



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – August 2005

QCBC Heartland Century – September 10 Mike Desch

Attention all bikers: This year's Heartland Century will be held on Saturday, September 10th, at Illiniwek Park in Hampton, Illinois. As in the past, distances will be 25, 50, 62 and, of course, 100 miles.

There will be Rest Stops at Cordova, Erie, and Morrison, IL, manned by friendly volunteers. Lots of good

food and drinks will be available. A fabulous grilled pork chop dinner will be available for 5 bucks.

All pre-registered riders will be guaranteed a nice t-shirt and a cool pair of biking socks.

On page 15 of this issue of the newsletter, is the entry form for the Century. Please fill it out, enclose a check and mail it to me. All pertinent info is on the entry form.

Friends of the Hennepin Canal - Annual Ride Sunday, September 25

Attention bikers! The Friends of the Hennepin Canal have gotten serious about giving you a challenging and enjoyable riding opportunity during its annual fall Hikamabika.

- What: Hikamabika Bicycle ride
- Where: Start/Finish: Hennepin Canal Visitor Center
- When: September 25, 2005
- Time: Depart between 8:30a.m. to 1:30p.m.

First, for those new to the event, here is something about Hikamabika. It's a picnic located on the banks of the charming Hennepin Canal. We provide the food and tee shirts. But there's more. There are orientation talks about the canal that are conducted by Hennepin Staff. We'll try to have some boating (canoe and kayak) activities. We'll offer interpretative walks around the beautiful wildlife -filled trails on the Center grounds. A lot of free time is provided for visiting the grounds, the canal and the interpretative center. There will be good picnic food, including a nice fire for roasting your own hot dogs, drinks, "s'mores" and a drawing for fun goodies.

Now, about the bike rides. We've been aware that, although past rides have been pleasurable, mostly be-

cause the Canal Trail offers beauty and interest, especially in the fall, we weren't offering enough challenge for the serious bicycle enthusiasts. We plan to do better.

This year we will offer 25, 50 and possibly a more than 50 (but less than 100) mile rides. All rides will be eastward where the canal drops nearly two hundred feet (through 21 locks) down to the banks of the Illinois River in Bureau Junction. You will ride through some of the loveliest countryside in the Midwest. Passing through the "historical section" of the Hennepin, you will see bridges, locks, rail crossings that were constructed in the late 19th Century. The planned longer ride will include a return loop on picturesque country roads through the Illinois River bluffs, the villages of Tiscilwa and Wyanet, and then back on the Hennepin for the return to the Visitor Center.

Please remember that the recreational trail is oil and chip, thus it is not highway smooth. Mountain bikes and cross bikes are better suited for this trail than road bikes with narrow high-pressure tires. In addition to tee shirts, awards will be given for completing each of the bicycle loops.

For more information, visit our Website at: www.friends-hennepin-canal.com or call Gary Wagle at 309-786-6681

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: 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.iowabicyclecoalition.org>



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



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

QCBC 2005 Safety Awareness Campaign Deb Mathias

Over a half-million crashes occur each year between motor vehicles and bicycles. National studies show that half of car-bike crashes result from motorists' improper yielding to bicyclists or misjudging bicyclists' moves.

As many of you have probably discovered by now, the QCBC board has implemented a Safety Awareness campaign to promote sharing the road and safe bicycling. The campaign involves Public Service Announcements using both television and radio media with rights and responsibilities for both bicyclists and motorists incorporated into the messages.

Thanks to all who assisted with the materialization of these public service announcements. I would like to

express many thanks to Michelle Makelbust, Warren Power's daughter, and the camera crew at KWQC for three PSA spots they have produced and are currently broadcasting. I would also like to thank Sean Patrick for serving as the bridge to all stations of the Quad City Radio Group that are currently broadcasting two public service announcements that were prepared by Clear Channel Communications. And I would like to extend a special thanks to the Wednesday morning riding crew for delaying the start of their ride so that they could become TV celebrities while the KWQC crew recorded their footage.

The QCBC board welcomes comments and thoughts from the membership on these public service announcements and also any suggestions for ideas for our next campaign.

Help Bring Bike-Related Driver's Ed Training to Illinois! - Ed Barsotti, Executive Director, LIB

Has your biking been affected by bad driving or motorists wanting you off the road? Here's a chance to do something about it!

The League of Illinois Bicyclists has plans for a video on how to properly share the road with cyclists. The current lack of quality teaching resources on the topic is a contributing factor in:

- Hundreds of bicyclist fatalities and tens of thousands of injuries annually around the country. Most crashes are, caused by a specific set of mistakes by either the motorist or the cyclist.
- Rising motorist aggression, often directed towards cyclists, acting safely and legally.
- A lack of confidence, skills, and knowledge of the law by cyclists afraid to use roads.

In partnership with the Illinois Secretary of State's of

fice, LIB's nationally-certified bike safety instructors will:

- Develop detailed content and oversee production of a video on the topic.
- Produce a teacher's guide and other written materials.
- Duplicate and distribute these "ready-made" lessons to 2,000 Illinois high school driver education programs.
- More details on our plan are at:
www.bikelib.org/education/drivers_edylan.pdf

LIB has a goal of raising funds and completing this work in time for 2006. We are seeking \$20,000 in individual and other support.

