



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – July 2002

criterium 2002: One Category Click From National Racing Calendar! Terry Burke, QC Criterium Race Director

By the time you read this article in July, the outstanding media coverage for the 2002 Criterium and the compliments we received probably were forgotten on the last hill into Clark College on TOMRV. Fact is, Criterium & Street Sprints 2002 were excellent: great weather, crowds, volunteers and races. A Memorial Day weekend that had no major crisis's or serious injuries.

The bicycle street sprints participation continues to grow, 51 total in 2002. With the addition of the inline skate sprints, a crowd of 500 to 1000 watched the action. The 10K inline skate race had over 30 competitors: and media interest in 2002 was much improved over previous years. The QCBC DICE race team entries were at least 19 for Memorial Day, with some finishing in the money. Both women's & men's feature races had several national pro teams that dominated the top finishers. As expected the trike races, primes, BMX trick riders and climbing wall again continued their popularity for participants and spectators.

The major sponsors for 2002 were Zimmerman Pontiac Cadillac Oldsmobile Honda, Stern Beverage, Royal Neighbors of America, A.D. Huesing Corp, U.S Bank, Pappas & Schnell PC, Dick's Sporting Goods, & 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, Vietnam Veterans of America, Chapter 299. Other sponsors were Modern Woodman, American Flags, & QCBC, trike race

helmets. We gave away \$400 (\$50/each) in gift certificates from Dick's Sporting Goods to Criterium volunteers.

We would like to thank the QCBC, QC Radio Club and Mississippi Valley Regional Blood Center volunteers for an excellent job in making the 2002 Criterium and Street Sprints the Midwest's best on the Memorial Day Weekend. (Our apologies to anyone we may have missed. Names are listed as they occurred. Several volunteers worked on more than one committee and times.)

Quad Cities Criterium Race Planning 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, Dave Thompson, Dave Thompson, Jack Wilhoit, Mike Smith, Rick Paulos, and John Wessel.

Pace Car:

Gary Patch, Paul Gilbert

Race Course Set Up & Teardown:

Dan Burns, Dave Thompson, Mike Papini, Mike Benson, Bruce Grell, Doug Nelson, Don Davis, Mike Vandaele, Chris Andrusavage, Jim Ghys, and Bob Seaberg.

Wheel Pit:

Darryl & Lori Blackburn, Chris Brubaker, Calvin Dane, Frances Fitzgerald, Seth Long, Roger Long, Dennis Morrow, Valerie Nissen, Andy Nissen, Art Peace, Bart Roberts, Dave Thompson, Richard Vermeer, and Jack Wilhoit.

(Continued on page 6)

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:
qcbc.org

Membership Count: 5/1/02	
Individual	420
Couple	100
Family	557
Total	1,077

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 QCBC has been involved in a number of activities the past month. In mid May, we held our 7th Annual Tailwind Ride. Dan DeMay has served as Chairperson the past 3 years. This year we started in Dyersville, IA, just like we did on the inaugural ride, but without the extra mileage north of town with a start at The Field of Dreams.

It was a cooler Tailwind Day than previous years, but we all had a great time. Nobody had a flat tire (that I heard about) and nobody got truly lost. A few wrong turns maybe, but these women (no names mentioned) ended up getting back on the route near DeWitt anyway.

May also brought our 30th hosting of the “QC Criterium”. Terry Burke put on another spectacular event. 2 of our local bike shop owners even placed in their events. Jeff Bradley, owner of On Two Wheels, placed second in the Men’s Masters 40+ and Bruce Grelll, owner of Healthy Habits, placed second in the Men’s Category 5 (citizen) race.

And speaking of Bruce Grell, he’s done a great job resurrecting the Racing Team affiliated with the QCBC. The team is called DICE and they have been competing in events all over the Midwest the past few

months. Check out their race results from the QC Criterium (May 27th) and the Al Kreidler Road Race (May 4th) in this issue.

During May and June, the QCBC participated in 3 community events that allowed some of our members to talk about the benefits of cycling and the QCBC. A special thanks to the following members who organized our participation in these events and arranged for staffing: Salute to Seniors - May 14th (Virginia Lohmiller), Deere & Co Wellness Program - May 14th & 15th (Warren Power), and the Palmer College Symposium on preparing for a triathlon - June 12th (Jan Treftz-Allen and Karen Stinson).

