



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – May 2004

**Quad Cities Criterium 2004:
U.S Postal Going out in Style?
Terry Burke & the Criterium Race Committee**

The year 2004 isn't limited to Lance striving for another Tour De France victory, or speculation that this is the last year for USPS sponsorship, but also USPS's Robbie Ventura's dominance of the Quad Cities Criterium in the past several years. Ventura took first place in 2002, 2001, 1997, 1996, a crash ending his 2003 bid. He evidently still is in top form, being selected for Tour of Georgia in April, possibly assisted by teammate Kenny Labbe. Undoubtedly strong Midwest teams will have a strategy to launch their sprinter past Ventura, but as of this point it is unknown what national caliber riders will participate. With the Quad Cities Criterium & Burlington's Snake Alley Criterium being on the National Racing Calendar it is more a matter of "which one" and "when" for the national teams.

2003 Women's feature winner Sherrie Stedje is expected to be here to defend her title. Sherrie also won in 2001, 1998, & was featured last summer in a Royal Neighbors of America news magazine. As with the men, last minute arrivals are common: last year Megan Long entered in mid May. The women's feature will be at 1:00pm followed by the feature men.

One team that definitely will be out in force at the Criterium is the expanded & improved DICE racing team. The local contingent of 0-40 riders will showing their best in front of the home town crowd, along with the DICE tent. The DICE team ranges from juniors 10-14 to masters 50+, plus some women riders. I'm sure they will appreciate encouragement as they navigate & sprint through the fast 8 cornered District course. See the local newspapers for featured riders from DICE.

Contributing to charity will never go out of style, & this year you can do just that while viewing the Scott Coady Film "Behind the Scenes at the 2000 Tour De France" which will benefit the Lance Armstrong Foundation for

cancer survivors. The film will be shown Sunday night, May 30th, and Memorial Day, May 31st at the Brew & View, 1611 2nd Ave in The District. See details in our new general public website: quadcitiescriterium.com.

As a primer to Memorial Day, the steadily improving Sunday Nite Street Sprints will be run under The District lights. For the uninitiated, bicycle street sprints are a standing start drag race for about 2 blocks, normally in 4 person heats. This year there will be invitational street sprints for non-licensed riders to benefit the Lance Armstrong Foundation. Call Matt Pappas 309-786-9613 or Terry Burke 309-797-3790 by Wednesday May 26 about entry. Unfortunately the running race has been cancelled for 2004. The weekend starts with the Burlington Road Race on Friday, Snake Alley Criterium on Saturday, and Muscatine Melon Criterium on Sunday. See: memorialdayweekendbikeraces.com, for entry information and race times.

On Memorial Day 10 USCF Races, Trike/Big Wheel races, youth races (age 6-10) will be ongoing from early morning until late afternoon. Our outstanding announcers, awesome wheel pit, preems, clickers, course wired for sound, and VVA honor guard adds up to a lot of free entertainment. The District, in addition to their own food and drink venues, will offer a wide variety of outside food vendors. Entertainment between races include the climbing wall, BMX trick riders, and a new Power Jump bungee cord game in the parking lot west of the Blue Cat Pub. Be sure to visit the QCBC Booth. Quad Cities Criterium T-Shirts with an attractive new design will be on sale for \$10 at the T-Shirt Booth.

The Quad Cities Criterium and Street Sprints are a great way to celebrate the Memorial Day weekend and enjoy socializing with your cycling friends. See you Sunday night, May 30th, and Monday May 31st!

(Additional Criterium articles on pages 11 & 15.)

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 twice a year at 7pm on the third Tuesday of April and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware.) Contact Errol McCollum for program information: (309) 762-8252.

Submitting Articles for Newsletter: Deadline is the 10th of the month. Please try to limit your article to 1 page in length. 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: (563) 355-2564.

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

May is when most of us start bicycling in earnest and the club has scheduled rides to meet almost anyone's needs. There are rides scheduled for five of the seven days each and every week from now through November, and on some weekend days we've scheduled multiple rides in order to meet the needs of different riders.

All weekend rides have a predetermined starting time, starting point and destination which are published in the ride schedule, while the weekday rides on Wednesday morning and Tuesday and Thursday evenings all list a starting time and place but the rides are all riders' choice, meaning the riders that show up decide where the ride will go.

It's a lot more fun riding with other bicyclists than riding by yourself. So, find a ride in the ride schedule that looks interesting and come out and join the club. I guarantee you'll have lots of fun and make lots of friends.

Speaking of opportunities to get in some serious miles, on Saturday, May 15th we are having our 10th Annual Tail Wind Century Ride which is being coordinated by Dave Lefever this year. With TOMRV just around the

corner, this is a great chance to work on the conditioning you'll need to tackle the hills on the way to Dubuque and back. A hundred miles sounds like an awfully long way this early in the season, but the tail wind makes it bearable (As a matter of fact, if the wind is anything like it was last year it will be downright fun).

We've also added a special recognition award that will be given at the annual dinner for all of those club members that ride their first century during the year leading up to the annual dinner. This would be a great opportunity to qualify for this award. You can find more information and an application for the Tail Wind Ride on page 6 in this newsletter or on the club web page.

If you're a bicycle race fan, the last week-end in May is for you. Most of you are probably aware that the Quad Cities Criterium will be held in downtown Rock Island on Monday, May 31st but many of you may not be aware that this is merely the culmination of three days of racing. On Saturday, May 29th is the Snake Alley Criterium in downtown Burlington on Sunday, May 30th there is the Melon City Criterium in Weed Park in Muscatine. Each of these criteriums is different and they're all fun to watch. So why not make a week-end out of it and attend all three.

