



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—August 2007



FROM THE HEADSET:

By Dean Mayne, QCBC president
e.mayne@mchsi.com

We're now into the dog days of summer and the heat of cycling season. The days are hot, and starting to get a little shorter. Time to optimize time on the bike.

So what's happening in August?

- The Du-State Duathlon is Aug. 19 at Loud Thunder Forest Preserve. This is a co-club venture, with Cornbelt Running Club usually taking the lead. Please get involved as a volunteer or participant.

Our participation really shrank the last few years to the point that the QCBC board was embarrassed to accept a share of the profits. I've volunteered to be on the Duathlon Crew and hope to see more QCBC racers and volunteers doing the same.

A registration and link is on our Web page under Du-State-Du or volunteer opportunities. Let's work together with our Sister Club and make the '07 Duathlon an event to remember.

- Palisades Ride and Campout is Aug. 25-25. This ride is being organized by Darlene Moritz, and sounds like the perfect trip for my style of riding. There is a link on the QCBC.org page. Darlene needs a head count for reservations, so call ahead for details.

- Heartland Century applications are out, with discounts for early registration.

- Bike to the Ball Park was pretty much a bust, except that we now have in-stadium parking for bikes. I'm not giving up. There will be more day games this month if you haven't been to a Swing game. Check it out Aug. 11, 12, 25, and 26. I'm hooked!

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Crossing the Line

By Scott Swanson

I wrote this the day I heard of the death of Beth Kobeszka, a 24-year-old first-year racer on the XXX Racing-AthletiCo team from Chicago.

As I add this preface, it's 10 a.m. Friday, July 8, the start of Beth's funeral in Highland, Indiana.

It will be a month before you read this, but the reminder needs to be made, again and again. Please think of Beth; please think of yourselves.

Another one of us has died. Her name was Beth. She was riding in the Women's Category 4 race at the Proctor Cycling Classic near Brimfield, Illinois, June 30.

According to a report in the Peoria Journal Star, she collided with another rider and crossed the yellow line of the open road where she went under the wheels of a trailer pulled by a pick-up truck.

It's reported that the driver of the vehicle was driving as far on the right as he could. What happened was indeed an accident, resulting in a great loss to her parents, friends, teammates and fellow racers.

The word immediately applied to this accident is tragedy. A tragedy is a drama in which a noble protagonist is brought to ruin essentially as a consequence of some extreme quality which is both his greatness and his downfall.

It sounds as though Beth was a good racer and great teammate. Her abilities and love for racing put her where she was. Does that mean, as one online commenter stated, that she "deserved" it because she was an adult and knew the consequences?

No, a vehement no. She was racing. Yes, I'm sure she knew what it meant to be out there. She may have even had a crash or two in her past; most of us do. But she did not flout the fates; there was no hubris here. She was doing what she loved to do, what she was good at doing, what she had worked hard at doing.

There have been the concomitant reactions ranging from requests to close roads, have rolling enclosures, use only low-use roads, or relegate all bicycle activity to bike

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(Headset, Cont. from pg 1)

- Safety on Club Rides. We had a few troubling episodes of crashes and road rage in June. I met with Donnie Miller to talk about Bike Safety and he made some suggestions published in this month's Pedalwheeling.

- Ride the River was successful and well organized by Vivian Norton and Tom and Pat Bolton. Our volunteers assisted with helmet fittings and other logistical duties. I'm certain Pat will give a detailed report. I'd like to thank our volunteers, and particularly Healthy Habits Bike Shop for their continued dedication and community service.

- The first annual Healthy Living Fair, sponsored by Radish magazine, was the same weekend as Ride the River. If you couldn't make it this year, mark your calendar for June '08.

There were numerous sponsors and vendors providing education, exhibits and samples of healthy food and lifestyle activities. I had a station (ringing my bell while riding my bike trainer) and attracted a few interested citizens to introduce them to the QCBC and cycling opportunities around the Quad-Cities. I'm looking forward to next year.

