



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – March 2003

Preparing for the Bike Ride Across Iowa Lorraine Roth

As I vicariously enjoy this year's RAGBRAI experience, I relive RAGBRAI's past and smile as I think of numerous people who view me as an expert. Early every summer, those who are planning their initial trip begin asking how I prepare for the ordeal. I cherish no grand illusions about why they come to me, rather than thousands of other knowledgeable Quad Citians. My couch-potato body build leads them to believe I hold some secret which gets me through what surely must be my only physical activity each year. If I can make it they certainly can!

Usually, when the queries begin, I respond with a smile, and on obvious, "I ride my bike a lot!" Depending on the year, this is either an insufficient statement, or a blatant lie. So what do I do, you ask, to prepare for this extravaganza?

Well, for starters, I do not ride my bike – it just isn't "COOL" to be in good shape for this trial. It is far more stylish to talk about how little one has ridden (last year, I proudly flaunted a new personal record, having logged only 50 total miles in the six months prior to the ride).

Once this lack of physical training becomes known, I am licensed to complain about sore knees and backside, aching muscles, and the price of Ben Gay. Others are encouraged to marvel at my ability as I complete each day. I also religiously avoid being outside, as biker's sunburn – raccoon face, legs fried on thigh fronts, kneecaps, and calves only – is the distinguishing mark of a true RAGBRAI veteran, and will encourage comments for months to follow.

Rather than working on these aspects of physical exertion, I concentrate for two weeks on developing survival skills, including nutritional and schedule variations. Ingesting a daily pint of Crisco, alternating liquid and solid forms, prepares my digestive system

for the endless pork burgers and hamburgers, which are to come.

An additional half-dozen cookies, and two or three quarts each of iced tea, lemonade, and water are also minimum daily requirements. At this crucial point in the training period. In anticipation of the week's rituals, my daily routines are altered. My alarm rings at 3:30a.m. I push "play" on my recorder, and the "Campground Sounds – One" begins. The familiar hum of clanking tent stakes, alarm clocks at 5 minute intervals, and cries of "come on, Jody, we're burnin' daylight!" fill the air. A teenager screams as a tent is let down on top of her, followed by loud laughter.

Arising at 5:00am, I get dressed, make my bed, and then stand outside my bathroom door for 37 minutes before entering. I repeat this procedure beside the refrigerator, as well as outside bathroom doors, several times a day. I turn the heat on as high as it will go, and turn on all the lights, including several heat lamps borrowed for this time of adaptation.

At 4:53am (after my 37 minute wait) I confront a breathtaking icy shower, taking care that water is cold enough to require a full ten minutes to rinse out shampoo, teeth clenched, breath held. During the evening, I sit or lie on the floor, careful to avoid leaning against my furniture, and stand by the telephone for 45 minutes before allowing myself to place a call. At the end of the day, I climb into my sleeping bag on my hardwood floor, having first made sure the strategically placed marbles are there.

I play side two of "Campground Sounds" similar to side one, but without the alarm clocks and collapsing tent, and with additional foul language as bikers trip over tent poles, and fail to locate their tents in the dark.

At the end of this strict diet and rigorous training, my G. Gordon Liddy attitude intact, I'm ready to endure whatever tribulations lie ahead. (cont. on page 3)

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 (309) 797-3790	Joe Jamison (309) 755-6801	Jean Kelly (563) 359-9508
Dave Lefever (563) 355-6476	Deb Mathias (309) 787-6547	Karen Nord (563) 326-9113
Tim Phlypo (309) 944-2649	Charlie Sattler (563) 391-3422	Bill Wiebel (309) 755-1859

Key Contacts: A complete listing of Committee Chairperson and Key Contacts is available on the club’s web site and in the front of the hard copy Ride Schedule booklet.

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

Club Meetings: Are held 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 Errol McCollum for program information.

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. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page \$50 and a full page \$100.

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

Benefits of Being a Club Member Include: 12 issues of Pedalwheeling per year, Annual Issue of Ride Schedule and Membership Directory booklet, 10% discount at QC Area Bike Shops, ability to use LAB “Bikes Fly Free” program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



www.bikeleague.org



www.bikeLIB.org

Membership Count: 2/12/03

	# of Members	# of Memberships
Ind.	439	439
Couple	280	140
Family	409	109
Comp.	9	9
Life	6	3
Total	1,143	700

From the Headset
Warren Power, President

Take a look at the March rides in the Quad Cities Bicycle Club Ride Schedule and Membership Directory. There are two things you will notice. First, there are no more rides scheduled beyond March.

