



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – January 2003

Stay Warm with These 2 Great Winter Events

“Its’ Snowtime for a Picnic”

Date: Sunday, January 19th
Activity: Winter Picnic
Location: Carriage House
Deere-Wiman House
817 11th Avenue
Moline, IL
Time: Noon
What to Bring: A dish to pass (including a serving utensil).
Organizers: Kathy & Chet Doyle

Baked Ham, milk, hot chocolate, coffee and table service will be provided by the QCBC. There will be 2 drawings for \$25.00 Gift Certificates to local area bike shops. Please feel free to bring photos of bike rides you took in 2002 and brochures/ideas of rides you’d like to try in 2003.

If you have items you’d like to sell, a table will be set up for those as well.

Contact Kathy or Chet Doyle by Noon on Friday, January 17th to secure a reservation for this popular event, (309) 755-7495 or c.doyle@mchsi.com.

“Tour of the Islands”

Date: Sunday, February 23rd
Activity: Social Bike Ride
Location: East end of Butterworth Parkway,
near Case/IH
Time: 9am
What to Bring: Your bike (a mountain or hybrid might be best), a sense of humor and “Hawaiian” type articles of clothing.
Organizer: Jerry Kruse

Enjoy a casual tour of the Islands in the Mississippi River in the Quad Cities, including Campbell’s, Credit, and Sylvan islands. The ride is along the bike paths on both sides of the river. Several rest stops are included as well as a free map.

Will we have the same weather as last year? (50 degrees and over 50 riders!) After the tour we will meet at a local pub in the Village of East Davenport for lunch and to rehash the ride.

Please contact Jerry Kruse by 5pm on Friday, February 21st to make a reservation for this activity, (563) 332-9396 or Kruse1950@aol.com



Key Contacts

Officers:

President - Warren Power (563) 391-5466 warrenpower@mchsi.com
 Vice President – Errol McCollum (309) 762-8252 ecmed@netexpress.net
 Recording Secretary – Jane Garrett (563) 441-9115 jag@revealed.net
 Treasurer – Darlene Moritz (563) 386-3499

Club Web Site:

www.qcbc.org

Board Members:

Terry Burke	Joe Jamison	Jean Kelly
Dave Lefever	Deb Mathias	Karen Nord
Tim Phlypo	Charlie Sattler	Bill Wiebel

Key Contacts:

Annual Dinner – John and Barb Wessel (563) 359-8350
 Competitive Events – Terry Burke (309) 797-3790
 Du-State-Du Duathlon – Kentley Loewenstein (563) 359-5974
 Endurance Rides – Joe Jamison (309) 755-6801
 Fall Foliage Ride – Deb and Dean Mathias (309) 787-6547
 Fast Rides – Bill Wiebel (309) 755-1859
 General Meetings – Errol McCollum (309) 762-8252
 Heartland Century – Bill Wiebel (309) 755-1859
 Leisure Rides – Jan Reynolds (309) 797-2072
 Membership Administration – Anne Flesichman (563) 332-4212
 MidPaced Rides – Jim Karr (563) 441-9115 and Kathy Storm (563) 355-2564
 Newsletter Editor – Kathy Storm (563) 355-2564
 Publicity – Jean Kelly (563) 359-9508
 QC Criterium – Terry Burke (309) 797-3790
 QC Triathlon – John Punkiewicz (309) 788-7544
 RAGBRAI – Andy and Perm Horst (563) 381-3488
 Ride Schedule – Bill Wiebel (309) 755-1859
 TOMRV – Susie Laforce (563) 355-5530
 Website – Cy Galley (309) 788-3238

Membership Count: 12/9/02 # of Members by Membership Type

Individual	430
Couple	260
Family	408
Complimentary	24
Life	6
Total	1,128

Commercial Ads in Pedalwheeling:

¼ page	\$25.00
½ page	\$50.00
full page	\$100.00

Please email to: qcbceditor@yahoo.com

Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities Area.

Club Meetings: are held at 7PM on the third Tuesday of every month during: January, February, March, April, May, September and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware.) Contact Warren Power for program.

Submitting Articles for newsletter: Deadline is the 10th of the month. Email to: qcbceditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803.

Major Activities of the Club Include: Tailwind Century in May, Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

Benefits of Being a Club Member Include: 11 issues of Pedalwheeling per year, Annual Issue of Ride Schedule and Membership Directory booklet, 10% discount at QC Area Bike Shops, ability to use LAB “Bikes Fly Free” program on selected airlines and discounts on TOMRV and the Heartland Century.