If you think new drivers should know how to avoid common mistakes and that we have a right to be on the road, please send your (tax-deductible) check to the League of Illinois Bicyclists, 2550 Cheshire Dr., Aurora, IL 60504.

For Sale:

- 1999 Terry Bike. Frame color is lavender and it is in great shape. \$1,000 when new, yours for just \$300. Contact Jan Trefz-Allen at 563-285-6472 or jtwd@aol.com

- 2001 Shimano PD-A515 SPD Road Pedals. Single-sided clip in. About 2,000 miles on them. \$30. Contact Kathy Storm at 563-355-2564 or kbstorm@aol.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

Welcome New QCBC Members!

Charlie Sattler

<u>Name</u>	<u>City & State</u>	<u>Phone</u>
Robert Border	Bettendorf, IA	563-332-6920
Wayne Skinner	Bettendorf, IA	563-650-8326
Judy Pancratz & Mark Wolf	Davenport, IA	563-323-3954
Stephen Reitsma	Davenport, IA	905-957-4560
Roger Less	Eldridge, IA	563-285-5055
Ruth Kampe	Fulton, IL	309-887-4098
Charles & Mary Lund	Geneseo, IL	309-944-0476
Kai Swanson	Rock Island, IL	309-786-6814
Charles Fowler	Silvis, IL	309-792-8762

Membership Count: 7/10/05		
Number of:	Members	Memberships
Individual	388	388
Couple	280	140
Family	337	88
Complimentary	20	20
Life	6	3
Total	1,033	641

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 receive theirs until the first or second week of the month. You can also view the newsletter online at www.qcbc.org.

**Du State Du
Kentley Loewenstein**

The Du State Du is coming up again this year on Sunday, August 21st at 8:00am in Loud Thunder Forest Preserve. The Du is a fun, run-bike-run event that anyone can participate in. It consists of a 2 mile run followed by a 14 mile bike ride followed by a repeat of the 2 mile run. You can participate either as an individual or as part of a team (one runner, one biker).

We have individual awards for age group winners (male and female) as well as team divisions and a fat tire division, so there is something for everyone. Come out and give it a try! See application on page 6.

If you are unsure what an event like this is about (running races are COMPLETELY different from bike racing), I can always use volunteers. Give me a call at 563-359-5974 or contact me by email at kentley@aol.com.

**Additional Ideas on Carrying Identification
Duane & Margaret Haas**

Margaret and I always carry a two sided copy of our driver's licenses and health insurance cards in small wallets with some cash. We like to keep them on our person so if anything happens to the bike we still have the ID and money. If we are out and about on bikes or hiking in a foreign country we carry a copy of our Passports and the medical ID cards. Really do not

want to lose the originals.

I started being aware of the need for ID when we belonged to the Davenport Athletic Club and a poor soul died of a heart attack. No one knew who he was While this did not stop anyone from attending to him, it did cause a long identification delay and informing the family.

Cornbelt Running Club
www.cornbelt.org



Quad Cities Bicycle Club
www.qcbc.org

Sunday, August 21, 2005 at 8:00AM in the Loud Thunder Forest Preserve
2 mile Run + 14 mile Bike + 2 mile Run Duathlon
Post Race Picnic, we furnish hamburgers and soft drinks

Race Director is Kentley Loewenstein, (563) 359-5974 or email kentley@aol.com

Approved Helmets are required for the bicycle portion of the event!

\$50 prize money to overall male/female winners, \$50 to Master (40 & over) male/female overall winners

Awards to top three in each age group and division

Age Group Division, Male

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Age Group Division, Female

29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Fat Tire Division, Male

Fat Tire Division, Female

Fat tire is a tire width over 1.90 inches

Male Team Division

Mixed Team Division

Female Team Division

Teams are 2 persons, 1 runner and 1 Biker, applications must be submitted together, with name of teammate on each

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/12/05)

Loud Thunder Forest Preserve is located off Route 92, about 5 miles southwest of Andalusia, Il. From Interstate 280, take the Route 92 exit west. Follow 92 thru Andalusia to Loud Thunder (right turn at top of hill). Follow Loud Thunder Road west, past the lake. At the top of the hill, follow the signs to the Horse Corral (race headquarters and start). Camping is available (about \$10 fee)—arrive early on Saturday to obtain the best camping spots. Race results will be available at www.qcracingevents.com and www.cornbelt.org after the event.

Last Name _____ First Name _____ Age (8/21/05) _____

Address _____ City _____ State _____ Zip _____

CBRC or QCBC Member (Yes or No) _____

Male Age Group Div _____

Female Age Group Div _____

Male Fat Tire Div _____

Female Fat Tire Div _____

Male Team Div _____

Mixed Team Div _____

Female Team Div _____

TeamMate's name _____

Entry Fee per person:

Early registration entry fee is \$27.00. Registration after 8/5/04 is \$32

CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

WAIVER: I know that running/biking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants and their equipment, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, Quad Cities Bicycle Club, County of Rock Island, Loud Thunder Forest Preserve, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Parent Signature if under 18 _____

Make checks payable to : Du State Du

Mail to : Cornbelt Running Club, PO Box 4107, Davenport, IA 52808

Fall Foliage Ride – October 8 & 9 Deb and Dean Mathias

Perhaps you have heard about the fun time that was had by all riding the scenic hills of Wisconsin on last year's QCBC Fall Foliage ride. Now is the time to make plans to join Dean and Deb Mathias and others for the 2005 Fall Foliage Ride, which will be held October 8th and 9th. We will again use Mt. Horeb, WI as our staging area. We will begin riding on Saturday at 9:00 a.m. Travel distance is about 140 miles from Davenport.

