



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – June 2005

QC Area Trail Updates – Spring 2005

Kathy Storm

There has been a buzz of activity the past few months in the QC Area on local trail development. These are short, but important “links” in our current system. Some of the signs have been the actual construction equipment. Others have been articles in the newspapers. Here’s a short recap of what is going on.

Much of the initial “ideas” of these trails comes from various trail groups and/or bicycle advocacy groups. Your financial contributions to organizations such as River Action, the League of Illinois Bicyclists, the Iowa Bicycle Coalition, Iowa Trails Council and the League of American Bicyclists, make these projects “happen”. It is often these groups that provide initial funding for surveys and feasibility studies that get the ball rolling.

IA Riverfront Trail – Bettendorf

It’s there! It’s open! The “Bettendorf Gap” has finally been closed. We now have some additional trail along the Mississippi River in downtown Bettendorf. This section connects up with the section of trail that was laid on the levee that goes underneath Interstate 74 about 10 years ago. A BIG “thank you” goes out to the City of Bettendorf, Steve Grimes, Director of Parks and Recreation, the Bettendorf Park Board, and Kathy Wine, Executive Director of River Action.

Future plans call for securing another 1.5 mile section of land close to the Mississippi riverfront to connect up with the exiting end of the Duck Creek Trail at US 67, just east of Devil’s Glen Park. This will hopefully be completed within the next 5 years.

IA Riverfront Trail – Davenport

The ride to Buffalo from downtown Davenport via the Riverfront Trail gets pretty “industrial” once you arrive at Credit Island in west Davenport. Taking highway 61 for a half mile, then turning south onto South Concord, then heading north for a quarter of a mile on Utah Street and then finally west on Route 22, provides

one with a number of obstacles to overcome. There is hope of the horizon.

A little over 2 years ago, some initial plans on how to get cyclists safely past the Highway 61 area were laid out. The plans included an option to put a bridge across the Credit Island Slough at the southern end of Credit Island. The bridge would carry pedestrians and cyclists across the water to South Concord Street near Wapello Avenue.

Get out a map of the QC Area and check this out! It is really a neat concept.

The existing recreational trail leading to Credit Island would continue onto the slough side of the island. Following the existing road on the slough side where the road curves, is a high point in the land. A (14 foot wide and 975 foot long) bridge would arch over the slough rising about 23 feet above the water. The bridge would be tall enough to allow water craft to go underneath and it would have two 30 by 30 feet wide viewing areas. The trail would then continue across and over South Concord Street near the water treatment facility. The bridge ramp would take riders almost to Nanhat Marsh and provide a hookup back to South Concord Street.

This would definitely be a welcome reprieve for travel to Buffalo compared to riding on Highway 61. Not only will it be a safer, cleaner route, we will no longer have to cross the 4 sets of railroad tracks at the intersection of Concord and Highway 61.

Greg Albansoder, City of Davenport, stated that State and Federal funding has been applied for and much of the initial engineering work has been completed. He anticipates the bridge to be built within the next 3-5 years.

Trail Crossing Arsenal Island

Construction started last fall on the separate bike/pedestrian bridge across the Sylvan Slough on the (cont. on page 4)

From the Headset
Errol McCollum

The chain is the most neglected and perhaps the least understood component on the bicycle. From my years as a rider and then as a shop owner / mechanic, I have seen the full gamut of chains. I have seen chains so worn that the rollers got thin and shattered to pieces and then fell off. I have seen chains so worn that they were two links longer than they were originally.

Chains DO NOT stretch. They do however, get longer with use because the pins and the link plate holes that the pins go into, wear.

Ten thousandths of an inch doesn't seem like much, but when you multiply this by 118 links of chain, you end up with a chain over an inch and an eighth longer than it was when it was manufactured. At first you say that isn't so bad, until you realize that now this chain has new center-to-center (i.e. pitch length) and it has to mesh with chainrings and cogs that have fixed pitch lengths.

