



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – April 2005

Starved Rock Hike Jean Kelly

On a warmer, partly sunny February 26th day, ten hikers gathered at the Visitors Center at beautiful Starved Rock State Park about 90 miles east of the Q.C., south on Interstate 80.

St. Louis Canyon was chosen as our first destination. What a great sight to view the gigantic, frozen waterfall! The trails are well marked and maintained. We encountered only occasional sections that were a little "soupy".



We trekked to the beautiful Lodge where we found an inviting roaring fire welcoming numerous tourists. Everyone enjoyed a delicious lunch in the lovely, rustic dining room.

The Elmhurst Bicycle Club ladies split off to go to Utica for some gift shop browsing. The rest of us hiked up "Starved Rock" for the wonderful panoramic view of the Illinois River. Eagles were perched in riverside trees and barges were locking through. The expansive decking and walkways allow for great viewing locations.

Winter hiking affords one the chance to see so much more of the contour of the surrounding terrain. Starved Rock with its magnificent cliffs of sandstone and numerous varieties of trees is especially grand!

Back to the Visitors Center on this glorious day and then hugs and farewells in the parking lot. All agreed it was a splendid day in one of nature's wonderlands. QCBC Members who participated in this hike were: Denny & Karen Baber, Jean Kelly, Kathy Storm and Susie Wolf. Jim & Kathy Goodheart of Davenport (tandem friends of the Baber's), also joined the hike. QCBC members Mike and Janet Aguilar (and Janet's sister) also hiked in the park this day, but got a little later start so we never meet up with them. And EBC members Susan Kilgore, Susan Solberg and Meredith Huska actually spent the weekend in the area enjoying 2 days of hiking. There were 17 bicyclists turned winter hikers who showed up for this activity.



(Photos taken and submitted by Denny Baber. Additional editing done by Dave Thompson.)

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 - open
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: 1/4 page - \$25, 1/2 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.iowabicyclecoalition.org>



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



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

From the Headset Errol McCollum

Although our Articles of Incorporation say we are somewhat educational, we have done little in that vein in recent years. We have members that have taken the League of American Bicyclists Effective Cycling course that the club offered 8+ years ago. We have even had previously certified instructors.

I would like to see either that course offered again for the benefit of Newbies as well as some of our more experienced riders or some similar cycling course. We can always learn something new... even us men. If there are members interested in doing this please contact me at (309) 762-8252 or ecmeandd@netzero.net.

Additionally, if anyone has some cycling tips that have worked for them and would like to share them with other club members, please email those to me for possible inclusion in an article for the newsletter.

I would like to start the wheel rolling by sharing one of mine. There are a lot of riders that have never done a century. Here is an easy way to get that recognition from Vivian Norton at the annual banquet this year.

Pick a nice Saturday or Sunday, (Saturdays are better in

the fact that if you get in over your head, you can generally find more Quickie shops open). Be sure to have two water bottles with you and one preferably with an electrolyte.

Make sure that you have some sort of fuel like a Power Bar to keep your energy level up. Remember, drink before you're thirsty and eat before you're hungry. Be sure to have comfortable shoes, shorts, sunscreen etc. Make sure also that your bike is ready for the adventure with good tires, plenty of air pressure in them, as well as a spare tube. I have found that two tubes give you a little more confidence.

Pick a route that has a tailwind for the return leg, (not essential but good for the mind). Divide the route into small distances that are easily doable, such as 10 to 20 miles. Stop at each of these predetermined points, get off the bike, walk a little and even sit and rest for a SHORT while, (five minutes or so). Longer stops, especially near the end of the ride may spell disaster when you get up to ride and your legs say "I quit".

Do it with a friend or two to make it more enjoyable. Do not blast. Ride at a steady pace that is well within your capability. You will be surprised how easy it is. Good luck.

Spring Picnic – May 1st Dean Mayne

The QCBC Spring Picnic will be Sunday, May 1st, at the Illiniwek Park Pavilion. Located on the River side of Highway 84 just East of Hampton, IL.

The Friends of Off Road Cycling (FORC) will again show their respect to our Quad City Cycling Community by doing the set up and manning the grills. Dean Mayne can be contacted with any picnic related questions at 563-650-1026 or e.mayne@mchsi.com.

Rick Wren will manage a bicycle swap meet, if you would like to bring out your reusable items for the sale. Rick can be reached at 309-786-7979 or Forcmeister@yahoo.com for any swap meet questions.

