



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – November 2003

The “Pole” Position: Some Questions for Riders Chuck Oestreich

Dave Alftine started this whole business. Actually, it wasn't him. It was about six of you having accidents on the Great River Trail in Illinois directly related to the so called "safety" posts or bollards. These are the mostly steel barriers placed along the path to ostensibly provide safety to riders – preventing altercations with vehicles seems to be the major reason.

Now, in connection with an extensive survey and inventory of these posts, many questions remain:

Why are there 17 sites for the posts along the Ben Butterworth Parkway but none along the Davenport path near the Rhythm City Casino, and none in front of the Casino Rock Island?

1. Why does one path bridge on the Butterworth have the posts, but the other one doesn't? Both of the bridges are not even close to vehicle access.
2. Why does one path bridge between East Moline and Albany have posts, but all six of the others don't? And a couple of the open bridges are fairly close to vehicle access.
3. Why do many of the sites have three posts – one on each side and one in the middle, forcing the

riders to slow down between them? Are vehicles going to go into the grass (or over other signs) in order to spend dubious time on the paths?

4. Why do many of the sites not only have posts, but also signs saying something like "No motor vehicles"? Can't signs do the job alone? Don't motorists heed "Dead End" or "One Way" signs on roadways?

Why are a number of the post sites at 90° turns on the path (19th Street, Moline; Empire Park, East Moline), precisely at the point where they're difficult to assess ahead of time and to maneuver through?

These questions point up the need to reexamine the rationale for the posts' placements, and perhaps to eliminate many of them. We are asking the Great River Trail Council and Moline Parks in particular to do just that.

We don't want these safety posts to be a deterrent to enjoying one of the great glories of the Quad Cities – the Great River Trail. This trail is an amenity that sets us way above almost every community of our size in the country. We love it, use it, and want to see it be safe for everyone involved – including cyclists trying not to hit steel posts placed in the middle of the trail.

But in the meantime, keep your eyes posted for the posts.

News from the League of Illinois Bicyclists... Congress Saves Transportation Enhancements! By Ed Barsotti, Executive Director, LIB

On September 4th, the House of Representatives voted overwhelmingly (327-90) to restore funding for the Transportation Enhancements program in the 2004 Transportation Appropriations bill.

Since 1991, the Enhancements program has been the main federal funding source for trails, bike lanes, and

other bike infrastructure throughout the country. Bikeways account for roughly half of Enhancements dollars, less than 1% of all federal transportation spending. Illinois bike projects have received over \$100 Million during that time – see www.enhancements.org for a list.

Earlier this summer, a House Appropriations subcommittee removed the popular program from this year's spending package, diverting the funds to (cont. on page 6)

Key Contacts

Officers:

President - Warren Power (563) 391-5466 warrenpower@mchsi.com
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Recording Secretary – Jane Garrett (563) 441-9115 jag@revealed.net
Treasurer – Darlene Moritz (563) 386-3499

Club Web Site:

<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 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. Multiple month rates are available. Call for details.

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.

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<http://www.adventurecycling.org/>



<http://www.bikeleague.org/>



<http://www.bikelib.org/>

**From the Headset
Warren Power**

It's been one year since I took over the helm as the President of the Quad Cities Bicycle Club. As the club president, one of my main responsibilities, with the assistance of the other officers and directors, is to find club members that are willing to coordinate the numerous club activities.

Once we find these coordinators, they usually have to find additional volunteers to help with their specific activities. With TOMRV, the Criterium, RAGBRAI, ride leaders, the Annual Dinner, all of the picnics, the Ride Schedule, and all of the other "things" that occur throughout the year, it takes literally hundreds of volunteers to get everything done. I'm always amazed that year after year we're able to pull everything off, but we do, and it's all because of YOU.

I constantly hear comments from non-QCBC bicyclist about the quality of all aspects of our club, such as TOMRV, the QCBC Century Ride, the QCBC Newsletter, and the QCBC Ride Schedule. Well, the reason these things are so great is because we have a group of volunteers that care and put their

best into everything they do for the club. We've got a great club and once again, it's all because of YOU.

I won't try to name all of YOU, first because I don't have the space and second because I'd inevitably leave somebody out, but you know who you are and I want to thank you for all of the time and effort you've put forth during the past year in helping make it another banner year for the Quad Cities Bicycle Club.

