



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – December 2003

Fall Foliage Ride - October 4 and 5 Deb and Dean Mathias

Saturday morning, Bob Fitzgerald, Phil Fellner, Dick Grimm, Rodger Horst, Gary Jones, Sharon Lavell, Steve and Nancy Montgomery, Phil Schubbe, Doug Stephens, and John Wessel joined us for a ride from Mount Horeb, Wisconsin to Mazomanie and back. In addition, Marv Sher, Mary Palmberg, her son, Scott, Ali Ashare, and James Carroll from Iowa City also joined us. Karen Grimm volunteered to be our SAG wagon and transport snacks remaining from the rainy Heartland Century. Dennis and Linda Smith, John Cramer, and Guenter Kierblewski met us at the start but chose to ride the Military Ridge Trail on Saturday and entertained the thought of riding the Sugar River Trail, in New Glarus, on Sunday. We enjoyed a temperature that rose to about 60 degrees and a perfectly sunny sky.

The morning ride included a stop at the Blue Mounds Grocery Store and then onto Blue Mounds State Park. A ride up the steep ascent in the park to the lookout towers afforded a spectacular 360-degree view of the entire area from the highest point in southwest Wisconsin. The panoramic view was well worth the climb!

Dean led a few cyclists who chose to take the less hilly route. After a few more climbs plus some great descents, we all joined back up in Mazomanie to share a lunch break together. After lunch, the group divided into two groups. Deb was happy to lead a group over a relatively flat route while Dean led the mountain trolls over some additional significant climbs back to Mount Horeb. Those that rode the hilliest options of the day experienced about 4,700 feet of climb in 53 miles from Mt. Horeb to Mazomanie and back.

After warm showers and perusing the Mount Horeb Fall Festival booths scattered around town, the group

enjoyed dinner at Sole Sapori that included a variety of excellent Italian dishes. Everyone managed to have room left for mouth-watering tiramisu for dessert.

Sunday morning, Bob Fitzgerald, Phil Fellner, Dick Grimm, Rodger Horst, Gary Jones, Phil Schubbe, Doug Stephens, John Wessel, Marv Sher, Mary Palmberg and Scott Palmberg joined us once again for a ride from Mount Horeb to New Glarus and back. Tom Robertson joined the group for Sunday's ride only. In advance of starting the ride, Doug Stephens had a potential flat tire that needed some attention. Phil, Dean, and Dick all gave Doug a hand with Dick supplying tire and tube to put Doug out on the road. Fortunately, no other repairs were required for the weekend! Another beautiful sunny day starting out at 40 degrees and once again climbing to about 60 degrees!

In New Glarus some riders chose a full sit-down breakfast while others were satisfied with pastries from the bakery. After fueling the stomachs, we all started the return trip together. Once again, optional valley routes with fewer hills were offered and taken by some. The hillier route resulted in 2,300 feet of climb. All rode about 45 miles with everyone finishing within one-half hour of each other.

Dean and I took a quick tour of the Fall Festival and stocked up with some travel food. Dean managed to polish off his portion of fudge before reaching the Iowa border. Rain was beginning to fall by the time we arrived back in Eldridge...impeccable timing!

We were about four days early for maximum color, but the scenery was still superb. The weather was perfect to compliment the riding and the Mount Horeb Fall Festival. Dean is working on a mountain troll option to surpass 5,000 feet of climb on Saturday for those who believe the sky is the limit.

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 - Karen Grimm (563) 445-7797

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808
<http://www.qcbc.org/>

Board Members:

Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	Dave Lefever (563) 355-6476
Deb Mathias (309) 787-6547	Steve Montgomery (563) 332-5963	Karen Nord (563) 326-9113
Tim Phlypo (309) 944-2649	Charlie Sattler (563) 391-3422	John Wessel (563) 359-8350

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 and Membership Directory 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. 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.

