



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – June 2002

**Spring Picnic - April 28th
Loud Thunder Forest Preserve
Kelly Bryant**

Nothing could or would dampen the spirits of the hearty unshakeable forty and their families that showed up on Sunday April 28th for some food, fun and celebration. We were joined by our friends from the QCBC, many who braved the elements earlier in the day for a ride.

Our set up crew of Dean Mayne, Scot Schaar, Rick and Joan “ Happy Birthday ” Wren, and last but certainly not least Karen Nord braved the less than picnic perfect condition to prepare the pavilion at Loud Thunder for all in attendance.

The wind hardly made set up an easy task but do not fear the wind had met its match. Green picnic tables greeted us like tall lanky soldiers standing at attention. Placed up right on their ends they provided the man made barrier from the wind. By observation one might have noticed that they were locking arms with one another, inanimate in appearance, but laughing at the wind just the same.

There was laughing earlier in day when a caller to Dean’s cell phone heard what they thought sounded like a loud clap of thunder. In reality the first line of defense against the wind had failed, toppling like a set of large green dominos. Reinforcements were called in.

A feast would not be complete with out the volunteer chefs on duty to man/ or woman the grills. Main entrée selections of the all American hamburger, a German brat or two and of course the hot-dog as our mystery meat (who said chicken nuggets are the only surprise left in modern America.). Your grill masters on duty were: Scot Schaar, Jon Cody, Rick and Joan “

our birthday girl” Wren, Mike Frasier and once again last but not least Karen Nord!

A solemn ceremony, (which this writer missed because I was off bird watching in the woods.), highlighted the dedication and sacrifices that are the heart of every group. The few who unselfishly give of their time to make FORC a reality, our newest vestes are: Kelly Bryant (my wonderful husband), Mike Frasier, Jon Cody, Scot Schaar (guess how many times you see this man’s name appear on a committee and you’ll understand what makes a group like this so successful, people!) and last but certainly not least, no it’s not Karen Nord, but our resident gourmet pasta salad maker and Dean’s lovely wife Mary Beth Mayne. Congratulations to all of you!

The brisk winds and gray clouds could have chilled some of us to the bone but thanks to a portable fire pit provided by, yes you guess it, Karen Nord kept us warm and toasty. The sheriff and fire pit boss was our own Deano. While there were a few tense moments due to an excessive amount of kindling applied to our already raging inferno, the vigilance and keen eye of our own rescue hero Dean Mayne reassured all of us that our \$100 deposit would not go up in flames with the pavilion. Thank you Karen and Dean for keeping us warm and safe

A special thank you to all who shared their potluck dishes and delectable desserts with us. We can’t say we didn’t have variety when it came to the beans, all the pasta salads, appetizers and of course, desserts. All that lov’in shared from so many ovens warmed the hearts and souls of many. (Continued on page 3)

Key Contacts

Officers:

President - Kathy Storm (563) 355-2564 kbstorm@aol.com
 Vice President – Warren Power (563) 391-5466 warrenpower@mchsi.com
 Recording Secretary – Jane Garrett (563) 441-9115 jag@revealed.net
 Treasurer – Darlene Moritz (563) 386-3499

Board Members:

Terry Burke	Andy Horst	Joe Jamison
Jean Kelly	Dave Lefever	Deb Mathias
Karen Nord	Charlie Sattler	Bill Wiebel

Key Contacts:

Annual Dinner – John and Barb Wessel (563) 359-8350
 Competitive Events – Terry Burke (309) 797-3790
 Du-State-Du Duathlon – Kentley Loewenstein (563) 359-5974
 Endurance Rides – Joe Jamison (309) 755-6801
 Fall Foliage Ride – Deb and Dean Mathias (309) 787-6547
 Fast Rides – Bill Wiebel (309) 755-1859
 General Meetings – Warren Power (563) 391-5466
 Heartland Century – Bill Wiebel (309) 755-1859
 Leisure Rides – Jan Reynolds (309) 797-2072
 Membership Administration – Anne Flesichman (563) 332-4212
 MidPaced Rides – Jim Karr (563) 441-9115 and Kathy Storm (563) 355-2564
 Newsletter Editor – Kathy Storm (563) 355-2564
 Publicity – Jean Kelly (563) 359-9508
 QC Criterium – Terry Burke (309) 797-3790
 QC Triathlon – John Punkiewicz (309) 788-7544
 RAGBRAI – Andy and Perm Horst (563) 381-3488
 Ride Schedule – Bill Wiebel (309) 755-1859
 TOMRV – Susie Laforce (563) 355-5530
 Website – Cy Galley (309) 788-3238

Club Web Site:
www.qcbc.org

Membership Count: 4/1/02	
Individual	437
Couple	50
Family	662
Total	1149

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 at 7PM on the third Tuesday of every month during: January, February, March, April, May, September and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware.) Contact Warren Power for program.