When this occurs, extremely high pressure points are

seen by these components, rather than distributing the load evenly among approximately half the teeth on the respective cog and chainwheel. Latter stages of this kind of wear can be observed in the "hook shaped" teeth of the chainring and sometimes also in the cogs.

At this level of wear, the repair solution is to replace all of these interactive parts. On modern day bicycles this can be a very expensive experience. This usually starts out by the rider feeling a little guilty about neglecting his chain. So, he replaces the chain. Normally a chain replacement ends with just that.

In the case of the severely worn chain, irreversible damage has already occurred on at least one of the cogs, if not more. This new chain with its correct pitch length, will not mesh properly with the worn out cog, and skips and slips when pressure is applied to the pedal. The solution here is a new cog set. In severe cases, the chainrings will also have to be changed.

Next month, I will write about ways to avoid these problems so you can save both dollars and grief. Happy pedaling!

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
Brenda Feddersen	Bettendorf, IA	563-332-5903
Pam Kaufman	Bettendorf, IA	563-332-2332
Erin Moore	Bettendorf, IA	563-210-4514
Aaron Griesenbeck	Davenport, IA	563-355-1580
Jim & Sandi Olsen	Davenport, IA	563-381-4947
Scott Hildebrand	Moline, IL	309-796-2162
Susan Newton	Moline, IL	309-797-9348
Gary & Linda Speaker	Moline, IL	309-764-6914
Paul Loete	Orion, IL	309-526-3818
Jon Bussert	Rapids City, IL	309-496-9120
Marta Verschoore	Rock Island, IL	309-756-0751
Mike Ash	Savanna, IL	815-499-1460

Membership Count: 5/7/05		
Number of:	Members	Memberships
Individual	386	386
Couple	282	141
Family	336	88
Complimentary	20	20
Life	6	3
Total	1,030	638

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie can be reached at: 563-391-3422 or csattler14@msn.com. Charlie prints out the labels for the newsletter and does the mailing of the newsletters. Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members who live farther away, may not received theirs until the first or second week of the month. You can also view the newsletter online at www.qcbc.org.

Ride Report - Marjorie's Favorite Ride – April 30
Jean Kelly

Saturday, April 30th, marked the date of the MidPaced ride to Buffalo. Nineteen cyclists gathered at the Lindsay Boat Marina in Davenport. It was great to see QCBC members

Bonnie Gesling, Bill & Kathy Storm, Joy Duex, Larry Hanna, Mike Smith, Bob Milligan, Michael Stark, George Van Thorre, Ken Werthman, Phil Schubbe, Bill, Mary & Lincoln Scott, Jan Reynolds, Joe Van Houtte, and guests Bruce Little and Shea Rafferty.



Marge Dixon enjoyed this ride in particular, especially as she rode her last miles. Bonnie and I selected this route as a memorial ride to honor this amazingly cou-

rageous woman who passed away 1 year ago, April 29, 2004.

Stopping by the Lindsay starting area before the ride were, family members: Todd Dixon (Marge's son), daughter-in-law Sheila and two of her three grandchildren Brett and Meagan (Andrew was elsewhere). Some

of us were fortunate enough to enjoy this easy ride to Clark's Landing in Buffalo with loving, happy thoughts of our dearly missed friend.

Clarke's was ready for our arrival after a couple of forewarning phone calls. Some bikers rode

off the extra calories by extending the ride on this very pleasant morning.

(Photo taken and submitted by Vivian Norton.)

Spring Picnic – May 1st
Dean Mayne

It was a cold and blustery day at Illiniwek Park, on the Mississippi River near Hampton Illinois. Volunteers had to pack on some extra layers to stay warm.

I sincerely appreciate the way this group pulls together to share the effort and the fun.

We fed more than 40 adults and 10 children. A slow picnic due to cold weather. Everyone seemed to enjoy our cooking and table prep. The cold wind made everyone gather close to stay warm.