Affiliated With:



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



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



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

From the Headset
Warren Power

The new year for the Quad Cities Bicycle Club begins December 1st and with a new year comes changes to the Officers and Directors. I'd like to officially welcome Karen Grimm, Steve Montgomery and John Wessel who were elected to the Board in October. With their addition your Board now consists of myself as President; Errol McCollum, Vice-President; Jane Garrett, Secretary; Karen Grimm, Treasurer; and Terry Burke, Jean Kelly, Dave Lefever, Deb Mathias, Steve Montgomery, Karen Nord, Tim Phlypo, Charlie Sattler, and John Wessel as Directors. These are the individuals that will be guiding your club through the next year; so if you have any suggestions or recommendations that you think might improve our club, let one of us know.

Stepping down from the Board are Joe Jamison, Darlene Moritz and Bill Wiebel. Joe is a Past President and has served as a board member on and off for several years; Darlene has been the Treasurer for the past five years; and Bill served as a director for the past five years. These three individuals have put in a lot of time during their terms in office, not only as board members, but also volunteering to help with many club functions. It's individuals such as these three that really make our club great. I'd like to personally ex-

press my thanks and gratitude for everything they've done and look forward to their continued relationship with the club.

Over the past few months the Board has spent a good deal of time discussing the value of our membership meetings. In relationship to the number of club members, both active and not so active, attendance is usually very low. It's also become very difficult to find meaningful programs. As a result of these discussions, the Board voted to reduce the number of membership meetings from seven meetings plus the November annual dinner, to two meeting plus that November annual dinner.

The two meetings will be held in April and October. We plan to have first class programs at both of these meetings to try and attract a larger audience and to make it more meaningful to our members. Errol McCollum will be putting together these programs, so if you have a recommendation for a program, let Errol know. You should also note in your Ride Schedule booklet, that there will not be membership meetings in January, February or March 2004.

I know it's cold, but we've still got scheduled rides and people still show up for them. If you've never tried a cold weather ride, you should give it a go. It's not nearly as bad as you think and I really think you'll enjoy the company of the other riders.

Thomson Campout3
Dave Alftine

Thanks again to all who participated in Thomson Campout3 on Saturday and Sunday, October 26 and 27. Barb Donald, who is recovering from a knee sprain, was kind enough to pilot the equipment van.

Twenty-eight people made it to Thomson either by bike or by van. Saturday was a beautiful day to ride. Five riders: the Montgomerys, Darlene and Brian

Moritz, and Dick Grimm started their ride in Davenport, and looped up to Savanna to make it a century. We pitched our tents and sat around the campfire cooking our evening meals and roasting marshmallows. A strong west wind blew in off the Mississippi River all night long. On Sunday we had cooler temperatures and some headwind. Everyone I spoke with reported a wonderful weekend.

This is a QCBC ride. It's casual, its fun, and it's open to everyone. We hope to see you there in 2004.

RAGBRAI 2004 – July 25 - 31
Perm & Andy Horst

RAGBRAI XXXII riders wishing to apply for applications through the club need to have their 2004 membership current by December 31, 2003. We cannot accept applications from riders who are not cur-

rent. You will find your membership expiration date on your membership card and on the address label on your newsletter.

If you need to renew your membership, an application appears in this newsletter on page 8. You can also download a copy from our website at: qcbc.org.

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
Calvin Moss	Bettendorf, IA	563-332-1772
James Toner	Bettendorf, IA	
Rick & Angie Tague	Davenport, IA	563-322-5291
Michael & Jenn O'Brien	Eldridge, IA	563-285-5566
Jay Howard III	Chicago, IL	773-274-7756
Douglas Scherer	Coal Valley, IL	309-799-3029
Nadine Palmgren	Geneseo, IL	309-944-5270
John & Kelly Tadie	Princeton, IL	815-872-3203
Art Lafex	Olathe, KS	913-764-3417
Matthew Reger	Bowling Green, OH	419-354-3510
Janelle Mikusa	Columbus, OH	614-342-2118

Membership Count: 11/9/03		
	# of Members	# of Memberships
Individual	402	402
Couple	278	139
Family	367	100
Complimentary	20	20
Life	6	3
Total	1,073	664



Fall Foliage Ride – Starting at the Trailhead in Mt. Horeb, WI on Saturday. Pictured from left to right are: Scott Palmberg, Dean Mathias, Marv Sher, Doug Stephens, Dick Grimm, Nancy & Steve Montgomery, Deb Mathias, Bob Fitzgerald and Rodger Horst. Digital photo courtesy of Dick Grimm.