- 5th annual DICE 40k Time Trial Championships and Cordova Bike Rodeo. Donnie Miller had a busy weekend in July, setting up the DICE Time Trial along with a Bike Rodeo for the kids of Cordova, Illinois.

Donnie is dedicated to safety, education and training. He sought out the assistance of Terry Burke and a representative from the Illinois Secretary of State to teach basic bike safety to at least 30 kids.

I'd like to thank the village of Cordova, its police chief and his volunteers for being pro-active with their bike safety program.

Hopefully, Donnie will have time to give us a report on both these events. He's definitely the busiest man in town.

- QCBC League Certified Cycling Instructor. Many new members have contacted me requesting training on riding skills and basic bike maintenance. To meet this need, I've asked Donnie Miller to be our LCI. This would fulfill our Education Mission and supports of non-profit status.

Donnie needs to complete one additional training course to get his certification, and I'm asking the board to pay for his training.

I've contacted Mark Wyatt of the Iowa Bicycle Coalition to

arrange training. In return, Donnie would represent the QCBC as our safety chairman and provide training to members and the general public.

Donnie wants to set up regular training sessions at his facility for adult, youth, and police department bicycle training. Donnie has strong feelings about cyclists understanding how to ride safely on streets and bike paths.

He felt, as I do, that cyclists, motorists and the general public could benefit from training and public service announcements to increase awareness of the rules of the road and how to safely share those spaces.

With more bikes on the roads to save gas and reduce greenhouse gases, we might as well prepare and educate ourselves.

- Encouraging local officials to create complete streets, a bicycle friendly community, and safe streets to schools. A few of our ACE members had a strategy meeting with a city designer to solicit ideas to improve the city's awareness of bicyclists, their transportation needs and safety concerns.

On July 13, I met with Greg Albansoder, an environmental designer for the city of Davenport. Talking to Greg was like preaching to the choir. He's extremely supportive of Complete Streets Designs and policies, but was also able to shine a little light on the realities of dealing with city planning and engineers.

He brought me up to date on current city plans, including opening the main street corridor by August, and asked for our assistance with a publicity and public education and awareness.

Greg says we have strong support from Mayor Ed Winborn and a few aldermen. He recommended that we create a presentation with statistics on the numbers of riders currently using streets and bike trails and present it to city councils.

He said his perception is that other city officials don't think there are enough bicyclists using streets to warrant changing street designs. He'd like the QCBC to provide Bicyclists Rules of the Road education to youth, adults, but particularly to motorists, and would like to see more

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Welcome New QCBC Members! Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Paul Briseno	Bettendorf, IA	563-332-9108	Steve Warren	Colona, IL	309-792-4198
Gerry Voelliger	Bettendorf, IA	563-370-5235	Jim & Lisa Betsworth	East Moline, IL	309-755-5882
Matt Flaherty	Davenport, IA	260-319-8880	Debra Henneke	Ottawa, IL	815-433-1670
Dave Shelles	Davenport, IA	563-445-6452	Michael Beard	Rock Island, IL	309-230-2521
Dan & Celeste	Muscatine, IA	563-263-2626			

<p>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.</p> <p>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.</p> <p>You can also view the newsletter online at www.qcbc.org.</p>	<p style="text-align: center;">Membership Count: 12/18/06</p> <table border="1"> <thead> <tr> <th>Number of:</th> <th>Members</th> <th>Memberships</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>390</td> <td>390</td> </tr> <tr> <td>Couple</td> <td>326</td> <td>163</td> </tr> <tr> <td>Family</td> <td>292</td> <td>79</td> </tr> <tr> <td>Complimentary</td> <td>20</td> <td>20</td> </tr> <tr> <td>Life</td> <td style="border-top: 1px solid black;">4</td> <td style="border-top: 1px solid black;">4</td> </tr> <tr> <td>Total</td> <td style="border-top: 1px solid black;">1035</td> <td style="border-top: 1px solid black;">657</td> </tr> </tbody> </table>	Number of:	Members	Memberships	Individual	390	390	Couple	326	163	Family	292	79	Complimentary	20	20	Life	4	4	Total	1035	657
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It's time to get together to evaluate the MRT ride held June 2-6. Two workshops have been scheduled: Tuesday, Aug. 7 in Burlington, and Wednesday, Aug. 8 in Dubuque. At the workshops, we will discuss information gathered from riders, the route (facilities, safety, signage, etc.), and the actual ride. You can attend one or both workshops. A summary of the findings will be sent after the workshops. Thanks for all your assistance on developing the Iowa MRT. Milly Ortiz, bicycle and pedestrian coordinator, Iowa Department of Transportation Office of Systems Planning (515) 233-7733, www.iowabikes.com.