I don't know if you noticed in last month's newsletter, but the QCBC Board has decided the old club logo is really dated and that we should come up with a new one. We'd like our member's help with this. If you've got an idea for a logo, just draw it up (it doesn't have to be of professional quality, we'll get it cleaned up if necessary) and send it to Jane Garrett by November 30th. (2912 Eagle's Watch Drive, Davenport, IA 52807 or 563-441-9115) The top entry will receive a one-year membership (new or renewal) in the club.

I know it's getting cold, but you can always find a couple nice days this time of year to get a ride in. So if the weather looks promising, come and join the club on one of our scheduled rides. We'd always like to see you and I think you'll enjoy the camaraderie.

**Leisure Ride Report – September 20th
Jean Kelly**

The Leisure Ride was so leisurely I thought everyone had slept in! But alas, Susie Wolf showed up at the Pioneer Village on this cooler, sunny, gorgeous day.

The party of two made a Rider's Choice and decided to cycle through Long Grove and on to Eldridge to look in on the 24 Hour Challenge.

Helping to put on that fine event were Shell

Dhuyvetter, Darlene Moritz, Barb Donald, Karen and Doug Truesdell, and the Rutledge's of Galesburg.

Our 7 miles ridden at this point hardly warranted Rest Stop food, but we sampled some of the Challenge food.

Back on the road to make the turn on to the Donahue blacktop, a brief stop at Bo's bar and Grill and then the last leg of an enjoyable leisurely ride.

**Annual Awards Dinner – Updated Information
John Wessel**

Annual Awards Dinner, Friday, November 7th.
Guest Speaker: Mark Moeller, Waterford Bicycle Company. Grand Prize Giveaway (retail value \$2,125) includes:

- Waterford 2200 series frame
- Profile fork
- Personalized bike fitting

Please make your dinner reservations by November 1st. Questions, please contact Jewel Bryan, 309-762-4762 or jewel@wpcco.com.



Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
Otto Breitmeyer	East Moline, IL	
Donald & Marcia Flory, M.D.	Clinton, IA	563-243-4247
Jeff & Lisa Hopkins	Bettendorf, IA	563-370-3694
Judy Kaiser	Davenport, IA	563-386-1288
David Kerber	Port Byron, IL	563-320-3396
Steven Lyle	Davenport, IA	563-391-5456
Lewis Mayfield	Davenport, IA	563-386-2706
Paul Ochs	Andalusia, IL	309-782-3267
Larry & Linda Raasch	East Moline, IL	309-796-1970
Kathy & Dave Ramp	Hampton, IL	309-751-9546
John Serrano	Fox Lake, IL	847-973-8847
Diane Stillwell	Erie, IL	309-659-2328
Larry & Glez Uelk	Muscatine, IA	563-262-9803
Therese Wiese	Davenport, IA	563-322-3817
Thomas Wise	Hampton, IL	309-496-1712

**Summer Memories - Home Made Ice Cream
 Leisure Ride Picnic – August 2nd
 Jan Reynolds**

Saturday morning, August 2nd was sunny and just warm enough to bring out 20 leisure riders anticipating ice cream and food at the end of the 35 mile ride. The ride began at the east end of the Butterworth Path, went along Barstow Road to Old 6 and back to the path. Susie Wolf and her committee had planned and prepared a barbecue and ice cream social in lieu of the “end of the season picnic” held in

past years.

Riders were treated to barbecue sandwiches, corn on the cob, pie, brownies, drinks and home made ice cream. Susie thanks Roger Horst and Vivian Norton for their help in making the ice cream and also those who loaned their freezers. The new chairman and committee would appreciate knowing if you would like to make a mid-summer ice cream social an annual affair. So let them know your preference before they begin working on next years schedule. Please contact Susie Wolf at: (309) 496-9449.

Riding Interest	% of Total
Touring	60%
Camping	21%
Commute	20%
Tandem	11%
Tri/Duathlons	10%
Racing	9%
MtBiking	4%
Recumbent	1%
Endurance	1%

**Interesting Tidbits About
 the QCBC**

The information at the left is an indication of the “riding interests” of our club members as of August 6th. Thank you for taking the time to complete your membership application and filling out the interest & volunteer categories.