Fall Foliage Ride – Starting at the Trailhead in Mt. Horeb, WI on Saturday. Pictured from left to right are: Dick Grimm, Nancy & Steve Montgomery, Deb Mathias, Bob Fitzgerald (and Jan's helmet), Rodger Horst, Mary Palmberg, Phil Fellner, John Wessel (checking his computer), Sharon Lavell, Gary Jones, Phil Schubbe, James Carol and Ali Ashare. Digital photo courtesy of Dick Grimm.

Ride Report - Sunday, October 12
Cindy Bottrell - Ride Leader

We had a beautiful morning – the temperature was just right for riding, and the autumn colors were getting close to peak along the mighty Mississippi river. We were a group of 18 – give or take – some folks left early, some arrived late.

The group made its way along the river trail from Rapids City, Illinois to the Mississippi Café in Albany, Illinois. We had only one mishap – with the trail covered with leaves it was difficult to see a “split” in the pavement – two riders went down, but being the trouper that they are, they jumped up, dusted them

Advocacy Hotline Opens Up – 309-788-1845
Chuck Oestreich

While biking the trails, streets, or outlying area roads of the Quad Cities have you ever come across a safety problem or perceived a possible improvement?

What do you do? Who do you contact? Perhaps a single, unifying aid would help.

Give a call to 309-788-1845, advocacy committee chairman Chuck Oestreich, and we’ll see if something can be done. There’s no guarantee, but we’ll try to get your problem or suggestion to the proper authority and help push for the elimination of the problem.



Providing Comprehensive Compassionate

**Offering Physical Therapy
Occupational Therapy and
Speech Therapy
For Clients of all Ages**

Free Monthly Screenings
December:
Balance/Falls

1050 36th Avenue
Moline, IL 61265
Phone: 309-797-8778
Fax: 309-797-8072

Jim Schaefer MSPT
Margaret Carton MSPT
www.twinrivers-pt.com

selves off, and away they went.

The café was very accommodating, with a nice long table reserved for us, and with friendly staff members. The food is typically very good breakfast fare, especially for biker appetites. The breakfast conversation was animated and light.

Folks made their choices of a number of routes back to Rapids City, so the mileage varied, but was somewhere between 35 and 40 miles for most riders. Overall, everyone enjoyed the morning with a number of people mentioning that it was time to enjoy the riding because the colder temperatures will soon be here.

One reservation, don’t ask about mechanical problems – or for us to fix a flat.

And what about those pesky bollards (or safety posts) on the Illinois trails? Dave Alftine and Chuck Oestreich have been meeting with the director of Moline Parks, Milt Hand. He is sympathetic with our concerns, but his hands are tied with legal and liability concerns. We are continuing to investigate and are checking with authorities about the legal implications of the bollards, and if they, indeed, can be removed or changed in any way.

We have informally contacted the Moline Cops on Bikes and found that individual members are also concerned with the posts. And we have attempted to get a full list of actual accidents caused by the posts – something difficult to do because most accidents aren’t major and most don’t involve calling police or emergency facilities.

If you have ever had an accident involving a bollard or safety post, please call Dave Alftine at 563-332-8299.

We also will be meeting with the Great River Trail Council when it holds its next meeting. In the meantime, if you have had any near misses or observed other scary happenings related to the bollards, call Dave, 563-332-8299, or Chuck, 309-788-1845.

(Editor’s Note: There is a questionnaire on pages 11 & 12 of this issue requesting information on bike accidents not involving a motor vehicle. This information will be used in a research project for the Illinois DOT with respect to the construction and maintenance of bike trails.)

