



# QCBC {XXA/CZ}

*The Newsletter of the Quad Cities Bicycle Club – February 2003*

## Enjoy These February Club Activities

### “General Membership Meeting”

**Date:** Tuesday, February 18<sup>th</sup>  
**Time:** 7pm  
**Topic:** QCBC Endurance Team - “Ok, So What’s This “Randonneuring” Thing All About?”  
**Location:** Auditorium – Rivermont Collegiate  
18<sup>th</sup> Street & Sunset Dr., Bettendorf, IA  
**Presenters:** Joe Jamison and Rick Meredith

We’ll provide the membership an introduction to terms associated with long distance bicycling as it is practiced in France and, increasingly, around the bicycling world. We’ll provide a handout that will include a glossary of terms, and Internet addresses where the curious can learn more about this style of riding and it’s rich history.

The membership will learn about “The QCBC Populaire Day” (you’ll have to be there to find out what this means!). We’ll talk about the schedule a randonneur must follow just to start riding Paris-Brest-Paris, which is the grand “randonnee” of them all.

Finally, we’ll discuss how a rider can get started to see if this style of bicycling appeals to them. We look forward to seeing you there!

If you know another club member who has not been to a General Meeting at Rivermont Collegiate, invite them to ride along with you. This is a great meeting location.

There will be a “social” after the program including cookies and juice. Other members would love hearing about your upcoming bike vacation plans.

### “Tour of the Islands”

**Date:** Sunday, February 23<sup>rd</sup>  
**Time:** 9am  
**Activity:** Social Bike Ride  
**Location:** East end of Butterworth Parkway, near Case/IH  
**What to Bring:** Your bike (a mountain or hybrid might be best), a sense of humor and “Hawaiian” type articles of clothing.  
**Organizer:** Jerry Kruse

Enjoy a casual tour of the Islands in the Mississippi River in the Quad Cities, including Campbell’s, Credit, and Sylvan islands. The ride is along the bike paths on both sides of the river. Several rest stops are included as well as a free map.

Will we have the same weather as last year? (50 degrees and over 50 riders!) After the tour we will meet at a local pub in the Village of East Davenport for lunch and to rehash the ride.

Please contact Jerry Kruse by 5pm on Friday, February 21st to make a reservation for this activity, (563) 332-9396 or [Kruse1950@aol.com](mailto:Kruse1950@aol.com)



**Club Web Site:**

## Key Contacts

### Officers:

President - Warren Power (563) 391-5466 warrenpower@mchsi.com  
 Vice President – Errol McCollum (309) 762-8252 ecmed@netexpress.net  
 Recording Secretary – Jane Garrett (563) 441-9115 jag@revealed.net  
 Treasurer – Darlene Moritz (563) 386-3499

### Club Web Site:

[www.qcbc.org](http://www.qcbc.org)

### Board Members:

Terry Burke (309) 797-3790	Joe Jamison (309) 755-6801	Jean Kelly (563) 359-9508
Dave Lefever (563) 355-6476	Deb Mathias (309) 787-6547	Karen Nord (563) 326-9113
Tim Phlypo (309) 944-2649	Charlie Sattler (563) 391-3422	Bill Wiebel (309) 755-1859

**Key Contacts:** A complete listing of Committee Chairperson and Key Contacts is available on the club's web site and in the front of the hard copy Ride Schedule booklet.

**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 Errol McCollum for program information.

**Submitting Articles for Newsletter:** Deadline is the 10<sup>th</sup> of the month. Email to: qcbceditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page \$50 and a full page \$100.

**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:** 12 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.

### Affiliated With:



[www.bikeleague.org](http://www.bikeleague.org)



[www.bikeLIB.org](http://www.bikeLIB.org)

### Membership Count: 1/9/03

	# of Members	# of Memberships
Ind.	448	448
Couple	281	141
Family	417	110
Comp.	24	24
Life	6	3
<b>Total</b>	<b>1,176</b>	<b>726</b>

**From the Headset**  
**Warren Power, President**

Up until a couple of days ago, it hasn't been a bad winter for bicycling. But since I have to submit these articles several weeks prior to the date you actually read them, the odds are that by the time you read this we'll be in the depths of a cold, snowy time of the year where getting in any bicycling miles is iffy at best. This is a great time to get with family and friends and talk about the good times you had last year riding your bicycles, but it's also a great time to start planning for next year.