In the past the QCBC has purchased the meats and drinks and club members have brought side dishes and desserts to share. Food will be served from noon until 4 pm. Coolers will be available if you want to store your food while you ride.

The Great River Trail is handy for family rides. There are plenty of county roads accessible from the area for a road ride. FORC plans to clean up the Illiniwek Park Trails for hiking and mountain biking (as weather permits). There is a park with play ground equipment nearby, and there should be plenty of room for yard or table games if you want to shuttle them out. Anyone got a Bocce Ball Game? I've always wanted to try that.

This is a rain or shine event, so we plan to be prepared for anything goes May 1st weather. Hope to see you there, with your families, sharing a good time with your fellow bikers.

Wanted – Photos of Illinois QCBC members (with their car) who secured the special "Bike Month" license plates through the League of Illinois Bicyclists. These special plates can be displayed on your car during the months of April and May. Please contact the newsletter editor at: 563-355-2564 or qcbceditor@yahoo.com.

Welcome New QCBC Members!

Charlie Sattler

<u>Name</u>	<u>City & State</u>	<u>Phone</u>
Jane Chiappinelli & Jeff	Bettendorf, IA	563-355-5923
Gale Smith	Bettendorf, IA	563-344-9830
John Affre	Davenport, IA	309-314-3188
Bill Fredericks	Davenport, IA	563-359-4340
Larry & Teresa Keller	Davenport, IA	563-388-0618
Matt Lovewell	Davenport, IA	563-345-6713
Craig Schultz	Davenport, IA	563-449-8646
Stephen Sinksen	Davenport, IA	563-326-1969
Michael Taylor	Davenport, IA	563-323-2199
Kristoffer Valleroy	Davenport, IA	563-323-3723
Scott & Lori Collingwood	Iowa City, IA	319-351-9082
David Haussler	Coal Valley, IL	309-799-3417
Pat & Cheryl McGovern	Magnolia, IL	815-869-3053
Roy Serpa	Moline, IL	309-764-8567
Mark Vantrease	Braintree, MA	781-956-3858
Robin Drechsel	Charlotte, NC	704-814-0936
Joe Bialkowski	Sussex, WI	262-716-9378
Steve Brick	Sussex, WI	608-712-3842

Membership Count: 3/6/05		
Number of:	Members	Memberships
Individual	389	389
Couple	282	141
Family	327	85
Complimentary	20	20
Life	6	3
Total	1,023	638

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie prints out the labels for the newsletter and does the mailing of the newsletters. Charlie can be reached at: 563-391-3422 or csattler14@msn.com.

Bike To The Ballpark – May 30
Brian Fellows, River Action

Do you love baseball? Do you love bicycling? Then this is just the event for you!

- Date:** Monday, May 30th
Time: 1 p.m. (with a 1:15 p.m. departure)
Location: Lower Lindsay Park, at Mound Street and River Drive, Davenport

For just \$2, you can take part in Bike to the Ballpark, a first-time event for the Quad-City area! You're invited to enjoy a leisurely, 1.5-mile escorted bicycle ride to see the Swing of the Quad Cities face off against Wisconsin. (QCBC members can easily ride from home and add mileage to the short "group ride.")

The entire route is on the flat terrain of the Mississippi

River Trail, so the event is a family-friendly one. Upon arrival at the newly remodeled John O'Donnell Stadium, you will be able to enjoy free valet bicycle parking.

At the staging area, you can also take advantage of free bottled water provided by River Action. There also will be free first-aid kits donated by Trinity Regional Health System.

Purchase your tickets by calling The Swing box office at (563) 328-2000. Your pre-purchased tickets will be available at the staging area immediately before the ride. This event is limited to 200 riders, so make your reservations early!

QCBC members wishing to volunteer to help at this short event can contact Brian Fellows at 563-322-2969 or brian@riveraction.org.

FORC Web Site Update
Kelly Bryant

The FORC web site now has a PDF of the trails at Loud Thunder in Andalusia posted.

Go to: <http://www.qcforc.org/trails.html>

May Newsletter - Coming Next Month

A listing of many of the 1-day Invitational Rides being put on by other Midwest Bike Clubs. If you know of a ride in IA, IL, WI, MN, KS or IN that you want to see listed, contact the newsletter editor at: qcbceditor@yahoo.com or 563-355-2564.

