



QCBC

Monthly Newsletter of the Quad Cities Bicycle Club – March 2005

QCBC Jersey and Shorts Warren Power

The new QCBC jerseys and shorts are now available at Healthy Habits, 3374 Middle Rd., Bettendorf; Jerry & Sparky's, 1819 E. Locust St., Davenport; and On Two Wheels, 3616 Eastern Ave., Davenport. The prices are \$55 for the Jersey and \$50 for the shorts. The bicycle shops have limited inventories of these items; so if you are unable to find your size, give me a call, and I'll see if I can find what you're looking for.

We also have sleeveless jerseys and wind vests available. Contact me if you are interested in one of these items. The costs are \$55 for the jersey and \$45 for the wind



vest. You can contact me by phone at: 563-391-5466 or by email at: warrenpower@mchsi.com

UMCA 24-Hour Championship Joe Jamison

For several years, the Ultra Marathon Cycling Association (UMCA) has designated a competition to determine its 24-hour champions. Traditionally, this was accomplished in cooperation with Iowa Ultra Events owner and director, David Holmes. Working together, these two organizations built a prestigious event that drew endurance cyclists from all corners of the United States and foreign countries.

In 2004, David was lost to an accident and his events cancelled, and the opportunity to determine a UMCA 24-Hour champion was lost as well.

John Hughes, the Managing Director of the UMCA, contacted this writer with his concern about the lack of Midwest endurance races in general and specifically a venue for his UMCA 24-Hour Championship. He requested my help in finding someone in the Quad Cities area who might have an interest and experience in organizing events to address the need for more opportunities for long distance cyclists.

Having had a long association with the UMCA and personal experience in organizing long distance events, including 24-hour races, I agreed to take it on. I was fortunate that Dave Parker agreed to be an equal partner in this service to the cycling community and as a result, there will once again be a UMCA 24-Hour Championship!

Dave Parker and I will operate as "UltraMidwest LLC" and offer two races in 2005. We are reestablishing the "Balltown Classic", a June double century and the above mentioned UMCA Championships in September. The members of the Quad Cities Bicycle Club have always been there when called upon to help with these events; and Dave and I trust we can count on that same support of cycling in the coming season.

Watch for more information in the QCBC newsletter or on the website www.ultramidwest.com. I can be contacted at 309-235-4284 or j-jamison@sbcglobal.net. Dave Parker can be contacted at 563-359-8538 or davesters@hotmail.com.

Key Contacts

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President - Phil Schubbe (563) 359-5057 or pshubbe@aol.com
Recording Secretary - Jane Garrett (563) 441-9115 or jandj97@mchsi.com
Treasurer - Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

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

Board Members:

Karen Baber (309) 796-2476	Jean Kelly (563) 359-9508	Steve Montgomery (563) 332-5963
Terry Burke (309) 797-3790	Deb Mathias (309) 787-6547	Charlie Sattler (563) 391-3422
Jim O. Hanson (309) 797-4883	Dean Mayne (563) 355-0995	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 Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

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. 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 **Errol McCollum**

I have severely “violated” my retirement plan and have gone from “part time” employment to nearly full time. The effects of this are a serious lack of bike riding. I was reminded of this yesterday when I discovered a TOMRV 28 flier in the mail. This is the ride that I historically looked forward to doing every year with great enthusiasm.

Although the ride schedule has been “riders choice” for some time and will continue through the end of Febru-

ary, one, i.e., me, needs to forgo waiting for the more structured rides and do some serious peddling on my own, before the demanding effort of TOMRV. It is nice to see a club ride all mapped out complete with mileage so when the ride day arrives you can dress appropriately and be able to get back home for other activities you may have on the docket. It is also nice to be in shape to do these rides.

Now that I have the first phase of the large design/construction project completed for my employer, I shall return to the bicycle seat and hence the road. Hope to see you all out there.

Why No Online Newsletter **Kathy Storm**

For the past 2.5 years, I have served as the Newsletter Editor for the QCBC. Prior to that, I served as the Club’s President. 21 years ago, I joined the club as a member. And 23 years ago, I got involved with computers.

I have seen a lot of changes within the QCBC related to computer usage. We have numerous databases both in Access and Excel that keep track of our membership; registrations for TOMRV and the Heartland Century; racers and corner marshals at the Criterium; annual mileage ridden by our members; club expenses and income; etc.