Mt. Horeb (<http://www.trollway.com/index1.html>) is known for life-size trolls carved into tree trunks scattered along its main street. Visitors are encouraged to take a leisurely “[Troll Stroll](#)” to enjoy these unique characters.

A cycling route will be mapped out on quiet country roads that promise to offer more than a few hills for both days with some flatter options. A town with lunch opportunities will be our destination both days. If you prefer to stay totally on flat terrain, the Military Ridge Bike Trail (crushed limestone) runs through Mt. Horeb going west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required. Mountain bike trails are located in Blue Mound State Park just west of Mt. Horeb with a connection spur to the Military Ridge Trail.

A scrumptious Italian buffet dinner will again be arranged for the group on Saturday night for a very reasonable price! Contact Deb and Dean Mathias at 309-787-6547 or mathiasdebdean@mcleodusa.net if you plan to join us for the ride. We would also like a head count for dinner including others that want to join us for dinner but not for cycling. The Mathias' will be driving to Mount Horeb on Friday evening, October 7th.

A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com) with indoor pool. The rooms will be held until September 3rd. Mention the QCBC for a group rate of \$62.95. Phone Wally at 888-621-1884 or 608-437-5545 to reserve your room.

Rooms are also available at the Village Inn Hotel (www.littlebedder.com), which is physically attached to the Military Ridge Bike Trail. Phone: 608-437-3350

Some Bed and Breakfast facilities are also available in the area. Check out the Mt. Horeb web page for more information.

2 nearby parks provide camping possibilities:

- Brigham Park – 112 acre park with a spectacular panoramic view about 7 miles west of Mt. Horeb
- Blue Mounds State Park about 10 miles west of Mt. Horeb – for information, call 608-437-5711 or 888-947-2757.

Points of Interest in or near Mt. Horeb:

- Troll Walk (Carved trolls).
- Mt. Horeb Mustard Museum - 3,800 different mustards...largest collection in world!
- Military Ridge Bike Trail.
- Stewart Park - 161-acre park with 7-acre lake, fishing, and hiking trails.
- Little Norway www.littlenorway.com Unique outdoor museum \$8, \$7 senior (62 on up).
- Cave of the Mounds (608-437-3038): \$12 tours leave on the ½ hour on weekends...bring a jacket.

PLAN NOW TO JOIN IN the riding and activities of your choice!

2005 – 2006 Ride Schedule & Membership Directory Updates -Kathy Storm

Please note the following corrections in your Ride Schedule or Membership Directory as follows.

Inside cover page – please change the name of the Editor to Steve Montgomery. Bob served as Editor the previous 2 years

Page 1 Officers – Errol's current email address is: ecmeandd@netzero.net (also please add in Errol's email address on page 102 in the Membership Directory section.)

Page 84 – Membership Directory. Please delete Marge Dixon's contact information. Marge died in April 2004.