2005 Quad Cities Criterium – May 30th Terry Burke

After a resounding success in 2004, the 2005 Criterium will again include the **Lance Armstrong Foundation (LAF)** as the Quad Cities Criterium Charity. Sunday night (May 29th) there will be a LAF fund raiser and raffle at the Brew & View in Rock Island. Bicycle films will also be shown on Memorial Day. More details will be in the May issue of Pedalwheeling.

On Memorial Day 2004 we made several changes to the rider program. Junior riders, age 10-14, were given individual awards as opposed to older junior rider cash prizes. The 40+ and 50+ plus races were split into 2 separate races. And the trikes/big wheel races were followed immediately by the new youth races, age 6-10. I'm happy to say these changes worked as planned, and we will be welcoming both the younger and older masters riders for 2005.

The Quad Cities Criterium is one of several races on the newly revived Illinois Cycling Association (ICA) Cup points series. The ICA Cup is a points series similar to the Iowa Rider of the Year series. The Quad Cities Criterium is in both series, which motivates riders to participate and perform.

The climbing wall, hopefully the BMX riders, plus for sure a wide variety of food and vendor booths will be presented by the District. Our 3 colorful announcers are back, as is our "No Mud No Blood Wheelpit", and the Vietnam Veterans Honor Guard.

The Memorial Day weekend starts with the Burlington

Road Race on Friday, May 27th, followed by the Burlington Snake Alley Criterium on Saturday, May 28th and the Muscatine Melon City Criterium on Sunday, May 29th. Our Quad Cities Criterium is on Monday, May 30th.

See WWW.MemorialDayWeekEndBikeRaces.com for entry information.

We certainly could not present the Quad Cities Criterium without the outstanding QCBC volunteers who marshal corners and pedestrian walks, register riders, sell T-Shirts, staff the wheel pit and the QCBC Booth. In addition to a full day of entertainment, volunteers receive an official Quad Cities Criterium T-Shirt, an invitation to the volunteer party and two vendor coupons. Chairpersons to call or email if you can volunteer are:

- **Corner Marshals** - Bill & Cathy Wiebel
309-755-1859 or billwiebel@aol.com
- **QCBC Booth** - Dave Lefever
563-355-6476 or bike@netexpress.net
- **Registration** - Vivian Norton
563-355-1899 or vjoan@worldnet.att.net
- **T-Shirt Sales** - Dennis & Karen Baber
309-797-2476 or baber@copper.net
- **Wheel Pit** - Darryl Blackburn
563-332-2668 or dablackburn@mchsi.com
- **Prize Desk** - Doug Nelson
563-359-3253 or dougnelsonmai@aol.com

So remember to mark your calendar for a Memorial Day weekend to have some fun in the District and remember the veterans who served in the past and support service men and women serving now.



11-day bike tour across Switzerland

8/18-8/28, 9/1-9/11 and 9/15-9/25

\$2,500

Includes: deluxe accommodations, gourmet meals, bike and full support
Affordable Swiss-based tours with focus on authenticity and cultural exchange.

www.bikeswitzerland.com

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

April 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.

- **Saturday, April 2**

9:00 A.M. – Mid-Paced Ride, “Spring Warm-Up” to LeClaire – IA Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to LeClaire using trail and county roads. 27 miles. Ride Leaders: Steve & Nancy Montgomery, 563-322-5963.

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, April 3**

9:00 A.M. – Mid-Paced Ride, “Flat Ride to Cordova” – IL Meet at east end of Butterworth Parkway near CNH. Ride trail to Cordova. 32 miles. Ride leader: Jerry Kruse, 563-370-6975

9:00 A.M. – Fast-Paced Ride, Riders’ Choice – IL Meet at east end of Ben Butterworth Parkway near CNH.

- **Wednesday, April 6**

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

- **Saturday, April 9**

9:00 A.M. – Leisure Ride, “Butterworth Bash” – IL Meet at Empire Park, East Moline, for a bike ride and a visit to the Hampton Historical Center. 20 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

9:00 A.M. – Mid-Paced Ride, “Off to Bishop Hill” – IL Meet at Orion High School. Ride to: Andover, Bishop Hill, Cambridge, Lynn Center, and Orion. 45 miles. Ride leaders: Dean & Deb Mathias, 309-787-6547

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, April 10**

9:00 A.M. – Mid-Paced Ride, “Riders’ Choice” – IA Meet at Middle Park Lagoon, Bettendorf.

