



Pedalwheeling-2001

The Newsletter of the Quad Cities Bicycle Club — August 2001



2001 Heartland Century

Saturday
September 8



Be Sure to Register Before 1 Sep !

25, 50, 62, and 100 miles

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

Be sure to Register Before September 1! Along with a reduced fee there is also a Free water bottle.

This is a great opportunity to tour the Mississippi River Valley. The course will ride on portions of the Great River Bicycle Trail and ride through numerous small towns. The ride will have something to offer all members: From a 25 mile route that is geared toward families up to a 100 mile route for the serious cyclists.

See you at the Heartland on September 8!



QCBC Information

The mission of the Quad Cities Bicycle Club is 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: Kathy Storm (563) 355-2564 kbstorm@aol.com

Treasurer: Darlene Moritz (563) 386-3499

Mountain Biking: Rick Wren (309) 786-7979

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Meetings/Safety/Education: Vivian Norton (563)355-1899 vjoan@worldnet.att.net

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Ride Schedule:Bill Wiebel (309) 755-1859 billwiebel@aol.com

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TOMRV: Susie LaForce (563) 355-5530 susielaforce@hotmail.com

QCBC Webmaster: Cy Galley (309) 788-3238 cgalley@qcbc.org

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

QCBC Newsletter Editor: Judy Starcevich (563) 344-0716 qcbceditor@muscanet.com

The Quad City Bicycle Club Newsletter (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. Members may place free classified ads, notices of companions wanted, and reports of stolen bicycles.

Deadline for articles is the 10th of the month. Articles should be emailed to qcbceditor@muscanet.com, preferably in "Word" or similar format.

The Quad City 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 every month during January, February, March, April, May, September and October. Check the newsletter and the QCBC Website for specifics.

Members receive a 10% discount on many items at most Quad City bicycle shops, including Bike & Hike, Healthy Habits, Jerry & Sparky's, Wolfe's Village Bike Shoppe, and On Two Wheels.

Major activities of the club include: the Tour of the Mississippi River Valley (TOMRV) in June, the Criterion on Memorial Day, the Heartland Century in September. The club also supports RAGBRAI. 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.

Guidelines for Submitting Articles for the Newsletter Submitted by Kathy Storm

Pedalwheeling is our club's monthly newsletter. The purpose of this newsletter is to inform members of what's going on locally around the QC Area in regard to bicycling activities. Beginning this month, Judy Starcevich will be editing our newsletter. I think it is appropriate at this time to review some of the guidelines to keep in mind when you're submitting an article to for publication:

- Articles from club members get preference.
- Articles submitted should reflect a bicycling activity you participated in with other clubs members: a club ride, an invitational you attended with some other club members, a weekend ride or a week long ride.
- Please include your name, address and telephone number in case the Newsletter Editor needs to contact you in regard to the article.
- Articles should be 2 pages or less. (Many clubs limit article length to ½ page!!!)
- Other members enjoy reading about your "adventures", especially if you were out in a group. Let us know how you're having fun riding your bike and what interesting things you have learned while out riding.
- Please refrain from using profanity and/or language that degrades another person or segment of the population.
- The Newsletter Editor has the right to make changes to articles if they need to be "cleaned up" or "shortened".
- Articles need to be in Microsoft Word format, or in a similar word processor format that can be opened and edited in Microsoft Word.

**From the Headset
Submitted by Kathy Storm**

It has been good to see many of you out on the club rides this summer. But I wonder why a few of our rides have low attendance. The Tuesday and Thursday night rides have fallen off in rider ship the past few years and I'm not sure why. I don't know if it's the 5:30PM starting time or the starting location. If you have a chance to come out for one of these rides in the next few months, I hope you'll join us.

