



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – July 2003

Quad Cities Criterium 2003 National Cycling Recognition! Terry Burke, Race Director

The Quad Cities Criterium in 2003 made an important largely unnoticed, but important step in the criterium racing world from an "Midwest Classic" to a USCF ranked national caliber criterium. Granted, we are not in the Velo News magazine, but we did make the Velo News website, & others such as CyclingNews.com & Bike.Com. Being an electronic world, this is the way riders and teams will become aware of the Quad Cities Criterium. Local media not only did an excellent job of coverage, and some found previously unknown cycling websites a good source of information.

Each year, after the initial euphoria dies down, a review is made of how each part of the program fared compared to the previous year. First, the weather was great, the crowd was similar to 2002, depending on who was making the observation. Second, the street sprints and trike race participants were both down with no explainable reasons. Third, our USCF riders/customers were a mixed bag of increases in newer riders such as men's categories 4,5, juniors, womens 4, but decreases in Men's category 3 & 30+. Burlington's Snake Alley Criterium had similar increases and decreases. Feature men & women's races had a number of pro teams, with the men's results scrambled at the end, likely due to crashes. Local DICE entries were over 20, with 5 DICE riders placing in the money, certainly encouraging.

The major sponsors for 2003 were Zimmerman Pontiac Cadillac Oldsmobile Honda, Stern Beverage, Royal Neighbors of America, A.D. Huesing Corp, U.S Bank, Pappas & Schnell PC, Rhythm City Casino, Cleveland Insurance Group, & Rock Island Arts and Entertainment District. In kind sponsors were Four Points by Sheraton, Moline Dispatch Publishing Co,

MEDIC, KWQC TV6, Cumulus Radio Center, and Mississippi Valley Regional Blood Center, Vietnam Veterans of America, Chapter 299. QCBC sponsored the helmets for the trike race.

We would like to thank the QCBC, QC Radio Club, and Mississippi Valley Regional Blood Center volunteers for an excellent job in making the 2003 Criterium and Street Sprints a truly outstanding Quad Cities event. (Our apologies to anyone we may have missed. Names are listed as they occurred. Several worked on more than one committee and times.)

Race Planning Committee: Darryl Blackburn, Don Davis, Andy Nissen, Roger & Irene DeLanghe, Paul Sullivan, Doug Nelson, Roger Long, Bill Wiebel, Don & Carol Arp, Dave Thompson, Mike Zugmaier, Vivian Norton, Jack Wilhoit, Mike Smith, Rick Paulos, John Wessel, Scott Doup, Dennis Baber

Pace Car: Gary Patch, Paul Gilbert

Fence Materials Prepositioning: Dave & Melinda Thompson, Tim Phlypo, Jay Johanson, Don Davis, Chris Jurgens.

Fence Installation: Don Arp, Tom Fitch, Mike Benson, Joe VanHoutte.

Early Memorial Day Course Closeup: Paul Sullivan, Bruce Grell, Tom Erps

Teardown & Cleanup: Mike Zugmaier, Bob Nelson, Rudy Clausen, Denise Stewart, Casey Zugmaier, Don Miller, Eric.

T-Shirt Booth: Dennis Baber, Scott Daup, Karen Stinson, Vonnie Jensen, Jerry Ball, Kathy Loomis, Cindy McLanahan.

QCBC Booth: Dave Lefever, Joe Van Houtte, Phil Schubbe, Roger Horst, Dave Alftine, Bill Osborne, Sharon Lavell, Barb Donald, Kathy Storm (cont. on page 4).

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.adventurecycling.org



www.bikeleague.org



www.bikeLIB.org

**From the Headset
Warren Power**

Both the Quad Cities Criterium and TOMRV occur within a few weeks of each other and both require hundreds of volunteer man-hours to work. Well, they're history for 2003 and we were able to put together a couple of highly successful events.

For those of you that don't know, Terry Burke has been the main driving force from the club for the criterium for many years. I'd like to thank Terry personally for all the effort he's put in to make the Quad Cities Criterium what it is.

But Terry can't do it alone. There are all of you that helped out as corner marshals, rider check-in, wheel pit workers, club booth workers and innumerable other small tasks that must occur in order to make this event successful. There's not room to name you all individually, but you all know who you are and I'd like to say "thank you" on behalf of the club for all of your hard work.

