



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—November 2006

Pull the Pole

By Amy Thon

Reprinted with permission from The Dispatch, Rock Island Argus and The Leader

The bright yellow posts are meant to keep motorized vehicles off bike paths, but Quad Cities Bicycle Club members want them removed because of safety concerns.

Some of the posts, also called bollards, have been removed from the path in Rock Island and Moline, and now club members want them removed from other areas, such as Hampton, Port Byron, Rapids City, Cordova and Rock Island County, club president Errol McCollum said.

He said he didn't like the bollards when the bike path was built, but didn't want to complain because he was happy to have a bike path. Now, years later, the bike club has taken on the issue because several club members have been injured.

Lynn Bowker, 62, of Hampton, was riding her bike with friends in 2002 when she ran into one of the yellow posts on the bike path north of Port Byron, and fell, fracturing her hip.

"All of the sudden that yellow post was right in front of me and it just took me down," she said. "All of the sudden it was there. My husband won't let me have another bicycle because of that and I want one so bad."

She spent six weeks on crutches and had two pins inserted in her hip. She also had some cuts on her arm. "I had quite a time."

The bicycle club has documented at least six other cyclists being injured by running into a bollard, and Mr. McCollum said there probably are many other the club hasn't heard about. Documented injuries range from cuts and scrapes to a knee



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Pipe Dream

By Errol McCollum, president
Quad Cities Bicycle Club

When the bike path was completed a number of years ago, I was mainly riding on the roads. I thought the bollards, as they came to be known to me, were a nuisance as well as a possible hazard. Thinking like most people, I believed the bollards were there and weren't going to be removed and we were just stuck with them.

Three years ago, when I was then vice president of the Quad Cities Bicycle Club, two club members, Chuck Oestreich and Dave Alftine, asked the board for the club's support to approach the various entities that had the path through their jurisdiction for possible removal or re-placement of the bollards.

I admire and applaud their vision that something could be done. The board gave them their blessing and I thought "good luck" and that was the end of it. Shortly thereafter, a few of the bollards in Moline and Rock Island disappeared. Still, I was convinced that all was done that could be done.

After following up on the issue with Chuck Oestreich, now as

president, I learned that Jason Nelson of the State Highway Department, District 2 in Dixon, Ill. told the local park district that, "if the trails were built with trans enhancement monies, they (bollards) could not be removed".

This sat in my craw for a month or so until I decided to pursue it. Chuck provided me with the material he had acquired including the American Association of State Highway Transportation

(Cont. on page 4)



Dave Alftine, right and Errol McCollum at bollard removal site south of Cordova IL

Key Contacts

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

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or phschubbe@aol.com
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@mcleodusa.net
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

Board Members:

Karen Baber (309) 796-2476	Mike Desch (309) 755-4722	Dean Mayne (563) 355-0995
Frank Beshears (309) 787-4331	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	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 phschubbe@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: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. 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 Heath Treharne for details (309) 786-8733.

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/>



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**Bring your own bike and train for TOMRV
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or bring your OWN indoor trainer**

Owner/Operator - Donnie Miller

USA Cycling Certified Coach

DICE Coach & Vice President

QCBC Member

Call 309-743-0260 for additional information and class times

Welcome New QCBC Members!

Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Chris & Paula Ervin	Davenport, IA	563-355-0863	Gary & Glenda Gillham	Hampton, IL	309-539-5058
Mark Schroder	Davenport, IA	563-570-7717	Bob & Ann Wolowiec	Lambard, IL	630-496-3788
Bill Telle	Muscatine, IA	563-263-5940	Brian Payden	Moline, IL	309-762-6416
Chris Panouses	East Moline, IL	309-762-6877			

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.

Membership Count: 8/6/06

Number of:	Members	Memberships
Individual	387	388
Couple	316	158
Family	316	87
Complimentary	20	20
Life	6	3
Total	1045	656

(Pipe Dream cont. from page 1)

Officials specifications on path construction and associated hardware, (bollards etc.).