August 2005 Ride Schedule

- **Tuesday, August 2**
5:30 p.m. – **Summer Evening Ride, “Rider’s Choice” – IA** Meet at Happy Joe’s Restaurant in Eldridge.
- **Wednesday, August 3**
8:00 a.m. – **Wednesday Morning Ride, “Riders’ Choice” – IA** Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.
- **Thursday, August 4**
5:30 p.m. – **Summer Evening Ride, “Rider’s Choice” – IL** Meet at east end of Ben Butterworth Parkway near CNH.
- **Saturday, August 6** 
7:00 a.m. – **“Scott County Century with Mike Bennett” – IA** Meet at Veterans Memorial Park (23rd Street) in Bettendorf. Mike has a route planned out for a century ride all within the confines of Scott County. Contact Mike at 309-912-4938 for details.
8:00 a.m. – **Fast-Paced Ride – Riders’ Choice – IA** Meet at Eastern Ave entrance, Duck Creek Parkway.
8:00 a.m. – **Mid-Paced Ride, “Scott County Tour “ – IA** Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to: Dixon, Plainview, and Walcott. 60 miles. Ride leader: Scott Swanson, 563- 940-2901.
8:00 a.m. – **Leisure Ride, Off to LeClaire – IA** Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to LeClaire. 25 miles. Ride leaders: Kay & Carter Le-Beau, 563-323-6848.
- **Sunday, August 7**
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, “Zigzag to Geneseo” – IL** Meet at Colona Grade School. Ride bike trail and quiet county roads Geneseo. 28 miles. (Additional 23 mile loop to Atkinson available) Ride leaders: Dean & Deb Mathias, 309-787-6547.
- **Tuesday, August 9**
5:30 p.m. – **Summer Evening Ride, “Riders’ Choice” – IA** Meet at Happy Joe’s Restaurant in Eldridge.
- **Wednesday, August 10**
8:00 a.m. – **Wednesday Morning Ride, “Riders’ Choice” – IA** Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.
- **Thursday, August 11**
5:30 p.m. – **Summer Evening Ride, “Riders’ Choice” – IL** Meet at east end of Ben Butterworth Parkway near CNH.
- **Saturday, August 13** 
7:00am – **“The Flat Century” – IL** Meet at the boat launch area at Schuler’s Shady Grove in Rapids City, IL. Contact Vivian Norton 563-355-1899 or vjoan@worldnet.att.net if you have questions and/or are planning to participate in this ride.
8:00 a.m. – **Fast-Paced Ride – “Riders’ Choice” – IA** Meet at Eastern Ave entrance, Duck Creek Parkway.
8:00 a.m. – **Mid-Paced Ride, “Heading to Swedona” – IL** Meet at Orion High School. Ride to: Lynn Center, Andover, Woodhull, New Windsor, and Orion. 45 miles. Ride leader: Jim Karr, 563-441-9115.
8:00 a.m. – **Leisure Ride, “Windmill Challenge” – IL** Meet at Cordova City Park. Ride the bike path to the windmill at Fulton. 40 miles. Ride leaders: Carol Snyder and Bill McNeal 309-230-2705
- **Sunday, August 14**
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, “David’s Surprise” – IL** Meet at the west end of the Great River Trail at 31st Ave in Sunset Park. Join Dave for a 30+ mile ride. Ride leader: David Round, 309-794-1989.
- **Tuesday, August 16**
5:30 p.m. – **Summer Evening Ride, “Riders’ Choice” – IA** Meet at Happy Joe’s Restaurant in Eldridge.
- **Wednesday, August 17**
8:00 a.m. – **Wednesday Morning Ride, “Riders’ Choice” – IA** Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.
- **Thursday, August 18**
5:30 p.m. – **Summer Evening Ride, “Riders’ Choice” – IL** Meet at east end of Ben Butterworth Parkway near CNH. Riders’ choice.
- **Saturday, August 20**
8:00 a.m. – **Fast-Paced Ride – “Riders’ Choice” – IL** Meet at Airport Park, Indian Bluff Rd. (South of QC airport)

August 2005 Ride Schedule (cont.)

- **Saturday, August 20 (cont.)**

8:00 a.m. – Mid-Paced Ride, “In Search of Pancakes” – IL Meet at east end of Ben Butterworth Parkway near CNH. Ride to: Hampton, Port Byron, Cordova, and Hillsdale. 55 miles. Ride leader: Charles Curry, 309-797-9283.

8:00 a.m. – Leisure Ride, “Candy Kitchen Ride” – IA Meet at the Durant City Park for a ride to Sudbury and on to Wilton for a visit to the Candy Kitchen. 30 Miles. Ride leader: Merle Schleusener, 563-355-8191.

- **Sunday, August 21**

8:00 A.M. – Du-State Duathlon – IL Loud Thunder Forest Preserve, Andalusia, Illinois. The course consists of a flat 2-mile run, a challenging 14-mile bike ride, and another flat 2-mile run. Picnic after the race. Look for registration forms in the July and August issues of the QCBC newsletter. For more information see the QCBC Web site, www.qcbc.org, or www.cornbelt.org. Kentley Loewenstein is the contact person, 563-359-5974.

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, “Riders’ Choice” – IA Meet at North Scott High School, Eldridge, IA.

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, August 23**

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

- **Wednesday, August 24**

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

Eastern Ave., Davenport.

- **Thursday, August 25**

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

- **Saturday, August 27**

8:00 a.m. – Fast-Paced Ride, “Riders’ Choice” – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

8:00 a.m. – Mid-Paced Ride, “Riding the Scott County Rollers” – IA Meet at Crow Creek Park, Bettendorf. Ride to McCausland using a very hilly route! 38 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

8:00 a.m. – Leisure Ride, “Off to the Courthouse” – IL Meet at the Orion, IL, High School for a ride on country roads to Cambridge. 30 miles. Ride leader: Jim Karr, 563-441-9115.

- **Sunday, August 28**

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, “Rock River Tour” – IL **8:00 A.M.** Meet at Geneseo City Park. Ride to: Hillsdale, Erie, Spring Hill, and , cross tracks on C. D. Ford Rd to Geneseo. 50 miles. Ride leaders: Dean & Deb Mathias, 309-787-6547.

- **Tuesday, August 30**

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

- **Wednesday, August 31**

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

TOMRV28

For Sale - TOMRV 28 Clothes

Jersey – size 2XL - \$63.00

T-shirts – sizes: M, L, XL, 2XL - \$10.00/each.

Contact Linda Barchman at 563-388-8043 or
tomrvregistration@mchsi.com.

\$3.00 charge for shipping

Ride Report – “The Mystery Loop” June 4 Doug Nelson

The only mystery to this ride is why we ever started. The morning radar showed rain approaching and the dew point nearly equaled the temperature. However, nineteen hardy (foolish) riders showed up. Before the ride started, your scribe administered an honesty test.

The sign-up sheet asked for both actual age and “feel-like” age. Without divulging the “actual” ages, I can attest that everyone gave what appears to be an honest answer. The “feel-like” age did reveal a gender gap.

The men's “feel-like” age generally equaled reported age or older. The major exceptions (with the initials WP and DG) wished be just old enough to drive a car. Women generally wished to be 29 or 39, depending upon their actual age.



