



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – September 2002

Heartland Century Saturday, September 14

Bill Wiebel, Chairperson Heartland Century

Early registration for the Heartland Century (25 – 50 – 62 – 100 Mile Rides) has been extended, one week, to September 7. Be sure to fill out the registration form on page 7 in the newsletter to receive all of the benefits. They include, for only \$14.00, a t-shirt, water bottle, continental breakfast, plenty of rest stops, que sheets, and on course support.

Membership Meetings Resume

Tuesday, September 17

Warren Power, Vice President

With the passing of summer, we resume our monthly membership meetings. Come and swap summer bicycle stories with other members of the Quad Cities Bicycle Club at our first fall membership meeting on Tuesday, 17 September at 7:00 pm. The meeting will be held in the auditorium at Rivermont Collegiate, (formerly St. Katherines's/St. Mark's), 1821 Sunset Drive, Bettendorf, IA.

Did you know there is another bicycle club in the Quad Cities? Well there is and it's call FORC (pronounced "Fork"). While the QCBC focuses mainly on touring and on Road Riding, FORC concentrates on and promotes off road riding. Rick Wren and Dean Mayne, QCBC members as well as organizers and leaders within FORC will be presenting information about what FORC has to offer. So come and listen. You might find there are some opportunities for different riding experiences close to the Quad Cities that you didn't know existed.

UMCA 24-Hour Time Trail Championships

Saturday, September 21

Dave Holmes, Event Director

The 12th running of the UMCA 24 Hour Time Trail Championships will be run on September 21st, 2002. The place will be Eldridge, Iowa. Again in 2002 we will offer 6, 12 and 24-hour races.

New for this year, the 6 and 12-hour races will begin before the 24-hour race. At 6:30am, the 6 and 12-hour races will start. Drafting is allowed in these races. A 19-mile loop is run for the entire race. Registration will be from 5:30am to 6am, Saturday morning, for all races. All activities will be run from the US Post Office in Eldridge.

If you want to try for 24 hours on a bike, this race is non-drafting. 2 and 4 person teams may ride also. The first rider will take off from the Post Office at 6:40am, every minute another rider will take off on the 133-mile day loop, followed by the 19-mile loop.

There will be a check in and registration on Friday September 20th, at the Road Way Inn in Eldridge from 5 – 7pm.

If you would like to help with this event, please call Dave at (563) 285-6195 in the evenings or email him at: umca24hrttchamp@aol.com

Leisure Ride Finale

Saturday, September 28

Jan Reynolds, Chairperson Leisure Rides

Even if you haven't participated in a leisure ride during this summer, you are invited to come to the season ending, FUN & FOOD FINALE ride and picnic. The ride will be lead by Dodie Robers, covers 35 scenic miles, beginning and ending on the Butterworth trail. Meet at 9:00am at the east end of the Butterworth trail (near Case/IH) and return to the same site for the picnic. Please call Jan Reynolds (309) 797-2072 by September 20th to make a reservation. The cost is \$6.00.

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

Club Web Site:

www.qcbc.org

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

Membership Count: 8/12/02

of Members by Membership Type

Individual	452
Couple	146
Family	505
Complimentary	22
Life	4
Total	1,129

Commercial Ads in Pedalwheeling:

¼ page	\$25.00
½ page	\$50.00
full page	\$100.00

Please email to: qcbceditor@yahoo.com

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: qcbceditor@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**

It has been a good summer for new and old faces on QCBC rides. We have experienced an increase in membership numbers these past 6 months but more importantly, participation in many of our club rides is up. And we are seeing an uptick in the number of children who are coming on rides with their parents.

The Wednesday rides continue to be popular. Often there are 15+ riders who show up for the start of the ride. The weekend Leisure and MidPaced rides are seeing a nice steady group of 8 – 20 riders. The Fast Paced rides are in need of some more participants though. If you like to ride 16+ MPH for a number of miles, I hope you will consider coming out on a ride with this group. I know our club has a good 30+ riders here locally in the QC Area who comfortably ride at these speeds. Why not come out on a club ride and join others who enjoy riding at a faster clip.