Armed with Chuck's material and the knowledge of some recent injuries and resultant lawsuits, I made a trip up to Albany Illinois, photographing the various bollard placements and measured their spacing. The AASHTO spec for spacing is five feet, but rarely adhered to.

One of the spacings I measured that day was less than two and a half feet. After returning, I sorted through the information I had garnered and wrote my first email to Todd Hill, Bicycle and Pedestrian Coordinator for the Illinois Department of Transportation on Jan. 7. It was answered promptly and favorably by Mr. Hill.

With this newly acquired ammunition, I tried to connect the dots. Two letters to Mr. Nelson, one from me and one from Chuck, weren't answered. Emails to James Welling of the Rock Island County Parks and Recreation Dept., and Todd Hill seemed to set the stage for the bollard removal.

Mr. Welling sat on the project for nearly five months before issuing a work order to the Highway Department to start removing the bollards. After another two months, they started removing them.

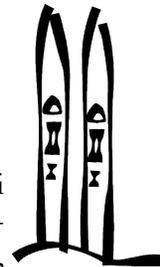
As of this writing, most of the most needless and dangerous ones in the county, as well as the two worst ones near the nuclear plant are gone. Since control of the path and the fixtures belongs to each entity where they're located, the process is now switched to approaching each and every involved municipality and the railroad, (which has one of the worst bollard situations).

I proposed to Todd Hill earlier this year that bike-path designers have a cyclist on staff, preferably one that is an engineer. In a recent email, Chuck said that Mr. Hill indicated he will issue guidelines for future trails that will reduce the number and placement of bollards.

QCBC annual mileage listings.



If you'd like to submit your annual miles for 2006 to be posted in the club newsletter, please submit them to Jim Merritt by Jan 7 at the latest. Email them to jimm1962@mchsi.com or call Jim at (563) 285-4284.



Ski club

The Mississippi Valley Ski Club - for downhill and cross-country skiers, snowboarders, and snowshoers of all abilities and ages - is hosting trips to Chestnut Mountain and Sundown Mountain Resorts (Jan. 20-21); and Salt Lake City, Utah (Feb. 25-March 3). Club meetings are held at Crave Restaurant, 5250 Utica Ridge Road, Davenport, at 7 p.m. the second Monday of the month. For more information, or to receive the club newsletter, call (563) 355-6675.

Bits & Pieces

Letter to the Editor

Pull the Pole, Cont. from page 1

sprain, fractured finger, concussion and another hip fracture.

Matt Vanover, spokesman for the Illinois Department of Transportation, said the bollards are placed on trails to keep vehicles off, for the safety of bicyclists and pedestrians. However, they're aren't required, he said.

The American Association of State Highway Transportation Officials gives specifications on bike path construction and association hardware, such as bollards. The specifications recommend when multiple bollards are used, that they be at least 5 feet apart.

"It is recommended," Mr. Vanover said. "It is not a requirement, that when more than one of them is used that they be 5 feet apart. In some cases, that is not possible."

Mr. McCollum said he has surveyed bollards on Quad-Cities trails and found some as close as 2 1/2 feet. Spaced that close, bikes with a child's trailer pulled behind, or three-wheeled recumbent bicycles can't fit through, he said.

If a municipality doesn't want to remove the bollards, Mr. McCollum is asking that they be spaced according to specifications.

"We're hearing complaints like this," Mr. Vanover said. "When we get these types of complaints we tell (municipalities) this is a recommendation, you can remove the bollard if you want to."

Many new trails are being built without the posts to see if motorized vehicles on the bike path really are an issue, Mr. Vanover said. If it's determined to be a problem, the bollards can be added later.

"They obviously didn't want cars pulling on to there," Mrs. Bowker said. "I don't think any car would do that anyway. I highly recommend they would remove them. Every time I see them, it makes me think about it."

Mr. McCollum said the bollards aren't an effective deterrent for vehicles, especially where the trail is parallel to Illinois 84, because drivers can simply drive a few feet past the bollards and pull up on the path.

He said the bicycle club also hopes to work with the railroad, which has jurisdiction over one set of bollards in Hampton.

Editor's note: This story used with permission from The Dispatch, Rock Island Argus and Leader newspapers.