About 15 years ago our club switched from producing our monthly newsletter using a typewriter and the manual “cut and paste” method to producing an electronic copy using Aldus PageMaker and now MS Word. About 6-7 years ago, our club even got into having its’ own web site. Many of you know that you can go out to our web site at: www.qcbc.org and download a registration form for a club activity if you do not want to use the hard copy form that appears in the newsletter.

But there is one area of computer usage that our club seems unable to “gel” on. And that is the posting of the monthly newsletter online. To me, it makes sense to have a copy of our newsletter available online for potential new members, members who have recently

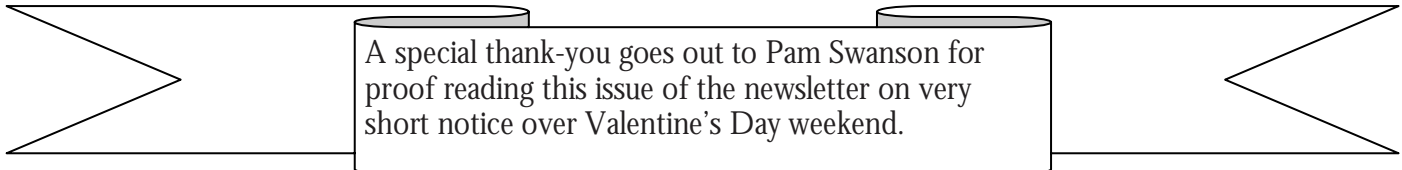
moved and have yet to report their new address to our Membership Secretary, visitors to the area who want to see what our club is all about and for members who would prefer to read their newsletter online and not receive a hard copy issue at all.

Our club could even save money if the newsletter was posted online. Many other bike clubs have figured this out in the past 2-3 years. Their members can download any one of the past 6-12 months worth of their club’s newsletters. This is very helpful when a member is looking for a past article or has thrown away a hard copy issue a little too quickly.

These clubs are now using the money they have saved on printing and mailing costs to support cycling related activities in their area, to help fund advocacy efforts to help maintain our rights to ride on the county roads, and for bike safety related activities. Some clubs even use the extra funds to help offset the cost of their Annual Dinner.

Each year the QCBC spends \$8,000 - \$11,000 on the newsletter. The printing costs alone are in the neighborhood of \$5,000+/year. The remaining dollars cover the postage for mailing out 650+ copies every month to our paid members, label stock for all those address labels and a small salary for the newsletter editor and the newsletter circulation coordinator.

If you are interested in seeing the newsletter posted online on our club web site, please contact one of your Board Members. They need to hear your interest in this issue. They have already heard mine.



A special thank-you goes out to Pam Swanson for proof reading this issue of the newsletter on very short notice over Valentine’s Day weekend.

Welcome New QCBC Members!
Charlie Sattler

<u>Name</u>	<u>City & State</u>	<u>Phone</u>
John Affre	Davenport, IA	309-314-3188
Paul & Cindy Gilbert	Davenport, IA	563-391-3908
Stephen Sinksen	Davenport, IA	563-326-1969
Lee & Denise Westendorf	Davenport, IA	586-386-6094
Matthew Whitmer	Davenport, IA	563-326-0809
David Sarafin	Eldridge, IA	563-285-9150
Matt Scudder	Carbondale, IL	815-535-6566
Gerald Correthers	East Moline, IL	309-792-8151
Allen & Tammy Trebian	Galena, IL	815-777-2678
Roy Serpa	Moline, IL	309-764-8567
Dale Brubaker	Oak Brook, IL	630-271-9392
Robin Drechsel	Charlotte, NC	704-814-0936
Brian Hovey	Omaha, NE	402-553-8116
Karen Ide	Reno, NV	775-747-0605
Karen Weisburgh	Larchmont, NY	914-833-0273
Jessie Rudgunas	Willow Grove, PA	215-657-0793

Membership Count: 2/6/05		
Number of:	Members	Memberships
Individual	386	386
Couple	276	138
Family	332	86
Complimentary	21	21
Life	6	3
Total	1,021	634

The May issue of the newsletter will feature a listing of Invitational Rides in the Midwest. If you have information about a ride that another club is offering, please email that information to me so I can include it. Kathy

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

- **For Sale:** 2003 Burley Hepcat Recumbent. Color – yellow. Condition – good. Basic bike (less pedals) + Echowell Computer + custom seat bag. Asking \$1,400. Contact Jim Hanson: evenings 309-797-4883.

