



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – June 2003

Ride the River on Father's Day, Sunday, June 15 Vivian Norton

River Action has permission to use the Arsenal Bridge on their 19th annual "Ride the River." This may be your only chance for an unimpeded crossing on a Quad-Cities bridge until the end of July.

Ride the River has something for everyone. Ride the Celebration Belle across the river. Take Dad, a special friend, wife, daughter, son or significant other for an all day pancakes meal. Take your kids to Kid's Ride, Too, a special event for the younger riders where they can have their bikes checked, ride a safety test course,

get their face painted. Buy a new helmet (subsidized by the QCBC). Stop for concessions along the basic one-way 11 mile loop or the extended 52 mile route.

If you have used the new ramp that goes from the Davenport river front trail to the Arsenal bridge, you can thank River Action for writing the grant that funded the study that started the process of getting that ramp. So, take some time on Sunday to fit and sell helmets. Other Sunday **volunteers are needed** to direct riders along the route and to drive and/or put out street cones that mark the route. Call the River Action office (563-322-2969) if you can volunteer.

Quad Cities Triathlon Celebrates Fourth Year! Terry Burke

What started in 2000 as a relatively small event in Davenport's West Lake Park has quickly grown to a full field of local and regional participants. This year's June 14 Sprint Distance version (swim 600 yards, bike 15 Miles and run 5K), will feature several divisions, including men & women's Clydesdale, relay teams,

individual, 40+, Coed Relay, & high school challenge. See www.qctriathlon.com for details. 2003 will be dedicated to the memory of Nancy Kapheim.

Volunteers are needed for various positions, and you will be given a T-Shirt plus after race refreshments for your time. Contact: Eric Sarno at ericsarno@msn.com or call him at 608-209-1054/608-848-7441.

Ride Report May 10 - Start at Jaydon Greg Sprott, Mike McCaw Theoretical Ride Leaders

The headline on the *Argus Dispatch* read something to the effect that the worst weather report in the last ten years was on deck for this May 10th ride. As ride co-leader, I checked the weather several times, convinced it would be raining by 7:00am, and a virtual downpour by noon, the approximate end time for this ride.

After a conversation with Kathy Storm the night before, and having the (good?) conservative sense to call this thing off, I didn't even take my veloped to the start point. I simply went there to tell any misguided souls the ride was off. I didn't

want anyone to ride wet, or encounter any other dangers on my account.

At the start I was greeted by no less than Bob Milligan, Doug Stephens, Greg Sprott, Bill Sloan, Al Nordstrom, Steve Bost, and Chris Hartley. They all brought bicycles. I told them the ride was off as they filled their tires with air. I reminded them it was raining in Aledo at 7:30am, as they adjusted their clothing. I suggested they should be careful as they rode south up Ridgewood Road in a spitting rain about 8:03am.

I'm told they made it to the Edgington Café before the worst set in, had a nice breakfast, and returned to Jaydon in the partly cloudy beautiful late morning. So much for my leadership. . . . I mowed the yard.

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

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 10th of the month. Email to: qbceditor@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 Heartland Century registration fees.

Affiliated With:



Membership Count: 5/12/03		
	# of Members	# of Memberships
Individual	416	416
Couple	268	134
Family	399	105
Complimentary	9	9
Life	6	3
Total	1,093	667

From the Headset Warren Power

Most of us don't spend much time thinking about bicycling during the cold months of October through April, but a surprising amount of activity occurs within the club during these months. Some of these activities are behind the scenes and not very visible while others are directed at getting our members together for social activities or winter bicycling adventures. I'd like to spend a paragraph or two identifying these activities and those volunteers associated with each.

Our Officers, consisting of Errol McCollum, Jane Garrett, Darlene Moritz and myself, and the Board Members, Terry Burke, Joe Jamison, Jean Kelly, Dave Lefever, Deb Mathias, Karen Nord, Tim Phlypo, Charlie Sattler and Bill Wiebel meet on a monthly basis making budget and policy decisions that ensure the long term viability of the club.

We also have the following activities and events occurring between October and April.

- €# Thomson Campout – Dave Alftine, Ginny Alftine
- €# Fall Foliage Ride – Deb Mathias, Dean Mathias
- €# Annual Dinner – John Wessel, Barb Wessel, Dodie Robers, Jan Willets, Jan Reynolds, Kathy Storm
- €# Mileage Award Compilation – Jim Merritt
- €# RAGBRAI 2003 Planning – Perm Horst, Andy Horst, Anne Flieschman
- €# TOMRV 2003 Planning – Susie Laforce, Doug Truesdell, Linda Barchman

- €# Quad Cities Criterium Planning – Terry Burke, Doug Nelson
- €# Ride Schedule Compilation – Bill Wiebel, Bob Replinger, Sue Wolf, Vivian Norton, Kathy Storm, Jim Karr, Mike Desch, Joe Jamison, Rick Wren, Dean Mayne, Jim Merritt, Jerry Kruse
- €# Fall Night Rides – Bill Storm, Kathy Storm, Jim Merritt
- €# Winter Picnic – Kathy Doyle, Chet Doyle, Joy Bleur, Dodie Robers, Vivian Norton
- €# Tour of the Islands – Jerry Kruse
- €# Spring Picnic – Karen Nord, Scot Schaar, Dean Mayne, Rick Wren
- €# Search for Spring – Sheri Power
- €# Tail Wind Ride Planning – Tim Phlypo

In addition, there's Anne Flieschman, who processes all our memberships; Darlene Moritz, who handles all of the club finances; Charlie Sattler, who does all of our bulk mailing; Cy Galley who administers our web site and finally Kathy Storm, who has done a marvelous job of taking over the newsletter since she stepped down from her position as club president.

