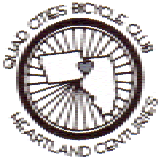




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The Newsletter of the Quad Cities Bicycle Club – August 2003

Quad Cities Bicycle Club Heartland Century



Saturday – September 13, 2003

25 – 50 – 62 – 100 Mile Rides



A RIDE FOR EVERYONE!

The Heartland Century, an annual event that is sponsored by the Quad Cities Bicycle Club, will be bigger and better in 2003. The Ride Committee has learned much, in the past few years, and plans are in place for a few improvements and changes. The primary improvements will be better route markings and better maintenance and emergency support.

The primary changes will pertain to the 100 mile (Century). The riders that complete this distance, will get a little recognition. Medals to all finishers and names in Pedalwheeling. The Century riders will also get some additional nourishment during the event. Deli-style sandwiches will be included, with the other goodies, at their rest stop at the half-way point.

As in the past several years, the Heartland Century will begin and end on the Great River Trail. Along with riding on the trail, the route will take the riders through several rural towns and tour some of the northwest Illinois countryside. Although the course is mostly flat, the route meanders through varied landscapes and is quite scenic. All roads have an excellent surface and low traffic.

The Heartland Century also offers riding for all levels. The 25 mile route is entirely on the Great River Trail and is perfect for beginners and family riding. The 50 and 62 mile routes are great for a long distance tour.

The 100 mile route is well suited for the long distance and experienced cyclist. We encourage all cycling enthusiasts and their families to participate.

The Heartland Century continues to be a great deal for QCBC members. For only \$17 a pre-registered member will receive a t-shirt, water bottle, continental breakfast, plenty of food at the rest stops, que sheets, and on course support.

A Heartland tradition, grilled butterfly pork chop sandwiches, will again be offered after the ride. The sandwich, baked beans, chips, and pop will be offered for only \$5.00. Be sure to sign up ahead of time. It will be only available for those who are pre-registered.

The customized Heartland t-shirts are back again. We are working on a complete re-design this year. All preregistered riders will receive one. Customized wide-mouthed water bottles will also be available and a FREE one will be given to all that register before September 1.

Be sure to register before September 1st to realize the savings and to receive a free water bottle.

Registration form is located on page 6 in this issue of the newsletter.

See you at the Heartland!
Bill Wiebel

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: 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 Heartland Century registration fees.

Affiliated With:



www.adventurecycling.org



www.bikeleague.org



www.bikeLIB.org

From the Headset Warren Power

On Saturday, June 14th I attended the ribbon cutting for a 3.14-mile section of the Great River Trail that leads into Savanna, IL. This portion of the trail was originally visualized by a group of Savanna residents back 1986, but because the route goes through an environmentally sensitive area and it has to cross a major railroad yard on the south side of Savanna it ended up being a very complex and difficult project to tackle.

It took 16 years and \$2.2 million, but the section is finally complete and officially open to the public. It's an asphalt path that includes two bridges. I've ridden it twice and both times I've seen turtles along the path and numerous birds and duck in the wetlands through around the trail. It's a beautiful section and I'd highly recommend experiencing it.

The entire Great River Trail is quite an accomplishment. It's a 65 mile recreational trail that starts at Sunset Marina in Rock Island and ends in Savanna. The prime mover for this trail was Vern Gielow, a long term Quad Cities resident that spent the last 15 years of his life working with community leaders to get this trail built.

In 1987 the first section of the trail was dedicated. It

was about a half-mile section through Empire Park on the south side of Hampton. Following this, piece-by-piece the trail fell into place. Today, 64 of the 65 miles are in place. The only section not completed is a 1.1-mile section just south of the new section in Savanna. This section will go through publicly owned land and the design is complete. All they need is the money to build it. They're hopeful that the money can be found and the last section completed by the end of this year. In the meantime, if you decide to ride the trail near Savanna, you'll have to ride on Highway 84 for this one mile stretch.

The Great River Trail has really been an asset for the Quad Cities Bicycle Club and bicyclists in general. The trail itself is great to ride on, but prior to having the trail, if you wanted to ride the lightly traveled roads in Illinois north of the Quad Cities, you had to ride on some very busy highways or go on a very long and circuitous route to get to them.

Because of these difficulties, fifteen year ago we had very few rides that went north in Illinois. Today, thanks to the Great River Trail, access to the roads north of the Quad Cities is easy and convenient and we have numerous scheduled rides that go north out of the Illinois Quad Cities using the Great River Trail. Now, if we could just get that last mile done!!!