If you've never participated in some type of organized bicycle tour, you might want to try it. TOMRV, RAGBRAI, GRABAAWR, SAGBRAW, and the Hilly Hundred. These are the names of a few of the bicycle tours that many of our QCBC members participate in each year. And this is only a few of the hundreds of organized tours that are available in every state in the US and around the world.

Organized tours can be anything from a fully supported tour that hauls your luggage, makes your meals and you stay at hotels, motels or bed and

breakfasts to totally self-contained tours where the only thing provided is a tour guide. They're usually two to fourteen days in length with the most common being seven days.

Almost all of these tours have web sites so a great place to start looking for tours is to go to the Internet and do a search on Bicycle Tours. You can also choose to put together your own group and plan your own tour. If so, there are organizations that provide maps of recommended bicycle routes. Bicycle touring is a great way to build friendship, bring families closer together, improve fitness and see the world. Try it; I think you'll like it.

Because of the weather, there aren't a lot of planned club activities this time of the year, but Jerry Kruse is coordinating the "Tour of the Islands" bicycle ride on Sunday, February 23. Last year, the weather for this ride was exceptionally good for this time of the year. I can't promise the same thing this year but you may want to at least consider this as a way to help to alleviate some of your winter cabin fever. We also have the monthly membership meeting at Rivermont Collegiate on Tuesday, February 18. I hope to see at least some of you there

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**Wanted: Old bikes for "Ride The River"**  
**Vivian Norton**

Here's your chance to get rid of that old bike! We're planning to have decorated bikes placed around town, at the River Action office, and at the "Ride" headquarters at Union Station in Davenport.

The bikes will be decorated by businesses and

individuals and used to advertise the 2003 "Ride The River". Your bike will be picked up or you may take it to the River Action office at 822 River Drive, Davenport. You will be given a 2003 Ride the River, (\$10 value) volunteer shirt and our thanks.

To donate your bike, contact Kathy Wine, (563-322-2969 or [riveraction@netexpress.net](mailto:riveraction@netexpress.net)) or Vivian Norton (563-355-1899 or [vjoan@worldnet.att.net](mailto:vjoan@worldnet.att.net)).

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**Wildlife on the Upper Mississippi**  
**Rock Woodstock**

While on a winter training ride I encountered an unexpected road hazard. The IL riverside path is host to a large flock of ducks, maintained by handouts from visitors. Normally they make way for traffic, but Saturday morning (December 21<sup>st</sup>) proved the exception.

I approached the ducks with the benefit of a tailwind and two cups of fresh perked coffee, yelling at the feathered mass ahead. "Hooah!" at 115 decibels may stir Army spirit among soldiers worldwide, but it had

virtually no effect that chill morning.

The low temperature (30<sup>o</sup>F) slowed the ducks a step or two and suddenly I was among them. Oh the Humanity!

The duck I ran over was tear drop shaped and remarkably firm. These factors saved the bird as it literally squirted out from under my front wheel, minus a few feathers, but still very much alive.

As I returned on the inbound leg about an hour later, the resident flock responded immediately and burst into flight, with one duck honking much louder than the rest.