I hope I didn't overlook anyone, but if I did I apologize.

The individuals listed above have given a great deal of time and energy to make the above things happen. We all owe them a great deal of appreciation for all the efforts they've put forth. Next time you see someone on this list, tell them "thank you", because if it wasn't for them the Quad Cities Bicycle Club would not be the great club that it is.

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

€# **For Sale** - Trek T200 Tandem – (front - 54cm, rear 50cm), silver colored frame, less than 1,000 miles of use. Shimano equipped, (including rims) SPD pedals and have the original Look

pedals. Has a double crank, bar end shifters, 4 water bottle cages and gel seats.

Asking \$1,400 (pd \$2,300 new) Contact Dave Holmes (or Tami) at 563-285-6195 or umca24hrttchamp@aol.com

€# **For Sale** – Profile triathlete bar (Aero I Racing bar). \$5.00. Contact Bill Storm at: 563-355-2564 or billstorm@aol.com

Welcome New QCBC Members!
Anne Fleischmann, Membership Coordinator

Name	City & State	Name	City & State
Brenda Bird & Bob Swanson	Van Horne, IA	David Georlett	Moline, IL
Anthony Buck	Davenport, IA	Jeff Glaw	Keosauqua, IA
Dan & Sue Carroll	Davenport, IA	Kenneth & Jean Kraklio	Davenport, IA
MaryAnne Crimmins	East Moline, IL	Lucie Macalister	Davenport, IA
Rich & Judy Cunningham	Davenport, IA	Dan & Linda Reynolds	Moline, IL
Reed & Fran Doughty	LeClaire, IA	David Schramm	Moline, IL
Linda Genther	Bettendorf, IA	Juli & Brian Wadle	Moline, IL

Happy Anniversary to Me!
Kathy Storm

No, June is not my wedding anniversary! June 2003 is my first year anniversary of being the QCBC Newsletter Editor. My involvement with the newsletter actually started a little over 2 years ago, when I began creating the Ride Schedule Insert for Charlie Swanson. This continued through the next 2 transitions of Newsletter Editors, Judy Starcevich and Barb Campagna.

Our newsletter has had a long tradition of being a lengthy one, and one featuring some longer write-ups on multiple day rides. We also do a bulk mailing to

over 700 member households. Therefore, our newsletter ends up being one of the club's major expenses.

For anyone who edits a publication, the major hurdle is getting people to submit articles. Therefore, about 25% of the time I put in every month on creating the newsletter (15-25 hours) is spent reminding regular contributors of upcoming deadlines and cajoling other members to write up articles of interest on cycling related trips, services, products, etc.

Thank you for your continued support and keep those articles coming! Remember, the deadline for the next month's issue is the 10th of the month.

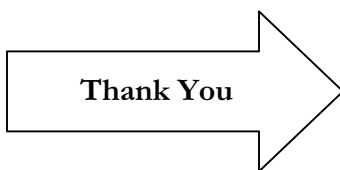
What's Past Is Prologue
Joe Jamison

The seeds for the Quad Cities Bicycle Club were planted 39 years ago. On January 10, 1964, a small group of founders met and provided the structure that would allow our organization to thrive and eventually become one of the most influential bicycle clubs in our two-state region and the United States.

Reading the minutes of that first meeting one gets a sense of the spirit in which these people approached their task. In short order, a constitution was discussed and voted upon article by article, a name for the club was conceived and voted on, Officers were elected, volunteers agreed to be ride captains, club colors were

suggested and voted on (more on that story in succeeding issues), a date for an annual meeting was established and a bank was designated to use for the clubs cash. All of this was accomplished in such an efficient manner that there was time for a demonstration of roller riding and to watch a movie of the "Tour of Britain".

We owe so much to those pioneers. I wonder if they had any idea of what their effort would produce. Some of the names mentioned in the minutes of that first meeting were: John Hood Sr. (Pres.), Rene DeLanghe (Vice-Pres.), Donna Strieder (Sect/Treasurer). Others were John Hood Jr., Dale Hallberg, Fred Blessin, Jeff Parker, Doreen Hood and Henry Strieder.



I would like to thank the following QCBC members for helping proof read the June issue of the newsletter: Rick DeClerck and Steve Montgomery. May the wind be at your back.

Du State Du
Kentley Loewenstein

The Du State Du is coming up again this year on Sunday, August 17th, at 8:00am in Loud Thunder Forest Preserve. The Du is a fun, run-bike-run event that anyone can participate in. It consists of a 2 mi run followed by a 14 mi bike ride followed by a repeat of the two mile run.

You can participate either as an individual or as part of a team (one runner, one biker). We have individual

awards for age group winners (male and female) as well as team divisions and a fat tire division, so there is something for everyone. Come out and give it a try!