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

For Sale - Red Cannondale tandem, excellent shape, extras; asking \$1,200. Call Mike Johnson 563-391-8171 after 5 p.m. or email: mikedana2@mchsi.com

For Sale -1 yr old BikeE recumbent tandem, great deal, extras, asking \$1,500. Call Mike Johnson 563-391-8171 after 5 p.m. or email: mikedana2@mchsi.com

For Sale - 1998 Rans Stratus LWB Recumbent. 'Sharkskin' color. Partial fairing. Campy triple crank. Look pedals. Deore LX brakes. SRAM 7.0 shifters & rear derailer with 8 spd cog. Sun CR18 rims. Continental 120 psi road tires, 28-406 front, 25-559

rear. Spare new tires & tubes. Cateye CC-HB100 computer and heart rate monitor. Dual carbon fiber bottle cages. 1030 miles. Nice. Really comfortable to ride. \$1,700 new, asking \$950. Contact Don Johnston 309-526-3086, Orion, IL

Wanted: 1-3 female roommates at The Shallows in Door County, Sept 4-7, 2003 (or part of this time). The Door County Century is Sunday, September 7 -- it's a great ride in a beautiful area. The cost of the bike ride is \$34 after July 15 -- there are 34, 64, 75 and 100-mile loops. The cost includes a spaghetti dinner or box lunch besides the usual rest stops, etc. See <http://DoorCountyCentury.tripod.com> about the ride, and contact Kathy Loomis (563) 386-3429 or (563) 349-6274 about the room (2 queen size beds, great resort on the Green Bay side, near Egg Harbor).

Welcome New QCBC Members!
Charlie Sattler, Membership Coordinator

Anne Flesichman has passed the duties of processing membership applications on to Charlie Sattler as of July 12th. Please contact Charlie at (563) 391-3422 or csattler14@msn.com if you have questions regarding your membership status.

Richard DeSchepper
Michal Dudzik
Sue White

Moline, IL
Davenport, IA
Bettendorf, IA

Course Records Fall At Barstow Time Trial
QCBC Seniors Dominate Senior Olympic Time Trials
Dave Thompson

Both men's and women's course records were shattered at the 4th Annual QCBC 20k time trial championships at Barstow on June 29th. Iowa City's Paul Deninger took 40 seconds off the men's mark, recording a 26:21 time at 28 mph on a perfect morning for racing.

His teammate, masters racer Greg Duethman, also of Iowa City finished 2nd with a 27:09 time. Kewanee's John Grice defended his QCBC club title with a 27:38 PR.

On the women's side, 49 year old Jane Rinard made the long trek from Menona, Wisconsin worthwhile by breaking Amy Castro's 1 year-old record by 46 seconds. Her time was an excellent 30:25, averaging 24.5 mph. Amy finished second with a 30:57 clocking. 3rd place.

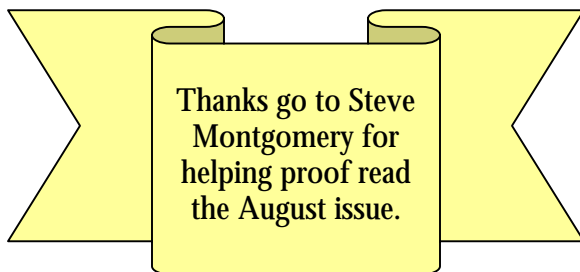
The Women's Overall went to Sheila McGuirk of Madison, Wisconsin with a 34:14 time. Melinda

Thompson of Moline won her 3rd QCBC 20k title in 4 years with a personal best of 34:39.

Overall, 90 racers took a crack at the fast, flat Barstow Road course with 15 riders breaking the 30 minute barrier. There were many comments about the nice course and friendly, competent volunteers. A big thank-you goes out to Mike VanDaele, Darlene Moritz, Mike Detsch, Melinda Thompson and Dale Manly for their help. Special plaques were given to the Barstow Fire Department and Mike VanDaele for their exceptional volunteerism.

The Senior Olympics Time Trials were held a week earlier at the same venue. QCBC members dominated both races, finishing in the top 4 spots overall. Terry Inch, from Lynn Center cruised to victory in the 5k and 10k races, recording 7:25 and 14:28 times on a warm humid day. Geneseo's Jerry Sears finished a close second with 7:27 and 14:40 times. Kentley Loewenstein of Bettendorf, finished 3rd overall with 8:07 and 15:24 clockings. Terry Burke of Moline, was 4th overall with 8:12 and 15:28 times.

Full results can be found at www.QCracingevents.com.



