



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – January 2004

Annual Awards Dinner

John Wessel

Another great event was enjoyed by 120 members of the Quad Cities Bicycle Club who attended the Annual Awards Dinner on Friday, November 7th at the Abbey Station in Rock Island.

The decorations were splendid this year, made once again by Ms. Creativity herself, Dodie Robers. Jan Reynolds and Dottie Willets helped Dodie to set up the colorful table wreaths and candles, which made for a beautiful setting for our banquet.

The guest speaker was Marc Muller from Waterford Bicycle Co. He gave a very interesting presentation on why people should be fitted to a particular frame size.



President Warren Power recognized members of the club who had donated time to benefit the sport of cycling and the club, as well as those who have achieved new goals. Special mention was given to Jim Keyoth and Mary Brus for their unsolicited efforts to maintain the bicycle trails around the Quad Cities and to Kathy Storm for all the hard work she has put in for the club over the past few years. (See photo below.)

Jim Merritt gave out the Mileage Awards. “Once Around the World” awards went to: Phil Fellner, Jane Garrett, John Lamb, Rick Meeker, Melinda Thompson and Dottie Willets. A “Four Times

Around the World” award went to Dan Vandevoorde.

The highest honor that any member of the Quad Cities Bicycle Club can receive is the Award of Merit. This award is given to a member who has unselfishly donated the time and effort for the sole benefit of the club. This year’s recipient is Susie Laforce, who has unquestioningly raised the bar for the TOMRV Event.



Her devotion and dedication were expounded on by Bill Wiebel, the presenter, who was last year’s recipient. Next time you see Susie, congratulate and thank

Susie begins her acceptance speech as some of the past recipients of the Award of Merit, (Terry Burke, Eileen Wosoba and Joe Jamieson) look on.

her for a job always well done.

Ginny Alftine won the Grand Prize Drawing. (Now Dave will have to spend some big bucks to complete that beautiful frame.)

Please mark this event on your calendar for next year. The dinner will be held on Saturday night, November 6th, at the Abbey Station in Rock Island. Photos for this year’s event were taken and submitted by Jewel Bryan who works for John at Wessel Pattern in Moline.

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 qcbc_treas@yahoo.com

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
Charlie Sattler (563) 391-3422	Phil Schubbe (563) 359-5057	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: 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.

Affiliated With:



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



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



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

**From the Headset
Warren Power**

Happy New Year and welcome to 2004. I hope everyone had a great holiday.

This year is the fortieth anniversary of the founding of the Quad Cities Bicycle Club. To help celebrate this milestone, Terry Burke and Joe Jamison have dug into our club archives and are currently in the process of writing the club history. They plan on publishing a couple of articles during the year outlining some of the more interesting highlights.

There's also been some thought on having a bicycle ride, which would replicate the first club ride back in 1964. I'm sure we'll have other activities aimed specifically at celebrating the clubs fortieth anniversary. Notices of these activities will be given in the ride schedule and/or the newsletter.

One of our board members, Tim Phlypo, has resigned from the board for personal reasons. I want to thank Tim for all of the hard work he put in during the year he was on the board. Phil Schubbe has agreed to serve out the rest of Tim's term. Please join me in welcoming Phil to the board.

As you know, we have been working on possibly changing the club logo. About two months ago we asked the membership to submit their ideas for a new logo.

We've received several designs but the board didn't feel that any of them, in their current form, really convey the purpose or identity of the club. We've formed a sub-committee made up of Karen Nord, Errol McCollum and John Wessel to look into either refining the currently submitted logos or to find new ideas.

Once the board has found two or three logo designs that we feel are acceptable we plan to have the membership vote on which logo they prefer. When we ask you to vote, one of the options will be to retain our current logo since several of our members have indicated that they like it.

By the way, the winner of the one year free membership, in this case a renewal, for submitting the best idea for a new logo was won by Jim Merritt, a long time QCBC member from Eldridge. Congratulations Jim and I would expect that a sub-committee member will be contacting you with some suggestions for refinements to your submitted logo.