Submitting Articles for newsletter: Deadline is the 10th of the month. Email to: qbcbeditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803.

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: 11 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 the Heartland Century.

From the Headset **Kathy Storm**

The final piece of land in the “Bettendorf Gap” along the Mississippi River between the end of the bike trail in east Davenport and west Bettendorf has been purchased by the City of Bettendorf. This will allow the city of Bettendorf to connect up to the IA Riverway Trail along the Mississippi River. Kudos to the City of Bettendorf for their patience and dedication in securing all these parcels of land.

In spite of the cold and wind, we still had a nice turnout at the QCBC/FORC picnic at Loud Thunder Forest Preserve in late April. This would have been a great day for a tailwind ride.

The turnout on weekend club rides continues to grow with the 3 ride classifications. This has provided more opportunities for a wider range of riders to join us on club rides.

The Leisure Rides (10 – 13 MPH) are designed for those who want to ride at a slower pace, have more stops and cover less distance. The MidPaced Rides (13 – 16 MPH) are for those who want to ride farther, regroup a little less often and ride at a faster pace. The Fast Paced Rides (16+ MPH) are exactly that. They are faster than the other 2 classifications and offer few regroupings.

You may have noticed that this issue of Pedalwheeling has a new look. Barbara Campagna has had to bow out of working on the newsletter entirely due to the health of her parents and graduate studies. We are still looking for someone to take over as Newsletter Editor. In the interim, I will continue on as Newsletter Editor, doing both the editing and the layout.

Spring Picnic

(continued from page 1)

We can't forget the children. No matter how gloomy it seems the kids always find fun just about anywhere. The tale I heard was told of a large rabbit with a white tail that would have made any deer in the woods green with envy. An adventurous hike to the lake by one of our doting Dads' (Kelly Bryant) with some of the kids (Emily & Joey Bryant and Molly Mayne) will be forever etched in the minds of our young ones. One of our littlest members, Smilin' Sam shared his charm and toothy grin with more than a few of our FORC/ QCBC members.

The sun did make a brief cameo appearance only to disappear once more in what seemed to be a sea of clouds, a never-ending abyss. Many tales I am sure were told that day, some true and some as tall as those lanky green soldiers who sheltered us from the

wind. As I watched the faces of those huddled by the fire, pink faces kissed by the wind, the warmth, and time it self I couldn't help thinking that not once did I feel cold that day and I always am, (just ask my husband). It must have been something special that was present that day that warmed my heart, (no it wasn't the beer or the hot cocoa or coffee) it was seeing all the people who are different in so many ways but share a love affair with the same thing. The open road or the muddy trail there is a bond that it shared. I think a great time was had by all so lets do it again next year.

In closing it is important to thank all those who helped and we have, but lets not forget to thank the clean up crew which consisted of all those above including myself this time, Peggy Bryant. Until next time and next year stay safe, ride safe and may your FORC in the road always be the beginning of another adventure!

Mississippi River Trail Closings – River Levels **Cy Galley**

It looks like the Trails along the Mississippi River will be open most of the year as river levels have not been excessively high.

The Rock Island Bike Path closes when the water level reaches 17.5 feet for the Arsenal underpass and 18.5 feet for the Crescent Bridge.