Bicycling Advocacy in Iowa Dave Lefever

For years I have felt fortunate that we in Iowa have some of the greatest bicycling roads in the country. Granted we don't have the shoulders that some states enjoy but we have an abundance of lightly traveled rural roads. Iowa has not had an organized active bicycling advocacy network as compared to our neighbors in Illinois and other mid-west states. We have also had the good fortune of being home to one of the largest cross-state rides in the country. Well our "good fortune" is in the process of getting better.

I recently attended an organizational meeting in Des Moines with about 30 others who would like to rebuild an advocacy group. It was my feeling that all forms of bicycling were represented, i.e., road riders, off-road/mountain bikers, trail riders, commuters, trick

riders, you name they were in attendance.

Obviously with so many different interests there were many desires expressed. I came away with a feeling of accomplishment. There is much work to be done but two points were in everyone's interests. They are safety and rights to the road. In the next year it is my hope that QCBC will be able to supply you with information and the "how-to" when we need to be active and promote our endeavor.

The Iowa Senate recently defeated a "side path law" with the help of the League of American Bicyclists and the Thunderhead Alliance. Several of us from the group will have attended a Thunderhead Alliance training session on advocacy by the time you read this newsletter. Things are moving and I feel there is enthusiasm statewide for our activities. Check our web cite as more information becomes available.

**Search for Spring
Warren Power**

Twenty Five club members showed up at LeClaire Park in Davenport for our annual Search for Spring ride on March 27th to the Iowa Visitors Center in LeClaire, Iowa. The temperature was seasonal but it was somewhat foggy.

After a brief delay due to a train blocking the railroad crossing to the park, the ride got underway at about 9:10am. The ride to the Visitors Center via Highway 67 was pleasant and uneventful. Sheri Power provided a spread at the Visitors Center that rivaled some of the

sag stops on the Heartland Century. By the time we were ready to leave the Visitors Center, the fog had burned off and it had become partly cloudy. About half of the riders elected to extend the ride and headed North into Central Scott County while the remainder headed back to LeClaire Park.

Those in attendance at the ride were Linda Wright, Joy Duex, Mary Smith, Sue Wolf, Doug Stephens, Brian Moritz, Darlene Moritz, Warren Power, Keith Brick, Greg Sprott, Linda Biegert, Barb Donald, Jim Dayton, Tom Scott, Jerry Kruse, Roger Horst, Mike Desch, Jim Merritt, Al Lasek, Bill Wiebel, Dave Thompson, Jim Karr, Miek O'Brian, Bob Fitzgerald and Jan Fitzgerald.

**TOMRV 27 Registration Update
Linda Barchman**

Hot off the press! (As of April 18th.) A reminder to all who are thinking about doing TOMRV but haven't sent in that registration. You still have time to train. There are over 1100 riders as of April 18. 253 are first time riders. Fifteen are under 18 years of age and two of these have ridden more than once. 26% have registered online. You can register online through June 5 but be advised there is an additional fee for this option. 27% of the riders are signed up for the Preston option.

Bike club members may take a \$5 discount. You need to subtract this from the current registration fee. Registration forms may be printed from www.qcbc.org/tomrv. The club website has detailed information about the ride but if you still have questions you may call me at 563-388-8043 or email lindabarchman@hotmail.com

**Welcome New QCBC Members!
Charlie Sattler**

Name	City & State	Phone
Brock Thompson	Athens, GA	705-549-4314
Linda & Larry Betts	Bettendorf, IA	563-332-1294
Ronald Peters	Clinton, IA	563-243-5033
Jenny Raabe	Davenport, IA	563-823-1461
Brenda Varner	Keokuk, IA	319-524-1164
Susan Tisinger	Muscatine, IA	563-288-4358
James Ulmer	Colona, IL	309-796-0737

Name	City & State	Phone
Jim Summers	East Moline, IL	309-792-2079
Jeff Pacheco	Knoxville, IL	309-369-5835
Richard Potter	Moline, IL	309-764-7213
Dorothy Spriet	Moline, IL	309-762-2702
Sharon Suss	Moline, IL	309-764-1439
Jon Whitcomb	Moline, IL	309-762-9750
Gabriela Buenrostro	Rock Island, IL	309-786-8190

The Confessions of a Rookie Roadie Dick Grimm

It is hard to believe that I could ever be considered a Rookie again. At my youthful age and failing poorly at retirement, Rookie just sounds strange. But when I started riding Road bikes I found out what it felt like to be a Rookie again.

I resumed riding in late 2001 after the death of my brother from cancer. I hadn't ridden since my kids were younger and never more than ten miles at a time. After watching my brother struggle and knowing how healthy and active he had been, I was in sorry shape. I had blood pressure screaming for the ceiling and with over 260 pounds to carry around. With three knee surgeries under my belt, long walks and jogging were out of the question. I was not ready for knee replacement. So I had to do something healthy.

My wife, Karen, and I bought some lower end bikes, tried it out, and loved it. We had some fun and rode over 500 miles that first year. Boy was I proud of myself. I lost some weight; my health was showing signs of improvement. I was getting hooked on cycling.

After a winter of reading I bought my first real bike. A Fisher, Hybrid. I was sure that I had hit the big time then. I was riding the bike paths on both sides of the river. I would start out at Sunset Marina and ride as far as I could that day. I finally made it to a point between Fulton and Thompson, IL. I was ready to do a club ride. Heartland Century look out.

I was ready to ride 62 miles on a Hybrid bike. Little did I understand the comments about the guy with the big bike during the ride. But I did finish and felt strong.

Thinking I was ready for more, I signed up for the 2002 Fall Foliage ride in Wisconsin. After trying to follow Dean and Deb Mathias around the small hills, I knew I was ready to make another level change. I rode for over 3,500 miles that year but I was ready to ride farther. After riding during the winter months I made the move toward a Roadie.