As for TOMRV 26, all I can say is "WOW". It seems to me that each year TOMRV just keeps getting better and better. I want to thank Susie Laforce, Linda Barchman, Doug Truesdell, and Bill Langan

who are the prime movers and shakers for TOMRV, for all of their planning, coordination and hard work. But just like the Criterium, these five can't do it by themselves. There's packet stuffing, rider check-in at both Scott and Preston, marking the route, manning the multiple sag stops and numerous other task that require hundreds if not thousands of man-hours of volunteer time.

I'm amazed that we're able to come up with these volunteers year after year, but we do. You volunteers are to be commended for doing a really great job. I've heard nothing but positive comments about the club and how great all of the riders were treated. I'd like to thank you and give yourselves a great big pat on the back. You did a great job. We couldn't have done it without you.

Speaking of TOMRV, you probably noticed that Healthy Habits in Bettendorf provided mechanical support service for TOMRV this year. Providing enough bicycle mechanics to support a ride like TOMRV is tough and I've heard several comments about what a great job Healthy Habits did. I'd like to thank Bruce Grell, the owner of Healthy Habits, and all of his mechanics for really helping us out.

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

For Sale – Bike carrier and trailer hitch. Very reasonable. Contact Steve Peterson at: 563-355-2917

For Sale - Red Cannondale tandem, excellent shape, extras; asking \$1,200. Call Mike Johnson 563-391-8171 after 5 p.m. or email: mikedana2@mchsi.com

For Sale -1 yr old BikeE recumbent tandem, great deal, extras, asking \$1,500. Call Mike Johnson 563-

391-8171 after 5 p.m. or email:
mikedana2@mchsi.com

For Sale - 1998 Rans Stratus LWB Recumbent. 'Sharkskin' color. Partial fairing. Campy triple crank. Look pedals. Deore LX brakes. SRAM 7.0 shifters & rear derailleur with 8 spd cog. Sun CR18 rims. Continental 120 psi road tires, 28-406 front, 25-559 rear. Spare new tires & tubes. Cateye CC-HB100 computer and heart rate monitor. Dual carbon fiber bottle cages. 1030 miles. Nice. Really comfortable to ride. \$1,700 new, asking \$950. Contact Don Johnston 309-526-3086, Orion, IL



I would like to thank the following QCBC members for helping proof read the July issue of the newsletter: Rick DeClerck and Steve Montgomery. Thanks for helping at THE LAST MINUTE with this month's issue.

Welcome New QCBC Members!
Anne Fleischmann, Membership Coordinator

Name	City	State	Phone
William Rassow	Bettendorf	IA	563-441-5155
David & Laura Schleusener	Bettendorf	IA	563-332-6502
Ken Urban	Davenport	IA	563-326-3427
Mike Wilcox & Ruth Laabs-Wilcox	Davenport	IA	563-324-5178
Brian Dugan	Eldridge	IA	563-285-7542
John Pordon III	Colona	IL	
Steve Bost	Milan	IL	309-787-2868
Donald Johnston	Orion	IL	309-526-3086

Quad Cities Criterium 2003
(Cont. from page 1)

Wheel Pit: Darryl & Lori Blackburn, Andy Nissen, Jack Wilhoit, Roger Long, Dave Benson, Chris Brubaker, Kay Cousins, Seth Long, Calvin Dane, Francis Fitzgerald, Bart Roberts, Dennis Morrow, Valerie Nissen, Dave Thompson, Rock Woodstock, Special tip of the cap to Art Peace deployed to Iraq

Registration: Jeff Cozad, Lisa Paulos, Vicki Burke, Jennifer Donahue, Chris Burke, Rick Rohret, Joan Benzinger, Don Davis, Rick Paulos, Janice Reynolds, Joy Bleuer, Jane Garrett, Deb Mathias, Dottie Willits, Kathy Doyle, Vivian Norton.

Prize Desk: Mary Brus, Cy Galley, Darlene Moritz, Susan Wolf.

Communications: Bob Cannon, Les Conrad, Charlie Egert, John Hoenshell, Dick Lane, Bob Miller, Keith Schmidt, Don Schneider, Mike Smith, Pat Taylor, Larry Hinzman, Leo Williams

First Aid: Paul Sullivan, Mary Lou Weber, Laurie Rogenski, Jackie Davis, Laura Pena, Kathy Wilson, Kris Mullery, Sandy Moes, Kim Palmer, Judy Steel, Kris Kruger.