- **For Sale:** 1981 hand-built Proteus road racing bike. Reynolds 531 double butted tubes, 63cm, full Campy Nuovo Record. Blue with yellow lettering. Excellent condition for road or rollers. Includes 2 extra sets of wheels with sew-up rims, Campy hubs and cassettes (6 spd). \$500 OBO. Contact John at: 563-940-6023 or email him at: jwhjkh@mchsi.com.

**FORC Leadership Update
Deano Mayne, Retired FORC VP**

John Blair and his Brother Dennis Blair have accepted Kelly Bryant's offer of president and vice president of FORC. Jim Gys also stepped up as our information manager.

Kelly Bryant was unknowingly volunteered over a year ago to give Scot Schaar a break and to take his honorary turn at the helm. Kelly accepted and demonstrated courage and responsibility in his year long reign but now has other pressing professional obligations that require more of his time. We thank him graciously for his commitment to FORC and aiding us in our mission.

Kelly will remain our Web master, active trail builder, and user. We also thank Kelly's family for allowing us to take so much of his time. Kelly, Peggy, Emily and Joey have added a family calm to our group that gives us greater balance. Their contributions are greatly appreciated.

Thank you John, Dennis, and Jim for stepping up and adding fresh energy to our club. We all stand behind you and offer you our assistance during your term.

I would only ask that you take a few minutes to please read through our club by-laws to prepare yourselves for your mission. (That way you won't step on it as often as I have.) Now I just need to locate a copy for you.

Don't Get Your Hopes Up Too High – I74 Bridge By Chuck Oestreich

The latest articles in the papers sent a thrill through the bicycling community in the Quad Cities when they reported “new bike and pedestrian paths added” to a new I-74 bridge. Finally official word came that we would, indeed, be able to cross our river on our bikes.

But don't be too quick to break out a bicycle bottle of bubbly.

After a few transportation meetings where questions were asked, and after the publication of the winter, 2005, edition of the Corridor Study newsletter, be warned. We just could be back on our rollers – spinning and not going anywhere.

The newsletter at first mentions that the Preferred Alternative “also incorporates” Ped/Bikes, then it says that the bridge will “have opportunities for” Ped/Bikes, and then we get what appears to be the reality: “continued local support will be required” for funding participation, maintenance responsibility, and trail connections.

“Continued local support”. The “local” in that phrase means Moline and Bettendorf. And not only have these cities not given “continued support” (both Bettendorf and Moline voted against it), but they are unlikely to do so in the future. And why should they? Why aren't these accommodations simply a part of the whole package, especially in light of the need for what the newsletter calls “enhancing regional multi-modal connections”?

The entire Quad City community benefits from multi-modal accommodations over a new bridge. Why single out two communities to pay for this benefit just because the bridge happens to abut their city limits? (Davenport built the original bridge at the I-74 location and it never touched the original footprint.) We are one

community, and bridges benefit everyone in the community. And, since this is an Interstate Bridge, the bridge's beneficiaries include a national, even international, segment of the population. By no stretch of the imagination can this bridge be considered a local Bettendorf/Moline facility. Hence, they should not be responsible for building, maintaining, and connecting any aspect of it.

We have visited this issue before – in 2002 – and evidently nothing has changed since. After two years the recent press reports gave optimism that we would now have the reality of Ped/Bike accommodations on a new bridge. But that doesn't appear to be true. It turns out that if local authorities don't pick up the ball (and costs) the ped/bike possibility changes to impossibility. That is simply not acceptable.

In a related concern, the newsletter reported in parentheses that “the existing bridges would be removed”. Many people have strong feelings that the present bridges should be conserved. Slipping this in as a parenthetical expression with no other explanation is a slap in the face to local sensibilities. We have lived with those bridges for many years and have grown to love them. If they have to be removed, a viable explanation is strongly needed.

This will become especially true when it becomes apparent that while a new bridge is being built, the old ones will continue to move I-74 traffic. The old bridges will be strong, safe, and certainly usable. And yet we will destroy them! Just like that?