Our October 2006 "Pedalwheeling" Letter to the Editor by Mike Bennett is right on target.

I suppose that the two of us from QCBC who had the privilege of riding with Lance Armstrong and having some nice conversation with him now have recourse for the crash that happened when the young rider behind him put his front wheel in a crack and took out a dozen of us riders at 30mph.

Does that mean we have the right to sue the county for the crack in the road? Or better yet, perhaps legal recourse against "The Boss" because he didn't point out the crack to those following? Or maybe because QCBC camps us near some trees and one of those famous RAGBRAI thunderstorms rolls through and one of us gets injured, we should blame the Club?

Or better yet, sue the local churches because it was an act of God and they are agents for the "Big Boss." And come to think of it, that cherry pie they sold me gave me severe heartburn and caused me pain and suffering that most surely could produce some kind of monetary restitution.

And the Ride Right campaign that takes up the left side of the road, are most of the riders dyslexic? If so, I think the RAGBRAI organization could get better cooperation and avoid a discrimination suit if they changed it to Ride Left. And finally, the fact that the county does not mark their "rumbles" and I ride over them and they dislodge my amalgum fillings from my teeth and I then spit them on the side of the road, does that produce a class-action suit against me and the county for creating a hazardous waste site with elevated levels of mercuric oxide?

We all know when we sign up for RAGBRAI, we take on inherent risks, lots of them, not just while on the bike. We know the roads have cracks, we know that storms happen, we know that the not everyone on the ride is a Robbie McEwin at bike handling. We all kid about being "RAGBRAI ready," but to put such a wonderful part of Iowa life, American life in jeopardy is insane.

Somehow the bike clubs of Iowa and elsewhere should intervene on behalf of Crawford County and fight this. Let's start with QCBC.

Sincerely,
Rich Bradley, Mantoloking, NJ
(I think 17 years of RAGBRAI)



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*Hope deferred makes the heart sick,
but a longing fulfilled is the Tree of Life.*

Proverbs 13:12

Heath Treharne, DC—QCBC Member

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Village Cyclocross

Davenport, Iowa Sept 24, 2006

By Michael Zugmaier, race director

Thanks to everyone who came out for opening day of the Iowa Cyclocross Championship Series (ICCS). And thanks again to the QCBC for sponsoring DICE Cyclocross racing in the Quad Cities.

Lindsay Park in Davenport again was a perfect venue for a Cyclocross race. With the view of the Mississippi and the great weather (sunny, 64 °F) it was easy to forget how hard the racers had to work on this very technical course. This year, the Village Cross featured our triple hurdles, and the 'chicane' with five fast switchbacks rolling back and forth between the hill sides.

Where last year the racers had to run 40 yards 'uphill' from River Drive to the top of Lindsay Park, this year sent them down the hill and heading toward the "Rock Garden," an obstacle-laden field of stones and a tree trunk designed to challenge the racers to either ride the technical section, or dismount and run through the obstacles.

Just when the racers thought the toughest was behind them, they had to step over another set of hurdles as they ran up a 10-yard hill. Thankfully, the 500 yards of the 1.5 mile course was flat grass and paved road on the way to the finish line.

With races running from 30 minutes to 1 hour in duration, all the racers put on a serious effort and were rewarded with refreshments provided by race sponsor 11th Street Bar & Grill.

We had a great day of racing and good fields for each race with 65 racers. The competition was stiff with many cross racers from out of town, including 18 -ear-old Matt Brandt of the Baraboo Sharks who handily won the Open event.

We can watch for him to be a big gun in the Chicago Cross Series this year. We'd also like to recognize the racers from TEAM MACK, Athletes By Design (ABD), and MBWC / Team 14 who came some long distances to race with us.

We had a large Beginners field this year, with a few of those first-time racers jumping in and doing a second race. Of special note was Robin Goforth (U of Iowa) who, after riding a century on Saturday, came to the Village CX for her first Cyclocross race.

She had so much fun that she entered the Women's Open and put in a strong performance against the other eight women in the field. Ladies, it looks like we have a new woman for Iowa CX racing; Welcome Robin, we're happy to have you.