**12th Annual Quad Cities Senior Olympics Time Trials
Dave Thompson**

- Who:** For all riders over 50 years old: Male and Female.
- When:** June 22, 2002 10:30 am 10-kilometer time trial followed by 5-kilometer time trial.
- Where:** Registration and bike check at Barstow, IL Fire Department.
- Fee:** Pre-registration is \$15 before June 15th. Fee covers unlimited entry into athletic events. Senior Olympic shirt is \$6 extra.
- Medals:** 1st, 2nd and 3rd place medallions will be awarded to men and women in 5-year age groups, 50-54, 55-59, etc.
- Bike Course:** The 10k starts on Barstow Rd., just past the double tracks. Point to point course to Wainrights Orchard. Ride 5k back to 5k start and finish back at 10k start. Course is dead flat but usually windy.
- Race Day:** Order of Events:
9:30 – 10:15am Registration and packet pick-up
10:00am bicycle safety check and instructions
10:30am 10k starts: riders go in 1-minute intervals
11:00am [approx.] 5k starts
11:45am [approx.] awards ceremony.
- 2001 Fastest Times:** Male: 10k: John Punkiewicz 14:46
5k: Jerry Sears 7:11
Female: 10k: Cheryl Stevenson 17:44
5k: Patricia Beam 8:56
- Information:** Senior Olympics 309-786-7375
www.qcseniorolympics.org
Time Trial information: 309-764-5030
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**Bicycle Commuters
Kentley Loewenstein**

I have been asked to put together a list of QCBC members who commute by bicycle to work. If you at least semi-regularly commute to work by bicycle will you please send me your name, how far you commute, and under what conditions you commute.

The QCBC is going to try to work with some of the local companies in the QC Area to encourage more bicycle commuting. Call me at 563-359-5974, email kentley@aol.com, or send me a note at 3063 Welshire Dr., Bettendorf, Iowa 52722. Thanks.

**Cycling Hall Of Fame.Com Official Launch
Information via the Internet**

Cycling Hall of Fame.com Inc., today (May 2, 2002) announced the launch of its web site. The site is located at www.cyclinghalloffame.com and includes Current News and Results plus History of Cycling's Greatest Races and Riders.

**Midwest Tandem Rally
August 30 – September 2, 2002
Denny Baber & Karen Stinson**

Hello fellow tandem riders. We have found the 2002 Midwest Tandem Rally will be held in Kansas City. We are planning on going this year and would be pleased to have other QCBC tandem riders join us. We have information on campgrounds in Kansas City, as we will be camping. For more information, visit: <http://www.mtr2002.org/> or e-mail me at XLpp@netzero.net

Welcome to Kansas City

Tandeming in the Heart of America

The Midwest Tandem Rally 2002, "Goin' to Kansas City" will be held August 30, 2002 - September 2, 2002 in Kansas City, Missouri. Kansas City, known as the "Heart of America", is centrally located within 250 miles of both the geographic and population centers of the nation. The maximum distance from Kansas City to anywhere in the continental United States is less than 1, 900 miles, half the distance coast to coast.

Established in 1850 as the Town of Kansas the area has a rich heritage and has become a must-see city. Visitors to Kansas City are amazed at the diverse attractions - skyscrapers, jazz, fantastic food, wonderful museums, and shopping at the famous Country Club Plaza, the nation's first shopping center. Kansas City also takes pride in having more working fountains than Rome, Italy.



***We're goin' to Kansas City,
Kansas City here we come.
We might take a boat,
We might take a train,
But if we ride our **tandem**,
We'll get there just the same.***

RAGBRAI 2002

By Anne Fleischman

563-332-4212

fleischmana@netzero.net

- **Travel to RAGBRAI XXX**

There will be a packet pick-up at Northgate Mall (Kimberly Rd/US 6 and Eastern Ave.) on July 19th, where you will obtain your fee tags and load your bike for the trip.

We will be leaving at **7:00 am** on the 20th of July for the trip to Sioux Center.

We will be boarding buses at the same place (Northgate Mall) at the South West Corner in back of the Mall.

- **Waiting List**

If you or you know of anyone would like to do RAGBRAI XXX and does not have a fee tag, they can be placed on our waiting list in case of cancellations. Contact me, and I will add you to the waiting list. When a space becomes available, I will contact you. Once contacted, the forms I will need you to complete are located on the QCBC web site, at qcbc.org, you need to complete a QCBC RAGBRAI XXX application form, and a release of liability and mail it to me. The address is on the QCBC form.

- **Safety Tips:**

Call out when pulling off the road. Do not stop on road. Call out when pulling back into traffic. Don't cross yellow line. Don't draft, **MOST** riders are inexperienced. Sound-off for railroad tracks, potholes, loose gravel, and other unsafe conditions. Don't sound-off for rumble strips (riders end up crossing center line or run into other riders). You are required to wear a helmet while on a bike and it is suggested you use a bike mirror.

An excellent suggestion to get you used to riding in a group and sounding-off is to do a club ride before RAGBRAI to get you used to riding in these conditions.