Workshop # 1

Location: Burlington (exact location will be posted soon)

Host: Kris Ackerson, Southeast Iowa Regional Planning Commission, 319-753-5107

Time: 2:00pm – 6:00pm

Focus: Discussion will concentrate on the MRT route through Lee, Des Moines, Louisa, Muscatine and Scott counties.

Who should attend?

Everybody interested in the MRT route is welcome to attend, especially the MRT riders, MRT Executive Committee members for the area of interest, MPO/RPA planners, engineers, county conservation, chamber of commerce, and others.

Workshop # 2

Location: Dubuque – (East Central Intergovernmental Association, 3999 Pennsylvania Avenue, Suite 200)

Host: Jim Gonyier, East Central Intergovernmental Association, 563-556-4166

Time: 2:00pm – 6:00pm

Focus: Discussion will concentrate on the MRT route through Clinton, Jackson, Dubuque, Clayton, Allamakee counties.

Who should attend?

Everybody interested in the MRT route is welcome to attend, especially the MRT riders, MRT Executive Committee members for the area of interest, MPO/RPA planners, engineers, county conservation, chamber of commerce, and others.

(Headset cont. from page 3)

of QC city engineers attend the Iowa Bike Summit and a Completes Streets Training session.

He was enthusiastic about the possibility of a Local Bike Summit, incorporating the Iowa Bike Coalition, the League of Illinois Bicyclists, the Bi-State Trail Committee, and a Complete Streets Trainer.

Greg is on the Active Quad Cities Committee, which is trying to engage citizens to become more active. He supports cycling and Complete Streets policies to entice people to move around the cities under their own power.

I provided him with an education packet, (a group effort of Ed Barsotti, Mark Wyatt, Terry Burke and me - thanks guys for your help!). It included the LIB Share the Road, Driver's Education Video, along with numerous safety and training materials.

Greg plans to request that the Share the Road video be played on channel 9, the city information channel. I should also thank Kathy Storm for encouraging the QCBC to donate to the production of the education video. It should be viewable on our web page.

Now it's time for the ACE crew and QCBC to saddle up and speak up if we want to have safe streets for pedestrians and cyclists. I encourage all of you to send letters to PW with your thoughts and ideas. I will do all that I can to harness this energy and keep moving us forward toward a more bicycle friendly community, but your assistance with this matter is needed.

The plan:

1. Set up a meeting with Greg Abansoder within the next few weeks to discuss our interest in cycling in the QCA, and present him with a Bicycle Safety Packet.
2. Contact and secure a potential LCI. Donnie Miller has agreed to accept assistance with training expenses and lead our safety committee with QCBC and ACE.
3. Contact League of American Bicyclists (LAB), League of Illinois Bicyclists (LIB), Iowa Bicycling Coalition (IBC), and Iowa Department of Transportation (IDOT) to gather materials for the Bicycle Safety Packet.
4. The packet should include: CD with LIB education video; NHTSA safety tips; Complete Streets Slide Show; LAB Magazine on Bike Friendly Communities; LIB 12 safety tips and ABC's cyclist check list; IDOT Rules of the Road for Cyclists and Motorists; examples of safe street designs and signage; Share the Road bumper stickers; a list of references for Regional Cycling, DOT and Complete Streets Authorities.
5. Request to have LIB Rules of the Road Video aired on public access and local television stations.
6. Create an online education reference and brochure on the QCBC Web site with access to the above

mentioned materials and dates for effective cycling classes and motorist education.