The Tuesday and Thursday night rides still continue to struggle overall. We have been experimenting around with different staging locations hoping to put some new life back into these rides. We may have come up with a solution for the Tuesday night rides. During the month of August, we have been meeting at the Happy Joe's in Eldridge (5:30PM). Last Tuesday, we had 13 riders participate in a great 29 mile MidPaced ride. Afterwards, 9 of us ate pizza. I

think "food" may have been a major draw for many of us.

In September, the Thursday night rides (5:30PM) will start from Brother's Restaurant in Rapids City, IL. With the daylight hours starting to diminish, we will probably ride 25 miles. Afterwards, there is an "All You Can Eat Chicken Dinner" special for \$5.95.

The 2001 QCBC jersey design continues to be popular this summer. Many are being worn on various club rides. We now have just 15 left in stock. Call me if you are interested in purchasing one of the remaining pieces: Men's Club Cut (medium), Women's Race Cut (medium and large) and Wind Vests (large, 2XL and 3XL)

I would like to thank the following QCBC members for helping sell some of these remaining jerseys at the RAGBRAI packet pick up and bus loading on Friday, July 19th: Bill and Jan Trefz-Allen, Warren Power, Vivian Norton, Jim Merritt and Lynne Groskurth.

This newsletter contains registration forms for some upcoming fall activities and our membership application. These are also available online on our website if you would prefer to leave your newsletter intact.

I need to thank my husband, Bill Storm, for helping proof read this issue of Pedalwheeling along with Dave Thompson and Mike Middlemeiss. I appreciate your attention to detail.

**Welcome New QCBC Members
Anne Fleischmann, Membership Coordinator**

Rich Fuller	Bettendorf, IA	563-449-8144
Thomas & Yvette Harrington	Blue Grass, IA	563-381-3517
Joy Duex	Davenport, IA	563-326-3050
Robert Malake	Davenport, IA	563-326-3728
Gary & Patricia Pease	East Moline, IA	309-755-3718
Mark Schweertman	Forreston, IL	815-938-2292
Al Petersen	Fulton, IL	309-887-5161
Tim & Pam Long	Geneseo, IL	309-944-6184
Roland Pulley	Milan, IL	309-787-7078
Walt DePoorter	Moline, IL	309-762-9228
Gary Atwood & Claire Williams	Salisbury, MD	410-749-0307
Robert & Nancy Peterson	Salem, MO	573-265-6157

Fall Night Rides

Remember to get your mountain or hybrid bike checked out by the end of September if you plan on riding the October Night rides. You will also need to make sure your battery is charged up and that you have fresh batteries in your rear red taillight. If you need a light system or a red taillight, please visit our local bike shops as they have a great selection.

**Just What the Doctor Ordered
Door County – Pedal Across Wisconsin
June 29 and 30, 2002
Kevin Wohlford**

My wife, Sandy, and I arrived in heaven. No, wait! It was Wisconsin. Door County to be exact. I picked up our packet of stuff for the ride, and this witty old guy named Jerry Goldman asks me where I'm from. Jerry, by the way, is the one and only board member, route marker and vote caster of Pedal Across Wisconsin, Inc. To his devout clients, he is affectionately known as Dr. J. Pedal, Cyclogist.

"I'm in the Quad Cities Bicycle Club," I said.

Jerry gave me a surprised look and asked, "So how did you find out about this ride?"

Then the surprised look came to my face. "Well, I assumed that everyone in QCBC got the same flyer you sent me. Didn't you send one to each of us?"

Jerry responded, "I didn't use any mailing lists."

I said, "Well, I'm here aren't I?" The puzzling thing is that somehow I got the Pedal Across Wisconsin Mailer, a flyer listing five or six tours in Wisconsin. Maybe all of the QCBC members got it too. And if you did, then the next puzzling thing is, why weren't more QCBC members attracted to this heavenly two-day ride?

The Door County ride began at a small high school in what looks like a typical tiny town in Iowa. There is even corn to look at, (although not as healthy looking as ours) but then things changed. As we approached the shores of the great lake, our surroundings transformed magically into a coastal region. Between

tall pines you can see sandy wave-washed shores and blue waters that stretch out to the horizon.

As we pedaled the tandem north, the scenery transformed again. It was a mountain region now, with a tree-studded ridge off to our right and rocky cliffs casting cool shadows across the road.