From the Headset
Warren Power

For most QCBC members, the bicycling season ends when the leaves drop, the temperatures start to get cold and the snow flies. If you look in the ride schedule you will see that we have rides scheduled every Wednesday, Saturday and Sunday throughout the winter. You may wonder if anyone ever goes on these rides and the answer is yes. These rides usually attract from 5 to 20 hardy soles. In general, I find these rides to be more social than the summer rides.

The riders usually agree to ride to some restaurant for breakfast with the location being very dependent upon the weather. The pace is slower and the distances are shorter. So if you're feeling adventurous, grab your long johns and your bicycle (road bicycles are the norm unless there is snow or ice on the ground in which case most riders will have mountain bicycles) and join the fun. I think you'll find it to be a really unique and enjoyable experience.

We kick off the social calendar for the club this month with our annual winter picnic. Kathy and Chet Doyle are planning the picnic this year. Details as to time and location can be found on page 1 of the newsletter. Come and join us. It's a great

opportunity to get up to speed on what's happening in other club members lives.

This is the time of year that we put together the ride schedule for 2003-2004. Bill Wiebel did a wonderful job of heading up the committee that put together the 2002-2003 ride schedule and he has agreed to do next years' as well.

Bill has put together a strong ride schedule committee including Bob Replinger, Sue Wolf, Vivian Norton, Kathy Storm, Jim Karr, Mike Desch, Joe Jamison, Rick Wren, Dean Mayne, Jim Merritt, Jerry Kruse and myself. If you have any suggestions on how we might improve the ride schedule, let one of these committee members know. We'd also like to hear from you concerning any new or revised rides that you might like to see in next years schedule.

General Membership meetings begin again this month. These meetings are held at Rivermont Collegiate in Bettendorf at 7:00 on the Third Tuesday of each month. Errol McCollum will be organizing these meetings. If you have an idea for a meeting topic, let Errol know. This months meeting will be on Tuesday, January 21st. I hope to see many of you at the meeting.

General Meeting - January 21st - 7PM
Auditorium - Rivermont Collegiate
18th Street & Sunset Dr, Bettendorf, IA
Topic: Bicycle Maintenance
Presenter: Errol McCollum

On a recent club ride, and the resulting breakfast and gab session, I felt that a bike maintenance "class" would be a very useful bike club meeting topic. This class is not just for the newbies, but also for the heavy-duty riders as well.

Mundane issues like chain maintenance and tire changing that we all feel like "experts" on are areas, I feel, where some of our riders could use some tips. I have seen some of the better bike mechanics and

riders that could benefit from some pointers on servicing their bicycles.

At our January club meeting I will present a "rider's class" on bike servicing and maintenance. I strongly feel everyone could pick up some useful tips on servicing and diagnosis. This class will be presented in a fashion that will allow people to ask questions at any time so that they will not forget what they were going to ask if there is a question/answer period after. I will bring a bike and a stand and a few tools. I will not be doing a mountain bike talk but will try to answer any of those type of questions. A note pad and pen might come in handy. Hope to see you all there.

Update on Leon Van Camp
Kathy Storm

Leon fell while riding his road bike, on Saturday, November 9th just 2 blocks from his home and broke his pelvis. He is walking with a cane, as of 12/10/02, and expects to be home by Christmas.

Welcome New QCBC Members
Anne Fleischmann, Membership Coordinator

Name	City & State	Phone	Name	City & State	Phone
Dean Arney	Bettendorf, IA	563-355-1282	Joan & Roxy Potter	Jerseyville, IL	618-498-3286
Elizabeth & Scott Baumann	Grand Rapids, MI	616-940-3254	Brad Raasch	East Moline, IL	309-755-0243
Joan Benziger	Rock Island, IL	309-788-7962	Hank Scheff	Port Byron, IL	309-523-3318
Russell Bloomer	Iowa City, IA	319-530-2117	Mark Schweertman	Forreston, IL	815-938-2292
Ken Caldwell	Silvis, IL	309-796-9518	Randy Wells	Juneau, WI	920-885-5597
Julie & Donald Davis	Eldridge, IA	563-285-8858	John & Angela Wirth	Galva, IL	309-932-2469
Patrick & Clara DeCoster	East Moline, IL	309-796-3325			

Update on Dave Lefever
Submitted by Dave himself!