Please don't be one of the riders ticketed for a traffic violation, otherwise plan on bringing at least \$100 for each citation.

- **Charter Service**

If you receive your tags through the Register, we have some room on our buses going out and the return buses. If you do not have the Register's RAGBRAI tags, we **cannot** sell bus seating. Again, please contact me.

- **Overnight Towns/Housing**

There will be no confirmation cards sent out. You may log onto ragbrai.org and get your fee tag number and write to the Chambers of Commerce in the overnight towns about housing, if you so desire.

- **Miscellaneous**

Please let the RAGBRAI committee know if there is something that you would like us to consider providing during this years ride. Send info either to the P.O. Box attention of the RAGBRAI committee, or to Anne at the email address mentioned above.

- **RAGBRAI Tidbits:**

Many bikes are stolen every year it is not sufficient to just lock two bikes together. They pick up both bikes and carry them off, if you can, lock three or more bikes together, lock your bike around a tree or something that is hooked into the ground, or another idea that will work is to place the bike inside your tent.

- **Leaving the Ride**

If you leave the ride early and will not take the return bus, there will be a sign posted on the inside of one of the luggage trucks, please add your name to it.

- **More Questions**

If you have any other RAGBRAI questions call me email. See top of article. If it is a long distance call and I have to call you back, it will be a collect call.

******* Update on Duck Creek Trail *******

The section of trail between Eastern Ave. and Forest Rd. in Davenport is scheduled for resurfacing this summer, according to Paul Eichoff of the Davenport Parks Department.

If you have any suggestions or concerns about the Duck Creek Trail in Davenport, contact QCBC Member Mike Smith. He is serving on the Davenport Parks Advisory Committee this year.

**Race Across America 20th Anniversary
An Interview with Lon Haldeman
John Hughes – UltraMarathon Cycling Assoc.**

The 20th annual Race Across America will start from Portland, OR on Sunday, June 16 at 7:00 a.m. 16 men, one woman, and one mixed tandem will head for Pensacola Bay, FL, 3,000 miles away. Two days later four two-person and eight four-person relay teams will start. For the 20th anniversary of the race, UltraCycling magazine interviewed Lon Haldeman, who won the first race and is now the race director.

UltraCycling: Lon, you won the Great American Bike Race, the very first cross-country race. What do you remember about the GABR? What were the high points? The lows?

Lon: The Great American Bike Race was probably the most memorable race for me. It was the first time anybody raced head to head across America. A highlight was the morning of the race when we were standing on the Santa Monica Pier with the ABC Wide World of Sports helicopter circling above!

Prior to 1982 everyone rode in daylight and slept most of the night. The first night of the GABR I rode nonstop and slept very little the first three nights. This was unexpected by the other racers and organizers. We learned that racers could push themselves to new limits.

I drank Carnation Instant Breakfast. I spent a lot of time trying to get solid food down like Spaghetti-Os and PB&J sandwiches.

From a competition standpoint, I didn't know what was a good lead. At 1,000 miles, I had a six-hour lead over John Howard, but I thought at any moment he'd catch up. We didn't have any time stations or race headquarters. Once a day Bob Hustwit drove from the front to the back to the front, so once a day we got a report on the splits, but the news was 12 hours old!

The race itself was brutal for me. We were all learning about bike fit, nutrition and pacing. I remember being very tired and sore after the first day. I could not imagine racing for eight more days. I just tried to focus on the next 10-mile section. I remember a lot about that race today and most of it isn't so nice.

UltraCycling: What changes have you seen over the years?

Lon: Most riders now are better than the average rider 20 years ago. Riders train better because they know what to expect during RAAM. Most riders today expect to cross the country in about 10 days. Twenty years ago completing the race in less than 12 days was considered a good time.

The equipment is better, with aerobars, etc., but using the most high-tech bike today would only gain you a few percent in speed over a 1980's bike.

Nutrition and recovery are the biggest factors. In 1985 Jonathan Boyer was the first to use a primarily liquid diet. The next year Pete Penseyres used UltraEnergy [an improved liquid diet]. I was racing against Pete and I was within a few hours of him at the Mississippi River. Over the last 1,000 miles, he kept his fuel intake and speed up while I slowed down. With today's liquid diets, riders are at least a day faster across the country than in '82.

UltraCycling: Pete set the all-time average RAAM speed record of 15.40 mph in that race. He rode the 3,107 miles from Huntington Beach, CA to Atlantic City, NJ, in 8d 9h 47m. That record has stood for 15 years.