As we pedaled into Ephraim, it transformed again. This time I could swear that I was in a quaint New England fishing village. We enjoyed lunch at an open air cafe (Wilson's) and watched seagulls, playing over the masts of sailboats moored in the bay.

A few miles down the road we crossed a land bridge that divides Kangaroo Lake and for the first time, I felt like we were actually in Wisconsin. But each time I caught a view of Lake Michigan, that feeling like we were on the edge of the world bloomed up and took my breath away.

Ice cream is a big deal in Door County. So is cherry wine. So are Friday night fish boils. When you go there next year, try them all.

Our route contained no long, steep hills. Vehicular traffic was light to sparse, and in no particular hurry. Sturdy forests along most of the route thwart the wind from making any kind of a running start. The 25, 50 or 75 mile Saturday and the 40-mile Sunday could easily have been cut short by looping back to the starting point. All these things combined make this the perfect ride for new cyclists wanting to try out a multiple day tour for the first time. Come to think of it, advanced cyclists would love this ride too. We sure did.

For additional information on this ride and others offered by Pedal Across Wisconsin, contact Jerry Goldman (847) 695-7964 or drjpedal@webtv.net.

**Night Riding
Charlie Sattler**

As the days are getting shorter I strongly encourage adding some kind of lights to your bike. A blinking light on the back of your bike will make you more visible if you are caught out after dark. If you want to ride after dark there are a lot of advantages:

1. It is cool and quiet
2. Less traffic

3. Less wind
4. Gives you more riding time

There are many quality light systems on the market. I personally ride to work in the dark and I have had no major problems with traffic or breakdowns. In this modern world of cell phones help is only a call away. My commute is twelve and one-half miles each way. I try to ride it, as much weather will allow. So please give it some thought we even have club rides after dark.

Blaze The Trail On A Brand New, Grand Ride Chuck Oestreich, Advocacy Chairman

A new seven-day bicycle tour is coming to America. It's set to include the Great River Trail north of the Quad Cities, and should be a real plus for advocacy. That's because it will be put on by the League of Illinois Bicyclists (LIB), in cooperation with the Illinois Department of Natural Resources (IDNR).

The ride will boost bicycling as a health and fitness incentive to ride the trails and roads of northern Illinois - and to visit and experience some very unique natural resources - Illinois State Parks.

Much of the route will be on the Grand Illinois Trail and riders will camp in Illinois State Parks along the way (with motel opportunities close to every one of the overnight sites.)

The ride is called the Grand Illinois Trail And Parks ride, or GITAP. And although the ride is still in the planning stage, both the LIB and the IDNR have agreed that it will take place next year from Sunday, June 15 through Saturday, June 21. So after getting in shape with TOMRV the previous weekend, you'll be set for a relatively leisurely week exploring the grand concept of the Grand Illinois Trail.

This will be the first ride sponsored cooperatively by the LIB and The IDNR; consequently ridership will be kept within limits. If you're interested at this early date, mail or call me and your name will be put in our reserved file. You will be sent a registration brochure as soon as it is printed.

As of now, these are the features of this unique trail and parks ride:

- A seven day, six nights, ride of about 60-70 miles a day.
- Starting on Sunday, June 15, 2003, and ending on Saturday, June 21.
- The route follows the Grand Illinois Trail for much of its length.
- Overnight camping in Illinois' State Parks, for the most part.
- Each overnight is also close to a town with motel accommodations.
- Breakfasts and dinners provided - lunch on your own.
- Evening meetings sometimes with entertainment and discussion.
- The ride starts close to Chicago, in the western suburbs.
- The route includes the following overnights:
 - Starved Rock State Park
 - Geneseo
 - Morrison/Rockwood S. P.
 - White Pines S. P.
 - Rock Cut S. P.
 - Chain O' Lakes S. P.

We would love to have you blaze the trail on this brand new, grand new ride.

GITAP

Chuck Oestreich
816 - 22nd Street
Rock Island, IL 61201
(309) 788-1845

oestreich@qconline.com

"Exploring Illinois as you've never seen it before"

Mid-Paced Ride Report New Liberty Turnaround August 3, 2002 Jim Merritt

What a great day for a ride! 18 QCBC members were greeted with one of the nicest days we have had this summer. With the temperatures in the upper 60's, low humidity, sunny skies and light breezes, one could not ask for a better day for a ride. We departed North Scott High School and headed west out of town and

began the start of our journey. We traveled the gentle rolling hills of rural Scott County towards the small town of Donahue.