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

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<b>Name</b>	<b>City &amp; State</b>	<b>Phone</b>	<b>Name</b>	<b>City &amp; State</b>	<b>Phone</b>
Larry & Cathy Schelhase	Los Angles, CA	310-836-7186	Rick & Sue Mason	Moline, IL	309-762-4947
Rick & Nanette Thomas	Palm Harbor, FL	727-786-2410	Robert & Kvys Combs	Naperville, IL	630-416-7453
Joe Evans	Davenport, IA	563-322-5214	David & Regina Colby	Rock Island, IL	309-786-8835
Vytenis Kuraitis	Davenport, IA	563-383-2141	Scott & Kristen Shumard	Sterling, IL	815-622-7868
Tammy & Al Romeo	Davenport, IA	563-324-1214	Neil Polifka	Winfield, IL	630-690-2692
Dawn Daniels	Mt. Vernon, IA	319-895-9639	Kevin & Jody Akers	Yorkville, IL	630-553-5707
Patricia Decaire	Chicago, IL	773-252-3822	Joan Courtman	Worcester, MA	508-754-2894
Mike Durr	Chicago, IL	773-252-3822	Roland Nentwich	Worcester, MA	508-754-2894
Scott Reeh	Coal Valley, IL	309-234-5642	Leo Christel	East Lansing, MI	517-351-5666
John Chapman	East Moline, IL	309-752-1892	Randy King	Ashland, OH	419-368-8195
John Sandstrom	Elmhurst, IL	630-279-2687	Gary Moore	Magnolia, OH	330-866-3506
James Mason	Geneseo, IL	309-441-5027	Larry Davis	Wadsworth, OH	330-807-2143
John & Paula Pepke	Milan, IL	309-787-3215	Enzo Calla	Pittsburgh, PA	412-761-6161
James & Rhonda Davis	Moline, IL	309-762-1002	Sue Ellen Cohghlin	Meguon, WI	262-242-7508

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**Head for the Hills**  
**Susan McPeters**

New Year's Day is a time to reflect, relax or perhaps recover from a little too much celebrating the night before. It's also the day registration begins for the May 17, 2003 Galena Triathlon/Duathlon.

I participated in this event for the first time last year and was still catching my breath after crossing the finish line when I decided to do it again in 2003. The event is extremely well organized with helpful volunteers. And there is a real sense of accomplishment that comes with running and riding on the rolling hills outside Galena!

For triathletes the event begins with a 660-yard swim in Apple Canyon Lake. Those entered in the Duathlon begin with a two-mile run. If the water temperature is less than 60 degrees, which was the case in 2002, all athletes take part in the Duathlon. The first transition area is adjacent to the lake. Bags corresponding to your race number are provided for your swimming/running gear. They are delivered later to an area near the finish line. The 16.8-mile bike ride takes you up and down the hilly, winding roads of Jo Daviess County to the second transition at Recreation Park in Galena. After making the transition I literally stopped in my tracks and said, "You have got to be kidding!" upon seeing the steep

hill that marks the start of the 4.3 mile run. It's nicknamed "Heartbreak Hill" for good reason. But of course it also means you have a nice downhill stretch to look forward to on the way back. The event ends near the second transition area.

Participants can either park their car near the start or finish of the event, with a shuttle service running in between. Each participant is assigned a spot in both transition areas according to their race number. Unless you want to run in your bike shoes, you'll have to drop off a pair of running shoes at the second transition area.

Make no mistake about it. This is a grueling event. A few participants were walking up the hills during the first two-mile run and even more cyclists chose to take a break from pedaling by walking. No matter what your pace you can't help but notice how scenic a course it is. Especially on those long downhill rides!

After crossing the finish line I caught a shuttle to get my car, parked back at the lake, 16.8 miles away. Some enthusiastic athletes chose to cycle the route again, to retrieve their cars, but I agree with another participant on the shuttle with me that there weren't enough Clif Bars in the world to get him to repeat the course, at least not so soon. (cont. on page 5)

## **Head for the Hills**

(continued from page 4)

I drove back to Recreation Park for the post-race party featuring great food and live entertainment.

You can only register online for the Galena

Triathlon/Duathlon and there is a limit on the number of participants. Registration was closed by the third week of January for the 2002 event. So if you're interested, be sure to sign up early for a great race in a great place

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## **RAGBRAI XXXI - July 20-26**

**Perm & Andy Horst, RAGBRAI Chairpersons**

The Register's Annual Great Bicycle Ride Across Iowa for 2003 is still several months away, but you must register now if you want to be part of this great ride. We have a limited number of spaces available for a fee to those people who are QCBC members by December 31, 2002. These are available on a first come, first served basis. The ride will be July 20-26 on a route to be announced in late February. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2003. In order for us to meet their deadline, we must have **all** registration forms and checks by February 21, 2003.