June 1st saw the QCBC, Cornbelt Running Club, cities of Bettendorf and Davenport, etc., participate in National Trails Day. Chuck Oestreich coordinated the event that started at 11AM with the driving of “the golden spike”. It took place along the IA River Trail at “the gap” between Bettendorf and Davenport. Construction on laying this piece of trail should begin before the end of 2002.

The 25th annual TOMRV took place the weekend of June 8 & 9. The warm weather took a few of the 1,535 riders by surprise. Look for more TOMRV information in the August issue of Pedalwheeling.

**New QCBC Members - May & June 2002
Anne Fleischmann, Membership Coordinator**

Ken VanHerbulis	Savannah, GA	Lake County Bicycle Club	Libertyville, IL
Benjamin Shoesmith	Asbury, IA	Ruth Sanders	Milan, IL
Jeremy Wirtz	Bettendorf, IA	Richard De Schepper	Moline, IL
Linda Bloomer	Davenport, IA	Heather Gillham	Moline, IL
Eileen Chambers	Davenport, IA	Jim & Ann Millman	Moline, IL
David Harness	Davenport, IA	Stacey Nordeen	Moline, IL
Tim Dunphy	Iowa Falls, IA	Julie Cassata	Rock Island, IL
Mary Goedken	Muscatine, IA	Erik Thode	Rock Island, IL
Bob & Sandy Hayes	Muscatine, IA	Mike Winter & Paula Streed	Rock Island, IL
William Power	Chicago, IL	Bob Fanello	Rockford, IL
Mike Snyder	East Moline, IL	Jillina Trojniar	Rockford, IL
Ivan Valenzvella	East Moline, IL	Richard & Dottie DeClerck	Taylor Ridge, IL
Mark Schweertman	Forreston, IL	Dave Sterk	Stillwater, MN
John Grice	Kewanee, IL	Peter & Hilda Stadnik	Riverdale, NY

The Results Are In Chuck Oestreich, Advocacy

All spring Iowa RiverWay Trails has been conducting a survey of trail concerns on the Iowa side of the Quad Cities. The results are now in and while the results won't blow you away with great surprises, nevertheless they are still interesting.

The survey was specifically designed and pushed to trail users. It appeared in newsletters for both the Quad Cities Bicycle Club and the Cornbelt Running Club; Iowa RiverWay Trails and River Action members took it; and on a couple of occasions people using the trails were given copies.

Almost 60 trail users turned in the survey, which doesn't sound like much. But considering that it was a page long and in most instances had to be mailed in, it does reflect the opinions of concerned trail users in the Quad Cities, especially from Davenport and Bettendorf.

The most important trail need? You guessed it: closing the Bettendorf Gap. 77% mentioned this necessity, which, hurrah, is close to being solved. Bettendorf just announced that it has acquired the necessary property rights to this crucial section of riverfront land and is in the process of finding the financing for paving it. Iowa RiverWay Trails celebrated this on National Trails Day, June 1.

Second is a need that is also in the works. A bike/ped "connection" across the tip of Arsenal Island was important to 64% of responders. River Action, Davenport, Rock Island, Rock Island County, and the Bi-State Regional Commission are all working on this. Some bids have been let; some financing is in place; but also some necessary permission still needs to be granted. Let's hope that when the venerable Government Bridge is back swinging, it'll get us rotating into the necessary improvements to make a safe and easy Mississippi River crossing a given in the Quad Cities.

Exactly half of the responders felt a great need was exactly what the aim of Iowa RiverWay Trails is: connecting all of the trail within the Iowa Quad Cities and to outlying areas. Right along with that (46%) was a more specific aspect - extending a trail from Riverdale north to Princeton. And another specific portion came in 5th with 39% wanting a trail from Davenport to Buffalo.

Fairly close to the top five were the following: joining Davenport's Credit Island to S. Concord Street with a bike/ped bridge across Credit Island slough.; making sure that the paths remain clean and swept even during the winter; and turning Davenport's Main Street into a viable bike-friendly street.

