1 mile north of Hampton, IL



**Starting Times: 6:30 until 8 a.m. for Century**  
**Before 10 am for 62 mi. ride**  
**Before 11 a.m. all other rides**  
**Continental Breakfast 6:30 to 10 a.m.**



**Optional Grilled Butterfly Pork Chop Sandwich Dinner 12:00 pm to 3:30**  
**(Dinner only if pre-registered and prepaid)**

**REGISTRATION FEES:**

T-Shirt Size M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Which Ride? (25 \_\_\_) (50 \_\_\_) (62 \_\_\_) (100 \_\_\_)

\$17 before September 1, 2001 \_\_\_\_\_

\$20 after September 1, 2001 \_\_\_\_\_

\$6 Pork Chop Dinner (how many? \_\_\_) \_\_\_\_\_

\$2 Additional QCBC Water Bottle  
(how many? \_\_\_) \_\_\_\_\_

Total \_\_\_\_\_

QCBC member or TOMRV participant \_\_\_\_\_

\$3 Discount - \_\_\_\_\_

**GRAND TOTAL** \_\_\_\_\_

**All participants are expected to wear helmets to reduce their chances of injury.**

**MAKE CHECKS PAYABLE TO:  
QUAD CITIES BICYCLE CLUB**

Mail to: Bill Wiebel  
2560 9 1/2 Street  
East Moline, IL 61244

For further Details Contact:

Email billwiebel@aol.com  
Web Site: www.qcbc.org  
Phone Bill Wiebel (309) 755-1859

**Please Print:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Club Affiliation: \_\_\_\_\_

**RELEASE AND WAIVER STATEMENT:**

To participate in the QCBC's Heartland Century, you must sign and date the following in ink:

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle riding. In consideration of the Quad Cities Bicycle Club's acceptance of registration to participate in the **Heartland Century**, I hereby, for myself, my heirs, and assigns, release, indemnify and agree to hold blameless the Quad Cities Bicycle Club, it's directors, officers, employees, agents, and participants who may be performing official functions for the ride, from any and all actions, claims, demands, administrative proceedings, judgments, or decrees, including treatment in case of injury. I understand that any medical costs incurred will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in this cycling event. I agree to adhere to the laws of the state of Illinois and the rules of the **Heartland Century**.

Participant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature, if under 18: \_\_\_\_\_ Da

**2nd Annual Quad Cities Bicycle Club Time Trial Championships**

July 29, 2001 900AM Barstow, Illinois

Event #5 on Quad Cities Multisport Series.Submitted by Dave Thompson

I would like to invite all QCBC members and any other riders to our club time trial championships. This is probably the least technical of all the types of bike racing, especially considering the flat as a pancake course we race on. We will offer a USCF sanctioned 40 Kilometer double out and back course and a 20 Kilometer citizen race. Plaques will be awarded to 1st thru 3rd place finishers in various age groups in the 40K and plaques for 1st, medallions for 2nd and 3rd in 20k race. There will be trophies awarded to fastest QCBC male and female member in both races. This event is not just for racers but for anyone who would like to see how fit they are. There will be many 1st timers and runners trying their biking legs out in order to participate in the QC multisport series. Racers will go out in 1 minute intervals in order of signing up starting at 900am rain or shine!

2001 Criterium	Corner Marshals
Adams, Larry	Merritt, Jim
Beshears, Frank	Middlemiss, Mike
Bolton, Pat	Moritz, Mike
Bolton, Tom	Morrill, Dick
Bottrell, Cindy	Munson, John
Brus, Mary	Oestriech, Diane
Cinotto, Dave	Parker, Dave
Conrad, Gene	Richards, Jay
Conrad, Mollie	Rutledge, Bob
Conrad, Steve	Rutledge, Kate
Desch, Mike	Scott, Bill
Donald, Barb	Scott, Mary
Fleischman, Anne	Sell, Doug
Getz, Pete	Sommerfeldt, Wes
Gilroy, Cindy	Storm, Bill
Gutierrez, Epi	Storm, Kathy
Hanson, Jim	Stout, Linda
Harrington, Bill	Stout, Rich
Harrington, Sharon	Straub, Rich
Hawk, Greg	Sturgeon, Bonnie
Haylett, Lyle	Sturgoen, Bill
Horst, Andy	Sullivan, Barb
Hosrt, Permillia	Thompson, Melinda
Jackson, Jim	Threlkeld, Michelle
Jacobs, Peg	VandeWalle, Al
Johnson, Carl	VanThorre, George
Jones, Gary	VanThorre, Millie
Junis, Larry	VanZuiden, Pam
Keyoth, Jim	Voorhiis, Pris
Kocourek, Steve	Weinert, Vince
Krack, Fred	Werthmann, Ken
Kruse, Jerry	Wiebel, Bill
Laing, Jim	Wiebel, Cathy
Laing, Ms.	Wildermuth, Dan
Loewenstein, Kentley	Winter, Mark
Martin, Frank	Work, Linda
Mathias, Dean	Wren, Joan
Mathias, Deb	Wren, Rick
Mayne, Dean	Young, Barney
Meeker, Rick	

