



Pedalwheeling



Monthly Newsletter of the Quad Cities Bicycle Club – September 2004

Iowa Bicycle Coalition Now Accepting Members Mark Wyatt

The Iowa Bicycle Coalition is a statewide, nonprofit, bicycle advocacy organization working to promote Iowa cycling as safe and enjoyable recreation and transportation. The Coalition is working to improve cycling conditions by uniting the voices of road riders, mountain bikers, recreation riders, commuters, and anyone else who prefers a bicycle for recreation and transportation.

Some projects with which the Iowa Bicycle Coalition is involved are:

Promote Bicycling Tourism

One of the goals of the Iowa Bicycle Coalition is to promote bicycle tourism in Iowa. We wish to do this by producing bicycle route maps which will include road routes, trails, and off-road routes.

State Bicycle Conference

The Iowa Bicycle Conference will be a way to educate and inform bicyclists, elected officials, government staff, and traffic engineers about issues in bicycling. The conference will feature the latest information about advocacy, facilities, design, and safety.

Information Clearinghouse

The Iowa Bicycle Coalition will establish itself as the clearinghouse for safety and advocacy information. Our goal is to broadcast information at the grassroots

Amish Harvest Century & Stagecoach Tour Mark Wyatt, Bicyclists of Iowa City

The Bicyclists of Iowa City are sponsoring the Amish Harvest Century and Stagecoach Tour (AHCASST) on September 18 & 19, 2004. The Saturday tour has 100/72/45/28 mile marked routes following stagecoach lines, passing scenic farming towns and the

level on Safe Routes to Schools, Iowa DOT Smart Wheeler, RIDE RIGHT, and other important programs.

We Are Cyclists

Our members are commuters, recreational cyclists, transit advocates, bicycle retailers, clubs, environmentalists, manufacturers, and local advocacy groups throughout the state who care about making their communities more livable. With your membership, we can be even more effective throughout the state and in your town.

Join Now!

We invite you to assist this worthy effort by becoming a member and by volunteering some of your time and energy. Our membership options range from \$25 to \$1000, and we encourage everyone to be as generous as possible. With your valuable support, we can make Iowa cycling safe and enjoyable for everyone.

Founding Members

For a limited time, the Iowa Bicycle Coalition is offering special Founding Memberships. As early supporters of the Coalition, Founding Members demonstrate a special dedication to the Iowa cycling community.

For more information on the Iowa Bicycle Coalition, visit their web site at www.iowabicyclecoalition.org or contact Mark Wyatt at 319-626-6017 or mark@north-liberty.com.

Amish countryside. The Sunday Tour has 86/78/53/27 mile marked routes following popular railroad destinations. Bring your bicycle, recumbent, or tandem and enjoy low-traffic roads on gently rolling terrain. Meet new friends, discover colorful history, and enjoy outstanding food.

Visit www.bicyclistsofiowacity.org/ahcast/ to for more information or convenient online registration.

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 jandj97@mchsi.com
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 7 pm 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.



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

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

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

From the Headset Warren Power

The summer of 2004 is almost over and it's been a fantastic one for bicycling. You can count the number of days we've had over 90 degree temperatures on one hand and the humidity has been unusually low. It also seems that the rain we've had has been timed so that it hasn't interfered with our club rides. If this is global warming, I'm all for it.

September and October usually offer some of the nicest bicycling days of the year, although it's going to be hard to beat this summer. The days are usually cooler and less humid which is just what the doctor ordered when it comes to bicycling. We've scheduled several special bicycle rides over the next couple of months, in addition to our normal weekly rides, to help you take advantage of this great weather.

We start with the Heartland Century, which is being organized by Mike Desch, on Saturday, September 11. The ride starts at the Illiniwek Forest Preserve just North of Hampton, IL. Even though the ride title infers that the ride is 100 miles, it doesn't have to be. There are ride options of 25, 50, and 62 miles in addition to the full 100-mile ride so there's a ride for everyone.

Registration forms were mailed to current club members and they can also be found on the QCBC web site and on page 4 in this issue of the newsletter. If you decide at the last minute that you want

to go on this ride you can sign up the morning of the ride but you may not get a t-shirt and biking socks if you wait until then.

On Saturday and Sunday, October 2nd and 3rd we've got our annual Fall Foliage Ride. Deb and Dean Mathias are once again organizing this ride. The ride starts in Mt. Horeb, Wisconsin. Deb and Dean plan to use that same route as last year, which most riders found very challenging but they also have a flatter option for those that just want a leisure ride. Hopefully the weather will cooperate and the trees will be at their peak colors for the ride. More information on this ride can also be found on the QCBC web site and on page 14 of this issue of the newsletter.

Kathy and Bill Storm are once again leading the evening rides each Tuesday and Thursday evening throughout the month of October. These rides start at 6:30pm at the Eastern Avenue parking lot along the Duck Creek bicycle trail in Davenport.