With helpful information from reading and club meetings, I got a new bike and I started to get ready for TOMRV in 2003. Did I have a lot to learn.

By the day of TOMRV, I had about 700 miles in. But as always, there were not enough hills in those miles. Well with the help of Steve and Nancy Montgomery and Doug Stephens, I got through the first day of hills

and made it to Clarke College. It sure wasn't pretty the way I made it, but I did make it.

The ride back to Preston was wet and cold but once again, I did finish it. Nancy still says she pushed us hard to finish and I guess she is right about that. After that, Steve and Nancy talked me into some Saturday club rides. I was getting hooked still deeper.

In August 2003 I decided to try retirement again. On the first Wednesday morning I rode up for my first solo club ride. I didn't have my crutch of Steve and Nancy. Here I was, not knowing but a few people from the club meetings. A little nervous, I pulled into McDonald's parking lot ready to see if I could keep up with anyone.

Well I survived that ride. I also got to meet some great people. But I also was getting to know some riding skills that you only learn from riding in a group. Sure I made some (probably, a lot) mistakes, but by watching others I have learned a lot.

They were also making me into a stronger rider. There is always someone coming up with a route for extra ride miles. Most of all, the hook was going in deeper. I was hooked on Cycling.

Well the final test of the year was coming up. The 2003 Fall Foliage Ride, lead by Dean and Deb Mathias. I wanted to complete as many of Dean's hills as I could. Well I finished the short ride. Once again it wasn't the prettiest ride I have done, but I did survive it. I also made the first half of Sunday's hills. I just hope that Dean doesn't find a harder route this year.

Well last year this Rookie rode 4,300 miles total. I met some really great people. I lost some more weight and got a little healthier. I just hope this year to increase my miles, to be a better rider, to lose some more weight and best of all meet more people. I can't wait to spin again this year. Keep Grinning, Keep Spinning.

Membership Count: 4/9/04		
	# of Members	# of Memberships
Individual	409	409
Couple	280	140
Family	349	94
Complimentary	21	21
Life	6	3
Total	1,065	667

Kick-In' Tailwind Escapade – May 15th
Dave Lefever

Make plans to go with the wind and fly like a KITE! Spring Is coming and it is time for our annual tailwind ride.

The ride will take place on Saturday May 15th, 2004. Here is how it works. We will bicycle from one of four locations depending on which way the wind is blowing the morning of the ride. We will load everyone's bikes at one of two locations:

- 1.) Butterworth parking lot near Case New Holland (Moline, IL) if we are going East or South.
- 2.) Scott Community College (Bettendorf, IA) if we are going West or North.

How will you know where to meet? That information will be on my answering machine after 6:30pm on Friday, May 14th. I will have alternate information on my machine if the weather is going to be extreme and the ride needs to be postponed to Sunday, May 16th.

Promptly at 6:00am our bus transportation will leave for an approximately two-hour ride into the wind. Around 8:00am everyone will leave the bus, unload their bikes and take off for a 100-mile ride with the wind at their back the whole way. (We hope)

Be at the starting location at 5:30am to load bikes into the truck. You might want to bring a blanket to protect your bike during transit. These will be waiting for you when you return back to the start. There will be a SAG truck with refreshments during the ride.

Fill out the form on this page, sign the waiver, and send it along with a check for \$20.00 made out to the Quad Cities Bicycle Club. Mail the form and fee to: Dave Lefever, 1735 Piccadilly Place, Davenport, IA 52807. Do it quickly because registration is limited. It'll be on a first come first serve bases, with postmarks determining cut offs.

My phone number is (563) 355-6476. Call me if you have any questions. And make sure to call on May 14th after 6:30pm to find out where to meet.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Here is my \$20.00. Please register me for KITE, the Kick-in' Tailwind Escapade of spring. In order to participate in KITE the following must be completed fully and signed in ink.

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle touring. I understand and agree that I must wear my helmet at all times while riding the KITE. In consideration of the Quad-Cities Bicycle Club, its directors, officers, employees, agents and participants who may be performing official functions for the ride, from any and all actions, claims, demands, administrative proceedings, judgments, or decrees, including attorney's fees, of any kind that may arise out of my participation in the KITE ride.

I also hereby consent to and authorize emergency medical treatment in case of injury. I understand that any medical costs will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in this tour event.

Participants Signature _____ Date _____

Parent or Guardian Signature (if under 18) _____ Date _____

For Sale/Want to Buy Ads – Check Web Site (qcbc.org) for Additional Items

- **Trek Road Bike** – 2100 Alpha SL. Shimono RSX components, except for 105 rear derailleur. Rolf Vector wheels. Less than 1,000 miles, great condition. 56cm frame. Asking \$150. Contact Mark Szemkus at 563-505-6318
- **2003 Burley Hepcat Recumbent.** Good condi-

tion, basic bike, ridden 4,900 miles, includes

Echowell computer and rear bag. \$1,575. Other equipment available. Also willing to coach buyer in recumbent riding and handling. Contact Jim Hanson at 309-797-4883 (evenings).

- **Rhode Gear Trunk Rack** – Asking \$15. Contact Mark Szemkus at 563-505-6318
- **Want to Buy** – Used hybrid bike 53 – 56 cm. Contact Pam Kaufman at 563-332-2332.

**McLean Co. Wheelers and Red Cross Merge Rides
Richard Verdery, President, McLean Co. Wheelers**

Saturday, June 19, 2004, is the scheduled date for the Red Cross/McLean County Wheelers Spring Metric Ride & Stride. This is the premiere year of the ride since its merger between the Red Cross of the Heartland and the McLean County Wheelers.