Thank you QCBC and the bicycling community for your support of Dave and Adele Lefever since Friday the 13th of September, 2002. On that day I had a slight headache and I left home for a short bicycle ride thinking I would feel better. I went to the riverfront recreational trail and my headache became more severe so I dismounted the bike, called Adele and lay down.

Two passers by recognized that I was in trouble and called 911. That is about all I remember until late November at which time I asked Adele to "fill me

in" which took two hours! Since September 13, I have been in the University of Iowa Hospital, Genesis West Hospital, and Good Samaritan Rehabilitation Center. On December 7, I came home. I will be taking outpatient rehab at Genesis in Bettendorf.

The problem I had was a "brain bleed", which is a bleeding in the head that puts pressure on the brain resulting in severe and progressive disjunction in many areas. The prognosis is excellent and your support helped me maintain a good attitude through out the entire ordeal. I would love to see and talk to you, please call me at (563) 355-6476.

Gratefully,
Dave Lefever



Memories of good times on a warm Wednesday Ride in August. This ride started from Hardee's in East Moline and went past Warner Castle. Pictured in front is Dean Arney. In the second row from left to right: Tom Scott, Dave Alftine, Mike Middelmis, Jim Karr, Warren Power, Darlene Moritz, Susie Wolf, Gabe Verstrate, , Jan Fitzgerald and Hal Rueter. Photo courtesy of Bob Fitzgerald.

**Awards Presentation
2002 Annual Diner**

<i>Around the World Awards</i>	<i>Special Awards</i>	<i>Board Members</i>	
Once - 24,901 miles	QCBC Volunteer Couple	Terry Burke	Darlene Moritz
Gary Jones	Bob & Kate Rutledge	Jane Garrett	Karen Nord
James Merritt		Andy Horst	Warren Power
Darlene Moritz	New QCBC Volunteer	Joe Jamison	Charlie Sattler
William Storm	Anne Fleischman	Jean Kelly	Kathy Storm
Twice - 50,000 miles		Dave Lefever	Bill Wiebel
Robert Fitzgerald	QCBC & FORC Volunteers	Deb Mathias	
Steve Kurt	Karen Nord & Scott Schaar		
Linda Lueders			
Tom McCarthy	<i>Award of Merit</i>	<i>Past Recipients – Award of Merit</i>	
Bob Replinger	Bill Wiebel	2001 – Terry Burke	
George Van Thorre		2000 – Joe Jamison	
Four Times - 100,000 miles		1999 – Eileen Wosoba	
Dave Alftine		1998 – Leon VanCamp	
Eight Times - 200,000 miles		1997 – Fred Blessin	
James Hanson		1996 – Carter LeBeau	

Special Awards were presented in 4 classifications this year as follows:

Award of Merit

Bill Wiebel received the distinguished “Award of Merit”. He has served as the Chairperson of the Heartland Century for the past 5 years, as Ride Schedule Chairperson for the past 2 and coordinator of the Corner marshals for the Criterium for the past 4 years. Bill is beginning his 5th year as a Board Member.

QCBC Volunteer Couple

Bob and Kate Rutledge have been members of the QCBC since 1990. They live in Galesburg and have 2 grown children who also enjoy cycling. Bob and Kate combined many of their trips to see their son, with volunteering for the QCBC activities: Criterium, TOMRV and the Heartland Century.

QCBC & FORC Volunteer

Karen Nord and Scott Schaar both live in Davenport and are unique in that they are members of both FORC (Friends of Off Road Cycling) and the QCBC. They not only volunteer for a lot of activities within these 2 clubs, they also volunteer with River Action and the Cornbelt Running Club. I’m not sure when these two sleep, eat and work! Karen is beginning her second year as a Board Member.

New QCBC Volunteer

Anne Fleischman joined the QCBC in August 2000. She is also a member of the Cornbelt Running Club. In November 2001, she picked up two large jobs for the QCBC – the newly created Membership Database Administration position and RAGBRAI Secretary. You’ll see Anne, biking, running and swimming around the QC area, as she likes to cross train.

If you might need a dumpster or container for cleaning out the basement or garage? Or maybe the residue from a room-remodeling job, call us!

Zickuhr Roll Off Disposal Service

• Construction Site Containers •

Construction	Residential Clean Up
Remodeling	Commercial
Roofing	Demolition

DEPENDABLE-ON TIME SERVICE Locally Owned & Operated

SAME DAY SERVICE
Reasonable/Competitive Rates

563 570 • 5911
Warehouse 563 • 332 • 0301

Member: Quad City Homebuilders Association

Use a container for a day, a weekend, a week or a month.