I can use some help with the race organization. Specifically, I need a volunteer to be in charge of refreshments for the event. This is not a big job (it will take only a few hours before the event and a few more on race day) but it is critical to the success of the event. Give me a call at 563-359-5974 and we can talk details if you are at all interested. Thanks.

Looking For Ice Cream Freezers!!!!
Susie Wolf

Help! I'm looking for ice cream freezers for the QCBC Leisure Ride "Old Fashioned BBQ, Pie, & Homemade Ice Cream Social" on Saturday, August 2nd. If you have a 2 quart or larger electric ice cream freezer and would not mind lending it to make ice cream for the Leisure Ride picnic, please contact Susie Wolf at 309 496-9449 or Jan Reynolds at 309-797-2072. If you have an ice cream recipe you especially like we would be interested in that, too.

Come enjoy homemade pie & ice cream at the QCBC Leisure Ride Old Fashioned BBQ, Pie, & Homemade

Ice Cream Social, Saturday, August 2nd. A 35 mile leisure ride lead by Dodie Robers (309-755-9197) begins at 8:00 am at Ben Butterworth Park in the parking lot by the Case New Holland Plant.

Lunch, Pie and Homemade Ice Cream will be served at the end of the ride (about 11:30am) in the big shelter between the parking lot and playground. EVERYONE is WELCOME!

Cost \$4 per person, under 12, free. Reservations please by Friday, August 1st - Jan Reynolds 309-797-2072.

HOPE TO SEE YOU THERE!



This photo was recently submitted by Mike Middlemiss. It was taken in Surprise, AZ during a March 2002 trip that Mike made to visit friends and relatives in the southwest.

Mike was able to meet up with Rosie Dressen during her 6 month "trial run" at living in AZ. She returned to the Quad Cities a few months after this photo was taken.

Mike is pictured on the far right (in his QCBC jersey) and Rosie is front and center (in her RAGBRAI jersey).

Florida Freewheelers 23rd Annual Safari 2003
Jim O. Hanson

I had the opportunity to take part in this northern Florida and southern Georgia tour in early April and am writing this to highly recommend it to QCBC members.

The tour started and ended in Live Oak, FL, which is located between Tallahassee and Lake City, just off Interstate 10 and a 1,100 mile drive from the QC's.

The terrain is gently rolling at the most, good roads with low traffic, well-marked routes and excellent support services.

Days 1 and 2 were loops out of Live Oak with 3 options ranging from 35 to 65 miles with a century option on day 2. On day 3, those signed up for the 3 day tour again looped out of Live Oak while the 6 day riders rode 60 miles to Cherry Lake Campground a few miles south of the Georgia State Line. Day 4 had three 40 to 62 mile loops and the second century option. Day 5 had a 55 and 65 mile options. On Day 6 the Tour returned, on a 55 mile route, back to Live Oak.

The full 6 Day Tour was limited to 225 riders. The cost was only \$275!!! This included breakfast and dinner 5 days and breakfast the 6th day, sag stop

food, on road support (medical and mechanical), mid afternoon campsite food plus pop and tap beer, and luggage transport between the two campsites.

Just have to mention one mid afternoon campsite food. There was a caldron 6 ft in diameter and 4 or so feet deep into which husk on ears of corn were boiled. The ears were then scooped out with a strainer a foot and a half in diameter. You pulled back the husk then plunged the ear into a large wide mouthed jar filled with melted butter. Wow!!!

This Tour is noted for its food, which is catered by the Dixie Grill of Live Oak and is stated to be one of the big reasons for the many return riders. The food was not only plentiful but was also excellent in quality and variety. I've ridden many tours over the years and the Dixie Grill food is definitely a Blue Ribbon winner.

Finally I might add that most of the riders were 40+ years of age and many 60+ and they were all an enthusiastic bunch. Certainly the fine organization, gentle terrain, daily mile options, only two camp sites favored this older age group.

Finally --- Did you know? I didn't!!! The river Stephen Foster wrote about in the song - "Way Down Upon" ---- is spelled SUWANNEE!!!!

North Woods Habitat 500 Ride
Kathy Storm

Habitat for Humanity Minnesota is sponsoring the North Woods Habitat 500 bike ride, July 13 – 19. This is a pledged 500-mile bicycle ride benefiting Habitat for Humanity, an internationally respected non-profit organization dedicated to building homes and creating home ownership opportunities for low-income families.

It takes approximately \$45,000 to build a Habitat house in the United States. Habitat homes are built and renovated with the combined efforts of volunteers, businesses, churches and the partner families. Money pledged on this ride can be designated to any Habitat for Humanity, nit just the Minnesota office.

Since the Habitat 500 began nine years ago, less than

10% of the funds raised have been used to cover the costs of the ride. How is this possible? Donations and volunteers! Even the ride organizers are all volunteers who are also riders or work as ride support. Your registration fee covers most of the ride costs.

The ride starts and ends in Duluth on Sunday, July 13th. Overnight towns include: Moose Lake, Brainerd, Walker, Grand Rapids, Virginia and Two Harbors. The shortest day is 38 miles and the longest 101 miles. The first day is 59 miles

For information, contact Robin Schuette at (877) 804 3466 or habitat500@hfhmn.org. The web site for this ride is: www.habitat500.org. To volunteer for Habitat for Humanity in the Quad Cities Area, call (563) 359-9066. Margaret Hass, a QCBC member for 10+ years, is the President of our local chapter.