We should be able to work out a solution of our Mississippi River crossing problems that includes both bike/ped accommodations and retaining the classic old bridges.

Send your ideas about these bridges to Iowa Dept. of Transportation; Attn: Cathy Cutler; P.O. Box 3150; Cedar Rapids, IA 52406-3150

News Updates – Iowa Bicycle Coalition Mark Wyatt

Iowa Bicycle Summit - April 9th - The Iowa Bicycle Coalition announces the Iowa Bicycle Summit to be held on April 9, 2005 in Des Moines. The Summit will feature an opportunity to learn about the best advocacy practices across the country.

Lisa Hein and Kathy Ridnour will be chairing the Summit committee. Volunteers are needed for assis-

tance with the Summit. For information contact Kathy.Ridnour@dot.iowa.gov

Generous sponsorship of the Summit is provided by the Iowa DOT. Many of the details for the Summit are tentative, so your input on speakers and topics are welcome.

Stay tuned to the IBC web site at: iowabicyclecoalition.org for the latest information. (cont. on page 7)

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application
 Renewal Application

- Membership Type: Individual \$15/Year
 Couple \$20/Year
 Family \$20/Year

Date of Application _____

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email _____
 (Incl. Area Code)

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Memberships in Other Bicycling Organizations: League of Am. Bicyclists League of IL Bicyclists IA Bicycle Coalition FORC

Family Members *	Birthdate	M/F	Riding Interests	I Can Help With	
			<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

* Single adult children up to 22 years, using their parent's address as their primary address, may continue on their parents' membership.

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release – Signature Required

Individual membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter.

Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 12/13/04

March 2005 Ride Schedule

Winter ride schedule—October through April

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

- **Wednesday, March 2**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, March 5**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, March 6**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Wednesday, March 9**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, March 12**

9:00 A.M. – “Riders’ Choice” – IL Meet at Colona Grade School.

- **Sunday, March 13**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Wednesday, March 16**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, March 19**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, March 20**

9:00 A.M. – “Riders’ Choice” – IL Meet at Colona Grade School.

- **Wednesday, March 23**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, March 26**

9:00 A.M. – “Search for Spring” – IL Meet at Bix Beiderbecke statue near the band shell on the Davenport riverfront for a ride to the I-80 Visitors’ Center in LeClaire. Refreshments provided.

- **Sunday, March 27**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Wednesday, March 30**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

April 19th - Membership Meeting

Phil Schubbe

Our guest speaker will be Colleen Reardon-Chapleau from North Liberty, Iowa. Colleen is a QCBC member and was one of 20 people who rode cross country in October 2004, as part of the Bristol-Myers Squibb “Tour

of Hope”.

Colleen will share her experiences with us from the ride. The date of the April membership meeting is April 19, 7 pm, at Rivermont Collegiate in Bettendorf. (formerly St. Katherine’s and St. Marks). Mark this date on your calendar.

News Updates – IBC (cont. from page 5)

Saylorville Trail Funding - The Army Corps of Engineers has been working to repair 13 miles of trail along Saylorville Lake -- Des Moines' most popular trail segment. The Corps is seeking \$3.5 million in federal aid to complete this project, and your support in the form of letters, email, and faxes will be necessary to secure funding. Details about this project will be available soon at <http://www.bikeiowa.com>.

Bike Path Spans the Mississippi River - The American Discovery Trail (ADT) bridge is being constructed as we speak. The project consists of a widened sidewalk/path from Arsenal Island over Sylvan Slough immediately adjacent to the existing slough bridge.

The project will create direct access for bicyclists and pedestrians traveling between Davenport and Rock Island via the slough bridge. The bridge crossing will include a ramp that links cyclists and walkers to the Great River Trail and the Mississippi River Trail (MRT) on the Illinois side of the river. (cont. on page 8)

Spring Road Racing Series Comes To Quad Cities Mike Zugmaier

DICE Cycling announces a new series of road races for spring 2005 designed to help local and regional racers prepare themselves for the Quad Cities Criterium and the other Memorial Day Bicycle Races.

The thought of competing in your first race is very exciting, yet competing in a national-caliber event such as the QC Criterium can be intimidating. The racers of DICE focus in on the Memorial Day Weekend Races; and in order for you to better prepare and gain experience in competition DICE has created the "Buffalo Bill Cody Race Series".