It January, its cold and we shouldn't be outside. Baloney! If you dress right you can be outside in any weather. You can also ride a bicycle in any weather, maybe just not as far at one time as you can in the summer. The club still offers three rides scheduled each week, so come out and join us for a great winter bicycle ride. If you don't want to do that, how about a picnic? The QCBC's annual winter picnic is Sunday, January 18 at the Butterworth Center in Moline. Hope to see you there.

**2003 Around the World Mileage Awards
Jim Merritt**

The mileage accumulated may be ridden on any type of "human powered" bicycle, but the miles must be ridden outdoors. The following QCBC members have accumulated the required mileage to be eligible for the award in the following 2 categories, "Once Around the World" (24,901 Miles) and "Four Times Around the World" (100,000 miles).

"Once Around the World" Awards:

Phil Fellner	38,187
Jane Garrett	37,141
John Lamb	26,243
Rick Meeker	25,454
Melinda Thompson	26,100
Dottie Willits	24,901

"Four Times Around the World" Awards:

Dan Vande Voorde	121,900
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**Off-Season Recovery – John Hughes – UltraMarathon Cycling Association
Strength, especially core strength and connective tissues**

A road cyclist turns millions, if not billions, of crank revolutions during a season. Each of these revolutions is at relatively low intensity and power. As a result a road cyclist's legs are not very strong. Seems contradictory, but compare your power output to a track sprinter - they're strong! Resistance training can help to increase bone density, enhance connective tissues and prevent overuse injuries. The best leg exercises are ones that are weight bearing and tax multiple muscle groups across several joints. Lunges and step-ups are two excellent exercises. Pelvic tilts, leg raises and back extensions are good for core strength

Welcome!

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
Bill & Barb Ott	Castle Rock, CO	303-663-9857
Ed Hogan	Denver, CO	303-698-0115
Adam & Alison Pritz	Bettendorf, IA	563-332-0926
Tim Hoil	Davenport, IA	563-441-0308
Mark Szemkus	Davenport, IA	563-505-6318
Rick & Angie Tague	Davenport, IA	563-322-5291
Lucas Fritch	Aledo, IL	309-372-8204
Al Lasek	East Moline, IL	309-755-6239
Sarah Larson	Rock Island, IL	
Sandra Williamson	Rock Island, IL	309-788-0516
Mike Milliard	Overland Park, KS	913-649-5476
Chris Jones	Milwaukee, WI	414-964-0970

Membership Count: 12/9/03		
	# of Members	# of Memberships
Individual	398	398
Couple	274	137
Family	352	96
Complimentary	20	20
Life	6	3
Total	1,050	654

It's Snowtime for a Picnic
Kathy Doyle

Date: Sunday January 18, 2004
Location: Butterworth Center
 1105 8th St
 Moline, Il
Time: Noon
What to bring: A dish to pass (including a serving utensil)
Organizers: Kathy Doyle, Dodie Robers and Joy Bleuer

Baked ham, beverages and table service will be provided. There will be two drawings for \$25 gift certificates to area bike shops, and a drawing to select the organizer of the 2005 Winter Picnic. Please feel free to bring photos of bike rides you took in 2003 and brochures for rides you'd like to try in 2004.

If you have items to sell, a table will be set up for those who want to buy and sell.

Contact Kathy Doyle by Friday, Jan. 16 if you plan to attend: 309-755-7495 or c.doyle@mchsi.com



Winter Picnic 2003 – Charlie Sattler (Board Member) presents Bob & Kate Rutledge with a plaque honoring them as a “Volunteer Couple”. They have helped out with TOMRV, the Heartland Century and the Criterium for a number of years. Photo submitted by Kathy Storm

Web Site Listing
Bicycling Magazine

The December 2003 issue of Bicycling Magazine had an interesting web site listed: mssbike.org/bikelaw.

The site lists bike laws in each state. It is interesting to see what is and what is not regulated about our sport. For example, Iowa requires that you have a seat on your bike. Ops! They must not know Dean Mathias.