9:00 A.M. – Fast-Paced Ride, Riders’ Choice – IL Meet at east end of Ben Butterworth Parkway near CNH.

- **Wednesday, April 13**

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

- **Saturday, April 16**

9:00 A.M. – Leisure Ride, “Pioneer Pushoff” – IA Meet at Walnut Pioneer Village, north end of Scott County Park. Ride to McCausland. 17 miles. Ride leader: Merle Schleusener, 563-355-8191.

9:00 A.M. – Mid-Paced Ride, “Colona to Geneseo Circuit” – IL Meet at Colona Grade School. Ride to Geneseo. Ride leaders: Bill & Kathy Storm 563-355-2564.

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, April 17**

9:00 A.M. – Mid-Paced Ride, “Darlene’s Surprise” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave, Davenport. Darlene will plan out a ride to accommodate the riders who show up and the early spring weather conditions. Route will be approximately 35 miles. Ride leader: Darlene Moritz, 563-386-3499.

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IL Meet at east end of Ben Butterworth Parkway near CNH.

- **Tuesday, April 19**

7:00 P.M. General Meeting – IA Meet in the auditorium of Rivermont Collegiate (formerly known as St. Katherine’s/St. Mark’s). 1821 Sunset Dr, Bettendorf. Program: Riding the “Tour of Hope”, by QCBC member Colleen Reardon-Chapleau of North Liberty, IA. For additional information, contact Phil Schubbe at 563-359-5057 or phschubbe@aol.com.

- **Wednesday, April 20**

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

- **Saturday, April 23**

9:00 A.M. – Leisure Ride, “Wild Life in the City” – IA Meet at Lindsay Boat Club parking lot on Mound St and River Dr, Davenport, for a ride to see the sculpture and wildlife on the riverfront and Credit Island. 25 miles. Ride leaders: Dick and Karen Grimm 563-445-7797

9:00 A.M. – Mid-Paced Ride, “Flat Ride to Cordova” – IL Meet at east end of Butterworth Parkway near CNH. Ride trail to Cordova. 32 miles. Ride leader: Charles Curry, 309-797-9283

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, April 24**

9:00 A.M. – Mid-Paced Ride, “Riding the Hills Around Warner and Orion” – IL Meet at Colona Grade School. Ride to Orion and pass by Warner Castle using lightly traveled roads. 50 miles. Ride leader: Bob Fitzgerald, 309-797-2356.

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IL Meet at east end of Ben Butterworth Parkway near CNH.

- **Wednesday, April 27**

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

- **Saturday, April 30**

9:00 A.M. – Leisure Ride, “Lingonberry Breakdown” – IL Meet at Andover, IL, City Park. Ride quiet country roads to Bishop Hill. 30 miles. Ride leader: Jan Fitzgerald 309-797-2356

9:00 A.M. – Mid-Paced Ride, “Margie’s Favorite Ride” – IA Meet at Lindsay Boat Club parking lot on Mound Street and River Drive, Davenport. Ride to Buffalo in remembrance of Marge Dixon. 28 miles. Ride leader: Jean Kelly, 563-359-9508.

9:00 A.M. – Fast-Paced Ride, “Riders’ Choice” – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

NOTE: This ride schedule insert was created off of a “draft” of the 2005 – 2006 Ride Schedule. For additional information, please contact Steve Montgomery, Ride Schedule Coordinator at 563-332-5963 or Monty867@wmconnect.com

Cheese Country Hell Week #2: June 10 -17 John Their

In response to several requests from our Midwest friends in the Big Dogs group (www.big-dogs.org), we have developed a Northern Hell Week done in the style of the Texas Hell Week held in March. The routes we have selected in and out of Richland Center, Wisconsin offer much the same scenic beauty and physical challenge as the Texas routes.

Each day we offer a scenic 100-120 mile route, complete with detailed cue sheet and map. Short-cut options will be marked for those not wanting to go the distance. Numerous small towns along the way offer you many opportunities to stop at a convenience store to replenish your fuels. In the spirit of TX Hell Week, rides are unsupported.

The entry fee is \$110 through December 1, 2004, \$120 through April 30, 2005, and \$130 thereafter. You get a highly collectible t-shirt and sweatshirt, mementos, and a banquet on Tuesday night. You also get our detailed map/cue sheet set for the week's rides. We'll also have a jersey available to view by early 2005.