We regrouped once there, as we split ranks on the way north. This also provided a rest period for those in need. Once reorganized, we proceeded on to the next destination, Dixon, our only food stop on the route. The riders joining us had a mix of the different rides available to us ranging from the traditional road bike to tandems and recumbents. (cont. on page 8)

**New Champions Crowned At 3rd Annual QCBC Time Trial Championships
Sunday July 28, 2002 - Barstow Illinois 20 kilometers
Dave Thompson, Race Director**

Despite wind and extreme heat index, the 3rd annual QCBC Time Trial Championships came off without a hitch. 55 enthusiastic racers hit the flat pavement of Barstow Road on Sunday, July 28 for a 20 kilometer out and back test.

From age 13 to 75, from elite triathlete to cyclotourist to hard core racer, we had an interesting mix of riders. 2 new QCBC Member champions were crowned in the men's and women's race. Elite masters duathlete and triathlete, John Grice of Kewanee Illinois, blazed to the 2nd best time of the day overall. His 27:49 showed why he is the man to beat in local multisport races.

On the ladies side, 27 year old Davenport Iowa resident, Trish Arbuckle won the QCBC crown easily with a 33:11 time. She actually was 3rd overall among the women. Elite triathlete and former bike racer, Amy Castro continues her comeback after a break to have 2 children, by crushing the women's field.



QCBC Member Champions – John Trice and Trish Arbuckle (Digital photo courtesy of Dave Thompson.)

Her 31:11 time broke the course record by 51 seconds.

Elite masters age group duathlete Tonya Armstrong was 2nd overall. The men's winner took his 3rd straight overall title. Aaron Inch of St. Louis, a Cat. 2 racer blistered his own course record with a 27:04 time. Finishing 3rd was 52 year old ABR racer, David Groetzinger of Dubuque.

I want to thank my volunteers for their efforts on a tough morning. Especially Mike VanDaele, my right hand man who with his help allowed me to race. Thanks to Bill Wiebel and Mike Detsch who helped me out in a pinch with double duty:

registration and start line. Also thanks to Tara Osbourne, Dale Manley, Nate Thompson, Melinda

Thompson and of course Chief Larry Scott, Dale Frels and the rest of the Barstow Fire Dept. Without them we would have no race. (Race Results on page 7)

Race Results
QCBC Time Trial Championships

MALE - QCBC CHAMPION

1-John Grice Kewanee, IL 27:49

MALE TOP 3

1-Aaron Inch St. Louis, Mo 27:04
2-David Goetzinger Dubuque, IA 27:57
3-Daniel Reasoner Iowa City, IA 29:10

MALE MASTER

1-Les Cox Shorewood, IL 30:04

MALE UNDER 25

1-Matt Davison Davenport, IA 31:28
2-David Corpman Cedar Falls, IA 32:37
3-Ryan Resch Ames, IA 37:23

MALE 25-29

1-Nathan Matje Davenport, IA 30:26
2-Jeremy Wirtz Bettendorf, IA 31:00
3-Mark Garner Des Moines, IA 35:49

MALE 30-34

1-Tyree Williams Andalusia, IL 32:49
2-Bryan Buhman Bettendorf, IA 34:56
3-Doug Fairall Rock Island IL 38:02

MALE 35-39

1-Kevin Jandt Davenport, IA 30:38
2-Don Miller Moline, IL 33:46
3-Jeff Hogue Geneseo, IL 34:36

MALE 40-44

1-Mike Winter Rock Island, IL 31:05
2-Jude Rolsch Moline, IL 31:31
3-Gary Bos Hillsdale, IL 33:52

MALE 45-49

1-Rick Green Belvidere, IL 30:23
2-Andy Tolle Galesburg, IL 30:28
3-Tim Armstrong Muscatine, IA 30:52

MALE 50-54

1-Terry Inch Lynn Center, IL 30:18
2-Marv Stern Sterling, IL 31:20
3-Richard Ripperger Davenport, IA 33:57

MALE 55-59

1-Don Utsinger Vinton, IA 34:45

MALE 60+

1-Terry Burke Moline, IL 32:22
2-Kentley Loewenstein Bettendorf, IA 32:23
3-Bruce McHaney Davenport, IA 34:19