Low in preference were certain enhancements for the paths, such as bike rentals, bike racks, refreshment stands, more restrooms, and rest areas.

When asked if they biked, ran, walked, or skated on the paths, respondents showed their preference with 86% biking, 46% walking, 38% running, and 13% rollerblading. And by far the most used path was the Duck Creek Path (43%), compared with 20% for the Great River Trail in Illinois, 13% for the Davenport Mississippi Trail, and - a real surprise - only 7% specific mentions of Moline's Butterworth path.

Survey takers also had a chance to suggest advocacy ideas for this area. The most popular was a push for incentives to bike to work. Another choice item was a sponsored evening or night ride. And bike lanes on roads leading to the paths was also a popular choice.

General comments ranged all the way from "I use the paths mainly to walk to a restroom." to "I really enjoy the sculpture and the nice parks along the paths."

But many worked around a basic idea, best expressed in this simple statement: "Tying the paths together should be the main goal."

**League of American Bicyclists at QCBC
Barbara Sturges, LAB Board Member**

Warren Power and Kathy Storm invited me to speak about the League of American Bicyclists (LAB) at QCBC's May General Meeting. I guess it was my own fault it was the last meeting of spring (May) -- and on an evening when club members felt more like riding than sitting in a meeting!

I appreciate that I was able to meet some of your members and tell them about LAB. Here's a brief synopsis of my presentation for those who were riding that evening.

LAB began as the League of American Wheelmen (LAW – an appropriate acronym) in 1880 and was responsible for defending the rights of cyclists from its start. LAW is credited with getting paved roads in this country before the reign of the automobile. In 1898, LAW had over 102,000 members including the Wright Brothers, Diamond Jim Brady, and John D Rockefeller!

The League has had its up's and down's -- it ceased to exist but was resurrected twice since its start. Since its most recent revival in 1965, LAW (renamed LAB in 1994) has focused programs on education in addition to advocacy. Programs support the four E's of bicycling -- education, enforcement, engineering, and encouragement.

LAB offers the only program to certify cycling instructors, other than those for police officers. Over 100 new League Cycling Instructors (LCI) were certified in 2001. LAB's BikeEd is based on John Forester's Effective Cycling principles. It teaches riders to feel comfortable riding on the road, in addition to bike fit and maintenance. In June 2002, LAB sponsored its first Bicycle Education Leaders Conference in Madison, WI.

LAB founded the International Police on Mountain Bike Association (IPMBA), which is now an independent organization. LAB proclaims National Bike Month each May -- this is the 46th year -- and offers posters and "how to" kits on planning events for Bike to Work week and/or day. LAB's magazine and website offer information on clubs, rides, classes, as well as fact sheets on topics like group riding, why to ride on the right, how drivers should share the road with bicycles, and many other timely subjects. (Check it out at www.bikeleague.org)

LAB's 1997 move to Washington, DC, has facilitated working with the government. In 2002 the second annual Bike Summit was held with over 275 participants. Bicycle advocates talked with their elected officials about supporting legislation to help bicycling, including the 2003 reauthorization of transportation legislation. Attendees from Texas convinced Senator Kay Bailey Hutchison to co-chair the new Senate Bike Caucus!

Other legislation on which LAB has worked recently include a "Conserve by Bike" amendment to the energy bill and the Bike Commuter Act which would extend the transportation fringe benefit in the tax code to bicycle commuters. LAB has advised the highway administration on rumble strip design and is working to arrange meetings with airline officials about the fees charged to bring bikes on domestic flights.

LAB offers members a quarterly magazine and discounts on Bicycling magazine and on various travel arrangements. Member clubs receive promotion of their events and the opportunity for insurance coverage.

LAB is working to make this country better for bicycling. Lance Armstrong has said, "I am proud to be a member of the League of American Bicyclists... the more that people are biking, the more influence cyclists will have on improving conditions, and the more likely there will be other American Tour de France champions."

To join LAB, go to the website (www.bikeleague.org) or ask Kathy Storm for an application.