The official headquarters of Cheese Country Hell Week is at the Ramada Inn White House at 1450 Veteran's Drive. Call 800-585-3865 for reservations. Rider

check-in starts at 4pm Thursday, June 9th until 10pm, and resumes at 6:00am Saturday. We have a block of 20 rooms reserved for us. Please inquire at the Ramada Inn for Cheese Country Hell Week rates. Other motels are located nearby for your choice.

There's no limit on how many riders we'll accept. Send your registration in, do it online, call us, or bring it to the event.

All rides start at the Ramada Inn daily at 7:00am. Parking is available nearby. We suggest you ride from your motel (it's a small town). If you are driving in daily, please park on adjacent side streets.

All cyclists must wear a helmet, and sign a waiver at check-in! Bring some climbing gears...the hills are short but steep!

Who comes to Hell Week? Everyone: USCFers, ultra cyclists, RAAM racers, triathletes, randonneurs, tourists. But no wimps.

Call the Richland Area Chamber of Commerce for more info on lodging: 800-422-1318, or visit www.richlandcounty.com.

We're excited to bring the excitement of Texas to Wisconsin! Be a part of Hell Week history and join the elite group we will call "The Founders."

New Web Site on Bike Racing

CyclingRevealed is a web magazine that reports "the great stories of cycling history". As you surf through the many cycling related web sites that deal with bicycle racing you are able to easily find race statistics. However, it is not so easy to find out about the great stories behind those statistics.

CR will bring back many of the epic stories that are woven into the fabric of cycling's rich history.

<http://www.cyclingrevealed.com>

The Chicago Bike Show – April 1-3

The Chicago Bike Show invites all cyclists young and old for a weekend of fun and fitness at Navy Pier from April 1-3, 2005. This is the largest consumer bicycle show in the country with over 150 exhibitors!

You'll get the latest scoop on hot new products, check out the extreme stunt show, seminars, demo ride areas, time trial racing and a kid's corner---there's something for the whole family! For more information, check out www.chicagobikeshow.com or call 847-675-0200 x201.

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 19th, 7 pm, at Rivermont Collegiate in Bettendorf. (formerly St. Katherine's and St. Marks). Mark this date on your calendar.

April Dice Team Report

Dave Thompson

The month of March has been spent finalizing the 2005 roster and planning four new road races that will be run by the DICE team. The first three races are part of a series called the Buffalo Bill Cody Race Series. These events are early season training races directed by team member Mike Zugmaier. The 4th race will be directed by yours truly and is scheduled for Sunday July 10th. The Mississippi Bluffs Road Race will be a 25 kilometer loop covering the back roads of Rapids City and Port Byron, Illinois.

All four races have a beginner category for those that want to try a cycling road race without pressure or safety concerns. More information and race flyers can be found on the DICE website: <http://www.dicecycling.com/> and my website: www.qcracingevents.com.

A few of the team members have been doing some racing this winter. There are roller races and indoor time trials to be conquered. At the Rollerhead Killer 2 mile roller race in Muscatine on January 22nd the following DICE riders competed.

Mike Flanagan	6:09	Cat 4/2nd
Mike Guidici	6:48	Cat 5/2nd
Emelie Duchow	7:32	Womens Open/1st

At the ABD indoor time trial, held in Wheaton, Illinois on January 16th, Pete Sharis recorded the second fastest time in the 10 kilometer race. His 14:06 time was good for first in the 30+ category. He also did it a second time and won the category 4 event.

On February 6th, Pete, Brian Moritz and Fabian Speiser returned to Wheaton to race 10 kilometers on computrainers. This time Pete recorded the fastest time by 48 seconds, winning with a 13:33 time. Brian finished 8th in the category 4 race with a 15:47 time. Fa-

bian recorded a 17:10 time. On February 27th, Pete won again with a 13:55 time and Fabian returned to do a 16:17 time. Pete should be a force to be reckoned with when the outdoor time trial season starts. The following is the roster for the 2005 DICE team:

Name and racing category.