The Ring O' the River - QCBC Advocacy Chuck Oestreich

Let's insure that we can bike across a new or renovated I-74 Bridge. It's not too late to make comments to the planners for a new I-74 Bridge between Moline and Bettendorf. You have until January. 9, 2004, to submit your ideas, suggestions, and – more to the point – your strongly felt resolution that we have to have a bicycle/pedestrian passage across the bridge. There should be no question about it.

We need bike/ped on I-74 for recreation, for health, for safety, for vistas, for a legacy for our children – ah, put these aside for the moment, and go where it counts – for the pocketbook. A bike/ped path across the bridge would be a money magnet!

Consider a loop from the I-74 Bridge to Moline, Rock Island, the Government Bridge, Davenport, and to Bettendorf. The Ring O' the River: nine miles of superlative bicycling or walking on a path away from traffic with the Mississippi constantly on the side. What a marketing appeal for tourism, hitting the emerging riverfront renaissance that all of our communities are visioning. And besides tourism, look at the other possibilities.

Work: Our major industries are within the Ring – or very close: Deere, Alcoa, and, of course, the Arsenal.

Shopping: Four downtowns are like charms on the Ring.

Residences: People are moving back, rediscovering the city and its charms.

Culture: Music, art, botany, history, you name it, it's on the Ring.

But the best pocketbook issue is not with tourists and outsiders. No, it's us. That Ring is a link to communities that need to be together instead of separated as now. It is a link, more than a name - such as Quad Cities – to the physical land we inhabit.

Let's not give up this chance for the lowly bicycle to be the one thing that transforms us from all these separate entities into a true community. We can't do it alone; we also need a bridge. Tell the planners that – please.

Write them – just a short note or a long letter – at:
Public Involvement Section, Office of Location and Environment, Iowa Department of Transportation,
800 Lincoln Way, Ames, IA 50010-9902



Visit
www.melfosteronline.com/stevemontgomery
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Grand Excursion 2004

Stephanie Hansen – Grand Excursion Committee

Grand Excursion 2004 is a once in a lifetime event that will travel up the Mississippi River from the Quad Cities of Illinois and Iowa to the Twin Cities of Saint Paul/Minneapolis next June 25 - July 5. The Grand Excursion Bike Ride will depart Rock Island June 27th and cyclists will bike along the river banks, following the largest steamboat flotilla in 150 years. The flotilla includes the majestic Delta Queen and Mississippi Queen as well as five other river excursion boats. The ride concludes in the Twin Cities on the 4th of July weekend with a big celebration.

Cyclists will get a bird's eye view of the paddle boats, tow boats, barges and pleasure craft that comprise the flotilla, while taking in the beautiful vistas of the bluffs along the upper Mississippi. If you're lucky, you can time a rest stop at one of the many locks & dams on the river, and watch the boats pass through. Tours of one of the locks will be conducted during the ride.

Grand Excursion 2004 celebrates the renaissance of the upper Mississippi River region and builds upon the original Grand Excursion of 1854, a celebration of the first railroad connection to the upper Mississippi, and a journey that brought world-wide attention to what was

then America's wild, western frontier. Overnight stops will coincide with the excursion boats' docking schedules to allow cyclists to enjoy the entertainment and events that will be staged at each port of call.

The Grand Excursion Bike Ride will cover 35 to 70 miles each day over somewhat hilly terrain, traveling along Mile 484 to Mile 840 of the upper Mississippi River. The fee for the ride covers SAG vehicle support, overnight camping accommodations, transportation of luggage and tents from each campsite to St. Paul MN, breakfast in La Crosse, WI and a GE Bike Ride t-shirt.

Each rider will be limited to two soft side bags. An additional fee will be charged for return transportation to Rock Island. Overnight accommodations will be arranged in Rock Island IL, Savannah IL, E. Dubuque IL, Prairie du Chien WI, La Crosse WI, Wabasha MN, Red Wing MN, Prescott WI and the Twin Cities.

Register via our web site at: grandexcursion.com or by mail. Check the web site for registration materials and liability release waiver forms in the near future. For questions contact Tom Bolton at: tbolton@grandexcursion.com. Or contact the Grand Excursion (bike ride component only) office at 941-613-1731 Monday through Friday between the hours of 10 a.m.-4 p.m. (EST).