FEMALE - QCBC CHAMPION

1-Trish Arbuckle Davenport, IA 33:11

FEMALE TOP 3

1-Amy Castro Bettendorf, IA 31:11
2-Tonya Armstrong Muscatine, IA 33:03
3-Carol Lewnau Ames, IA 33:58

FEMALE MASTER

1-Melaine Whitchelo Davenport, IA 34:59

FEMALE UNDER 35

1-Liz Hanson Wheaton, IL 35:08
2-Christina Anthony Davenport, IA 40:32

FEMALE 35+

1-Linda Bos Hillsdale, IL 35:03
2-Melinda Thompson Moline, IL 35:25
3-Terry Terrell Rock Island, IL 41:18

**Want Ads Column (Ads run for 2 months)
Check Web Site (qcbc.org) for Additional Items
QCBC Members**

WANTED:

- Used bicycle built for two. Contact Lonnie Cook at: (563) 263-0792 or lrcook@muscanet.com

FOR SALE:

- Women's Terry Butterfly TI saddle. Retail \$100, ridden 250 miles. \$75 or best offer. Contact Kathy Storm at: (563) 355-2564 or kbstorm@aol.com

Ride Report (cont. from page 5)

This made for an interesting observation of the different riding styles and conversation at the rest stops. Our next leg of our journey took us to the namesake of our ride, "New Liberty" for our turnaround back towards Eldridge. Some ladies who appeared to be (con't on page 8) setting up for a festivity sometime later that day greeted us at the city park. Carrying in food they asked if their food was going to be safe while we were there? Being the hungry cyclists that we were, we had to reassure them of course that it would not be. Jerry Kruse had of course already scoped out the refrigerator.

After our last stop it was on to the end of our ride, passing through Plainview and Maysville. While some who rode out to Eldridge continued on into Davenport as we turned off hwy 130 onto Y52, the rest proceeded north to F45 and Eldridge. The last stop of the day was on to Lancers Bar and Grill for lunch. The establishment who welcomed our funny dressed party warmly greeted us. A good time was had by all who joined us for lunch.

Those who participated in the journey were; Jeff Cosad, Barb Donald, Tim Dugan, Bob & Jan Fitzgerald, Keith Holst, Rodger Horst, Jerry Kruse, Dave Lefever, Jim Merritt, Dick Morrill, Darlene Moritz, Bob Mulligan, Doug Stevens, Bill & Kathy Storm, Susan Wolf and Dennis (friend of Bob Fitzgerald) (unfortunately I do not remember his last name).

Coming Next Month

The long awaited Men's 2001 Tailwind Ride report by Doug Nelson

**Entry for the 2001 UMCA
24Hr Time Trial Championships®
with the 6 & 12 Hour Cycling Classics**
umca24hrttchamp@aol.com

Date Entry received: _____, 2002
(For office use only) Race # _____

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Country: _____ Sex = Male or Female
(CIRCLE ONE)

Phone Number: _____
Age at time of event: _____
Email Address: _____

(RACE PACKET WILL BE EMAILED!!!)

FOR TEAMS MAKE COPY OF THIS FORM FOR ALL RIDERS
EVENT ENTERED: 24 hour ___ 12hour ___ 6hour ___

PLEASE CHECK ONE:

24hr=\$85.00 ___ 12hr=\$45.00 ___ 6hr=\$25.00 ___
Late fee after September 1* \$5.00 for all events.
one teshirt with entry-size: M L XL (NO XXL)
Extra T-shirts needed: _____ (\$10.00 per shirt)
Total extra shirts \$10.00 X _____ = _____
Plus Entry _____
Total _____

**TOTAL COST ENCLOSED: _____ MAKE CHECKS
PAYABLE TO IOWA ULTRA EVENTS. MAIL TO:
508 S. 9TH AVE. ELDRIDGE, IA 52748**

Event Waiver for the 24 hour UMCA Time Trails Championships
and the 6 & 12 Hour Cycling Classics 2002.