Unlike the men, most of them could pass for 29 or 39.

With a southwest wind of 15 MPH and cloudy/threatening skies the route was changed to Walcott. At this point Rick Meeker found a bad tire and retired from the ride. Rick was the smartest biker there. We rode west about 6 miles, it began raining hard and thunder was detected. Those that had not already headed back did so now.

Mystery riders were: Stephen Reitzma, Jeff Moritz, Dave Jones, Charles Curry, Darlene Mortiz, Dave Georlett, Maitreyi Janarthanan, Rick Meeker, Bill & Kathy Storm, Warren Power, Jim Keyoth, Mary Brus, Mike Middlemiss, Bob Milligan,

Randy Schroeder, Marianne Schroeder, Mike DeBoer, Doug Nelson. Photo submitted by Doug Nelson.

MidPaced Ride Report – June 18th Kathy & Bill Storm

Saturday, June 18th was a picture perfect summer day, low 70's by Noon, slight breeze from the northeast, and sunny skies with a few clouds added in. 12 riders left from the city park in Cordova at 8am heading out for a “Cruise around Erie and Albany”.

Less than 5 miles into the ride, Bob Milligan broke a spoke on his recumbent and abandoned the ride. Next up with a mechanical problem was George Van Thore with a flat tire. Bill Storm and Charles Curry went back to help George change his flat, but by the time they arrived, George was just about done with the repair.

The riding was easy today, with the perfect weather conditions and the compatibility between the riders. The remaining 8 riders (Dana Christensen, Dan Duke, Rick Meeker, Mike Middlemiss, Michael Stark, Kathy Storm, Dave Vgale, and Mike Wilcox) made great time taking a brief stop in Hillsdale to regroup and use the facilities. Then it was on to Erie to meet up with George, Bill, and Charles who took a slightly shorter route after George's flat.

The ride between Erie and Albany was a fast one as we were all getting hungry and were anticipating a late breakfast at the Mississippi Café. Just a few miles east of Albany, we ran into Mary Brus and Jim Keyoth who were out for a ride as well and also on their way to the Mississippi Café.

Once at the Mississippi Café, two more riders stopped in for breakfast. Gabe Verstrate was also out for a ride with a friend. Cyclists were the major portion of the business at this wonderful café at mid morning. Charles commented that this restaurant stop is his favorite one to eat at during QCBC rides. Not only is the food tasty (made with fresh ingredients and not greasy), but the service is good.

On our return route through Albany Mounds State Park, we came upon QCBC President Errol McCollum who was getting ready for a family ride.

In our last few miles on County BB returning to the city park in Cordova, Mary Brus and Jim Keyoth passed us. One last shot at competitiveness stirred in the group as we split apart and some gave chase to Jim and Mary. By Noon, we were back at the city park, having ridden 47 miles.

Midwest Invitationals – Late Summer/Fall 2005

Saturday and Sunday, August 6 & 7

“Around Illinois Back Roads” Sampler

Joliet Bicycle Club

Starts in: Morris, IL. 50 miles each day. (815) 467-5748 or jolietbicycleclub.org

Friday, Saturday & Sunday, August 12 – 14

“HIBRAI”

Starts in: Hiawatha, IA

3 day ride totally 180 miles. (319) 393-1515 or Hiawatha-iowa.com

Saturday/Sunday, August 27 & 28

“Amish Harvest Century and Stagecoach Tour”

Bicyclists of Iowa City

Starts in: Hills Park, IA. 28, 45, 72 and 100 mile routes. (319) 626-6017 or bicyclistsofiowacity.org/ahcast

Saturday, August 27

“C-U Across the Prairie”

Prairie Cycle Club

Starts in Mahomet, IL 20, 35 & 65 mile routes. (217) 356-8580 or prairiecycleclub.org

Sunday, August 28

“Cream City Cycle Club Century Classic”

Cream City Cycle Club

Starts in: Waterford, WI. 35, 64 and 100 mile routes. (414) 299-9398 or creamcitycycleclub.com

Sunday, August 28

“Old Mill Century”

Rock River Valley Bike Club

Starts in: Oregon, IL. 10, 25, 50, 75 and 100 mile routes. (815) 732-7154 or oldmillcentury.com

Sunday, August 28

“Bike Psychos Century”

Oak Lawn Bicycle Club

Starts in: Coal City, IL. 35, 50, 70, 108 and 126 mile routes. (708) 802-1804 or BikePsychos.org

Sunday, September 4

“Wright Stuff Century”

Bombay Bicycle Club

Starts in: Mt. Horeb, WI. 30, 60 and 100 mile routes. (608) 825-8329 or bombaybicycle.org

Saturday, September 10

“Heartland Century”

Quad Cities Bicycle Club

Starts in: Hampton, IL. 25, 50, 62 and 100 mile routes. (309) 755-4722 or qcabc.org

Sunday, September 11

“Harmon Hundred”

Wheeling Wheelmen Bicycle Club

Starts in: Wilmot, WI. 25, 50, 75 and 100 mile routes. (847) 520-5010 #3 or wheelmen.com

Sunday, September 11

“Capital City Century”

Springfield Bicycle Club

Starts in: Springfield, IL. 12, 25, 40, 63 and 100 mile routes. (217) 498-8877 or spfldcycling.org