(Editor's note: The next LAB Rally is scheduled for August 2-4 in Amherst, MA. Bike Fest 2002 will be housed at the University of MA. Amherst is situated in the western part of the state, which is rural.

I participated in an LAB Rally back in the late 1980's in Flagstaff, AZ and had a great time. There are lots of rides to choose from and lots of activities related to cycling are held on the campus.)

criterium 2002 (con't from page 1)

Registration:

Vicki Burke, Rob Burke, Jeff Cozad, Becki DeDobobbelare, Jennifer Donahue, Chris Burke, Rick Rohret, Joan Burke, Don Davis, Criss Jensen, Eric Longlett., and Rick & Lisa Paulos.

Prize Desk:

A.L. Mackusick, Mary Brus, Cy Galley, Darlene Moritz, and Susan Wolf.

Communications:

Bill Boyler, Bob Cannon, Les Conrad, Mary Conrad, Charlie Egert, John Hoenshell, Kevin Howell, Ralph Klinkrodt, Dick Lane, Bob Miller, Keith Schmidt, Don Schneider, Mike Smith, Pat Taylor, and Jeff Wilkins.

First Aid:

Jackie Davis, Sandy Moes, Kris Mullery, Kim Palmer, Laura Pena, Laurie Rogenski, Paul Sullivan. Mary Lou Weber, and Kathy Wilson.

Street Sprints:

Don & Carol Arp, Tom Fitch, Claudia Greenleaf,, Mark Lucas, Mike Papini,, Ruth Scott, Rick Wren, and Mike Zugmaier.

T-Shirt Booth:

Don & Carol Arp, Dennis Barber, Mike Carl, Scott Daup Michelle Quinn, and Karen Stinson.

Corner Marshalls:

Larry Adams, Bob Banish, Frank Beshears, Tom & Pat Bolton, Cindy Bottrell, Tom Brooks, Mary Brus, Bonnie & Darrell Busch, Dave Cinotto, Doug Collins, Gene Conrad, Mollie Conrad, Steve Conrad, Larry Decker, Tim Decker, Mike Desch, Barb Donald, Jake Ellsworth, Anne Fleischmann, Pete Getz, Cindy Gilroy, Epi Guterrez, Jim Hansen, Bill Harrington, Greg Hawk, Gail Haylett, Lyle Haylett, Jeff Hogue, Andy Horst, Perm Horst, Carl Johnson, Jim Karr, Jim Keyoth, Steve Kocourek, Fred Krack,

Jerry Kruse, Gloria Lange, Jim Lange, Kentley Loewenstein, Frank Martin, Dean & Deb Mathias, Dean Mayne, Rick Meeker, Jim Merritt, Mike Middlemiss, Jim Moomey, Mike Moritz, Dick Morrill, Diane Oestriech, Jay Richards, Bob Rutledge, Kate Rutledge, Merle Schleusener, Bill Scott, Mary Scott, Doug Sell, Bill Storm, Linda Stout, Rich Stout, Rich Straub, Bill & Bonnie Sturgeon, Barb Sullivan, Melinda Thompson, Pam Van Zuiden, George VanThorre, Millie VanThorre, Pris Voorhiis, Vince Weinert, Ken Werthman, Bill & Cathy Wiebel, Linda Work, Joan & Rick Wren, and Barney Young.

VIP Tent:

The Moritz Family (Bryn, Darlene, Jeff and Mike) and John & Barb Wessel

Primes:

Roger & Irene DeLanghe, Teresa Stalzman, and Bob Seaberg.

QCBC Booth:

John & Debbie Chebuhur, Dave & Carol Feeney, Margaret Haas, Dave Lefever, Merlin Sebastarin, Phil Schubbe and Kathy Storm.

In case this article headline & it's contents left you in a scratching your head, here's the final point: just about every facet of bicycle racing is categorized: riders, officials, hills/mountains, & surprise: races. The QC Criterium feature men's prize list is \$1000 short of the \$10,000 prize list required for the National Racing Calendar. We're working to increase sponsor dollars. The balance is up to additional QCBC members to volunteer their time. We can make the Quad Cities Criterium nationally recognized and have fun in doing so!