If you'd like to give Cyclocross a try, you still have two local races left. Green Valley Cross in Moline and the Iowa Cyclocross Championship Series Finale at Middle Park in Bettendorf will be Nov 12th and 17th respectively.

All you need to join in is a mountain bike or touring bike with some heavily treaded tires. Stop by Healthy Habits, another of the event sponsors, and let the folks show you what Cyclocross is all about. Weather you come to race or just watch, you'll have a 'ball' participating in Cyclocross.



Results (partial list)

Place / Name / Cat / Age / Team /
Hometown
10:30 a.m. Race

Beginners CX4 (no ICCS Points)

Jay Brietlon 4 (28) Unatt, Davenport, IA
Eric Christ 4 (19) Unatt, Iowa City, IA
Mike Giudici 4 (53) DICE, Davenport, IA

Masters 50+

Landon Beachy 4 (54) Bike Tech, Kalona, IA
John Adamson 4 (60) Bike Tech, Cedar Falls, IA
Richard Gilmore 4 (55) Bike Tech, Washington, IA

Masters 40+

Dominic Moraniec 4 (41) Atlas, Burlington, IA
Greg Duethman 2 (44) ICCS, Iowa City, IA
Darrell Bratton 2 (43) Team Mack, Quincy, IL

Masters 30+

Paul Deninger 1 (36) ICCS, Iowa City, IA
Jeff Dullard 4 (35) Team Skin, Cedar Rapids, IA
Jamie Jorgensen 4 (39) Team Skin, Coralville, IA

Juniors

1. Jeremiah Gantzer 4 (18) DICE, Bettendorf, IA

11:30 AM Race

Open CX 1,2,3,4

Matthew Brandt 2 (18) Baraboo Sharks, Kenosha, WI
John Olney 1 (33) ICCS, Iowa City, IA
Jack Hirt 2 (29) Unatt, Waunwatos, WI
Cully Todd 3 (42) Team Skin, North Liberty, IA

1:15 PM Race

Women's Open

Andrea Myers 3 (23) Team Kenda, Moline, IL
Lindsey Wetzel 1 (25) Team Kenda, Iowa City, IA
Darcy Sanford 4 (32) Team Skin, North Liberty, IA
Tammy Meehan 3 (41) ICCS, Iowa City, IA

CX 4

Nate Cline 4 (29) ICCS, Iowa City, IA
Dominic Moraniec 4 (41) Atlas, Burlington, IA
Todd Gilliahm 4 (42) Team Skin, Coralville, IA
Andy Lueck 4 (21) ICCS, Iowa City, IA

ICCS#7 Nov 12th – Moline, IL

2006 Green Valley Cross

ICCS#8 Nov 19th – Bettendorf, IA

2006 Iowa Cross Finale

November 2006 Ride Schedule

Winter ride schedule—October through April

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

Wednesday, November 1

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Thursday, November 2

Night Ride

6:30 P.M. Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested.

Saturday, November 4

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Sunday, November 5

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Tuesday, November 7

Night Ride

6:30 P.M. Meet at the Lindsey Park Marina parking lot at the foot of Mound St. in Davenport. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested.

Wednesday, November 8

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Thursday, November 9

Night Ride

6:30 P.M. Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested.

Friday, November 10

Veterans' Day Ride

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride. If you have today off because of Veterans' Day, this ride is for you!

QCBC Annual Dinner

Join the QCBC at the Annual Dinner. Details will be published in our newsletter, *Pedalwheeling*, and on our QCBC Web site, www.qcbc.org. Chairpersons: Barb and John Wessel, 563-359-8350.

Saturday, November 11

9:00 A.M. Meet at Hardee's in Eldridge, Iowa for a riders' choice ride.

Sunday, November 12

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Tuesday, November 14

Night Ride

6:30 P.M. Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested.

Wednesday, November 15

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Thursday, November 16

Night Ride

6:30 P.M. Meet at the Lindsey Park Marina parking lot at the foot of Mound St. in Davenport. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested.