Street Sprints: Carol Arp, Rick Wren, Mike Papini, Gary & Claudia Greenleaf, Ruth Soudt, Jason Chaad.

Corner Marshalls: Bill & Cathy Wiebel, Larry Adams, Lance Armstrong, Bob Banish, Mike Bell, Frank Beshears, Pat & Tom Bolton, Tom Brooks, Dave Cinotto, Gene Conrad, Mollie Conrad, Steve Conrad, Larry Decker, Andrew Desch, Mike Desch, Anne Fleischmann, Mike Frazer, J.D. Georlett, Cindy Gilroy, Trevor Greene, Jim Hansen, Bill Harrington, Greg Hawk, Gail & Haylett, Andy & Perm Horst, Carl Johnson, Jim Karr, Jim Keyoth, Steve Kocourek, Fred Krack, Gloria Lange, Jim Lange, Kentley Loewenstein, Dan Manley, Frank & Dawn Martin, Dean & Deb Mathias, Dean Mayne, Errol McCollum, Rick Meeker, Jim Merrit, Chris Meseke-Wren, Mike Moritz, Rich Morrill, John Munson, Diane Oestrich, Ron Oien, Ron Richardson, Bob & Kate Rutledge, Merle Schleusener, Bill & Mary Scott, Tom Scott, Doug Sell, Kenn Shoemaker, Dave Stevens, Bill & Kathy Storm, Linda Stout, Rich Stout, Bill & Bonnie Sturgeon, Barb Sullivan, Scott Swanson, Melinda Thompson, Pam VanZuiden, George & Millie VanThorre, Pris Voorhiis, Vince Weinert, Ken Werthman, Susan Wolf, Linda Work, Barney Young.

VIP Tent: John Wessel, Dave Alftine, Bahrija Arslanovic & son, Jewel Bryan, Bob Fitzgerald, Gary Jones.

Sponsor Relations: Matt Pappas, Jennifer Fowler.

Primes: Roger & Irene DeLanghe, Teresa Stalzman

QCBC 40K Championship

Dave Thompson

The final time-trial in 2003 will be a 40k test on Sunday, July 27 in Cordova, IL. Registration will be in the city park shelter on the west side of Rt. 84 from 7:45-9:00am. First rider will go off at 9:00 am, followed by riders every minute. Course is flat, out and back with two turns on excellent surface roads.

This year's race is part of the MATTS series with points awarded toward a season ending cash payout. It is also race #6 on the QC Multisport Grand Prix. MATTS medallions will be awarded in various skill and age groups. Plaques will be awarded to the top 10 male QCBC members and top 5 female QCBC members. The race is sanctioned by ABR.

Pre-registered cost is \$10 plus \$4 for a 1-day ABR license. For info call Dave Thompson at 309-764-5030 or Dave.Thompson@qcracingevents.com More info at: www.qcracingevents.com

RAGBRAI 2003

Andy & Perm Horst

RAGBRAI XXXI - Packet pick-up is at Northgate Mall (Kimberly Rd/US 6 and Eastern Ave) on Friday, July 18, 2003 from 4:30 pm to 6:00 pm. You will get your fee tags and load your bikes for the trip at that time. ONLY pre-arranged bike loading will be done on Saturday morning. Please remember that each rider is limited to two bags.

We will be leaving at 8:00 am on Saturday, July 19 for the trip to Glenwood. The boarding of buses will be at the same place (Northgate Mall) at the South West corner in the back of the Mall.

A special T-shirt featuring the names of all the riders using the QCBC Charter Service, is being printed up. To order your T-shirt, please see the order form on page 13 of this newsletter. These must be completed and returned by July 7th.

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

MARK YOUR CALENDARS!

Saturday, September 13

Heartland Century

This annual QCBC Ride is coming up. Entry forms have been mailed to past participants. An article and entry form will be available in the August issue of Pedalwheeling. Information and an entry form are available at our website: www.qcbc.org

Contact person is Bill Wiebel (309-755-1859) or billwiebel@aol.com

See you at the Heartland!

A New Adventure?

Jillian Trojnar

The sport of adventure racing is sweeping the nation at a phenomenal rate. The new challenges presented to adventure racers have caused the sport to grow by leaps and bounds daily in popularity. This is a sport where completing a race is often considered a victory. One of the most appealing things about adventure racing is the emphasis placed on teamwork, rather than individual achievement.