This will be rectified when you receive your new ride schedule in late March thanks to a large committee chaired by Bill Wiebel who have spent many hours over the last three months putting it together. Second, the March rides have actual routes, instead of the “rider’s choice” rides that are listed in December, January, and February.

It’s nice to see March come around. It’s kind of nice to know where I’m going when I show up for a club ride. But probably more important than knowing where I’m going is knowing how long the ride is, especially if you’ve turned into a couch potato over the winter.

The distances of some of the March rides can be intimidating, but remember, you don’t have to do the

whole ride and there’s almost always a group of riders that cut the rides short, especially early in the season. So if we have some nice weather come on out and join the crowd. March can be a beautiful month for riding.

Speaking of March, on the last Saturday in March we have our traditional Search for Spring bicycle ride. It starts at the Bix Biederbeck Bandstand in LeClaire Park in downtown Davenport and goes to the visitor’s center along side Interstate 80 in LeClaire. Refreshments are provided at the center. This ride is usually very well attended. The route is flat, except for a short climb up to the visitor’s center, and the distance is reasonable. If you haven’t been on a bicycle yet this year, this is a great opportunity to start accumulating those miles for 2003.

It seems like the year just started, but club registration for RAGBRAI is already closed and TOMRV registrations are well under way. If you plan on doing TOMRV, now is not too soon to start training. TOMRV’s a lot more fun when you’re in top condition.

Don’t forget the membership meeting on March 18th.

Preparing for the Bike Ride Across Iowa
(cont. from page 1)

When family and friends call the night before RAGBRAI to ask, “You aren’t really going in this heat, are you?” I can glibly reply, “Not if there’s a break in the weather.”

I am truly prepared for the ride. Only one formidable task lies ahead – at the end of the trip. I must gather

all available resources to cross the credibility gap, and convince everyone that I had a fabulous time!!

Editor’s Note: This article was submitted by Dave Lefever. Lorraine was the QCBC Newsletter Editor many years ago and wrote this article in the late 1980’s. She currently serves as Pastor at Asbury Methodist Church in Bettendorf. And yes, she still rides a bike.

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

- I am looking for a female to go on the Cycle Zydeco ride with me. The person I signed up with had to back out. It is a 4-day, 200-mile ride on April 10 - 13 in Lafayette, LA. I’ve already

signed up and paid the \$263.00 and am hoping I can find someone who wants to share driving time. We would leave the 9th and return on the 14th. If interested, please contact Jayne Phelps at (563) 355-3306.

\$100 Reward - for information leading to the recovery of Dean Mathias’ bareback bike. It was stolen from the Rock Island School District Administration Building on January 24th. This is the bike that many of our members have come to know Dean by. It is a custom made frame without a seat post and saddle. The frame is made of titanium and has the custom lettering “Deans’ Bareback”. Please contact Dean at: (309) 787-6547 or mathiasdebdean@mcleodusa.net

Welcome New QCBC Members!
Anne Fleischmann, Membership Coordinator

Name	City & State	Phone	Name	City & State	Phone
Larry & Cathy Schellhase	Los Angeles, CA	310-836-7186	John & Paula Pepke	Milan, IL	309-787-3215
Vytenis Kuraitis	Davenport, IA	563-383-2141	Steve Rost	Milan, IL	309-787-2868
Tammy & Al Romeo	Davenport, IA	563-324-1214	Rick & Sue Mason	Moline, IL	309-762-4947
Deborah Russell	Fort Dodge, IA	515-573-2314	Jim Orr	Moline, IL	309-765-1968
Lynn & Patricia Lilienthal	Tipton, IA	563-886-6942	Richard Soseman	Peoria, IL	309 224-8783
Trey Williams	Andalusia, IL	309 798-2912	James Thurow	Rock Island, IL	309-786-9693
Patricia Decaire & Mike Durr	Chicago, IL	773-252-3822	Scott & Kristen Shumard	Sterling, IL	815-622-7868
Scott Reeh	Coal Valley, IL	309-234-5642	Neil Polifka	Winfield, IL	630-690-2692
Robert & Barbara Somers	Coal Valley, IL	309-799-7944	Kevin & Jody Akers	Yorkville, IL	630-553-5707
James Mason	Geneseo, IL	309-441-5027	Leo Christel	East Lansing, MI	517-351-5666
Steve Bost	Milan, IL	309-787-2868	Sue Ellen Conghlin	Megun, WI	262-242-7508

