



CXWtÄã{XXÄ/ÇZ

The Newsletter of the Quad Cities Bicycle Club – May 2003

Looking for Fun Riders Ready to Spin With? Richard Grimm

New for 2003 will be “Family Rides”. The club is offering four scheduled rides this year starting on May 18th. These rides will be offered once a month thru August.

Each ride will take place in the afternoon or early evening and will be aimed at family participation. So Mom and Dad, Grandpa and Grandma, this will be a great time to teach kids a little riding etiquette.

Now this doesn't mean you have to have a family to ride. If you are an Uncle or an Aunt, a Grandpa or Grandma, or a Dad or Mom, and you can't always see your own family and want to be around kids, this ride is for you.

We hope there will be a great turnout of Moms and Dads that want to show their kids a fun riding experience. If you haven't guessed yet, kids of all ages are welcome on these rides.

The idea is to ride a short distance, 8 to 15+ miles round trip, to a playground or a place to eat or both. Baby carriers and trailers will be accepted mode of transportation. Who knows, some of the stronger riders may even help pull a trailer.

All rides are on bikes paths to limit our contact with traffic and to avoid most steep grades. Remember, all ride routes either head toward or go by several playground areas. Stopping is always optional, or child dictated. At playground stops, Macho riders can break from the pack for some sprint rides or for extra ride length. Note, this action should only take place with child permission.

While the rides are centered around playgrounds, they also cater to the riders that might want to stop, get something to eat, spread a little good cheer and pedal back to the start.

Reservations can be made ahead of time for anyone wanting to stop at TGI Fridays, along Duck Creek, 4 miles in we have Pat McGuire's, 5 miles in we have McDonald's. From Credit Island there is the Boat House, or places in the Village of East Davenport.

The first ride scheduled will begin May 18th, at 1pm, at the east end of the Butterworth Parkway

in Moline and ride to Empire Park Playground. The “Sunset Cruise” ride on June 22nd, will start at 3pm at Sunset Park in Rock Island and go to TGI Friday's in Moline. This ride will be 14 miles long.

The ride on July 27th, will start at 3pm from Emeis Park and ride towards Duck Creek Park. This ride will be 15 miles. And the ride on August 24th will start at

3pm at Credit Island and ride around the island and the bike path. This ride will be 10 to 15 miles long.

So if you are wondering why you would want to take part in these rides, it is simple:

1. You can show family members that riding with a group can be FUN.
2. To meet new people and have FUN together.
3. Spend quality time with your bike and family at the same time and have FUN.
4. Most importantly to have FUN and then have some more FUN

Contact Dick & Karen Grimm, 563-445-7797, or Bob & Stacey Replinger, 309-793-7339 for additional info.



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: 3/11/03

	# of Members	# of Memberships
Individual	426	426
Couple	272	136
Family	399	107
Complimentary	9	9
Life	6	3
Total	1,112	681

From the Headset Warren Power

If you're a bicyclist and you're planning on doing any serious riding this summer, you've probably already rolled up a few miles on the nicer days in March or April. But May is the month when most of us really get into the swing of things and start hunting for opportunities to get in some serious miles. If you look in your new Quad Cities Bicycle Club Ride Schedule you'll find numerous opportunities to get these miles no matter what your skill or ability level.

Starting in May there are scheduled rides five days each week. On the weekends we usually have multiple rides each day with different rides aimed at different riding goals and/or abilities. The starting time, point and destination for these weekend rides are predetermined and published in the ride schedule. During the week, we have rides scheduled each Wednesday morning and Tuesday and Thursday evenings. The weekday rides are riders choice rides, meaning they have a predetermined starting time and point but the riders that show up decide where the

ride will go. It's a lot more fun riding with other bicyclists than riding by yourself. So, find a ride in the ride schedule that looks interesting and come out and join the club. I guarantee you'll have lots of fun and make lots of friends.

Speaking of opportunities to get in some serious miles, on Saturday, May 17 we have our 9th Annual Tail Wind Century Ride. With TOMRV just around the corner, this is a great chance to work on the conditioning you'll need to tackle the hills on the way to Dubuque and back. A hundred miles sounds like an awfully long way this early in the season, but the tail wind makes it bearable. Besides, in just a few weeks you'll be facing a century on TOMRV and there's a good chance it won't be a tail wind century. You can find more information and an application for the Tail Wind Ride elsewhere in this newsletter or on the club web page.

Don't forget the Quad Cities Criterium on Monday, May 26th. If you've never seen a bicycle race in person you should really plan to attend. It's really fun and exciting.

May General Meeting Errol McCollum

Date: Tuesday, May 20
Time: 7pm
Location: Rivermont Collegiate
1821 Sunset Dr., Bettendorf, IA
(3 blocks north of K & K Hardware)

Dave and Jeanne O'Melia, in partnership with Tom and Pat Bolton, jointly purchased a used motor home to facilitate their trans America bike tour in 2000 & 2001. May's bike club general meeting program will be a video of that tour. Dave and Jeanne have agreed to delay their trip to their cabin in Minnesota to present this video. Thanks folks.

QCBC Balltown Classic – June 28 Wayne Hanno

Join us for the QCBC's second annual Balltown Classic Double Century at 5:00am on Saturday, June 28th. Starting location is at the city park in Dewitt, Iowa at the corner of 6th Avenue and 11th Street just under the landmark water tower.