Jeff Abel	Cat 5
Michael Benson	Cat 4 50+
Mathew Brakeville	Cat 5 40+
Dan Burns	Cat 2 40+
Phil Curran	Cat 5 40+
Emilie Duchow	Cat 4
Tom Erps	Cat 4 50+
Mike Flanagan	Cat 4
Jeremiah Gantzer	Junior Cat 5
Greg Giudici	Junior Cat 5
Michael Giudici	Cat 5 50+
Bruce Grell	Cat 4 30+
Pat Hanrahan	Cat 5 40+
William Huntsberger	Cat 4 30+
Drew Illman	Cat 2
Dave McCoy	Cat 5
Don Miller	Cat 4 40+
Brian Moritz	Cat 4
Mike O'Brien	Cat 5
Mike Papini	Cat 4 50+
Scot Schaar	Cat 5
Peter Sharis	Cat 4 30+
Fabian Speiser	Junior Cat 5
Scott Swanson	Cat 5
David Thompson	Cat 5 50+
Stephen Wadle	Cat 4 30+
Mike Winter	Cat 4 40+
Deb Wood	Cat 4
Hui Yu	Cat 5
Casey Zugmaier	Junior Cat 5
Mike Zugmaier	Cat 5 40+

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.

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_____

Duck Creek Parkway – Urban Oasis **Amy Thon, Staff Writer, “The Leader”**

Duck Creek Parkway has a long history in Davenport dating back to 1916 when an engineer suggested the city purchase and dedicate a strip of property adjacent to the creek.

The first acquisition of land wasn't until 1924. No other land was acquired until 1948, followed by purchases in 1952, 1953 and 1957. More land was acquired in 1968 with grant money and in 1976 a five-phase project began to develop the path.

“In the early planning stages, they decided it was going to be a drivable road, just a nice drive along Duck Creek,” said Greg Albansoder, Davenport project manager.

That explains why some portions of the parkway are very wide, he said. The gas crisis in the late 1970's and a renewed interest in fitness lead planners to turn it into a recreational trail.

“It's more than a bike path. It's a multiple-use recreational trail.” Mr. Albansoder said. “The concept was that it was going to be a safe way. Not only does it connect parks, but parks to pools and neighborhoods to schools.”

It's a way to bring an oasis to an urban area, he said.

“It's really there for creek protection and flood mitigation,” he said. “It increases the flood plain. You don't want housing in the flood plain.”

Today no motorized vehicles are allowed on the trail, but it continues to be heavily used for all types of recreation, in all four seasons.

In the early days it was intended not to be plowed (after it snows). It was intended to be a cross-country ski

trail,” Mr. Albansoder said, adding that public demand is the reason it's plowed today.

The parkway is about 12.5 miles long, stretching from Davenport's west end, through Bettendorf to Riverdale.

Natural plants have been added to several areas of the trail. About 3/4 of an acre at the edge of Duck Creek Park has been dedicated to different kinds of prairie grasses, said Paul Eickhoff, park manager. Mr. Eickhoff maintains Davenport's portion of the parkway and Bettendorf maintains its portion.

“We made another plot of about an acre and it was just nothing but wildflowers, made up of 25 different varieties,” he said. “We did two other half-acre plots where we did the combination of wildflowers and short prairie grasses.”

As time and money allows in the future. Mr. Eickhoff said he hopes to continue adding prairie grasses and wildflowers.

“Our philosophy is we don't want to treat the whole length the same way. In the inner city part around Brady Street and Harrison Street, that will continue to be mowed like a park on a regular basis. As you go further out, it will get more natural,” he said.

The long-term goal for the pathway is to bring it into more neighborhoods so that residents can use their bike as a mode of transportation.

“Children along the way can ride their bikes to school in a safe mode of transportation,” Mr. Albansoder said.

(Editor's Note: This article appeared in the February 13, 2005 issue of *The Leader*. I thought many in our club might be interested in this article as the Duck Creek Parkway is our oldest recreational trail and many of our club rides travel a portion of it.)

Margie's Favorite Ride – April 30th **Jean Kelly**

On Saturday, April 30th, at 9am, meet at the Lindsay Boat Club parking lot on Mound Street and River Drive, Davenport. Ride to Buffalo in remembrance of Marge Dixon, QCBC member and friend of many in the club. For additional information, contact Jean Kelly at 563-359-9508.

Tour of the Islands Ride – February 20th **Not Too Tropical in 2005 - Jerry Kruse**

Sorry that this years' “Tour of the Islands” ride had to be cancelled due to too much “tropical breezes” and a little too much “white sand” that was blown onto the roads and bikepath. Next years ride is already being planned and the palm tree is growing.