Couple Cycles Into Matrimony
AP Article Submitted by Mike Bennett

Iowa City, IA – Andrea Mugge and Lee Venteicher got married during a weekend bicycle race (April 27th), wearing silver skin suits and bike helmets.

Friends and family said it was the perfect wedding for the couple, who met at a Waterloo bike shop.

The bride rode down the aisle – a pedestrian path leading to the Old Capital on the University of Iowa campus – on a tandem bike with her father. She met the groom under an arch made of bicycle tires and sunflowers.

“I’ve never been conventional”, Mugge said. “I can’t stand wearing dresses, so this was perfect. You can do some things the old fashioned way, but some things you can’t”.

Along with vows to be lovers, companions and friends, the couple promised to be each other’s “water carrier” and healer of road rash.”

This is just so them, said Lisa Paulos, a friend.

Paulos’ husband, Rick Paulous, has been a bicycle race official for 23 years. He was certified to marry Mugge and Venteicher during the 26th Annual Old Capital Criterium & Chris Lillig Memorial Cup on Sunday, April 27th.

The event included eight bicycle races on a course in the Old Capital area. Mugge participated in the Women’s Open race before the ceremony. Venteicher raced in the Pro 1 & 2 race between the ceremony and reception.

Mugge, 26, a medical student at the university, and Venteicher, 26, a graduate student in Philosophy, won’t take a honeymoon trip right away.

“Lee’s got school on Monday,” Mugge said, popping the cork on a bottle of champagne during their reception at a local pizza place. She and her new husband passed on the alcohol and instead raised glasses of Gatorade to toast their union.

“This isn’t one of your traditional weddings,” Mugge said.

Race Across America 2003
Dawn Derlighter, Publicity Director for RAMM

17 solo men and one woman will tackle the 21st Race Across America. Departing San Diego, CA on Sunday, June 15th at 7:00 a.m. PDT the racers will ride a new route, covering 2,922 miles.

Racers will face challenging climbs in the first 100 miles, compounded by the heat of the desert. Racers will climb over 80,000 feet during the race, compared to 100,000 feet last year. Riders and crews will travel through some of the best scenery in the southwest going through Arizona and New Mexico. Crossing the deadly Oklahoma panhandle, riders will hope for tailwinds as the route heads northeasterly.

The course will go through the American heartland for a thousand miles passing through Kansas City, St. Louis and Indianapolis. Farther east racers will pedal past some of the most unforgettable historical ground


in America including Sharpsburg, Hagerstown, and Gettysburg to finish on the Boardwalk in Atlantic City, NJ.

The first solo riders are expected to finish on Tuesday, July 24 on the famous Boardwalk at Kennedy Plaza in front of Boardwalk Hall, Atlantic City, NJ.

Ten relay teams will start at 1:00pm on Monday, June 16. The two-, four- and eight-person teams will take turns riding on the same course. The first team riders will finish on Sunday, June 22

The 2003 race is dedicated to Pete Penseyres, who in 1986 set the all-time RAAM average speed record of 15.4 mph, including time off the bike.

For more information and daily standings, go to www.raceacrossamerica.org.

QUAD CITIES BICYCLE CLUB 20K TIME TRIAL CHAMPIONSHIPS - June 29th		
WELCOME	To the 4th Annual Quad Cities Bicycle Club Time Trial Championship. Race #4 On QC Multisport Series. Part of the "Tour Of WI/IL".	
DATE/TIME	Sunday June 29, 2003. 1st Rider off at 900am.	
CONTACTS	Dave Thompson: 309-764-5030 or Dave_Thompson@QCRacingevents.com Go to: www.QCRacingevents.com for race results.	
LOCATION	Barstow, Illinois, just outside the Quad Cities. Registration and awards at Barstow Fire Dept.	
REGISTER	Race-Day Registration will be held from 745am-900am at the Barstow Fire Dept. Late fee in effect after 6/23, except for QCBC members.	
SANCTION	This is an American Bicycle Racing sanctioned event. You must have an Annual License or purchase a 1/Day Permit.	
COURSE	20k, Out and back course. Dead flat following the Rock River Valley. No turns. Turnaround in road. Can be windy. Course Records: Aaron Inch/St. Louis 27:04 Amy Castro/Bettendorf 31:11	
DIRECTIONS PARKING	Exit off of Rt 5 [Turns into I-88] Barstow Rd. Exit at the edge of Silvis. Go 2 miles east on Barstow Rd to Fire Dept, on left. Do not park at Fire Dept! There is parking on city streets and at the Grade School 1 block away.	
RACE RULES	Riders go out in 1-minute intervals starting at 9:01am sharp. First signed up, first out. We will follow all ABR rules. Race goes on, rain or shine. We will provide a holder.	
AWARDS	Trophies to top 3 Overall and Top Master [40+] Male/Junior[3] Open/Cat 1-3[5] Cat 4[5] 30-39 [5] 40-44 [4] 45-49 [4] 50-59 [5] 60-64 [5] 65+[3] Tandem[3] Female/Junior [3] Open [3] Cat 4 [3] 40-49 [3] 50+ [3] Trophies To Fastest Male and Female QCBC Member.	
FIRST NAME	Fees/Pre-Registered ABR Member	\$10
LAST NAME	Pre-Registered W/1 Day License	\$14
ADDRESS	Race Day/ABR Member	\$13
CITY	Race Day W/1 Day License	\$17
ST/ZIP	Check here if QCBC member	<input type="checkbox"/>
GENDER	Fill in total paid	
AGE/ABR ANNUAL LICENSE #	Make checks out to QCBC/Mail To: 2330 15th Ave Moline, IL 61265	
RACING CATEGORY	Fill in below for 1-Day license	