Membership Count: 6/11/03		
	# of Members	# of Memberships
Individual	418	418
Couple	260	130
Family	380	104
Complimentary	10	10
Life	6	3
Total	1,074	665

Where Are Tomorrow's Cyclists?

Michael Zugmaier

Next time you're on a ride look around you, notice the riders up and down your route. What do you see? Notice the age of the riders. Does this population of riders reflect our community? Not unless we are graying at an alarming rate! Where are the youth in our sport?

During "Ride The River" we saw thousands of young men and women out riding their bikes. How many of them have or will embrace cycling as a 'sport for life'?

Remember how besides walking 6 miles to school, barefoot in a blizzard... many of you rode your bikes most every day. You rode to the park, to practice, to friends. Mom and Dad often didn't have a second car to cart you around, so you used your own wheels.

That surely wasn't when you developed your love for the bike. Today many young people aren't even riding bikes once a week. How will they ever find out what a great sport that they have available to them?

So here is the drill; Let's get them involved, let's all be on the look out for, not every child or young adult who can ride a bike, but let's look for the ones riding, or wanting to ride, who might just embrace this sport. Let's encourage and help them along. Invite them to ride with you, keep it short and simple, but make it fun. Here is what the dedicated cyclists of TEAM DICE are willing to do if the youth might really be interested in cycling sports.

Youth And Developmental Riders Wanted: the Quad Cities Bicycle Club's – TEAM DICE (Bicycle Racing Team) is looking for youth and developmental

riders who want to improve their riding performance and may be interested in bicycle racing in their future.

TEAM DICE is organizing a youth developmental program that hopes to recruit 5-15 youth riders, boys and girls ages 10 to 18, as well as older developmental riders in the U-23 (19-23) age group. Our goal is to provide information and resources for younger cyclists who wish to gain performance skills and knowledge. We will provide them with the support and understanding to enjoy cycling as a competitive sport as well as a life-long fitness activity. In this developmental program, safety and fun are paramount and race participation and performance isn't even an issue.

The Youth Development Team will participate in weekly training events and monthly team meetings structured for developmental cyclists. New to TEAM DICE this year, and available to the Youth Development Team will be licensed USA Cycling coaching services. We will also explore opportunities to experience various forms of cycling such as 'track riding' and 'cycle-cross' with developmental team members. Team members will be able to participate in regional "age appropriate" competition with other youth development teams from Iowa, Illinois, Kansas, Missouri and Wisconsin.

If you have a youth, teen, or young adult that is interested in developing their cycling skills or in bicycle racing please contact Michael Zugmaier at 563-359-9538 or e-mail at mzugmaier@littonls.com we'll send you a package on TEAM DICE Youth Development Team. Ride schedules for youth members various call for time and location.

Addendum To July "What's Past Is Prologue" Joe Jamison

Thanks to Jim Hanson for his response to our request for information about any QCBC member who may have ridden a "Quad" (400 miles in 24 hrs or less) other than those mentioned in our July article. Jim wrote:

"At the 1996 UMCA World 24 Hr Championships (a non-drafting competition on a course that exceeds Litchfield in difficulty), QCBC member Jerry Sears of

Geneseo, IL. At age 56 rode 408 miles. Then in 2000, at age 60, he rode 406 miles at the same event. I personally witnessed both of these outstanding accomplishments and believe they warrant recognition."

Thanks again to Jim Hanson and apologies to Jerry for this oversight. Jerry has proven his mettle not only in endurance events, but time trials as well. He is an accomplished cyclist and long-standing QCBC member.

**The End of Brevets for This Area
David Holmes**

Back in 1991, I participated in the 100th anniversary of Paris Brest Paris. This is a bike ride that is held every 4 years in Paris, France, with a course totaling 750 miles, and a maximum of 90 hours to complete.

Having completed PBP in 1991, I decided that this area needed some representation to qualify riders for PBP. So, in 1992 with the permission of the International Randonours, I began staging qualifiers. I picked routes that I believed were as challenging as PBP had been.

These routes included trips up to Bellevue, Iowa and back, ultimately venturing into northeast Illinois and southern Wisconsin. I thought the hills in these areas were very much like the ones found in France, and I wanted to give riders a taste of what they could expect should they decide to participate in PBP.

In 1995, PBP was held again and that was the year that held our largest contingency of QCBC riders. There were 10 riders in all: Joe Jamison, John Thier, Rick Meredith, Ron Schmidt, Tom McCarthy, Lynn Cox, Kentley Lowenstein, Doug Truesdell, Eileen Wosaba and Lisa Paulos.