Many of you are aware of the ban on cell phone usage while driving a car that has been passed in some municipalities and states. I see more and more cell phones stashed in bike bags and rear pockets on our club rides. The neat way some of our club members are using their cell phones on club rides is to call ahead to a restaurant they are planning on stopping at for a meal and making sure the restaurant can handle them. This is a great way to make sure the club is viewed as a "good neighbor" when we descend upon a town.

Sales of the new club jersey and wind vest have been going well. As of July 10th, we have sold 60 of the original 125 pieces ordered. The LeBeau's and Moritz's have even purchased both jerseys and wind vests to add to their cycling wardrobes.

I hope many of you will mark your calendars for the following upcoming QCBC events this fall: Heartland Century, September 8th, Fall Foliage Ride October 13th and the Annual Dinner November 9th.

As usual, we can always use more volunteers for various activities. At present, Mary Scott (794-1564) is looking for volunteers to help out at the QC Marathon on September 23rd. We need members to ride a mountain or hybrid bike slowly along the route and help provide communication back to the police and medical personnel if we see someone in need of help.

I look forward to seeing many of you on more club rides this summer and fall. Bicycling is a sport you can do by yourself just about anyway and any time of the day. But wouldn't it be more fun to ride with some other people, share some stories and enjoy the scenery together?

For Sale: Trail-a-bike. Blue. \$249.00 new. Will sell for \$110.00. Call Karen (563) 359-8954.

FOR SALE: Terry bike, 17 1/2 inch frame, 12 speed, shimano components. Very little use. Terry is a road bike that is designed for females of shorter stature. Original price: \$500. ASKING \$250.00.
Joann bjklink@accessus.net or 309/523-3417

For Sale:

Schwinn Sprint 10 speed; small frame, silver color
Very good condition with new seat and new tires.
Used very little.

WOMEN ON WHEELS ANNUAL TAILWIND RIDE

The 16th WOW

May 6 to May 10, 2001

by Jan Sears

Day 1, Sunday, May 6. “Same Old Roads”

This year we had decided to leave from Jan's house North of Geneseo. Our hopes were for a new perspective on our ride. However, the east winds took us back through the Quad Cities where we met the QCBC Sunday ride at Hardees in East Moline. After a big group photo we crossed the Centennial Bridge, and then on to the Machine Shed for breakfast at 33 miles. Our ride to Tipton was great with a southeast wind of 15 mph, but 5 miles before town the skies grew dark and dumped what felt like buckets of rain on us! We held up at Hardees in Tipton for over an hour, and moved the “*Caution Wet Floor*” sign over to our corner. That was to cover the puddles we left all around us. The rain finally stopped and we were off to West Branch, Iowa and the Presidential Inn. We decided with the bad weather that we would end our day there with 85 miles, and make up our miles later. Our goal was still 100 miles a day...weather permitting. Our dinner was at the *Heyn Quarter* restaurant where we “got to cook our own supper,” and I thought we were on vacation. A safe day despite the rain.

Day 2, Monday, May 7. “Home Again, Jiggity-Jig”

The rain was gone and we were off by 6:30 AM with a northwest wind to West Liberty and our first Casey's stop. Then on to Muscatine and breakfast at the Country Kitchen. We crossed the Mississippi River at Muscatine, and took the New Boston blacktop for 5 miles. The west wind pushed up the hill and onto Buffalo Prairie and another Casey's stop in Reynolds. We enjoyed beautiful smooth roads through Sherrard and Andover, where we missed our lunch stop by 30 minutes so it's Casey's again. We raced on to Kewanee, the “Hog Capital of Illinois”. We did see lots of little porkers. The Super 8 was our stop, How fitting that RJ Boars was our supper. I enjoyed showing off “my roads,” as Jerry and I ride out there all the time. We had a great 20+ mph. tailwind day and made 107 miles. Now we were only eight miles behind.