Updates – Iowa Bicycle Coalition

Mary Wyatt

- **Iowa Bicycle Summit, April 9th**, Des Moines at the Holiday Inn Downtown/Mercy Campus.

The 2005 Iowa Bicycle Summit will be held on Saturday, April 9th from 8:30am to 4:00pm followed by a bicycle ride. The summit will focus on sharing information and promoting communication about a variety of issues affecting bicycling and trails in Iowa.

Topics include bicycle advocacy, safety, education, trails development, bicycle clubs, and national programs and trends. Success stories, roundtable discussions, networking and a bicycle ride around Des Moines are all a part of the 2005 Iowa Bicycle Summit.

The 2005 Iowa Bicycle Summit is sponsored by the Iowa Department of Transportation, Iowa Bicycle Coalition and Iowa Natural Heritage Foundation.

Cost to attend the conference is \$15. This fee includes all conference materials, lunch, break snacks, and the bicycle ride. A block of rooms have been reserved at the Holiday Inn for conference attendees. Rates are \$89.54. Contact the Holiday Inn at: 515-283-0151. For more information contact: Kathy Ridnour, at 515-239-1713 or kathy.ridnour@dot.iowa.gov

Register On-Line at <http://www.iowabikes.com> or <http://www.iowabicyclecoalition.org> or call Mark Wyatt at 319-626-6017.

- **Shimano Announces Brake Cable Recall**

Consumers should stop using recalled products immediately unless otherwise instructed.

Shimano is recalling about 13,630 Road Racing Bicycle Brake Inner Cables. The bicycle brake cable can detach during braking, causing the rider to lose control and fall. Shimano has received one report of the brake inner cable detaching. No injuries have been reported.

This recall involves aftermarket Shimano 1.6 mm X 1,700 mm brake inner cables for ATB and road racing bicycles sold at sporting goods and bicycle specialty stores nationwide from April 2003 through October 2004. Brake cables installed on mountain, BMX and flat handlebar bicycles are not affected by this recall.

Consumers should contact their local bicycle dealer immediately to arrange for a free inspection. Consumers with the recalled brake cables will have a replacement cable installed free of charge.

Contact Shimano American Corp. at (800) 353-4719 between 8 a.m. and 5 p.m. PT Monday through Friday or visit <http://www.shimano.com>

- **Midwestern Velomobile conference** June 11-12, Cedar Rapids, Iowa.

The Midwestern Velomobile and Human Power Vehicles conference and ride will be held in Cedar Rapids, Iowa on June 11-12 at the Ambroz Recreation Center, 2000 Mt Vernon Rd SE. Workshops will present information on velomobiles, building aerodynamic and useful tailboxes, practical electrics, computer simulation, and other topics.

There will also be a “show and shine” day at Green Square on Sunday, June 12th. The conference is presented by the Eastern Iowa Environmental Innovators Organization of Cedar Rapids.

Cost will be \$20 for the conference (to cover cost of expenses) plus a small fee for workshop materials in the toolbox building class. For more information, contact: Mark Garvey at Lazybee45@aol.com.

- **Recall of Adams Trail-a-Bike**

The Consumer Product Safety Commission is recalling approximately 80,000 of the Adams Trail-a-Bike or Adams Slipstream Bicycle Attachment sold by dealers from January 1996 to October 2004. The hardware used in the assembly of the universal hitch may come loose causing the unit to separate from the lead bicycle, which could lead to a serious injury or death to the rider of the bicycle attachment.

The recall involves the Adams Trail-A-Bike or Adams Slipstream sold under the following models: Starter, Folder, Shifter, Shocker, Ultimate Tandem, Deluxe Folder, Me 2 and Original. “Trail-A-Bike” or Slipstream" is printed on the top tube of the bicycle attachment and “Adams” is printed on the chain guard. The product resembles a children's bicycle without a front wheel and has an elongated top tube that stretches to attach to the seat post of an adult bicycle, creating a tandem. The product was sold for use by children ages 4 to 7.

Consumers should stop using the product and contact their local bicycle dealer to arrange for an inspection and to receive a free repair kit to be installed for free.

Contact Norco Products at 800-663-8916, 9a.m. – 5p.m. PT Monday through Friday.

**2005 Quad Cities Multisport Grand Prix Schedule
Dave Thompson**

I would like to invite all endurance athletes back for the 4th season of the Quad Cities Multisport Grand Prix. This 12 event series will test your abilities in cycling, running and swimming in various formats. 10 of the 12 events have cycling in them. Plus it will test your ability to race hard over the course of a whole season.