**The January and February newsletters will contain the RAGBRAI application and individual waiver form. Forms are also available on the QCBC web site at: [www.qcbc.org](http://www.qcbc.org).**

### **FEE PAID TAG**

Everyone must have a Des Moines Register's "Fee Paid" tag. The cost is \$110.00. If you are **not** a QCBC member and would like to go on the ride, you will need to obtain your "Fee Paid" tag through the Des Moines Register lottery, which is held in the spring. You can still purchase transportation and baggage service from the QCBC.

Group members who obtain wristbands through their clubs will not be able to obtain individual vehicle passes. If you want to take a camper, you need to go through the Register's lottery.

Members who obtain "Fee Paid" tags from the QCBC will have to also pay for our minimum services of \$30 to haul baggage from the start town to the end town.

### **WAIVER REQUIRED**

Each and every rider participating in RAGBRAI will have to sign a Des Moines Register waiver and mail it back to us with your fees. **IMPORTANT:** If you do not include the signed waiver, no tags will be issued.

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to you. They can only be sold upon receipt of a new waiver that will be coordinated by your bike club to the Des Moines Register.

### **SOUVENIR PACK**

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$19.50 or \$34.50) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt. The 31<sup>st</sup> Anniversary pack sells for \$34.50 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

### **TRANSPORTATION PROVIDED**

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 20 and baggage transportation between overnight stops. The transportation and baggage fee is \$85.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$20.00.

If you have your own transportation to the start of the ride, the cost is \$30.00 for the required minimum service of carrying your baggage between overnight stops. This minimum fee does not include hauling your bike and baggage back to Davenport unless you paid for the return bus.

Any rider under the age of 18 must be accompanied by someone over the age of 21, preferably a parent, and must have the person's signature on the registration form.

Please notify us ahead of time if you cannot load your bike on Friday July 18.

### **HOME STAYS**

If you do not like to camp, some residents in the (cont. on page 6)

## **RAGBRAI XXXI**

(cont. from page 5)

overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website [www.ragbrai.org](http://www.ragbrai.org), after May 1, 2003.

### **MISCELLANEOUS**

If you cannot ride to the next overnight town on any day during the ride, the club will not be responsible for providing transportation to the next campground.

All club members are expected to act as responsible adults and set a good example to other riders.

If you act up on the ride, any unused portion of your fee paid will be refunded. We will not continue to haul your gear, and you will be responsible to find your own way home.

Do not get your tags from QCBC nor ask for services from us if you do not plan on arriving in the overnight town until after 6 pm. We make arrangements to camp in the quiet zone at each town, please comply.

The bike clubs are expected to set a good example with safe riding practices. Remember that the safety and ancillary RAGBRAI support people are out at 6 am every morning, regardless of the weather conditions.

If you have any questions, contact Anne Fleischman, at 563-332-4212, or E-mail [fleischmana@netzero.net](mailto:fleischmana@netzero.net). If I need to call you back, please leave me an evening phone number. If a return call requires a long distance call, it will be collect.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form. **We must have these 2 forms and your check by Feb 21, 2003.** We cannot accept your application if sent by registered mail. No confirmation will be sent, if your money is not returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

**Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.**

The route, with complete details, will be in a February issue of the Sunday Des Moines Register. Check out their web page @ [www.ragbrai.org](http://www.ragbrai.org) for details.

Registration forms can be found on pages 12 and 13 (and on the QCBC web site). Please complete **BOTH** forms.