Sunday, September 18

“Pedal the Kettle”

Spring City Spinners Bicycle Club

Starts in: Waukesa, WI. 33, 66 and mile routes. (414) 297-9135 or springcityspinners.org

Sunday, September 18

“North Shore Century”

Evanston Bicycle Club

Starts in: Evanston, IL. 25, 50, 62 and 100 mile routes. (847) 604-1225 or evanstonbikeclub.org

Saturday, September 24

“No Baloney Ride”

Illinois Valley Wheelm’n Bicycle Club

Starts near Peoria, IL at Jubilee College State Historic Site. 25, 50, 75 or 100 mile routes. (309) 243-9394 geocities.com/colosseum/field/6055

Sunday, September 25

“Apple Cider Century”

Three Oaks Bicycle Club

Starts in: Three Oaks, MI. 25, 50, 75 and 100 mile routes. (888) 887-2068 or applecidercentury.com

Saturday, October 1

“Another Dam Bike Ride” (Red Rock River Dam)

Knoxville Chamber of Commerce

Starts in: Knoxville, IA. 39 mile loop. 641-828-7555 or Knoxville-iowa.com

Sunday, October 2

“Pumpkin Pie Ride”

Starved Rock Cycling Association

Starts in: Ottawa, IL. 25, 50, 75 and 100 mile routes. (815) 433-5035 or geocities.com/Colosseum/2947

Ride Report, July 2 – “Albany Adventure” Carter and Kaye LeBeau

Whoever selected this date must have had a connection with God. The most perfect bicycling weather day in the past 6 months. Joy Duex, Pam Swanson, Dodie Robers, Larry Hanna, Dr. Jim Hanson, Dottie Willits and Barney Young arrived at Port Byron City Park, and we moved out at exactly 8:00 A.M for the scheduled Leisure Ride, this Saturday morning. All good riders, and our only rest stop was in Cordova. As planned, a leisurely breakfast at the Mississippi Cafe in Albany. While it was busy, we had a table together which made for nice leisurely conversation. The leaders took several pictures, as the 4th of July decorations were on display.

This was a special day besides the wonderful weather and the perfect bicycling. It was Barney Young's 86th birthday. Yes, 86 years. Kaye said not to order dessert, as she baked a cake and we would celebrate this day at the end of the ride.



The return ride was again leisurely, with a rest room stop at the Cordova Library. What a nice facility this is. Cold water fountain and benches out front.

Arrived back in Port Byron after 33 delightful miles.

Kaye got the huge Amaretto cake and served it on the gazebo picnic table. Happy birthday was sung and all said it was most delicious. Someone mentioned that Barney had won a couple of racing medals in the Senior Olympics last week, and also rode TOMRV and other hard rides. Doubt there's any bicycle club in the nation could compare with our Barney Young at 86.

By the way, Jim Hanson rode from Moline and back, plus several rode after the cake, making at least 50 miles for the day. Now, that's not leisure.

Seated in the photo above, are Dodie, Barney and Dottie. And standing behind them from left to right are: Joy, Pam, Larry (standing behind Pam), Jim and Kaye. Photo and submitted taken by Carter.

Bob Breedlove (1951-2005) From the Race Across America Wed Site

On June 23rd, Rick Paulos of Cedar Rapids, emailed the QCBC with news of a death on RAMM (Race Across America). And this time it was someone from Iowa, someone many of us knew by name.

“With profound regret, Race Across America announces that Bob Breedlove, competitor #188, collided head-on with a pickup truck at approximately 12.15 p.m. EDT, on June 23, 28 miles west of Trinidad, Colorado. When paramedics arrived on the scene they pronounced him dead. The accident took place on a section of road that sloped very gently downhill for cyclists in the race. According to the driver of the pickup truck, Bob Breedlove appeared to collapse on his bicycle and swerved into the path of the oncoming vehicle.”

The following is a summary from an article that appeared in the Des Moines Register on June 24th.

“Witnesses said he slumped onto his handlebars while traveling 20 to 25 mph and veered into on-coming traffic on a remote two-lane highway. It is thought that he may have had a heart attack and an autopsy has been scheduled.

Bob was 53 years old, an Orthopedic Surgeon in the Des Moines area. He loved to ride his bike. His love for riding began more than 20 years ago. His first attempt at the Register's Annual Bike Ride Across Iowa, however, was nothing remarkable.

In 1983, I was the last guy in every day, Breedlove told the Register in 2002. It would take me 12 hours to go 60 or 70 miles.

This was his fifth solo ride across the United States. On Breedlove's first RAMM in 1998, he stopped along the road to give CPR to a motorcyclist who'd been in an accident.

Bob is survived by his wife Gretchen, their four children, his twin brother, Bill, and his parents.

What is it You Do Again?

Scot Swanson, a New USCF Official

When you pick up a copy of *Velonews* (or open up your email after the weekend's efforts), you do so to read about the racers.

Nobody scans for news of the officials. If all goes well, news of them is happily absent, but even on such a day, their efforts are still visible. In brief, their duties are these: 1) make sure the course is safe for the riders; 2) make sure the riders follow certain rules so that no rider has an unfair advantage and no rider is put in danger; and 3) make sure each rider is given credit for his or her performance in the race.