In 1999, most of the 1995 PBP participants did not return to Paris. As most of us well know a lot can happen in 4 years, and many of our riders had moved on to other pursuits. However, Joe Jamison was one rider that did return. Unfortunately, he experienced physical problems during the ride and could not complete the 750 miles. Wayne Hanno also road that year and completed his first PBP.

So here it is, the summer of 2003, and on June 14th we held what will be our last 600-kilometer ride. The ride went up to Richland Center and back, a total of 370 miles, and was completed in 40 hours or less. There were 8 riders all together, and 2 of those riders were QCBC members (Wayne Hanno and Doug Truesdell). Doug is also the only rider who has completed the full Brevet series here, thus making him the only known rider going to France this August from this area. This will be Doug's 2nd trip to Paris and we wish him the best.

With 44 rides and over 10,000 miles of staging events-the time has come to say goodbye. So I would like to take this opportunity to thank all of you for the wonderful memories.

**Entry for the 2003 UMCA
24Hr Time Trial Championships
with the 6 & 12 Hour Cycling Classics
Saturday, September 20th**

umca24hrttchamp@aol.com

563-285-6195

Date Entry received: _____, 2003

(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!!!)

CYCLING

ACCOMPLISHMENTS: _____

OR TEAMS MAKE COPY OF THIS FORM FOR ALL RIDERS

EVENT ENTERED: 24 hour _____ 12hour _____ 6hour _____

PLEASE CHECK ONE:

you are QCBC member \$10.00 off entry.

24 hour = \$90.00 12 hour = \$50.00

6 hour=\$30.00 24 hour team = \$50.00 per rider

Note: \$5.00 surcharge has been added for event insurance.

Late fee after September 1st \$5.00 for all events.

One T-Shirt with entry-size: M L XL (NO XXL)

(\$15.00 per shirt) Extra T-shirts needed: _____

Total extra shirts \$15.00 X _____ = _____

Friday Sept. 19th Pasta Dinner Roadway Inn

\$7.50/per _____

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 2003.

_____, 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: _____, 2003

(Application from August issue of Pedalwheeling)

Wednesday QCBC Illinois Ride July 2, 2003

Kaye LeBeau

The Wednesday rides have become the most popular scheduled rides, averaging over 20 riders – cold or hot weather. This was no exception.

The destination decision was to Geneseo. Carter was happy. It would be on the highway, all the way. As he says, “The statistically safest place to ride a bicycle.”

The regular riders took off at 8:05am, and I decided to ride with the two geriatric guys – Barney Young and Carter. (They are also much faster than me, but I manage to keep up.)

It was a hot (92 degrees), but enjoyable ride all the way. The corn was definitely a lot taller than the farmer’s goal of “Knee high by the 4th of July”. We did take a few breaks for water as we left Green Rock, and onto Rt. 6. Am sure the regulars took the back way, but Carter had to have his Rt. 6 fix, as usual.

We arrived for breakfast at the Sunrise Restaurant – an excellent café – in about the nicest town in the area. The regulars had ordered. Dave Alftine, Dave Lefever, Gabe Verstrate, Rodger Horst, Darlene Moritz, Kathy Storm, and all the rest had ordered, but saved 3 seats.

Carter immediately led a rousing “Happy Birthday” song for Barney, who was 84 today.

This is what makes a club ride enjoyable. Breakfast was enjoyed by all – especially Herb Page, who could not stop commenting how good the skillet was.

The return ride was even warmer, so a water break at the pheasant ranch, and another at the Hennepin Canal was needed.

Several of us stopped at Jim Dayton’s house. In fact, Cy Galley and Barb Donald flagged several of us down so we would not miss the stop.

The Dayton’s have an excellent collection of classic cars, a beautiful home, and Mrs. Dayton provided us with ice cold water and oranges. The Wednesday ride is not just a mileage affair.

Dave Lefever and several of the old timers were happy to see Larry Hannah on today’s ride. It has been several years, and he has retired and returned to the Quad Cities. Larry’s son, Pete, took third this year at the Criterium.

The balance of the ride was uneventful, but a few did stop at the LeBeau’s for Miller Time, and for more celebrating of Barney’s birthday.

Am sure there aren’t too many bike clubs that can claim a member 84 years old, who can ride 40 miles in 92 degree heat, and then party all afternoon.

If you are retired, or have a Wednesday off, join us for an interesting club ride.

TOMRV 2003 Volunteers

Susie Laforce and Jane Garrett

Packet Pickup (Friday Night)

Jan Trefz-Allen, Dave Alftine, Mike & Michelle Carl, Cherry & Bill Fritch, Bob Milligan, Darlene Moritz, Dennis Rose, Paul Scheilelhut, Merle Schleusener, Phil Schubbe, Mary & Bill Scott.