Each evening we'll ride a lap of the trail, which is a total of 23 miles. Most participants ride mountain bicycles and lights are required since we won't get done with the ride until after dark. These rides have been extremely popular over the past few years with up to 25 riders participating.

Also, don't forget our Fall membership meeting. The meeting will be at 7:00pm on Tuesday, October 12th at Rivermont Collegiate School in Bettendorf. Hope to see you there.

Volunteers Needed QC Marathon – Sunday, September 26th Warren Power

The Quad Cities Bicycle Club has been asked by the QC Marathon Committee to help with the QC Marathon on Sunday, September 26th. The route of the marathon covers both sides of the river.

Riders will be assigned a 3 – 4 mile section of the route. Riding a mountain or hybrid bike probably works best, as you will be moving slowly. Your job will be to watch for runners that may be getting into medical problems and then providing communications back to

the police and medical personnel who will render assistance. You will not be expected to give any type of medical assistance unless you are certified and choose to do so.

Assignments will start between 7 am and 11 am, depending where you are on the route, and will last approximately 1.5 to 2 hours. You will be given a t-shirt to wear that will identify you as part of the medical support team. You will also be issued a radio or cell phone that can be used to contact medical personnel.

If you can help out with this important QC area-sporting event, please contact Gary Jones, at (563) 359-5614 or jonesgaryd@johndeere.com.

Additional TOMRV Volunteer

Thanks go to Ann Lunstrom for helping out at two packet stuffing activities. Ann helped Jean Kelly stuff packets for the bike shop mailing in March as well as the rider packet stuffing in June at Susie Laforce's house.

Official Men's Spring Tailwind Ride 2004 Report by God (Submitted by Carter LeBeau)

This is the 21st year, and one of the participants has always prepared a report for the QCBC newsletter. Due to this event being completely directed by me, I am going to make the report this year.

The participants were Doug Nelson - a veteran, Joe Jamison - on the first one in 1984, Carter LeBeau - the founder and Dan Hogan - a first timer. I appreciate that you continue to start at Jerry & Sparky's, with Jerry Neff requesting my blessing for a safe and fun filled week. Jerry has certainly done a good job, and I may make him a deacon, or at least guarantee his entry into bicycle heaven, where every ride is tail wind, no rain and pleasant temperatures.



Rather than use the daily report technique, as other reporters, I'll just tell about the highlights. The overall highlight was, every day was the best wind in 21 years - 15 to 35 mph, and averaging 25 mph. (See the photo of Joe Jamison illustrating a perfect tailwind ride day.) Sorry about the minimal drizzle one day.

The overnights were the Puller-Inn in Kalona, IA, recently remodeled. Then the Kewanee Lodge in Kewanee, IL - very nice, with an excellent cafe across the parking lot, plus a convenient beverage store. I know you all like the traditional cocktail hour, watching CNBC for the stock's closing, the Wheel of Fortune and a sporting event, when available on TV.

Then Streator, IL - the glass bottle capital of the world. Seemed like a perfect plant visit, but did not work out. The Super 8 was the campground, and Chippers (a golf theme restaurant and bar) was only 2 doors away. Gibson City Inn, in Gibson City, IL, was the surprise town. And finally, Yorkville, IL, a little close to Chicago, but a good motel, and the Sunfield restaurant was convenient.

The road surfaces were excellent, and moderate traffic. Sorry about the traffic on Rt. 47, from Morris, IL to Yorkville. It sure was a great south wind, and at least a few of the vehicles weren't semis.

How about the luncheon at the Landings, in Henry, IL, on the river? Even got to watch the Cubs on TV. Then the highlight of the week in Gibson City (of all places), at the Bayern Stube restaurant and lounge. Authentic German cuisine, plus every German beer available - strudel, Wiener schnitzel, etc. Heard Joe Jamison, long time European bicyclist (Paris Brest Paris), say the decor and size of the restaurant was better than any he had ever seen. Noted Carter brought the menu, and plans to go back by car, as it's close to Champaign, IL.

Noted that your first timer, Dan Hogan, was enjoying one of your traditions - the afternoon pie break, but he did the first one with his breakfast. Recall that while Pontiac, IL is famous for the greatest county courthouse in the U.S., seeing Dan start off with chocolate pie before his hashbrowns, overshadowed it. Isn't Pontiac a beautiful town?

Also noted Doug and Carter were introducing Dan to stops he had not realized existed on a tail wind. He really appreciated the hospitality of his need for a bathroom break at a very modern grain elevator office in Weston, 11 (pop. 82). Even offered them coffee and sweet rolls. Now Dan knows the grain elevator office is a stopping place, and the Midwest is loaded with them.

