



Pedalwheeling - 2000

The Newsletter of the Quad Cities Bicycle Club - July, 2000

RIDE WITH THE BEST

“FAST TRAINING RIDES”

RIDE WITH THE HAMMERHEADS

This is the third of a series of five “Fast Training Rides”

Mark your calendar now! Saturday, July 15th at 8:00 am. Meet at the East end of the Ben Butterworth Parkway near Case IH. This is your chance to ride with a group of retired bike racers and current duathletes and triathletes. The route promises to be fairly challenging and is hilly in the first half and is flat for the second half. It will be approximately 60 miles in length. (The route is described in the Ride Schedule Directory.) A short rest break will be taken approximately ½ way through the ride.

The ride will be geared for the serious bicycling enthusiast. It will be structured toward fast training rather than racing. Riders can expect fast paces with the group working together in packs, pacelines, echelons, etc.. The stronger riders are expected to pull the group rather than to break away. It is the goal to have all the riders to finish together! See you on July 15!

For more information: contact Bill Wiebel 309-755-1859

A CALL FOR VOLUNTEERS - RAGBRAI

Submitted by Kathy Storm

As many of you know, I've never ridden RAGBRAI and I'm not sure that I ever will. I do know many cyclists from the Midwest who ride RAGBRAI. Whenever I mention to someone that I ride a bike and I live in Iowa, I am invariably asked, “Do you ride RAGBRAI?”

So, some of you might ask then, why am I writing an article about RAGBRAI? This is a simple and straightforward appeal to QCBC members who live in the QC area and ride RAGBRAI. The club needs a few more volunteers to help organize the QCBC's participation in RAGBRAI 2001. If we do not get those volunteers by December 1, 2000, there will be NO QCBC organized participation in RAGBRAI a year from now.

Tom Bolton, Pat Bolton and Warren Power have been synonymous with RAGBRAI. In the past, when someone (QC area or my buddies back in Chicago) has asked me how they can sign up for RAGBRAI, I tell them to call the Boltons or Warren. Now, I won't know who to refer them to.

The QCBC is no different than any other clubs when it comes to volunteers. All clubs are non-profit and they rely on their members to help out on various

activities the club sponsors. The QCBC sponsors a LOT of activities for its members and the general public. This requires a lot of volunteers.

Many of our long-standing volunteers have served the club for numerous years. And it's time that they pass the torch to a new crop of volunteers. The organization of the QCBC's participation in RAGBRAI is one of those activities.

If you ride RAGBRAI and live in the QC area, I hope you'll consider volunteering for helping out with RAGBRAI 2001. I would really hate to be a QCBC member next year and have to tell prospective RAGBRAI riders that the QCBC no longer receives preferred passes from the Des Moines Register for RAGBRAI.

I hope a few members will consider calling the Boltons (386-7157) or Warren Power (391-5466) and inquiring about how they can help out with this great club activity. But don't wait too long; otherwise there will be no QCBC RAGBRAI bus, no luggage transport and no nightly camping area staked out in advance for you next July. 🚲

PLEASE! WRITE A LETTER

Please write a letter to the address below. Let the Burlington Northern Santa Fe Railroad Company know how you feel about the lengthy delay in the abandonment of a section of railroad from north of Cordova into Albany. Your positive comments in support of the Great River Trail are greatly appreciated. Ask your trail friends to write letters too!

Remember we need all the help we can possibly muster!

**Write to: Mr. Richard Batie
Manager, Short Line
Burlington Northern Santa Fe Railroad
2600 Lou Menk Drive
Fort Worth, TX 76131**

Thank you for your help !

WRONG~WAY WIND~RIDE

Dan De May

This is the tale of the “Wrong Way Wind Tailwind KITE ride”. All week long, the forecast of the wind direction is right on target. So on Saturday May 20th, the forecast of the wind direction was from the south at 5 to 10 mph.

That morning 44 riders climb into the bus for the ride to Lewistown, IL anticipating a great ride with the wind at their back. We should have called this the headwind ride, because the wind blew from the north all day. At least the forecast for the temperature for the day was correct, about 70, with plenty of sunshine.

From the feedback at the end of the ride, everyone had a good time, we didn't lose anyone and because of the headwind, everyone got to spend more time riding. Isn't that what we all want?

We'll try to do better next year. ☺

QCBC Information

The mission of the Quad Cities Bicycle Club: to promote, encourage, and support the safe participation in bicycle riding of all types of people of all ages and abilities; to anticipate and address the needs and interest of all aspects of bicycling in the Quad Cities area.

President: Rosie Dreessen (736-2644) wildrosie1@yahoo.com

Membership and Change of address: Bill Langan (319-386-3058)
langandav@qconline.com

Treasurer: Darlene Moritz (386-3499)

Meetings: Vivian Norton (355-1899) vjoan@worldnet.att.net

TOMRV: Susie LaForce (355-5530)

Criterium: Terry Burke (797-3790)

Communications: Wayne Hanno (355-3596)

Competitive Events: Terry Burke (797-3790)

Ride Support: Bill Wiebel (755-1859) billwiebel@aol.com

Non-Traditional Cycling: Keith Holst (289-3162)
Matt Levy (523-3243)

Safety and Education: Vivian Norton (355-1899)

Club Address: P.O. Box 3575, Davenport, Iowa 52808

Club Web Site: <http://www.qcbc.org>

Pedalwheeling Editor: Charlie Swanson (319-322-8486)

206 N. Michigan Ave, Davenport, IA 52804 qcbceditor@aol.com

Deadline for articles: 10th of the month

Pedalwheeling is published for distribution to the club's membership and to the general public at local bike shops. Submission of bicycle related articles is encouraged. Member may place free classified ads, notices of companions wanted, and reports of stolen bicycles.

The Quad cities Bicycle Club was established in 1964 to encourage and promote bicycle riding and safety for its members and the general public. **Club meetings** are held on the third Tuesday of each month throughout the year. Check the newsletter for specifics.

Members receive a 10% discount on many items at most Quad Cities bicycle shops, including Bike & Hike, Healthy Habits, Jerry & Sparky's, Ye Olde Village Bike Shop, On Two Wheels, and Pro Bicycle.