Packet Pickup (Saturday Morning)

Ginny Alftine, Bonnie & Randy Beyhl, Joe Getz, Susan McPeters, Bob Milligan, Randy & Michelle Newburg, Paul Scheilelhut, Merle Schleusener, Dotts Willits.

Packet Pickup: (Saturday Morning - Preston)

Pat & Tom Bolton, Warren Power, Tammy & Al Romeo

Rest Stops: (both days)

Sue & Karen Dau, Marian De Pover, Diana

Depover, Chuck Deprosse, Kathy Harris, Jane & Marvin Jones, Ellen Kasten, Bill & Pegi Langan, Audrey Mabis, Alice Muma, Deb Phillips, Sharon Seymour, Carol Weiler, Joan Wren

Rest Stops:

Dean & Joey Arney, Shel Dhuyvetter, Marge Dixon, Lajuan Gault, Karen Grimm, Richard & Martha Jirus, Susie & Mel Laforce, Darlene & Jerry Neff, Vivian Norton, Dave O’Melia, Ed Sharkness, Arlene Sterbis, Joann Sullivan, Karen Truesdell, Melody Wassell, Dottie Willits.

Sweep: (both days)

Dave Cinotto, Paul Sullivan

Baggage Truck: (both days)

Bryant Langan, Nick Urbain, Brian Willis

Arrows: (both days)

Justin Langan, Leslie Pagett

**Another Ride the River
Another QCBC Volunteer Activity
By Vivian Norton**

Another successful *Ride the River* event took place on Father's Day, June 15. Many participants utilized Bruce Grell's **Healthy Habits** repair tent set up at the Union Station headquarters. There was an early delay when the barges showed up late to transport the bikes across the river. That was soon corrected and the (mostly) patient riders hopped on board the *Celebration Belle* to cross the river and continue their ride. On the Illinois side of the river, the bike repair crew from **Dick's Sporting Goods** helped out some riders.

Continuing on, those with young children stopped at the "*Kid's Ride, Too*, where they could paint plastic fish (this was a recycling project using discarded plastic soft drink bottles). They also made cards for their dads, and did craft projects with organizers, (QCBC members) Mary Beth Eggers and Bette Kadlec. The Davenport Museum of Art also provided children's activities.

Steve Depron's **Bike and Hike**, Rock Island, did their usual great job helping with bike repairs at Empire Park, while Jeff and Patti Bradley from **On Two Wheels**, Davenport, kept riders going with repairs at Sylvan Island.

As a rough guess, QCBC members and others have

fitted and sold about 4,000 helmets since QCBC started subsidizing helmet sales at *Ride the River*. This year we sold nearly 300 helmets. Ask any of *Ride the River* volunteers and they will tell you that sales keep them very busy. They will also tell you how appreciative the purchasers were to have a helmet fitted correctly.

This year's volunteers were: Dennis Baber, Linda Barchman, Tom & Pat Bolton, Terry Burke, Patricia DeKyper, Joy Duex, Anne Fleischman, Bonnie Gesling, Andy & Perm Horst, Dick Grimm, John Norton, Becky & Jeff Parker, Sheri Power, Dodie Robers, Bob & Kate Rutledge, Merle Schleusener, Karen Stinson, Kathy Storm, Bill Sturgeon, Joanne Sullivan, Dawn Turkel, Dottie Willits. A non-QCBC member, but welcome volunteer, was Jackie Davis.

This writer often thinks, while riding on local paths, "Where are all those helmets?" but we are making a difference by example and advocacy of helmet usage, and we do see more helmeted riders on Quad City bike paths than in previous years. With the cooperation of the *Quad Cities Bicycle Club* and *River Action* we have led in promoting bike safety and proper helmet use.

River Action and the Ride the River committee thanks those many volunteers listed above and all of the QCBC members who have donated their time and talent to River Action projects.



Dottie Willits has just finished helping 3 young riders with their new helmets at the "Ride The River" Helmet Fitting booth outside the old train station downtown Davenport.

Safety Posts on the Illinois Bike Trail

Dave Alftine

In last December's QCBC newsletter, I described an outrageous accident wherein a "Safety Bump" on the Thomson Causeway caused Bruce Perry to crash and fracture his hip. In that article, I wondered aloud how long it would be before I would describe an accident caused by the Great River Trail "Safety Posts."

It turns out the answer is five months! On Saturday May 31, 2003 a "Safety Post" in Port Byron caused our friend Hal Reuter to crash, fracturing his hip. His view of the post was obscured momentarily by another bicyclist. Our condolences goes out to Hal and Pat.