This Year Do Illinois!

Chuck Oestreich

No need to drive long mileage for bike tours in other states. Try the Grand Illinois Trail And Parks ride (GITAP). It's close to home, delightfully scenic; features good food and friendly folks, and all profits go to advancing bicycling in Illinois. Sponsored by the League of Illinois Bicyclists, with the cooperation and assistance of the Illinois Department of Natural Resources, the ride is a celebration of Illinois' unique recreational trails and state parks.

The GITAP is set for Sunday, June 13, to Saturday, June 19, 2004. It begins this year in DeKalb, travels along the I & M and Hennepin canal trails to the Quad

Cities, heads north on the Great River Trail to Galena, then visits two more state parks before returning to DeKalb - all told about 450 miles.

The registration fee of \$310 (\$290 for LIB members) includes camping at state parks (a motel package is also available), breakfast and dinner every day, luggage transfer and T-shirt, door prizes, and a unique touring experience around northern Illinois.

For more information and a registration form, e-mail Chuck Oestreich at oestreich@qconline.com or call 309-788-1845.

For an in-depth look at the ride, go to <http://dnr.state.il.us/orep/planning/GITAP/> and <http://www.bikelib.org/gitap/index.html>

Night Riding with the QCBC in November Mike McCaw

There were some good nights, and some less good nights this year, and a couple of folks made it to all the rides. If you haven't ridden a bike in the dark in a while, (in my case it had been 30 or more years since first trying it last year) it's fun. For twenty bucks you can get a headlight and a taillight that will work well enough to try it. If you enjoy it, a long-term investment in disposable batteries or a short term in a rechargeable light system will work too. You can also mooch off the folks who have the Flame Thrower 4000 systems if you can pedal fast enough to keep up. I can't.

Tuesday November 4th: Jim Merritt, Dick Grimm, and Mike McCaw braved the strong cold winds of November and made eighteen chilly miles up and down stream along the Mississippi River initiating the first scheduled night ride for November on the Illinois trail system. As we have in the past, the ride started a TGI Fridays (near the Mark) and proceeded up and down stream as the riders agreed. The river was choppy this night with white caps, and this turned out to be probably the least comfortable of the scheduled night rides.

Thursday November 6th was cold with light wind. Eight hearty souls enjoyed a much-improved evening weather wise celebrated with a non-traditional detour route at Sunset Marina led by renegade Warren Power. There were no females on the ride however it was later reported one member was wearing a dress, and Warren thought he was the rebel.

Tuesday November 11th was a gorgeous evening. Nine riders enjoyed a windless beautiful 50-degree ride. Jim Merritt unfortunately took a tumble on Butterworth and suffered what we found later to be a broken thumb. A bit shaken, several of the riders went back and returned with a car to take Jim to the emergency

What's Past Is Prologue - Forty Years of Service Joe Jamison

The following entry was found in the minutes of the QCBC meeting of 09 July 1974; "Rene De Langhe will lead a ride Sunday, July 16th starting at Lincoln Park. This will be a nostalgic event, because this was the site of the first ride of the newly formed QCBC in 1963. He and Fred Blessin are the only remaining members who planned the group that snowy November in 1963.

room. Fortunately, Susie Wolf carries a full set of everything in her recumbent, including a blanket and a pillow, so Jim was in good hands throughout.

The ride was cut a bit short with the "always wear a helmet" rule reinforced once again. Jim's helmet took a hit, and was later determined to be broken as a result of the accident. The cause was a little water along the edge of the trail on a curve near the East Moline border. Jim's tire slipped and down he went. There were two women on this ride, neither appeared to be wearing a dress. We are still looking for the person reported to be wearing one earlier.

Thursday November 13th was another chilly but light wind evening with three riders. Our ride leader emeritus, Jim Merritt, still suffering from Tuesday's broken thumb and helmet, saw us off at 6:30. All was well with no crashes and another twenty-mile ride was enjoyed. There were three riders on November 18th, which was a fairly good evening and a bit of a surprise that turn out was so low. The last two rides, November 20th and 25th had five and four riders respectively. It's a special treat to ride through Butterworth parkway this time of year, because the Christmas lights are on and the trail meanders through them adding a different perspective.