Name, please print _____ Signature _____
 Address _____ Transferred Category _____ Sex: Male Female
 City _____ State _____ Zip _____

BEACH CRUISIN'

Bike Florida 2003 (March 15 – 21)

John Keane

If you were looking for a difficult, demanding bicycle tour with long mileage and big hills then Bike Florida was not for you. If however you enjoy good organization, easy mileage, no hills, riding with ocean vistas and overnight stops at Florida beach resort towns then you would have loved this tour and we did.

Carter & Kaye LeBeau, Hal Reuter and John Keane represented QCBC. This was the second Bike Florida for Hal and John who rode in 2002 from Gainesville to Tallahassee.

This year's Bike Florida, titled BEACH CRUISIN', started in Fernandina Beach on Amelia Island in the far northeast part of the state and ended seven days later in New Smyrna Beach. Carter & Kaye drove to the end point and met John, who drove from his home in Port St. Lucie.

We parked our cars there in a secure lot and

loaded bikes on a truck and ourselves on a bus to be transported to the start point. Hal flew AirTran to Jacksonville and rode a free shuttle bus to the start point at Fernandina Beach High School. We all got together there and completed the well-organized registration. John brought an extra bicycle for Hal, which he describes as his "southern bike".

Most of the participants camp but we stayed in "supported motels" which had been listed in the web site. Bike Florida picks up and delivers your luggage from the starting registration point, to and from the motels and to the end point, for a modest fee. We also paid an additional fee for the bus service from the end point to the start point to begin the ride and some riders elected to use bus service from the end point to the start point at the end of the ride.

Bike Florida transports all luggage for the campers at no additional cost. Most of the campers took advantage of breakfast and dinner meals served in the camp ground for an additional charge. I'm told that the meals were excellent. I was also told that the transportable showers provided in the campground worked well and everyone had hot water.

We stayed two nights in Fernandina Beach and the first day's ride was a series of loops, with many options, that visited the beaches, the historic harbor front and a restored fort. Our group rode about forty miles but you could literally create your own mileage.

The second day we rode to Jacksonville Beach. A

pleasant interlude was provided by a ferry trip across the St. Johns River. The official distance was 44 miles, but we rode an extra 4 miles to get to our motel and then we made most of that back on the next days ride. Our motel was right on the beach with a beautiful view of the Atlantic Ocean.

Bike Florida provides excellent daily maps and cue sheets and the routes are well marked. There are rest stops

approximately every 15 to 20 miles, well stocked with water, fruit and cookies. Most of them were located in state parks, many of them on beaches. Some of the days we rode on route A1A, which is heavily traveled, but most of the time we had a bicycle lane. At other times we were on lightly traveled roads and all surfaces were good.

The third day took us from Jacksonville Beaches to St. Augustine, a distance of 50 miles, and once again it was an easy ride. We joined a number of bikers having lunch at Caps, a beautiful restaurant on the Intracoastal Waterway. We all had fresh fish and Hal and John had a cold beverage with foam on the top. That was typical of several other lunches during the week. Our motel was in the historic Spanish Quarter of St. Augustine. (Cont. on page 13)



Pictured from left to right are: John Keane, Carter LeBeau and Hal Reuter at a rest stop along the ocean between Fernandina and Jacksonville beaches.

BEACH CRUISIN'

(Cont. from page 9)

Old hands Carter and John, who had been there before, relaxed while Hal and Kaye did the tourist thing.

I'm sure that the readers have noticed how much younger Hal is looking after this trip. That's because he took a big swig at the Fountain of Youth. The fourth day provided optional loops out of St. Augustine and we rode 45 miles. The ride was all inland, a different environment but still enjoyable, and we remarked that it was like a Wednesday QCBC ride, into the wind going out and with a tailwind coming back.

The fifth day we rode 53 miles to Flagler Beach. During the ride we became reacquainted with several men that Hal and John had first met on Cycle North Carolina in 2001. One of them lived in Flagler Beach and invited us to stop by

when we got there. So we did and we were surprised when we were entertained in lavish fashion in a beautiful home on the Intracoastal.

There was lots of food and beverage and you might ask Hal about his introduction to "White Lightning". Most of you can identify with the kind of hospitality you receive from bicycle mends.

The sixth day we rode loops out of St. Augustine and we rode 50 miles. We encountered several Florida hills, which are created when the road crosses a high

bridge over the Intracoastal, built to accommodate marine traffic passing under.

One thing that you do miss out on when you stay in motels, is the camaraderie of the campground and Bike Florida also provided musical entertainment each evening. The thing that broke Hal's heart however was when he learned that Miller Brewing Company had provided free beer in the campground the last two evenings.