RAAM UPDATE

Release: Jan 31, 2003

Race Across America 2003 Update

Have you ever wondered how far you can push yourself physically and mentally? Well we have prepared just the opportunity for you. Race Across America (RAAM) - the World's toughest endurance bicycle race begins this year (new route) from San Diego, California, and proceeds 3000 miles to Kennedy Plaza on the Famous Boardwalk in Atlantic City in New Jersey. The legendary RAAM with its mystique is now in its 22nd year and is waiting for you.

Solo RAAM presents the unbelievable challenge of 22 hours and 350 miles per day for more than 8 days to finish. For those of us in the realm of mortals, 2 and 4 person teams are done as relay teams breaking the ride up into manageable pieces for any well trained cyclist. Expect 6 hours per day on a 4 person team doing 100 miles or so. The Corporate Team Division has up to 8 team members so 3 hours per day for 50 to 60 miles is the target. Prize money of \$40,000 is to be divided between the winners of the Solo, 2 and 4 person divisions, plus several \$10,000 bonus awards to the first to beat certain existing records.

Checkout the RAAM website www.raceacrossamerica.org for Route, Award details, etc., and to sign up for the ride of your lifetime.

You will be televised on Outdoor Life Network (OLN-TV)

RAAM 2003 Route (new): 2970 miles Downtown Harbor, San Diego, CA to the Famous Boardwalk in Atlantic City, NJ.

Dates:

- **Starting Banquet Celebration:** Saturday, June 14, 2003 Holiday Inn, 1355 N. Harbor Dr., San Diego, CA.
- **Solo Start:** Sunday, June 15, 2003 at 7:00am.
- **Team Start:** Monday, June 16, 2003 at 2:00pm.
- **Finish Banquet Celebration:** Wednesday, June 25, 2003 5:00pm, Kennedy Plaza on the Boardwalk, in Atlantic City, NJ.
- **Race complete:** June 27, 2003 12:00 Noon Banquet Tickets are \$20.00, and are available on the RAAM website. Everyone is invited, but limited seating is available. Come out to see and support these incredible athletes.

For additional information, contact:

Lanie Mason
USCF/UCI # B0083740.
RAAM Public Relations
8500 East Southern Ave. #98
Mesa, AZ 85208
(480) 664-3883

**Attention Club Members !
Errol McCollum**

It's not too early to think about your spring/summer cycling wardrobe. We have the honor of having Katie Ishmael, the product manager of Trek clothing, to come here to our March general club meeting and talk about the cycling apparel that Trek has for 2003. Do not miss this opportunity.

For Directions or additional information, contact Errol at: (309) 762-8252 or ecmed@netexpress.net

Date: Tuesday, March 18th
Time: 7pm
Location: Rivermont Collegiate, 1821
Sunset Dr., Bettendorf, IA



**FORC, inc
Karen Nord**

The Friends of Off-Road Cycling (FORC) will soon be a non-profit corporation! We hope to have this completed by the end of the month.

Our current "hierarchy" consists of:

- Scot Schaar - President
- Dean Mayne - Vice-President
- Karen Nord - Secretary
- Rick Wren - Treasurer
- Kelly Bryant - Web master

Kelly has added a message board to our web site. This can be used as an informal forum to let others know when and where you will be riding. Also, if there are questions or comments, buy/sell/trade, notices, etc., feel free to use it at

www.qcforc.org

Upcoming events include the FORC/QCBC spring picnic at Loud Thunder Park. The picnic will be in the pavilion by the ranger's house, the same one as last year. This is on Sunday, April 13th at noon. Bring a dish to pass (with food in it that's ready to eat) and

your old "stuff" to sell to other FORC and QCBC members. The clubs will be providing hamburgers, brats, hot dogs, veggie burgers (from Chief Mayne and Wren), pop, hot coffee and hot chocolate.