10, 12, 15 and 20 cubic yard containers

Owners/operators
Doug & Joleen Zickuhr

PH 570-5911

10% Discount to
QCBC Members

Great looking, aesthetically pleasing containers!

Additional Thoughts - Men's Tailwind Ride vs. RAGBRAI
Doug Nelson

I've had a chance to compare a Tail Wind with my first RAGBRAI this past summer. RAGBRAI was done with my 15-year old daughter and we stayed with host families every night. Therefore my RAGBRAI experience is different than a camper's, a fast rider's, or a someone who parties.

RAGBRAI is essentially a wonderful parade. It is the largest multiple day ride in the world. From that come its greatest assets and weaknesses. A Tail Wind is small and the pleasures are more subtle.

Item	RAGBRAI	Tail Wind
Planning	Significant for every rider	Minimal
Riding Conditions	Hot, with potential for headwinds	Tail winds
Geography	Midwest	Midwest
Scenery	On hot days, fantastic On any day quite varied	Grumpy old men every day
Conversation	Always enjoyable	Always enjoyable
Food	Good, but long lines	Good, no waiting
Beverages	With a 15-year old, not fully tested	Ample, no lines

Jerry Leggitt Memorial Ride – December 8th Joe Van Houtte

4 brave members of the QCBC showed up on this sunny but cold and windy day to ride a club ride in memory of Jerry Leggitt. Dick Morrill, Bob Mulligan, George Van Thorre and myself met at the park bench the club purchased in Jerry memory along the Great River Trail, just east of The Mark at 18th Street.

It was so cold (20^o at the start of the ride) that we decided to ride north into the wind to Brother's Restaurant in Rapids City. We then turned around

and rode back to Jerry's bench for a grand total of 23 miles.

Jerry had a short, but active, tenure with the club. He did not get involved with cycling until after he retired as a teacher and basketball coach. And then he hit the QCBC like gangbusters. He even served as a Board Member.

Jerry died of a massive heart attack while riding his bike on a club ride on an exceptionally warm December day back in 1998, just 4 weeks after hosting our Annual Dinner.



John and Debbie Chubuhar enjoy a few quiet moments before the Annual Dinner on November 8th at The Abbey in Bettendorf. Little did Debbie know that later in the evening her name would be drawn as the winner of the Vontrager Race X Lite wheels, valued at \$900.00! Look for John to be “testing” these out for her this spring. Photo courtesy of Bill Allen.

Awards and Recognition Jim O. Hanson

On September 19th my 2002 cycling goal was reached. On November 8th, at the Club's Annual Awards Dinner, I was recognized for having recorded 200,000 road miles.

At the beginning of the year 2002 my goal appeared to be very attainable as only 5,100 miles remained. On July 6th with 375 miles to record an unforeseen obstacle presented itself. A crash on the bike resulted in a rather complex fracture of the tibial plateau (major long bone of the lower leg at the knee joint) on the left and a chip fracture of the pelvic bone on the right. Surgical stabilization of the tibial fracture was delayed until July 17th to allow road rash to heal and some of the swelling to subside. My Orthopedic Surgeon (certified in Sports Medicine) Dr. John Hoffman estimated that it would be mid October before I could be back on the road. At that point I wondered if complications, compromised function and or weather might keep me from reaching my goal this year.

Physical Therapy at Trinity Rehabilitation began on July 26th with Julie Hopson who had worked with me on my shoulder early in '01. Through her efforts and expertise and with Dr. Hoffman's ok I was on the Windtrainer August 15th, out on the road September 5th, logged a century on September 12th and reached my goal of 200,000 miles on September 19th.

I'm proud of this mileage award, represented by a beautiful clock. The award represents many hours spent on the road not only locally but around this country, some of which has been in the mountain west. With all these hours I've had many great experiences.

I've also been fortunate, though my adult cycling years which began in the mid '70's, of having been my own boss, having an understanding wife, generous and competent coverage of my medical practice and good health. Not having even one of these advantages could have significantly compromised my cycling career no matter how great the desire or willingness to make the effort might have been. I think it's important to say that as most bicyclists don't have the luxuries I have had. But no matter at what rate time

and miles on the bike accumulate the experiences, joys, relationships and personal accomplishments will grow in numbers.