Major activities of the club include the Tour of the Mississippi River Valley (TOMRV) in June, the Criterium on Memorial Day, the Heartland Century in September, and the club gives camping support to RAGBRAI riders in July. Other rides and activities occur every week of the year.

Private business ads: full page—\$50; half page—\$25; quarter page—\$15; business card—\$5. Members may place free ads for cycling items.

SPINNING IN THE QUAD CITIES AT THE DAVENPORT ATHLETIC CLUB

DAC IS THE 1ST IN QCA WITH SPINNING!!

Laurel Darren

If you are a hard core road cyclist or a triathlete it is almost a sure thing to say that you have heard of or possibly tried this world known craze called Spinning. Started in 1989 by fitness expert/pro road cyclist/tri-athlete Johnny Goldberg, Spinning has quickly gained popularity across the US and around the world. Today over 40,000 clubs world wide have spinning programs not to mention another 4,000 have some sort of group cycle training.

Spinning is far more than just a workout, it is a training session with twist. Let's just say you are riding on the road and you need to pick up your pace, in a spinning session you are able to control not only your cadence but your resistance. The Schwinn Stationary Spinner Pro Bikes are engineered to take hours and hours of hard core training as well as tons of spin revolutions. The fixed gear bikes have a 40 lb flywheel which helps in the simulation of hills and lifts. The rider is able to control his or her resistance by simply turning a resistance knob to the left or right depending how much or how little you would like to challenge yourself. The training is up to you completely.

The music is loud, the classes are intense but what really makes indoor group cycle training different is

the instructor. Instructors for Spinning must be very motivating and enthusiastic about their training sessions. The music plays a huge part in keeping your mind off of time and help you to push through the rough spots. A one hour Spin session consists of a 10 minute intro to hand positions, form and safety, including the warm-up; 30-40 minutes hard cardiovascular and 10-12 minutes cool-down and stretch. After finishing you feel a sense of accomplishment and the workout is completely different than any other type of aerobic exercise you have ever encountered.

The Davenport Athletic Club, 4730 Tremont Avenue is offering Spinning Classes as of May 1, 2000. Members and non-membes are welcome to attend sessions. You may purchase a 10 ride package for \$65. Classes are offered 7 days a week for an hour. Reservations must be made in advance. The Davenport Athletic Club is a full fitness facility offering aerobics, racquetball, cybex weights, and cardio equipment. Please call Laurel Darren, Program Coordinator, SPINNING certified instructor at the DAC 386-7610 for more information.

Check out our web site www.dacfit.com for our summer indoor cycling schedule. 🚴



QCBC COVER GIRL
(from GENESIS HEALTH SYSTEM summer news)

Conner Cruise, 2, goes biking with his mother, Stacy Cruise, and his grandmother, **Thiara Smith**, from Bettendorf.



QUAD CITIES BICYCLE CLUB TIME TRIAL CHAMPIONSHIPS

SUNDAY AUGUST 13, 2000 9:00 AM

LOCATION: BARSTOW ROAD, BARSTOW ILLINOIS. REGISTRATION AT BARSTOW FIRE DEPARTMENT

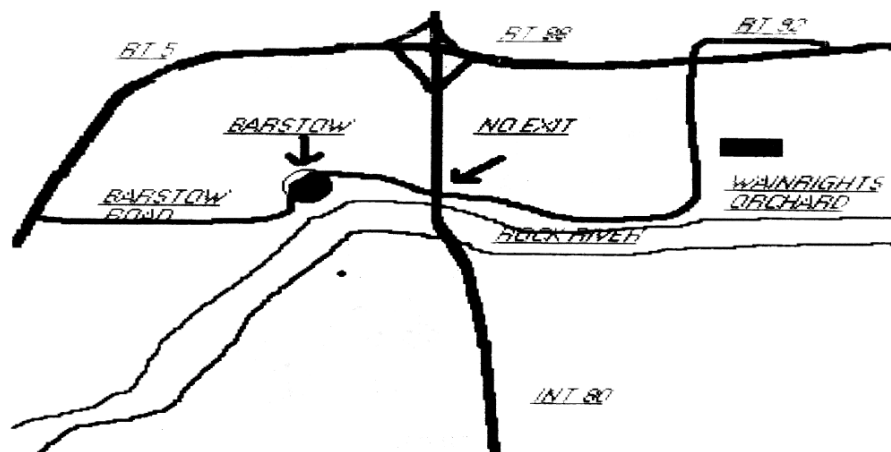
RIDERS GO OUT IN 1 MINUTE INTERVALS STARTING AT 9:00 SHARP.

DISTANCE: 20 KILOMETERS/ 12.4 MILES

COURSE DESCRIPTION: OUT AND BACK ON VERY FLAT EXCELLENT SURFACE ROAD WITH LOW TRAFFIC. COURSE IS *NOT CLOSED TO TRAFFIC!*

ENTRY FEE: PRE-REGISTERED (BEFORE AUG 8) \$10, \$13 THE DAY OF RACE. TO ENTER THE USCF DIVISION YOU MUST HAVE A CURRENT LICENSE OR PURCHASE A 1 DAY LICENSE; A \$5 FEE.

A LIABILITY RELEASE WAIVER MUST BE SIGNED BEFORE RACING.



STARTING ORDER WILL BE DETERMINED BY ORDER SIGNED UP. 1ST REGISTERED GOES OUT FIRST ETC. RACE DAY REGISTRATION WILL GO FROM 8:15 TO 9:00AM.