Thank You Volunteers! I think the sense of community we create by doing this catering is well worth the effort.

Thank you Rick & Joan Wren for all the help with shopping & set up & swap meet, John & Denis Blair for the ice and cooking, Jim Ghys & the boys! for cooking (blackening), clean up and the entertainment, Kelly and Peggy for cooking & cleanup, Will & Sarah for help with set up, Keri and Joan for table management (Sarah really appreciated the organization) and thanks to all others who stepped up and chipped in a little here and there to make this fun!

QC Area Trail Updates – Spring 2005
(cont. from page 1)

west side of the Rock Island Viaduct bridge. This will replace the previous method of crossing here using the sidewalk. Construction will continue through the

summer and fall with a completion date late in 2005 or early 2006.

Duck Creek Trail

The sewer project between Jersey Ridge Road and Belle Avenue has been completed. A section of new asphalt was laid in early May in this construction area.

It's "Ride the River" Time – June 19th Vivian Norton

After 20 years, when Father's Day rolls around Quad-Citians think RIDE THE RIVER. It is that time of year again, making this the 21st Ride the River. The ride takes place on Sunday, June 19th - Father's Day.

Each year, the River Action staff and volunteers work on a new theme or special event for the ride. This year we are making Ride the River the "Kick off the Summer" for the Quad Cities' summer events.

Each person registering will receive a Ride the River ticket. The big added values this year are admission tickets to four other Quad Cities venues. These venues are the Bettendorf Family Museum, The River Music Experience, the Quad City Sports Center, and one of seven area Family YMCAs. These partners may be meeting riders at the end of the ride at information booths.

Another very special feature will be the "Close the Gap" celebration ceremony along River Drive where the Davenport and Bettendorf recreational trails meet. There will be some short speeches, music, and recognition of the commitment and effort of Bettendorf officials to make the river and recreation trail accessible for

people in the communities.

The ride will start at Union Station in Davenport. There will be a choice of a river crossing at the Arsenal Bridge or the Celebration Belle riverboat. Bikes will again be transported by barge. The "bugs" have been worked out for loading the bikes on the barges so that part of the ride should proceed in a timely manner.

The ride can be as long as a challenging 64 miles, or as short as just 11 miles, or whatever you want to do in between.

QCBC members will continue the commitment to safe cycling by selling helmets on Saturday, June 18 and Sunday, June 19.

There is always a need for volunteers. Sign up to help fit and sell helmets. Help is also needed to set out and pick up traffic cones. A big need this year is someone to lead some short and simple kid's games. To volunteer, call the River Action office at (563) 322-2969.

Remember when you use the ramp to the Arsenal Bridge and when you see the ramp being built on the Rock Island side, that the bridge studies were done with money raised by River Action. You can contribute to River Action by riding Ride the River or making a donation at any time of year. You can even do this online at riveraction.org.

Adventure Cycling Oregon Crazy

We're not sure about the historic accuracy of the passage in this article that states, "Lewis and Clark were no dummies. Two hundred years ago they discovered something special about Oregon: It's the perfect place to take a ride. "We do agree, though, that Oregon is a great place for bike touring.

And this summer the Beaver State becomes even greater for cycling, as Oregon's first State Scenic Byway is unveiled by Cycle Oregon and the Oregon Parks and Recreation Department. You can learn more about the 135-mile route linking Portland and Eugene at this link: http://www.oregonlive.com/living/oregonian/jonathan_nicholas/index.ssf?/base/living/1109163636124960.xml

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June 2005 Ride Schedule (cont.)

- **Wednesday, June 22**

8:00 a.m. – Wednesday Morning Ride, “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Thursday, June 23**

5:30 p.m. – Summer Evening Ride – IL Meet at east end of Ben Butterworth Parkway near CNH. Riders’ choice.