Since I'm spearheading this initiative, I will begin to compile these materials with the expectation that the Education and Safety chairman maintain and edit the list in the future. I'll also arrange the follow-up meeting with the city planner and request to have our video aired on public access TV.

Any questions, additions, concerns, or offers to assist are welcome.

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(Crossing the line from Page 1)

paths. Voices have been raised for all those options in Beth's name.

We have rules and regulations for racers. We have rules and regulations for other vehicles. We try to make the situation as safe as possible. But even with closed roads for criteriums and professional road races, there are still accidents.

We, as riders, take on the responsibility for ourselves and fellow riders. When we ride hard, the margin for error gets quite small, but we keep riding.

And that's what we will do: we will keep riding. That's what Beth did. And that was no tragedy.



Strange attractors, strange attractions?

By Scott Swanson

Thanks to author James Gleick, terms such as chaos science, strange attractors, and the butterfly effect have become part of the vernacular.

According to my reading of "Chaos: Making a New Science" and other articles, an attractor is a set to which the system evolves after a long enough time. A strange attractor is one where the dynamics of the attractor are more chaotic.

Well, given my recent spate of road rash, this attractor has been rather chaotic of late. Loosely, the bicycles I love constitute a strange attractor, fluttering around me. But where is the chaos? Don't I search for anything with sprockets and wheels?

Well, sometimes I find them; sometimes they find me. Two recent pieces of the set have come into place: the Corvette and the Tourist. Sounds like a cheesy novel, eh? Give me some time, I'll work on that. It worked for Greg Moody.

How can you pass by a Corvette? Gracefully-curved tubes, red, fat tires. The attraction was there. I was in Dubuque, and had I taken the direct route out of town, I never would have seen it.

But no, I don't do things in a straight line. I wanted to drive home on the Illinois side - TOMRV clockwise - to avoid a coming storm. Trying to find an on-ramp, I went a bridge too far and swirled around downtown.

And there it was, at the center of the storm, at an antique shop. I had to circle the block once to make sure what it was, and then once again to park.

It reminded me of my first bike, a black Typhoon. Bendix kick-back two-speed hub, easy to shift and a sure thing for laying rubber in a skid. Fender struts perfect for clothespinning playing cards for sound effects.

No memories of chaos there, just an image of flying down a hill at 47 mph, if the cable-driven speedometer read true. This one did not look capable of even 7 mph, but the drive train felt good.

The price, \$50, did not, so I got back in the car. But then a man knocked on the car window and asked "Are you interested in the bike? I'm trying to sell it for a friend. I'm getting tired of carrying it in and out every day. I don't care if I make a profit on it anymore."

I looked at him, sighed inside, and asked his price. \$40? OK, sold. Cash changed hands, and on the rack it went. How could I turn down the chance to call my girlfriend and say "I just bought you a Corvette"?

The attraction was still there when I got it home, although I have four hours work into the front wheel alone so far. As I restore it, it restores me.

The Tourist, another Schwinn, a strange attraction in itself, is, in ways, the antithesis of the Corvette. The Corvette is swooping lines, chrome, American iron, Beaver Cleaver's bike.

The Tourist is of the later '60s and '70s: slim tubes, skinny tires, five-speed cluster, a derailleur and hand brakes. How Euro! How Twiggy! The Tourist is a step towards my Traveler

(the big red bike), a more refined product yet. One begets the other.

When the Tourist originally came out, I had already moved on to a Peugeot; no more high handlebars for me. But I cannot deny its place in the set. It found me at the QC Symphony's Second Fiddle sale, which I found because I had gone looking for tools at Harbor Freight. Seemingly random, but the pieces keep building up.

So now, the Corvette and the Tourist are contributing to the chaos at home. Not enough room for all the bikes, to store them or work on them. They'll alight somewhere.

This, too, is part of the pattern. The butterflies keep landing on me.

2007 QCBC Fall Foliage Ride

By Deb and Dean Mathias

Make plans to join us and others for the 2007 QCBC Fall Foliage Ride in Mt. Horeb, Wis. on Oct. 13 and 14.