RETURN ENTRY TO: DAVE THOMPSON, 2330 15TH AVE, MOLINE, IL 61265. MAKE CHECKS PAYABLE TO: **QUAD CITIES BICYCLE CLUB.**

NAME _____ AGE _____ GENDER _____

ADDRESS _____ PHONE _____

DIVISION ENTERED/USCF _____ CITIZEN _____ LICENSE # _____

CHECK HERE IF QCBC MEMBER AND WANT TO BE CONSIDERED FOR CHAMPIONSHIP _____
 HELMETS ARE MANDATORY! WEAR YOUR NUMBER ON RIGHT HIP. NO DRAFTING OTHER RIDERS OR VEHICLES. ANY QUESTIONS? [309-764-5030] dthompson@revealed.net

AWARD DIVISIONS/USCF/PLAQUES

MEN/OPEN/CAT 1,2	[3]
CAT 3,4,5	[3]
JUNIOR/18 UNDER	[1]
MASTERS 40+	[3]
MASTERS 50+	[3]
MASTERS 60+	
<u>WOMEN</u>	
OPEN	[3]
MASTERS 40+	[2]

CITIZEN/MEDALLIONS

<u>MEN 29 UNDER</u>	[3]	30-39	[3]
40-44	[3]	45-49	[3]
50-54	[3]	55-59	[3]
60+	[3]		
<u>WOMEN</u>			
34 UNDER	[3]		
35-44	[3]		
45+	[3]		

TROPHIES FOR FASTEST MALE AND FEMALE CLUB MEMBERS. LIMIT OF 1 AWARD PER PERSON.

Quad Cities Criterium 2000: Thank The Information Age!

Terry Burke - Race Director

Normally the *Thank You* part of the Criterium recap must be drafted by the race director but for this year (the information age), the three letters received via email does a lot better job.

Selected quotes from Kenny Labbe, U.S. Postal Service Team: "Five Star Production quality. The job the club, volunteers and others involved do is fantastic. Racing in front of such an excited crowd is the one of the best things this sport has."

From Gary Achterberg, an official: "Congratulations on pulling off what probably is the best Rock Island race I've been to. I'm proud to be associated with your race as an athlete, coach, and an official."

From Sue Lee, a profiled rider, "I thank you and all the staff and volunteers. I know it takes a lot of time & hard work to put on such fine races. We'll be back for sure."

A comment from the chief referee was, "Great wheel pit." "This year was best ever." Between the four they just about said it all. The 2000 Quad Cities Criterium did go very smoothly.

The total number of riders in 2000 was similar to 1999 (564), with the feature men Category 1, 2, Pro race again filling to the field limit. The new hand cycle race had a total of 8 participants. This was actually relatively good, considering it was the first year for this event and the fact that mailing lists were difficult to obtain. The Sunday night street sprints had 32 men, 6 women and an enthusiastic crowd—in spite of almost cold weather. With a little tweaking and rider word of mouth advertising, Sunday night could be the next Criterium success story.

Inline skate race participants were up over last year. On Memorial Day crowds enjoyed the primes, the climbing wall, the trike races, and the BMX trick riders. Those QCBC members who rode in the pace car got a taste of the criterium from an entirely different prospective.

We would like to thank the QCBC and radio club volunteers for another outstanding contribution in making the 2000 Criterium and Street Sprints events the Midwest's best bicycle race. (Our apologies to anyone we may have missed. Names are listed once; many of you worked several committees)

Quad Cities Criterium Race Committee: Darryl Blackburn, Don Davis, Andy Nissen, Roger & Irene DeLanghe, Paul Sullivan, Doug Nelson, Roger Long, Bill Wiebel, A. L. Mackusick, Dan Burns, Don & Carol Arp, Vivian Norton, Bob Seaberg, Jack Wilhoit, Mike Smith, Rick Paulos.

Pace Car: Gary Patch, Paul Gilbert

Race Course Set Up & Tear-Down: Mike Papini, Mike & Cindy Benson, Jay Johannsen, Matt Billingsley, Bruce Grell.

Wheel Pit: Nick DeBolt, Joe Getz, Mark Huhn, Angie & Dennis Morrow, Art Peace, Judy Starceovich, Dave Thompson.

Registration: Criss Jensen, Rick Rohret, Jeff Cozad, Lisa Paulos, Joan Burke, Shelly Loukinen, Jane Barrett.

Prize Desk: Darlene Moritz, Dave Feeney, Thiara Smith, Mary Brus.

Street Sprints: Tom Fitch, Gary & Claudia Greenleaf, Mark & Julie Lucas, Nancy Kaphiem, Vernon Keist, Jeanette Keist, Rob Burke, Rick Wren, Dave Thompson, Charlie Swanson.

T-shirts: Scott Doup, Karen Stinson, Dennis Baber.

Radio Club: Craig Jorgenson, Mary & Les Conrad, Dick Lane, Pat Taylor, Ivan Crees, Charlie Egges, Bob Cannon, Keith Schmidt, Bob Miller, Steve & Mary Anne Goodell, Jeff Wilkens, John Greve, John Hoenshell.

Corner Marshals: Alisha Jennett, Amber Jennett, Al VandeWalle, Andy Horst, Barb Sullivan, Becky Dedabbelerar, Barney Young, Bill Harrington, Bill Scott, Bill Sturgeon, Bob Jensen, Bob Rutledge, Bonnie Sturgeon, Carl Johnson, Carol Sientz, Cathy Wiebel, Cindy Bottrell, Dan Barry, Dave Cinotto, Dave Parker, Dean Mathias, Dean Mayne, Deb Mathias, Deb Slater, Debbie & John Chebular, Diane Oestreich, Dick Morrill, Doug Sell, Elsie Moyer, Epi Guterrez, Frank Beshears, Frank Martin, Fred Krack, Gary Jones, Gene Conrad, Greg Hawk, Jack Slater, Jay Richards, Jeff Hogue, Jim Glys, Jim Hansen, Jim Merritt, Joan Wren, John Greve, Kate Rutledge, Ken Shoemaker, Ken Werthmann, Kentley Lowenstein, Kevin Sullivan, Larry Adams, Larry Decker, Linda Work, Linda Stout, Lisa Barry, Mary Millage, Mary Scott, Melinda Thompson, Merle Schleusener, Mike Desch, Mike Middlemiss, Mike Moritz, Doug Collins, Pat & Tom Bolton, Paul Sullivan, Permillia Horst, Pete Getz, Pris Voorhies, Rich Morrill, Rich Stout, Rich Staub, Rick Meeker, Rick Wren, Rosie Dreessen, Sharon Harrington, Sheila Acker, Steve Conrad, Steve Kocourek, Tammy Harper, Tom Brooks, Tony Pasdach, Vince Weinert, Wes Sommerfeldt. 🚲

GREAT LAKES RANDONNEUR FLECHE 2000 RESULTS

Two QCBC teams participated in the Great Lakes Randonneurs Fleche 2000 on June 3-4. Team Ultra Big Dog riders were Wayne Hanno, Dave Parker, and Greg Zaborac. Team Fleshmen included Joe Jamison, John Thier, Tom McCarthy, and Rick Meredith.