Day 7 we rode 58 miles to the end of ride in New Smyrna Beach. In honor of Kaye's birthday we had rain, heavy at times, but the temperature was warm and we didn't suffer too much. Carter & Kaye started early that day and they had found shelter under the roof in front of a bar and were dry when Hal and John, soaking wet, caught up with them. The rain stopped, the sun came out and we headed for the end.

After a big biker's lunch we loaded the cars and headed to John's home in Port St. Lucie. Carter &

Kaye stayed overnight and then headed out to visit other mends on the way home. Hal stayed several days and then flew home from West Palm Beach.

If you are thinking that you would like to get away from winter for a relaxing bike tour, think about Bike Florida next year.

Information can be obtained on the Internet at www.bikefloridatLorg. But act early because this year's

ride was limited to 1,000 riders and they had to return applications from 600 people.



Carter and Kaye LeBeau enjoy an extra rest stop in Flagler Beach.

(Photos courtesy of John Keane, who lives in Florida with his wife Mary.)

Tampico Fest Bike Ride

Date: Saturday, June 28th
Location: Booth Park (near the water tower), Tampico, IL (Birthplace of President Ronald Reagan)
Time: 8am – registration begins
Fee: \$15 (8 or 40 mile ride)
 \$12 (6 mile ride – adult) or \$8 child (under 14 - must be with adult)
Sponsored By: Tampico Fest Committee

This bike ride winds its way through a gently rolling, scenic farming area. The rides will have ride monitors, route maps, sag vehicle, cue sheets and marked roads. The 18 and 40 mile rides will have rest stations with refreshing drinks and high energy home baked goodies.

Name _____	Address _____
City _____	State _____ Zip _____
Email _____	Phone _____
Signature _____	Date _____
By signing this form, I realize there are some risks of bodily injury while participating in this event. I hold the Village of Tampico and all sponsors "Hold Harmless" for any injuries or damage.	
T-shirt size (if registering before June 16th) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Age (if under 18) _____	Name of Adult Accompanying Minor _____
Route Option <input type="checkbox"/> 6 <input type="checkbox"/> 18 <input type="checkbox"/> 40	Fee Pd <input type="checkbox"/> \$8 <input type="checkbox"/> \$12 <input type="checkbox"/> \$15

Registration (by check or money order) received by June 16th will include a "Tampico Fest Bike Ride" T-shirt. Registrations will still be accepted after June 16th at the regular fee, but with no T-shirt. The 18 and 40 mile rides start from 8am to 9am. The 6 mile ride starts from 9:00am to 9:30am. All rides will be going "rain or shine".

Send ride applications to: Tampico Days Bike Ride, C/O Don Lester, PO Box 623, Tampico, IL, 61283-0623.

Information: contact Don Lester at: 815-438-7447, or dlester@cin.net

League Cycling Instructor (LCI). Certification Robbie Webber, Bicycle Federation of Wisconsin

The Bicycle Federation of Wisconsin is offering a certification program for Cycling Instructors. This is a certified program offered through the League of American Bicyclists. Previous QCBC members who have participated in a similar certification problem back in the 1980's are: Charlie Sattler, Fred Blessin and Don Davis.

The training will be held in Milwaukee the weekend of August 2 - 3. For additional information about this program and what this type of certification is, please vist: <http://www.bikeleague.org/educenter/seminars.htm> For information about the August seminar in Milwaukee, contact Robbie Webber at: 608-251-4456 or Robbie@bfw.org.

Correction to Membership Directory Anne Fleischman

The listing for Mary Vance-Smith that appears in your directory on page 114 should have been listed under "Smith". Mary-Vance is her first name. Sorry for the confusion Mary.

**Wheels of Fortune, or the Adventures of a
Tireless Rider
Scott Swanson**

Friends, roamers, wheelmen, lend me your ears. This is a tale full of travail, a cautionary story of sharps and flats in which being tireless is not a good thing. Tireless? Images of Lance or Super Mario or Eddy Merckx may spring to mind. None of those, I'm afraid, although the cyclist's age and technology would be most familiar to Eddy.

Prologue: On the Road to McCausland.

The day is April 11th, and I'm out for a solo ride in Scott County. I have just descended the last hill and am rounding a curve a mile and a half out of McCausland. It feels very good to be nearing my turnaround.

As I pass a gravel road that feeds into Z30, I look down to see a small stone passing my front tire. I think, "If you hit that rock, you're going to flat."

No sooner said than done, the rock slides under my rear tire, which, without a whimper or a bang, hisses quickly flat.

I vocalize some choice minor invective and proceed to change the tube. I have everything necessary, having been down this road before (literally and figuratively). As I'm trading tubes, a woman living in the nearest house asks me if I need anything. I first say "thank you, no" but then ask her if she has a compressor, as I have a very small pump (even so, I do manage to keep a good self image). She brings out an air tank but says she doesn't know how much pressure it has. I look at the gauge and find 10 pounds of pressure.

Now, I know that I've already pumped my tires up to a respectable level, far more than 10 psi. Does that stop me from using the tank? No. I connect the hose and quickly contribute pressure to her tank. Sigh. And then I pump up my tire once more. Down the road to McCausland I go to top off the air at the local gas station. I ride home with no further ado, other than a hassle with a headwind on Indiana Avenue.