Membership Count: 10/4/03		
	# of Members	# of Memberships
Individual	402	402
Couple	270	135
Family	365	99
Complimentary	20	20
Life	6	3
Total	1,063	659



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The Handwriting is on the Wall *Taken from "Cycling Past 50" by Joe Friel*

It appears that much of the slowing that occurs after age 50 is not due to age, but rather to self-imposed limitations. About half the loss is because of inactivity, and perhaps a fourth results from reduced intensity. So, disuse is the greater of the commonly accepted performance drop-off that accompanies aging. Advancing years may only account for a quarter of the physiological losses, approximately 2.5 percent in a decade.

Vigorous and frequent riding is what it takes to maintain functional potential, both on the bike and for life in general. Vigorous riding keeps the heart's stroke volume high and the blood vessels clear and elastic. Pushing yourself a bit on the bike will keep the lungs working efficiently. Frequently using muscles near their maximum capacity on the bike and in the weight room will prevent the loss of muscle tissue.

Vigor is the key. Although riding easily is good for slowing the aging process and necessary at regular times for all riders, it is inadequate to keep the loss of function and health that accompanies old age at a minimum. A sensible program that combines high-intensity training, such as hills and intervals, with strengthening, stretching, a sound diet, and adequate

recovery is required to counteract the downside of aging and increase the quantity and quality of life.

(Article from Adventure Cycling, a member supported not-for-profit organization dedicated to bicycle travel, founded in 1973. 1-800-755-2453 or adventurecycling.org)

2003 Chili Lunch Ride **Bill Storm**

A group of 15 riders gathered at Middle Park Lagoon on a beautiful, warm and sunny fall day for the annual mid-paced Chili ride. The fall colors were in full song as we cycled out on Rt. 67. We proceeded to LeClaire and Argo before the befuddled ride leader (me) figured out that he had forgotten to go to Princeton. This would have caused the ride to be about 10 miles short and back to the Lagoon 40 minutes too early.

Luckily some quick thinking by the group, added two unscheduled loops and we arrived back at the Lagoon right at noon, where we found a delicious lunch of chili, potato soup and sandwiches. Desert included

chocolate brownies, banana bread, and apple crisp. The table clothes and fall centerpieces added a festive touch to the repast.

Thanks go out to my wife, Kathy, for making the goodies and to Adele Lefever and Rick DeClerck for helping to set up the tables and food. Those who stayed for the picnic lunch were: Jim Dayton, Rick DeClerk, Jeff Hopkins, Rodger Horst, Fed Krack, Dave & Adele Lefever, Jim Merritt, Steve & Nancy Montgomery, Warren Power, Merle Schleusener, Phil Schubbe, Tom Scott, Doug Stephens, Bill & Kathy Storm and Susie Wolf.

Hopefully next year the ride leader will double-check the route before he embarks.

2003 Tailwind Ride Tim Phlypo

I am going to bring everybody up to speed on this year's Tailwind Ride. This having been my first experience with organizing this ride, it seemed to have went well. I do want to take a minute to thank my support crew. Dave Lefever and Dennis Majetic. Without their help, I would not have been able to pull this ride off. Thank you Dave and Dennis. I also want to thank Mother Nature for the fine work she did to make this ride memorable.

We had 49 people sign up for the ride and 47 showed up. The one thing I had been most concerned about was whether or not 48 or so bikes would fit in a 24' truck. But all went well. They all fit. Then the bus showed up on time. Things were going smooth.

The day of the ride the wind was coming out of the N.E. at 10 to 20 mph with a temperature of around 75 degrees. Near Perfect! We all met at the Moline public boat landing next to Case New Holland. Loaded bikes and headed for Paw-Paw, Illinois, our starting point. Once we were there, everyone unloaded at the city park. After a little organizing the ride started.

I stopped, got ice, then headed for my first sag stop at 25 miles and Dave headed for the 50-mile stop. On my way I came upon bicycles alongside the road. I stopped and found that the tandem Dennis Baber & Karen Stinson were riding had its cassette come apart. I fixed it the best I could and got them to the next town where there was a bicycle shop. The shop had a new part, so they were good to go.

This made me a little late for the first sag, so I missed

the first set of riders. Dave Lefever took care of the second sag stop. And that seemed to be going well. When I stopped to check on Dave, I replenished water and headed for the third sag stop. By the time I got to the third stop, Bill Wiebel and gang were only 8 minutes behind me. (Wow!!! Great ride guys).