There were, as always on the official tail wind, many more memories, I'm sure, as it's always a fun filled adventure. One detail that does puzzle me is how few groups do an official 7 day tail wind. It's the ultimate adventure with only me knowing where you will be each evening, and at the end of 7 days. Over the 21 years, as I overhear you explaining the concept to other bicyclists, they will always say, "What a great idea", but then never get around to it. Shame!

**Welcome New QCBC Members!
Charlie Sattler**

Name	City & State	Phone
Steve Beck	Bettendorf, IA	563-332-0337
James Entwistle Jr. & Siv Brit Saetre	Bettendorf, IA	563-359-3015
Bob Hartman	Bettendorf, IA	563-332-6773
Jennifer Tyrell	Eldridge, IA	563-285-8723
Lee Greenhouse & Flora Lazor	Chicago, IL	773-404-0744
Dave & Roni Benson	Galva, IL	309-932-3301
Charles Curry	Moline, IL	309-797-9283
Sharon & John Lindholm	Moline, IL	309-797-1111
Darren Winsor	Orion, IL	309-235-5071
Jim & Vicki Winsor	Orion, IL	309-781-5243

Membership Count: 7/8/04		
	# of Members	# of Memberships
Individual	391	391
Couple	288	144
Family	327	87
Complimentary	21	21
Life	6	3
Total	1,033	646

Renewal Application

Members I need your help! Would you please fill out everything on your membership renewal. This information is confidential but it helps us plan future events if we know what your interests are as a group then we can plan accordingly.

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

- **For Sale:** Trek 1000, model year 2000. 50cm frame, sharp looking bright yellow with blue lettering. Includes aerobars and computerized odometer. \$389. Call Jim Sears at: 309-752-9027.
- **For Sale:** 2003 Giant OCR road bike, men's XL

**Heartland Century – Last Minute Updates
Mike Desch**

There is still time to register for the Heartland Century



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Moline, IL
Phone: 309-797-8778
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Jim Schaefer MSPT
Margaret Carton MSPT
www.twinriverspt.com

We ask that you put your birth date down then we know what average age is. When you volunteer to help then I will send your name and phone number to the chairperson of the event. Please remember we are volunteers too and we are giving up our time to share our love of cycling with you.

We feel that we offer each member a great package with a monthly newsletter, annual ride schedule booklet and a discount for TOMRV. Please help us make your bike club the best.

Thank You,
Charlie Sattler, Membership

frame size. Tiagra components, ridden 1,000 miles, well maintained. Retail was \$820, asking \$490. Contact Martin Kuebrech at 563-940-2034.

- **For Sale:** Trek 800 mountain bike, blue, 3 years old, used 2 years. U-Lock included, (great for college use). Very good shape. 49.5 cm frame, quick-adjust seat to many different heights. \$125. Call Kathy Loomis at (563) 386-3429.

on September 11th (see registration form on web site). If you pre-register by September 1st, as a club member your fee is only \$17. This includes a T-shirt and a pair of cycling socks!

Pacing Ourselves Scott Swanson

I dearly love riding with groups at a variety of speeds. What I have to say is not new, but it bears repeating from time to time. Group riding, specifically the forming of a paceline (a single file of riders), is an acquired skill and takes conscious attention. What results is a thing of beauty and efficiency, as shown by the performance of the US Postal team in the team time trial at the 2004 Tour de France.

But wait, we're not racing, right? No, we are not. But when we ride in tight formations, especially in headwinds, we need to work together, both helping and protecting one another. A paceline is the way to go.

So, what are the characteristics of a good paceline? First is a consistent speed. When everyone in the group is riding at a maintainable speed, the group stays together. Any sudden acceleration or braking will create gaps, and the group will fall apart. Consistency also begets predictability. One doesn't have to worry about anyone suddenly coming around on the left (or right!)

A second characteristic is a consistent movement of riders in the paceline. There should be a frequent change of leader, before the lead rider tires out. In a headwind especially, a minute or even thirty seconds can be a long pull. As a stronger rider, the leader may think that he or she should pull for a long time. That rider can actually be of greater service by taking more

frequent pulls and resting than by taking a few long pulls, or a single massive pull. At the end of a pull, the lead rider moves over, slows slightly (the line does not accelerate), and rejoins the end of the line. As with speed, there should be a consistent length of pull, spreading the workload over the group.

A third characteristic is that all riders in the paceline are consistently attentive. All riders should be aware of what is happening up the line, looking not only at the rider directly ahead, but also two or three riders ahead. If one looks ahead, one can see when a change takes place and has extra time to react. A more complete list of tips for paceline riding can be found at:

<http://www.diablocyclists.com/RiderTips/PaceLineGuidelines.htm> and
<http://www.cvcbike.org/club/paceline.html>.

Also, learn as I did. Notice the people that you find it comfortable to ride near. Talk to them about their style. I've had the good fortune of learning from some excellent riders in the mid-paced rides and on the DICE team. My thanks to all of them, and I hope to do them justice by passing along their knowledge.