Since the first time I rode the Great River Trail and saw those steel posts centered in my path, I knew they would injure people. I don't know how many times I've looked up at the last minute and swerved to avoid hitting one. So far I've been lucky, but I know of some other really good riders who have hit them. We've got to get rid of the posts! I know, people will say "How else can we keep the cars from driving on the bike path?" There are about a hundred answers to that question, but some of my favorites are:

1. **Post a sign.** If the drivers won't observe a sign, they'll drive around the posts.
2. **We can't.** The trail parallels Hwy 84 for miles separated only by a gravel shoulder
3. **Don't worry about it** The Iowa trails have no posts and no problem.
4. **I'd a lot rather encounter an oncoming car on the trail than a stealthy post.**

How stupid is it to place an obstacle in the middle of a thoroughfare in the name of safety? Imagine placing steel posts in the center of a two-lane highway so cars won't cross to the oncoming lane. Bound to cause an accident? Dangerous? Stupid? Outrageous? Well it's the same on a bike trail.

If you're not yet convinced, just wait until one of the Sunday afternoon families with Mom, Dad, about three kids and their friends ride down the trail. We've all seen them: The boys are rowdy and showing off, no helmet, weaving, looking backward, riding no-hands, laughing, and wham! Call an ambulance and meet us at the emergency room.

So I want to get organized and get rid of the posts. You can help me in two ways: If you have had an

accident because of a post, or if you know the name of someone who has, please contact me. If you know who is the controlling authority of the bike trail along any section of the bike trail from Sunset to Savanna, please contact me at (563) 332-8299 or dalftine@aol.com.

Thank you to all the "authors" who submitted articles for the August issue of the newsletter. Due to space limitations, I will have to hold some of those articles over for the September issue. Please remember that the deadline is the 10th of the month. Also, if you are a Committee Chairperson, please try to submit a "Post Event" write-up after the event to let everyone know how the activity went this year, what the weather was like, who participated and who helped out. *Kathy*

GITAP - Grand Illinois Trail and Parks Ride June 15 to 21, 2003

Scott L Nyenhuis

The inaugural edition of the GITAP Ride, or Grand Illinois Trail and Parks, was a collaboration between the League of Illinois Bicyclists, the Illinois Department of Natural Resources, and our own Chuck Oestreich, who was the host of the tour. The concept of a Bicycle Tour that uses trails and overnights at state parks is not a new one but appears to be a winning combination, as there are others and they seem to be thriving. Since these state parks are not close to many towns both breakfast and dinner were included in the tour fee.

GITAP was a small ride being restricted to 125 riders plus some additional participants staying in hotels. Starting in Oswego, southwest of Chicago, it followed the Grand Illinois Trail System to the Quad Cities, then north through Rockford, to the Lake County area north of Chicago, and back south to the start.

Day 1 (72 miles) Today we chose the trail route even though the road option would have shaved off a few miles. Leaving our vehicles at Oswego's Fox Chase Elementary School the route traveled paved roads for the first 25 miles with a nice tailwind. Turning on to the I&M Canal Path for the rest of the day to Starved Rock State Park.

The I&M consisted of two distinct parts. The first part was a crushed limestone trail in excellent condition paralleling the restored barge canal. This consisted of restored locks and historical markers

along with an abundance of turtles, herons, and other wildlife. The second part was a silted in area of the old canal. The path here wasn't in as good a shape as the first part but was still passable with a little caution. The dinner at the Starved Rock lodge was an experience. They simply don't make the majestic old log buildings like that anymore.

Day 2 (75 or 81 miles) The second day was on to Geneseo High School via the I&M and Hennepin Canals. The first ten miles of the I&M was in good condition but the organizers warned us that the rest of the trail route on the Hennepin Canal was new and still not packed down well. So we took the road route, which had some heavily traveled portions, but mostly good wide shoulders. The reception we had in Geneseo was simply wonderful. The school facilities were great, the town gave us a warm welcome, and the food was all homemade and delicious.

Day 3 (41 or 72 miles) The long route consisted of doing the Illinois Great River trail north out of East Moline then on to Morrison Rockwood State Park. Being from the Quad Cities we had done this trail many times so we decided to take the short route today and stick to roads.

By taking the road route we did get to visit the Fenton Store. This store is right out of the 1930's and run by Lena, who was also the Postmaster of Fenton for 25 years. Arriving in the park we were greeted by the town folk with a hospitality tent that included watermelon, snacks, good conversation and beer, so the long wait for the luggage truck was more than tolerable. The evening meal also included a concert by the Bluegrass band 'The Park Family', on a layover on their way to concerts in Texas.