The double century route generally heads north from Dewitt with the turnaround point in scenic Balltown, Iowa. The magnificent Balltown scenery with breathtaking views of the mighty Mississippi River Valley has been featured in a variety of magazines and newspapers.

Balltown is home to Breitbach's, Iowa's oldest bar and restaurant, which was established back in 1852 by a federal permit issued from President Millard Fillmore.

An early start assures everyone ample opportunity to complete the 200-mile ride in daylight since there will be almost 16 hours of fabulous Iowa sunshine.

Contact Rick Meredith for additional information or to register for the Balltown Classic at (563) 355-0185 or Ram1747@aol.com. Complete details will also be available at www.big-dogs.org in the very near future. See you there!

Help Establish HOPE and Ride! HOPE Ride July 17 - 20

The HOPE Ride (Heartlanders Opening People's Eyes) is a 4-day, 300 mile bike ride to raise funds for essential AIDS Services provided by three HIV/AIDS organizations in Northern Illinois happening on July 17 - 20.

Traveling along the scenic roads of Northern Illinois, the ride will begin in the Quad Cities on July 17, travel north to Galena, across to Rockford and wrap up in Wheaton, IL on July 20.

Those interested in riding should expect the first two day of cycling to be challenging at an average pace of about 80-90 miles a day. Participating riders will have overnight stops in Galena, Rockford, and McHenry at campsites with showers and weather shelter protection.

The inaugural HOPE Ride offers a way to unite the community to raise awareness about AIDS, while offering riders the personal challenge of riding their bicycles across the state and creating an incredible community among the riders.

A unique focal point of this ride is to recruit people living with HIV/AIDS to participate as riders and crew. While there remains no cure for HIV/AIDS, the HOPE Ride is about remembering that people with HIV/AIDS are living with, not dying from, this disease. The goal is that 20% of the ride community will be people directly impacted by HIV/AIDS who

would not otherwise envision themselves on this journey, but would rise to the personal challenge.

The HOPE Ride is currently accepting 300 riders & 75 crew members. It costs \$150 to register for the HOPE Ride, which goes toward the pledge minimum of \$1,350 (leaving \$1,200). The registration fee will cover the meals, campsite fees, and transportation back to the Quad Cities.

The HOPE Ride is being produced by a 100% volunteer group of people associated with the three HIV/AIDS organizations sponsoring the event. Proceeds from the HOPE Ride will benefit AIDS Project Quad Cities, AIDS Care Network (Rockford, IL), and the Canticle Ministries (Wheaton, IL).

AIDS Project Quad Cities is currently looking for people in the community in the Quad Cities who would be interested in volunteering to help with the HOPE Ride. If you are interested, please contact, Steven Stickle, AIDS Project Quad Cities, at (309)788-5698 or via email at stickle@qconline.com.

For more information or to register for the HOPE Ride, contact Steve Stickle: (309)788-5698 or stickle@qconline.com or visit www.hope-ride.org.

AIDS Project Quad Cities (APQC) is a nonprofit, community-based organization which provides case management and support services for those infected or affected by HIV/AIDS and provides prevention education to the community. APQC serves 6 counties in Illinois and 22 counties in Iowa.

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

- **For Sale** - Trek T200 Tandem – (front - 54cm, rear 50cm), silver colored frame, less than 1,000 miles of use. Shimano equipped, (including rims) SPD pedals and have the original Look pedals. Has a double crank, bar end shifters, 4 water bottle cages and gel seats.

Asking \$1,400 (pd \$2,300 new) Contact Dave Holmes (or Tami) at 563-285-6195 or umca24hrttchamp@aol.com

- **Companions Wanted** - I'm interested in riding, DALMAC August 27-31 (www.biketcba.org) and GABA, Sept. 27 - Oct. 4 (www.gaba.org) and would like a companion or companions for this tour. Dave Lefever, 563-355-6476 or bike@netexpress.net.

The Great Carroll Co. Cycling Event! - June 21 John H. McConnel Jr.

The Newly formed Carroll County Cycle Club is planning a cycling race and tour event on June 21. The event will include an all day festival. The starting location will be in the Pamida parking lot in Savanna, IL.

The Event will be divided into two separate choices. Participants may enter the 60-mile competitive race for a chance to win the overall 1st place trophy and \$500. Or, participants may enter the pleasure tour along the same route as the race, which takes riders through the scenic hill country of Carroll County. There will be complimentary fruit and water stands every 15 miles and volunteers to help make the event fun, safe, and memorable.

The all day festival will include about six hours of live music from two bands, a DJ at other times, the Kalamity Klowns and Karacters Klub which will provide their popular Klown Buggy, face and body painting, balloon sculptures, four games and more. Nationally renowned trials demo rider, Aaron Lutze, will be showing off his amazing bike trick feats.

There will also be bicycle experts from Diamond Back Bikes, Continental Tires and Sigma Sport. The Savanna Police Department will be offering several Bike Safety Classes and a bike rodeo, complete with official certification for successful

graduates.

The Savanna Fire Department will be providing a pasta dinner and there will be food vendors such as Café Blue at the event site and in some towns along the cycling route.