I _____, realize there are various risks associated with cycling activities and elements such as weather and vehicles can create hazardous cycling conditions. The event organizer (Iowa Ultra Events) has provided a safe route for cycling, it is my responsibility to see that I obey all traffic laws and watch out for myself while cycling. I absolve and waive all claims against the event organizer (Iowa Ultra Events), their agents, volunteers, sponsors and the city of Eldridge.

Signed: _____ Date: _____, 2002

Special State Flag Jerseys are available from Voler for \$49.95. Contact Voler at 1-800-371-2876 or visit their web site at: www.velowear.com

**Quad Cities Bicycle Club
Annual Awards Dinner
Friday, November 8th, 2002**

Please join us for a special evening at the Abbey Hotel
1401 Central Avenue, Bettendorf, Iowa

6:00pm Social Hour – Appetizers, Cash Bar

7:00pm Dinner

Entrées: Pork Loin, Chicken Breast, Salmon or Vegetarian

Awards program following dinner

Special Guest Speaker, Bill Wundram

Dancing with music by Spellbound will conclude the evening.

Dinner Reservation Form

Name: _____ Entrée choice: _____

Name: _____ Entrée choice: _____

Name: _____ Entrée choice: _____

Name: _____ Entrée choice: _____

Cost is \$22.00 per person.

Please make checks payable to: Quad Cities Bicycle Club

Mail check and form to: John Wessel, 333 – 9th Street, Moline, IL 61265

Reservations must be received no later than November 1, 2002.

If you have a question, please contact Jewel Bryan at 309-762-4762
or email her at jewelalizah@hotmail.com

**Four Days Of Craze
At The Quad Cities Criterium
Robbie Ventura, Race Participant**

I've done the Quad Cities race series for about 20 years now. I know exactly how long it takes to get there, where the cops hide out and all the decent food places on 1-88. This year, I took a video camera with me and made a little documentary. My teammate Kenny Labbe and I hauled down there in record time, and I interviewed both of us on the way down. Drivers were looking at me like I was crazy. Back to the events.

DAY ONE - Burlington Road Race.

80 miles at 30-plus miles an hour with no real hills to break things up. A breakaway of 15 riders got away! with 40 miles to go. I was fortunate enough to make the move with about 10 other pros. I was outmanned and outgunned and it was not pretty. I placed 10th out of 15 and was not a happy camper.

DAY TWO - Snake Alley.

This course is simply wicked. It goes up a cobbled horse path and comes down a pretty sketchy decent. I felt great the first half, but with six laps to go, my chain wound up in my frame. I shifted down to the small ring as I approached the cobbled climb. I overshifted a bit and I threw the chain off my front ring on the inside. I tried desperately to ride it back on the chain ring but eventually had to stop and yank it out of the frame. This little mishap took awhile and getting going was not pretty considering I was on a steep section of the climb. When the dust settled, I had lost about 20 seconds.

I will remember the deafening cheers as I chased back to the group. It lifted my cycling to a new level. The cheering got me so excited I overdid it a bit and blew up as I reestablished contact with the breakaway. When I reached the next group, there was another split, and six of the 10 original break had already flown the coop. My race was for seventh; I placed a hard-fought eighth.

DAY THREE - Melon City.

This criterium is fairly straightforward, with two real comers and a nice little leg breaker hill every lap. The race started off fairly problem-free until the third lap. Good old Mordecai (I name my bikes!) decided things were a bit too smooth - off came my chain and into

the frame it went. This time Old Mordecai would be permanently wounded. I had to drop out or find another bike. I decided to give it a go.

My first step was to find someone to track down a bike with the proper seat height. I found a VQ athlete and friend named Rich Smott to help me pull off the switch-a-roo. I yelled to Rich what I wanted, and in a matter of laps he had a 56 cm Trek 5500 (same bike as Mordecai) ready. One major problem - pedals. I have Shimano one-off pedals that were made for the Postal team only. There is not another pedal like it in the world except for my spare set at home and in the Postal team truck, which was probably cruising around Belgium as we raced. The pedals I requested were Look, which is the closest thing to what I was using. I could not pull up with any force, but at least the cleats fit into the pedals.

The bike was ready now and all I had to do was get out front far enough that I could stay in the pack while the switch was made. Somehow Rich and I pulled it off and I didn't miss a beat. Next lap, Mordecai was ready to rip with a new chain and some keen derailleur adjustments made by the fine Trek mechanic. We made the switch back to my bike and the race had eight more laps. To the disbelief of myself and friends, I came from 40 riders back with one lap to go to just get edged out for the win. I took second.