Day 3, Tuesday, May 8. “The Windy Pie Day”

After a continental breakfast at the Super 8, we were off with a good west wind. We had great smooth roads through Osceola, and then a Casey's stop in Bradford. We dropped south to cross the Illinois River at Lacon. Lunch was a pleasant surprise at the Udder Dairy Barn & Grill in Lacon with great hot beef sandwiches and homemade chocolate and cherry pie! Our winds were then west at 20 to 30 mph. so we took route 17 to Dwight, Illinois. On the way the Family Four Corners Restaurant called out to us for a short break and we found great homemade coconut cream pie. We arrive at the Super 8 at 4:15 PM with 103 miles. Then only five miles to make up! Dinner was across the street at Pete's Restaurant, and it comes with more pie!

Day 4, Wednesday, May 9. “The Long Day”

With a light wind, we dropped south just enough to avoid Kankakee. Once again, Illinois showed us great smooth roads to Herscher for a Casey's stop. Our breakfast in Chebanse was at Russ & Rosies. We had a great west wind, and we were excited as we headed for Indiana past the Willow Slough Wildlife Areas. Our winds were southwest so at Enoes we decide to work our way to Valpariso. Our lunch stop is at Frankie's Village Restaurant in Roselawn. On through Thayer, Shelby, Dinwinkle, and Hebron where we picked up a bike route to Valpariso. We found the Super 8 after a tour of town. After 118 miles we opted for Piazza Hut to be delivered to our rooms. We were thrilled to have made up our miles and now were 13 miles ahead.

Day 5, Thursday, May 10. “Michigan At Last”

We were off by 6:30 AM on Indiana Route 2 to La Porte, but Mother Nature said “NO.” We were only one mile down the road when the thunderstorm hit, and we decided to go back to our rooms and take a nap. By 8:30 AM the storm had passed and we were off again. Our breakfast in La Porte was at a local family restaurant. Then Indiana Route 39 took us to Michigan and New Buffalo where we saw Lake Michigan! After a break by the lake, we enjoyed riding along the lake past beautiful homes. Near Warren Dunes State Park we joined the Red Arrow Highway, and continued going north. Another first for WOW this year...we stopped at the *Tabor Hill Winery* and sampled some Michigan wines. We continued on to St. Joseph where we decided to end this year's WOW. The time of day and the threat of more thunderstorms made our decision for us, not to mention, we were standing across the street from a Clairon Hotel! Our dinner was only two blocks away at Shu's overlooking Lake Michigan. That was a perfect ending for WOW!

Pedalwheeling – 2001

Day 6 Friday, May 11th

Jack Green and John Wosoba were coming to pick us up, but we had time in the morning to walk or ride out to the lighthouse. Karen, Pat and Gail got more than their five extra miles on their bikes...a fisherman was gleefully jumping up and down and saying to his buddies "everyone of those women look good, one is no better than the other!" No need to mention that they did not go to the end of the pier where he was fishing! Eileen and I did a walk and some shopping. The drivers arrived by 10 AM, and we were shortly on our way home. Thanks to both Jack and John!

Another successful WOW filled with wonderful memories with great friends. We can't wait till next year and the wonder of where it will take us?

Pat Bolton

Day 1 West Branch, Iowa 85 miles

Karen Green

Day 2 Kewanee, Illinois 107 miles

Gail Overbeck

Day 3 Dwight, Illinois 103 miles

Jan Sears

Day 4 Valpariso, Indiana 118 miles

Eileen Wosoba

Day 5 St. Joseph, Michigan 67 miles



Tailwind Ride May 19th, contributed by Dan DeMay

The forecast for May 19 was low humidity, temperatures in the mid 70's and light wind out of the east. With that information, 43 riders took a bus trip to Paw Paw, Ill to begin the 2001 version of the tailwind ride.

Everyone was riding by 8:45 AM. The weather was just what was predicted. The roads were lightly traveled and very flat. With the help of George Van Thorne, we were able to get the SAG stops set up in time for the fast paced riders and were able to wait for all other riders.