Newsletter Corrections

Kathy Storm, Editor

Yes, I do make typos. My apologies to Jerry Neff Jr., owner of Jerry and Sparky's in Davenport. In both

the May and June newsletters, I accidentally misspelled his name.

And for those of you who were not aware of this, there are 3 Jerry Neff's in the IA Quad-Cities.

LIB's Ride Event and Advocacy E-mail Listserves

ILcycList: organized bike rides and invitationals, riding partners, activities, events, etc.

To subscribe, send a message to: ilcyclist-subscribe@topica.com

Read on-line at: <http://www.topica.com/lists/ilcyclist>


LIBNews: advocacy, legislation, hearings, planning, etc.

To post a message, send to:

LIBnews@fuji.physics.indiana.edu

To subscribe: Majordomo@fuji.physics.indiana.edu containing the lines: subscribe libnews

LIB Membership Form



**League
of Illinois
Bicyclists**

yclists

July 15th – Summer DOT Trash Pickup
Along old Highway 61, at Mt. Joy Rd
5:30PM

Beautiful mountains...three national parks...the 8th wonder of the world...a rest stop in Mexico...hiking, wildlife, fabulous scenery and an average of over 60 miles per day -

THIS IS TEXAS, FOLKS!

Noo Funteers
www.NOOFUNTEERS.com
(866) 539-BIKE

Join us for the Big Bend
October 7 -18, 2002
11 days /11 nights

3rd Annual Quad Cities Bicycle Club Time Trial Championships
Dave Thompson, Race Director

Who: Riders of any ability level are welcome. From beginners to USCF Cat. 1 to Triathletes. Anyone who wishes to test themselves in the "race of truth".

When: July 28, 2002 900am

Where: Barstow Road, Barstow Illinois. Registration and race headquarters at Barstow Fire Dept. Directions to Barstow: From I-80, take the Route 5 [I-88] exit west for apprx. 3 miles, turn left at stoplight onto Barstow Rd. 2 miles to Fire Dept. on your left. From greater Illinois QC area come in on John Deere Rd. [Rt 5] just outside Silvis turn right onto Barstow Rd.

Fee: \$10 pre-registered \$13 on day of race. Also \$4 for 1-day ABR permit [pays for insurance] if you don't have an annual license.

Awards: Trophies to fastest QCBC male and female. Plaques to top 3 men and women and plaques to top 3 in various age-groups.

Bike Course: Flat, fast out and back 20 kilometer course. Wind and heat can be a factor.

Defending 20k QCBC Club Champs:
Kentley Lowenstein 31:00
Melinda Thompson 35:55

Course Record Holders:
Aaron Inch, St. Louis 28:28
Lauren Naset, Naperville 32:02

Information: Dave Thompson 309-764-5030 dthompson@revealed.net <http://home.revealed.net/dthompson/>

QUAD CITIES BICYCLE CLUB TRIAL CHAMPIONSHIPS

3RD ANNUAL EVENT SUNDAY JULY 28, 2002 9:00 AM

LOCATION: BARSTOW ROAD, BARSTOW ILLINOIS. REGISTRATION AT BARSTOW FIRE DEPT.

RIDERS GO OUT IN 1 MINUTE INTERVALS STARTING AT 900 SHARP. RAIN OR SHINE!

DISTANCE: 20 KILOMETERS 12.4 MILES.

COURSE DESCRIPTION: OUT AND BACK ON VERY FLAT EXCELLENT SURFACE ROAD WITH LOW TRAFFIC. COURSE IS NOT CLOSED TO TRAFFIC!

ENTRY FEE: PRE-REGISTERED [BEFORE JUL 22] \$10, \$13 THE DAY OF RACE. THIS IS AN AMERICAN BICYCLE RACING [ABR] EVENT. YOU MUST HAVE AN ANNUAL LICENSE OR PURCHASE A 1-DAY PERMIT. MORE INFO AND RESULTS WILL BE POSTED AT:<http://home.revealed.net/dthompson/>

FASTEST QCBC MEMBERS WILL BE AWARDED TROPHIES IN 20K/MALE AND FEMALE.