Big Dogs Century Challenge Dave Parker

Greetings! January 2004 marks the 5th year that the Big Dogs Century Challenge will be undertaken by a growing group of cyclists who ride all year! For those of you who have not heard of the challenge - and for those that may have forgotten - the "Century Challenge" challenges bicyclists to ride at least one 100 mile ride within a 24 hour period every month for the entire year.

The challenge began when a group of local bicyclists - and QCBC members - issued the first Century Challenge at the beginning of the year 2000. That challenge was fairly local in scope - only rides done in Iowa and Illinois were counted in the challenge. Even so, a few brave-hearted riders from the Des Moines area, and some from around Peoria, joined us and at the end of 2000, 14 riders had successfully completed the challenge. Local legend Dr. Jim Hanson, was Top Dog that year with 65 centuries in the 12 months.

Since then, the Big Dogs relaxed the rules slightly - allowing riders to complete centuries in any location - not just Iowa or Illinois. Of course this gave a slight advantage to our neighbors to the south, but it also noticeably increased the number of riders who took up the challenge. It was in 2001 that we launched the Big Dogs web site, where riders could log their centuries

and daily mileage and compare their ranking with the rest of the group. That year local riders were joined online by a pretty good contingency of 'Mad Dogs' from the Louisville, KY area. That year 23 persons completed the challenge, and the most centuries ridden increased to 109 in the year!

Last year Larry Schwartz, a Texan with a definite passion for long rides, ran away with the most centuries, logging over 200 100 mile rides in 12 months! In 2003, there were 26 riders still on track to complete the challenge at last count. To date, 9 of the local riders that completed the first challenge have not missed a month in nearly four years!

That said - 2004 will be the 5th year that the Challenge is presented! Are you ready? Local riders Joe Jamison, John Thier, Wayne Hanno, Tom McCarthy and Dave Parker invite you to take the Challenge in 2004! One of us is out riding nearly every Saturday. Most of the time we leave from Park View or Empire Park - Hampton. Contact one of us to see when the next ride is. (I can be reached at: 563-359-8125) Or visit the Big Dogs website at www.big-dogs.org. We're happy to ride with new riders, and if you care to join in, we assure you that we don't drop anyone. Although a few of the Dogs are 'spirited' riders, these centuries are not meant to be fast paced events. There is usually a stop for food and camaraderie.

Is it time for you to DO IT?

To All Who Have Helped Donnie Miller

The family of Rich and Judy Cunningham would like to thank everyone who has helped in any way after Rich had a bicycle accident on the Duck Creek Bike Path (underneath the Devils' Glen Rd overpass) on October 20th.

Rich is recovering very quickly and showing major

signs of progress towards the healing phase. Their family and friends would like to give "Thanks" to everyone who visited, sent cards and flowers or even just said a little prayer to wish Rich well!

I know because of these acts, he has come along a lot faster. Thanks again for everything and we will see you on the paths and at the races soon.

League of American Bicyclists' Online Advocacy Center

The League recently launched a new online Advocacy Center. For the first time members can check on bicycling advocacy issues and communicate with Congress and the Administration directly from the league web site www.bikeleague.org. Members can determine who their Senators and Members of Congress are.

Information is also available on House and Senate Committees, the President, Vice President, Cabinet Officials, Federal Agencies and the Judiciary.

Aside from providing much needed and requested information to league members, the center will also enable the League to quickly mobilize grassroots support when the federal government needs to hear from bicyclists.

**Need Some Ideas
Dick and Karen Grimm**

Last year Karen and I tried to get a fun relaxing Family Ride started. We had a lot of interest but smaller than anticipated turnouts. On these rides we tried to mix families, bicycling and fun at the same time. At the end of the rides we tried to blend in a place to eat or a possible playground to stop and get to know each other better.