The Fleche is a 24 hour team event of at least 360 km in distance and run similar to a brevet. Each team plans its own route with a common destination in mind. The Fleche is a fun event fostering friendships, teamwork and camaraderie during the planning, riding and finishing celebration of the accomplishment.

The Flèche Vélocio is a creation of the French. Each Easter weekend randonneuring clubs around France ride in small teams from their respective towns to converge at a designated location in the south of France. The Fleche (arrow) equates to arrows to a target. Family members generally precede the team's arrival on Easter then hold a communal celebration. Rules are few but important. Randonneuring clubs around the world participate in national Fleches on the same weekend. Clubs in the northern climates are granted an extension from the traditional Easter date due to harsher weather.

Team Ultra Big Dogs started in Oquawka, IL (near the Mississippi due west of Galesburg) on Saturday June 3 at 0730h and headed northeast to the finish at Millie's Restaurant near Delavan, WI for a total distance of 385 km (239 miles). The Ultra Big Dogs received an award for the team getting the most sleep, as they totaled 14h 20m of riding time.

Team Fleshmen took a northerly route, starting at 0730h in Mt. Pulaski, IL, located about 20 miles northeast of Springfield. The Fleshmen logged a total of 414 km (257 miles) in 20h 30m riding time and won the award for the team with the highest average age.

In addition, a few other teams from the Chicago area completed in the event. One team won the award for farthest distance 488 km (303 miles) and went without sleep!

Thanks to Chip and Sharon Bole, Great Lakes Randonneuring, for coordinating the Fleche 2000 event.

CENTURY CHALLENGE

Fifteen cyclists remain in the Y2K Big Dog Century Challenge (BDCC). What started as a challenge to do one century in every month of the year in Iowa/Illinois is turning into a hot contest to see who can be the biggest Big Dog. Jim Hanson remains the top Big Dog, even though Steve Bagby tallied an amazing new monthly record of eight May centuries. Numbers represent number of centuries through May 31.



Jim Hanson	26	Tom Mccarthy	8
Steve Bagby	24	Dave Alftine	7
Wayne Hanno	21	Dave Holmes	5
Dave Parker	18	Dave Lefever	5
Joe Jamison	13	Bob Replinger	5
Rick Meredith	10	Elizabeth Young	5
Lisa Paulos	9	Leonard Young	5
Greg Zaborac	9	Century Totals	170

Report your century to Wayne Hanno (319)355-3596, or Joe Jamison (309)755-6801. Visit the Big Dogs Dog-house forum at <http://www.delphi.com/arfarf>.

JULY RIDE SCHEDULE

Saturday, July 1 - Senior Olympics Time Trials 5K and 10K time trials will start from Wainwright's Orchard on Barstow Road. All men and women 50 years or older, are eligible to compete. Terry Burke, 309-793-3790, and Don Davis, 309-788-0753.

8:00 a.m. **Fireside Flapjacks** Meet at Butterworth Parkway, Moline, near Case/IH plant. Ride to Erie, IL. 52 miles. Ken Werthmann, 309-764-6527.

1:00 p.m. **Local ATB Ride** Meet at Sugar Shack, Scott County Park.

Sunday, July 2, 8:00 a.m. **Where in the World Is Sunbury?** Meet at Eastern Ave. entrance, Duck Creek Parkway. Ride to Bennett, Sunbury. 77 miles. Fred Krack, 309-755-5553.

Monday, July 3, 6:00 p.m. **FORC Meeting** Meet at Front Street Brewery, 208 E River Drive, Davenport.

Tuesday, July 4, 5:30 p.m. **Summer Evening Ride - Iowa** Meet at Eastern Ave. entrance, Duck Creek Parkway, for rider's choice ride.

5:30 p.m. **Women's Ride** Meet at Butterworth Parkway, Moline, east end of parkway, near Case/IH plant, for rider's choice ride.

Wednesday, July 5, 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice ride.

Thursday, July 6, 5:30 p.m. **Summer Evening Ride - Illinois** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice ride.

Saturday, July 8, 8:00 a.m. **Banana Blowout** Meet at Eastern Avenue entrance, Duck Creek Parkway. West to Gramma's Restaurant and Bennett. 66 miles. Merle Schleusener, 319-355-8191.

9:00 a.m. **Light Touring - The Cordova Drag** Meet at Butterworth Parkway, Moline near the Case IH plant. Ride to Cordova. 30 miles. Joy Bleuer, 309-787-2003.

Sunday, July 9, 8:00 a.m. **Scott County Ramble** Meet at Eastern Avenue entrance, Duck Creek Parkway. Ride through LeClaire to Princeton. 40 miles. Kentley Lowenstein, 319-359-5974.

8:00 a.m. - 2:00 p.m. **FORC Trail Work Day** Call 309-786-7979 for location.

Tuesday, July 11, 5:30 p.m. **Summer Evening Ride - Iowa** Meet at Eastern Avenue entrance, Duck Creek Parkway, for rider's choice ride.

5:30 p.m. **Women's Ride** Bettendorf Middle Park Lagoon, for riders' choice ride.

6:00 p.m. **Barstow 20K time Trials** Start is just across RR trails in Barstow, IL. Dave Thompson, 309-764-5040.

Wednesday, July 12, 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice ride.

6:00 p.m. **Evening ATB Ride** Meet at Horse corral, Loud Thunder Forest Preserve.

Thursday, July 13, 5:30 p.m. **Summer Evening Ride - Illinois** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice ride.

Saturday, July 15, 8:00 a.m. **Johnson Sauk Trail Ride** Meet at Geneseo City Park. Ride to Sauk Trail Park. 53 miles. Note: No services first 30 miles. Vivian Norton, 319-355-1849.