The cycling race will have a large (five foot) trophy and \$500 grand prize for the overall winner, and smaller trophies and plaques for 1st and 2nd place winners by age group and gender. All participants will receive a free Great Carroll County Cycling Event T-shirt.

The primary sponsor of this event is the Carroll County CEDS (economic development group) who will also provide the "host" for this exciting event and help raise the 60 or so volunteers this event will need, as well as, help organize local communities along the tour route to participate with food vendors, drawings, and more, as the tour riders go through each town.

CEDS will help this become a county wide event that will help bring new friends into Carroll County. They will also help organize the Host-a-Cyclist program where locals may house a cyclist Friday night before the race. Other sponsors include the Savanna City Council, Super 8 Motel of Savanna, Piper Chevrolet of Mt. Carroll, Arnold's Bike Shop, Coca Cola Company, and a myriad of others.

For additional information, contact the Carroll County Cycle Club's web site at: www.cc-cycling.org. Or email us at: Stonley20@lcqmail.com or call us at Arnold's Bike Shop, (815) 273-7789.

This is the Year to Bike to Work Chuck Oestreich

In your car you're steaming - waiting for the vehicle in front of you to inch forward. Frustrated - as you wait and wait and wait through one light change after the other. Up tight - hot, boring, and time a-flying. Relief? Not this year. What with the bridge and road repairs, it looks like a year of up tight, steaming frustration.

But it doesn't have to be. The key is the lowly (but also lovely) bicycle. Leave the car in the garage and use your bicycle to get to work or school -or just about anywhere, such as to the festivals on the riverfront.

Bridges? Yes, you can get across the river on a bike. In fact, this year it will be easier than in the past, even

if using the sidewalk on the Centennial Bridge is out - construction, again.

But the ramp from the Government Bridge to the Davenport Mississippi River Trail is complete. That's half of the transit. For the other half, work is going apace on the more complicated Rock Island side, but it probably won't be completed by this summer.

If you work or your quest for entertainment is on the riverfront, you're "riding high" by using a bike. The Illinois Great River Trail is complete and it's neat. And Iowa is working to keep pace.

Some don't care for the bluffs on a bike. ("Hey, it's OK going down; but how do I pedal my main frame up that big ol' hill?") To the rescue is Metro LINK's racks-on-busses. Bike down to (cont. on page 6)

This is the Year to Bike to Work

(cont. from page 5)

the river and let a bus carry you and your bike back - when you're exhausted from a day of work - or of play.

Besides the psychological uplift that avoiding the traffic jams brings, check out the catalog of bike-to-

work benefits. Hone your fitness; shave your transportation costs; save your country's gas and oil; ease pollution; see scenic vistas, and hear neat things, like birds, for instance.

Make this your "Year of the Bike - to Work."

(Parts of this were printed in the Quad City Times on April 7.)

“Ride the River “ Time Or “Take the Easiest Way Across the River” Vivian Norton

Ride the River 2003. This year the Ride features an aspect that will get everyone on a bike on Father's Day. You can ride on the Arsenal Bridge to go from the Iowa Quad Cities to the Illinois Quad Cities on Father's Day, Sunday, June 15!

Arsenal officials have authorized Ride the River to cone off the bridge for bicycles on that day.

You can also enjoy inviting your Dad, girlfriend, boyfriend, husband, wife, sons, daughters, and special friends to an almost all day pancake meal that will be along the route.

Take time out for a ride on the Channel Cat. Stop at concessions for treats along the way.

Join in at Ride the River, Too, a special area set up especially for children. They may try out an obstacle course, get their face painted, have their bike safety

checked.

You can also purchase a new helmet, subsidized by QCBC on Saturday, June 14 or on the day of the ride, Sunday, June 15.

Check the Quad-City Times press releases and news articles for new attractions.

Volunteers needed: QCBC has donated significant monies to Ride the River each year to purchase helmets. The helmets can be sold at below cost for Ride the River participants.

However, we need you! Volunteers are needed to fit and sell helmets. Take out time for a two-hour shift to further the good name of QCBC as you show parents and children how a helmet should fit. Hours are available on Sat., June 14, from 9:00am-1:00pm and on Sunday, June 15, from 6:00am-3:00pm. Five people are needed for each shift.

Contact Vivian Norton: 563-355-1899, or vjoan@worldnet.att.net and sign up for a two hour shift. Thanks!!!

Chicago Lakefront Ride Warren Power

The Bicycle Club of Lake County has invited members of the QCBC to Chicago for a Leisure Road and Trail Ride. The ride is on Saturday; June 28 and will go from Evanston lakefront to the beautiful Chicago lakefront bike path with a stop for lunch at Navy Pier. The ride will begin at 10:00 am and the total mileage will be between 30 to 35 miles.

If interested, plan to spend the weekend! As usual, Chicago has many great activities going on. Scheduled for this weekend is the "Taste of Chicago" and a free "Country Music Festival" in Grant Park.

Also, if there is enough interest, the BCLC has offered to host our members on a ride to the

Barrington Hills area. This offers some challenging and scenic riding in the Chicago land area.

This is a great opportunity to meet and spend time with a group of riders from a different club. Also, you can return the "favor" later. The QCBC has invited the members of the BCLC down for the Heartland Century in September. This will be our opportunity to show off our area.

Please contact Warren Power, 563-391-5466 or: warrenpower@mchsi.com, if you plan to attend this ride so we can get a feel for how many club members plan to attend and decide if we need to coordinate transportation.