Everything seemed to be going well at the third stop. Except Warren Power who had had his second flat tire. We had a talk about tires and they were on their way.

Everyone I talked to the day of the ride seemed to be having a good time. And you could not have asked for better weather. So all in all, I think I can safely say it was a nearly perfect ride.

And thanks again to Dave Lefever for his support and confidence. And to Dennis Majetic for helping me make sure every last rider made it in. And thanks to everyone that made this ride truly memorable. It was great having you along. This years' participants included: Dave Alftine, Frank Beshears, Bill Carlough, Dan Combites, , Joe Cress, Michael Crotty, Doug Daniels, Cindy Davis, Jim Dayton, Mike Desch, Barb Donald, Bob & Jan Fitzgerald, Gordon Fordyce, Steve Geering, Lynne Groskurth, Rodger Horst, Gary Jones, Jean Kelly, Jerry Kruse, Mike Laas, Linda Lueders, Kevin Marker, Dean & Deb Mathias, Errol McCollum, Darlene Moritz, Dick Morrill, Gary Pease, Patricia Pease, Warren Power, Tom Scott, Doug Stephens, Bill & Kathy Storm, Paul Sullivan, Scott Swanson, Dave Thompson, Joe Van Houtte, George Van Thorre, Richard Vermeer, Priscilla Voorhies, John Wessel, Bill & Cathy Wiebel, Susan Wolf and Linda Work.

Congress Saves Transportation Enhancements! (cont. from pg. 1)

more roadwork. An effort to restore dedicated Enhancements funding barely failed in full committee, but won decidedly on the House floor. A broad coalition of groups contributed to the effort.

With Enhancements intact in the Senate bill, the House victory restores the program for 2004. It also puts the bicycle and pedestrian community on strong footing for the bigger battle over the reauthorization of TEA-21, the 6-year transportation funding bill that will continue to be defined over the coming year.

The Bush Administration's SAFETEA proposal maintains Enhancements, but reduces its effective amount of funding by 15%. House and Senate versions are being developed now.

Illinois did particularly well in the 327-90 vote. Yes: Biggert, Costello, Crane, Davis, Emanuel, Evans, Gutierrez, Hyde, Jackson, Johnson, Kirk, LaHood, Lipinski, Rush, Schakowsky, Shimkus, Weller. No: Manzullo. Not voting: Hastert. Congressman LaHood not only testified for Enhancements on the House floor, but he was one of only two against (cont. on pg 10)

2003-Year End Mileage Totals Jim Merritt

We will once again be listing the Annual year-end mileage totals for the year 2003 in the February 2004 issue of Pedalwheeling.

Please submit your actual or estimated totals for the year to me by January 7, 2004. The mileage you accumulate can be ridden on any type of "human powered" bicycle, but the miles must be ridden outdoors. There will be a sign up sheet at the Annual Awards Dinner for the 2003 Totals.

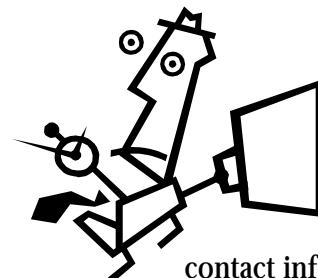
College Cycling Teams – In Our Area Kathy Storm

Rumor has it that Augustana College in Rock Island, St. Ambrose in Davenport and Western Illinois University in Macomb have official cycling teams. I have had some contact via email and on bike rides with some Augie students this past year in regard to their cycling team. One of the recent requests was for information on trails to ride in the area and how to get to them from the Rock Island campus.

Down at Macomb, Illinois, I was able to obtain the

Please submit the information to me at:

Jim Merritt
524 W. Prairie Vista Dr.
Eldridge, IA 52748
(563) 285-4284 or email me at:
jimm@revealed.net



President's name and contact info. WIU Adventure Club is the name of their team/club. For more info please contact Brand Snyder at Brandon_snyder81@hotmail.com or (309) 836-6162. The group at Western recently had a mountain bike invitational ride. If anyone went to this, let me know how it went. It's important to encourage these young adults to ride bikes now and as they start careers and families.

If you have additional information on the cycling teams at Augustana or St. Ambrose, sent it to me. I'll include it in a future newsletter.

Congress Saves Transportation Enhancements! (cont. from pg. 6)

appropriations members nationwide who went their leadership on the committee vote.