Finally. All that I have done in my cycling career has been personal and for myself. Following the Mileage Awards recognition was given members of the QCBC who have contributed to the Club in various capacities. Among those recognized were current Board Members.

Having been a Club Member for over 25 years I could make a long list of contributors. I'm going to take the liberty of selecting one person to represent them all. Among the Board Members is a man I have admired over the years who year after year has quietly and generously given of his time, talent and energy for the benefit of the Club and we it's members. Charlie Sattler is truly a fitting example for all of us. Thanks, Charlie and thanks to all of those on my list that I've chosen you to represent

**Staying in Shape During The Winter
Charlie Sattler**

I thought I would share with you how I work out in the winter. I have learned over the years the best way for me to work out is to do it in the mornings. In my case, that means I have to get up at 3:00am, since I start work at 5:30am.

I have tried different things over the years, but I currently have a spinner bike. I always wear a heart monitor and guide my workout by it.

The current method of using a heart monitor is to subtract your age from 220. This should give you your max heart rate. Then you can work out at different levels of intensity. So much for the technical stuff.

I always have water close by. I start with a slow warm up this will gradually raise my heart rate and also keep me from cramping up. I personally try to maintain consistent heart rate pretty close to my max but remember I have done this for a lot of years and I can actually work out hard for maybe five minutes. Then I can slow down and drink some water for a minute or two, then I can go back to my previous pace and surprisingly hold my heart rate pretty close all the time.

I try to workout for forty-five minutes. This includes a warm up and a cool down period. I always work out every day that I work, as this fills

the void of not being able to ride to work in the winter. Please remember the best way to find your max heart rate is to go to a doctor.

Exercise will work the most important muscle in your body, which is your heart. I will admit my program is extreme. It takes a lot of time and dedication for my program. But the side benefits are wonderful; it keeps your weight down, lowers your cholesterol and it also lowers your pulse rate. I haven't missed work in years due to the fact that I believe in exercise and diet.

**Ride Report - Sunday, August 4, 2002
Jean Kelly**

Conditions: Hot, muggy, partly cloudy at 1pm on Sunday August 4th.

The "Taxi, Tax" leisure ride was scheduled to start at the Water taxi Crossing area in Lindsay Park near the Village of East Davenport. I arrived in plenty of time to greet bikers. Jan Reynolds arrived – on 4 wheels, concerned about the conflicting start times of the ride. (It appeared in the Ride Schedule booklet with a start time of 1pm, but had also appeared in the August newsletter ride schedule insert with a 9am start.)

Cy Galley rolled up on 2 wheels. Ok, we're up to two riders, eliminating the possibility of the "1st No Rider Ride."

Cy decided to bike the Davenport/Bettendorf trail and once Jan drove away, Jean decided to create her own version of the ride sans water taxi (which I did try to take on my return from J.D. Commons.)

Always great to be out on the bike with your "best friend".

Editor's Note: Kathy also found out on another club ride later in August that Rich DeClerck and his son Brain showed up at 9am for the ride and had a great time crossing the river on the water taxi.

**The 19th Official Annual Tail Wind
September 23 - 29, 2002
Barney Young**

MONDAY, DAY 1 "Wind riders", as a 1993 Rotary meeting in Kalamazoo, MI called this group, met at Jerry & Sparky's for the traditional prayer for a safe and enjoyable week. The group consisted of John Keane, Dean Arney, Doug Nelson, Harold Reuter, Carter LeBeau and myself.

The first stop was LeClaire, IA for coffee and the Chicago Tribune. Then a beautiful ride along the Mississippi to a stop in Camanche, IA, at the new Lite House Sports Bar and Restaurant. (Note the spelling, even though the theme is a lighthouse inside and out). Harold said this place is elegant and what you would expect in Chicago, not Camanche.

Going into Clinton was a joy on their new road construction. The decision for lunch was the famous Rose Cafe, but was closed on Monday. The Old Town Cafe was just as good. Over the bridge into Illinois and on to the new bike path all the way to Savanna.

The campground was the new Super 8 Motel. Outstanding, but we were shocked at the \$80 room rate. They had a shuttle, which took us to and from Buck's Barn, a popular supper club out of town. Good cocktails. Harold had the largest catfish we had ever seen. I stated that the waitress should be a candidate for the waitress of the week. All agreed.

TUESDAY, DAY 2

The day started with a mild east wind, and even though we had a continental breakfast, we stopped at the Island Cafe in Sabula, (only 12 miles). Carter insisted we have their famous pancakes. In fact, he bought!