There are 2 club rides starting from Loud Thunder as well prior to the picnic. A Fast Paced and a MidPaced ride will start at 9am from the Horse Corral. Plans are to do a loop on the county roads and be back at the pavilion for the picnic around 11:30 – Noon. Bring dry clothes to change into after the ride.



Another FORC tradition of participating in the St. Pat's Parade on March 15th, has been modified this year due to construction on the Centennial bridge and downtown Davenport. The event participants are being limited this year. Spectators are always welcome though. Come out to

see some of the FORC founding fathers sporting their kilts as they march in this fun parade.

For information or directions to the Spring Picnic or St. Patrick's day Parade, contact Karen Nord at: (563) 3226-9113 or dalisplash@mchsi.com

Big Dogs Ride Report - February 8, 2003
Joe Jamison

We needed our February century, and decided to combine the ride with a visit to Tampico, IL, the birthplace of Ronald Reagan to pay tribute to his reaching his 92nd year.

John Thier, Wayne Hanno, Tom McCarthy, Joe Camp, Greg Zaborac and the writer left from Hampton, IL at 7:00am with the temperature at 15

degrees and a 10 – 20 MPH wind that didn't relent at anytime during the day.

We set no records but put a huge dent in the pie inventory at Dutch's Inn in Tampico, one of our favorite lunch stops. The temp finally reached 35 degrees for the ride home, which saw us pull back into Hampton at 4:30pm. It was an ugly century, and we hope no one was watching, but great fun for the Big Dogs!!!

A Note from the Treasurer
Darlene Moritz

Hello to all. I am writing this little note to ask if anyone would like to be the next Treasurer. I am going to be done with the QCBC Treasurer come this November. I have done this position for 5 years in November.

I am looking for a replacement. Will train and help thru any questions.

Currently the books are kept on Microsoft Money and Microsoft Excel. If you know how to move around in Excel you can learn Money, I did. If this is a job meant for you, give me a call. Will be glad to show you the ropes.

Please contact Darlene at: (563) 386-349 if you would like to learn more about this volunteer opportunity within the club.

Bob Seaberg Passes Away
Terry Burke

Bob Seaberg, QCBC president in 1969, died Feb 2nd after a bout with cancer. Bob made many contributions to QCBC not only in the early years, but the last 10 years as well. Bob became active in the QCBC in 1966-67, and by 1968 he and QCBC President Fred Blessin organized the East Moline Race/Criterium in September. Interestingly, Fred and Moline Criterium organizer Rene DeLanghe had planned to have a race in the downtown area of Moline that year, but the sponsor fell through.

Bob's interest in the QCBC was not limited to racing, he actively promoted the club by placing flyers in QC area bicycle shops, and on the QCBCs' first large ride, a one way trip to Harpers Ferry, Iowa, he was "the" sag service, giving out apples and chips to riders from his car. Bob became QCBC President in 1969 and with other major players such as Rene Delanghe, Roger and Irene DeLanghe, Fred Blessing continued the promotion of the long surviving Moline, (now the Quad Cities) Criterium. Although Bob developed other interests after 1970, he continued to be a spectator at the Moline Criterium.

By the early 1990's the large Moline Criterium crowds had necessitated a large logistic effort involving a considerable amount of fence, barrels, sand bags, steel rods and hay bales. Bob, with the undersigned, took on this mundane function. Bob carried on with others like Joe Lopez and Byron Baxter when we moved the Criterium to Rock Island. Bobs' health began to fail in the late 1990's, so Dan Burns and Dave Thompson began to perform logistics tasks. Bob still was interested, however, helping with the primes, and picking up plastic barrels for the 2002 Quad Cities Criterium.

In conclusion, Bob Seaberg was always ready to help in any way he could into making the QCBC a great club. He will be missed by all those in the QCBC who had the pleasure of his shared interest in cycling.



Steps To Take When Injury “Knocks” You Off Your Bike

Trish Arbuckle, Physical Therapist

Because of the repetitive nature and high speed of cycling, we are prone to overuse injuries and, on occasion, to acute traumatic injuries. Both scenarios can keep us away from our beloved bikes for an extended time frame. Do not let one of those nagging aches turn into something more serious. Here are some simple things to monitor to keep your legs spinning all season.