One day in May, it was my time to toe the line another five times without pedaling a stroke (or having one). I got to assist Mike Papini, known as "Pappy" to the DICE team. First off, we talked to Mike Zugmaier, whose volunteer crew was setting up the course and registering racers.

Mike provided us with a course map and the schedule of races for the day. Map in hand, Pappy took us for a spin around the course. Very nice, and I started to get the itch to ride. Not my job that day, but that's how we looked at the course. How were the riders going to approach a turn? Was there enough room? Were there any hazards on the road, or beside it? Would there be corner marshals at intersections? Will there be a pace car? A follow car? Is that utility pole going to come into play, should there be a mishap? Mike had done a good job; all we did was to move some corner cones to widen a lane and change the apex of a turn.

A series of events were played out for each race of the day. We would get a list of entrants for a race and then call them to the line for role call and instructions. A couple of things happen during that time. We call names to make sure everyone is ready. Then we describe the race: what the category is (or are in a mixed race), what the length is, what the prizes are, and what hazards might be present. The biggest thing to remember is that in road races, the roads are open! If we see at this time that one of the bicycles either doesn't conform to the rules (e.g. aero bars) or is unsafe in any way (e.g. brake calipers are left open after changing a wheel), we deal with it. And then we set them off.

And then we wait. And wait. And wait. Then a flurry of counting comes when the gruppo comes over the line. It doesn't matter so much that you get an exact

order of riders at that point, but it helps you keep track, especially when someone has a mishap (crash or mechanical breakdown) somewhere out on the course, and you notice that someone is missing. One has to keep track of lapped riders for safety reasons and to separate them in the standings from those who have lapped them.

From a spectator's point of view, it's exciting to see big groups of riders coming across the line, but from an official's point of view, it's really nice when the peleton blows to pieces. It's much easier to see the order of finish! In order to make life interesting (and maybe thin out the pack), Mike called a prime ("preem," think "premium, and intermediate bonus prize). Then it is time to sit up and pay strict attention because the official's call decides who gets the prize. I'm not supposed to see colors when I do my job, but I got to call Donnie Miller as a prime winner.

And then it comes down to the bell lap. Yeah, it's fun to ring the bell, too. A little adrenalin rush comes. You want to make sure you get the order right. It doesn't matter if there are prizes or not. It doesn't matter even whether the call is for first place or not. The job is to give the riders credit for what they did. I got to call a finishing sprint between Pat Hanrahan and Donnie Miller (both of DICE) and a third rider. That was the order of finish, and there was only two tire widths separating the three riders. Whoa!

And after we make sure that the last rider has crossed the line (all riders finish on the same lap), it's time to compare lists and determine the order of finish. Names and numbers are connected, and a finish list is compiled. The riders have fifteen minutes after the finish of a particular race to protest anything in that race. After that, it's a done deal, results are posted, prizes awarded.

So, in the best of all worlds, the officials are invisible. The course is safe, everyone obeys the rules, and everyone acknowledges the order of finish. As it should be. As a rider, I didn't think about these things beyond how I was affected. I see it differently now.

I'd like to hand out some deserved thanks. First, thanks to Mike Papini for being the official of record and being patient, organized and thorough. Next, thanks to Mike Zugmaier for putting together a good course and a good crew, allowing everyone to race and getting them into the right race. Third, thanks to DICE as the sponsoring (cont. on page 14)

What is it You Do Again?

(cont. from page 12)

USCF club and provider of volunteers and participants. And finally, thanks to QCBC as a supporter of DICE

racing and cycling in general. It takes all of those to put on even a basic event.

See you at the next race.

TOMRV 28 – Bike Winners TOMRV Committee

For the past years, all of the registered riders on TOMRV (Tour of the Mississippi River Valley) are automatically entered into a drawing for a FREE bike. The drawing takes place at the 8pm meeting after the Saturday night feast served at Clarke College. You do not need to be present to win.

Listed below are this year's winners. We interviewed them a few weeks after TOMRV to find out what they were planning on doing with their gift certificate for the FREE bike. 4 Raleigh bikes were given away. 2 Grand Sport Road's valued at \$560 and 2 Cadent 2.0's valued at \$875. These were supplied by Healthy Habits of Bettendorf, IA, the shop that also provided mechanical service along the route and at Clarke College.

Mike Middlemiss, Davenport, IA. He has been a QCBC member for 16 years. He has ridden TOMRV 11 times. Mike will be using his new bike as a backup bike.

John Shorewood, Galesburg, IL. He has been a QCBC member for 8 years, and is also a member of the League of Illinois Bicyclists. He has ridden

TOMRV 18 times. John found out he had won a bike when he received a telephone call from Linda Barchman.

“As I already have a good road bike, I am going to give it to my brother-in-law. He currently rides a 22 year old Motobecane Super Mirage which has seen better days. I know he will get as many years from the new bike as he did with his old bike.”

Bill Schwartz, Downers Grove, IL. He and his wife, Karen, are members of the Elmhurst and Naperville Bicycle Clubs. Bill has ridden TOMRV 8 times.