Paceline riding may sound very restrictive. Am I advocating that we all get into a lockstep group when we go out to ride? No, I'm not. Sometimes we like to ride solo, take a flyer off the front, laze in the back, chat with a buddy. But when the group tightens up, it's time to work together. It can be enjoyable, and it's definitely safer.

Annual Awards Dinner John Wessel

This is a reminder for those of you with a busy schedule. Make sure you block off the evening of November 6th for the Annual Awards Dinner. Please note that this year the dinner will be held on Saturday evening, instead of Friday.

We look forward to a night filled with fun and the 40th anniversary video describing the history of our club. Please see the registration form on page 13 of this issue of the newsletter. You can also download a registration form from the club's web site at: qcbc.org.

Planning on Riding the October Night Rides?

Please be sure to put new batteries in your rear red blinking reflector and charge up the batteries for your white headlight before the first ride on October 5th.

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**Candy Kitchen Ride – July 10th
Perm & Andy Horst**

Eighteen enthusiastic riders gathered in front of Clark's Landing in Buffalo Iowa for a 53 mile ride to the historical Candy Kitchen in Wilton Iowa. The Saturday morning of July 10 was overcast with temperatures in the 70's. Our route took us on the New Era Road and Sweetland Road before we reached Taylor Road, which took us to Wilton.

Part of the group decided to eat breakfast at a local restaurant, while the others enjoyed George's homemade ice cream at the Candy Kitchen. Merle enjoyed his raspberry topped dish, which was eyed by



others.

The group decided to make another stop a few miles farther into the return route, since ice cream was not considered a true breakfast for many. Durant seemed a good place and it was the general direction for the ride. Everyone stopped at The Creamery and departed from there for the ride back to Buffalo.

Those on the ride were: Dan Duke, Don Kincaid, Lonnie Cook, Ginny and Dave Alftine, Jan and Bob Fitzgerald, Mary and Bill Scott, Rodger Horst, Jim Gale, Warren Power, Kathy and Bill Storm, Merle "the flash" Schleusener, Phil Schubbe, Harold Luth, Ken Urban and Permilla and Andy Horst.

**QC Area Restaurants – Updated 8/3/04
Kathy Storm**

The following restaurants have been identified as good places for riders on a club ride to stop for breakfast. Please consider calling these businesses 30+ minutes ahead of time if you plan on stopping with a group of 10 or more. It will help them get you in and out quicker and with a bigger smile.

Illinois:

Albany
Mississippi Café
(309) 887-9014

Andover
Andover Historical Inn
(309) 521-8368

Annawan
Olympic Flame
(309) 935-5500

Atkinson
The Cattle Club Café
(309) 936-7107

Bishop Hill
Filling Station

Colona
Smokey's
(309) 792-2501

Cordova
Great River Roadhouse
(309) 654-2458

Geneseo
Pam & Frank's
(309) 944-6789

Milan
Family Restaurant
(309) 756-0105

Orion
Bowling Alley
(309) 526-8989

Iowa:

Argo
General Store
(563) 289-5214

Buffalo
Clark's Landing
(563) 381-9921

DeWitt
Sunrise Café
(563) 659-9476

Parkview
Family Restaurant
(563) 285-1978

Walcott
Coliseum
(563) 284-5165

**The Seventh Five Years Of A Forty Year Journey
“1994-1998” - A condensed history of the QCBC -
The sixth of eight articles by Joe Jamison**

These next five years are significant for the underlying level of professionalism and leadership of the various committee chairpersons, and the event directors. This plus the benevolent attitude of the members who unselfishly volunteered their time and energy made the events of the Club the standard for all others in the Midwest and the nation.

Major progress in safety, through community programs such as cooperation with police bicycle patrol units, effective cycling classes, billboard safety messages, and safety inspections and helmet give-aways were implemented or continued from previous years. Furthermore, changes in events also moved toward enhanced safety for participants and/or spectators, most significantly demonstrated by the move of the Criterium to Rock Island. At the end of this period, work by many of our membership saw the Quad Cities emerge as the hub of USA club cycling.

One has to believe the Founders are pleased.

1994

The first QCBC “KITE” ride (Tailwind Century) is held.

Criterium activities again expanded. Trinity Medical remains as the major sponsor but WQAD-TV is added. An additional day of family fun at the MARK in Moline with roller blade and wheel chair events held. QCBC representatives appear on “Paula Sands Live” TV show to discuss bicycling safety.

QCBC Board of Directors votes to donate four lighting systems for bicycles used by Moline bicycle police patrolmen. President Pat Bolton meets with America Discovery Trail representatives to influence their routing the coast to coast trail through the Quad Cities area. The Illinois Department of Conservation announces plans for the “Grand Illinois Trail”, a circuitous 476 mile route in Northern Illinois to pass through the Illinois Quad Cities

The first scheduled QCBC tandem ride is reported. The QCBC, with cooperation of Regan Outdoor Advertising, sponsors bicycling safety messages on Quad Cities billboards.