JULY RIDE SCHEDULE

Saturday, July 15, 8:00 a.m. **Fast Training Ride - Ride with the Hammerheads** Meet at East End of Ben Butterworth Parkway, Moline near the Case/IH plant. Ride to Erie. 60 miles. Bill Wiebel, 309-755-1859.
9:00 a.m. **Light Touring - The Ice Cream Ride** Meet at 54th and Jersey Ridge (north of Culvers). Ride to Dewitt. 30 miles. Dodie Roberts, 309-755-4197.

Sunday, July 16, 7:00 a.m. **ATB Away Ride** Meet at Mark of QC to car pool to Jubilee State Park, Peoria.
8:00 a.m. **Cruise to New Windsor** Meet at Airport Park, South of Quad Cities Airport. Ride to Sherrard and New Windsor. 55 miles. George Van Thorre, 309-755-1734.

Wednesday, July 19, 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice ride.
6:00 p.m. **Evening ATB Ride** Meet at Sugar Shack, Scott County Park.

Thursday, July 20, 5:30 p.m. **Summer Evening Ride - Illinois** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice ride.

Saturday, July 22, 6:00 a.m. **Brevet - Qualifier for Paris, Brest, Paris** 600 Kilometers - Hardee's, Eldridge, Iowa. Dave Holmes, 319-285-6195.
8:00 a.m. **Rushin' Through Moscow** Meet at John O'Donnell Stadium, Davenport. Ride through Moscow to the Cove restaurant. Wayne Hanno, 319-355-3596.
9:00 a.m. **Light Touring - The Creamery Ride** Meet at Bishop Hill by the community hall, on the right side of the road. Ride to Galva, 25 miles. Kathy Doyle, 309-755-7495.

Sunday, July 23, 8:00 a.m. **Spring Hill Thrills** Meet at Butterworth Parkway, Moline, near Case/IH plant. Ride through Erie to Spring Hill. 63 miles. Wheeling leader: Mary Brus, 319-332-9247. Pedaling leader: JoAnne Sullivan, 319-324-1650.

Tuesday, July 25, 5:30 p.m. **Summer Evening Ride - Iowa** Meet at Eastern Avenue entrance, Duck Creek Parkway, for rider's choice ride.
5:30 p.m. **Women's Ride** Meet at Bettendorf Middle Park Lagoon Shelter, for riders' choice ride.

Wednesday, July 26, 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice ride.
5:00 p.m. **Evening ATB Ride** Meet at Machine Shed, Northwest Boulevard to car pool to Sugar Bottom, Coralville, IA.

Thursday, July 27, 5:30 p.m. **Summer Evening Ride - Illinois** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice ride.

Saturday, July 29, 8:00 a.m. **Fast Food Ride** Meet at West Lake Park's Lakeview shelter (enter at Gate 1). Ride to Muscatine. 50 miles Chuck Oestreich, 309-788-1845.

Sunday, July 30, 8:00 a.m. **Head to Geneseo** Meet at east end of Butterworth Parkway, Moline near Case IH plant. Ride to Geneseo. Joe Jamison, 309-755-6801.

2000 HEARTLAND CENTURY



*Saturday
September 9, 2000*



NEW ROUTE FOR 2000!

JOIN US FOR A DAY OF GREAT RIDING
GREAT FOOD, AND GREAT MEMORIES

The Heartland Century has moved from Iowa to Illinois. The ride will begin and end on the newly developed Great River Bicycle Trail. Along with riding the trail, the route will take the riders through several rural towns and tour some of the NW Illinois countryside. This years Route master, Dan Demay, has done an excellent job in planning the new route. It promises to take riders on roads that they have not ridden before.

Although the course is mostly flat, the route meanders through varied countryside and promises to be scenic. All roads have an excellent surface and most are county maintained and have a low traffic volume.

The Heartland Century will be held at the Empire Park in East Moline, IL. It will have distances of 25, 50, 62, and 100 miles. As in the past, the emphasis is on safe group riding. We encourage all cycling enthusiasts and their families to participate.

The 25 mile route will be geared towards family riding. It will be held entirely on the Great River Bike Trail. There will be a rest stop with refreshments at the ½ way point. It will also pass through four river towns so that additional breaks can be taken. (Children under 12 are free).

The customized Heartland T-shirts are back, all riders will receive one. Customized Heartland caps are also available and can be purchased on the day of the ride. Customized Heartland water bottles are also available and FREE ones will be given to all that register before Sept. 1

As in the past, the Heartland Century promises plenty of refreshments. All registered riders will receive a continental breakfast and plenty of sags. There is also an optional grilled butterfly pork chop sandwich dinner.

Best of all, the cost for the 2000 Heartland Century is reduced for 2000! The total cost for a pre-registered, QCBC member, is only \$15.00. As mentioned, this includes plenty of food, a T-shirt and a water bottle!

QUAD CITIES BICYCLE CLUB HEARTLAND CENTURY

REGISTRATION FORM (DETACH AND RETURN)

Saturday September 9, 2000

Start/Finish: Empire Park on 84 between East Moline and 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.

Optional Grilled Butterfly Pork Chop Sandwich Dinner 1 p.m to 4 p.m.

(Dinner only if pre-registered and prepaid)



REGISTRATION FEES:

T-Shirt Size M ___ L ___ XL ___ XXL ___

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

\$18 before September 1, 2000 _____

\$21 after September 1, 2000 _____

\$6 Pork Chop Dinner (how many? ___) _____

\$10 Heartland Caps _____

(how many? ___) _____

\$2 Additional QCBC Water Bottle _____

(how many? ___) _____

Total _____

QCBC member or TOMRV participant _____

\$3 Discount (Subtract \$3.00) - _____

GRAND TOTAL _____

For further Details Contact: _____

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

**MAKE CHECKS PAYABLE TO:
QUAD CITIES BICYCLE CLUB**

Mail to: Bill Wiebel
2560 9 1/2 Street
East Moline, IL 61244

Email billwiebel@aol.com
Web Site: www.qcbc.org
Phone Bill Wiebel (309) 755-1859

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: _____

A BICYCLE TAIL-WIND

SHORT OR LONG IT'S STILL AN ADVENTURE

By Carter LeBeau

This Tail Wind proved you can enjoy this unique wonderful bicycling concept without being away a full 7 days, or accomplishing excessive miles. Kaye and I have only done 7 day rides before, but only had 4 days to spend this time, and we still did the traditional events before the end.