What would it take to better that record?

Lon: Remember that this was a long and hilly route with over 100,000 feet of climbing. The final 700 miles were through the Eastern Mountains. Riders today would complain about a route with that much climbing.

Pete was in great shape and is a great hill climber. He was using the best prototype equipment and diet available. Today the same equipment and diet are available off the shelf. Pete set that record because he was mentally and physically ready to race. In some ways riding faster is easier because you are not racing for 11 or 12 days.

UltraCycling: Where do you anticipate RAAM going in the future?

Lon: RAAM is unique as a race because it is so brutal. To race across the country in less than 10 days is really tough. The Solo Division is the backbone of RAAM. We need to find a way to attract more 25-year olds to the sport. (Continued on page 8)

Race Across America 20th Anniversary

(Continued from page 7)

More people are physically able to race in the Team Division so that is most of the growth of participants will be. The two-person race is very tough, combining speed and endurance. It's a great way to qualify for Solo RAAM and to learn about the rigors of the event. The four person teams really emphasize speed; it's a different way of racing. Crossing the country in

six days is very tough to do - each rider does thirty 40K time trials.

For information on RAAM and race updates go to www.raceacrossamerica.org

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For information about the UMCA go to <http://www.ultracycling.com>

Colona to Geneseo Circuit **Jean Kelly**

A Baker's Dozen showed up at the Colona grade school in Colona IL, to enjoy a 30-mile Midpaced ride on a beautiful, somewhat windy morning, April 14th. New riders, Mark and Mike Valliere, a father/son duo, and Jim Carey from Clinton were welcomed.

The signs of spring were ever present as we rolled along lightly traveled roads to Geneseo. Many of us stopped at the Sunrise café where service was swift and food delicious, especially the home-baked breads.

Merle though Jean was speaking French when she said, "I have to "pay". Several riders went on to Atkinson after breakfast to savor a lovely biking day a little longer.

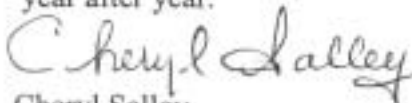
For Sale **Matthew Engebretson**

'97 Cannondale tandem SHOP MECHANIC OWNED, green with gold decals, sized 25/23 (HUGE) for 6'6" captain/ 5'11" stoker. Recent overhaul, STI shifters with GORE cables, recently rebuild wheels with Hugi hubs, 8 speed (12-32), XT rear derailleur, Campy triple front. Overall condition is very good. A couple of chips in paint but touched up. Asking \$1200, Wife wants new color, I want new model. I'm located in Davenport, Iowa (will consider driving in midwest, but will ship anywhere). If you have any questions please ask.
Home Phone: 563-386-0134,
mengebrets@mchsi.com

TOUR DE GRAND DETOUR BIKE RIDE **"A GOOD RIDE WHILE IT LASTED"**

The decision has been made to discontinue the John Deere Tour De Grand Detour Bike Ride.

Thanks to all the John Deere employees, their families and friends who participated in the Tour De Grand Detour Bike Ride over its 15 year history and made it an exciting, fun and memorable event year after year.



Cheryl Salley
Bike Ride Organizer
Manager, Community Relations & Sponsored Programs
Deere & Company



Summer & Fall 2001 QCBC Rides (Photos courtesy of Bob Fitzgerald)

Above: Gary Bowrey, Dave Alftine, Rodger Horst, Seiji Matsushita, Jean Kelly, Henry Lierke, Kathy & Bill Storm, stop on the Great River Trail near Illinweek Park to repair a flat tire. (Henry and Seiji were Foreign Exchange Students studying at Blackhawk College during 2001.)

Below: Jerry Neff Jr., Jim Karr, Jane Garrett and Rodger Horst enjoy a break on their way to Bishop Hill



FOR SALE: Used six-place bicycle carrier that fits full size van. Call Dave Lefever at: 563-344-1379

Midwest Invitationals – Summer 2002

Sunday, June 2

“Udder Century”

McHenry Co. Bicycle Club

Starts in: Union, IL. 12, 31, 50, 62 and 100 mile routes. (815) 477-6858 or mchenrybicycleclub.org

Saturday & Sunday, June 8 & 9

“Tour of the Mississippi River Valley”

Quad Cities Bicycle Club

Starts in Bettendorf, IA. 2-day ride: 106 or 62 miles. (563) 355-5530 or qcbc.org