On a side note for next year's night rides, a better starting spot is likely the Celebration Belle parking area. When there are big events at The Mark, TGI Fridays charges to park in their lot and the area gets a little congested. We had one night on a concert date that created some confusion.

The club has not scheduled night rides in December or January. However, Dick Grimm and a few other hearty souls enjoy it so much they plan to continue riding the Davenport path on Tuesday and Thursday nights starting at the same place (Eastern) and time (6:30 PM). Depending on weather that may continue into January. Let Dick know if you're interested.

John Hood, who now lives in California, was also one of them. Rene expressed happiness at how the club has grown. He promised to write after he returns to his native Belgium this fall.

With that entry and little fanfare, the club recognized its 10th year of service to Quad Cities bicyclists. And so, with respect to our founders, and to those who followed them, we recognize our 40th year, and share Rene's happiness at the club's growth.

The McDonald's on Brady St. where it intersects with the Duck Creek Trail, closed in mid September. Please check the newsletter for revised starting locations for the remainder of the January – March 2004 rides until the new Ride Schedule is distributed in April 2004.

How to Locate Mountain Biking Trails

Dean Mayne

Are you interested in finding new trails to ride, but not really sure where to start your search? The International Mountain Bicycling Association (IMBA) and Trails.com have come to the rescue with the new IMBA Trail Finder, a great resource on the IMBA website that helps mountain bikers find places to ride throughout North America.

Basic online trail info is free. A Trails.com subscription (\$5 for a month;\$30 per year) provides full access to in-depth guidebook trail descriptions, topographic maps and eTrail downloads. Trails.com will donate twenty-five percent of this purchase price to IMBA.

The IMBA Trail Finder provides access to 1,000 well-researched guidebooks and detailed information on

30,000 trails. Proof of Trail Finder's effectiveness, for example, is a quick search of trail listings near Seattle. In a few seconds, you can access a list of 10 trails within 25 miles of the city limits, complete with great descriptions, downloadable topographic maps and a weather report. An added perk is finding info for other activities like road cycling, Nordic skiing and hiking. Check it out today at <http://www.imba.com/>. IMBA was founded as an organization to create, enhance and preserve trail opportunities for mountain bikers worldwide.

Trails.com features over 30,000 guidebook trail descriptions covering 30 different outdoor & travel activities and has been recognized as a No.1 travel site since 2001 by Forbes "Best of the Web" Magazine. Trails.com is a privately held company located in Seattle, Washington. For more information, please visit <http://www.trails.com/> or contact Rob Holmes at (206) 286-0888 or rob@trails.com

October Night Rides Bill & Kathy Storm

The October Night Rides were again well attended this year, both by returning riders from past years and a few new faces. Our first night out, October 2nd was down right cold for early October. It was a brisk 45 degrees when we started.

The basic premise of these rides is simple. At 6:30pm, we meet at Eastern Avenue Park in Davenport and sign in on an index card that Bill and I pass around so we can keep an accurate head count in case we lose someone at one of the regrouping points. Then we ride west towards Emeis Park, then we head east to the end of the trail at State Street in Bettendorf and the final stretch is back to Eastern Avenue Park.

In early October, the group gets to start these Night Rides before the sun sets. Darkness overcomes us gradually and the trail "looks" and "feels" different as we begin to turn on flashing rear reflectors and white headlights. During the daylight hours, riding your bike on the Duck Creek trail seems almost mindless, you can see hundreds of feet ahead and make minor turns to your handlebars to stay on the trail and weave amongst the other riders, walkers and other users of the trail.

At night, it's a whole different ballgame. You have to be more aware of your surroundings since you have a shorter time to react. And you have to talk to the other riders you are with to announce where you are at and what is coming up ahead.

I hope to see more QCBC members on these rides next fall. Come join us the first week in October, even if you don't have a headlight. We'll "buddy" you up to a few members who have ample lightening.