Well being the type of people that Karen and I are, we would like to try one more time. This time we would like some suggestions from other members as to how we should proceed with a better format, start time or activities. I would like to refer to this ride as a MIXER RUN. But if you have a better title, lets hear it. We had thought that starting at 3:30-4:00 pm on Sunday afternoons would be a

great time ride, especially for the people that can't ride on Sunday mornings. Ride, stop and play or more riding, stop and eat, ride back to the start. The ride pace to be 8-12 mph. The routes are going to be along the bike paths.

So if you have any ideas or interest in these rides, please feel free to share them with us. We see many couples, and families out riding at this time. It would be more fun if they had other people to talk to along their ride. We have met some really great people in the last year so we know it is possible to enhance your riding experience by riding with others. We are going to try and schedule these rides for the fourth Sunday of the month, May through August.

Email suggests or interest to Dick and Karen Grimm at: rlgrimm@netexpress.net or call them at: 563-445-7797. We are looking forward to your ideas.

**Club Newsletter – Old and New
Kathy Storm**

Did you know that the QCBC produced its' first newsletter back in 1964 when the club started? The oldest copy of the newsletter that our two "History Sleuths, Terry Burke and Joe Jamison, could find was one dated August 18, 1964. The editor at that time was Donna Streider and it was addressed to Fred Blessin.

I asked a few "senior" members of our club who had the oldest newsletter. Jim Keyoth has all copies of the newsletter dating back to 1980. And the historical records that Fred Blessin kept for 10+ years, contain the entire set.

You'll notice on the first page of this newsletter in the footer, that I have added in a Volume and Issue Number. This change is in preparation for the clubs' application to the USPS for Nonprofit mailing rates. Keep your fingers crossed that our club will be given this status.

There will also be another change coming to this issue of the newsletter. We will be adding in a "pre-press" step to hopefully make all the digital photos I have been receiving look better in the finished product you receive. Please let me, or one of your Board Members, know if you think this issue "looks" better with respect to photos.

mel foster co. Real Estate
MidAmerican
Making It Happen!
Visit
www.melfosteronline.com/stevemontgomery
"Individual attention for you and your home"
Steve Montgomery, Realtor
2300 Spruce Hills Drive
Bettendorf, Iowa 52722
Office: (563) 355-5371
Cell: (563) 505-0222

**Stephens
Law Office**
Email: dougstephens@qconline.com
"Serving families and businesses for 20 years"
B. Douglas Stephens
Attorney At Law
1800 Third Avenue, Suite 608
Rock Island, Illinois 61201
Phone: (309) 794-9970
Fax: (309) 794-0610

2003 Heartland Century
Bill Wiebel, Ride Director

A wet, but warm rain, greeted the almost 200 riders that were signed up for the Heartland Century. The steady downpour did not dampen the spirits of the 140 riders that showed up for the ride and for the 80 that actually got on their bikes and participated. From a personal note, it is much easier to get caught in the rain and continue, than it is to start out in the rain.

An extra credit goes to the 30 riders that completed the entire, 100 mile route. I guess the hot soup, hoegie style sandwiches, medals and their names published in *Pedalwheeling*, was sufficient motivation to "Ride the Distance".

Another extra credit goes to the volunteers that worked, just as hard as always. Even though they got wet (3 inches or rain fell on Saturday), they were their normal, friendly selves and really took care of the wet and tired riders. They are: Marilyn Battles, Dan DeMay, Walt Depoorter, Mike Desch, Chris Dorr, Gary Jones, Jim Merritt, Tim Phlypo, Bob & Kate Rutledge, Jack Slater, George & Millie VanThorre, Bill & Cathy Wiebel, and Linda Work.

As one can imagine, we had a lot of extra food left over. The food that could not be returned was delivered to Grace Bible Fellowship. It was to be distributed to some needy families. We also heard that the Sunday School kids really enjoyed the cookies and brownies.

We did our best to assure that all participants received a t-shirt. The ones that were not picked up at the ride were mailed. Be sure to let me know, if you did not receive one. Also, anyone that did not receive a water bottle can pick them up at the annual dinner.