Yes, back in Iowa after biking over the Savanna Bridge, and a hilly stretch from Sabula to Maquoketa. Lunch at Hov's Pub and a camera battery purchase from a store where Dean's niece worked. Continued to Wyoming, home area of famous QCBC bicyclist, Eileen Wosoba. Passed the monopoly houses in Baldwin (that is what Doug called them). Some controversy by John and Dean in Wyoming, whether to go to Anamosa or Cascade.

It was decided when we learned there was no motel in Cascade. Another Super 8 awaited us in Anamosa, with an excellent supper club called the City Limits

right next door. The usual cocktail hour, viewing of the network news and watching The Wheel took place. John beat us again. He got the toss-ups as well as the big money games. Carter and I just enjoyed Vanna, as we could not compete with Dean, Harold or Doug.

WEDNESDAY, DAY 3 We wondered where the Wednesday club ride back home would go today. Our route was a beautiful ride to Central City. As we arrived, a local noticed Harold, saying she remembered him from RAGBRAI.

R's Cafe was breakfast time. The crony table there was a delight. All had the usual seed caps except one who told us, after Carter had asked, why he was not wearing one. Said he was a tree farmer. Over the 19 years we've run into crony tables with such unusual names like: "The 12 Apostles", "The Wisdom Table", "The Rusty Zippers" and "The Coffee Drinkers", etc.

At Troy Mills, IA we had 4 malts in an interesting cafe. On to Quasqueton, IA, called Quasky by the natives. No, we did not take a side trip to the Frank Lloyd Wright house. Just moved on after a beverage and candy bar stop. No stop in Independence, but a few pictures. Then 17 great tail wind miles to Oelwein. The market was up, Dean won The Wheel and everybody was happy as we walked to Luigies, the best supper club of the week. Even had a super waiter. We had walleye, cod, scallops and lasagna, a very memorable day. Lots of RAGBRAI memories, also, in this town of Oelwein.

THURSDAY, DAY 4 Left Oelwein with variable winds. Not what tail winders want particularly, when six guys, trying to make a decision. Unhappily, we moved on to Fairbank; no stop, and then on to Dunkerton. Combination convenience store and cafe. Cafe was not open, but Carter talked the owner into opening so we could at least sit to eat from store items.

Lunch was in LaPorte at the Get-a-way Cafe and Bar. Specialty was their sauerkraut and ham sandwiches. Dean and Doug said they were great.

We were surprised to find only one motel in Vinton, our overnight stop. Happy to learn it was called the Modern Motel. Actually, the only thing modern was the name. Rooms so small we had to have our cocktail hour in the parking lot. Dean and Doug were not sure the innkeeper appreciated us moving the chairs outside. (cont. on page 12)

The 19th Official Annual Tail Wind

(cont. from page 11)

Settled for dinner at Pizza Hut and returned to our respective rooms. Not all days can be perfect.

FRIDAY, DAY 5 Had breakfast at the Rt. 218 cafe in Vinton. Harold picked the waitress of the week. All agreed while Harold took 6 pictures of her. We think her name had a lot to do with his decision. It was Roxy. Before Blairstown, Dean and Doug left us to return for personal business. This meant only 4 will accomplish the official ride, which is 7 days.

Interesting stop in Blairstown. A lady's crony table, and all really fell for me after the others told them I was single and wealthy. After 4 hot chocolates, Harold spotted an old fashioned barbershop. Ended up having his picture taken in the barber chair, with apron and all. That is what tail winds are all about.

Lunch in Marengo at the Phat (pretty hot and tasty) Cafe. Expensive fish and chips, and not even as good as Long John Silver's.

Very hilly into North English, a pie stop at the Malt Shop. Was pumpkin pie and ice cream. Rt. 92 into Sigourney. Again, only one motel - used to be 3. It was called the Holiday.

It was definitely not a Holiday Inn. Good cocktail hour, and then to the White House Supper Club and Bar. Only place open in town of 5,000. Big darts championship going on. Got more laughs just observing the operation and the locals.

SATURDAY, DAY 6 Had breakfast at Flanagans, an outstanding restaurant. Could not believe we were still in Sigourney. Interesting artwork, decor, etc. Good food. Even fried cornmeal mush. Carter had called friends of his who were on the Iowa Sesquicentennial Ride. They, Phil and Cyrena Buschmann, joined us for breakfast. They also were on lots of RAGBRAI rides. Always fun to talk to locals who are bicyclers, who have never been on an official tail wind. Normal response is "What a great idea. We should try that some day". (P.S. they never do.) Oh yes, Carter played a piano for us before we left! The best part of this tail wind was yet to come.