Saturday, November 18

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Sunday, November 19

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Tuesday, November 21

Night Ride

6:30 P.M. Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested.

Wednesday, November 22

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH),

Thursday, November 23, Thanksgiving for a riders' choice ride.

Turkey's Ride

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Night Ride

6:30 P.M. Meet at the Lindsey Park Marina parking lot at the foot of Mound St. in Davenport. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested.

Friday, November 24

Work Off the Turkeys!

9:00 A.M. Meet at Hardee's in Eldridge, Iowa for a riders' choice ride.

Saturday, November 25

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

October 2006 Ride Schedule

Sunday, November 26

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Tuesday, November 28

Night Ride 6:30 P.M. Meet at the Lindsey Park Marina parking lot at the foot of Mound St. in Davenport. Ride the trail. Headlights for your bike are required.

Wednesday, November 29

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Night rides

The weather has been cooperating and the evenings are beautiful, so night rides have been scheduled at 6:30 p.m. Tuesdays and Thursdays. The rides, which start on the Duck Creek Bike Path at Eastern Avenue, will last about two hours and be about 23 miles long. Headlights and taillights (Blinkies) are recommended

For more information, call Mike Zugmaier (653) 508-2834.

Ride Classifications:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October.

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider's Choice – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule.

Heartland Century

By Mike Desch

The 2006 Quad Cities Bicycle Club Heartland Century took place Saturday, Sept. 9 and, by all accounts, was well received. The weather was nice, for the most part, with a thick fog that rolled in around mid-morning and lasted an hour or two. There were a total of 234 people signed up for the ride, 167 were pre-registered. For those of you who were pre-registered and did not show up for the ride, I have your t-shirt and socks. I will give you a call and you can pick them up at my house.

The following people won the Jerry and Sparky's Bicycle Shop gift certificates: Mitch Davis, David Haussler, Calvin Moss and Eric Weeks.

I would like to thank the following sponsors: Jerry and Sparky's Bicycle Shop (Jerry Neff Jr.), Lovewell Fencing (Bill Lovewell), Wessel Pattern Company (John Wessel), FCA Inc. (Bob Fitzgerald), Taylor Garages (Frank Beshears), Healthy Habits (Bruce Grell), On 2 Wheels (Jeff Bradley and Ryan) and HyVee in Silvis (Kerry Sherlock).

I'd also like to thank the following volunteers: Bob and Kate Rutledge (Cordova rest stop), Martha Fisher (Erie rest stop), Tony Fisher (Morrison rest stop), Susan Desch (general setup and support), Leon Walshaert, Tom Bolton and Vince Weinert (registration), Paul Mulcahey, Nancy Mulcahey and Pat Bolton (t-shirts and socks distribution), George VanThorre (continental breakfast), Frank Martin and Wiley Carlson (pork chop dinner), Walt Depoorter (pop and ice), Ryan from On 2 Wheels (pre-ride bike maintenance), Bill Wiebel and Tony Fisher for marking the course and Dave Thompson for setting up the signs that let the riders know where the rest stops were, etc.

As we all know, the sponsors and volunteers are what make quality events like the Heartland Century possible. Thanks to all.

I am resigning as co-ordinator of the QCBC Heartland Century. With that said, the bicycle club is looking for someone to take over responsibilities as co-ordinator for the 2007 event. If you are interested, please contact me, Mike Desch, at (309) 755-4722 or Dean Mayne at (563) 355-0995.

Thank you.

(Cut along dotted line to save on the fring)

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application _____

Family \$20/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Incl. Area Code)

Email _____

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:

Membership in Other
Bicycling Organizations

League of Am.
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	Birthdate	M/F	<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 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 ride or other activity, 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 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 9/1/06

Why Do I Enjoy Bicycling?

Jimmy Mamayek, president of the Bay View Bike Club, Milwaukee, WI., and a member of the QCBC.

That's not the easiest question! So much depends on individual taste and preference, the way the wheels feel beneath you, the way the scenery flies by. For me, I think a great part of it depends on where the road goes.