A huge thanks to everyone who responded to LIB's written, e-mail, and web alerts – you showed that Illinois supports bicycling! Please watch

www.bikelib.org and www.americabikes.org for future developments.

The League of Illinois Bicyclists is the statewide advocacy voice for all Illinois bicyclists, promoting bicycle access, education, and safety. Find out more at www.bikelib.org/join.








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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Skill Session – "Ride the Rails" **Bicycling Magazine – July 2003** **Kathy Storm**

I saw this article in Bicycling magazine this summer and thought it would make a good article for our newsletter since we have a number of railroad crossings on our routes. The following crossings have been replaced this summer & fall on the Illinois side of the river: 1st St & River Dr., East Moline and Barstow Road in Barstow.

"Ride the Rails – How to defeat this tire-eating menace with ease" **By Mark Riedy**

Line: Find the smoothest place to cross the tracks, usually on side or crown where the road is less worn. Approach the tracks at a right angle – look back to check traffic and swing out to adjust your line, if necessary. **Weight:** Support your weight on your hands and pedals with the cranks level. Keep your weight centered so you'll be able to quickly respond to any wheel slip.

Brakes: Lay off! Adjust your speed before you hit the tracks, not while you're on them. Braking while on the tracks can cause you to slip, and there's nothing worse than waking up between two steel rails.

Eyes: Constantly scan for traffic and the road surface before and after tracks, which can be riddled with potholes. Look through your line to where you want to go to avoid any road hazards.

Hands: Keep your hands in the drops. Grip the bar firmly, but don't white-knuckle it.

Arms: Relaxed and ready. Just before the front wheel touches each rail, lift slightly. **Legs:** Loose, slightly bent, ready to react to a slip. Lift slightly as the rear wheel rolls over each rail."

Men's Official Tailwind Ride - Fall 2003

John Keane

This year's "official tailwind ride", although it didn't start with that intent, will probably be forever known as the Brewery Bicycle Tour. The reasons for this will soon be apparent.

John Keane, Carter LeBeau, Herb Page and Hal Reuter gathered at Jerry & Sparky's at 8:30am, on September 11th. The combined ages of these veteran riders adds up to a very large number and prompted the initiation of a new policy. We will no longer report the mileage for each day or for the total ride. Those of you who would take this description and look at a map to determine distances have no class and no respect for your elders. As he gave us the customary prayer, Jerry Neff Sr. stated: "Lord, these men are not over the hill, they're still climbing it".

With a southeast wind, the **first day's ride (Thursday)** took us to Monticello and the Blue Inn. Dinner was at the Blue Chip Lounge, where we met the young lady who later was named waitress of the week. Usually this award goes to someone who is friendly and provides outstanding service. This time it was awarded for honesty. Our waitress advised not to order the steaks at the Blue Chip because they were tough and provided the name of another restaurant that served better steaks. Hal ignored her advice and ordered a T-bone, which was tough.

Day 2 (Friday) started with rain and we waited at the Blue Inn until 9:30am, when it stopped. We got to Petersburg in time for lunch at Gomer's General Store. If you have never been there, it is worth the trip. Gomer dispenses wonderful sandwiches and, at no extra cost, provides his opinions on any possible topic.

It rained again and, after a two hour wait, we started out again but it soon stopped. We rode through Luxemburg and on to Guttenberg. Yes, we rode those monster hills. Based on a recent experience, Herb recommended the Old Brewery Bed & Breakfast and we stayed there, our first brewery experience. The brewery ceased operations many years ago but it has been restored into a delightful place to stay. An excellent dinner at the Mississippi Cafe on the river.

Day 3 (Saturday) was unique in the history of official tailwinds. It rained all day and so we never

rode and stayed a second night at the Old Brewery B & B. This provided a perfect opportunity to watch college football games, particularly Iowa vs. Iowa State.

Day 4 (Sunday) provided a wind change to the northwest and so we headed back over the monster hills to Millville, where we took a car ferry across the Mississippi River to Cassville, Wisconsin. In trying to ride to the ferry landing we missed a turn and rode a few extra miles and climbed a couple of big hills before we discovered our error and rode the big hills back to where we should have turned.