DAY FOUR - Rock Island.

This is the big daddy race of the weekend. It has more prize money than the other three put together. I've won this race three times, and in its 30-year history, no one has won it four times. The competition this week was the best it's ever been with more than 40 professionals and a host of great amateurs squads. I was nervous but anxious to have a problem-free race and give myself a chance to win. The race was ripping from the start and my teammate Kenny Labbe was giving everything he had for me. He kept all dangerous moves in check.

The race was drawing to a close and I found myself in great position. I felt a peace come over me with three laps to go. I mentally stepped out of the race for what seemed like five minutes and thought not about the crazy elbow-to elbow battle through 40 mph turns that was about to ensue but about my wife (continued on page 11)

Four Days Of Craze

(con't from page 10)

and baby who had driven up that morning to see me race. This is how I control my nerves and stay calm when the heat is on. That mental pause took all of two seconds and I was back to the battle. I was controlled and smooth.

On the final lap, I was in great position and came through the final turn with only one rider to pass. I accelerated with everything I had and won in front of 15,000 cheering fans. I let out a yell and raised my arms high above my head, giving the crowd a good look at my newly fixed pearly whites. The famous mountain-bike-collecting, trail stomping dentist, Dr.

Estes Boshes, had been waiting for me to smile all weekend. This was my time to take in the wonderful feeling of winning a big bike race. I rode around the course and took in every spectator, every holler, and as I approached the start finish on my cool down lap I was interested in seeing only two people. My wife and baby. They are the ones that make things real.

Chicago-based Robbie Ventura is on the US Postal Service Pro Cycling Team. He also operates Vision Quest coaching. Check out www.visionquestcycling.com

This article originally appeared in the July/Aug 2002 issue of Chicago Athlete. Thanks go to Terry Burke for securing permission to reprint it in our newsletter.

QC Area Restaurants

Darlene Moritz, Bob Fitzgerald and Tim Long

The following restaurants have been identified as good places for riders on a club ride to stop for breakfast. Please consider calling these businesses 30 minutes ahead of time if you plan on stopping with a group of 10 or more. It will help them get you in and out quicker and with a bigger smile.

Illinois:

Albany

Mississippi Cafe
(309) 887-9014

Andover

Andover Historical Inn
(309) 521-8368

Annawan

The Purple Onion
(309) 935-6621
Olympic Flame
(309) 935-5500

Atkinson

The Cattle Club Café
(Closed on Sundays)
(309) 936-7107

Bishop Hill

Filling Station
(309) 927-3355

Colona

Smokey's
(309) 792-2501

Cordova

Fireside
(309) 654-2420

Geneseo

Sunrise Family Rest.
(309) 944-4494

Hillsdale

Mama J's
(309) 658-2656

Orion

Bowling Alley
(309) 526-8989

Iowa:

Buffalo

Clark's Landing
(563) 381-9921

DeWitt

Sunrise Café
(563) 659-9476

LeClaire

Marie's
(563) 289-4452

Walcott

Coliseum
(563) 284-5165

QCMarathon – September 22 – Need Volunteers

The Quad Cities Bicycle Club has been asked by the QC Marathon committee to help with the QC Marathon on Sunday, September 22nd. The route of the marathon covers both sides of the river.

Riders will be assigned a 3-4 mile section of the route. Riding a mountain or hybrid bike works best as you will be moving slowly watching for runners that may be getting into medical trouble. You would provide communication back to the police and medical personnel if you see someone in need of help. Your assignment will last approximately 1.5 - 2.0 hours. Depending

upon your station along the course, your shift would start between 7AM and 11AM.

QCBC members will be given a T-shirt to wear that identifies them as part of the medical support team and a radio or cell phone upon which they can call for assistance. You will not be expected to render any type of medical assistance unless you are already certified.

If you can help out with this important QC Area sporting event, please contact Deb Mathias, at (309) 787-6547 or mathiasdebdean@mcleodusa.net

**Fall Foliage 2002 Ride
Deb and Dean Mathias**

The **Fall Foliage** ride will be Oct. 12th and 13th using Mt. Horeb, WI as our staging area. Travel distance is about 140 miles from Davenport. We would like to extend our thanks to Verle and Sue Dau who guided us years ago in this area and this year let us springboard from their notes.