DAY 1 - SATURDAY, APRIL 29, 2000

With pannier bags, a change of underwear, the camera, a credit card and our bicycles, we received the traditional blessing for a safe adventure from Jerry Neff, and were off per God's direction - namely southwest. Had a nice breakfast and read our newspapers at Clark's Landing in Buffalo. Then a stop in Montpelier to watch a farm auction. Had to take a picture of the llama statue, and another at the fish hatchery. Yes, we were on Rt. 22. Beverage stop at the Fairport Marina, which is an interesting place since the boating season started. Then Wyoming Hill, which is sure easier than 16 years ago when Tail Winds started. Next stop was the Hon plant in Geneva so Kaye could salute (she has Hon stock). Arrived in Muscatine and had lunch at the Muscatine Family Cafe. Found out we could attend Mass at St. Mathias at 4 P.M., so decided to check into the Muskie Motel, relax and get ready. The church was several hilly miles from the motel. Enjoyed meeting Father Weir after Mass, and was impressed with the church and the service. Had our tradi-



Kaye LeBeau & Father Weir

ditional cocktail hour in the room, watched some TV programs and then back to the cafe for a red salmon dinner. Concluded the day watching our favorite Sat. night show "Keeping Up Appearances".

DAY 2 - SUNDAY, APRIL 30 2000 - MUSCATINE TO HOMESTEAD, IOWA (AMANA)

Wind change, so north up Rt. 38, and then east on Rt. 6 over the Cedar River. First town was Atalissa. Wanted to show Kaye the University of Atalissa, a local tavern, but it was out of business. Times change. Had breakfast at the 20 mile mark in West Liberty. Got current with the locals about the turkey plant since it was sold by Oscar Mayer. They are doing well again with 900 employees already. Took some interesting pictures of the Mexican restaurants

and businesses. It has a very Mexican influence now. Took a rest stop at a park on Rt. 6, before Iowa City, that has a wooden slated outhouse smaller than a telephone booth. Yes, we took a picture. Arrived in Iowa City to lots of traffic. Did make a quick stop at our son's Play It Again Sport's store, and then rode Rt. 6 all the way through Iowa City and Coralville. Not exactly a bike path on Sunday afternoon. Passed the new Proctor & Gamble Oral B plant and wished it were a week day so we could do a plant visit. By Tiffin we were out of traffic but still on Rt. 6. Lunch was 2 stops at convenience stores, and we headed to Marengo, which has a motel. When we got to Homestead we learned of the Die Heimat Country Inn. Found they had room and were close to Zuber's famous restaurant. Anyway, it was 4:30 and we didn't need 11 more hilly miles. Besides, this is not a destination ride so you stop when the mood strikes. Didn't get any argument from Kaye, as she was really impressed with the room, the innkeepers and that it would offer breakfast in the morning. We enjoyed the room so much I volunteered to go over to Zuber's and get a couple German beers and a carryout dinner. Smoked pork chops and all the Amana side dishes. Watched Kaye's favorite Sunday program, *Touched By An Angel*, while we had our dinner. Another perfect day.

DAY 3 - MONDAY, MAY 1, 2000 - HOMESTEAD TO WASHINGTON

The Die Heimat Country Inn had a typical Inn dining room, and breakfast was complimentary. It started to rain as we sat down, so decided to wait until it stopped, which was 10 A.M. This is doable on a ride with no destination.



It gave us an opportunity to meet other guests, and particularly the inn keepers. The manager was from Australia, and his wife had retired from John Deere just before they bought the Inn. She mentioned several names from Deere who Kaye and I recognized, but the real coincidence was she worked for Jack Green. She knew of Karen, of course. It was an enjoyable breakfast, and then off to Oxford, IA. This was the best town of the trip, only 720 population, but 3 nice saloons - The Alibi, The Red Door and Paul Bunyan's - one large beautiful Catholic church and 2 Protestant churches, a modern Ford agency called Carter's,

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and nice homes. The main action was in an elaborate convenience store - gas station - cafe type building, called **The Depot**. Definitely less than 10 years old. Took lots of



pictures and moved on. Very hilly south of Oxford. Took a beverage stop at a camp ground store near 1-80. Even bought some souvenirs for the grandkids.

Then more hills to an auto repair shop, where we asked the guy outside where we were. He said, "Where do you want to be?" Anyway, he said we were in Windham, IA. We told him it wasn't on the map. He said, "Right, we were removed when our population fell below 25." Had a Pepsi and a Snicker bar, better known as a Keyoth, and found out about everyone in Windham, including the dogs. Less hills and good surface to Frytown. Huge DeKalb seed plant, but no tours available. Another garage where we stopped because the locals were sitting inside, and really looked comfortable. They all had old living room furniture. In fact, it reminded us of the Sofa Mart commercial - "Something for everyone". Finally got back to Rt. 1 going



Carter hams it up with cheese

to Kalona. Stopped first about 4 miles out at the Kalona Cheese Plant. Took pictures of them producing cheese curds. We bought some, and also some white cheddar. This was our plant tour. The store part sold all kinds of cheese,

but white cheddar and curds were only made there. Had lunch at the Kalonial Inn in Kalona. ordered a chocolate malt, but was disappointed - no tin and too thick. They had an afternoon crony table. I kidded the one who did not have a seed cap on. He said he couldn't afford one. Long ride on Rt. 1 until we hit the only 2 motels in Washington.

About 3 miles north of town we chose The Hawkeye, as it was not a franchise. The other one was. Thought the owner would be an Iowa grad until we noticed big red pennants all over. Yes, he was from Nebraska and had bought it from the original owner. Since we were not close

to downtown, decided to get a carryout and 2 quarts of beer for dinner and cocktail hour. Watched the stock market, network news and **The Wheel** on TV. Wrote post cards and reviewed all our experiences during the day.