Officers in 1994 were: Pres: Pat Bolton, Vice Pres: Steve Verstraete, Sect: Bill Langan, Tres: Thiara Smith

1995

The Club reports 890 memberships.

Kathy Storm writes a grant request which is approved for \$1,100 by the Iowa Department of Public Health. The money is directed toward the Club’s second billboard campaign for bicycling safety. Also, a committee headed by Storm conducts a bicycle safety inspection and helmet give-away on the Davenport bike path.

The Club donates \$500 to the League of American Bicyclists and also underwrites the tuition for two police officers to receive training in Instructor Development in bicycle patrol. \$1,000 is escrowed for formation of a police bicycle unit in the Davenport Police Department. Also, \$500 is donated to the Bettendorf unit and \$200 to Green Rock.

The Criterium is praised by “Road Bike Action” magazine as among the top seven racing events for spectator appeal in the United States. Also, the event is honored by “full-day” TV coverage, including set up of the course!

Davenport widens sections of the bike path and makes significant upgrades to the bridges. Twelve QCBC members qualify to participate in Paris-Brest-Paris.

Officers in 1995 were: Pres: Pat Bolton, Vice Pres: Steve Verstraete, Sect: Bill Langan, Tres: Thiara Smith.

1996

Chuck Oestreich and his committee present the results of a major study recommending bicycle routes in the Quad Cities. QCBC makes significant donations to Moline bicycle patrol, League of Illinois Bicyclists and Ride the River helmet program.

The inaugural ride is conducted on the Grand Illinois Trail by Rails to Trails Conservancy representatives. QCBC representatives escort them through our area. QCBC provides a booth at the Midwest Bicycle Show in Chicago for the first time. The “Channel Cat Water Taxi” provides ferry service for bicyclists and their bikes across the Mississippi for the first time.

Jerry Leggett creates the “Award of Merit” for recognition of members who have contributed long standing service to the Club. The first recipient is Carter Lebeau. An “Around-the-World” program is initiated to recognize members who represent the Club by riding their bikes consistently. Different distances earn awards for members. (cont. on page 9)

The Seventh Five Years of a Forty Year Journey

(cont. from page 8)

Officers for 1996 were: Pres: Joe Jamison, Vice Pres: Sandy Wohlford, Sect: Bill Langan, Tres: Mary Brus.

1997

Sadly, Rene DeLanghe died in his native Belgium on 02 March 1997. Mr. DeLanghe was one of the three original founding members of the QCBC and it's first President. He was 84.

The Criterium offers a \$22,000 prize list, fencing around the entire course and many other added features at the new Rock Island location. The QCBC's Sean Walker is named to the United States National racing team! QCBC member Rick Paulos is appointed by the USCF as the Iowa District Representative.

Officers for 1997 were: Pres: Dave Lefever, Vice Pres: Steve Kocourek, Sect: Bill Langan, Tres: Dave Feeney.

1998

Ride the River mandates riders 12 years old and younger must wear helmets. In support, the QCBC underwrites helmet purchases by donating \$2,000 plus an additional \$1,200 resulting from a grant requested by member Vivian Norton. As a result, 800 helmets were distributed!

The QCBC funds signage on Duck Creek Parkway and the Riverway in Davenport. The Criterium is included as one of ten races comprising the "Heartland Criterium" points series. Blessed with great weather, the event draws 18,000 spectators and 568 riders.

Fred Blessin, one of the three original founding members of the QCBC is named the recipient of the QCBC "Award of Merit".

Officers for 1998 were: Pres: Dave Lefever, Vice Pres: Steve Kocourek, Sect: Bill Langan, Tres: Dave Feeney.

Up and Down the Paths **By Chuck Oestreich**

This past month we've had ups and downs.

Let's take care of the downs right away. We lost two stalwart bikers recently. One of them, Dave Holmes, from Eldridge, was the very epitome of a committed and driven bicyclist. He put us on the map with his Brevits and his 24-hour competitions. He ate and slept bicycling and the void created by his death is as wide as the Mississippi Valley. The other, Kurk Ullrich, of Davenport, died from a crash on the first day of RAG-BRAI. Both deaths are reminders that bicycling, while the only way to travel, does hold some dangers, and also - alas - is subject to the capricious whims of chance.

Also with the bad, is the thoroughly repugnant reconstruction of Davenport's West Locust Street to two lanes with not a bit of hard shoulder. This is the city's major link between the end of the Duck Creek Path and West Lake Park - and the western towns and roads of Scott and Muscatine Counties. But don't use it on a bike, unless you like riding in the dirt . . . ah, gravel . . . when a truck "shaves" by.