The ride will depart from Dooley Park in Downs, IL, located in just east of Bloomington/Normal and will feature three different distance routes: 15 mile "Family Route", 30-35 miles and 60-70 miles. All routes will include free food stops.

The routes have been designed to include moderately challenging roads along the moraine and include a loop around beautiful Dawson Lake at Moraine View State Park.

The 15 mile "Family Route" will feature a food and rest stop at Moraine View State Park, located at Lake Dawson. The "Family Route" has a single \$20 fee that includes all children and up to two adults. The other routes have a \$20 per rider registration fee. The fee includes a delicious grilled pork chop post-ride dinner. A vegetarian alternative will be available, too.

"SAG" vehicles courtesy of Vitesse Bicycle Shop and Red Cross of the Heartland will be available to assist any riders who experience mechanical or other problems.

Applications for the ride may be obtained by going to the McLean County Wheelers website (www.mcleancountywheelers.com) or by phoning Diana Nicol at the Red Cross of the Heartland at (309) 662-0500, ext. 58.

**2004 Bike Florida: April 3 - April 9
John Keane**

This years Bike Florida was titled "Springs Break", a play on words representing visits by the tour to several parks with springs and the annual pilgrimage to Florida by young people on spring break. QCBC was represented by John Keane, Hal Reuter and Barney Young and we had a great time, helped along by great Florida weather.

The tour started and ended in Gainesville, which meant we could leave our car at the start/end point without the hassle of riding a bus and loading our bikes on and off a truck to get to the start point. Barney shipped his bike from the Quad Cities to a bike shop affiliated with the tour and it was assembled and waiting for him when we arrived at the start/end point.

Barney and Hal flew to Jacksonville on Friday, April 2nd, and John drove from his home in Port St. Lucie to meet them. He brought his bike and a spare bike for Hal to ride. This is the third year that Hal and John have ridden Bike Florida.

It was a one hour drive from the JAX airport to Gainesville and we went directly to ride headquarters and the campground for the well organized registration. Those readers who know us well are aware that we have an aversion to sleeping on the ground and so we had arranged to stay in motels during the week. We had contracted with Bubba's Pampered Luggage service to pick up and deliver our luggage to and from the motels and, at the registration, we met Bubba.

He is approximately six foot six inches tall and resembles an NFL lineman. His service during the week was excellent and that was a good thing (cont. on page 8)

2004 Bike Florida - April 3 - April 9

(cont. from page 7)

because we would never have confronted him with a complaint. Bubba also offered a service to campers of renting them tents and putting up and taking down the tents each time the ride moved and this appeared to be very popular. Bubba had a good week.

We stayed two nights in Gainesville at a motel near the U. of Florida campus. **Day 1** of the ride on Saturday, April 3rd, went south and east on a "rails to trails" trail to Hawthorne and return with several optional side trips. It was hard surfaced and excellent to ride on. One option, which we rode, took us to the town of Micanopy and we encountered a local and asked him the pronunciation of the town.

He claimed that Micanopy was the second oldest town in Florida, with St. Augustine being the oldest. The town was named, so he said, after an old Indian Chief who, in the early days, went into the general store and wanted merchandise but didn't have money and so he said, "me can no pay".

On Sunday we rode from Gainesville to High Springs which, if you look at a map, does not appear to be a very long ride but we took a very circuitous route and this was true of many other days during the ride. On this day we encountered, of all things, hills. Not hills by QCBC standards but a bit of a shock to those of us from South Florida.

An interesting stop that day was a state park called Devil's Millhopper. It is a giant sink hole nearly 300 feet deep and you can go to the bottom by a set of stairs. It seemed liked fun going down but less so going up.

The ride stayed two nights in High Springs, **Day 2 and Day 3, and Day 4** went to Branford which also doesn't have motels and so they bused us 30 miles to and from Alachua where we stayed in our motel a total of three nights.

Two free lunches were provided by Bike Florida on Day 4 at one of the state parks (springs) and Day 7 at the end of the ride. The rest stops situated every 15 to 20 miles on the route provided water, Gatoraid, cookies and fruit and the second rest stop each day had peanut butter and jelly sandwiches so we were never in danger of starving.

The campers, for a price, were provided with catered breakfasts and dinners and most reported that these

were excellent. One thing we missed by not being in the campground was the entertainment provided several evenings and regular short announcement meetings. At one of these meetings our own Barney Young, although he wasn't there, was honored as being the oldest rider at the age of 84.

Day 5 took us to Chiefland, where we had a motel less than a mile from the campground and stayed for two nights. **Day 6** provided several options, including a century. We chose a 65 mile option to Cedar Key on the Gulf of Mexico and back to Chiefland and it worked out well because we had headwind going out and tail wind returning. On this day we had our only bad weather experience but it didn't last long. We were getting close to Cedar Key and Hal was riding ahead of Barney and John when it started to rain. Hal approached a house along the road and was invited to take shelter and he flagged Barney and John as they approached.

Our hosts were a young couple who were clam farmers and, if any of you are like us, you have never met a clam farmer. They lease, from the government, two acres in the Gulf of Mexico close by. If you want the fascinating details contact Hal.

Day 7 took us back to Gainesville. The route was 70 miles which is not good planning for a day when most riders have to travel many hours to get home. So we took a shortcut, rode 45 miles and got there before noon. We gathered our things and drove the three and a half hours to John's home in Port St. Lucie. Barney and Hal stayed two days and then flew home from West Palm Beach.

Barney said he had a great time. Hal and John agreed but felt it was not as good as the previous two years because of several little glitches. T.J. Juskiewicz, who had been the Director of Bike Florida, left a year ago to go to work for The Des Moines Register and become the Director of RAGBRAI next year. So we attribute these problems to rookie errors, which will be eliminated next year.