The "Series" consists of three Road Races, one each month during March, April, and May leading up to the Memorial Day Weekend. Each event features a unique course in or around Scott County Park just North of Davenport. The events will provide competition for both new and experienced racers with special

opportunities for Junior racers ages 10-14, and 15-18, and for Novices, and Women racers. For the experienced racer there will be top competition from around the states of Iowa and Western Illinois.

"Buffalo Bill" Cody Racer Series:

- Saturday March 12, 2005
Act I Scott - County Park Road Race
- Saturday April 2, 2005
Act II - Cody Trail Road Race
- Saturday May 14, 2005
Act III - Scott Park Circuit Race

With the many miles that QCBC members log each year, the Cody Race Series might just be the opportunity to provide you that outlet for your competitive urges. DICE hopes to see many new first-time racers at the series and encourages all cycling enthusiasts to come out enjoy the events.

Additional race information can be found at www.dicecycling.com or contact Mike Zugmaier at: mzugmaier@carletons.com or 563-508-4301.

LIB Completes Mississippi River Trail Plan Ed Barsotti, League of Illinois Bicyclists

In 2004, LIB researched a route for Illinois' 585-mile section of the Mississippi River Trail (MRT), under an IDNR contract to produce an MRT guidebook for touring cyclists. As a follow-up, LIB has developed our "Recommendations for Improvements to Illinois' Mississippi River Trail".

The prioritized suggestions include paved shoulders in rural areas, some bike lanes in cities, and some off-road trails in more urbanized or popular sections. IDOT's bicycle policy is used as guidance, as most of the route is on IDOT-maintained roads.

Opportunistic improvements are highlighted, by listing

all MRT segments scheduled for roadwork in IDOT's 2006-2011 Proposed Highway Improvement Program. The plan is being sent to each relevant IDOT district.

The plan, and the Illinois' MRT guidebook, are at www.bikelib.org/mrt. The route was picked based on factors including proximity to the river, availability of off-road trails, roadway "bike-friendliness", accommodations, and points of interest. LIB debuted the entire route at the May 1, 2004 "Trail-Breaking the Illinois MRT" event.

Route 66 bicycling: Interested in helping develop or reviewing a Route 66 bicycling guidebook from Chicago to St. Louis? Contact LIB at 630-978-0583 or lib@bikelib.org

News Updates – IBC (cont. from page 7)

Four pre-fabricated galvanized steel grate structures will be fastened to numerous concrete caissons, which will be poured this winter. Wheeler Lumber Company is fabricating the bridge in Bloomington, Minnesota. Once completed, Civil Constructors will install it. According to the contract, the deadline for completion is November 30, 2005. After this Quad City link is completed, the only Illinois portion remaining will be the one connecting the Hennepin Canal to the I&M

Canal.

The ADT is the nation's only non-motorized recreational trail. It spans the United States from east to west, covers fifteen states and the District of Columbia, and links communities, cities, parks and wilderness. The Quad Cities has the distinction of being the cross-roads of this and a north-south, cross-country trail - the Mississippi River trail. Visit the American Discovery Trail website at <http://www.discoverytrail.org>.

Kick-In' Tailwind Escapade – May 14th
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 14th, 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 13th. 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 15th.

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 basis; 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 13th 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 _____

Winter Hike - January 9th John Wessel

Hiking anytime of year is a great experience, but somehow it seems more meaningful in the winter when most people don't want to venture outside. For those of you who like to stay active, come out and experience a walk in this wonderful winter wonderland.

Ten of us had this experience on January 9th, meeting at Scott County Park and hiking down to Pioneer Village. The round trip, which was very leisurely, lasted an



hour and forty-five minutes. The trees were flocked in winter white, the air was crisp; but in this protected area, you feel no wind. We were quite warm with very little clothing. Those who participated in this hike included: Ken Urban, John Wessel, Kathy Storm, Jim Hanson, Steve & Grace Geering, Mike & Janet Aguilar, and Mike's parents, Vincent and Betty Aguilar.

If you haven't experienced one of these hikes, I would urge you to try it. Hope to see you on the path, hiking path, that is. (Photos taken and submitted by Ken Urban.)