And now for the good - and in almost direct contrast to the West Locust fiasco - is the new transportation

plan for Andalusia Road in Milan and Rock Island. The plan envisions a three-lane reconstructed roadway with, get this, 5-foot bike lanes on each side of the road in the commercial district and a separated 10-foot path in the outlying areas. Am I dreaming? Moreover, here's what the plan lists for Regional Context Opportunities:

1. Encourage pedestrian and bicycle traffic on the corridor.
2. Create a multimodal transportation network.
3. Create bicycle connections along the corridor and between the corridor and regional bicycle systems.

And also have you ridden the newest trail in the Quad Cities? It's in East Moline, on the River near The Quarter, and it's a Jimmy Cagney path: short, but dandy. It's a segment of the Grand Illinois - American Discovery Trail - between the Mississippi and the Hennepin Canal Trail, and it really is dandy. For about a mile it meanders along three ponds, through some greenery, with classic overhead lighting and well-groomed resting spots. Go for a ride some summer evening to experience how it should be done.

And one quick final bit: a new coffee shop/cold drink stop has just opened up in Port Byron - the River Edge Coffee Shop is just up from the boat ramp on Main Street.

2004 Women's Century Ride

Kathy Storm

On July 17th, at 7:00am, 6 female members of the QCBC started off on the third annual Women's Century Ride. The group started from Schuler's Shady Grove in Rapids City, IL, along the Great River Trail.

We started out on our northeasterly route towards Morrison with a slight headwind and temperatures in the upper 60's. Our route this year had to be altered slightly from the previous two years due to two bridges being "out" along old Route 2, southwest of Hillsdale, and the second one on Cordova Road, just west of Interstate 80. This added to our mileage this year, but no one seemed to mind.

Our route took us through Hillsdale, Erie (twice) Morrison (twice) and Cordova. The route is somewhat flat with hills early on between Rapids City and Hillsdale and again north of Morrison. A food and restroom break was taken every 15-20 miles, using convenience stores along the way and one sit-down restaurant.

Our lunch stop this year was in downtown Morrison at the new Mainstreet Deli. Everyone enjoyed this stop



where we could order sandwiches, salads, soups, smoothies and homemade desserts. A piece of Boston Cream pie (with a candle) was shared by all to celebrate Sharon Lavell's birthday. The food and service at this restaurant was wonderful!

The ride this year was very enjoyable due to the nice weather, good roads, good bike handling skills of the women on the ride and the camaraderie. Deb Mathias road with us for the first time this year and this prompted some conversation about her custom Waterford bike that she bought last year.

Lynne Groskurth really enjoyed riding 100 miles out on the open country roads. She's one of the QCBC's high mileage bike commuters. Lynne lives in west Davenport and commutes to Alcoa using the Duck Creek Trail.

Other women on the ride this year included Cindy Davis, Darlene Moritz and Kathy Storm. Lynne, Darlene and Kathy have ridden all three of the Women's Century rides. Look for this ride to repeat again next year, probably during mid July again.

(Pictured in the photo above from left to right are: Cindy, Darlene, Lynne, Deb, Sharon and Kathy.)

Slate of Officers

Dave Lefever

The following members have agreed to serve as QCBC Officers and Board Members and will be nominated at the October General Meeting and voted upon at the October General Meeting. Vivian Norton, Jim Karr and Dave Lefever served on the nominating committee.

1 Year Terms:

Errol McCollum	President
Phil Schubbee	Vice President
Jane Garrett	Recording Secretary
Karen Grimm	Treasurer

3 Year Terms:

Deb Mathias	Board of Directors
Charlie Sattler	Board of Directors
Karen Stinson	Board of Directors

Event Cancellation – 6-12-24 Hour Races

Kathy Storm

As many of you have heard, Dave Holmes was killed while riding his bike on Wednesday morning, July 14th. He was riding on St. Ann's Road, just north of Long

Grove, IA. St. Ann's Road, like many roads in Scott County this summer has been part of a huge resurfacing project. Dave was passed by the pilot car and then a semi hauling asphalt.

Tammi, Dave's widow, has canceled the 6-12-24 Hour Race event for 2004. May Dave's soul rest in peace.

Record Number of Cyclists Race at Cordova Time Trial - Dave Thompson

A record 123 racers took advantage of a cool sunny morning and took to the flat roads between Cordova and Albany to race the QCBC 40k Time Trial Championships on July 25th. The fast out and back course utilizing the Cordova-Erie blacktop and Meridosia Rd. proved to hold some personal record times for a few people including myself.

Mark Swartzendruber of Champaign, Illinois actually raced twice in two different categories, recording the fastest and 3rd fastest times. He established a new course record with a blazing 54:45 time at 27.24 mph. Diane Roanhaus made it 2 for 2 in QCBC time trials by winning the 40k also. She broke her own course record with a 1:02:37 time at 23.89 mph.