Those enjoying this years' October Night Rides and the dinner at McGuire's on October 30th were:



Rick Declerek, Barb Donald, Tom Erikson, Bob Fitzgerald, Matt Flaherty, Dick & Karen Grimm, Larry Hanna, Wayne Hanno, Tom Hilderbrand, Roger Horst, Ed & Diana Jamison, Gary Jones, Jerry

Kruse, Dave Lefever, Kentley Loewenstein, Mike McCaw, Jim Merritt, Mike Middlemiss, Nancy & Steve Montgomery, Darlene Moritz, Jerry Neff Jr, Warren &

Shari Power, Merle Schleusener, Gregg Sprout, Bill & Kathy Storm, Scott Swanson, Ken Urban, John & Barb Wessel, Susie Wolf and Barney Young.

RAGBRAI XXXII Perm & Andy Horst

The (Des Moines) Register's Annual Great Bicycle Ride Across Iowa for 2004 is still several months away, but you must register now if you want to be part of this great ride. We have a limited number of spaces available for a fee to those people who are QCBC members by December 31, 2003. These are available on a first come, first served basis.

The ride will be July 25th -31st on a route to be announced in late February. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2004. In order for us to meet their deadline, we must have **all** registration forms and checks by February 23, 2004.

The January and February newsletters will contain the RAGBRAI application and individual waiver form.

FEE PAID TAG

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

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

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

WAIVER REQUIRED

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

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to you. They can only be sold upon receipt of a new

waiver that will be coordinated by your bike club to the Des Moines Register.

SOUVENIR PACK

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$19.50 or \$34.50) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt (size XL only). The 32nd Anniversary pack sells for \$34.50 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

TRANSPORTATION PROVIDED

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 24th and baggage transportation between overnight stops. The transportation and baggage fee is \$85.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$20.00.

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

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

Please notify us ahead of time if you cannot load your bike on Friday July 23rd.

HOME STAYS

If you do not like to camp, some residents in the overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website www.ragbrai.org, after May 1, 2004

MISCELLANEOUS

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

All club members are expected to act as responsible adults and set a good example to other riders. If you act up on the ride, any unused portion of your fee paid will be refunded. We will not continue to haul your gear, and you will be responsible to find your own way home.

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

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

If you have any questions, contact Scott Miller, at 563-391-2796, or E-mail mm@netexpress.net. Please address subject matter on e-mail as RAGBRAI material. If I need to call you back, please leave me an evening phone number. If a return call requires a long distance call, it will be collect.



Thompson Campout – October 2003. A very proud mother and some other adult QCBC members surround Brian Moritz as he completes his first century ride. Pictured from left to right are: Dick Grimm, Darlene Moritz, Brain Moritz and Steve & Nancy Montgomery. Photo submitted by Dick Grimm.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form. **We must have these 2 forms and your check by Feb 23, 2004.** We cannot accept your application if sent by registered mail. No confirmation will be sent, if your money is not returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

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

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

I Don't Need To Wear A Helmet...

Jim Merritt

This is a statement we hear all the time from people who don't wear one. We all hear the same excuses. They are uncomfortable, they are hot, they mess up my hair, etc. We tell them that one never knows when one may have an accident and they just shrug it off.

I have always stressed the importance of wearing one. I have had to call 911 twice for people who did not think they needed one when I have seen them on the ground severely hurt because they were not wearing one.

Well I wear one and am glad I do. On Tuesday the 11th of November I put mine to the test. I was doing the club night on the Illinois bike path. We had left from TGIF's parking lot and rode down to Sunset Marina, turned around and were heading to Campbell's Island.

As we were negotiating one of the turns just past the Captains Table before the parking lot near Case/IH I hit a patch of mud that I did not see and went down hard. Did not even know I was going down until just before I hit the pavement as it happened so fast.

The major injury I had sustained was a broken thumb as it got hung up in the shift levers on the handlebars. A few days later I went over to where I had the accident to see what I had hit. Noticing that my neck was still very sore I decided to examine my helmet as it was still in the car. Upon investigating it I observed that it had broken as well. If I had not been wearing one my broken thumb may have been the least of my injuries. I could have suffered a head injury.