For more information, or help in finding a hotel, contact Stephanie Erickson from the Bicycle club of Lake County at ericksx@Echoincorporated.com.

QCBC Populaire, June 1
Joe Jamison

Start Time: 7:00am

Location: Empire Park, Hampton, IL

This marks the third year for the brevet style running of the QCBC Populaire, formerly known as "Century Day". The previous years have been marked with horrible weather and so the date this year was moved to June, hoping for better conditions. Pick one of the three distances offered and contribute to your preparation for TOMRV, just one week following this event. The courses for all three distances will be the same as in the past and are all basically flat.

If you're new to brevet events, they call for a mass

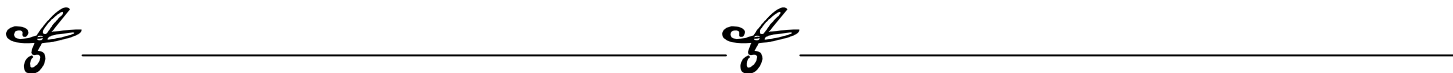
start with liberal time limits requiring an overall minimum pace of 10mph. There are checkpoints at approximately 40 mile intervals where brevet cards are signed verifying the riders passage.

Time limits for each distance in order to qualify as an "official finisher" are:

62 Miles	6 Hrs 30 Mins
100 Miles	10 Hrs 00 Mins
125 Miles	12 Hrs 30 Mins

Engraved medals with finishing times will be available to official finishers at the Annual Dinner.

For further information, contact Joe Jamison at: 309-755-6801 or jmsnj6@aol.com



Name (please print) _____ Age _____

Address _____

City/State/Zip _____

Phone _____ E-Mail (optional) _____

Fee for participation is: \$10.00

This is an unsupported event. Only the cost of researching the route, "marketing", finishers medals and handling registration, etc. is compensated by your rider fee. Organized by the Quad Cities Bicycle Club Endurance Cycling Team.

Make checks out to: Quad Cities Bicycle Club. Address registration and check to: Rick Meredith, 3236 Fernwood Court, Davenport, IA 52890.

All registrations MUST be postmarked by May 25, 2003.

Release and Waiver Statement

In order to participate in the QCBC POPULAIRE, the following must be completed fully and signed.

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycling events. In consideration of acceptance by the sponsoring organization, Quad Cities Bicycle Club, of my registration to participate in the QCBC POPULAIRE, I hereby, for myself, my heirs, and assigns: release, indemnify, and agree to hold harmless the sponsoring organization, Quad Cities Bicycle Club, its 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 attorneys' fees, of any kind that may arise out of my participation in this ride. I understand that in the event of injury, that all 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 event.

Participants signature

Date

Parent or guardian signature (if under 18)

Date

Name of adult accompanying minor (please print)

UMCA 24Hour Time Trial Championships 6 & 12 Hour Cycling Classics Dave Holmes

The 2003 UMCA 24 Hour Cycling Championships will be held on September 20th. We do have a lot of changes planned for the events this year. The big change is a new start/finish area. If one recalls, we had used the Post Office in Eldridge as our check in place for riders. This area was getting over crowded and parking was limited.

Our new staging area will be at Sheridan Meadows Park, which is just north going out of Eldridge on Y64 (1st Street.). This new location will offer on-site tent set up plus parking. Our food area will be at the pavilion in the park.

Another change is going back to a mass start for the 24-hour race. We had used a time trial start for the last 3 years. With a high number of riders this was getting too confusing at the end of 24 hours, thus we will be starting the 24-hour race 5 minutes after the 6-12 hour race. 6-12 hour race starts at 6:30am. This will allow all riders to finish at the same time on Sunday morning 6:35am. This will also speed along our awards and finishing places on Sunday morning.

One big change for the 24-hour race is new age categories! In the past we used 10-year groups. We have cut that down to 5 years! Thus you have a much better chance to medal now. Here are the age categories for men and women: 18-23, 24-28, 29-33, 34-38, 39-43, 44-48, 49-53, 54-58, 59-63, 64-68, 69-73 and 74 plus. We also have recumbent, tandem and hand cyclist categories.

We also offer a team category. This can be a 2 person to 4-person relay team. I am trying to get more people involved with this type of riding. I know going for 24 hours can be intimidating for some people, but with the team approach, riders can ride when they want for how long they want.

Since the 24-hour is non drafting, only one rider is allowed on the racecourse at a certain time. This is a very good way to introduce riders to riding in ultra events without having to make the ride into a painful experience. In the past, our top team has ridden 460-480 miles. That breaks down to 115-120 miles for each rider. That is to win!!! If you are out for fun, 80-90 miles per rider in 24 hours is a nice day on the

bike for everyone. Most teams ride 10-20 miles then switch riders.

A support vehicle that can handle 4 riders and bikes is a must. You get a very nice discount for riding as a team, only \$50.00 per rider. Plus if you are a QCBC member, take another \$10.00 off!! \$40 bucks for 24 hours of fun, and you can eat all you want too!!! It's part of the entry fee.

If 24 hours still seems too much, we do have races of 6-12 hours. For some reason I have not had any of the local racers (USCF) show up to try this. This is a drafting event and uses the 19-mile loop for the entire race. How this race works is that each rider has 6 or 12 hours to complete as many full laps he/she can.