QCBC club champions were John

Grice of Kewanee and Paula Streed of Rock Island (see photos). This was John's 2nd 40k title and Paula's first. Racers varied in age from 16 to 78. 9 DICE team members competed as well. I had many compliments mentioned

to me from out of town people about our competent volunteers: Paulette Arns, Daryl Blackburn, Melinda Thompson, Gary Johnson, Otto Brietmeyer, Mollie Wolf, Chris Meske-Wren, Mike Detsch, Mike, Casey and Brandon Zugmaier, Mike Winter and ABR head honcho Bob Lundberg.



Top10 Male Club Award winners

- | | |
|-------------------------|---------|
| 1. John Grice | 57:57 |
| 2. John Fletcher | 59:32 |
| 3. Jerry Sears | 1:01:55 |
| 4. David Thompson | 1:02:41 |
| 5. Mike Winter | 1:02:50 |
| 6. Terry Inch | 1:02:57 |
| 7. Kevin Wohlford | 1:03:30 |
| 8. Chris Meske-Wren | 1:04:03 |
| 9. Terry Burke | 1:06:29 |
| 10. Kentley Loewenstein | 1:06:33 |

Top 5 Club Award Winners - Women

- | | |
|---------------------|---------|
| 1. Paula Streed | 1:13:32 |
| 2. Marcia Holley | 1:15:10 |
| 3. Melinda Thompson | 1:17:40 |
| 4. Terry Terrell | 1:23:42 |

**TOMRV 27 Wrap up – Feeding an Army
Kathy Storm**

For the past 12+ years, Bill Langan has graciously orchestrated the refueling of riders on TOMRV at all the rest stops on Saturday and Sunday. Bill also arranges for the trucks to be stocked Friday night and driven to the rest stops by volunteers. TOMRV is known nationwide for our fabulous rest stop food and volunteers. The next time you see Bill, say "Thanks" to him for being such a great shopper!

Here's a list of what Bill purchased this year to feed this year's hungry riders: 400 Ice Cream Cups, 200 Pop-

sicles, 175 ft of Subway Subs, 34 cases bananas, 8 cases oranges, 10 cases kiwi, 3 cases apples, 2 cases pears, 28 cases strawberries, 20 cases grapes, 14 cases peaches, 2 cases apricots, 2 cases nectarines, 2 cases carrots, 400 gallons All-Sport, 360 dozen cookies, 120 dozen bagels, 120 dozen donut holes, 12 cases potato chips, 4 cases BBQ Chips, 4 cases popcorn, 225 pounds GORP, 5 watermelon boats, 3 cases granola bars, 3 cases crackers, 1,500 candy bars, 3 cases peanut butter, jelly and honey, 10 loaves of bread, 5 cases fig bars and 8 canisters of fountain Pepsi, Diet Pepsi and Mountain Dew .

Mid-paced Ride, August 7 Scott Swanson

An August day for an August ride, the ambient temperature was cool while the ambience was warm as the maillot jaune led the rollout of the mid-paced ride, the peleton twelve strong, including Dave Alftine who arrived just in time for photos. After the climb-out on Pine--the cyclocross section of Saturday's stage--two fast-paced riders, Mike O'Brien and John Wessel, (the sole participants in the Fast Paced Ride that also started at Eastern Avenue) provided breakaway action.



The peleton held firm, the domestiques calm. The breakaway was slightly disconcerted when the chase group made a stop in Dixon, and a slight route change took the friends roaming the countryside on a scenic detour on a narrow road through head-high corn. After that, the duo went its own way, and we became the

quick and the led...which led the pack over now-breezy hills to Walcott for a leisurely breakfast. Skies turned gray, and winds picked up, putting the loaded carbs to good use. Another break and the peleton split when the leaders passed Utah to take an alternate route to

Credit Island and the bike path, but everyone closed the loop and returned to Eastern Avenue none the worse for wear.

Riding on Saturday (and pictured in photo) were: Rick Meeker, Charles Curry, Mike Smith, Dave Alftine, Kathy and Bill Storm and Rick DeClerck. Others who rode with the MidPaced group but who were not in the photo, in-

cluded: Mike O'Brien, Tom Scott, Scott Swanson (photographer) and John Wessel. Everyone earned frequent rider miles as the course measured 60 miles, as opposed to the 50 listed in the ride description on the website.

Become a Bike Safety Instructor Keith Holt, Chicagoland Bicycle Federation

The League of American Bicyclists will be conducting a League Cycling Instructor (LCI) training seminar September 24-27, 2004 in Chicago. LCI instructors teach bicycle courses for adults, children, commuters and motorists through the League's BikeEd program. BikeEd is the only bicycle education program with nationally certified instructors.

The cost of the seminar is \$175.00, which includes an instructor's manual, the book *Effective Cycling* by John Forester, and the video by the same name. The BikeEd Road 1 course is a prerequisite for the seminar but it may be completed before the seminar if necessary. *

There are still several steps that need to be completed before the training, so please don't wait! Registration Deadline is Monday August 23rd.