The next town was Oskaloosa. If we could make it by 11 A.M., we could watch the Iowa-Penn State football game. Problem - fog covered Rt. 92.

Carter remembered on the cross-country ride with John that John would not ride in fog, so doubted he would try today. Wrong! John wanted to watch that game, bad. So did Harold. Carter and I were never stopped by fog - even on Rt. 92. Made it with some close calls, but that doesn't count. This is tail wind adventure.

Before arriving downtown, a 5 star Rodeway Motel appeared. In we went and got the last 2 rooms, as it had been booked due to a class school reunion. We settled in to watch the games. Iowa even won. The Iowa State game against Nebraska came next, so we continued to watch it. Harold and John were happy as both teams won. John said this was better than completing a double century. Carter and I found there was a 5 P.M. mass at St. Mary's Catholic Church, 4 blocks away, so we missed the last quarter of the game buying postcards and going to church.

Had to have a place to celebrate and we found it. The Red Carpet Supper Club was a few miles north of Oskaloosa. Harold sweet-talked the motel owner into letting us have her new Chevy convertible, as it was too far to bike back at night. Being with 2 winners, Harold bought a round of cocktails, and John bought a bottle of wine for dinner. The food was outstanding and resulted in a super evening.

SUNDAY, DAY 7 Had the continental breakfast, and went north on Rt. 63. Carter said we could get a real breakfast in New Sharon. All 3 cafes closed on Sunday morning. Moved on to Montezuma and it was almost noon, so hoped we would have better luck.

The old hotel that had a restaurant was out of business, and the other cafe was closed. Harold was never able to toss the left overs from our evening cocktail hour the night before, so we found a picnic bench and realized we had accomplished the first self-contained breakfast on a tail wind. This was our 7th day of perfect weather. It was an enjoyable picnic type stop. In fact, we had started the day in shorts it was so pleasant. Got to Brooklyn, Iowa - not New York - and finally had a very late lunch. Decided we rode our bikes 7 great days, took a few more pictures and agreed this was the destination for the Official Tail Wind 19.

Annual Awards Dinner John Wessel

I think most would say our Annual Awards Dinner was a nice success. It was held at the Abbey Hotel in Bettendorf on Friday, November 8th. The banquet room was beautifully decorated by Dodie Robers, Jan Willets and Jan Reynolds. 140 of our members enjoyed a social hour with complimentary appetizers followed by a very nice dinner. I would urge all of our members to put this event on their calendar as it is a great value at \$22.00 per person.

Awards were presented by Kathy Storm, Jim Merritt and Terry Burke. (see page 5)

The "Award of Merit" was given to Bill Wiebel this year. This is the most prestigious award given by the QCBC and is given to a special person who has donated a lot of time and effort to club events, served as board member, etc. Next time you see Bill thank him for all he has done for all of us.

It was a special night for Deb and Dean Mathias as they celebrated their wedding anniversary by bicycling over to the Abbey where they checked into the hotel and attended the dinner. What a nice anniversary surprise Deb got when Tom Eriksen from Jerry and Sparky's Bicycle Shop pulled her name, winning a Trek jersey.

The big winner was Deb Chebuhar who won Vontrager Race X Lite wheels, valued at \$900.00. From what I hear you'll probably find those wheels on her husband's bike. A big thanks to Trek and Jerry and Sparky's for their participation with these door prizes.

Our guest speaker was Bill Wundram of the Quad City Times who brought along a beautiful slide pictorial photographed by National Geographic showing some of Bill's favorite spots in and around the Quad-City area. Bill was, as always, very entertaining. Anyone who missed this should pick up his book, "What, Where and Yummy," to see what you're missing only a bike ride away from the Q.C.

Our new president, Warren Power, recognized Kathy Storm for all of her efforts in leading this club the last few years. Thanks again, Kathy.

Following our guest speaker, there was a nice choice of dancing music for all of our swinging cyclists. The only complaint I heard was that the dance floor

needed a little cornstarch. It's on my list to bring next year.

The QCBC got some great notoriety from the Quad City Times in Bill Wundram's column dated November 12th, "QCBC bicyclists go in circles – and love it."

I think Bill was shocked beyond belief that some of our enthusiasts ride so many miles. He mentioned Dr. Jim Hanson's accomplishments as well as others. The following is a letter that Jim Hanson's daughter sent Bill Wundram after reading his column.

