



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – February 2004

RAGBRAI XXXII Perm & Andy Horst

The (Des Moines) Register's Annual Great Bicycle Ride Across Iowa for 2004 is still several months away, but you must register now if you want to be part of this great ride. We have a limited number of spaces available for a fee to those people who are QCBC members by December 31, 2003. These are available on a first come, first served basis.

The ride will be July 25th –31st on a route to be announced in late February. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2004. In order for us to meet their deadline, we must have **all** registration forms and checks by February 23, 2004.

The January and February newsletters will contain the RAGBRAI application and individual waiver form.

FEE PAID TAG

Everyone must have a Des Moines Register's "Fee Paid" tag. The cost is \$110.00. If you are **not** a QCBC member and would like to go on the ride, you will need to obtain your "Fee Paid" tag through the Des Moines Register lottery, which is held in the spring (you may register online for it now at ragbrai.com). You can still purchase transportation and baggage service from the QCBC.

Group members who obtain wristbands through their clubs will not be able to obtain individual vehicle passes. If you want to take a camper, you need to go through the Register's lottery.

Members who obtain "Fee Paid" tags from the QCBC will have to also pay for our minimum services of \$30 to haul baggage from the start town to the end town.

WAIVER REQUIRED

Each and every rider participating in RAGBRAI will have to sign a Des Moines Register waiver and mail it back to us with your fees. **IMPORTANT:** If you do not include the signed waiver, no tags will be issued.

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to you. They can only be sold upon receipt of a new waiver that will be coordinated by your bike club to the Des Moines Register.

SOUVENIR PACK

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$19.50 or \$34.50) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt (size XL only). The 32nd Anniversary pack sells for \$34.50 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

TRANSPORTATION PROVIDED

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 24th and baggage transportation between overnight stops. The transportation and baggage fee is \$85.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$20.00.

If you have your own transportation to the start of the ride, the cost is \$30.00 for the required minimum service of carrying your baggage between overnight stops. This minimum fee does not include hauling your bike and baggage back to Davenport unless you paid for the return bus.

Any rider under the age of 18 must be accompanied by someone over the age of 21, (cont. on page 5)

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 – Karen Grimm (563) 445-7797 qcbc_treas@yahoo.com

Quad Cities Bicycle Club
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<http://www.qcbc.org>

Board Members:

Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	Dave Lefever (563) 355-6476
Deb Mathias (309) 787-6547	Steve Montgomery (563) 332-5963	Karen Nord (563) 326-9113
Charlie Sattler (563) 391-3422	Phil Schubbe (563) 359-5057	John Wessel (563) 359-8350

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 and Membership Directory 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 twice a year at 7pm on the third Tuesday of: April and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware.) Contact Errol McCollum for program information: (309) 762-8252.

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. Multiple month rates are available. Call for details: (563) 355-2564.

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.

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From the Headset Warren Power

You're reading this in February but in order to have it published in the February newsletter I have to write it in early January. It's Wednesday and I've just finished my weekly Wednesday ride with Pat and Tom Bolton, long time club members that live in Florida in the winter. Obviously since I'm in Southern Florida, the ride has been quite different than my normal winter rides. What makes this even more obvious is that the Quad Cities which has just experienced its coldest temperature in the last three years.

Yes, I'm retired, and as such I'm fortunate that I can take some time and get away from the cold for a couple of weeks each winter. But you know what. Before we left for our ride this morning, I called Jan Fitzgerald, who I knew would show up for Wednesdays ride, to say Hi and to find out if anyone had shown up for the normal QCBC Wednesday ride. Even with the cold temperature there were about ten people that had shown up (mostly to socialize) and at least two of them were planning to ride. I'd say we've got some pretty tough (or crazy) individuals in the club.

Why Advocate for Trails? Chuck Oestreich

Someone came up to me recently and said, "You know, Chuck, you used to be a road rider, and now you seem to be concerned just about trails."

It took me back for a minute. I started muttering a defense. But as I thought about it, the man did have a point. I blurted, "It all comes down to, 'Good trails make good communities.'"

Case in point: the Mississippi River Trail. Some think that a road route between New Orleans and Lake Itasca is all that is necessary for the cross-country bike tourist. They're right. Give these pannier plumpers a reasonably uncluttered road and they're gone.

Others, like myself, think that the whole point of an ambitious trail system such as the MRT (Mississippi River Trail) is to get communities to join in, to develop trails within and to neighboring communities, and – most importantly – enfranchise the ordinary citizens to

I know you may feel it's too early to think about RAGBRAI, but if you're planning on going on RAGBRAI with the club this summer you're time is running out to submit your application. The club has to have our RAGBRAI registrations to the Des Moines Register by March 1 so you need to have your application to Scott Miller about a week prior to this. The RAGBRAI application, liability release and completion instructions are included on pages 12 and 13 in this newsletter.