RACE DAY REGISTRATION WILL BE HELD FROM 800-845 AM . THERE WILL BE REFRESHMENTS AFTER THE RACE.

SPONSORED BY QUAD CITIES BICYCLE CLUB



COURSE RECORDS:AARON INCH 28:28 LAUREN NASET 32:02

RETURN ENTRY TO: DAVE THOMPSON 2330 15TH AVE MOLINE 61265

MAKE CHECKS PAYABLE TO QUAD CITIES BICYCLE CLUB.

NAME _____ AGE _____ GENDER _____

ADDRESS _____ PHONE _____

ABR LICENSE # _____ CHECK HERE FOR 1-DAY LICENSE [\$4] _____

CHECK HERE IF QCBC MEMBER AND WANT TO BE CONSIDERED FOR CHAMPIONSHIP _____

HELMETS ARE MANDATORY! WEAR YOUR NUMBER ON RIGHT SIDE. NO DRAFTING OTHER RIDERS OR VEHICLES. ANY QUESTIONS? [309-764-5030] dthompson@revealed.net

AWARD DIVISIONS/MEN/PLAQUES

TOP THREE OVERALL/TOP MASTER 40+	
MEN/ 24-UNDER	[2]
25-29	[2]
30-34	[3]
35-39	[3]
40-44	[3]
45-49	[3]
50-54	[3]
55-59	[2]
60+	[3]

WOMEN

TOP THREE OVERALL/TOP MASTER 40+	
UNDER 34	[2]
35+	[3]



**Race Results for Dice Racers:
Bruce Grell, Director DICE Racing Team**

We're having a great season with great participation from all of our riders. Thanks to the QCBC for your support and we'll post more results for August.

We had a beautiful day for the races at the QC Criterium and a fantastic showing of local riders. Thanks to all who cheered us on and to all who helped with the Criterium. Special thanks to all of our families for tolerating our ridiculously time consuming and expensive addiction to the sport of cycling.

QC Criterium

May 27th – Rock Island, IL

Masters 50+

Tom Erps 6th

Masters 40+

Mike Benson 17th

Mike Papini 33rd

Masters 30+

Bill Hauber 4th

Rick Rhoret 11th

Chris Andruscavage 23rd

Greg Aronson 27th

Mike Benson 29th

Bruce Grell 32nd

Category 4/Citizen

Matt Billingsly 4th

Category 5/Citizen

Bruce Grell 2nd

Greg Aronson 4th

Stephen Wadle 5th

William Huntsburger 9th

Michael Frasier 11th

Rick Wren 13th

Mike Giudici 18th

Al Kreidler Memorial Road Race

May 4th – Iowa City, IA

Category 5

Stephen Wadle 2nd

Greg Aronson 4th

William Huntsberger 5th

Bruce Grell 6th

Rick Wren 9th

Master 40-50+

Rich Fristik

Category 4

Joe Andrews 9th

Old Capitol Criterium

May 5th – Iowa City, IA

Category 5

Bruce Grell 2nd

Greg Aronson 3rd

William Huntsberger 5th

Stephen Wadle 9th

Category 4

Mike Papini 14th

Category 3

Rick Rhoret 20th

The top ten things I have learned bicycling in Iowa...

Duane Hass

10. Tractors will pass you, especially when you are tired.
9. Rumbles jump up everywhere
8. Corn in July can block the wind

7. You can draft on freight trains
6. Hail hurts
5. Down hills are always too short
4. People like to follow you on your tandem
3. Cars appear from no where
2. There is always a headwind and (drum roll)
1. The odor from those long low buildings is the smell of money!

Tailwind 2002

Dan DeMay

After several days of wet weather forecast for Saturday, 18 May, the weatherman came through for biking. The wind came out of the north, like it was supposed to, and the sun was shining. So at 6AM on Saturday, the bikes were loaded on the truck and the 26 riders got in the bus fore the trip to Dyersville, Iowa.

Everyone was unloaded and riding by 8:45AM. The wind could have been a little stronger for more assistance, but why complain, the weather was almost perfect. For about the first 30 miles, there were nice hills to make the riders work a little harder. The rest of the ride was pretty flat.