- Complete Road 1, if you haven't already.
- Submit registration to League of American Bicyclists and pay fee (www.bikeleague.org)
- Study the video and book that will be sent to you, and take a qualification test.

For more information, see the League's Website, www.bikeleague.org or contact Keith Holt of the Chicagoland Bicycle Federation at 312-427-3325. Contact Keith if you must take the BikeEd Road 1 prerequisite for the LCI Seminar. A BikeEd Road 1 class is scheduled for Saturday August 28th at CBF.

New Trail Guide Now in Print Kathy Storm

Todd Volker stopped by the helmet fitting booth at Ride the River this past June to pass out informational brochures on a new guidebook he has written entitled:

"The Complete Grand Illinois Trail Guidebook". This guidebook contains 228 pages of maps, markers and details for the 550 mile trail system in northern Illinois.

The publisher is FirstServePress out of Ottawa, IL. 1-800-433-8868. Copies are also available at Borders, Barnes & Noble and Amazon.com.

**Quad Cities Bicycle Club
Annual Awards Dinner
Saturday, November 6th, 2004**

Please join us for a special evening at the Abbey Station
3031 Fifth Avenue, Rock Island, Illinois
6:00pm Social Hour – Appetizers, Cash Bar
7:00pm Dinner
Entrées: Pork Loin, Chicken Breast, Salmon or Vegetarian
Awards Program Following Dinner
40th Year Anniversary Video
Music and Dancing

Dinner Reservation Form

Name: _____ Entrée choice: _____
Name: _____ Entrée choice: _____
Name: _____ Entrée choice: _____

Cost is \$23.00 per person.

Please make checks payable to: Quad Cities Bicycle Club

Mail check and form to: John Wessel, 333 – 9th Street, Moline, IL 61265

Reservations must be received no later than November 1st. If you have a question, please contact Jewel Bryan at 309-762-4762 or email her at: jewel@wpcco.com

**Iowa's 2nd Annual Mountain Bike Race
Kathy Storm**

Here's some information on a mountain bike event that some of you may be interested in. This is taken from a flyer I picked up at one of local bike shops.

Date: September 4th
Start Time: 12:00pm
Start City: Boone, IA
Cost: \$85 after August 1st, \$95 Day of Ride
Contact: Troy Tellinghuisen – 515-971-4378 or darkstar10@msn.com
Cash Prizes: \$500 – 1st place

**IDNR Fall Workshops
for Local Officials and Bicyclists
Ed Barsotti, League of Illinois Bicyclists**

Bicyclists: come on out this fall to learn about trails issues – and bring your town's elected officials and staff while you're at it!

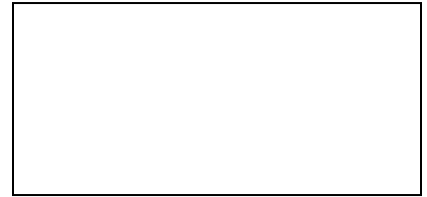
The Illinois Department of Natural Resources and the Illinois Greenways and Trails Council are holding three educational workshops in the Northern (Oct 15, Malta), Central (Oct 29, Springfield), and Southern

(Nov 12, Grafton) parts of the state. Practical advice on issues from planning to funding to bike-friendly towns will be presented for planners, engineers, administrators, and interested citizens.

The League of Illinois Bicyclists encourages bike club members to personally invite your local officials – your request means a lot!

See <http://dnr.state.il.us/orep/planning> for topics, agendas, and registration forms.

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

**Annual Awards Dinner
John Wessel**

This is a reminder for those of you with a busy schedule. Make sure you block off the evening of November 6th for the Annual Awards Dinner.

Please note that this year the dinner will be held on Saturday evening, instead of Friday.

We look forward to a night filled with fun and the 40th anniversary video describing the history of our club.

**FALL FOLIAGE RIDE
Deb & Dean Matthias**

Just one more reminder about the 2004 QCBC Fall Foliage ride that will be held Oct. 2nd and 3rd at Mt. Horeb, WI.

If you have not already made your hotel reservations, do so immediately. A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com). The rooms will be held until September 5th. Mention the QCBC for a group rate of \$69.95 (\$62.95 with AAA or AARP). Phone Wally at 888-621-1884 or 608-437-5545 to

reserve your room.

Check the August issue of Pedalwheeling for more details or contact Dean and Deb Matthias at 309-787-6547 or mathiasdebdean@mcleodusa.net

Please drop us a line if you plan to join us so we can have a head count for dinner Saturday night.

Saturday's ride will start at 9:00 a.m. from the Military Ridge State Park Trail parking lot in Mount Horeb, Wisconsin, which is approximately 150 miles from Davenport. We will be riding approximately 34 miles Saturday morning before a lunch stop so you will probably want to eat some breakfast before starting.