- Ride statistics: distance, time, terrain, training technique, speed, perceived exertion, etc.
- Take note of “little” aches and pains, what hurts, specifically when does it hurt, and how long does it hurt.
- Changes in saddle position, shoes, cleats and other items affecting your position on the bike.
- Monitor daily body weight and resting morning HR, which are important indicators for general body well-being and burnout signs (too lengthy a topic to discuss today).

You will be asked numerous questions about the above topics in the event you seek medical attention for your problem. It is very helpful to keep a written journal/ride log containing the above information. Prior to seeking treatment, attempt to correlate any changes you made in position to the onset of your pain.

The vast array of health insurance plans and varying laws for accessing medical professionals makes it difficult to provide specific advice for your particular situation. A typical course of action involves seeing your family doctor and asking for referrals to specialists, such as orthopedists or physical therapists, if warranted.

Some plans do allow you to go directly to an orthopedic specialist, if you feel your muscle/joint pain needs that type of specific evaluation and care. Most physical therapists can evaluate you without a doctor referral, but in order to get reimbursement from your insurance provider, they will ultimately need a doctor's referral.

Physical therapists (PTs) can be very valuable in assisting you on the road back to your bike. Many therapists are adept at sport specific evaluations and

treatment of numerous musculoskeletal problems. The therapist's role is to evaluate the whole picture, all the parts in the immediate area of pain, as well as areas above and below in order to make an effective and long-term change of the problem. PTs provide appropriate stretches and strengthening exercises as well as improve the movement of joints and soft tissue when needed.

It is very important to identify injuries before they become multilevel problems. While it is not reasonable to “run” to the doctor for every new little ache or pain, it is encouraged to monitor your symptoms and seek treatment if the problem persists for several weeks despite appropriate rest. The following guidelines will help you determine when to seek care.

- Sharp, persistent pain.
- Pain that begins to affect simple daily activities like stair climbing or getting up from chairs.
- Night pains that wake you frequently.
- Pain that moves to another region.
- Locking or catching of a joint (i.e. knee).

Appropriate steps to take prior to seeking care include:

- Resting the injured body part (stop riding if needed).
- Decreasing your miles, intensity and frequency.
- Attempt your return to riding slowly, increasing frequency, easy miles and then intensity.
- If the problem returns or persists, seek medical care by calling your family doctor, seeing your orthopedic specialist or contacting a PT for guidance.

As the 2003 season approaches, we all look forward to those first warm days to begin our outdoor mileage tally. It is warranted to remind everyone to begin training slowly, as most of us have been in hibernation over the cold, dark winter months. Gradual progression of training is key to injury prevention. I wish everyone a safe and successful riding season. You may contact me at (563) 324-2263 if you have questions.

**Cross County Skiing
A Winter Alternative to Bicycling
Kathy Storm**

On Sunday, March 2nd, Lynne Groskurth, Susie Wolf and I loaded up our XC (cross county) equipment and headed to Ironwood, MI, in the Upper Peninsula. We were on our way to meet up with 25 members of the Elmhurst Bicycle Club (based in suburban Chicago) for 4 full days of outdoor fun cross-country skiing and snowshoeing.

Ironwood is a 420-mile drive from Davenport and we didn't see any snow worth skiing on until we reached Tomahawk, WI. We had read reports that Ironwood receives 200+ inches of snow a year. As we got closer to Ironwood, the lake effect snow (of Lake Superior) became apparent and there was deep snow everywhere. I felt like a kid in a candy store just itching to try out my new skis.

Once in Ironwood, we headed to the Indian Head Motel where we meet up with the EBC. They had reserved about 75% of the rooms for this outing. The basic "package deal" at this old family owned motel is just \$175. This fee included: 5 nights lodging at the Indianhead Motel (double occupancy), 5 Continental breakfasts, 5 days of XC Ski passes at ski areas around Ironwood and a \$10 credit towards dinner every night at local area restaurants. This worked out to \$35/day.

Monday through Friday, we ate our breakfast in the cozy lobby with the other skiers around 7:00am and then caravanned to a local area XC ski venue around 8:30am.

We ended up skiing at a facility called ABR, just 3 - 4 miles from the motel 3 of the days. This is a great facility with 42km of groomed trails and lots of trails that crisscrossed each other.