Thanks to George Van Thorne, Dean Mathias, Kathy Storm and Jan Sears for their help with this ride.



COMPLETE GRAND ILLINOIS TRAIL INFO POSTED TO WEB

Over the past few weeks, LIB has posted new and improved Grand Illinois Trail (GIT) information on the web. The new GIT webpages replace and expand on the first draft cuesheets we posted last year. The new trail information is broken down into 9 segment pages, each of which features:

- segment maps and inset city maps
- segment cue sheets with distances, turns, and street names
- major scenic attractions
- Hotel, motel, & camp ground locations and phone numbers
- emergency numbers
- restaurants
- bike shop locations and phone numbers
- downloadable Adobe Acrobat pages

The total distance for the Grand Illinois Trail loop is 535 miles. To put together the cuesheets we've broken that down into 9 segments of 38 to 75 miles each. A 10th segment offers an alternate lakeshore route from McHenry to Navy Pier. The 10 segments are:

1. Chicago: Maywood to Burnham Green - 38 miles
2. Burnham Greenway to Joliet - 39 miles
3. Joliet to Bureau Junction - 75 miles
4. Bureau Junction to East Moline - 73 miles
5. East Moline to Mississippi Palisades State Park - 57 miles
6. Mississippi Palisades State Park to Lake Le-Aqua-Na State Park - 73 miles
7. Lake Le-Aqua-Na State Park to Rock Cut State Park - 68 miles
8. Rock Cut State Park to McHenry - 57 miles
9. McHenry to Maywood - 55 miles
10. McHenry to Navy Pier - 64 miles (this is an alternate for all of segment 9 and 14-miles of segment 1)

The Grand Illinois Trail joins together existing and proposed state and local trails to create the state's longest continuous trail. It hugs the historic Illinois & Michigan and Hennipin canals, crosses unglaciated hills, parallels the Illinois, Rock and Fox Rivers, and includes the Illinois Prairie Path, one of America's first rail-trails.

GIT goes from Lake Michigan to the Mississippi along the northern border of Illinois and then loops back across the state along the Illinois River and the Hennepin Canal. About 200 miles of the route is on paved township and county roads while the rest is on a variety of asphalt or limestone trails or bike paths.

Staff and volunteers from the League of Illinois Bicyclists with the support of the Illinois Department of Natural Resources (IDNR) and other trail partners have assembled the maps, cue sheets and important trail information you will need to ride this trail. It's all on the web at

<http://bikeLIB.org/trails/git>

along with links to additional resources.

Later this year the GIT information and maps will also be available in a booklet format. In the meantime you can download them from the web in Adobe Acrobat format.

At the website you will find a GIT homepage with links to 10 separate segment pages, one for each of the 10 trail segments. Each segment page features a link to a 2 or 3-page Adobe Acrobat file with all the maps, cuesheet and contact information. Once you download the Acrobat pages they can be printed out and taken with you as you ride the trail.

Application for the Du State Du on Sunday, August 19, 2001

Last Name _____ First _____

Name _____ Age on 8/19/01 _____

Street Address _____

City _____ State ____ Zip _____

Male Open Division ____ Female Open Division ____

Male Mountain Bike Division ____ Female Mountain Bike
Division ____

Male Team ____ Female Team ____ Mixed Team ____

Team Name _____

(Remember, team applications must be submitted together. Teams
not eligible for individual awards)

**Race Day Registration and Packet Pickup 6 a.m.-7:30 a.m.
Entry Fee**

Pre-registered CBRC/QCBC Pre-registered Non-CBRC/QCBC
Members \$15 members \$16

Non-pre-registered CBRC/QCBC All other non-pre-registered
members \$19 participants \$20

Pre-registration end one week before event. 8/11/01 **Total Fee**

Enclosed _____

Waiver: In consideration of this entry, I waive any right and claim for
damages I may have against organizers of this race, for any injuries
incurred during this event.