Just a reminder. If you move be sure to notify Charlie Sattler of your change of address. Our newsletter is sent third class which means it's not forwarded by the Post Office. The only way you can ensure that you will continue to get a newsletter is to report your change of address to Charlie.

The annual Tour of the Islands bicycle ride is on Sunday, February 22. Jerry Kruse is again coordinating this event and he guarantees that we will have wonderful warm weather (Jerry, I think I just put you on the spot). This is a great opportunity to get out of the house for a few hours, get some exercise and do a little socializing. We usually get 20 to 30 riders that show up for this event.

get on a bike and start enjoying life more.

This fall, my wife and I passed a group of kids – 12-year-olds on junk bikes – on the Great River Trail just south of Rapids City. They weren't good trail users; they were having too much fun. So we had to be wary in getting around them.

But secretly I smiled. If there were no trail, if the only way to get from Rapids City to Hampton on a bike was on highway 84, those kids wouldn't and shouldn't be doing what they were doing: having fun, exploring their community, expanding their horizons – all within a healthy and safe environment.

We need a "route" along the Mississippi River for many reasons, including direction for those cross-country travelers. But we need a "trail" along the river for all the ordinary people whose lives will be so much better for having it.

And that's one of the reasons why in some ways I've become an advocate for trails.

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone	Name	City & State	Phone
Josh Anderson	Bettendorf, IA	563-505-4129	Joan & Randy Keemle	Rock Island, IL	309-788-9464
Randy & Lisa Bolin	Des Moines, IA	515-278-0951	Bill Kirkenir	Aurora, IL	630-978-0303
Jake Bonner	West Burlington, IA	319-759-1254	Scott Kramer	Milwaukee, WI	414-383-1272
Jim Boyer & Betsy Burtelow	Buffalo Grove, IL	847-541-1325	F. H. Le Prevost	Clinton, IA	563-242-7246
Douglas Burke	East Moline, IL	309-755-3555	Larry & Bridget Leprevost	Clinton, IA	563-242-6379
Kevin & Elaine Coleman	Jackson, MI	517-563-8865	Dale Mathias	Plainfield, IL	815-609-5779
Eric Coleman	Traverse City, MI	231-929-9918	Darwin McNeil	Bettendorf, IA	563-332-4496
Mark Deck	York, PA	843-670-0960	Clint & Jo Mecham	Port Byron, IL	309-523-2945
Robert & Karen Deck	York, PA	717-741-0629	Linda Mojzer	Dublin, OH	614-789-9506
Richard & Mary Kay Drapeau	Buffalo Grove, IL	847-808-1476	Mark O'Brien	Cedar Rapids, IA	319-431-4512
Stephanie Erickson	Lakemoor, IL	815-363-9134	James & Andrea Pracht	Crystal Lake, IL	815-444-6954
Maryann Fuchs	Jackson, MI	517-563-2289	Mark Suchyta	Shelby Township, MI	586-726-7232
Dan & Deb Holte	Novinger, MO	660-488-6870	Lee Venet	Wheeling, IL	847-808-8565
Bill & Cathy Howard	Moline, IL	309-762-3371	Deb & Deb Wilson	Mt. Prospect, IL	847-632-1412
Dick Jensen	Bettendorf, IA	563-355-1162			

TOMRV 2004 Brochure Mailing
Kathy Storm

TOMRV (Tour of the Mississippi River Valley) 26 brochures will be mailed out to all QCBC members in mid to late February. This 2-day ride is our major fundraiser for the club and attracts about 1,600 participants. In addition to club members receiving a hard copy brochure, all past participants from the previous 3 years will also receive a brochure.

This year, quite a bit of merging and purging has been done on the databases in order to produce a mailing list to use for the brochure mailing. In late December, the combined list for Susie Laforce's old dBase application and Linda Barchman's new Access one, consisted of 4,735 past participants from 2001-2003. By mid January, the list had been pared down to 2,912 records after deleting duplicate entries for participants who had ridden the previous 2 or 3 years.

The list that remains contains an entry for everyone who has done the ride in the past 3 years plus current (as of January 20th) QCBC members. If there were two or more family members at the same address, these entries were left intact. So every past registered rider will receive his or her own application form.

If you need to obtain another copy of the TOMRV 26 registration form this spring, please keep in mind that you can photocopy the registration form, download a copy of it off the club web site, register online through Active.com or pick up a brochure at many Midwest area bike shops (over 200 shops are supplied with TOMRV brochures). In 2002, 30% of our participants registered online using Active.com.

Linda Barchman will be handling registrations again this year. Be sure to register early and receive a discount off the registration fee. We look forward to seeing you on TOMRV on June 12th and 13th.