Day 4 (42 or 58 miles) The long route again did the Great River Trail so we opted for the short route again. This was the hilliest day but with good quality deserted roads. Almost everyone arrived at White Pines early enough to be setup and in their tents before the only storm of the week rolled through. We had dinner in the lodge and the rain stopped in time to have s'mores by the campfire and be entertained by the local musical dinner theater. White Pine's is known for the streams going over the roadways and the limestone bluffs.

Day 5 (56 miles) Having a continuous headwind most of the day made this a harder day then the length would indicate. A lot of city streets in

Rockford also made it a little scary. The only bike trail of the day was the city trails in Rockford. The landscaping on these trails was as good as I have seen anywhere. A Raptor presentation that night at the Rock Cut State Park stopover by the Atwood Environmental Center displaying owls and hawks was an interesting change of pace. The night at the park was a vivid illustration of weather for the week. Warm days and chilly nights. It got below 40 degrees that night and it was difficult to keep warm.

Day 6 (59 miles) The trip to Chain-O-Lakes was all roads except for a 15-mile section on the Long Prairie Trail, which was well worn and in excellent condition. One interesting stop today was a visit to a site where a circus housed its animals, allowing us to see Elephants and Tigers. One small town we encountered today was Capron. Community Organizations supplied us with snacks and was the home of the Side-by-Side Bicycle Shop, which did bike repairs for us in the evenings for several days. Our last evening consisted of another great meal, which included slabs of ribs, stuffed chicken breast, and all the fixings.

Day 7 (71 Miles) As is usually the case on the last day your thoughts are on getting done with the tour and this was especially so for us as we had a plane to catch at O'Hare. The trails that day were the Prairie Trail and the Fox River Trail, both asphalt and quick riding allowing us to finish before 1:00pm.

As of this writing GITAP is scheduled for a second season in 2004. The ride was well organized, the food excellent, the parks beautiful, clean, and with good facilities. Small towns along the way allowed for lunches at quaint restaurants and small town bars. The only downside to the trails was that some of them were newer, so could be gravely making tour bike riding difficult. The organizers were quick to point these areas out and road options were available. Some of the road markings could have been better but were caused by restrictions placed on the organizers by the cities so keeping an eye on the queue sheets was a must. I would recommend this ride to anyone next year.

Pictures are available at www.nyenhuis.com/gitap

Midwest Invitationals – Late Summer/Fall 2003

Saturday and Sunday, August 9 & 10

“Around Illinois Back Roads”

Joliet Bicycle Club

Starts in: Joliet, IL. 50 miles each day. (815) 467-5748 or jolietbicycleclub.org

Sunday, August 17

“Melon Metric”

Naperville Bicycle Club

Starts in: Plano, IL. 15, 32, 65 and 100 mile routes. (630) 969-2697 or napervillebike.org

Sunday, August 24

“Bike Psychos Century”

Oak Lawn Bicycle Club

Starts in: Coal City, IL. 35, 50, 70, 108 and 126 mile routes. (708) 802-1804 or BikePsychos.org

Sunday, August 24

“Cream City Cycle Club Century Classic”

Cream City Cycle Club

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

Sunday, August 24

“Old Mill Century”

Rock River Valley Bike Club

Starts in: Oregon, IL. 10, 25, 50, 75 and 100 mile routes. (815) 732-7496 or www.oldmillcentury.com

Sunday, August 31

“Wright Stuff Century”

Bombay Bicycle Club

Starts in: Mt. Horeb, WI. 30, 60 and 100 mile routes. (608) 825-8329 or bombaybicycle.org

Saturday, September 6

“One Day Ride Across Michigan”

League of Michigan Bicyclists

Starts in: Muskegon, MI. 158 miles. 158 miles. (231) 893-2453 or LMB.org

Sunday, September 7

“Harmon Hundred”

Wheeling Wheelmen Bicycle Club

Starts in: Wilmot, WI. 25, 50, 75 and 100 mile routes. (847) 520-5010 #3 or wheelmen.com

Saturday, September 13

“Heartland Century”

Quad Cities Bicycle Club

Starts in: Hampton, IL. 25, 50, 62 and 100 mile routes. (309) 755-1859 or qcbbc.org

Saturday, September 13

“Amish Harvest Century”

Bicyclists of Iowa City

Starts in: Hills Park, IA. 28, 45, 72 and 100 mile routes. (319) 351-2534 or jccniowa.org/~bic

Sunday, September 14

“TOSOC” (Tour of Scenic Ogle County)