I am also happy to report, that the QCBC did not lose money on the event due to the weather. It is thanks to our excellent sponsors and to the bike riders that register ahead of time. This year's sponsors were: Active Endeavors, Color Works, FCA Inc, Healthy Habits, HyVee, Jerry & Sparkys, Lovewell Fencing, On Two Wheels, Quad Cities Bicycle Club, Taylor Garages, and Zickuhr Lawn Services.

Finally, it's been quite a run, but 6 years is enough! Thanks to the QCBC for letting me organize this event for that amount of time. It's now time to pass it along to someone else. Also a special thanks to my wife, Cathy, for her support and to Dan DeMay, who has been my "right - hand man", for all six years.

100 Mile Finishers: Cal & Brenda Bolkema, Otto Breitmeyer, Matt Cooper, Mike Crotty, John Dannenfeldt, Rick DeClerck, Cindy DeWulf, Kevin Friend, Robin Friend, Steve Geering, Milly Heskert, Tom Hoil, Fred Krack, Jesse Martinez, Denise McDermott, Bill Meyer, Jim Orr, Steve Pohlmeier, Judy Porter, David Round, Terry Russell, Dave & Melinda Thompson, Aaron VandeWege, Renee VandeWege, Tom Waterman, John Wessel, and Thomas & Therese Wiese



Chili Lunch Ride – October 11th at Middle Park Lagoon in Bettendorf. Pictured on the left side of the table from front to back are: Tom Scott, Phil Schubbe, Kathy Storm, Dave Lefever and Waren Power. Pictured on the right side of the table from front to back are: Fred Krack, Rodger Horst, Susie Wolf, Nancy & Steve Montgomery, Doug Stephens and Bill Storm. Merle Schleuser is standing up. Digital photo courtesy of Rick DeClerck.

10. Describe the riding surface at your accident site.
11. If the surface you were riding was paved, what were the factors that lead to the accident? (Circle all that apply)
- a) Debris on the pavement
 - b) Cracks or potholes on the pavement
 - c) Wet Pavement
 - d) Utilities covers or inlets
 - e) N/A
 - f) Pavement grades, curves or slopes
 - g) Polished surface
 - h) Ruts
 - i) Other (please explain)
12. If the surface you were riding was unpaved what were the factors that lead to the accident? (circle all that apply)
- a) Loose surface material
 - b) Rivulets or sinkholes
 - c) Settlements or soft surface
 - d) Other (please explain)
 - e) Washed out surface
 - f) Grades, curves or slopes
 - g) N/A
12. What were the other reasons for the accident? (circle all that apply)
- a) Bike Mechanical failure
 - b) Other riders
 - c) Vegetation overhanging
 - d) Blinded by sun
 - e) Road intersections or rail crossings
 - f) Riding too fast
 - g) Improper bike facility signing
 - h) Turning too sharply
 - i) Not paying attention
 - j) Other (please explain)
13. How fast were you riding the bike at the time of the accident?
- a) 0-5 mph b) 5-10 mph c) 10-15 mph d) 15-20 mph e) More than 20 mph
14. How serious was the crash? (circle all that apply)
- a) No injury
 - b) Minor scrapes and bruises
 - c) Broken bone(s)
 - d) Required visit to a doctor
 - e) Required visit to a hospital
 - f) Temporary immobility
 - g) Suffered pain or discomfort
 - h) Required surgery
 - i) Other (please explain)
15. How far was the accident site from your home?
16. How many times had you ridden on the same route before the accident?
- a) Never b) 1- 4 times c) 5-7 times d) More than 7 times
17. What safety equipment did you have on at the time of the crash?
- a) Helmet
 - b) Kneepads
 - c) Gloves
 - d) Shoe clips
 - e) None
 - f) Other (please list)
18. Please provide your contact information in case if we have any follow up questions.