- **Saturday, June 25**

8:00 a.m. – Fast-Paced Ride (Mountain Bike ride) – IA Meet at Sugar Bottom at Coralville, IA for a spirited Mountain Bike ride. After riding on some of the Sugar Bottom trails, we will ride some of the great rollers on the nearby roads.

8:00 a.m. – Mid-Paced Ride, Tour of South Rock Island County – IL Meet at Airport Park, south of QC Airport. Ride to: Orion, Lynn Center and Sherard, 45 miles. Ride leaders: Frank & Debbie Beshears, 309-787-4331.

8:00 a.m. – Leisure Ride - Do You See Geneseo – IL Meet at Colona City Park for a ride along the Henipen Parkway State Trail and quiet country roads leading to Geneseo. About 30 miles. Ride leader: Dodie Robers 309-755-9197.

- **Sunday, June 26**

8:00 a.m. – Fast-Paced Ride – Riders’ Choice – IL Meet at east end of Ben Butterworth Parkway near CNH.

8:00 a.m. – Mid-Paced Ride, Erie Fling– IL Meet at east end of Ben Butterworth Parkway near CNH. Ride to: Hampton, Rapids City, Erie and Hillsdale. 60 miles. Ride leader: Mark Valliere, 309-788-4304.

3:30 P.M. Fun Ride – Sunset Cruise – IL Meet at Sunset Park Marina at the start of the bike path. Ride the path to Ben Butterworth Parkway, stopping at TGI Friday’s for something to eat. About 15 miles at 8 mph or possibly faster. Ride leaders: Dick & Karen Grimm, 563-445-7797.

- **Tuesday, June 28**

5:30 p.m. – Summer Evening Ride – IA Meet at Happy Joe’s Restaurant in Eldridge. Riders’ choice.

- **Wednesday, June 29**

8:00 a.m. – Wednesday Morning Ride, “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Thursday, June 30**

5:30 p.m. – Summer Evening Ride – IL Meet at east end of Ben Butterworth Parkway near CNH. Riders’ choice.

TOMRV Needs Your Help Bill Langan

Experience TOMRV without training - volunteer!! TOMRV is one of the finest cycling tours and a big part of the reason is the volunteers.

A few years ago we started having a truck/van for each

of the Rest Stops so drivers are needed! Rest Stop volunteers are needed to serve the various foods and drinks to the cyclists.

If you would like to be part of the team please call Bill Langan at 563-386-3058 or email him at langandav5@msn.com.

Newsletter “Thank –You” Kathy Storm

A BIG “thank you” goes out to Jim Merritt and Pam Swanson for helping out with some last minute newsletter items the past 3-4 months. Both Jim and Pam are computer savvy and have helped me out when I did not have a particular software application on my system for things like file conversions.

We try to produce a newsletter that is eye appealing to

our readers. Behind the scenes, it is rather chaotic at times especially around the deadline of the 10th of the month. Jim and Pam have both been very accommodating to my last minute requests for help when I am in a pinch. And I just wanted to let you two know I appreciate it. Pam has been creating our PDF files of each issue of the newsletter that are posted on the club’s web site and she has also been helping with proofreading. Please say “thank you” to these two the next time you see them.

“Ride for Wishes” Fundraiser – July 17th

Rebecca Richardson

What is It:

Ride for Wishes is a non-competitive Trail Ride on the Rock Island Trail to benefit the Make-a-Wish foundation of Illinois. Our goal is to raise \$5,000 to help grant the wish of a Wish Child.

Who is it Geared Toward:

Everyone of all ages. This event is noncompetitive. Teams, families, individuals and cycling clubs can all enjoy a day of fun while helping out a fantatstic organization.

What’s it Gonna Cost Me:

- \$25 Per Person Over 12
- \$9 Per Person 12 & Under
- \$55 Per Family (up to 5)

100% of your registration and donations go directly to

our fundraising goal of \$5,000 to the Make-a-Wish Foundation.

So When Does It Start:

We will register and meet in City Park in Dunlap, Illinois on the corner of Cedarhills and 1st.