We'll begin riding at 9 a.m. Saturday, Oct. 13 from the Military Ridge State Park Trail parking lot. Mt. Horeb is about 140 miles from Davenport. The Mathiases will be driving to Mount Horeb Friday evening.

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

A cycling route on quiet country roads offers more than a few hills both days, with some flatter options available. A town with lunch opportunities will be the destination both days.

The Military Ridge Bike Trail (crushed limestone) offers an option for those cyclists who prefer a totally flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

We'd like to know how many people to expect. If you plan to participate, contact Deb or Dean Mathias at (309) 787-6547 or mathiasdebdean@peoplepc.com. We'd also like a head count of people who would like to join a group dinner on Saturday night. Individuals not riding also are invited to the dinner.

Riders are responsible for their own room reservations. A block of rooms has been reserved at the Karakahl Country Inn (www.karakahl.com), which has an indoor pool.

The rooms will be held until Sept. 7. Mention the QCBC for a group rate of \$62.95. To reserve a room, call Wally at (888) 621-1884 or (608) 437-5545.

Rooms also are available at the Village Inn Hotel (www.littlebedder.com), which is attached to the Military Ridge Bike Trail. Call (608) 437-3350. Some bed and breakfasts also are in the area.

Camping is available at Brigham Park - a 112-acre park with a spectacular panoramic view, about seven miles west of Mt. Horeb; and Blue Mounds State Park, about 10 miles west of Mt. Horeb. For information, call (608) 437-5711 or (888) 947-2757.

Bring non-cycling family members to enjoy points of interest in or near Mt. Horeb - Troll Walk (carved trolls), Mt. Horeb Mustard Museum, Military Ridge Bike Trail, Stewart Park, Little Norway (www.littlenorway.com), and Cave of the Mounds (608-437-3038).

Keep going...and going...and going

By Dave Parker
UltraMidwest, LLC

Since the mid to late 1980s, the Quad-Cities have been a center of activity for endurance or ultra cycling.

I rode my first double century in 1988 - the QCBC Double. In subsequent years I participated in the 6- and 12-hour events Dave Holmes organized in Eldridge, until his tragic death.

The Big Dogs Century Challenge started in the Quad-Cities - ride a century a month every month of the year - and has grown to include many riders from the Carolinas to California.

There are a few hardy riders in the area who never have missed a month since the year 2000. Log in your miles at www.big-dogs.org, a free service for the cycling community.

Three years ago, at the request of the UltraMarathon Cycling Association, Joe Jamison and I agreed to organize a 24-hour race in the area. There aren't a lot of ultra races in the Midwest and the UMCA was looking for someone to continue the tradition Dave Holmes established.

To do that, we formed UltraMidwest, LLC, to produce quality endurance events in the central Midwest.

This is our third year and we have three events in 2007. The Balltown Classic - a 200-mile race from Dewitt to Balltown and back was held the first week of June.

We'll be running the second Metamora 4X50 in the Peoria area Aug. 11. This is an excellent event to try if you've never done a double, because it consists of a 50-mile loop over relatively flat terrain with a rest stop at the 25-mile point. Four 'easy' laps and you are done!

This was a very popular event in 2006 and we hope it attracts more riders this year.

Then there's the Weekend of Racing on Labor Day weekend. This is a 6-, 12- or 24-hour race that runs out of Riverdale Middle School, just outside Port Byron, IL. Last year's event was quite successful and we think this year's will be even better.

Maybe it's time for you to challenge yourself. We have had riders from all around the U.S., Canada, England and Australia.

Visit our site at www.ultramidwest.net for more information about these events. And if you don't want to ride in them, we really need volunteers to help man the timing checkpoints and help assure riders safety.



Volunteers receive a free t-shirt and are invited to the pasta dinner.

Our goal is to make riders recognize that the Quad-Cities is a great place to ride. Email me at parker_dave@hotmail.com.