National Trails Symposium, Quad Cities 2006 Joe Taylor, QC Convention & Visitors Bureau

Planning is underway for the Quad Cities to host the 18th National Trails Symposium October 19-22, 2006. The headquarters for the event will be the RiverCenter, Davenport, but trails throughout western Illinois and eastern Iowa will be visited.

More than 600 trails enthusiasts from around the nation will converge on the Quad Cities to learn how we connect trails over political boundaries (like states, counties and cities) and over physical barriers (like the Mississippi River!).

The National Trails Symposium will feature speakers, a trails expo, workshops, field trips, entertainment and more!

The Quad Cities Bicycle Club has already supported this event when members waited late into the night in June 2003 at the Quad City International Airport to greet Pam Gluck, executive director of American Trails. Nearly 40 trails groups in Iowa and Illinois are cooperating to host NTS (see complete list below).

American Trails (<http://www.americantrails.com/>) is

organizer of National Trails Symposium. Pam will visit the Quad Cities in early March to initiate planning for this major convention.

"The trail system knocked my socks off. I hope the people in the community know what a jewel they have. I travel all over the country and the Quad Cities trail systems rivals progressive trails networks anywhere. I could not believe how easily the community all worked together. The Quad Cities CVB has tremendous enthusiasm for the trail system, was persistent and put their heart into hosting this event. I can tell your convention & visitors bureau knows what is good for families, for the community and for visitors," said Pam after her initial visit to the Quad Cities in 2003.

Joe Taylor of the Quad Cities Convention & Visitors Bureau and Doug Delillie, planner for Bi-State Regional Commission, have attended symposia in Orlando and Austin so know how to best showcase the Quad Cities.

For more information, contact Joe Taylor, Quad Cities CVB, at jtaylor@visitquadcities.com or call 563-322-3911 Ext. 116.

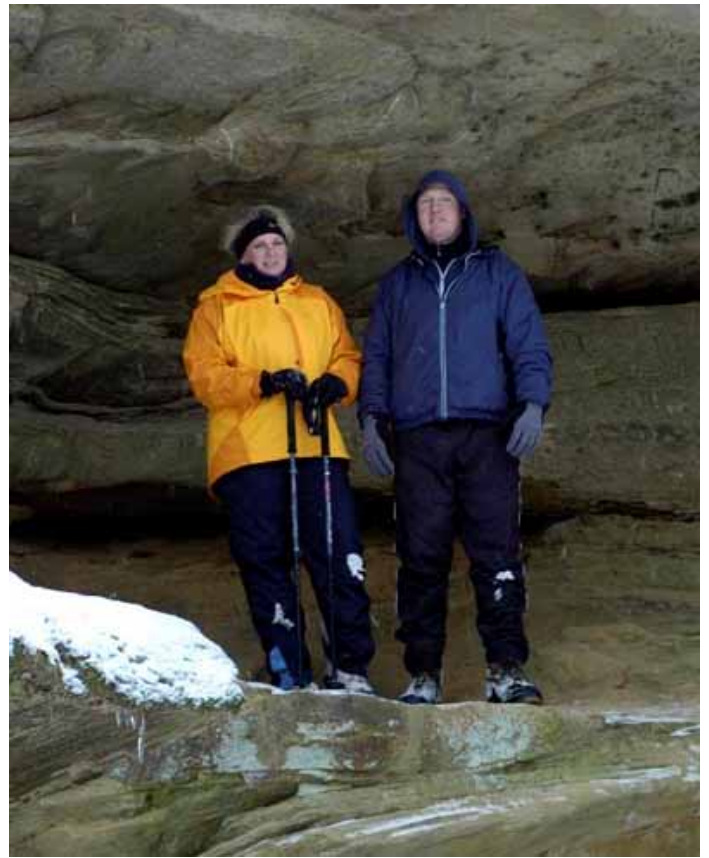
Winter Hike Report – January 22nd Ken & Julie Urban

Wildcat Den State Park near Montpelier, IA was the site of the second seasonal hike. The morning of January 22nd had near blizzard conditions, but by the early afternoon the day was bright and sunny for the event

The park is one of the most interesting in the area, providing several scenic trails through rock outcroppings, rolling woods and ravines, and a historic mill on a creek. With a coating of new snow over packed icy paths, the hiking was plenty challenging. Ken and Julie Urban hosted the hike and were joined by John Wessel, Mike and Janet Aguilar. The five enjoyed some soup and conversation at Clark's Landing in Buffalo to complete the afternoon.