Blackhawk Bicycle and Ski Club

Starts in: Stillman Valley, IL. 25, 50, 75 and 100 mile routes. (815) 874-6824 or members.aeroinc.net/users/bbs

Saturday, September 20

“No Baloney Ride”

Illinois Valley Wheelm'n Bicycle Club

Starts near Peoria, IL at Jubilee College State Historic Site. 25, 50, 75 or 100 mile routes. (309) 243-9394 geocities.com/colosseum/field/6055

Sunday, September 21

“Pedal the Kettle”

Spring City Spinners Bicycle Club

Starts in: Waukesa, WI. 30 –100 mile routes. (414) 297-9135 or springcityspinners.org

Sunday, September 21

“North Shore Century”

Evanston Bicycle Club

Starts in: Evanston, IL. 25, 50, 62 and 100 mile routes. (847) 866-7743 or evanstonbikeclub.org

Sunday, September 28

“Apple Cider Century”

Three Oaks Bicycle Club

Starts in: Three Oaks, MI. 25, 50, 75 and 100 mile routes. (888) 887-2068 or applecidercentury.com

Sunday, October 5

“Pumpkin Pie Ride”

Starved Rock Cycling Association

Starts in: Ottawa, IL. 25, 50, 75 and 100 mile routes. (815) 433-5035 or geocities.com/Colosseum/2947

2003 FALL FOLIAGE RIDE

DEB AND DEAN MATHIAS

Perhaps you have heard about the fun time that was had by all in attendance at last year's QCBC Fall Foliage ride. Now is the time to make plans to join Dean and Deb Mathias and others for the 2003 Fall Foliage Ride, which will be held Oct. 4th and 5th. We will again use Mt. Horeb, WI as our staging area. Travel distance is about 140 miles from Davenport.

Mt. Horeb (<http://www.trollway.com/index1.html>) is known for the many life-size trolls carved into tree trunks along its main street. Visitors are encouraged to take a leisurely "[Troll Stroll](#)" to enjoy these unique characters. We have planned the ride around the 22nd Annual Mount Horeb Fall Festival, which will be held the same weekend. This festival will provide entertainment for others that may want to join you for a weekend away but are not interested in cycling. The festival will include an art fair, farmer's market, horse and buggy rides, quilt show, sale, and raffle, and more.

A cycling route will be mapped out on quiet country roads that promise to offer more than a few hills for both days. If you prefer to stay on flat terrain, 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 scrumptious Italian group dinner will again be arranged for Saturday night for a very reasonable price! Contact Deb and Dean Mathias at 309-787-6547 or mathiasdebdean@mcleodusa.net if you are interested in joining the group for dinner so we can get a head count. The Mathias' will be going up on Friday evening, Oct. 3rd.

This weekend will be a busy one in Mt. Horeb so you are encouraged to make reservations early if you plan to stay overnight.

A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com) with indoor pool. The rooms will be held until September 3rd. Mention the QCBC for a group rate of \$69.95. Phone Wally at 888-621-1884 or 608-437-5545 to reserve your room.

Rooms are also available at the Village Inn Hotel (www.littlebedder.com), which is physically attached to the Military Ridge Bike Trail. Prices range from \$43 for a double, \$54 for a queen, and \$75 for a kitchenette. Phone: (608) 437-3350

Some Bed and Breakfast facilities are also available in the area. Check out the Mt. Horeb web page for more information.

2 nearby parks provide camping possibilities:

- Brigham Park – 112 acre park with a spectacular panoramic view about 7 miles west of Mt. Horeb
- Blue Mounds State Park about 10 miles west of Mt. Horeb - info. (608) 437-5711/
Camping 1-888-947-2757.

Points of Interest in or near Mt. Horeb:

- Troll Walk (Carved trolls).
- Mt. Horeb Mustard Museum - 3,800 different mustards...largest collection in world!
- Military Ridge Bike Trail.
- Stewart Park - 161-acre park with 7-acre lake, fishing, and hiking trails.
- 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.

PLAN NOW TO JOIN IN THE RIDING AND ACTIVITIES OF YOUR CHOICE!

Post Script to the list of 2003 Criterium Volunteers that appeared in the July issue of Pedalwheeling. Things were down to the wire on June 13th and I asked Terry Burke to retype a list that had been submitted by one of his Chairpersons. There is no Lance Armstrong living in the QC Area. And who was I to question what Terry submitted. Terry and I however, want to acknowledge those of you who read the article and noticed Lance's name. We both shared a good laugh over this one as he thought I would delete the name before taking it to the printer. *Kathy*