Karen commented: “The bike drawing was so great. Bill just said, “I never win anything”. Our daughter and son-in-law had us rework a bike for her and he needs a bike. They're getting into cycling so we're so excited. They will get this bike and it will be used by them. They just bought a house so money is an issue and a bike isn't in their budget. This was great. Tell the club members thank you and that the bike is going to a beginning cyclist!”

Ryan Aydelott, Hennepin, IL. This was his first year riding TOMRV.

3 Ways to Kill Your Gut - Stop Worrying About the Weight of Your Bike; Think About Your Body.

(November 1999 Bicycling Magazine)

Mix short, hard rides with longer, easier rides. There are two schools of thought about burning fat on the bike. One is to ride longer durations at moderate intensities--about 60-75% of max heart rate--so you burn

more fat for fuel. The other is to crank it up to a high intensity for shorter rides, since the higher the intensity, the more calories you burn. In your case, try both. During the week do two 30- to 45-minute rides at high intensity--about 75-85% of max heart rate--to burn lots of calories in a short time. (Hills are great for this.) Then do two longer, less-intense spins on the weekend.

Powerful Lungs Forget Your Legs. Strong Lungs Make you Ride Faster, Stronger, and Longer (August 2002 Bicycling Magazine)

Miguel Indurain is legendary for ruling the Tour de France, coolly leaving the peloton in his wake for five consecutive victories from 1991 to 1995. But almost

overshadowing his dominance is the legend of his lungs. Indurain's lung capacity was an extraordinary 8 liters--enabling him to suck in more than 2 additional liters of pedal-powering oxygen each minute than his competitors, who averaged just under 6 liters a minute. (We mortal cyclists get 3 1/2 to 4 liters per minute.)

Quad Cities Bicycle Club Heartland Century
REGISTRATION FORM (Detach and Return)
Saturday, September 10, 2005



Start/Finish: Illiniwek Forest Preserve 1 mile north of Hampton, IL
Starting Times: 6:30 until 8 a.m. for Century
Before 10 am for 62 mi. ride
Before 11 a.m. all other rides
Continental Breakfast 6:30 to 10 a.m.



Entrants will receive a nice T-shirt and a cool pair of biking socks.

Optional Grilled Pork Chop, Baked Beans, Chips, & Pop. Noon to 3:30pm
(only if pre-registered and pre-paid)

REGISTRATION FEES:

T-Shirt Size: M___ L___ XL___ XXL___

Heartland Century Biking Socks Size: S/M___ L/XL___

Which Ride? (25___) (50___) (62___) (100___)

\$22 before September 1, 2005 _____

\$25 after September 1, 2005 _____

\$5 Pork Chop (how many)? (____) _____

\$5 Additional Heartland Century Socks
(how many pairs? _____) _____

Total _____

QCBC Member - \$3 Discount - _____

GRAND TOTAL _____

All participants are expected to wear helmets to reduce their chances of injury.

MAKE CHECKS PAYABLE TO:
QUAD CITIES BICYCLE CLUB

Mail to: Mike Desch
2386 5th Street
East Moline, IL 61244

For further Details Contact:

Email: Mdesch@mchsi.com
Web Site: www.qcbc.org
Phone: Mike Desch (309) 755-4722

Please Print:

Name: _____

Phone: _____

Street: _____

City: _____

State: _____ Zip: _____

Club Affiliation: _____

RELEASE AND WAIVER STATEMENT:

To participate in the QCBC's Heartland Century, you must sign and date the following in ink:

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle riding. In consideration of the Quad Cities Bicycle Club's acceptance of registration to participate in the **Heartland Century**, I hereby, for myself, my heirs, and assigns, release, indemnify and agree to hold blameless the Quad Cities Bicycle Club, it's 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 treatment in case of injury. I understand that any medical costs incurred 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 cycling event. I agree to adhere to the laws of the state of Illinois and the rules of the **Heartland Century**.

Participant's Signature _____ Date: _____

Guardian's Signature, if under 18: _____ Date: _____

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

Presorted Standard
US Postage Paid
Permit No. 3006
Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

**The “Flat Century” – August 13
Vivian Norton**

Is August 13th marked on your calendar? There will be a FLAT CENTURY on that date. The pace will be about 12-13 miles per hour.

The ride will **START** at 7:00a.m. at the boat launch area at Schuler’s Shady Grove in Rapids City, IL. Take Highway 84 to Rapids City and turn west toward the river.

The route will go north on the Illinois side bike path but it will go into the county in some places for some variety. You’ll receive a cue sheet the morning of the ride.

Eat a good breakfast and bring some snacks. We’ll have a brief rest stop every 10-15 miles and will stop for a sit down lunch about mid way through the ride.

Be sure your tires are inflated and that you have two bottles of water. This is not a supported ride so have a spare tire available. The leader will have a cell phone incase of an emergency. If there are adverse conditions, heat, strong head winds, or inclement weather the ride may adjust to a metric century. Be flexible.

Contact Vivian Norton 563-355-1899 or vjoan@worldnet.att.net if you have questions and/or are planning to participate in this ride.

2005 – 2006 Ride Schedule & Membership Directory Updates - Kathy Storm

There is some incorrect information in the 2005 - 2006 Ride Schedule that was recently mailed to

you. If you see something in error, please call me or email me the information for inclusion in the September newsletter. And no, I was not the editor of this booklet. I’m just interested in getting correct information out there so you know who to contact.