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### **Want Ads Column (Ads run for 2 months) Check Web Site ([qcbc.org](http://qcbc.org)) for Additional Items QCBC Members**

- I am planning on taking a 2 week loaded ride with my son this summer. I would like to borrow or rent the following lightweight equipment: 2-man tent, sleeping bags, sleeping pads, racks and panniers for road bikes. Steve Peterson (563) 355-4273

- I am looking for a female to go on the Cycle Zydeco ride with me. The person I signed up with had to back out. It is a 4-day, 200-mile ride on April 10-13 in Lafayette, LA. I've already signed up and paid the \$263.00 and am hoping I can find someone who wants to share driving time. We would leave the 9th and return on the 14th. If interested, please contact Jayne Phelps at (563) 355-3306.

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### **"Asphalt", a New Roadie Magazine Patrick Brady and Lorraine Daly, Publishers**

"Asphalt" is a reader-supported publication and is available directly from the publisher and through select bike shops. Subscriptions for one year (4 issues) are \$34.95 and individual copies are \$9.95

Go to <http://www.asphaltmag.com> to see some excerpts from the first issue, or contact the publisher at: [info@asphaltmag.com](mailto:info@asphaltmag.com).

## **GRABAAWR XVII – June 30 – July 6, 2002**

**Kathy Storm**

GRABAAWR (Great Annual Bicycle Adventure Along the Wisconsin River) is a great 7-day Midwestern bike ride that offers great views of Wisconsin at an affordable price. It is similar to RAGBRAI in that it is a one-way ride and not a loop ride. Most of the participants park their vehicles at the ending town of Prairie du Chien and ride the charter motor coaches to Eagle River the day before the ride actually starts.

On Saturday, June 29<sup>th</sup>, 14 QQCBC members made their way to Prairie du Chien. These included: Dave Alftine, Jim Carey, Richard & Brian DeClerck, Bob Jansen, Jim Karr, Rick Meeker, Dick Morrill, Chuck & Diane Oestreich, Warren Power, David Round, Kathy Storm and Joe Van Houtee. Bob moved to Milwaukee a few years ago so it was great to see him again.

During the week, the “normal” route was approximately 470 miles. There was an optional century on day two (an additional 51 miles) that Jim Carey opted for. The first 2 days were fairly flat and the rest of the week had hills. A few days had hills that required lots of low gears and/or lots of Advil. These were around the Wisconsin Dells, Spring Green, Richland Center, Boscobel and Prairie duChien. But with hills, comes great scenery.

The GRABAAWR route changes a little from year to year, but it basically follows the Wisconsin River from its headwaters to where it joins the Mississippi River. Many of us who rode GRABAAWR last year had ridden it in previous years so we knew where the “killer hills” were and also the good food stops!

Last year’s GRABAAWR was a little different in the weather department from previous years. Normally the first few days are “cold” by QC Area standards for the first week of July. (Usually in the 40’s at night and the 60’s during the day.) This year, the first two days and nights were very warm and humid. Sleep was elusive on these nights. We also had a fair amount of head and cross wind.

We had very little rain during the week until Saturday, our final day. Around 4:30am, the U Of WI campus at Richland Center, where we overnighted, was being enclosed by lightning. I thought the first bright rays were car headlights, so I rolled over and went back to

sleep. When I finally got up at 5:15am, everyone was scrambling to get their gear packed up before the rain started. Various renditions of weather forecasts were rampant in the restrooms. We knew we were going to get rained on. It was just a question of when, how much and for how long.

Each of the overnight towns did a nice job of providing shuttles for us to commercial establishments. At 1,200 riders, we were a large enough group for merchants to pay attention to, but not so many that we created a “mob scene”. Some of the towns, like Richland Center, had entertainment for us in the evening. Joe and Dave might question the quality of the entertainment that evening as their tents were close to the speakers.

Brian was the youngest QCBC member on the ride. At 15 years of age, his dad was run ragged trying to feed him during the week. Rich was constantly on the lookout for ATM machines and Brian was constantly on the lookout for food.

All of us enjoyed seeing these two throughout the day on their recumbents. They enjoyed every minute of the ride no matter what they encountered, which included Brian forgetting to pack his tent and therefore having to sleep in the school gyms while his dad slept outside in his one man tent.