- 10:00am – Volunteer Check-in
- 10:30am – Sign In/Registration
- 11:00am – Princeville/Toulon Riders Depart
- 11:30am – Alta Riders Depart

How Far Can I Ride:

- Dunlap to Alta and Back – 10 miles
- Dunlap to Princeville, Princeville to Alta and Back – 20 miles
- Dunlap to Toulon, Toulon to Alta and Back – 48 miles

How Do I Register:

Download a registration form at: RideForWishes.com
Or call 309-472-1257.

RAAM '05: A Race for the Great

By John Hughes

Follow the race progress at www.raceacrossamerica.org.

“Since 1982 the Race Across America has brought together the best endurance cyclists to compete in the world’s toughest race. Racing in RAAM is more than a cycling event. The physical extremes test the limits of any rider. The logistics and planning will challenge the sanity of any support team. The emotional highs and lows will be remembered by everyone involved.” — Lon Haldeman

On Sunday morning, June 19, 24 solo racers will leave San Diego. Each racer hopes for a fast crossing to Atlantic City, but also wonders “how badly will I hurt?” For some, the pain will be too great and they will drop.

On Tuesday afternoon, June 21, 96 team riders will start, racing as two-person, four-person, or eight-person relay teams. Joe Petersen will be lining up for his seventh team race. He knows what’s ahead: “In RAAM, I have found a journey like no other, it’s not just a journey across our great country, but an inner journey of self discovery.”

Start

Sunday, June 19 at 7:00 a.m. (PDT): Solo Men and Women

Tuesday, June 21 at 2:00 p.m. PDT: Two-, Four-, and Corporate Eight-Person Teams

RAAM will begin in downtown San Diego, California, on the waterfront alongside the host hotel, the Holiday Inn-On the Bay.

Finish

Week of June 26, 2005 at the Boardwalk at Kennedy Plaza, in front of Boardwalk Hall, Atlantic City, New Jersey. Team riders will finish as early as Sunday, June 26th. The first solo riders are expected by Tuesday, June 28th. Riders must finish by noon, Friday, July 1st.

Course

Racers will travel 3,051 miles and climb 109,000 feet. RAAM leaves San Diego and immediately attacks one of the longest climbs of the race and then plunges to the desert. After several hundred miles of very hot riding, the course climbs back to cooler Flagstaff, Arizona. After racing through the magnificent Monument Valley of southern Utah, the riders will face RAAM's classic trio of mammoth passes: Wolf Creek, La Veta and Cucharas. High passes give way to a daunting horizon: the high plains of eastern Colorado, leading to the rolling hills of Kansas and into Missouri where the rollers become more significant.

RAAM '05: A Race for the Great

(cont. from page 9)

Just north of St Louis, the racers cross the Mississippi and can start thinking of the finish line. After slicing across Illinois and Indiana, the riders head through Ohio farming country. The Appalachians are the next challenge: east of Cumberland three very tough climbs make tired legs scream. Even after these are behind the riders, the Pennsylvania Dutch countryside will not let them rest. Not until the racers have shuttled across the Delaware River outside Wilmington does the road finally flatten out, shortly before the racers finish their epic journey across the US on the famous Historic Boardwalk in Atlantic City, NJ.

TV and Web Coverage

Round the clock race updates at

www.raceacrossamerica.org. NBC Sports will broadcast this year's race special at a future airdate.

Awards

Wednesday, June 29th, 6:00 p.m. at Kennedy Plaza on the Boardwalk in Atlantic City. Awards dinner with entertainment. Tickets available at the RAAM web store.

Prize List

\$175,000 in cash and merchandise will be awarded as prizes, including \$40,000 cash for solo and team riders.

The Race Across America is sanctioned by the Ultra-Marathon Cycling Association. For more information on endurance riding go to: www.ultracycling.com

Velosophie – Thinking About Bicycle Thinking Chuck Oestreich

Did you ever think about what you think about while riding on a long biking excursion?