There were 1,000 riders, the ride was sold out in January and 700 late applications were refused. If you would like to go next year, and we would love to see more from QCBC, get your application in early. Details at www.bikeflorida.org.

(Editor's Note: this article was shortened up from what John submitted. Please contact Hal, John or Barney for more details about their trip.)

**Midwest Invitationals – Spring & Summer
2004**

Sunday, May 2
“Sudden Century”

Joliet Bicycle Club

Starts in: Joliet, IL. 30, 45, 60, 80 and 100 mile routes.

(815) 899-0269 or jolietbicycleclub.org

• **Sunday, May 30**

“Bike the Drive”

Chicagoland Bicycle Federation

Starts in Grant Park, downtown Chicago (312) 427-3325

ext. 23 or BikeTheDrive.org

• **Sunday, June 6**

“Udder Century”

McHenry Co. Bicycle Club

Starts in: Union, IL. 31, 50, 62 and 100 mile routes.

(847) 587-6234 or mchenrybicycleclub.org

• **Saturday & Sunday, June 12 & 13**

“Tour of the Mississippi River Valley”

Quad Cities Bicycle Club

Starts in Bettendorf, IA. Day 1: 106 or 65 miles. Day

2: 86 or 41 miles. (563) 388-8043 or qcbc.org

• **Saturday, June 19**

“Great Carroll County Cycling Event”

Carroll County Cycling Club

Starts in: Lanark, IL. 60 mile route. (815) 273-7789 or

cc-cycling.org

• **Saturday, June 19**

“C-U Across the Prairie”

Prairie Cycle Club

Starts in Mahomet, IL 16, 35 & 65 mile routes. (217)

356-8580 www.prairienet.org/pcc/cv-Ride2004.htm

• **Saturday, June 19**

“Spring Metric & Stride Ride”

McLean County Wheelers

Starts in: Downs, IL. 15, 33 and 65 mile routes. (309)

662-0500 ext. 58 or mcleancountywheelers.com

• **Saturday, June 19**

“Summer Century”

Bicyclists of Iowa City

Starts in: Iowa City, IA. 20, 33, 54, 74 & 103 mile

routes. (319) 545-2095 or bicyclistsofiowacity.org

• **Sunday, June 20**

“Windy 60”

DeKalb County Bicycle Club

Starts In: DeKalb, IL. 20, 43 and 63 mile routes. (815)

758-1562 or direct.at/windy60

• **Saturday & Sunday, June 19 & 20**

“Mississippi River Ride”

Bike Burlington

Starts in: West Burlington, IA. 60 miles each day.

(217) 659-7818

• **Saturday, June 26**

“Tampico Bike Fest”

Starts in Tampico, IL. 6, 19 and 40 mile routes. (815)

438-7447 or dlester@cin.net

• **Saturday, June 26**

“Swine Trek”

Hawkeye Bicycle Association

Starts in Palo, IA. 10, 25, 50 or 100 mile routes. (319)

560-3979 or hawkeyebike.com

• **Sunday, June 27**

“Swedish Days”

Fox Valley Bicycle & Ski Club

Starts in: Burlington, IL. 25, 45, 62, 75 and 100 mile

routes. (630) 978-2263 or fvbsc.org

• **Sunday, July 4**

“4th of July Metric Century”

Joliet Bicycle Club

Starts in: Plainfield, IL. 30, 45 and 62 mile routes. 815-

729-0183 or jolietbicycleclub.org

• **Sunday, July 18**

“Biking with Beanie”

Kiswaukee Valley Bicycle Club

Starts in: DeKalb, IL. 23, 43, 63, 83 or 103 mile routes.

(888) 758-3742 or kish-kiwanis.com

• **Sunday, July 25**

“Metro Metric”

Elmhurst Bicycle Club

Starts in: Hampshire, IL. 23, 41, 65 and 100 mile

routes. (630) 415-2453 or elmhurstbicycling.org

• **Saturday and Sunday, August 7 & 8**

“Around Illinois Back Roads”

Joliet Bicycle Club

Starts in: Morris, IL. 50 miles each day. (815) 467-

5748 or jolietbicycleclub.org

• **Sunday, August 15**

“Melon Metric”

Naperville Bicycle Club

Starts in: Plano, IL. 15, 32, 65 and 100 mile routes.

(630) 499-7507 or napervillebicycleclub.org

QUAD CITIES BICYCLE CLUB

**RAGBRAI XXXII
CHARTER REGISTRATION**

The Quad Cities Bicycle Club provides charter service for those who obtain their tags from the Des Moines Register. Reproduce a copy of your Fee Paid Tag and check the services you want in the spaces provided. Use a separate form for each person. Make check payable to QCBC, RAGBRAI XXXII. You will need to plan to load your bike(s) on Friday July 23rd between 4:30 - 6:30pm at Kaplan College in Davenport, IA. The loading of gear and riders onto the charter buses will take place between 7:30-8:00am on Saturday July 24th. The return charter bus will depart Clinton on July 31st with a 2:00 – 4:00pm departure time.

Please see additional information in the January or February 2004 issues of the newsletter or on the QCBC web site at: qcbc.org.

Name of rider _____ Tandem? Yes No

Night Phone # _____ Day Phone # _____

Street _____ City _____

State _____ Zip _____ E-mail _____

Birth date (mm/dd/yy) _____ RAGBRAI Wrist band No. _____

Name of adult sponsor if under 18 _____

QCBC transportation/baggage fee: (Bus out & haul bags to final city of Clinton, IA)	\$85.00	_____
Baggage service only:(Find own way out)	\$30.00	_____
Bus return to Davenport:	\$20.00	_____
Total	\$	_____

Every rider must sign this liability waiver. If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XXXII or in any of the activities associated with RAGBRAI XXXII.