**CRITERIUM 2001: CLICKING INTO A HIGHER COG!** Contributed by Terry Burke, Race Director

The Quad Cities Criterium is like a ride that has the same course everytime: after it's over you realize it was always different from the last. Fortunately Criterium 2001 has meant different in a very positive sense. Stealing directly from U.S Postal rider Kenny Labbe's account, "The Memorial Day weekend bicycle races in the Quad Cities area have become one of the best weekends of racing in the country. Four days of racing in Burlington, Muscatine, and finally one of the nations best, the 35th annual Quad Cities Criterium in Rock Island, Illinois. This year's races included riders from 20 states with members of pro teams such as U.S. Postal Service, Jelly Belly, Realitybikes.com, 7UP/Colorado Cylist, (+ Zaxbys) and full squads of strong regional teams such as Mercy Fitness, Turin, Trek/VW Colorado" "The 35th annual Quad Cities Criterium was held on Memorial Day. "The crowd at this race is the draw" "This is one of the fastest races in the country"

Kenny's account is on target for the Category 1, 2 Pro race: there were more high caliber riders than previous years: but not to be overlooked were the numerous former winners in the men's 40+ race and Sherri Stedje's return to the top in the womens talent filled women's feature. The total number of riders (561) was very close to 2000: surprisingly the Category 1, 2 Pro race did not fill to the field limit, even with a higher purse than 2000. Other races, such as the 2001 separated men's Category 4 and 5, had 29 beginners competing, meaning this will likely happen again in 2002.

The street sprints participation increased to 44 and with some changes in 2002, further increases are definitely expected. The 10K inline skate race had over 30 competitors: this too is an event that continues to grow: skate parks are being constructed in two Quad Cities locations. After offering a respectable prize list and doing a good job of broadcasting to the handcycle community, 9 actually raced. The trike races, primes, BMX trick riders, climbing wall again continued their popularity with the participants and spectators.

Presenting sponsors for 2001 were Zimmerman Pontiac Cadillac Oldsmobile Honda, Rhythm City, Isle of Capri, Stern Beverage, FIRSTAR, A.D. Huesing Corp, Rock Island Arts and Entertainment District. In kind sponsors were Four Points by Sheraton, Moline Dispatch Publishing Co, MEDIC, KWQC TV6, Cumulus Radio Center, and Mississippi Valley Regional Blood Center.

We would like to thank the QCBC, QC Radio Club, and Mississippi Valley Regional Blood Center volunteers for an excellent job in making the 2001 Criterium and Street Sprints one of the nation's best on the Memorial Day Weekend. (Our apologies to anyone we may have missed. Names are listed once: many worked on several committees)

**Quad Cities Criterium Race Committee**

Darryl Blackburn    Don Davis    Andy Nissen    Roger & Irene DeLanghe  
Paul Sullivan    Doug Nelson    Roger Long    Bill Wiebel  
Bob Seaberg    Dan Burns    Don & Carol Arp    Vivian Norton  
Dave Thompson    Jack Wilhoit    Mike Smith    Rick Paulos

Pace Car: Gary Patch, Paul Gilbert

Race Course Set Up & Teardown: Mike Papini, Mike Benson, Jay Johansen, Matt Billingsly, Bruce Grell.

Wheel Pit: Nick Debolt, Frances Fitzgerald, Seth Long, Dennis Morrow, Valerie Nissen, Art Peace, Judy Starcevich, Nathan Thompson,

Registration: Jeff Cozad, Criss Jensen, Lisa Paulos, Vickie Burke, Dottie Willets, Jane Garret, Rick Rohret, Mary Staver, Teresa Salzman, Mike Waskowiak

Prize Desk: A.L. Mackusick, Mary Brus, Dave Feeney, Cy Galley, Darlene Moritz.

Communications: Bob Cannon, Les Conrad, Mary Conrad, Charlie Egert, Don Ferrin, John Hoenshell, Dick Lane, Dale McDonald, Bob Miller, Keith Schmidt, Brian Simmonds, Pat Taylor, Jeff Wilkins.

First Aid: Mary Lou Weber, Laurie Rogenski, Jackie Davis, Laura Pena, Jolyne Walsh, Lisa Russell, Judy Steele, Kathy Wilson.

Street Sprints: Charlie Swanson, Rick Wren, Jeff Castro, Kevin Jandt, Karyl and Craig Hughes, Ruth and Ken Soudt, Nancy Kapheim, Desiree and Allie Reid, Stefanie, Matt, Krystle, and Michael Moyes.

T-Shirt Booth: Vernon and Jeanette Keist, Scott Daup, Dennis Barber, Karen Stinson.