In typical good humor, Carter described this as a delightful diversion. That's not really what he said but keep in mind that this is a family newsletter. "The next stop was Potosi where we viewed The old Potosi Brewing Company which, according to a sign, will be restored.

Our stop for the night was the Tin Lantern Motel in Cuba City. We were the only guests and the owner gave us the key to the front door and went home. Dinner at the Dead End Tavern, which was the only place open on Sunday night, and wouldn't earn very many stars.

With a west wind on **Monday (Day 5)** we headed for Monroe and pushed to get there in time for a tour at Jos. Huber Brewing Company. We got there in time but there are no tours on Mondays. Further inquiry determined that a special tour for a group from California would take place at 4:00pm and we were invited to join them. We went to Super 8 to check in and shower and then back to the brewery for the tour. If you ever get the opportunity to tour a brewery with Herb Page, jump at it. Herb's lifelong hobby has been the history of breweries in North America and he makes such a tour highly interesting and informative. Then our traditional dinner in Monroe at Baumgartner's, limburger cheese sandwiches. They taste better than it sounds, in fact, they taste great.

Day 6 (Tuesday) brought us a south wind and we headed for another of our favorite Wisconsin towns, New Glarus. After lunch Herb led us to the New Glarus Brewing Company for yet another tour. The New Glarus brewery is much smaller than Huber and the tour is self conducted along several walkways with large glass windows from which you observe the process. Herb sought out the (cont. page 10)

Men's Official Tailwind Ride - Fall 2003

(cont. from page 9)

Brewmaster and, when he determined Herb's qualifications, the doors opened and we saw everything close up. A really fascinating tour. Then back to the bicycles and our overnight town, Mt. Horeb. We stayed at the Village Inn Motel and had dinner at, surprise, The Grumpy Troll Micro Brewery. Dean Arney is a veteran tailwind rider and a great

friend. He couldn't ride this year but offered to come and get us in his van at the end of the ride. Keeping in touch by cell phone on **Day 7 (Wednesday)** we met in Merrimac and declared the ride ended. After lunch we loaded the bikes and headed home. Although this ride set no records, except for fun and companionship, we all agreed it was one of our best. God willing we will do it again next year.

Root River & Harmony-Preston Bicycle Trails **Warren Power**

Over the past few months I've had several people ask me if I knew of any bicycle trails they could go to for a weekend or vacation getaway. I recently went to Minnesota and spend a couple of days riding the Root River & Harmony-Preston Bicycle Trails and I'd highly recommend them to one and all.

The Root River & Harmony-Preston Bicycle Trails are two interconnected trails located in South Eastern Minnesota about 30 miles north of the Iowa border. They're about a four-hour drive from the Quad Cities. The trails are mostly built on old railroad beds and consist of about 60 miles of paved trail. They're mostly flat with a couple of areas of rolling hills, but these hills are really no worse than what you find on the Duck Creek bicycle path in Davenport and Bettendorf. The trails are Minnesota State Trail and

they're maintained by the State of Minnesota.

The three trailheads for this complex are Fountain, MN in the West, Houston, MN in the East and Harmony, MN in the South. You can start from one of these trailheads and ride the trails, but I would recommend staying at one of the Bed & Breakfast, small inns or camp grounds that are located in or near the small communities along the trail and doing day trips out of this location. All of these communities really cater to bicyclists. This is a very popular trail and I would suggest advance reservations, especially during the summer months, during fall foliage time and on any weekend.

For more information on the trail you can go to the State of Minnesota web site http://www.dnr.state.mn.us/state_trails/blufflands/root_river.html. Most of the towns along the trail also have web sites that list lodging and available services in these communities.

Submitting Articles for the Newsletter **Kathy Storm**

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. I would love to see more articles written and submitted by our members in regard to club rides and activities. Our club rides all year long and some of the best rides I have been on are the ones that were ridden in less than perfect conditions.

So, if you rode a club ride, an invitational, a weekend ride or a weeklong ride with some other QCBC members, please consider taking 30 minutes or so to put your thoughts down in writing. If you have a photograph to send along that would be great as well. Your photograph can be either a digital one or a hard copy one. For those of you who have a digital

camera, you can take photos that will look good in the newsletter if you set the resolution to the highest setting. Just go into the "menu" setting on the camera to make this change.