The moral of the story, always wear your helmet even if you are just riding around the block.

Would like to thank everyone who helped. Would especially like to thank Dick Grimm for driving me back to my car and Steve and Nancy Montgomery for driving me to the ER.



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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

An Interesting 4 Day Bicycle Ride in Illinois Carter & Kaye LeBeau

This was a “semi” couples tail wind, meaning we did not completely honor the wind direction. As we always enjoy starting right from our house in Davenport, we left early and had to dress to suit 38° temperatures. Booties and long underwear felt great. We expected cool weather, as it was late October, (the 17th). After crossing over the Mississippi River using the Arsenal Island bridge, we headed north and east through the Illinois Quad Cities, ending up in Colona.

Rt. 6 was our main route (and an excellent bicycle route, as all the traffic is on Interstate 80, that parallels Rt. 6.) First stop was in Geneseo at McDonald's. A cinnamon roll and coffee, and it had gotten warm enough to peel slightly. Then again at Casey's in Atkinson.

Short stop in Annawan, but a longer stop in Sheffield. Believe it or not, weather had improved, so we ate a sandwich on an outside bench for our lunch. Best stop of the day was in Wyandot, for a beverage. You have to see the decor in this bar to believe it. Also had a huge poster of Uncle Sam saying, “I WANT YOU TO SPEAK ENGLISH.” This really pleased a couple conservative Republicans.

Ended day one in Princeton at the excellent Motor Lodge that has the Big Apple Restaurant available for dinner, and Food Plaza next door for cocktail hour supplies in the room.

Took a roll of pictures during the day, as we were at corn and soybean harvesting peak season. Good pictures of the Reagan lamp post signs in Princeton. Interesting, as Reagan only passed through Princeton on his way to college from Dixon. He lived and worked in Davenport, and we don't even have a marker.

Day 2 was a nice ride (still on Rt. 6) through Seatonville, Spring Valley, Peru and into LaSalle. We passed the Monterey Mushroom plant, but were unable to ac-

complish a plant tour.

We toured the Hegeler Mansion. Took 2 1/2 hours, but really interesting. Turn of the century zinc mining developer built it in 1874, and one of his grandsons, 96 years old, still lives there. After Saturday evening mass at St. Hyacinth, we located the only non-franchise motel in LaSalle. And right next to an excellent supper club, where we got a carry out, so we could watch “The Wheel” and the Cubs in our room. The motel is called The Daniels, and is on old Rt. 51. Deco 1950s, and any biker would love it.

Day 3 promised to be good weather so we decided we had time to do some more sightseeing. LaSalle has 4 beautiful old Catholic churches. We had been to one, so decided to visit the other 3. Was hard to believe, as the town is only 9,000 population. The next town was Utica, so we had a late breakfast, and realized we could easily make Starved Rock State Park.

The traffic started to build and we realized it was all going to the park. We asked for a room at the lodge and were told they were booked 2 years in advance during the leaf season of October. After appealing with tears in our eyes, the desk clerk said they had a conference room available. We said “yes” - if it had a bed. It did - plus 2 bathrooms, 2 TVs, etc. The room was so big we could have ridden our bikes in it. Had a wonderful afternoon touring the area by trolley, hiking the trails and visiting the new historic visitors center.

Day 4 was a return to Utica, bicycling over the Illinois River. Tried a different cafe for breakfast and then caught an excellent south wind to Mendota. Decided we had had enough fun, and had advised Dave Alftine we would take him up on a previous offer for a pick up if we weren't more than 200 miles away. Was a great 4 days and it must have been fun - we went through 4 rolls of film. The weather even got warmer and stayed dry.

Am sure all of the QCBC members would enjoy this area and it's close to home.

Early Deadline for March 2004 Newsletter Kathy Storm

The normal deadline for submitting articles for the newsletter is the 10th of the month. Thank you to everyone who has submitted articles this past year for

being considerate of this deadline. You have helped me produce a timely newsletter that gets delivered to our members by the end of the month.

For the March 2004 newsletter, I will need to move the deadline up to February 7th, due to an overseas trip. Thank you.