Saturday, June 15

“Tour DeWitt”

Clinton Area Cyclers

Starts in Clinton, IL. 15, 35 and 65 mile routes. (217) 935-8904 or wyatt_38@hotmail.com

Saturday, June 15

“C-U Across the Prairie”

Prairie Cycle Club

Starts in Champaign, IL. 16, 35 & 65 mile routes. (217) 359-1995
www.prairienet.org/pcc

Sunday, June 16

“Windy 60”

DeKalb County Bicycle Club

Starts In: DeKalb, IL. 20, 43 and 63-mile routes. (815) 758-8879 or direct.at/windy60

Saturday, June 22

“Post Emergent Metric”

McLean County Wheelers

Starts in: Bloomington, IL. 33 and 65-mile routes. (309) 454-7800 or wheelerspage.bizland.com

Saturday, June 22

“Summer Century”

Bicyclists of Iowa City

Starts in: Iowa City, IA. 20, 33, 54, 74 and 103-mile routes. (319) 545-2095 or jccn.inav.net/~bic

Sunday, June 23

“Tampico Bike Fest”

Starts in Tampico, IL. 6, 19 and 40-mile routes. (815) 438-7447 or dlester@cin.net

Saturday and Sunday, June 29 & 30

“Mississippi River Ride”

Bike Burlington

Starts in: West Burlington, IA. 74 or 28 mile option on Saturday and 45 or 66 mile option on Sunday. (319) 753-1625

Sunday, July 14

“Melon Metric”

Naperville Bicycle Club

Starts in: Sandwich, IL. 15 – 100 mile routes. (630) 536-2700 #1565 or user@aol.com/clubnbc

Sunday, July 21

“Biking with Beanie”

Kiswaukee Kiwanis Bike Club Committee

Starts in: DeKalb, IL. 23, 43 and 63-mile routes. (888) 228-7476 or kish-kiwanis.com

Sunday, July 28

“Wizard Ride”

Elmhurst Bicycle Club

Starts in: Yorkville, IL. 23 – 100 mile routes. (630) 415-2543 or elmhurstbicycling.org

Sunday, August 25

“Old Mill Century”

Rock River Bicycle Club

Starts in: Oregon, IL. 25 – 100 mile routes. (817) 732-7496 or oldmillcentury.com

Sunday, August 25

Bike Psychos Century”

Oak Lawn Bicycle Club

Starts in: Coal City, IL. 35 – 125 mile routes. (708) 802-1804 or bikepsychos.org

Sunday, August 25

“Cream City Cycle Club Century Classic”

Cream City Cycle Club

Starts in: Waterford, WI. 35, 64 and 100 mile routes. (262) 784-7233
creamcitycycleclub.com

Sunday, September 1

“Wright Stuff Century”

Bombay Bicycle Club

Starts in: Mt. Horeb, WI. 30, 60 and 100 mile routes. (608) 212-7973 or bombaybicycle.org

WANTED: Used folding or collapsible bicycle. Call Dave Lefever at: 563-344-1379

**Update Your Maps
Adventure Cycling Association**

If you've got Adventure Cycling Maps then listen up. Maps, over time, become less useful because things change. Every year Adventure Cycling's Route and Mapping Department create addenda for maps that require updates.

That's a lot of addenda, as the National Bicycle Route Network now totals over 25,000 miles. With the help of riders like you we receive updates on routing, services, camping, and contact information. We then verify the info and publish addenda.

These Addenda are now available online. So, if you are planning a trip, click through the Addenda Online at Adventure Cycling: <http://www.adventurecycling.org/routes/addenda.cfm>

**Bicycle Humor
Charlie Swanson**

"What am I supposed to do with this?" grumbled a motorist as the policeman handed him a speeding ticket. "Keep it," the cop said, "when you collect four of them you get a bicycle."

**DOT Trash Pickup Report
Kathy Storm**

On Monday, April 22nd, 8 QCBC members spent their evening picking up trash along old Highway 61. This is our 11th year as a club performing this Community Service.

I would like to thank the following members for coming out to help with this activity: Doug Bierman, Cy Galley, Dick Morrill, Karen Nord, Phil Schubbe, Bill Storm and Mike Zugmaier. The "picks" of the evening went to Karen for finding the skeletal remains of a fawn and Doug for finding a woman's formal dress.

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

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

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