Bits-n-Pieces

Thule 5 bike wheels on rooftop bike carrier w/locks for bikes and rack. 64 1/2" load bars, extra keys, hardware, and original instruction booklets. Great condition! \$700

We will ride the Great River Trail in Illinois from Moline's Ben Butterworth Parkway to Savanna, Ill., Mississippi Palisades Park on Saturday, Aug. 25, and return Sunday, Aug. 26.

Cars can be left near the Captain's Table boat landing in Moline. Riders, their families, and guests are welcome to camp at Palisades Park or stay at Savanna's Super 8 or L&M Motel (815) 273-7728 or www.l-mmotel.com.

Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and we are allowed two tents per site. There also are RV sites for slightly more.

We will have a bonfire and most of us will cook out at the campground Saturday night. Bring tents, sleeping bags, camp chairs, food and drinks to near the east end of the Ben Butterworth Parkway where they will be loaded in a van that will take everything to Savannah and return. The van will be loaded from 8 to 8:30 a.m. Saturday.

On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route is about 60 miles on designated bicycle trails with little hills to flat. However, there are many good roads with low traffic along the way and near Savanna for riders wishing to ride farther.

The campout ride always has been a lot of fun. Don't miss it.

For more information, or to make reservations, contact Darlene Moritz at (563) 386-3499 or dmoritz@machlink.com. We need an idea of who will be coming. Van and riders will leave by 8:35 a.m.

The Miracles can Happen Challenge will be held Saturday, Sept. 29. It starts and finishes at the Wilton, Iowa Swimming Pool Park. Starting times are 6:30 to 8 a.m. for the century; before 10 a.m. for the 55- and 75-milers; and before 11 a.m. for other rides.

A pre-ride pancake breakfast will be held from 5:30 to 10 a.m. Donations accepted.

Registration is \$25 (tax deductible)

All proceeds will go to the Miracles Can Happen Boys Ranch, a home-setting facility for boys 14-18 years old

challenged with personal problems. The boys live in a family setting while learning to adjust to everyday issues. The Ranch's major goal is to teach the boys Christian values. Jim and Cathy Fry are doing a wonderful job helping young men get a great start in their life.

Keep Spinning, Keep Grinning, Dick and Karen Grimm

The Oct. 27 club ride to Eagle Point Park in Clinton has been canceled due to job conflicts. Anyone interested in taking over the ride should contact David Weckel at (309) 523-3023 or jchesser@qconline.com.

If someone else would like to lead the ride, David would be glad to ride the route with them. Posted mileage in the ride schedule book is 40 miles, but should read 60 miles.

Wanted: Inside storage space for the QCBC trailer. The club owns a trailer used for support on TOMRV and the Century. We would like to have inside storage space for the trailer, which is 20-feet long. If anyone has unused

letter to the editor:

I wanted to extend a "thank you" to Doug Truesdell for the help he gave my daughter at the Preston Sag stop during TOMRV. Sunday morning around 9:30 while going up the last large hill before Preston, the chain broke on my daughter's bike.

We were fortunate to have a woman give her a ride in to the stop. Once there, we ran down Doug who, with all his many duties, still found time to help us find someone who had a chain breaker.

Not only that, he took the time to help us take the link out and put the chain back on the ring! We were very appreciative of his help and time.

Thanks for helping make our TOMRV experience a positive one.

Best wishes,
Mike Drymiller, Moline

P.S. The support wagon had not made it to Preston at the time we got there. I am sure we would have received the help we needed.

By Karen Grimm

Every day teen boys face the challenge of staying out of trouble. Growing up isn't as easy as it's made out to be.

Miracles Can Happen Boys Ranch is a home setting facility for boys ages 14-18 facing their own challenges. The boys live in a family setting, while learning to adjust to everyday issues.

The ranch's major goal is to teach the boys Christian values, and Jim and Cathy Fry are doing a wonderful job helping them get a great start.

The Miracles Can Happen Challenge ride will give others a chance to learn more about this ranch, and raise money to ease the financial cost that goes with growing boys.

The Sept. 29 ride will be towards the beautiful Wapsi Valley full of changing fall colors. There will be 30-, 50-, 72-, and 100-mile routes to accommodate all levels of riders.