At the end of the race the rider who completes the most laps in the least time is declared the winner. We go 3 places in each race. This race can be used for some good speed training. Or just to see how many miles you can ride in 6 or 12 hours. You don't have to race against others, juts race against yourself!!

In the past this, we have had few local riders come and complete. We have riders from all over the country come. I'd like to see more QCBC members support this ride. For every member that enters, \$10.00 off the entry. We have plenty of food and give always, plus a killer event long sleeve tee shirt, this is all part of the race package.

On a closing note, if you still cannot seem to find the time to race - volunteer! We have had great support from club members who have come back year after year to help us out. It's very simple what we need. Some good alert people to count riders laps as they come by the table.

The ride starts at 6:30am on Saturday and runs till 6:30am on Sunday, thus we need people for all times of the day and night. A shift runs 4 hours; you get a race packet as well, plus the killer long sleeve shirt! If this sounds of interest to you please email me at umca24hrttchamp@aol.com. For my volunteers of the past, if your email has changed please send me a new one and I will get in contact with you regarding this year's race. For registration forms, please go to area bike shops or www.iowaultra.com.

Hope to see some new faces in Eldridge come September.

Kick-In' Tailwind Escapade – May 17
Tim Phlypo



Make plans to go with the wind and fly like a KITE! Spring Is coming and it is time for our annual tailwind ride.

The ride will take place on Saturday May 17th, 2003. Here is how it works. We will bicycle from one of four locations depending on which way the wind is blowing the morning of the ride. We will load everyone's bikes at one of two locations:

- 1.) Butterworth parking lot near Case New Holland if we are going East or South.
- 2.) Scott Community College if we are going West or North.

How will you know where to meet? That information will be on my answering machine after 6:30pm on Friday, May 16th. I will have alternate information on my machine if the weather is going to be extreme and the ride needs to be postponed to Sunday, May 18th.

Promptly at 6:00am our bus transportation will leave for an approximately two-hour ride into the wind. Around 8:00am everyone will leave the bus, unload their bikes and take off for a 100-mile ride with the wind at your back the whole way. (We hope) Be at the starting location at 5:30am to load bikes into the truck.

You might want to bring a blanket to protect your bike during transit. These will be waiting for you when you return back to the start. There will be a SAG with refreshments during the ride.

Fill out the form on this page; sign the waiver, and send it along with a check for \$20.00 made out to QCBC KITE Ride. Do it quickly because registration is limited. It'll be on a first come first serve bases, with postmarks determining the cut off.

My phone number is (309) 944-2649. Call me if you have any questions. And make sure to call on May 16th after 6:30pm to find out where to meet. Mail the form and fee to: Tim Phlypo, 729 South Center St., Geneseo, IL. 61254

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Here is my \$20.00. Please register me for KITE, the Kick-in' Tailwind Escapade of spring. In order to participate in KITE the following must be completed fully and signed in ink.

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle touring. I understand and agree that I must wear my helmet at all times while riding the KITE. In consideration of the Quad-Cities Bicycle Club, its 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 attorney's fees, of any kind that may arise out of my participation in the KITE ride.

I also hereby consent to and authorize emergency medical treatment in case of injury. I understand that any medical costs 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 tour event.

Participants Signature _____ Date _____

Parent or Guardian Signature (if under 18) _____ Date _____

Midwest Invitationals – Spring & Summer 2003

Sunday, May 4

“Sudden Century”

Joliet Bicycle Club

Starts in: Minooka, IL. 30, 45, 60, 80 and 100 mile routes. (815) 467-5748 or jolietbicycleclub.org

Sunday, May 18

“Chocolate City Bike Ride”

Kiwanis Club

Starts in: Burlington, WI. 19, 35 and 62 mile routes. 262-763-794 or chocloatefest.com

Sunday, June 1

“QCBC Populaire”

Quad Cities Bicycle Club

Starts in: Hampton, IL. 62, 100 and 125 mile routes. 309-0755-6801 or qcbc.org

Saturday & Sunday, June 7 & 8

“Tour of the Mississippi River Valley”

Quad Cities Bicycle Club

Starts in Bettendorf, IA. 2-day ride: 106 or 62 miles. (563) 388-8043 or qcbc.org

Saturday, June 14

“C-U Across the Prairie”

Prairie Cycle Club

Starts in Mahomet, IL. 16, 35 & 65 mile routes. (217) 356-8580 or prairienet.org

Sunday, June 15

“Bike the Drive”

Chicagoland Bicycle Federation

Starts in Grant Park, downtown Chicago. 15 and 30 mile routes. (312) 427-3325 or BikeTheDrive.org

Sunday, June 15

“Windy 60”

DeKalb County Bicycle Club

Starts In: DeKalb, IL. 20, 43 and 63 mile routes. (815) 758-1562 or direct.at/windy60

Saturday, June 21

“Great Carroll County Cycling Event”

Carroll County Cycling Club

Starts in: Savanna, IL. 60 mile route. 815-273-7789 or cc-cycling.org

Saturday, June 21

“Post Emergent Metric”

McLean County Wheelers

Starts in: Bloomington, IL. 33 and 65 mile routes. (309) 454-7800 or wheelerspage.bizland.com

Saturday, June 21

“Summer Century”