Road surfaces for every type of bike are available in the area.

The Military Ridge Bike Trail (crushed limestone) runs through Mt. Horeb going west to Gov. Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

Mountain Bike trails are located in **Blue Mound State Park** just west of Mt. Horeb with a connection spur to the Military Ridge Trail. A route will also be mapped out on quiet country roads for both days. A group dinner will be arranged for Saturday night. Contact Deb and Dean Mathias at 309-787-6547 or mathiasdebdean@mcleodusa.net if you are interested in joining us. Deb and I will be going up on Friday evening, Oct. 11th.

Please make your reservations early if you plan to stay overnight.

Hotels/Reservations:

Mt. Horeb:

Village Inn Hotel, which is physically attached to the Military Ridge Bike Trail. The manager, biker friendly **Ed**, said he has helped many bikes get back on the road. Prices range from \$43 for a double, \$54 for a queen, and \$75 for a kitchenette.

Phone: (608) 437-3350 www.littlebedder.com

Karakah Country Inn has 8 non-smoking rooms available at \$69.95.

Phone (608) 437-5545 www.karakahl.com

Beat Road Farm B&B is 6 miles out of town but has an interesting format. They rent the entire house out (sleeps 11) for \$500 dollars a night. They prefer two nights. Their website is: www.abarealty.com

Jenny is the contact person. They currently do not have an innkeeper but they stock the refrigerator with food so guests may prepare their own food. Anyone interested?

Attractions in Mt. Horeb:

- Mt. Horeb Mustard Museum 3,800 different mustards...largest collection in world!
- Trolls everywhere!
- Military Ridge Bike Trail.
- Scandinavian architecture, food and retail shops.

Points of Interest in the Vicinity of Mt. Horeb:

- Stewart Park - 161 acre park with 7 acre lake, fishing, and hiking trails.
- Blue Mounds State Park – mountain biking and hiking – info. (608) 437-5711/ Camping 1-888-947-2757.
- Bringham Park – 112 acre park northeast of Blue Mound. 25 unit rustic campground – panoramic view.
- Little Norway www.littlenorway.com Unique outdoor museum \$8, \$7 senior (62 on up).
- Cave of the Mounds (608) 437-3038. \$12 tours leave on the ½ hour on weekends...bring a jacket.
- Governor Dodge State Park (608) 935-2315. Mountain bike trails.

We hope you will join us and enjoy the riding and activities of your choice!

3rd Annual QC Triathlon

Saturday, June 15th

Eric Sarno, Race Director

The third annual Quad Cities Triathlon was a success. What a race! Both the men and women's field was very competitive. JJ Bailey (a CAT 1 cyclist) won the men's division beating one of America's top age group triathletes in Jeff Castro. JJ seemed to win the race on the bike but it was not easy...this year's men's field was the most competitive yet. In the women's race, Beverly Enslow found herself behind by a minute or two after the bike portion, but the former Bix champion, was able to make up the time during the run, thus capturing her third consecutive QCT title.

I would like to extend my sincere appreciation to the Quad Cities Bicycle club for helping both as a major sponsor and through members who volunteered their time. We had approximately 480 people register for this year's race, and we look to cap next years race at 500. Our philosophy has been safety first, so we have tried not to grow too fast, but to gradually increase the number of participants. The amazing support of our sponsors and that of the staff of West Lake Park and the Scott County Conservation Board has allowed the QCT to become one of the Midwest's premier Sprint Distance Triathlons in just 3 short years. Most importantly, the Quad Cities Triathlon does not happen without volunteers, so Thank You Volunteers!!!!

Proceeds from this year's race benefited the American Red Cross of the Quad Cities. We have been fortunate the last two years to have a small amount of money left over to apply to the following year's race. No one is happier about that than my wife Jennifer because when the QCT initially started, it was funded primarily with our Visa card. I am proud to say that the QCT is run completely on a volunteer basis, and that includes myself and the members of our race team: Jennifer Anderson-Sarno, John Punkiewicz, Kirby Winn, and Stephanie Cramer. We are passionate about putting on this race and we hope that it has shown for the past three years...see you on June 14th 2003!