No there's no typo in that sentence, thinking about the whole experience of bicycling can be a very enriching experience – especially when it's linked up with some evocative readings about the subject, and there's a chance to interact with people who have been thinking about the same things.

Whoever thought that reading and talking about some of the works by Willa Cather, Henry David Thoreau, or Wallace Stevens would have anything to do with biking? But that's precisely what a pilot program called Velosophie is set to find out this summer.

Why do we bike, when we could travel much easier and faster in an automobile or airplane?

What do we gain by human propulsion rather than mechanical?

What do we learn about the landscapes, the geography, the culture, the nature of the prairie and the heartland by biking through it?

What does traveling for a week on a bike add to our "real" life – our jobs, homelife, routines and dreams

that take go on once the ride is finished?

How can our lives be enriched by taking an extended bike trip?

All of these questions and more will be pondered and discussed in the evenings during the Grand Illinois Trail And Parks ride (GITAP), from June 12 to 18 this year. Anyone on the ride is welcome to participate, but the free material (including *O Pioneers!* By Cather) will go only to those who sign up for Velosophie in advance – and promise to both read the material ahead of time and to show up for the discussions.

The ride is sponsored by the League of Illinois Bicyclists with the help and cooperation of the Illinois DNR, while Velosophie is sponsored by the Illinois Humanities Council. This is the first program like this anywhere in connection with a major week-long bike ride. It should be an interesting experiment – and you could be a part of it.

GITAP still has openings. Want more information? Call Chuck Oestreich at 309-788-1845, email him at oestreich@qconline.com, or check out the web site at www.bikelib.org/gitap.

Oh, and by the way this year GITAP riders will be enjoying a dinner theater as part of the ride – *Gyps and Dolls* – after a day off at White Pines State Park.

New Message Board Area on Web Site - Pam Swanson

Want to learn about impromptu rides? Looking for help with training? Or trying to find a riding partner in your area? Check out the new Message Board on the QCBC web site. You can read and respond to the existing messages or start a new thread. Check it out at <http://www.qcbc.org/>.

Ride RAGBRAI XXXIII with the QCBC

Andy Horst

The Quad Cities Bicycle Club will provide charter service for riders who obtain their RAGBRAI tags from the Des Moines Register. Photocopy your bike and wristband tags, including the unique id numbers. Check the services you require below. Use a separate form for each person. Make check payable to QCBC, RAGBRAI XXXIII.

Bikes will be loaded on Friday, July 22, from 4:30 - 6:30 p.m. in Davenport, Iowa at NorthPark Mall, 320 W. Kimberly Road, Northeast corner by Sears. If you leave a vehicle at NorthPark Mall understand that neither NorthPark Mall nor QCBC can take responsibility for anything adverse that may happen to your car or its contents. Riders and gear will load on Saturday, July 23, from 6:30 – 7:00 a.m. Return bus to Davenport on July 30, 2:00 – 4:00 p.m.

Name of Rider _____ Birthdate:Month/Day/Year_____

Night Phone # _____ Day Phone # _____ Tandem Yes__ No__

Street _____ City _____ State _____ Zip _____

Adult sponsor if under 18 _____ E-mail _____

Unique ID # _____

- Bus transportation Davenport to Le Mars \$65.00 _____
 - Baggage service for the week \$35.00 _____
 - Return bus Guttenberg to Davenport \$30.00 _____
- Total \$ _____

Mail to QCBC-RAGBRAI, 4216 Warren, Davenport, IA 52806 or mm@netexpress.net (Please identify e-mail subject as RAGBRAI)



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Update – Iowa Bicycle Coalition

Mark Wyatt

• **State Recreational Trails Fund Passes House ACTION NEEDED**

House File 875 passes Iowa House (Rebuild Iowa Infrastructure Fund) was introduced in the Iowa legislature. From a trails perspective, there is \$1 million for the State Recreational Trails Program (SRTP). The SRTP has not received any funding for several years - so this is great news. The IDOT says they will use it to fund new projects even though this fund is currently at a negative \$2.05 million.