Adventure racing is an easy crossover for cyclists, runners and water sport enthusiasts. If that sounds like you...you are in luck. **The YMCA of Rock River Valley (Rockford, IL) is planning the 2nd annual ROCK...the Race Adventure Race for Saturday, September 6th.** All information is available at www.rocktherace.org. There will be no print flyer available.

Event details include:

- Saturday, September 6th
- Rockford, Illinois
- Three person co-ed teams
- Prize money awarded for the top three teams

- Race will be 10 hours in length
- Entry level multi-discipline event
- Home base will be at Blackhawk Springs Forest Preserve
- Disciplines include, but are not limited to: cycling, canoeing, orienteering, trail run/walk, bushwhacking, climbing, team event
- Open to persons 18 and older
- Registration and more information at www.rocktherace.org
- You will get wet and dirty

This year's race will be organized for novice racers to get a positive adventure experience, but offer challenging disciplines to veteran racers. This will be accomplished with the race format. There will be a variety of disciplines/challenges to complete. Novice teams will have a minimum number to tackle within the time limit. Veteran racers will be guided to complete as many of the disciplines possible. The team with the most completed on the 10 hour time limit will be awarded the prize money.

NEW in 2003 - *Adventure Race Training Clinics.* Check out the website for details.

Letter to The Editor

Paul Nystrom

Hi Kathy - My name is Paul Nystrom. I am a member of the Quad Cities Bicycle Club. I just received the June issue of Pedalwheeling. In it was a picture taken at the golf course in Sun City Grand, Surprise, Arizona.

I was on that ride with Mike (Middlemiss) and Rosie (Dreessen). I thought I would let you know the names of the other three in the picture.

Left to right: Gene Marchi, Paul Nystrom, Rosie, Herb Cuevas and Mike.

Gene, Paul and Herb are members of the West Valley Branch of the GABA bicycle Club. GABA is the "Greater Arizona Bicycle Association".

I am a "Snowbird" dividing my time between Rock Island and Sun City West, Arizona and am now back, for the summer, in Rock Island.

In case you did not know this, Gabe and Kay Verstraete are now also "Snowbirds", since they have bought a place in Sun City Grand. I met Gabe and Kay at a Bicycle Party in Arizona. He is now an active member of our bicycle group.

Membership Count: 6/11/03		
	# of Members	# of Memberships
Individual	418	418
Couple	260	130
Family	380	104
Complimentary	10	10
Life	6	3
Total	1,074	665


**Illinois QCBC Members
Supporting the League of Illinois Bicyclists with Their Special “Bike Month” License Plates**

John Sherwood – Galesburg, IL (Plate #80)



Patrick Sullivan – Palos Heights, IL (Plate #272)



QUAD CITIES BICYCLE CLUB 40K TIME TRIAL CHAMPIONSHIPS - July 27th		
WELCOME	To the 2nd annual Quad Cities Bicycle Club time trial championship. Race #6 on QC Multisport Series. This is a M.A.T.T.'s event.	
DATE/TIME	Sunday July 27, 2003. 1st rider off at 9:00am. A set of profile areobars will be given away in a drawing after the race.	
CONTACTS	Dave Thompson: 309-764-5030 or dave_thompson@qcracingevents.com . See www.qcracingevents.com for race results.	
LOCATION	Cordova, Illinois. 20 miles north of the Quad Cities. Registration and awards at city park shelter on west side of Rt. 84.	
REGISTER	Race-day registration will be held from 7:45am-9:00am at city park shelter. Late fee in effect after 7/21 except for QCBC members.	
SANCTION	This is an American Bicycle Racing sanctioned event. You must have an annual license or purchase a 1/day permit.	
COURSE	40K, out and back course. Dead flat with one right turn. Turnaround in road. Course is open to vehicular traffic.	
DIRECTIONS PARKING	Cordova is 20 miles north of the Quad Cities and 15 miles south of Clinton, Iowa on the Mississippi River. There is parking in the city park on the southwestern part of town, right off of Rt 84.	
RACE RULES	Riders go out in 1-minute intervals starting at 9:01 sharp. First signed up, first out. We will follow all ABR rules. Race goes on, rain or shine. We will provide a holder.	
AWARDS	Plaques to top 3 overall and top master [40+]. Plaques to top 10 male QCBC members. MATT's medallions in male/junior[3] open/cat 1-3[5] cat 4[5] 30-39 [5] 40-44 [4] 45-49 [4] 50-59 [5] 60-64 [5] 65+[3] tandem[3] female/junior [3] open [3] cat 4 [3] 40-49 [3] 50+ [3]. Plaques to top 5 female QCBC members.	
FIRST NAME	Fees/Pre-Registered ABR Member	\$10
LAST NAME	Pre-Registered W/1 Day License	\$14
ADDRESS	Race Day/ABR Member	\$13
CITY	Race Day W/1 Day License	\$17
ST/ZIP	Check here if QCBC member	<input type="checkbox"/>
GENDER	Fill in total paid	
AGE/ABR ANNUAL LICENSE #	Make checks out to QCBC/Mail To: 2330 15th Ave Moline, IL 61265	
RACING CATEGORY	Fill in below for 1-Day license	