Thanks to George Van Thorre for running the sags. He was able to get ahead of the riders after they passed through a sag and get ready for them about 25 miles down the road. Some of the riders stopped in Wyoming for an early lunch.

Thanks to the following for participating in the ride: Dennis Baber, Frank & Debbie Beshears, Jim Carey, Joe Cress, Phil Fellner, Gordon Fordyce, Steve Geening, Lynne Grosskurth, Kermit Hanson, Jean Kelly, Jerry Kruse, Linda Lueders, Deb & Dean Mathias, Doug McCollum, Mike Middlemiss, Darlene Moritz, Dick Morrill, Jeanie O'Mealia, Jayne Phelps, Bob Replinger, Karen Stinson, Bill & Kathy Storm, Joe Van Houttee, Pris Voohries, John & Barb Wessel, Susan Wolf and Eileen Wosoba.

ASK COACH FRED MATHENY

Article from RoadBikeRider.com Newsletter
Published every Thursday by Ed Pavelka and Fred Matheny of RBR Publishing Company. This newsletter is E-mailed without charge or obligation to roadies around the world. Sign up at: <http://www.roadbikerider.com>

QUESTION: If I ride after work at 6 p.m., what should I eat in the afternoon so I won't bonk? -- Scott B.

COACH FRED: In addition to your regular lunch, eat a snack of approximately 300 calories no later than 4 p.m.

Good choices are an energy bar, bagel or carton of yogurt with fruit, along with a glass of sports drink.

These carbo calories will give you enough fuel for your workout. Eaten about two hours beforehand, they'll also prevent a hollow feeling in your stomach before you finish.

Here's another approach: Divide your lunch in two parts. Eat some of it (half a sandwich, an apple and a cookie) at noon. Then at 3:30, eat the other half of the sandwich and an orange.

This way, you only have to pack one meal, and you'll spread your normal daily calories more evenly from breakfast to dinner. You get to eat real food, too.

Overcoming Bike Commuting Excuses Reprinted from LAB Website – June 2002

1. I'm out of shape
 - Ride at an easy pace; in a few months you will be in great shape.
 - Ride your route on a weekend to find the easiest way to work.
 - You will improve your fitness level when you become a regular bike commuter.
2. It takes too long
 - The average commuter travels at 10 mph; the more you ride, the faster you will get.
 - Trips of less than three miles will be quicker by bike.
 - Trips of five to seven miles in urban areas may take the same time or less as by car.
3. It's too far
 - Try riding to work and taking mass transit home, then alternating the next day.
 - Combine riding and mass transit to shorten your commute.
 - Ride to a coworker's house and carpool to work.
4. No bike parking
 - Look around for a storage area in your building or office.
 - Stash your bike in a covered, secure place such as a closet or even your office.
 - Formally request that your employer provide bike parking or lock it up outside.
5. My bike is beat up
 - Tell a reputable bike shop that you are commuting and have them tune up your bike

- If you can't maintain your bike yourself, identify bike shops near your route.
 - Make sure that your bike is reliable and in good working order before you start riding.
6. No showers
- Most commuters don't shower at work; ride at an easy pace to stay cool and dry.
 - Ride home at a fast pace if you want a workout; shower when you get there.
 - Health clubs offer showers; get a discounted membership for showers only.
7. I have to dress up
- Keep multiple sets of clothing at work; rotate them on days you drive.
 - Have work clothes cleaned at nearby laundromats or dry cleaners.
 - Pack clothes with you and change at work; try rolling clothes instead of folding.
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8. It's raining
- Fenders for your bike and raingear for your body will keep you dry.
 - If you are at work, take transit or carpool to get home; ride home the next day.
 - Take transit or drive if you don't have the gear to ride comfortably in the rain.
9. The roads aren't safe
- Obey traffic signs, ride on the right, signal turns, stop at lights, wear bright clothing.
 - You are at no greater risk than driving a car. (Wear a helmet every time you ride.)
10. I have to run errands
- Bolt a rack to the back of your bike to add carrying capacity.
 - Make sure that you have a lock to secure your bike while you are in a building.
 - Allow yourself extra time to get to scheduled appointments and find parking.