Joe was usually the first one to break camp in the morning. Joe is very consistent and rides at a comfortable pace, doesn’t take too many breaks, gets to the next overnight town before the luggage is off the trucks, sets up his tent in a shady spot, showers and then relaxes with his fold up reclining camp chair and his “spirited” TOMRV water bottle.

I generally found warm or hot water for my shower when I arrived in the afternoon and my longest wait was less than 10 minutes for a “shower area” to open up. This was in part due to a few new schools that had been built since I last rode GRABAAWR in 1996. I also REALLY enjoyed the “baggage service” at some of the schools. What a treat it was to have my 2 large bags containing my tenting gear and clothes driven on a golf cart or “Gator” type vehicle to the area I wanted to camp at. All I had to do was walk my bike over to where my bags had been dropped.

GRABAAWR 2003 will take place the week of June 29 - July 5. Brochures are available at QC Area bike shops, on line at: [www.bikewisconsin.org](http://www.bikewisconsin.org), or by phone at: 1-888-575-3640.

## **High Wheelers Ride in the “Festival of Trees Parade”**

**Charlie Harper**

The Wheelmen were excited to be invited to “The Festival of Trees Parade” (November 23<sup>rd</sup>). Well at least a couple of us were. We are looking forward to next year's parade, as well as a ride on the Riverfront Trail with the QCBC.

The “Wheelmen” is a national, non-profit organization dedicated to keeping alive the heritage of American cycling, to promote the restoration and riding of early cycles, and to encourage cycling as part of modern living.

Members are intent on learning lost skills, retelling lost stories, researching and writing of the golden era of cycling.

Wheelmen demonstrations, shows and parades across

the country arouse great interest in the history of the bicycle. The club brings together information through meets and rides, sharing of data, and distribution of valuable publications.

The club caters to the needs of all aspects of cycle history, collectors, riders of highwheels, racers, tandems and safety bicycles. Men, women, and children are all welcome to participate as family members." (from The Wheelmen Handbook)

The Wheelmen participating in the parade were, Bill Smith, Karen Turner, Michigan Wheelmen. Carey Williams, Cigdem Luddington, John Traum, Illinois Wheelmen. Charlie Harper & 7 yr old Nicole Harper, Iowa Wheelmen.

Additional information is available at: [www.thewheelmen.org](http://www.thewheelmen.org) or contact Charlie Harper in Muscatine at: (563) 263-1730



QCBC Members Pictured in front: (L to R) Rick Meeker, Bill Storm, Warren Power, Kathy Storm, Mike Middlemiss, Jim Karr and Scott Swanson. Wheelmen pictured in back: (L to R) Bill Smith, Cigdem Luddington, Carey Williams, Charlie Harper, Karen Turner and John Traum.

Photo courtesy of Rick DeClerck

## **Bicycles are Life Savers** **Bob Milligan**

Bicycles have saved my life not once, but twice. I have always ridden...not great mileage, but at least I peddled some.

In 1999 I was diagnosed with cancer and during the treatment period with hormones and radiation I ballooned up to 260 pounds and was unbelievably weak. I could no longer sit on the saddle of a regular bicycle because of pain up the spine

In July 2000, I invested in a recumbent and finished the year with 2,800 miles and a fair weight loss. I continued riding in 2001 and accomplished 5,000 miles, but was getting tired of the bike path and

decided to join the QCBC, another good investment and newfound friends.

In 2002, now riding with the QCBC, and on my last BC ride, I had a heart attack. My doctor assured me that if it weren't for the miles I had ridden and therefore the condition of my heart, I would not have survived the attack! This year's miles totaled 7,647. I thank everyone for their concern, cards, visits and well wishes.

I'll be back after my rehab. I've heard they have recumbent exercise bikes at rehab.

Aren't bicycles wonderful?