Name, please print _____ Signature _____
 Address _____ Transferred Category _____ Sex: Male Female
 City _____ State _____ Zip _____

**Team Up to Clean Up Duck Creek – August 9th
Lucie McAlister**

Duck Creek needs your help. Please join the Partners of Scott County Watersheds as we Team Up to Clean Up Duck Creek in Davenport and Bettendorf in conjunction with Chad Pregracke's QCA Mississippi River cleanup on August 9th.

Who can participate? Anyone interested in the local waters. No experience needed.

What do I need? If available, bring a pair of rubber boots. Old gym shoes are fine. Do not wear sandals. Wear long pants. Gloves and trash bags are provided.

How do I sign up? Online: www.DuckCreekCleanup.com or contact Roy at

redewitt@keepscountycountrybeautiful.com or 563-468-4218.

Where do I go? The main meeting spots for Davenport is Junge Park off 35th Street. For Bettendorf the main meeting spot is Middle Park Lagoon.

What time? The Cleanup starts at both locations at 8am with coffee, orange juice and donuts served.

What else? An After Cleanup Lunch for volunteers will be served at noon at Bettendorf's Middle Park Lagoon. Free volunteer Duck Creek Cleanup T-shirts will be provided to those registered by July 25th. Kids are welcome.

Or Join Chad on the Big River. Details on this are coming.

**What's Past Is Prologue
Joe Jamison**

Endurance cycling has deep roots in the QCBC. An article from our archives of 1986 sheds some light on our history of endurance cycling and those who helped write it.

During that summer of 1986, six QCBC members entered an event called the Central Double Century in Litchfield, IL. To be an official finisher, at least 200 miles had to be completed on the 140 mile day loop followed by laps on the 10 mile night loop. Riders were allowed to ride for 24 hours to accumulate as many miles as possible.

Two of the QCBC riders, John Thier and David Holmes, logged 400 miles. This proved to be a career best for these men, and believed to be the most achieved for any QCBC member to this date. (We would appreciate any feedback to the contrary for the record.)

The story of the day, however, was with the other four QCBC members, those being Bill and Pegi

Langan and their two sons, Bryant and Justin. The boys were eight and six years old respectively at the time. Pegi and Bill each served as captains on their two tandems while Bryant and Justin were mom and dad's stokers. Incredibly, both teams logged 200 miles that day and were presented "The Outstanding Family Award".

Bill and Pegi are still active in the club. Bill especially is an essential element in TOMRV continuing to be the prestigious tour that it is. Their boys have grown to be wonderful young men.

John Thier and David Holmes have remained active in endurance cycling. Holmes became an experienced organizer of endurance events, the most popular being the "Iowa 24 Hr Time Trial" which continues to this day. Thier has continued riding endurance events and has mentored many novices, helping them learn the nuances of endurance cycling. Both men qualified for and completed the prestigious Paris-Brest-Paris event.

Hats off to these long-standing members.

On a recent Wednesday morning ride (June 11th), the group ended up at Mickey's in Riverdale for breakfast. When Kelly, our waitress, came around to take our beverage orders, Bob Fitzgerald stated that he would like a Diet Coke and a cup of coffee (his usual fare).

Kelly quickly turned around and restated his order. When Bob confirmed "Yes" that he wanted both, Kelly replied, "You're weird". Bob quickly won her over by helping pour coffee and pass out silverware. (Again, a usual habit for Bob when the group is large and we stop for breakfast.)