"Dear Bill, I want to personally thank you for the wonderful write-up on my father, Jim Hanson. You pegged him to a tee!

Yes, my father is an avid and talented rider. I rode on a tour with him before. He may not be the strongest, or the fastest, but, I am telling you, he is THE Energizer Bunny. He just keeps on going... and going... and going!

Talented, indeed, but he has never bragged or boasted about his accomplishments... just quietly explains his trips, with NO detail left out. "Shyly smiled" is as accurate a picture as one could paint of him.

He is also a wonderful supporter of his children, especially when it involves biking! I did the 7th TOMRV with him. I was determined to make him proud, although my brother told me I would never finish. Dad hung back with me, always encouraging me on.

When I hit my first century, my father took the old cheerleading skirt from me and donned it himself! I have never felt more proud of myself or admired my father so much. And, as a tear or two rolled down my cheek, I remember the words I mouthed to my brother, 'See, I did it. I made it.' My father never doubted that I could do it.

The perseverance I inherited from my father lives on in me today... I think of him often, always wishing I were closer to home. I think of him when times seem hard, and I pedal on.

200,000 miles... WOW! A couple thousand over to Arizona and a hug would be the only thing better!

Sincerely,
Kathleen Hanson Hayes"

**Want Ads Column (Ads run for 2 months)
Check Web Site (qcbc.org) for Additional Items
QCBC Members**

FOR SALE:

- 1997 Red Cannondale MT800 Tandem. Excellent condition. Extras. New \$2095; asking \$1500. Mike Johnson (563) 391-8171 or mikedana2@mchsi.com

- 2002 Blue Bike E Tandem. Excellent condition. Extras. New \$2495; asking \$1800. Mike Johnson (563) 391-8171 or mikedana2@mchsi.com

WANTED:

- I am planning on taking a 2 week loaded ride with my son this summer. I would like to borrow or rent the following lightweight equipment: 2-man tent, sleeping bags, sleeping pads, racks and panniers for road bikes. Steve Peterson (563) 355-4273

**QCBC Annual Mileage Totals 2002
Prepared by Jim Merritt**

Name	Mileage	Name	Mileage	Name	Mileage
Wayne Hanno	14,925	Dave Lefever	4,510	Gary Hagener	2,540
John Thier	11,640	Terry Burke	4,500	Lee Overbeck	2,525
Gregory Zaborac	11,009	Dick Morrill	4,500	Betty Grendysa	2,500
Jerry Sears	10,040	Kathy Storm	4,500	Jim Mamyek	2,500
Jan Sears	9,725	Dave Round	4,298	Ahmad Vossough	2,500
Joe Jamison	9,000	John Lamb	4,000	Jim Merritt	2,470
Bob Fitzgerald	8,800	Phil Fellner	3,775	Rock Woodstock	2,174
Bob Milligan	7,500	Susie Wolf	3,592	Barney Young	2,055
George Van Thorre	7,380	Mike Desch	3,500	Jan Treftz-Allen	2,000
Bill Wiebel	7,100	Bill Storm	3,218	Herb Page	1,800
James Hanson	6,800	Judie Gulley	3,200	Doug Nelson	1,600
Lisa Paulos	6,800	Melinda Thompson	3,060	Karen Stinson	1,500
Warren Power	6,200	Dick Grimm	3,000	Bob Replinger	1,469
Richard Vermeer	5,774	Deb Mathias	3,000	Mary-Vance Smith	1,200
David Thompson	5,880	Tom Scott	3,000	Darryl Brass	1,150
Rod Hawk	5,650	Dottie Willits	3,000	Carol Pressly	1,130
Matthew Scudder	5,383	Gail Overbeck	2,950	Tim Phlypo	1,100
Gary Jones	5,200	Gary Mauritzson	2,834	Rosemary Jamison	905
Dean Mathias	5,000	Richard DeClerck	2,728	Stacey Replinger	200
Darlene Moritz	5,000	George Coin	2,703	Sue Page	65
Barb Donald	4,800	Mike Middlemiss	2,702	Denny Barber	50
Joe Van Houtte	4,530	Dan De May	2,650		

**Email Address for Newsletter Submissions
Kathy Storm**

Please send write-ups on club rides to me by the 10th of the month. Shorter articles (1 page or less) are preferred. If possible, please try to send the article via email to: qcbceditor@yahoo.com