Bicyclists of Iowa City

Starts in: Iowa City, IA. 20, 33, 54, 74 & 103 mile routes. (319) 545-2095 or jccn.inav.net/~bic

Sunday, June 22

“Swedish Days”

Fox Valley Bicycle & Ski Club

Starts in: Burlington, IL. 25, 45, 62, 75 and 100 mile routes. (630) 584-7353 or fvbsc.org

Saturday, June 28

“Tampico Bike Fest”

Tampico Festival Committee

Starts in Tampico, IL. 6, 19 and 40 mile routes. (815) 438-7447 or dlester@cin.net

Sunday, June 28 & 29

“Mississippi River Ride”

Bike Burlington Bike Club

Starts in: West Burlington, IA. 74 or 28 mile option on Saturday and 45 or 66 mile option on Sunday. (319) 753-1625

Friday, July 4

“4th of July Metric Century”

Joliet Bicycle Club

Starts in: Plainfield, IL. 30, 45 and 62 mile routes. 815-467-5748 or jolietbicycleclub.org

Sunday, July 13

“Biking with Beanie”

Kiswaukee Kiwanis Club

Starts in: DeKalb, IL. 23, 43, 63, 83 or 103 mile routes. (888) 228-7476 or kish-kiwanis.com

Sunday, July 27

“Metro Metric”

Elmhurst Bicycle Club

Starts in: Yorkville, IL. 23, 41, 65 and 100 mile routes. (630) 415-2453 or elmhurstbicycling.org

Saturday and Sunday, August 9 & 10

“Around Illinois Back Roads”

Joliet Bicycle Club

Starts in: Joliet, IL. 50 miles each day. (815) 467-5748 or jolietbicycleclub.org

(Editor’s Note: If you would like to see a ride listed here for August, September or October, please email me the information by June 10th. A Late Summer/Fall sheet will appear later this summer.)

Ride Report “Search for Spring” - March 29 Warren Power

Sixteen riders showed up at Le Claire Park in Davenport for our Annual “Search for Spring” bicycle ride. Facing temperatures in the low thirties, strong Northwest winds and snow showers, the sixteen riders were blown the thirteen miles to the Le Claire Visitors Center. At the Visitors Center they were served Juice, Coffee, Bananas, Bagels and Krispy Kreme Donuts by Warren and Sheri Power. Considering the weather, the riders were in high spirits and nobody accepted the offer of a ride home, choosing instead to brave the thirteen miles of headwind to get home.



Photo taken inside the Welcome Center in Le Claire IA, courtesy of Warren Power and Bob Fitzgerald. Participants on the ride were Phil Schubbe, Darlene Moritz, Rick DeClerck, Gary Jones, Bob Fitzgerald, Sue Wolf, John Wessel, Jerry Kruse, Bill Wiebel, Dave Alftine, Mike Desch, Jim Keyoth, Doug Nelson, Tom Scott, Dick Morrill and Fred Krack.

“Heads Up” QCBC Members and Friends Memorial Day, Monday, May 26 Vivian Norton

Meet the Racers: Work the **registration desk** and have the chance to meet the people registering to race or picking up packets. You get an interesting insight to the race when you meet them. Chairperson: Don Davis: 309-788-0753

QCBC Booth: Join Chairperson Dave Lefever (563-355-6476 or at bike@netexpress.net) at the QCBC booth to introduce Criterium fans to the advantages and enjoyment of being a QCBC member.

Corner Marshals: See what is going on during the race and help out the racers at the same time by being a corner marshal. Corner marshals monitor street crossings to stop spectators from crossing in front of the racers. Bill and Kathy Wiebel chairpersons: 309-755-1859 or billwiebel@aol.com

T-shirt sales: Like to sell, be part of the action and get a free shirt? Join Scott Doup and Dennis Baber at the T-shirt sale booth. Contact Scott at: 563-322-4213 or doup4@netzero.com or Dennis at: 309-796-2476 or xipp@netzero.net.

Wheel Pit: If you “know your wheels” or want a quick, practical lesson, join the Wheel Pit Guys Darrel

Blackburn (563-332-2668 or dablackburn@mchsi.com) and Andy Nissen: (563-391-8596 or BikeGuyOne@msn.com)

Prize Desk: You may not get a prize but you do get to see how it’s done. To volunteer call Doug Nelson: 563-355-3253 or dougmai@aol.com

Street Sprints: (Saturday night) Street sprints are one of the most popular and amazing extra events at the Criterium. Call or e-mail Don Arp to see the fun and to help (563-359-4732 or cndarp@myexcel.com).

V.I.P. tent: Mingle with the Very Important People and help John Wessel at the V.I.P. tent. Call 563-359-8350 or johncwessel@hotmail.com.

Shifts are available from 7:30am - 3:00pm on Memorial Day

Your BIG rewards:

- 2 FREE FOOD coupons!
- A spectacular and much coveted Criterium t-shirt
- An invitation to the volunteer party
- A full day (or shift) of entertainment
- A volunteer opportunity to help out QCBC
- BE PART OF THE CRITERIUM FUN

You can also contact Vivian Norton (563-355-1899 or vjoan@worldnet.att.net) to sign up to be a volunteer.

US Postal's Ventura Gears for #5 Win at Quad Cities Criterium!