Believe me; weather has a play in it also. I like warm and sunny days, but if rain is in the forecast, I'm still prepared to go. It's the wind that gets me - the wind and snow and ice! I'd rather do hills than bicycle against the wind any day. Yep, I said hills. Got to get up in those hills so my legs appreciate me more. My favorite hilly ride? Thinking it over, that's a tossup between the Tour of the Mississippi River Valley (TOMRV) and the Hilly Hundred bicycle ride tours.

The TOMRV consists of two routes and is hosted by the Quad Cities Bicycle Club, of which I'm proud to say I'm also a member. Both routes are two-day rides. I usually prefer the shorter of the two, which starts in Preston, IA and is routed to Dubuque and back with plenty of hills.

The Hilly Hundred begins in the approximate middle of Indiana, near Bloomington, a state which you might think was devoid of hills, but would be speedily assured of otherwise. The Hilly 100 is also a two-day ride, with a bountiful carbed meal after the first day.

Each ride has all the hallmarks of a splendid journey and destination, complete with the joy of finishing successfully. Plus, staying overnight in college dorms with clean bedding is oddly comforting! (I'm no longer a fan of sleeping outdoors, 'army' style, when facing a challenging ride the next day.)

The Horsey Hundred is another two-day bicycle tour that circles to and from Georgetown, KY. The Horsey takes you through rolling hills in renowned horse country. I truly found it the most beautifully groomed farmland and horses ever witnessed by anyone, well worth the gas mileage and price. And it's educational too. I asked why this particular section of the country is so valued for horses. "Because of the nutrients in the soil and grass," they replied.

And, lest I forget, right here in our own backyard is Wright Stuff Century ride, starting near Mr. Horeb, WI. Wish I could do that one again. I'll have to ask my legs first.

Besides all the great food and the fine bicyclists I meet on these trips, I suppose my greatest joy comes

when I'm tooling around the countryside and admiring the various barns and farms. It's only a rumor that I go just to moo at cows! Though I have been told by various people that my animal vocal sounds could win contests. What kind of contests, they refuse to say.

Another thing I like about bicycling is seeing people from all parts of the USA, with the same exercise plan, same wearing of their favorite colorful bicycle jerseys and shorts, and same goals. The various brands and types of bicycles to see is certainly a plus also.

When you think of it, where else could a bunch of jocks enjoy such camaraderie than on a bicycle tour? Most astonishing is when you meet someone who is much older and in much better shape. The gender doesn't matter at that point - it's the "golden age" that surprises everyone! Kind of wonder where I went wrong. But really, I'm just happy to escape injury or some errant, road-raged driver. Motto: "Share the road - I have rights too!"

Bicycling a considerable distance on rural scenic countryside roads has taken me much further into adventure and excitement than running or jogging ever did. I've participated in swimming and running events, but I think I've hit my groove with bicycling.

After I'm adjusted to my bicycle seat, the hills and overall endurance snap into focus. Ah, yes, those youngsters with legs that must have automatic springs and shocks are nothing more than myself, years back.. Calling out 'car back,' or 'car up' or 'on your left' are carols that remind me I'm still in the group. I religiously wear my helmet, obey road signs, and courteously pull off the road for rummages and Home for Sale signs. Hey, I need to take a break every so often!

So no more competition for me. I just want plain and simple recreational bicycling with my queue sheet in a rural, scenic setting, on a clear, warm and sunny day. I won't even mention how it stirs my appetite for the next delicious gourmet meal to be devoured. After all, I'll be losing the results on my next ride!

Yes, I'd rather be on my favorite bicycle dressed in flashy colors alongside my best-ever bicycling partner one could have, the Booper!

See you on the road!

Drivers Education and Bicycling

DVD Teaching young drivers about how to deal with cyclists

By Chuck Oestreich

Every youngster in America, when he or she hits that magic age of 16, has one overriding concern: driving. And where do they learn how to drive? With parents, sometimes with contemporaries, but mostly at their high school drivers education classes.