Signature _____ **Parent Signature if**
under 18 _____

Make check payable to: **Du State Du**

Mail to: Cornbelt Running Club, P.O. Box 4107, Davenport, IA 52808

New Members

Name	Spouse	City	State
John Johannesen		Bettendorf	IA
Jay Stratton	Penny	Bettendorf	IA
Dave Gosnell		Clinton	IA
Bob Buzzell	Kathy	Davenport	IA
Travis Valdez		Davenport	IA
Virgil Lemp		Carol Stream	IL
Phillip Whitley	Jenni	East Dundee	IL
Carole Danillo		Lombard	IL
Nancy Engle		Moline	IL
George Graves		Moline	IL
Yvonne Mans		Moline	IL
Mike Toye		Moline	IL
Patricia Brinker		Rock Island	IL
Donna Lynch		Rock Island	IL
Brian McMaster		Rock Island	IL
Matt Pappas	Laura	Rock Island	IL
Michael DeBoer	Robin	Taylor Ridge	IL
Linda Coussens		Kearney	MO



2001 Heartland Century

Saturday
September 8



PRICES LOWERED AGAIN !

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

Prices are Lowered Again! Participants were up significantly last year. They should be up again this year. Basic accounting tells you that most of the fixed costs in doing an event stay the same, regardless of the number of participants. This means that we can again lower the cost!! This means a total cost of \$14.00 for a pre-registered QCBC member. This includes a t-shirt, water bottle, continental breakfast, plenty of sags, que sheets, and on course support. Throw in another \$6.00 and it will include a great pork chop dinner. **WE CHALLENGE YOU TO FIND A BETTER DEAL AT ANY OTHER CENTURY!**

We've moved again this year, but not far! Two miles up the bike trail from Empire Park to Illiniwek Forest Preserve. Along with ample parking, Illiniwek offers us a much larger shelter, plus camping for our overnight guests. . The ride will continue to begin and end on the Great River Bike Trail. It will be pretty much the same route as last year and will take the riders through several rural towns and tour some of the NW Illinois countryside.

Although the course is mostly flat, it 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, especially on weekends.

The Heartland Century will again 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.

We have something to offer all! The 25 mile route is geared toward family riding. It will be held entirely on the Great River Bike Trail. There is a rest stop with refreshments at the ½ way point. It will also pass through three river towns so that additional breaks can be taken. (Children under 12 are free). The 100 mile route is geared toward the serious cycling enthusiast. It offers a chance for the riders to accomplish this important mile-stone. The 50 and 62 mile routes are the in-between distances. The 50, 62 and 100 mile routes are the same route for the first 25 miles. Thusly, in case of having a good or bad day, you can change the overall distance at the 25 mile point.

The customized Heartland t-shirts are back. All riders will receive one. Customized wide-mouthed water bottles are also available and FREE ones will again be provided to all that register before Sept. 1.

Be sure to register early so that you can realize the savings and get the free water bottle!

See you at the Heartland!

Quad Cities Bicycle Club Heartland Century

REGISTRATION FORM (Detach and Return)

Saturday September 8, 2001

Start/Finish: Illiniwek Forest Preserve 1 mile north of Hampton, IL



Starting Times: 6:30 until 8 a.m. for Century
Before 10 am for 62 mi. ride
Before 11 a.m. all other rides
Continental Breakfast 6:30 to 10 a.m.



Optional Grilled Butterfly Pork Chop Sandwich Dinner 12:00 pm to 3:30
(Dinner only if pre-registered and prepaid)

REGISTRATION FEES:

T-Shirt Size M___ L___ XL___ XXL___

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

\$17 before September 1, 2001 _____

\$20 after September 1, 2001 _____

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

\$2 Additional QCBC Water Bottle
(how many?___) _____

Total _____

QCBC member or TOMRV participant _____
\$3 Discount - _____

GRAND TOTAL _____

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

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

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

For further Details Contact:

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: _____ Da