Terry Burke and the Criterium Race Committee

Robbie Ventura seems to have a stranglehold on the Feature Men Category 1,2 Pro race! As of early April, only strong midwest teams have registered, so Robbie and his teammate Kenny Labbe theoretically will have a cakewalk. Ventura has won in 2002, 2001, 1997, and 1996.

John Puffer from Illinois Athletes by Design (Fourth in 2002) and Charlie Townsend, of Minnesota's Bianchi/Grand Performance are notable midwest entries, the latter because of his age, 50+. But knowing how national teams operate, (and read the National Racing Calendar) we will easily have at least 2-3 national teams registered before you read this article. Last year one well known team registered on Memorial Day!

The women's feature race also is surprisingly void of national quality riders as of early April, although it is known through an undisclosed source that riders sponsored by a national softdrink manufacturer will be participating in the Memorial Day Week End Series. Annual favorite Sherrie Stedje, 2002 National Criterium winner, and former Moline resident has yet to commit. Please remember feature races will start in the early afternoon.

One team that definitely will be out in force at the Criterium is the QCBC DICE racing team. The local contingent of 15-20 riders not only will be showing their best in front of the home town crowd, but they will have their own warmup tent. I'm sure they will appreciate encouragement as they navigate and sprint

through the fast 8-cornered District course. See the local newspapers for featured riders from DICE.

As a primer to Memorial Day, the steadily improving Sunday Nite Street Sprints will be run under The District lights. For the uninitiated, bicycle street sprints are a standing start drag race for about 2 blocks, normally in 4 person heats. It's exciting to watch, and former track announcer "Bilko" adds to the excitement.

The weekend starts with the Burlington Road Race on Friday, Snake Alley Criterium on Saturday, and Muscatine Melon Criterium on Sunday. See www.MemorialDayWeekEndBikeRaces.com for entry information and race times.

On Memorial Day nine USCF Races, Trike Races (QCBC sponsored helmets) will be ongoing from early morning until late afternoon. Our outstanding announcers, Roger DeLanghe, "Bilko" and John Bolton, awesome wheel pit, preems, clickers, course wired for sound, and VVA honor guard adds up to a lot of free entertainment. The District, in addition to their own food and drink venues, will offer a wide variety of outside food vendors.

Entertainment between races include the climbing wall, BMX trick riders, and a new Power Jump bungee cord game in the parking lot west of the Blue Cat Pub. Be sure to visit the QCBC Booth. Quad Cities Criterium T-Shirts with an attractive new design will be on sale for \$10 at the T-Shirt Booth.

The Quad Cities Criterium and Street Sprints are a great way to celebrate the Memorial Day weekend and enjoy socializing with your cycling friends. See you Sunday night, May 25, and Monday May 26!

Ride Report – April 5 Bill & Kathy Storm

On Saturday, April 5th, the first MidPaced ride of the 2003 season got under way. 16 QCBC members meet up at Eastern Ave. for a 27 mile ride to Le Claire. It was cold, blustery and windy. But our sprints were high and there was much talk during the ride about summer riding plans.

A rest stop was taken at the local BP station, as there isn't much in the way of restaurants that serve breakfast at 10:30am on the weekends in Le Claire. Krispy Kreme donuts were a hot commodity.

We were delighted to be out riding as there was a winter storm watch forecasted for the next day. Fortunately, the 7 – 10 inches of snow predicted only materialized into a 2 inch snowfall that melted by mid week.

Those enjoying the camaraderie on the ride were: Dave Alftine, Barb Donald, Bob & Jan Fitzgerald, Rodger Horst, Jerry Kruse, Jeannie O'Melia, Warren Power, Doug Stephens, Bill & Kathy Storm, Scott Swanson, George Van Thorre and Pris Vohris. Jim Karr and Merle Schleusener showed up at the start to visit and then rode the bike trail, as it was sheltered from the wind.

Tampico Fest Bike Ride

Date: Saturday, June 28th
Location: Booth Park (near the water tower), Tampico, IL (Birthplace of President Ronald Reagan)
Time: 8am – registration begins
Fee: \$15 (8 or 40 mile ride)
 \$12 (6 mile ride – adult) or \$8 child (under 14 - must be with adult)
Sponsored By: Tampico Fest Committee

This bike ride winds its way through a gently rolling, scenic farming area. The rides will have ride monitors, route maps, sag vehicle, cue sheets and marked roads. The 18 and 40-mile rides will have rest stations with refreshing drinks and high energy home baked goodies.

Name _____	Address _____
City _____	State _____ Zip _____
Email _____	Phone _____
Signature _____	Date _____
By signing this form, I realize there are some risks of bodily injury while participating in this event. I hold the Village of Tampico and all sponsors "Hold Harmless" for any injuries or damage.	
T-shirt size (if registering before June 16th) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Age (if under 18) _____	Name of Adult Accompanying Minor _____
Route Option <input type="checkbox"/> 6 <input type="checkbox"/> 18 <input type="checkbox"/> 40	Fee Pd <input type="checkbox"/> \$8 <input type="checkbox"/> \$12 <input type="checkbox"/> \$15

Registration (by check or money order) received by June 16th will include a "Tampico Fest Bike Ride" T-shirt. Registrations will still be accepted after June 16th at the regular fee, but with no T-shirt. The 18 and 40 mile rides start from 8am to 9am. The 6 mile ride starts from 9:00am to 9:30am. All rides will be going "rain or shine".