The system works - for the most part. One of the problems, however, is dealing with fellow road users on bicycles. Usually this is sloshed over or even ignored - unless the class teacher happens to be a cyclist. State drivers' tests also generally give token service - a question or two - to laws dealing with driver/bicycle rights, responsibilities and interactions.

But now in Illinois' drivers ed. a quantum leap forward is taking place. It's because of a DVD produced by the League of Illinois Bicyclists (LIB) that, along with associated support material, should crank up knowledge and discussion of bikes on the roads. The title is "Share the Road: same road, same rules, same rights."

It's a very professionally done seven-minutes, with former racing cyclist Bobby Ventura narrating and the Media Process Group of Chicago doing the behind-the-scenes

work. LIB outreach director Dean Schott came up with the project and made it happen.

The Illinois Dept. of Transportation signed the production contract, but distribution was an iffy thing until LIB put out the word to individuals and clubs asking contributions to getting the DVDs out to every high school in Illinois.

The Quad Cities Bicycle Club more than just helped out. It contributed \$2,000 to advance this incentive for safety for bicyclists on the road. The money went to:

1. Nearly 1,000 DVDs for each high school driving program and private driving schools. The Illinois High School and College Driver Education Association, a supporter, was featured on the envelopes.

2. Another 911 copies went to police departments and sheriff's offices in Illinois.

3. And because of the QCBC's contribution, all the Iowa high schools in the area will also receive copies.

You can see the DVD if you go back to high school and re-take drivers ed. No, seriously, the DVD is an easy download from LIB's web site: www.bikelib.org. or give me a call at (309) 788-1845 and I'll let you borrow a copy. But even if you don't, it's comforting to know that the young drivers on the road with you have had the opportunity to learn that sharing the road with bicyclists is very important.

Quad-Cities Bicycle Club Annual Awards Dinner

The Quad-Cities Bicycle Club Annual Awards Dinner will be held Friday, Nov. 10 at The Lodge, Spruce Hills Drive and Utica Ridge Road, Bettendorf. Cocktail hour, with appetizers and a cash bar, starts at 6 p.m., with dinner at 7 p.m., followed by the awards presentation.

Speaker will be Patti Klein, coming from Salt Lake City, Utah. She is National Stewardship Coordinator for Recreation and Visitor Services Division, U.S. Department of the Interior, Bureau of Land Management.

Please put this night on your social calendar. It's a great event and a great value. If you haven't done one of these for a few years, come back and have a great time.

For more information, contact John Wessel at jcw@wpcco.com

(Cut off and return bottom portion)

Dinner Reservation Form

Name: _____

Name: _____

Name: _____

Name: _____

Daytime phone number: _____

Cost is \$25.00 per person. Please mail forms by November 1st.

Please make checks payable to: Quad Cities Bicycle Club

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

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

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Adopt-a-Highway Thanks!

The QCBC Adopt-a-Highway Fall Cleanup took place on the evening of Oct. 2, with several new participants joining the dedicated regulars in picking up trash along a two-mile stretch of Scott Park Road (old Hwy. 61). No unusual finds this year, only the usual collection of aluminum cans, glass and plastic bottles, fast food wrappers, etc. After sorting out the recyclable materials, only 1-1/3 garage bags of trash went to the landfill. The recyclable materials filled eight large plastic tubs that were emptied at the Scott County Recycling Center.

Hosts Ken and Julie Urban would like to thank the following participants: Richardo Campos, Charles Curry, Jean Kelly, Denise McDermott, Denny Rose, Phil Schubbe, and John Wessel.

The spring cleanup will take place in early May. Watch the newsletter for more details.

It's a Hayride!

Rodger Horst

Bike club members are invited to a tractor-drawn hayride and bonfire from 3 to 8 p.m.

Saturday, Nov. 4 at

1526 Ward Ave.

Bluegrass, Iowa.

Bring lawn chairs

and your own food

and drink (optional).

The site is about 4

miles west of

Bluegrass on Hwy.

61. Turn left onto

Ward Avenue and

go to the first farm entrance on the right. This is

a great time to get the family together and share

the simple pleasures of mixing a wagon and

some hay together. For more information, call

(563) 263-0410.