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____

MAIL TO: QCBC-RAGBRAI, 4216 Warren, Davenport, IA 52806

Make check payable to: Quad Cities Bicycle Club, RAGBRAI XXXII

Charter space is limited and sold on a first come, first serve basis. All charter applications must be accompanied by proof that the applicant has been accepted on RAGBRAI XXXII. Acceptable proof would be a photocopy of the fee paid tag issued by the Des Moines Register. Any questions concerning this charter should be directed to: Scott Miller, 4216 Warren, Davenport, IA 52806, e-mail: mm@netexpress.net or 563-391-2796. If you send an email, PLEASE place RAGBRAI in the subject line.

**“Heads Up” QCBC Members and Friends
Criterium Volunteer Opportunities:
Pre-Memorial Day Events: Sunday, May 30, 2004
Memorial Day, Monday, May 31, 2004**

Meet the Racers: Work the **Registration Desk** and have the chance to meet racers registering or picking up packets. You get an interesting insight to the race when you meet them. Contact Chairperson Don Davis at: 309-788-0753 or dondavis@aol.com or Vivian Norton at: 563-355-1899 or vjoan@worldnet.att.net

QCBC Booth: Join Chairperson Dave Lefever at the QCBC booth to introduce Criterium fans to the advantages and enjoyment of being a QCBC member. Contact Dave at: 563-355-6476 or bike@netexpress.net

Corner Marshals: See what is going on during the race and help out the racers at the same time by being a corner marshal. Corner marshals monitor street crossings to stop spectators from crossing in front of the racers. Contact Bill or Cathy Wiebel Chairpersons at: 309-755-1859 or billwiebel@aol.com

T-shirt sales: Like to sell? Like to be part of the action? Like to get a free shirt? Join Scott Doup and Dennis Baber at the T-shirt sale booth. Contact Scott Doup at: 563-322-4213, or doup@coppernet.net or Dennis Baber at: 309-796-2476 or xlpp@netzero.net

Wheel Pit: If you “know your wheels” or want a quick, practical lesson, join the Wheel Pit Guys. Contact Darrel Blackburn at: 563-332-2668 or: dablackburn@mchsi.com and Roger Long at: 309-786-2736, or LongR@ria.army.mil

Prize Desk: You may not get a prize but you do get to see how it’s done. To volunteer call Doug Nelson at: 563-355-3253, or dougmai@aol.com

Street Sprints: (Sunday night 6-10PM) Street sprints are one of the most popular and amazing extra events at the Criterium. Contact Matt Pappas at: 309-786-9613 or Mpappas@pappasandschnell.com.

V.I.P. tent: Mingle with the Very Important People and help John Wessel at the V.I.P. tent. Contact John Wessel at: 563-359-8350 or jcw@wpcco.com

Registration for Trikes and Youth Races: volunteers are needed for registration and for a “Trike Wrangler” (to line up the trike racers). Contact Michel Zugmaier at: 563-383-6216 or 563-508-4301 or mzugmaier@carletonls.com

Tear Down Team: Michael also needs a tear down manager. If you ever wondered how the Criterium works, this is your big chance to see what goes on behind the scenes. Contact Michael Zugmaier at: 563-383-6216 or 563-508-4301 or mzugmaier@carletonls.com

Shifts are available from 7:30 a.m.-3:00 p.m. on Memorial Day. **Your BIG rewards include:**

- See the fun and hear the Saturday concert.
- 2 FREE FOOD coupons good at Criterium vendors!
- A spectacular and MUCH coveted Criterium t-shirt.
- An invitation to the volunteer party! (Time and location to be announced)
- A full day (or shift) of entertainment!
- An opportunity be an active QCBC volunteer.
- BE PART OF THE CRITERIUM FUN!

You may also call Vivian Norton (563-355-1899 or vjoan@worldnet.att.net) to sign up to be a volunteer.



Providing Comprehensive Compassionate Care

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

Free Monthly Screenings
May - Arm Pain
Shoulder/Elbow/Wrist/Hand

1050 36th Avenue Moline, IL Phone: 309-797-8778 FAX: 309-797-8072	Jim Schaefer MSPT Margaret Carton MSPT www.twinriverspt.com
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Bike with the Boats

Grand Excursion Bike Ride©

June 27 - to July 4, 2004

Application Deadline: June 1, 2004

This ride follows along the Mississippi River from Rock Island IL to St Paul MN

Complete the following information and read and sign the waiver. No personal data will be sold or made available to other companies.

First Name: _____

Last Name: _____

Birth Date: _____

Street Address: _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Free T-shirt size :S M L XL XXL XXXL

Fees:

Grand Excursion Bike Jersey \$45 _____

Jersey Size: S M L XL XXL XXXL

Return Ride to Quad Cities: \$45 _____

Single Occupancy Rm in LaCrosse \$22 _____

Double Occupancy Rm in LaCrosse \$12 _____

Rooming W/ _____

Registration Fee \$225 _____

Total Amount Enclosed \$ _____

If you have question call Tom at 563-386-7157 or e-mail riverpilot@juno.com

Make check or money order payable to Grand Excursion 2004. Mail completed application, signed waiver and payment to: Grand Excursion Bike Ride, 822 East River Dr, Davenport IA 52803