Send ride applications to: Tampico Days Bike Ride, C/O Don Lester, PO Box 623, Tampico, IL, 61283-0623.

Information: contact Don Lester at: 815-438-7447, or dlester@cin.net

Chuck Oestreich
GITAP Coordinator

GITAP (Grand Illinois Trail And Parks) riders: Care to get together before the ride to discuss sharing

transport and other aspects of the ride? If so, meet on Thursday, May 8, 7:00 pm, at the side room of Theo's Java Hut in the District of Rock Island.



Wanted – Photos of Illinois QCBC members (with their car) who secured the special "Bike Month" license plates through the League of Illinois Bicyclists. These special plates can be displayed on your car during the months of April and May. Please contact the editor at: 563-355-2564 or qcbceditor@yahoo.com.

Adventure Cycling

Lisa Paulos

Laurie Tulchin and I recently returned from a cycling trip from Brooklyn, New York to Afton, Virginia. Her parents carried our gear and generally took care of us each day. I have a friend who lives on a horse and foxhound farm in rural Afton, and the idea of leaving the Big Apple on bikes and heading to Virginia seemed like a great idea to us. I obtained maps from Adventure Cycling and I figured we were good to go.

We shipped our bikes UPS. If under 30 pounds, the cost is a very reasonable \$35. Highlights of our first day riding were crossing the Brooklyn Bridge and taking the Staten Island Ferry. Low lights were having the scenic route through Staten Island closed because of the war (it was through a historic fort). We were forced to ride the length of Staten Island, 14 miles, on a very busy, pot holed, strip mall lined, thru street. Laurie ended up with a flat front tire.

New Jersey was no better, or faster than New York. Both are lands of traffic, potholes and urban sprawl.

Pennsylvania looked brighter because we would be more in the country. Ha! We kept getting lost in spite of the detailed maps and cue sheets. We heard from more than one local resident that "the road signs had recently been all changed around." We also discovered that Old Mill Road had many segments that did not connect to each other. You get the idea.

We held out hope every morning that the day would

be easy and uneventful. Northern Virginia seemed benign until we found that our route skirted some military bases. Roads were closed and guarded by 18 year olds with machine guns. Giving directions was not one of their duties.

We planned to deviate from the Adventure Cycling route in Virginia to incorporate Skyline Drive. It is a 105 mile road through the Shenandoah National Park starting in Front Royal and ending in Afton.

After days of frustration, we reached Nirvana when we pedaled through the Blue Ridge Mountains. Not one pothole or truck in 105 miles. Barely a dozen cars in the two days it took us to complete the 105 miles. The scenery was worth writing home about and the days were crisp and sunny. Services are meager during peak season, and in March nothing [no gas, food, lodging] is available. The Tulchin parents met us at intervals at some incredible overlook and we would rest and eat lunch. Wild life was everywhere, and at dusk there were hundreds of deer right on the road.

The 3000 mile Appalachian Trail crosses Skyline Drive several times and we had the good fortune of meeting the first thru-hiker of the year. Paul was a native of Scotland who started at the trailhead in Georgia in January and was on his way to the other end in Maine. His pack weighed about 50 pounds and he was happy to take a break and talk with us.

Skyline Drive ends in Afton and turns into the Blue Ridge Parkway, which extends south for another 496 miles. Next year we plan to continue where we left off this year in Afton.

Iowa Trails Meeting

Chuck Oestreich

Iowa Riverway Trails, a citizens' group that is working to advance trail building in the Iowa Quad Cities, is on the go. Come to the May meeting to find out what's going on and to aid in the effort to get the trails connected.

Items quite possible on the agenda include: Did we

get "earmarking" for trails in Buffalo, Davenport, Bettendorf, and Riverdale? What's going on with the Main Street plan? How, for heaven's sake, can we get across the river on a bike? What amenities for the paths would be nice?

We meet in the basement film room of the downtown Davenport Public Library. The date is Tuesday, May 27, - from 7:00 to 8:30 p.m.

All Members Are Urged To Wear Helmets When Cycling

Komen QC Race for the Cure Whitney Corrigan, Volunteer Chair

The “Komen Quad Cities Race for the Cure” will be this year on Saturday, June 14th starting at The Mark of the Quad Cities. Our mission is to eradicate breast cancer as a life-threatening disease. Each year we look to the community for volunteers to fill the needs of our ever changing and expanding race. We need people who are willing to donate talent, time and positive energy to assist in keeping our race successful.

I have been involved in the race since the first year. In 2000, I was diagnosed with breast cancer so my motivation is very personal.

Volunteers are needed in many areas and in many types of jobs. We need volunteers for pre-race

and race day jobs. Some of these include: chip stuffing, race area set-up, packet pick-up, course control, etc.

This is a wonderful opportunity for your organization to volunteer together to help support the Komen Quad Cities Race for the Cure. It would be wonderful if the QCBC would volunteer as a group to do something or individually, if that would work out better. We have a number of corporations who volunteer as a group and work at packet pick-up or course control.

If you would like to know more about our race, our website is:<http://qcracefortheCure.org>. You can contact me at: gdcbailey@aol.com or 563-332-8585. By volunteering you can help to make a difference in the fight against breast cancer.