Act One: Orion's Belt and the Big Bang Theory

On the next club ride, April 12th, I find myself the first one to arrive at Orion High School for the mid-

paced ride. I borrow another rider's pump and top off the pressure in both tires.

After some minutes of social chatter, ride leader George Van Thorre says "It's eight o'clock." Immediately, a sound like a shot echoes through the parking lot. My rear tire has decided to mark the start by blowing out. Barely unvoiced invective. Aaargh.

Again, I have a spare tube, but this one has a Presta valve while the wheel takes a Schrader. I make do with what I've got and find that the tube chooses not to hold air. The next ride I take is in my car back to Bettendorf, thankful that I'm not miles into the route.

An Interlude: Healthy Habits

They don't ask me if I have a problem there; they greet me with "What now?" (I must say with all sincerity that Bruce and the guys there have treated me very very well, and I recommend the shop wholeheartedly.)

Today, though, they ask "Why are you carrying your bike?" I tell them my story while my tube is being replaced. As my wheel is being handed back to me, it is noticed that there is a cut in the side of the tire. My choice to not make my own repairs has been justified! Bruce looks through his tires, pulls one down and hands it to the guy doing the switch, who then notices that the new tire has a slash in it. Bruce finds me another tire, which gets mounted, and I'm on my way.

Act Two: A Leggy Redhead Leaves Me Lonely

The scene is now Colona, the start of the midpaced ride on April 19th. The bicycle in the story so far is a battle-scarred 1975 Schwinn Super LeTour II. The redhead is a 1975 Schwinn Traveler, 66cm.

Tall, skittish, built from a bare frame. She is a debutante today, this being the first club ride I've taken her on. She's good, she's light, and she's fast. She really lives at Healthy Habits; I just take her out once in a while.

We take off down the path by the Hennepin Canal. Lovely day, good weather, good companions. Then we come to chip gravel. I hate gravel. I *despise* gravel. Gravel has made me walk more miles than you want to hear about. I think light thoughts and pray until I'm back on tarmac and breathe a heavy sigh. The rest of the way to Geneseo is clear, albeit for some gravel on the road just to keep me attentive.

(cont. on page 16)

Wheels of Fortune, or the Adventures of a Tireless Rider (cont. from page 12)

The city center brings a break and breakfast. After mounting up, the group splits in two for two routes back. As I pick up speed, I notice that, wonder of wonders, MY REAR TIRE IS FLAT!

Different bike, different tires, different tubes. Same result. But the night before, I had checked out my spares. Granted, they had patches, but I had pumped them up and had taken the “reliable one,” Kathy Storm helps me switch the tube, giving me good advice and moral support.

And the tube won't hold air. Neither will my credibility. The best laid plans of mice and men, as they say. After Kathy, Bob Fitzgerald and I try to find solutions, a local resident with a pickup truck gives me and the redhead a ride to B&B, a lawn and garden center...and very respectable bike shop replete with high-end Treks.

The mechanic there puts in a new tube for the six dollars I had in my pocket, rather than the \$9.98 usual price. (I have since gone back to pay them the difference.) He also says “Did you know that there's

not a real rim liner on this wheel, only electrical tape?” Something else I took for granted.

I receive directions to Highway 6, then time-trial myself back to Colona, to be met by Kathy a couple of minutes later. We share a few words and then get into our cars about three minutes before the sky opens up with a deluge of rain.

And once again, the redhead and I are back at Healthy Habits. The redhead takes her place in the repair stand. Bruce and I talk tires as soon as some other customers clear out. And then he says, “You gotta get some better wheels. Let me work on this.”

Today, April 21st, I go to the shop. The lovely redhead has a new set of legs. Campy wheels. DuraAce hubs. 8-speed cassette. I don't actually know the price yet...and I don't care. The debutante has grown up, but I'll be more protective of her.

Have I learned any lessons? Yeah. Never trust old tubes. Be careful with new tubes. Check all of your equipment. Take the ride straight, not on the rocks. Know that there are great people out there. Thank you to Kathy, Bruce, Bob and everyone else. It's a heck of a ride, isn't it?

Trash Collectors “Hang Onto Their Hats” Kathy & Bill Storm

On a very blustery evening of April 21st, 9 QCBC members participated in the 1st Adopt a Highway pickup of 2003. The temperature was in the mid 40's with overcast skies as we headed out with our regulation orange bags and reflective vests. The 15mph north wind made us hustle to get something in our bags to hold them down.

New volunteers included Illinois residents: Jim Hanson, Dennis Baber and Karen Stinson and Iowa resident Richard Grimm. Jim definitely won the category for “best footwear”. He was prepared with heavy mid calf rubber boots. He later commented that he thought the ditches would be pretty wet after some recent rains. Fortunately for all of us, this was not the case due to the mild drought we have been in since last fall.

Mike Middelmis almost won the category for “most valuable bag” with his initial large haul of cans and bottles. He was “bested” by a major haul by Jim and

Richard towards the end of their ½ mile section of road, just north of the mobile home park

Kathy Storm hauled out the largest item, a mattress for a child's bed. Bill Storm lucked out and had a relatively clean section to pickup. But he made up for this by hauling the 12 bags of trash back to the starting point in his van.