The crisscrossing of the trails made it very easy to meet up with others in the group every 20 - 30 minutes. We could jump from one trail to another if we found ourselves on trails that were too easy or too difficult. It also made for a very friendly atmosphere between those who were skiing at different paces.

On Wednesday, we drove east for 60 miles, and skied on about 50 - 75% of the 40km of trails at The Porkies (a combination downhill and XC ski resort in the Ottawa State Forest).

The last 5 miles of highway to The Porkies is right along Lake Superior. Huge frozen waves were just 100 feet from our van. We got to see these frozen waves again from atop the ski area after XC skiing up the backside of the mountain for 4 hours.

Skiing at ABR in Ironwood was very enjoyable. The trails were well groomed with tracks cut going both uphill and downhill. The trails went through pine and birch forests, along rivers and through valleys. Skiing at The Porkies offered us a different experience, as part of the trail system goes through a very old stand of Hemlocks. We also had to do a lot of uphill skiing to get to the "warming hut" for lunch and a port of potty.

After a full day of skiing and/or snowshoeing, cocktail parties we held back at the hotel for an hour before our group dinners. Group dinners were at a local restaurant around 7pm each night.

The clothes that we used for this trip consisted of many of our regular cold weather cycling items. These included: long sleeved undergarments that contain high tech wicking fabrics, polypro liner gloves, balaclavas, camelbacks, wind pants and long underwear (or cycling/ski bibs) and our cycling glasses. This is one reason bicycling and XC skiing are two complimentary sports.

I would definitely recommend this trip to anyone who likes the outdoors during winter. Our daytime temperatures ranged from 0 to +27 F. XC skiing and snowshoeing are inexpensive sports. The equipment is very reasonable, lasts a long time and there are nominal user fees. The user fee at ABR was just \$6.00/day. Snowshoe rental at ABR was only \$5.00/day.

If you would like information on this trip for 2004 or the package deal at the Indianhead Motel, just ask Susie, Lynne or I. You can also pick up a brochure for the Indianhead Motel at Kunkels in Davenport or just about another other ski shop in the Midwest.

Most of the motels in Ironwood have ski package deal, both for XC and downhill skiing. The downhill packages are about \$15 more per day. Other QCBC members who have skied in this area are: Jean Kelly, Mike Middlemiss and Sharon Harrington. (See photos on page 10.)

GITAP - Filled to the Brim
Chuck Oestreich

The Grand Illinois Trail And Parks ride (GITAP) has reached its capacity for this year and we cannot accept any more riders. However if you are still interested, send a note and we will:

- 1) Put you on our waiting list, just in case something comes up and one of our registered riders can't do the ride. In that case we'll give that rider an opportunity to sell it to those on our waiting list - first come, first serve.
- 2) Also put you on our "interested" list for next year. This year we gave priority to interested riders at the start of our registration period.
- 3) Remind you of another extended ride this summer that covers some of the same territory as GITAP. The ride is "Around Illinois Back Roads" (AIBR), and the Joliet Bicycle Club sponsors it. The web site is:

www.jolietbicycleclub.org or call Brenda Alberico at: 815-467-5748 or email at alberico@cbcast.com

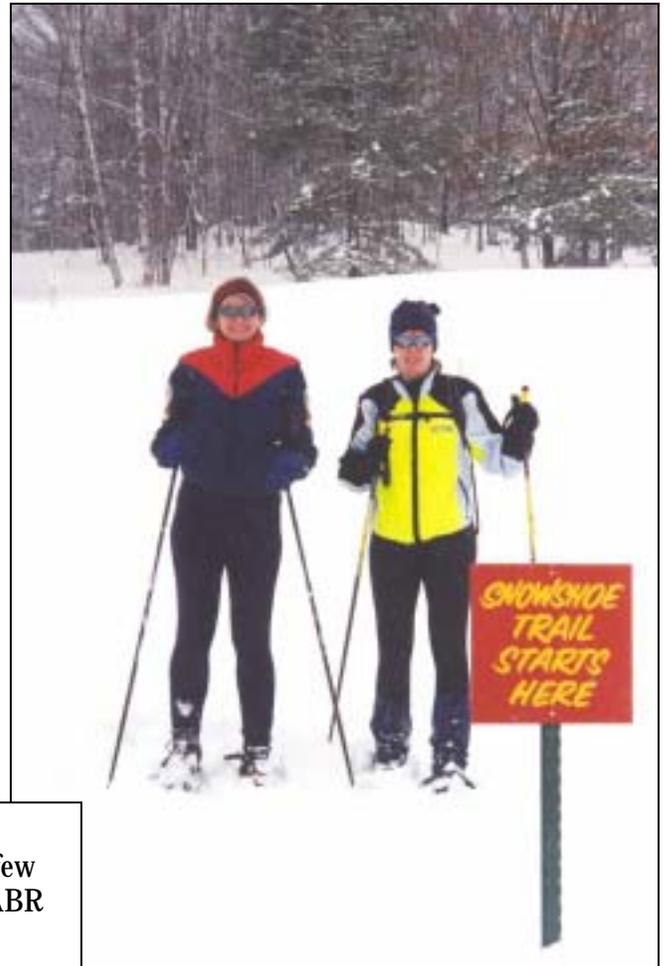
Summary of information for the AIBR Ride:

- Dates: August 9 - 15 or weekend of August 9 and 10.
- Begins & ends at Morris High School, Morris IL.
- 3 dinners, 2 full breakfasts, 3 continental breakfasts.
- Lay over day in Galena or an optional 60-mile route.

For additional information, contact:

Chuck Oestreich
GITAP Chairman
816 - 22nd Street
Rock Island, IL 61201
309-788-1845
oestreich@qconline.com

Lynne Groskurth, Susie Wolf and Kathy Storm prepare to leave the warming hut after lunch at The Porkies while on their XC ski trip in February.



Kathy Storm and Lynne Groskurth head out for a few hours of snowshoeing at ABR in Ironwood, MI.

**QCBC Winter Social Report
“It’s Snowtime for a Picnic”
Kathy Doyle**

39 persons enjoyed fun, fellowship and feasting at the Deere Wiman Carriage House for the annual Winter Picnic on Jan. 19, 2003. This is the first time this event was held there and I think it safe to say that everyone was very happy with the new location.

The Club provided baked ham and members brought a perfect selection of side dishes, salads and desserts. The serving table was decorated with snowmen.

Before we began eating, Bob and Kate Rutledge were presented with their plaque "QCBC Volunteer Couple" by Kathy Storm and Charlie Sattler for numerous years of helping out with various club activities.

The picnickers in attendance were: Kate and Bob Rutledge, Millie and George Van Thorre, Deb and

Dean Mathias, Vivian and John Norton, Sharon and Charlie Sattler, Diane and Chuck Oestreich, Cindy and Rachel Hamerlinck, Lori and Dan Walljasper and their daughter Shanelle Josvanger, Jim Karr, Karen Nord, Darlene Moritz, Cy Galley, Susie Wolf, Jim Merritt, Jim Hanson, Mary-Vance Smith, Dottie Willets, Kathy Storm, Joe Van Houtte, Bonnie Gesling, Marge Dixon, Jane Garrett, Dick Morrill, Karen Stinson, Dennis Baber, Barb Donald, Joanne Sullivan, Joy Bleuer, Dodie Robers, and Chet and Kathy Doyle.

Deb and Dean Mathias brought a lovely picture album of their summer 2002 trip to Germany to share. And Kate and Bob Rutledge brought T-shirts to be given away and a tandem to sell (which they did - to the Doyles).

My heartfelt thanks to Joy and Dodie. You're the best!

**“Search for Spring” Ride
Bill Wiebel**

Is winter finally over? Come and find out and join us for the Annual Search for Spring Ride. The Ride begins and ends at the bandshell on the Davenport River front and takes the riders to the Visitor Center in LeClaire. As usual, refreshments will be served at the Center.

Riders of all ability levels are encouraged to

participate. As a matter of fact, this will be the last weekend before the rides split into Leisure, Mid Paced and Fast Paced. This may be your last chance to see some of your “slower or faster” friends for awhile.

- **Date:** March 29th
- **Time:** 9:00am

For additional information, contact Bill Wiebel at: (309) 755-1859 or billwiebel@aol.com.

**Wanted: Old bikes for “Ride The River”
Vivian Norton**

Here's your chance to get rid of that old bike! We're planning to have decorated bikes placed around town, at the River Action office, and at the “Ride” headquarters at Union Station in Davenport.