DAY 4 - TUESDAY, MAY 2, 2000 - WASHINGTON TO ALMOST WEST BRANCH

Weather as great as the first 3 days greeted us as we left The Hawkeye Motel. We got a wind change again and noted it would be over 20 miles before a breakfast opportunity, so elected to eat in Washington. The square offered a couple options, but Winga's looked the oldest and most appealing. We always look for the crony table as we enter, but shortly noticed newspaper clippings on the wall showing coverage of the crony table here that was famous. 71 years in operation and they even had a president. Did not meet until 10 A.M., so all we saw were 16 to 18 chairs around an oval table. Will have to return some day and join them. It was a wonderful 1920 vintage cafe, and even without the crony table was an interesting spot. W61 all the way to Riverside was a Jerry Yeast highway - no traffic, scenic and excellent surface. If the hills were a little steeper, it could even qualify as a Dave Alftine route. The KWIK-EZ in Riverside was our lunch stop. Actually a general store, but with great country decor, old filled grain sacks, farm kitchen utensils, antique jugs and crocks, etc. Kaye didn't mind, due to the atmosphere. All we got to eat was a couple slices of pizza. Had to make a decision to go toward Nichols, Hills or Lone Tree at this point. A road, called Sand Road, going toward West Branch was recommended by a local, so we used it and found it enjoyable and scenic. As we approached West Branch we decided to give Dave Alftine a call for a possible pickup. Dave said if we were not over 150 miles he would be glad to accommodate us. Nice not to have to rent a car as in the past. That's also a benefit of a 4 day tour. But, as I said at the beginning of this report, we did everything we always did on previous 7 day rides, and it still was an adventure each day, as we never knew where we would be each night. Don't let it stop you from experiencing this event once in your bicycling career. ☸

TOTAL WELLNESS	
CENTER FOR INTEGRATIVE THERAPIES 2125 6 TH AVE - MOLINE, IL 61265 309-762-8006	
MATTHEW L. GODSIL, C.M.T.	309-736-9101
TOTAL ENERGETICS	
PAMELA K. FISHER, C.L.M.T.	309-797-3529
TWO RIVERS MASSAGE	
RICH CARLSON	309-337-5159
STRUCTURAL INTEGRATION... THE IDA ROLF METHOD	

CEDAR VALLEY TOUR (IOWA)

Rick Paulos

I have secured a discount at the Heartland Inn for participants in the Hawkeye Bicycle Association's Cedar Valley Tour this year. The motel number is 1-800-334-3277, extension 10 for the Crossroads Waterloo motel. Ask for the standard 10% discount as a participant in the Cedar Valley Bike Tour.

There is a swimming pool and a continental breakfast. Bikes in the rooms are okay too. Ask for a ground level room if possible to avoid having to carry your bike upstairs. On to more important stuff.

The date is July 15 & 16. This is the weekend before RAGBRAI and your last chance for a tune up ride, 55 miles each way and the flattest 55 miles you will ever get to ride. Not even an interstate overpass. We found a way into and out of the motel that avoids the last hill in previous years editions. Less traffic too. Maps will be provided to participants who start at the "official" time of 8:00 am. Not much reason to start earlier. You have all day to get to Waterloo. Expect an easy ride.

Last year we stopped in Center Point for breakfast, Urbana for water, Brandon for pop, La Porte City at the Dairy Queen for everything under the sun, although there were no takers for the fried pickles. (Maybe this year.) The Windex-blue slurpees were almost too cold to consume. I had to wash it down with the warm water in my water bottle to keep from freezing up on the insides.

What to Bring? What to bring: \$2 for a trail pass. Yep, Linn

County still charges for the southern half of the trail. There is no vehicle support this year. You really don't need it. It's just one night in a motel. A change of street clothes for dinner at the nearby restaurants and a clean set of riding clothes for Sunday. I've tried washing my riding clothes in the sink but they never seem to dry out by the next morning. Something about motel air I guess. There is a laundry--we could do a group wash & dry. Bring a toothbrush, toothpaste and shampoo. Please bring a spare inner tube that fits your bike just in case and a frame pump that fits your valves. Last year we had a little problem with those old fashioned "regular" valves not fitting any pumps on the ride. Two flats did slow us down a bit. One right in the middle of a mosquito cloud. Brave spectators got to see the worlds fastest tube change that time.

Camping is an option. There is a campground in Waterloo about 1/2 mile east of the motel. Problem is there is a river in between. I can give directions to any campers who show up.

The trail continues to be in excellent condition. Black Hawk County paved all of their parts plus the short stretch in Buchanan County. So half is now covered in black asphalt. (The hot part.)

You can call for more information. Don't know what you would want to ask. Starts at the trail head in Hiawatha Saturday morning, July 15 at 8:00 AM. Hiawatha is just north of Cedar Rapids. Signs from Interstate 380 show the proper exit: number 25. The trail head is 1/3 mile east. No entry fee!

Rick Paulos 319-364-4544 rick-paulos@uiowa.edu

FORC NEWS

Rick Wren

SPRING PICNIC

The gods were smiling down on us April 30th. It was a perfect day for being outdoors and having a picnic. And that was reflected in the number of people who showed up at our first annual FORC / QCBC picnic. About 50 hungry cyclist showed up take part in fun. I would have liked to see a few more FORC members out there but what are you going to do, maybe next year. There was however not a shortage of great food. Dean, Jeremy and I cooked up a bunch of burgers, brats and chickenburgers, while everyone brought a side dish to pass around. After everyone had stuffed themselves. We went for a hike on the trail. Then, we came back and stuffed ourselves some more.

There was a swap meet where some sweet deals on bikes and bike accessories could be found. Other activities were planned (a bike toss and a log pull) but time went so fast that we didn't get to them.

Dean Mayne did a very fine job of recognizing some of the people who have been a big help to the club and also those people who have put a lot of hard work into the trails at Loud

Thunder. He also presented me, with a very lovely trophy. Found in the basement of a old house that was torn down next to my house, made of some sort of silvery looking metal (or plastic), it's in the shape of a tea pot. On each side, he stuck a piece of duct tape with the words "Ricky" and "Big Boss" written in black magic marker. I can't remember when I've seen anything like it.