**FORC Update
Scott Schaar**

The "Friends of Off-Road Cycling" (FORC) have been up to their seat posts in paperwork, but we are now incorporated in the state of Iowa as a non-profit organization, and we are currently waiting for the same recognition in Illinois. Next are the IRS 501(c) forms.

Several members did a trash pick-up along our section of bike trail (between Sylvan Island and Arsenal Island) in preparation of Ride the River - we found a bike, but no one was too eager to take it home...This looks like a job for Bruce Grell!

Something that may be of interest - there is currently

a bill in both the US House and Senate to extend an IRS provision "to allow tax credits to bicycle commuters." Currently, employers can offer their employees a tax credit for carpooling or using mass transit.

The bill in the House is H.R. 1052 and it is currently before the Ways and Means Committee, of which Rep. Jim Nussle is a member.

The bill in the Senate is S. 1093 and is currently before the Committee on Finance, of which Sen. Chuck Grassley is a member. For more info, go to www.loc.gov (Library of Congress), and click on "Thomas". You will find the bill's information and status, plus links to e-mail your representative or senator. Urge them to vote for this!

**PAMBA Race Results – June 8th
Michael Fraiser**

The FORC contingent put in a strong showing at a slippery PAMBA (Peoria Area Mtn Bike Association) race at Jubilee on Sunday, June 8th. The rain started to fall just as we were lining up for the start of 3 five mile laps. Jason put in a great ride and ended up on the Podium with a strong 3rd Place finish!

Winning time was 1:11:18 out of 28 riders in the

Sport Division

- Jason Miller - 3rd Place at 1:13:07
- Mike Frasier - 7th Place at 1:17:04
- Pat Brown - 8th Place at 1:18:54

The Peoria Area Mtn Bike Association is a very good, active group. They have done an excellent job of building and maintaining 4 trails around Peoria and are doing a great job with their race series. For more information, visit: www.pambamtb.org.

**LIB Seeking Bike Club Members
Ed Barsotti, Executive Director LIB**

The League of Illinois Bicyclists is a statewide advocacy group making Illinois a better place to bike. Donations from bike clubs help support our efforts, but club members are also urged to join as individual

members.

Find the latest that LIB is doing locally, in Springfield, and in Washington by checking out www.bikelib.org/currentnewsletter.pdf More info is available at bikelib.org/join.

**QC Area Trails Brochure
Kathy Storm**

The QC Area Trails brochure has been updated and reprinted. The current brochures have a nice green banner on the top of them. These have been given out to the following businesses and organizations: bike shops, libraries, welcome centers, athletic stores,

athletic centers, etc. These brochures also contain a membership application.

The cost to revise and print these brochures is paid for by the QCBC.

If you need some of these brochures for an event or to place at a location in the QC Area, please contact Kathy Storm: (563) 355-2564 or kbstorm@aol.com.

New Jersey Cycling Connection

Kathy Storm

May 28 – June 6, I was scheduled to take some computer software training in the Morristown, NJ area. 10 days off of my bike just before TOMRV seemed like an injury waiting to happen. So, in early April, I started my mission to figure out how I could ride either my bike or a rental bike in New Jersey while on a business trip

I surfed the Internet and located 2 bicycle clubs in this area of NJ, just 25 miles from Newark airport. I emailed both of the clubs and inquired about shops they would recommend for a rental bike or if they knew of any club members that might have an extra bike to loan me.

Everyone I emailed or spoke to by telephone directed me towards “Mary’s Reliable” in Morristown. When I called the shop in late April, I lucked out and spoke to Marty’s son, Jessie, who happens to ride the same size frame I do. And Jessie was somewhat receptive to renting out one of his numerous bikes to me, provided that I bring my own pedals, seat, helmet, etc.

My next mission was to figure out where I could ride in this area of New Jersey. So I ran a query of our club members who live in New Jersey and came up with 8. I narrowed the search down to Rich Bradley who has a business in Chatham, which was about 10 miles away from the hotel I was staying at. Rich is a QCBC member who has come to Iowa for the past 15+ years to ride RAGBRAI. And it turns out that Marty has done RAGBRAI 5+ years as well. And as many of you may now, I have never ridden RAGBRAI. Go figure!