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## **The Competition Corner** **Rick Rohert**

Well, the 2002 racing season is over, (It has been over for me since June 14, 2002). In 2002 the QCBC Team DICE had some good results:

### **Highlights include:**

**Bruce Grell:** 1<sup>st</sup> place in Category 5 Iowa Cyclocross Championship, 2<sup>nd</sup> in Iowa Rider of the Year competition (Category 5) , 2<sup>nd</sup> in the QC Criterium Category 5. Bruce is moving up to Category 4 in 2003.

**Tom Erps:** 5<sup>th</sup> place in the Melon City Criterium (50+), 6<sup>th</sup> place at the QC Criterium (50+) and 4<sup>th</sup> in the Iowa Rider of the Year competition (50+).

**Bill Hauber:** 4<sup>th</sup> at QC Criterium (Masters 3,4,5-30+), 6<sup>th</sup> at Park Forest Criterium (Masters 3,4,5-30+), 11<sup>th</sup> at Park Forest Criterium (Senior 3)

**Rick Rohret:** 2<sup>nd</sup> at the VEISHA Criterium (Masters 35+), 11<sup>th</sup> at QC Criterium (Masters 3,4,5-30+), 11<sup>th</sup> at Park Forest Criterium (Masters 3,4,5-30+), 9<sup>th</sup> at Park Forest Criterium (Senior 3), 13<sup>th</sup> at Illinois State Criterium Championship in Peoria (Senior 3).

**Joe Andrews:** 1st at Peoria Road Race (Category 4)

**Greg Aronson:** 4<sup>th</sup> at Quad City Criterium (Category 5)

I apologize for any results that I have missed. I know there were many mountain bike racers and triathletes competing that I have totally ignored. I will try to post results in the newsletter on a monthly basis.

Indoor training rides are expected to start in January. Contact Bruce Grell at Healthy Habits bike shop or Rick Rohret at (309) 236-8884 for details on indoor group training sessions. These indoor rides are great motivators for training in the winter.

Unfortunately, the following team members are moving away from the Quad Cities:

- Rich Fristik – Moving to Washington DC area.
- William Huntsberger – Moving to the East Coast
- Matt Billingsley - Moving to San Diego

These guys have worn the QCBC racing jersey in numerous races in the last few years and they will certainly be missed.

This year, we would like to increase the number of people involved in the team. Contact Rick Rohret (309) 949-2951 or Bruce Grell (563) 332-5145, if you would like to join the team. We can help with experience and equipment.

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## **Additional 2002 Mileage Total Report**

Mike Giudici reported he rode 6,660 miles in 2002.

**May is National Bike Month  
Ed Barsotti, League of Illinois Bicyclists**

The League of Illinois Bicyclists is once again proud to sponsor the license plate program for the League of American Bicyclist's "National Bike Month". In April and May, you can proudly display a license plate designed exclusively for the LIB by graphic designer, Kelly Kuhlman.

This year's plate design depicts the adventuresome spirit in all of us as we pack our bags for a solo ride across the state, commute to work or just to go shopping!

Proceeds from the sale of the license plates



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**Wanted – Articles for the  
Newsletter  
Kathy Storm, Newsletter  
Editor**

Have you ever wanted to tell others in the club about some of your cycling adventures? Now is the time to get those thoughts down on paper, or better yet the computer. The QCBC newsletter will be returning to 12 issues/yr in 2003.

goes to LIB to aid all the projects and lobbying they do on behalf of all bicyclists in the State of Illinois.

The 2003 license plate can be yours by filling out the application form and sending it along with a check for \$25 to: Laura Sanborn, League of Illinois Bicyclists, 1 S. 110 Normandy Woods Lane, Winfield, IL 60190. An application form and color picture can be seen on the LIB website, [www.bikelib.org](http://www.bikelib.org). Any further questions or inquiries can be sent to [lmsanborn@attbi.com](mailto:lmsanborn@attbi.com). Phone: (630) 462-5427.

Application forms will also be available at the February 18th General Meeting.

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I would love to see more articles written and submitted by our members in regard to club rides and activities. So the next time you return from a club ride, take a few minutes to jot your ideas down and email or snail mail them to me. There may be a reward for "frequent authors" at the Annual Dinner this year.