Warren & Shari Power again worked the northern most section, working south to meet up with the rest of the group. They made very efficient usage of their limited bag supply, stuffing in more than the usual haul of bottles and cans. It appears the economy is not that bad if there are so many cans and bottles along our stretch of highway.

After the 90 minute cleanup, we dined on pizza at Godfathers (thanks Warren, for having the club pick up the tab). We hope you'll consider coming out for future 2003 cleanup dates on either Monday, July 14th or Wednesday, September 24th. It's a great way to get some exercise and be able to socialize with members you may not normally ride with.

Boub Legislation Advances in Springfield **Ed Barsotti, Executive Director of the League of Illinois Bicyclists**

Together with the Chicagoland Bicycle Federation, LIB is working to pass a state bill that affects bicycling conditions throughout Illinois. House Bill 1248 and Senate Bill 275 would correct the negative impacts of the 1998 Illinois Supreme Court Boub vs. Wayne decision, which has been a disaster for on-road cycling in the state. Until the bill gets passed:

- ⚡ Towns that want to improve on-road bike safety through signage or bike lanes incur liability, towns that do nothing get immunity;
- ⚡ Bicyclists do not have any on-road liability protection from road defects, as other Illinois road users and other states' bicyclists do, and Illinois cyclists did before 1998;
- ⚡ MANY local bike planning efforts are being stalled;
- ⚡ We're the only state with this bizarre and powerful disincentive for improving bike safety.

On February 20th, our House bill won a 13-4-1 victory in the House Judiciary Committee. Many thanks go to the cyclists and bike shops in key districts where phone calls and faxes swung a number of the votes.

On March 4th, our Senate bill did NOT pass through the Senate Judiciary Committee, being held by a 4 "Yes", 1 "No", 4 Present vote. Several Senators wanted to see compromise language worked out with local government groups.

Afterwards, the bill was amended by the sponsor, Sen. Cullerton, with language suggested at a negotiation meeting. The new wording still provides some liability protection (although lower than the original text) on all roads, and it removes the liability disincentive. The amended bill passed the Senate Committee unanimously on March 11th, SB275 then passed 47-10 in the full Senate.

As of April 18th, both bills are in the House, where we'll need the help of cyclists in all the state's districts. Find your legislators' phone numbers and keep up to date on the bills' progress at bikelib.org and biketraffic.org.

Women's Century Ride - 2003 **Kathy Storm**

Dear women of the Quad Cities Bicycle Club – would you like to ride a century (100 miles) the weekend before RAGBRAI (Saturday, July 12th)? If so, please contact me at: (563) 355-2564 or kbstorm@aol.com for the starting location and ride details.

Two years ago, 5 women from the club participated in this unsupported century ride and we had a great time. I would like to open up this ride to more women this year.

To prepare for this ride, you will need to have ridden at least one 60 – 75 mile ride so far this season and have a base of 500+ miles in the two months leading

up to the ride. Since this ride will be unsupported, you will be on your own to find a way back to your car if you cannot continue.

This ride will not be a race. No metals are going to awarded. It will just be a day of good camaraderie and a sense of accomplishment.

A cue sheet (with indications of places to obtain beverages and food along the route), map and emergency numbers will be provided at the start of the ride. You will need to eat breakfast before the ride, carry snacks with you, and have the necessary tools to perform a tire change and minor repairs. The group will plan on taking rest stops every 15-20 miles and have a sit down lunch stop after riding 50-60 miles.

On Sale!! – QCBC Jerseys & Wind Vests **Kathy Storm**

After 2 years, we are down to the last 8 club jerseys and wind vests. The remaining stock has now been reduced in price by 25%. The sale price on the jerseys is now \$40.13 and the wind vests are \$34.50.

The following sizes are the only ones remaining in stock: Men's' Club Cut short sleeve jersey, (medium.) Women's' Race Cut short sleeve jersey, (medium and large) and Men's' Race Cut wind vest (large).

If you are interested in securing one of these remaining pieces, please contact Kathy Storm at: 563-355-2564 or kbstorm@aol.com.

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



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming Summer Time Trials - QC Area Dave Thompson

For the racing enthusiast or for anyone wanting to test their fitness level, we are offering time trials on back to back weekends in June. First will be the Senior Olympics Time Trials on Saturday June 21 at the usual place in Barstow, Illinois. This is open to all 50 and older, men and women. We offer point to point 10k and 5k races. The 3 fastest in each age-group [5 year spans] are awarded medallions. The 10k starts at 10:00am followed by the 5k. For information call 309-786-7375.

The 4th Annual QCBC 20k time trial championships will be held on Sunday June 29, also at Barstow. Registration will be held at the Barstow fire station starting at 7:45 am, with the first rider off at 9:00am.

Riders will go off in 1-minute increments starting with the earliest registered. The course is out and back, dead flat with excellent surface road.

This year's race is part of the Tour of Wisconsin-Illinois, with points awarded to riders of the year for both states. It is also race #4 on the QC Multisport Grand Prix, a mixture of running races, time trials, duathlons and triathlons. We will also give out a variety of awards in numerous categories for both men and women including large plaques for the fastest QCBC members.

This time trial is sanctioned by ABR. Pre-registered cost is \$10 plus \$4 for a one-day ABR license. For information call Dave Thompson at 309-764-5030 or dthompson@revealed.net. Registration forms may be downloaded at: www.qcracingevents.com