Please return completed questionnaire to:
Dr. Greg Luttrell, Civil Engineering, Campus Box 1800,
SIUE, Edwardsville, IL 62026

**Thank you for the
valuable contribution
towards this project.**

Mountain Biking Trip – Fall 2004

Bruce Grell

I'm looking into a guided trip to South Dakota, riding the 13th thru the 17th of September 2004. Monday through Friday would be riding days. Cost would be \$865 - \$895 for the 5 days of riding.

The Website is <http://www.westernspirit.com/black-hills.html>. Sounds like a great trip to a part of the

country most have not explored. Seems a little expensive but no worries, just mountain biking and having fun for a week. I asked about a group discount, will keep you all informed.

I need to know ASAP if you are interested so we can book it and start dreaming about the impending good times. Contact Bruce at 563-332-5145 or VAMOOTSMAN@aol.com

Psychlofest Draws Rave Reviews – October 26

Scot Schar

50 riders braved the cool temperatures to compete in the inaugural Psychlofest cyclocross race. Riders from pros to beginners competed on the fast but very challenging course at Crow Creek Park in Bettendorf. The overall sentiment among racers was, "I'm glad it's over but I can't wait to do it again next year."

Pro riders raced for over \$750 in prize money, while racers in the beginner's race competed for medals.

All competitors' names went into a drawing for over \$1500 in swag giveaways including a cyclocross frame and fork, two heart rate monitors, and numerous other prizes.

Kevin Hankens of Iowa City was the winner of the A Race and took home a \$200 purse. Todd Gillihan of Coralville won the B Race. Tama, Iowa's Megan Elliot, a member of the Saturn Team, was tops in the Women's Open. In the Beginner's Race, Patric Brown and Melaine Whitchelo, both of Davenport, were the top finishers with Casey Zugmairer winning the Junior's Race.

New Mountain Bike Advocacy Group

Rick Wren

There is a new MTB advocacy group that has formed

from some of the staff of IMBA. If you would like to check them out go to <http://www.mtbaccess.com>. Or contact Rick at 309-786-7979 or forcmeister@yahoo.com

University of Iowa Cycling Team

Steve – via Email

My name is Steve and I am with the University of Iowa Cycling Team. We are trying to reach all Hawkeye fans and spread the word of the new University of Iowa cycling jersey.

The jersey is being made by Voler and will feature

raglan sleeves. The cost is \$75 and orders must be received by December 7th.

More information can be found at www.uiowa.edu/~cycling. Any help you could give spreading the word to your Hawkeye fan members would be greatly appreciated. Please send us an email if you have any questions

Winter Picnic – January 18th

Kathy Doyle

Mark your calendars for the QCBC Annual Winter picnic. It will be held on Sunday, January 18th. The location will be at the Butterworth Center in Moline. Please note that this differs from what is in the Ride Schedule Booklet. More details to come in the January newsletter.



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

2004 Road Resurfacing Schedule – Scott Co. Kathy Storm

Scott County has announced \$5M in road projects for 2004 that will affect the QC Area cycling community. There has also been a renaming of one of these roads from a State Route number to a County Road as the state has transferred the maintenance of these roads to the county.

The following roads in Scott County are scheduled to be resurfaced with a top layer of asphalt in 2004:

- Old Highway 61 (Scott Park Road) to County Road Y-68. Resurfacing will take place from 210th Street (Mt Joy Rd) north to the county line on the Wapsipinicon River
- St Ann's Rd. Resurfacing will take place from Y-52/Donahue Road to the Walnut

- Grove Pioneer Village on the north side of Scott County Park.
- McCausland Road/300th Street/F33. Resurfacing will take place from Y-68 to McCausland.

The resurfacing will not include paved shoulders according Larry Mattusch, Scott County Engineer. The rumble strips that will be installed will not go to the right hand side of the pavement. Larry stated that the county's standards are to leave 1.5 feet of smooth pavement for cyclists to get around. Larry also stated that the concrete roads that were laid by the State 35+ years ago often had full lane width rumble strips due to state standards at the time.

If you would like further information on these resurfacing projects, please contact Larry at: 563-326-8640.