Pictured below is John Wessel standing next to a frozen waterfall. Mike and Janet are pictured at left standing on a ledge along the trail.

(Photos taken and submitted by Ken Urban.)



David Holmes Memorial Brevet Robert Frey

Date: May 7, 2005

Distance: 200km

Start: 08:00

Location: Quality Inn, 1000 E. Iowa St., Eldridge, IA
Please join us for this special brevet, to remember and pay our respects to our late friend and colleague Dave Holmes, Director of Iowa Ultra Events.

Details and entry forms available online at <http://cvbrevet.home.mchsi.com>, or call Robert Fry, (319) 226-5436.



Pedalwheeling Reader Survey (Winter 2005)

Help! The *Pedalwheeling* staff wants to provide the type of information that is of the most interest and value to *you*. Please take two minutes to answer the following questions, and by doing so, enter a drawing for a free prize. If you have already submitted your survey, we thank you.

1. How long have you been a QCBC Member? (circle one)
 - 0-2 years 2-5 years 5-10 years 10+ years
2. Tell us about yourself. (circle all that apply)
 - Gender: Female Male
 - Age group: 19 & under 20-24 25-29 30-39 40-49 50-59 60-69 70+
3. How many times a week do you ride during each season?
 - Spring _____
 - Summer _____
 - Fall _____
 - Winter _____
4. What is your biking interest level? (circle one)
 - Competitive Fitness Recreational/Social
5. What other activities do you use for cross-training? (list all that apply)

6. Do you read every issue of *Pedalwheeling*? (circle one)
 - Yes No Comment _____
7. Which feature(s) do you like most?

8. Which feature(s) do you like least?

9. Which new ideas would appeal to you most? (circle all that apply)
 - Cross-training articles
 - Meet our Members
 - Meet our Volunteers
 - Member Training Log (tips from our best riders)
 - Members' Favorite Rides (with maps)
 - General Nutrition/Fitness
 - More pictures
10. List other features you would really like to see in the newsletter.

If you are interested in contributing articles, photos, etc. to the newsletter, please indicate or email the editor at qbceditor@yahoo.com. If you have other ideas or suggestions for the newsletter not expressed above, please attach a sheet or email the editor at qbceditor@yahoo.com.

Thank you for taking time to complete this survey! Sharing your name is optional, but noting your name and address below will enter your name in a Gift Certificate drawing to be held at the April 2005 general meeting.

Name _____
Address _____
City/State/Zip _____

Mail completed survey to: QCBC Survey, c/o 3216 - 45 Street, Moline, IL 61265

Quad Cities Bicycle Club
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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

New Mountain Bike Race for the Quad Cities Bruce Grell

On Sunday April 10th, rain or shine, a new and hopefully annual race will kickoff at Sylvan Island in Moline. Dubbed the "Sylvan Island Stampede" it will be the first Mountain bike race in the Quad cities metro area since the early 1990's.

Mountain bike racing grew to an all time high in the late 90's and though it has slowed down with the resurgence of road racing, it is growing rapidly again in Iowa thanks to the Iowa Off Road Cycling Association (IORCA), who put on a series of Mountain Bike races in central part of the state. Jim Ghys of Davenport, Iowa and Chief Grease Monkey at Healthy Habits Bicycle shop along with John Blair, the new president of F.O.R.C. (Friends of Off Road Cycling) have decided that the Q.C. area needs to get in on the action in the dirt.

The Stampede is a NORBA sanctioned event, brought to you by Jim Ghys, John Blair, Healthy Habits Bicycle Shop, and the Friends of Off Road Cycling. Initial local sponsors for the event are DICE (Double I Cycling Experience), and QC1 Research Foundation (Mike Giudici).

There are categories for children and beginners all the way up to expert level racers. You can check out all of the details at www.healthyhabitsqc.com or contact Jim Ghys at: 563-332-5145. Come on out and play in the dirt.

The League of Illinois Bicyclists is again sponsoring the National Bicycle Month License Plate Program. All net proceeds from this program go to help support our work to improve bicycling in Illinois. An application can be found on page 13 of this newsletter and on the LIB and QCBC web sites.