Rich was very helpful when I contacted him and he knew Marty and Jessie at the bike shop. Rich came to my hotel the first night I had the rental bike and took me on an 18 mile loop near my hotel, pointing out additional loops I could take on my own. This really helped me when I rode on my own after class a few more nights.

On the weekend, I was able to hook up with the Morristown Area Freewheelers, a club of 600 members, and rode with them on a 28 mile ride. Their Ride Schedule Coordinator, Jay Grossman, was kind enough to drive me to the start of the ride. And

Richard Poore, a friend of the Fitness Center Director of the hotel I was staying at, was kind enough to drive me back to the hotel after the ride.

I found riding in New Jersey much more pleasant and scenic than I had thought it would be. I rode on smooth asphalt roads and many of them had nice paved shoulders, in the area known as “The Great Swamp Area”. There is also a very nice paved recreational trail through here as well. The scenery was spectacular with lots of hills and just 1 or 2 cars honked at me on the 4 days that I rode.

This was a very pleasant experience and it proves that cyclists are very friendly and willing to share their time and expertise with visiting cyclists.

Thanks again Rich for being such a good “host” to a visiting QCBC member.

2003 FALL FOLIAGE RIDE

DEB AND DEAN MATHIAS

Perhaps you have heard about the fun time that was had by all in attendance at last year's QCBC Fall Foliage ride. Now is the time to make plans to join Dean and Deb Mathias and others for the 2003 Fall Foliage Ride, which will be held Oct. 4th and 5th. We will again use Mt. Horeb, WI as our staging area. Travel distance is about 140 miles from Davenport.

Mt. Horeb (<http://www.trollway.com/index1.html>) is known for the many life-size trolls carved into tree trunks along its main street. Visitors are encouraged to take a leisurely "[Troll Stroll](#)" to enjoy these unique characters. We have planned the ride around the 22nd Annual Mount Horeb Fall Festival, which will be held the same weekend. This festival will provide entertainment for others that may want to join you for a weekend away but are not interested in cycling. The festival will include an art fair, farmer's market, horse and buggy rides, quilt show, sale, and raffle, and more.

A cycling route will be mapped out on quiet country roads that promise to offer more than a few hills for both days. If you prefer to stay on flat terrain, the Military Ridge Bike Trail (crushed limestone) runs through Mt. Horeb going west to Gov. Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

Mountain Bike trails are located in Blue Mound State Park just west of Mt. Horeb with a connection spur to the Military Ridge Trail.

A scrumptious Italian group dinner will again be arranged for Saturday night for a very reasonable price! Contact Deb and Dean Mathias at 309-787-6547 or mathiasdebdean@mcleodusa.net if you are interested in joining the group for dinner so we can get a head count. The Mathias' will be going up on Friday evening, Oct. 3rd.

This weekend will be a busy one in Mt. Horeb so you are encouraged to make reservations early if you plan to stay overnight.

A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com) with indoor pool. The rooms will be held until September 3rd. Mention the QCBC for a group rate of \$69.95. Phone Wally at 888-621-1884 or 608-437-5545 to reserve your room.

Rooms are also available at the Village Inn Hotel (www.littlebedder.com), which is physically attached to the Military Ridge Bike Trail. Prices range from \$43 for a double, \$54 for a queen, and \$75 for a kitchenette. Phone: (608) 437-3350

Some Bed and Breakfast facilities are also available in the area. Check out the Mt. Horeb web page for more information.

2 nearby parks provide camping possibilities:

- Brigham Park – 112 acre park with a spectacular panoramic view about 7 miles west of Mt. Horeb
- Blue Mounds State Park about 10 miles west of Mt. Horeb - info. (608) 437-5711/
Camping 1-888-947-2757.

Points of Interest in or near Mt. Horeb:

- Troll Walk (Carved trolls).
- Mt. Horeb Mustard Museum - 3,800 different mustards...largest collection in world!
- Military Ridge Bike Trail.
- Stewart Park - 161-acre park with 7-acre lake, fishing, and hiking trails.
- Little Norway www.littlenorway.com Unique outdoor museum \$8, \$7 senior (62 on up).
- Cave of the Mounds (608) 437-3038. \$12 tours leave on the ½ hour on weekends...bring a jacket.

PLAN NOW TO JOIN IN THE RIDING AND ACTIVITIES OF YOUR CHOICE!