The deadline for articles is the 10th of the month. Please try to keep your articles to 1 page or less. Put a title on the article, the date of the ride and your name. If possible, please try to email your articles as an attachment in MS Word to: qbceditor@yahoo.com. You can also mail typed up copy to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA, 52803. I will call or email you when I receive your submission to let you know I received it. If you don't hear from me within 1 week of sending your article, please call me at: (563) 355-2564.

The UMCA 6, 12 and 24 Hour Time Trial Events Dave Holmes

The UMCA 6, 12 and 24 hour time-trial events were held on Saturday the 20th of September, at Sheridan Meadows Park, Eldridge, Iowa. Luckily for us the weather was perfect with highs in the lower 70's and lows in the 40's.

The 6 and 12 hour riders left Sheridan Meadows Park at 6:30am Saturday morning, with the 6hr race concluding at 12:30pm and the 12 hour race concluding at 6:30pm. The winners are as follows: (hours: minutes) Men's 12 hour division 1st place with 228 miles, is Glenn Schultes, 2nd place with 209 miles, clocking in at 5:23, is Ryan Ross, and 3rd place with 209 miles, clocking in at 5:31, is Lucas Jeter. Women's 12 hour division 1st place with 133 miles is Geri Mariano. Men's 6 hour division 1st place is Tom Waterman with 114 miles, clocking in at 11:18, 2nd place is Tyree Williams with 114 miles, clocking in at 11:21, and 3rd place is Bud Johnson with 114 miles, clocking in at 11:56. Women's 12 hour division 1st place is Terri Emsuiler with 95 miles. Congratulations to all!

The 24 hour event began at 6:35am Saturday morning. The winners are as follows: Overall winner men's division is Mike Trevino with 463 miles, and overall winner in the female division is Karen McKee with 400 miles.

In the 24-28 year division 1st place is Mike Trevino with 463 miles, 2nd place is Dennis Grellk with 342 miles. In the 29-33 division the 1st place winner is Lee Unwin with 380 miles, 2nd place is Troy McAdams with 247 miles, and 3rd place is Chip Tabor with 209 miles. In the 34-38 division the 1st place winner is David Haase with 430 miles finishing at 6:04am, 2nd place is Fredi Virag with 430 miles finishing at 6:35am, and 3rd place is Stuart Krookenberg with 380 miles. In the 39-43 male division 1st place is Paul Riehemann with 441 miles, 2nd place is Rainer Kiworra with 431 miles, and 3rd

place is Mark Armstrong with 400 miles. In the 39-43 women's division 1st place is Karen McKee with 400 miles.

In the 44-48 division 1st place is Jeff Weible with 428 miles, 2nd place is Bob Fourney with 403 miles, and 3rd place is Paul Carpenter with 390 miles. In the 49-53 division 1st place is Randy VanZee with 429 miles, 2nd place is Richard Eischen with 400 miles, and 3rd is Mark Talsam with 353 miles. Women's winner for this division is Nancy Guth with 333 miles. For the 54-58 division 1st place is Reed Finfrock with 447 miles, 2nd place is Robert Mutel with 304 miles, and 3rd place is Fred Boethling with 171 miles. We also awarded a medal for 1st place to Bill Schwarz, hand cyclist, for 152 miles! In the 59- 63 division 1st place goes to John Gallovic with 341 miles, 2nd place is Paul Pierce with 266 miles, and 3rd place is Tom Davies with 228 miles.

We would like to note that Paul Pierce was involved in an accident. However, he is doing fine. He was struck from behind by a moving vehicle, the person driving the car was not intoxicated. He suffered minor scrapes and bruising, plus several small hairline fractures to his right femur. He was released from the hospital about 4:30 Sunday morning and is in great spirits. We wish Paul a speedy recovery and our thoughts are with him and his wife.

In the 64-68 division James Cartwright finished 1st with 375 miles, followed by William Benick 2nd place with 152 miles. In the 69-73 division 1st place goes to Wayne Donohue with 335 miles. We did have one two man team, consisting of Rich Peterson and Michael Forkenbrock. They finished with 423 miles. We also had 2 four man teams. The team of Kelly Parham, Jon Kent, Tim Wright and Gary Martin finished 1st with a total of 496 miles. The team of Joe Hicks, Daryl Barnes, Daniel Clemeants and Ronnie Wehunt finished 2nd with a total of 418 miles. Congratulations to all of you.

For race results please go to www.Iowaultra.com

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