SCOTT COUNTY PARK

Our Meeting with Roger Keen, Rick Bishop, and Kevin Welch went very well. I'd like to thank Kevin Murphy for setting up the whole thing. We have been given permission to place a memorial to Chris Cannon in the park somewhere near the trail--the type and it's location have not been decided upon. We've also been given permission to put up markers along the trail (like the ones at Loud Thunder). We've offered to pay for the markers as a show of good faith.

For the meantime they still do not want us to do any cutting or digging out there without permission, which is no problem. At least we have our foot in the door. Mike Paustian has agreed to be our contact person at Scott County and will be the one who will be coordinating any projects at the park. Thanks Mike! ☸

RUBBER LEG RAMBLE

Dean Mayne

Call it good fortune, El Niña, El Niño, El Toro, whatever, but the Loud Thunder trail was opened early by Ranger Mike. Those riders previously intending to attend the Saturday local ride at Hennipen Canal in Milan, were easily diverted to Loud Thunder. Expectations were high after seeing how good the trails were looking on May 30th (while attending the spring picnic).

Five robust riders (Paul Sunberg, Quinn Kirkpatrick, Dave Stevens, Jason Miller, and Dean Mayne) suited up for this pre-season lesson on pacing (or lack there of ...). How is it that we think that after nearly a four month lay off, we can just jump back in the saddle and take up where we left off? With temperatures in the 80's, high humidity, the trail appeared brilliant and lush as we lustfully darted for the entrance. By the second climb we were woefully aware that this could be a lot harder than we'd bargained for. I made a quick check of my heart rate (hmm, 186-max plus) better slow down and drink more water. The mantra soon became, "Hey let's take it easy." At least easy on the climbs and controlled skills, on the descents. I remember thinking, "Now I understand how our new riders must

have felt last year as we lured them onto the trail and hung with them, brutally coaxing them through the entire loop." I could now feel their pain. Yeah, it hurt! But it was still exciting to be back out there. Over three years of grooming the trail is starting to pay off, with a path that was not only challenging but well defined. Quinn, who rides to work daily, and Dave who is already racing, both seemed strong and steady on their bikes. The rest of us straggled along. One of the riders was having some mechanical problems adjusting to clipless pedals. Overwhelmed with both frustration and fatigue, he was creating volleys of expressive adjectives for his situation. All of us welcomed frequent rest breaks with both exasperation and joy.

I lost a buck to Quinn who met my challenge, by making the long climb up out of "Dean's Folly" without so much as breaking a sweat. We handled the first five mile loop with considerable effort, yet could not pass up a chance to try the other three miles up and back on the north west horse trail. Parts along the field had been reclaimed by the plow but the two wooded ravines were exhilarating. All told, it was a Gatorade moment: Fun, fatigue, sweat and toil all rolled up in one big lump of jubilee!

RIDE SMART-SAVE THE TRAILS 🚲

QUAD CITY BICYCLE CLUB TIME TRIAL CHAMPIONSHIPS

AUGUST 13, 2000 - 9:00 A.M.
BARSTOW, IL FIRE DEPARTMENT

TAKE A SHOT AT THE FASTEST IN THE CLUB TITLE!

20 KILOMETER USCF SANCTIONED TIME TRIAL
ON BARSTOW ROAD

TROPHIES TO FASTEST MAN AND WOMAN CLUB
MEMBERS

20 PLAQUES TO USCF RIDERS.

30 CUSTOM MADE OVERSIZE MEDALLIONS
IN SEVERAL AGE GROUPS TO CITIZEN RIDERS

This will be a low key event with the emphasis on fun and socializing. You don't have to be fast, just a little competitive to participate.

For a longer ride, ride out to the race and enjoy refreshments afterwards. Check your Pedalwheeling for entry forms or call Dave Thompson 764-5030 for info. dthompson@revealed.net



Carole Feeney works the QCBC booth at the ALCOA Wellness Fair on Saturday May 20th. Thanks to Dave Feeney, who took many pictures of his wife, but neglected any of himself, Dean Arney or Jim Karr, the other volunteers. Over 300 ALCOA employees attended this event.

FOR SALE

Fairing for Vision recumbent, will fit single or tandem
\$425 new, will sell for \$300.00

Vision recumbent model R44. \$1500. 16" front wheel is designed for the shorter person. Under seat steering, 27 speed with rapid fire shifters, V brakes. Was \$1795 new plus extra charge for chameleon purple to green paint. New last fall and has less than 300 miles.

Selling so I can get a different style.
Don or Linda Barchman 319-388-8043.

FOR SALE

Parachute

Only used once—Never opened



FOR SALE

Rhode Gear Bike Rack

Adjustable: Fits most cars and vans
Folds flat for storage
Holds 2 bikes
\$22.00 obo -
Charlie, 319-322-8486

FOR SALE

Burley Bike Trailer

Single child model

Blue and yellow w/Push & Jog Option

Pull it or put the front wheel on and push it.

Very good to Excellent condition - \$200.00

Charlie: 319-322-8486



*When everything's
coming your way,
you're in the
wrong lane.*

WHY I DROP MY TOAST

Richard Strickland

First, I must tell you that I do not make my toast in the ordinary way, but cook it in the broiler. You see, I have the kind of stove that is used in restaurants. It is a huge thing, standing high on wheels, more like a steam-powered locomotive than an ordinary kitchen range.

Second, you should know that I have a cat that changes color (or possibly, there may be several cats who often change the shifts they work). In either case, this cat (or cats) likes to sleep beneath the stove, but sometimes lets its tail protrude outward on the open floor.

On such occasions it quite often happens that I, heedless in my early morning drowsiness and intent upon the toasting process, tread firmly on the kitty's tail.

When that happens, she yowls loudly, saying things that I would be embarrassed to repeat. For the most part I am a fairly steady person, but in this case I am so startled that my hands fly involuntarily upward as if I were leaping toward the lower branches of a tree.

Needless to say, on such occasions, the toast flies from my hands and, after being airborne for a moment, descends—jelly down—to rest upon the floor. 🍞