Agreement, Waiver & Release of Liability

Separate waivers and registrations must be filled out for each registrant. I, the undersigned, know that GRAND EXCURSION BIKE RIDE© is a potential hazardous activity and I attend it out of my own free will and choice. In choosing to attend GRAND EXCURSION BIKE RIDE© and any related events, I fully accept and assume all risks, whether before, during or after GRAND EXCURSION BIKE RIDE© and its related events. These include, without limitation, physical injury, mental injury, emotional distress, trauma, sickness, illness, death, contact with other participants, equipment failure, inadequate safety equipment, the effects of weather including extreme temperature or conditions, traffic, contact with motor vehicles of all types and descriptions, collisions with other riders or fixed objects, the conditions of the road, camping, and participating in events along the route. All risks are known and appreciated by me. I waive any and all specific notice of the existence of the risks. I shall assume and pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses. I realize that GRAND EXCURSION BIKE RIDE© requires physical conditioning and I represent that I am in sound medical condition capable of participating in the ride without risk to myself or others. I have no medical impediment, which would endanger others or myself. I understand and agree that a situation may arise during GRAND EXCURSION BIKE RIDE© which may be beyond the control of the sponsors, promoters or organizers. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and riding equipment. I will ride safely within the limits of my own abilities, my equipment and the riding conditions and in a manner so as not to endanger myself or others. Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in GRAND EXCURSION BIKE RIDE© and its related events, I for myself and anyone acting on my behalf release, waive, discharge, covenant not to sue and agree to hold Grand Excursion 2004© and its parent company, subsidiaries and affiliated entities, GRAND EXCURSION BIKE RIDE© sponsors and participating clubs, communities and organizations; GRAND EXCURSION BIKE RIDE© officials, emergency and support personnel, volunteers and their representatives, official friends of GRAND EXCURSION BIKE RIDE©; and the officers, directors, employees, representatives, agents, and successors of all of the above, harmless from any and all claims, demands and actions of any and every kind I have, may have or may hereafter accrue against the released parties directly or indirectly arising out of or relating in any respect to my attending or participating in GRAND EXCURSION BIKE RIDE© and its related events. My waiver and release of all claims, demands, action and liability shall include without limitation, any injury, damage or loss to my person or property which may be (a) caused by any act, or failure to act, by the above identified persons and entities or (b) sustained by me before, during, or after GRAND EXCURSION BIKE RIDE© and its related events. I agree to abide by all Grand Excursion Bike Ride© rules and regulations. I understand that my name, address, photograph, voice and/or likeness may be used in promotional or advertising materials of or by the GRAND EXCURSION 2004©, and its licensees. I consent to such uses and waive any rights of privacy or publicity I may have in connection with those uses.

I further agree to indemnify and hold the parties released above harmless from any and all losses, damages, claims and expenses, including attorneys' fees, arising from or relating in any respect to my participation in GRAND EXCURSION BIKE RIDE© or its related events or my breach of this agreement. If I am a minor, my parent or guardian also is signing on my behalf and we both agree to be bound by the terms of this agreement, waiver and release. If special arrangements are required for individuals with disabilities to complete and submit this from please contact GRAND EXCURSION BIKE RIDE©, 822 East River Drive Davenport IA 52803 no later than June 1, 2004. GRAND EXCURSION BIKE RIDE© is a registered trademark, Grand Excursion 2004©, 350 North Robert St, Suite 100, St Paul MN 55101. I HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, AND AGREE TO AND ACCEPT ITS TERMS.

Signature _____

Faxed or photocopied signatures will not be accepted.

**The Third Five Years Of A Forty Year Journey
“1974-1978” - A condensed history of the QCBC -
The third of eight articles by Joe Jamison**

A decade had passed since the creation of the Club and during those years, much energy had been expended forging an identity, organizing itself and carving out a place in the bicycling community and the community at large. And now it was time to turn that energy towards activities that would make the founders proud who had stated the objectives of the Club would be to encourage racing, touring and social events associated with bicycling. It is interesting to see the membership implementation events that would become institutions as the next five years progressed.

1974

The Club would start the year with \$568 in the treasury. This year would later be recognized as the second RAGBRAI although at the time it was referred to as SAGBRAI in the QCBC minutes. The QCBC would be an important champion of this event in the next few years.

Progress toward developing bike paths was made when the city of Davenport budgeted \$75,000 for Duck Creek Parkway. The city of Bettendorf requested assistance from the QCBC in planning an attractive bike route through their city.

Planning for the celebration of the Bi-Centennial was increasing. The QCBC officers hosted two representatives of the Bi-Centennial Planning Commission who were in the region planning cross country routes.

Rene DeLanghe led a memorial ride recreating the Club's first official ride in celebration of the Club's tenth anniversary. A Cyclo-cross and coasting event was planned and conducted with the sponsorship of radio station KSTT. The Mississippi Valley Century was held in Scott County Park and was deemed a success.

Officers for 1974 were: Pres: Terry Burke, Vice Pres: Walter Barchman, Sect: Mary Jo Sheridan, Tres: John Schwartz

1975

The Club established its first mailing address. The Cyclo-cross event was dropped for this year.

Margaret Paulos proved very effective in organizing

displays and demonstrations of aspects of cycling at Rock Island Bank and Northpark Mall. She also made overtures to the Community Services Advisor of the Rock Island Arsenal to allow recreational cyclists onto the island.

Life memberships were bestowed on: Rene and Roger DeLanghe, Fred and Betty Ann Blessin for their long standing service to the Club. Later in the year, the Club would mourn the passing of Betty Ann-a tireless advocate for the QCBC,

The Club would participate in the United Way Kickoff campaign and also assist with the Juvenile Diabetes Bikeathon. At the annual dinner, Dr. Herman Falsetti of Iowa City spoke. He was one of the first two Americans ever to complete Paris-Brest-Paris. Membership in the Club was reported as 115.