ACTION NEEDED: Please take a moment and contact your senator. Written letters have a greater impact than email. Visit <http://www.legis.state.ia.us> to locate your elected official.

• **Bike Pictures Needed from All 99 Counties**

The Iowa Bicycle Coalition would like to collect pictures of people bicycling in all 99 Iowa Counties to be displayed at our RAGBRAI Expo Booth. Please send us your best photo highlighting people on bicycles highlighting your county. Include a description of where the photo was taken. Digital photos are preferred.

Send photos to bikeinfo@iowabicyclecoalition.org or

mail to IBC Photos, PO Box 572, North Liberty, IA 52317.

• **Sen. Harkin Pushes For Safe, Complete Streets**

According to an April 14th news release, “As part of his effort to promote safer, healthier activities in communities, Senator Tom Harkin (D-IA) today introduced Safe and Complete Streets Act of 2005 to help create more sidewalks and bike paths, and improve pedestrian and bicycle safety.” The bill would encourage federal, state, and regional agencies that receive federal transportation funding to incorporate pedestrian and bicycle safety measures when communities are built or modernized.

“The bill also commits additional resources to the “Safe Routes to School” program. A community with sidewalks and bike paths encourages people to get outside and live more active lives,” said Harkin. “We can do more to improve pedestrian and bicycle safety, and make it easier for Americans to walk or use bicycles for work, errands, exercise and enjoyment. This initiative will not only create safer streets but it will also promote healthier lifestyles, encourage interaction in neighborhoods and improve the quality of life for communities across the nation.”

For more on Senator Harkin's bill, go to:

<http://harkin.senate.gov/news.cfm?id=236521>

New Guidebook – Grand Illinois Trail

Kathy Storm

Copies of the new guidebook, “The Complete Grand Illinois Trail” by Todd Volker, are now available at Bike N’ Hike in Rock Island and On Two Wheels in

Davenport. The book is 275 pages long and is packed with lots of helpful information and maps about different sections of the trail. It was published in 2004 by FirstServePress, Peoria, IL. Todd visited the Quad Cities last year during Ride the River to promote his book.

Update - League of Michigan Bicyclists

Lucinda Means, Executive Director of the League of Michigan Bicyclists, died in her sleep at home on Wednesday, April 27. Lucinda was just 49 years old. The autopsy report is pending, but all indications point to natural causes.

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.

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

**4th Annual Women's Century Ride – July 9th
Kathy Storm**

Dear women riders: Would you like to ride a century (100 miles) a few weeks before RAGBRAI with some other women riders? If so, please contact me at (563) 355-2564 or kbstorm@aol.com for the starting location and ride details. We will ride in Illinois again this year with a start location near Rapids City on a moderately flat route.

To prepare for this ride, you will need to have ridden at least one 60 – 75 mile ride so far this season, and have a base of 400+ miles in the two months leading up to the ride. Because this ride will be unsupported, you will be on your own to find a way back to your car if you cannot continue.

This ride is not intended to be a race. It will just be a day of good camaraderie and a sense of accomplishment.

A cue sheet (with indications of places to obtain beverages and food along the route), map, and emergency numbers will be provided at the start of the ride. You will need to eat breakfast before the ride, carry a few snacks with you, and have the necessary tools to perform a tire change and minor repairs. The group will plan on taking rest stops every 15-20 miles and will have the opportunity for a sit down lunch stop after riding 50-60 miles.

Depending upon the number of women who show up and the average pace that they ride, we will probably break up into 2 or 3 groups who will ride together during the day. The goal is to be supportive of others who may be riding their first century.

Come out and join us on Saturday, July 9th. We will depart at 7am from the Boat Launch area in Rapids City, IL. If you know of other women riders not in the QCBC, please invite them to join us as well.