Registration begins at 6:30 a.m. that day. The ride starts from Swim Park in the northeast corner of Wilton, Iowa, and goes along rolling roads toward the Wapsi River Valley and back. You'll be visiting some nice towns and possibly finding a delicious brownie or cookie with your name on it.

Jim also is having a pre-ride pancake breakfast that morning, from 5:30 a.m. to 10 a.m., and there will be root beer floats after the ride. People can make donations to cover the breakfast and after-ride treats. They also can visit the Miracle Can Happen Ranch. Entry fee for the ride is \$25, and is tax deductible. Ride your bike to help these boys.

For more information, contact Dick Grimm at rlgrimm@netexpress.net or (563) 445-7797, or visit <http://www.mchboys.com/>.

Mississippi Palisades Park Camp-Out

By Darlene Moritz

We will ride the Great River Trail in Illinois from Moline's Ben Butterworth Parkway to Savanna, Ill., Mississippi Palisades Park on Saturday, Aug. 25, and return Sunday, Aug. 26.

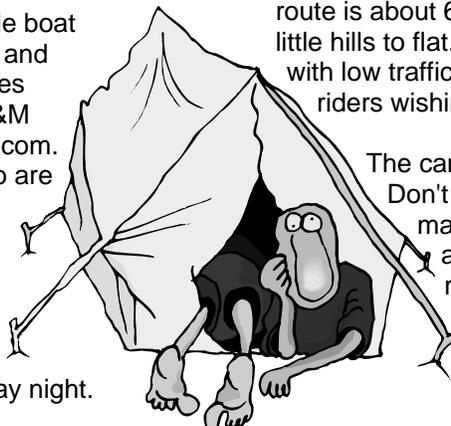
Cars can be left near the Captain's Table boat landing in Moline. Riders, their families, and guests are welcome to camp at Palisades Park or stay at Savanna's Super 8 or L&M Motel (815) 273-7728 or www.l-mmotel.com. Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and we are allowed two tents per site. There also are RV sites for slightly more.

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On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route is about 65 miles on designated bicycle trails with little hills to flat. However, there are many good roads with low traffic along the way and near Savanna for riders wishing to ride farther.

The campout ride always has been a lot of fun. Don't miss it. For more information, or to make reservations, contact Darlene Moritz at (563) 386-3499 or dmo-ritz@machlink.com. We need an idea of who will be coming. Van and riders will leave by 8:35 a.m.



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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Cycling Safety Tips

By Dean Mayne

Donnie Miller and I had a discussion about recent bicycle mishaps and assaults around the QCA. We were concerned about a recent assault on the Government Bridge and how to handle situations on a group ride.

He too had had a brush with a motorist recently and gave the follow advice.

- Do not confront the assailant: aggressive verbal exchanges only aggravate the situation and can lead to legal issues for either or both people involved.
- Keep a safe distance, and try to remain polite and courteous. When safe to do so, get your cell phone out in case you need to dial 911.
- Gather information: License number, make, model, color of vehicle, and sex, approximate height, weight, age, hair and eye color of the person in the car, and time and specifics of the incident.

Contact legal authorities as soon as safely possible to relay these details. Take care of your or teammates safety, first aid, and medical needs first.

Reporting these situations to authorities and news networks mandates follow up, reporting, and recording on the public record. News raises awareness and appropriate public action. Public records mandate appropriate action by regional authorities.

The four things Donnie always has on a ride are his helmet, glasses, gloves and a cell phone. He advocates having the phone to contact assistance whenever needed.

He recommends riding in as visible a position as possible, wearing bright and contrasting clothing, make eye contact whenever possible, but assuming drivers don't see you.

You have to be the defensive driver, because they are too distracted.

Donnie thought our club members handled the Government Bridge incident - cyclist deliberately hit by a motorist - admirably. He only wishes he was along to trail the guy so authorities could have had a chance to intervene.

Best regards to all involved, and fast healing to Judy, whom I hear is mending nicely.