Officers for 1975 were: Pres: Frank King, Vice Pres: Bob Frey, Tres: Mel Bradley, Sect: Mary Jo Sheridan

1976

The popularity of RAGBRAI was soaring with 2500 baggage tickets reported gone the first week they were made available. In addition, excitement was building in the anticipation of crossing the United States in celebration of the Bi-centennial. It was to be a big year for cycling!

The Duck Creek Pathway was completed between Division and Eastern in Davenport, stimulating a suggestion for the Club to encourage erecting an informational center on the new bike path. Margaret Paulos agreed to follow up with the city of Davenport. It was agreed the Club would pay for materials and the City would build it. The project was completed and is an active part of the cycling experience on Duck Creek nearly thirty years later.

Over 140 riders participated in the Club's Century ride this year. It was, at that time, one of the major producers of income. A proposal to develop a 750 mile "Tour de Iowa" event was approved by the Officers. Also, it was proposed to resume the Cyclo-cross event in 1976. Carter Lebeau, Terry Burke and Margaret Paulos were elected as Directors to comply with the bylaws of the Club.

Officers for 1976 were: Pres: Elizabeth Schwegler, Vice Pres: Fred Blessin, Tres: Ken Davis, Sect: Judy Anderson. (cont. on page 14)

The Third Five Years Of A Forty Year Journey

(cont. from page 13)

1977

The Tour de Iowa event was held and trophies were presented to the finishers at the annual meeting. It was necessary to increase membership dues in order to cover the cost of the news bulletin and general expenses.

Officers for 1977 were: Pres: Carter Lebeau, Vice Pres: Ben Gero, Sect: Jo Ann Lambrecht, Tres: Dennis Murphy

1978

Carter Lebeau and Bob Frey suggested and agreed to

co-chair a little ride they called Tour of the Mississippi Valley...TOMRV. It was approved, planned and held and was very successful immediately. It was moved that profits from TOMRV would be added to the Club's general fund.

Dues were again increased. The Dan Watkins Bike Path in Moline was dedicated this year. Margaret Paulos accepted responsibility to maintain the information center on the Duck Creek Bikeway. She would meet this responsibility for the next 20+ years! A Club logo was designed and accepted by the officers.

Officers for 1978 were: Pres: Don Horton, Vice Pres: Dean Arney, Tres: Bob Doer, Sect: Linda Powers.

Happy 40th Anniversary!

Dear QCBC Jim Boyer & Betsy Burtelow

Attached is a photo of us with our Illinois Bike Month plate taken before today's club ride. In addition to QCBC, we are members of the Wheeling Wheelmen Bicycle Club in the northwest suburbs of Chicago. Actually, we're the club membership chairpersons.

Since we have the opportunity, we'd really like to commend QCBC on all your fine work, newsletter, TOMRV, advocacy and well, you know, all the amazing things that go on behind the scenes to keep a



club going, all on the power of volunteers. You do a fantastic job.

Congratulations on your Forty-Year Anniversary! jimbetsy@comcast.com, Wheeling Wheelmen, www.wheelmen.com.

(Editor's Note: I received this nice email and photo from Jim and Betsy after they read my article in the April issue of Pedalwheeling about how I was looking for photos of Illinois based QCBC members who participated in the League of Illinois Bicyclists license plate program during April and May.)

Habitat for Humanity Ride Gordon Fordyce

I have volunteered to participate in the Habitat 500 which is a pledged 500-mile ride benefiting Habitat for Humanity. The ride takes place in Minnesota July 11-17, and passes through the towns of: Hutchinson, Lake Crystal, Faribault, Albert Lea, Le Sueur, New Ulm, and

Willmar.

I invite your support of me for this event to raise money for the Quad-Cities affiliate of HFH. I need contributions by July 1st payable to "Habitat 500". Contact me at (563)-322-6001 or at glfordyce@qconline.com to contribute to this tax-deductible cause.

Youth Racing (6-10) Comes to QC Criterium

Mike Zugmaier

You're sitting home watching the Giro d'Italia on OLN and your child says to you, "I want to race bikes just like Tyler Hamilton!" The typical reply might be: "That's nice dear, you can do anything you want, when you grow up - pass the chips"

WAIT A MINUTE don't just shine on that budding Lance or Dotsie, tell them to go get that bike out of the garage, strap on that helmet, and get ready to race.

Everyone will have a chance to race in this years Quad Cities Criterium. In addition to the full USA Cycling Sanction event schedule (for racers ages 10 to 60+) this years crit will feature a new event for Youth Racers ages 6 - 10 years old.

During the noon time intermission we'll have the traditional Trike Races for the younger set, but then the "big kids" get a crack at the full 3/4 mile course. Youth Racers will be lined up by age group for a fast and furious one lap around the course. Each age group will be started separately so if there's a "Lance vs. Jan rivalry" in the neighborhood that needs to be settled, here's the place to let it all hang out.

The fun starts at 12:15 and it's free for all kids who want to participate. All they will need to race is their bike and helmet . Mom or dad will need to fill out a race entry form and sign the waiver, then they'll be ready to go. Registration begins at 10:30 a.m. in the parking lot near 18th St and 1st Ave. We hope to see all those young QCBC'ers out there on Memorial Day. You never know, in 2005 you might see some of these very same kids in the Juniors Division of (10-18), remember Lance had to start somewhere.

Attention All Closet Authors!

Here's an easy way to win a lottery. Just participate in a club ride during April through October, write up a short ride report and submit it to the Newsletter Editor. In the report, list who was on the ride, where you rode and some interesting things that you saw or that happened along the way.

Once your article is received, your name will be written on a separate sheet of paper and "tossed into a hat". At the Annual Dinner in November, a drawing will be held to select the winner of a \$25 Gift Certificate to a local bike shop. The more write-ups you submit, the more chances you have of winning.