The bikes will be decorated by businesses and individuals and used to advertise the 2003 “Ride The River”. Your bike will be picked up or you may take

it to the River Action office at 822 River Drive, Davenport. You will be given a 2003 Ride the River, (\$10 value) volunteer shirt and our thanks.

To donate your bike, contact:

- Kathy Wine at: (563) 322-2969 or riveraction@netexpress.net
- Vivian Norton at: (563) 355-1899 or vjoan@worldnet.att.net.



Keeping Track of Your 2003 Mileage **Kathy Storm**

The race is on for keeping track of your 2003 mileage. Some of our members have already been on cycling vacation trips to the south, west coast and southwest racking up miles.

In 2003, we will return to recording mileage through

December 31st. This is due, in part, to the fact that we have returned to 12 issues a year of Pedalwheeling. The combined January/February issue was one of the main reasons annual mileage was collected in early December the past 4 years.

Jim Merritt has again offered to keep track of the mileage you submit in December. All you need to do is keep track of the miles you ride outdoors.

Gearing Up for TOMRV 26 **Kathy Storm**

The QCBC's annual fundraiser, Tour of the Mississippi River Valley (TOMRV), is well on its' way to getting ramped up. Susie Laforce, Linda Barchman and I have been very busy since last fall working on a new registration database and getting set up with an online registration company. All of us wish to thank Sam Norwood for creating (and continually tweaking) the dBase registration database that Susie used for the past 12+ years.

The TOMRV brochures were mailed and printed out by Brynat Printing this year. Many of us missed Susies' famous chocolate chip cookies at our traditional collating party in early February. Charlie Sattler probably didn't miss having to run around Doug Truesdell's house monitoring the application of 7,000 mailing labels in zip code order. But I knew he missed the cookies and socializing.

The hard copy brochures were mailed out the weekend of February 15th. Linda Barchman will be taking over the processing of registrations in her new Access database. Susie and Doug will continue working with the colleges, graphic arts group, vendors, etc. to assure TOMRV is again a great success.

Bill Langan is still going to be stocking our rest stops with a bountiful, and tasty, assortment of foods. And Jane Garrett will still be coordinating Packet Pickup

A new registration option for TOMRV this year is to register online. Active.com is handling our online registration, and this is where I have gotten more involved with the TOMRV committee. This will now allow our club to accept credit card payment for registration, jerseys, patches, extra t-shirts and room fees. If registering online would be a convenient method for you or some of your friends, visit www.active.com or click on the link on the TOMRV page on the QCBC website at: www.qcbc.org.

Another great QCBC cold weather ride in November 2002. The location is in Port Byron, right along the Great River Trail. Not doubt it was the word "fudge" that attracted this group. Pictured left to right are: Cy Galley, Darlene Moritz, Jan Fitzgerald, Merle Schleusener, Rick Meeker, Bob Fitzgerald, Barb Donald, Susie Wolf and Rodger Horst. (Photo courtesy of Bob Fitzgerald.)



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

Presorted Standard
US Postage Paid
Permit No. 3006
Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Icicle Bicycle Ride Kathy Storm

The Icicle Bicycle Ride, sponsored by the Clinton, IA bicycle club, is scheduled for Saturday, March 15th this year. Check in is from 10am to 1pm at the Happy Joe's in Clinton (408 south First Street). The cost is \$15.

The entry fee includes 2 rest stops, a lunch buffet after the ride at Happy Joe's, door prizes and use of the YMCA after the ride. Icicle Bicycle

Tailwind Century Kathy Storm

It is my understanding that Tim Phlypo has volunteered to coordinate the Tailwind Century Ride on Saturday, May 17th. Please contact Tim at: (309) 944-2649 or slade@qconline.com for information and registration. A registration form will be in the April and May newsletters. This ride is limited to the number of people we can take on the bus, so make your reservation early.

sweatshirts and long sleeved T-shirts will be available for an additional fee.

If you need information, contact Ron Peters at (563) 243-5033. Ron is a member of both the Riverbend bike club and the QCBC. The route this year will again travel to Fulton and Thomson Illinois.

I hope some of you will consider riding this ride and helping to support the Clinton Bike Club. Many of their members ride TOMRV and the Heartland Century. About 20 QCBC members rode this ride last year and had a great time.