Same rules as 2004: Points are based on your time in relation to the winner of the race in your gender. Only your best 8 races count towards competition plus the all important bonus category. You are allowed 1,000 bonus points over the course of the year. These points are awarded for participation in various local events. Examples are: Sylvan Island Stampede mt. bike race, UMCA 24 hr cycling championships, QC Criterium, Run w/Carl rollerblading race, Thunder Rolls adventure race, Pigman half-ironman triathlon, Psychlofest Cyclocross, plus many others.

We give out some great awards and prizes plus a fun party at the end of the year. The overall winners get free entries into 2006's grand prix races. You are automatically entered by participating, no need to sign up. Some great sponsors make this happen: Quad Cities Bicycle Club, Joc Doc Inc., Healthy Habits, Aero Concrete and Walgreen's.

All information, rules, standings and schedule can be found at www.qcracingevents.com.

The 2005 schedule is as follows:

1. 5/01 Swing into Spring Duathlon
Davenport, IA
2. 5/08 Quad Cities Distance Classic
Rock Island, IL
3. 5/22 Quad Cities Bicycle Club 20k Time
Trial Championships - Barstow, IL
4. 6/19 Quad Cities Triathlon
Davenport, IA
5. 7/09 Crossroads Triathlon
Dewitt, IA
6. 7/17 Quad Cities Bicycle Club 40k Time
Trial Championships - Cordova, IL
7. 8/06 Lakeland Classic Triathlon/Duathlon
Canton, IL
8. 8/21 Du-State-Duathlon
Loud Thunder Forest Preserve
9. 9/10 Knox County Triathlon/Duathlon
Galesburg, IL
10. 9/17 Harvest Hammer Duathlon
Morrison, IL
11. 9/18 Troops & Trihawks Triathlon
Iowa City, IA
12. 9/25 Quad Cities Marathon
Moline, IL

**Habitat 500 Bike Ride
Gordon Fordyce**

For the second consecutive year I will be participating in the Habitat 500 which is a pledged 500-mile bike ride benefiting the Quad Cities affiliate of Habitat for Humanity. The ride takes place in Minnesota & Wisconsin July 10-16. It starts and ends in St. Paul, passing through the towns of Hastings, Red Wing, Wabasha, Winona, and La Crosse.

I invite your support of this very worthwhile organization. I need contributions by July 1st payable to "Habitat 500". Contact me at (563)322-6001 or glfordyce@qconline.com to contribute to this tax-deductible cause.



**Folks on Spokes
24th Annual Easter Ride – April 17**

The Folks on Spokes bike club based in the far southern suburbs of Chicago is sponsoring their Annual Easter Ride on Sunday, April 17th. It will start at Governors State University near University Park, IL.

It will offer routes of 28 to 68 miles on rural roads. We're famous for our homemade cookies AND for the wind!

The registration fee is \$15.00 (\$5.00 for age 12 and under) through 4/1; \$20.00 after. For more information or to register, go to www.folksonspokes.com.

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

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Construction Near the Duck Creek Trail Kathy Storm

The City of Davenport is in the process of having to replace the liner in a sewer line in east central Davenport. The area affected is between Belle Avenue and Jersey Ridge Road. Some of you may have noticed the lane closures along Jersey Ridge Road that began in mid January.

For those of you who have not ventured over to this area during the past few months, it resembles a major construction project complete with sewer pipes spread out over the south side of the trail, pipes blocking the short Belle Ave. exit ramp, lots of heavy equipment and mud on the trail.

In order for the sewer liner to be replaced, a temporary line had to be laid on top of the ground to divert the sewage while the original line was flushed out and the liner replaced.

The sewage will be diverted back to the original pipe and the temporary lines will be removed from the area.

This portion of the project is scheduled to be completed in late March/early April. But it will take 1-2 months after that to get all the equipment cleared out, grade the soil around the trail and plant grass.

According to the Davenport Parks and Recreation Department, "the trail will remain open during construction. The contractor is responsible for keeping the trail clear of mud and debris. Trail users should be aware of construction activities and exercise caution when using this area."

An alternative route for cyclists to hook up with the Riverfront Trail via the Village of East Davenport would be to exit at either Eastern Ave. or Forest Road and then take Elm Street to Jersey Ridge Road.