Membership Count: 1/8/04		
	# of Members	# of Memberships
Individual	409	409
Couple	282	141
Family	364	98
Complimentary	21	21
Life	6	3
Total	1,082	672

RAGBRAI XXXII

(cont. from page 1)

preferably a parent, and must have the person's signature on the registration form.

Please notify us ahead of time if you cannot load your bike on Friday July 23rd.

HOME STAYS

If you do not like to camp, some residents in the overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website www.ragbrai.org, after May 1, 2004

MISCELLANEOUS

If you cannot ride to the next overnight town on any day during the ride, the club will not be responsible for providing transportation to the next campground.

All club members are expected to act as responsible adults and set a good example to other riders. If you act up on the ride, any unused portion of your fee paid will be refunded. We will not continue to haul your gear, and you will be responsible to find your own way home.

Do not get your tags from QCBC nor ask for services from us if you do not plan on arriving in the overnight town until after 6 pm. We make arrangements to camp in the quiet zone at each town, please comply.

The bike clubs are expected to set a good example with safe riding practices. Remember that the safety and ancillary RAGBRAI support people are out at 6am every morning, regardless of the weather conditions.

If you have any questions, contact Scott Miller, at 563-391-2796, or E-mail mm@netexpress.net. Please address subject matter on e-mail as RAGBRAI material. If Scott needs to call you back, please leave him an evening phone number. If a return call requires a long distance call, it will be collect.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form. **We must have these 2 forms and your check by Feb 23, 2004.** (These forms can be found on pages 12 & 13 of this newsletter)

We cannot accept your application if it is sent by registered mail. No confirmation will be sent, if your money is not returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.

The route, with complete details, will be in a February issue of the Sunday Des Moines Register. Check out

Tip From Andrew Pruitt, MD (REI web site) Andy Pruitt's Medical Guide for Cyclists

Pay attention to your bike setup. Incorrect bike setup is the most common cause of overuse injuries among cyclists. If you're unsure of yourself in this area, get a professional setup at a high-end bike shop. If you already have an injury, get a medical evaluation that includes a medical-grade setup from a physician or physical therapist who is experienced in working with cyclists.

their web page @ www.ragbrai.org for details.



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Jim Schaefer MSPT
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www.twinriverspt.com

Great Northwest Illinois Tour for Cancer Wendy Gustafson

Date: June 26 & 27.

Time: Start around 7:00 a.m.

Location: Starts from Freeport YMCA in Freeport, IL

Proceeds Benefit: FHN Leonard C. Ferguson Cancer Center

Distances: 30, 60, or 100 mile routes

About the Ride: Great food & rest stops, lots of prizes, etc. For more info, e-mail wendy.gustafson@m45.biz or call 815-232-2121, ext. 230. Check out our web site at: www.fhn.org

Bicycle Trail Across Idaho Warren Power

On a western US trip this past summer, my wife and I had a couple of extra days so I decided to try and find a bicycle trail I'd spotted along Interstate 90 in Idaho the previous year. This turned out to be a really great experience.

The bicycle trail is an old railroad bed and is called the "Trail of the Coeur d'Alenes". It is a 73 mile paved trail with one end in Mullen, ID, which is about five miles inside the Idaho-Montana border along Interstate 90, and the other end in Plummer, ID that is just a few miles from the Idaho-Washington border. Going from Mullen, the first 20 miles of the trail are a gentle downhill paralleling Interstate 90. At Pinehurst, the trail veers away from Interstate 90 and follows the Coeur d'Alene River for about 35 miles to Coeur d'Alene

Lake, which is a very popular resort area. When it gets to the lake, you follow the lakeshore for about five miles and cross the lake on an old railroad bridge. (This bridge was not finished when I road the trail but it was supposed to be completed in the fall, 2003) You then have about a ten-mile climb to the end of the trail at Plummer.

There are long gentle hills at both ends of the trail, but other than that, the trail is essentially flat. It meanders through numerous small towns. The scenery includes Interstate Highways, slow moving rivers and streams, mountainous terrain, wetlands with lots of waterfowl, and farmland.

If you are headed out west, you might want to take an extra day to ride this trail. I think you'd find it a worthwhile experience and you could say you rode your bicycle almost all the way across Idaho.

Registering 1,500 TOMRV Riders - Or Why I Didn't Ride My Bike As Much As I Should Have in 2003 by Linda Barchman

My first TOMRV was in 1981. That was when we went to Dubuque on the Iowa side and returned on the Illinois side. It made for a long day on Sunday. I have many pleasant memories and a few not so pleasant ones. One year I called TOMRV a piece of cake and another year it was a torture trip because of headwinds. It has been hot, cold and wet but I still do the ride. I have ridden upright road bikes, a recumbent single and a recumbent tandem. One year I got married on the Friday before the ride. My husband is also a TOMRV rider so now it is tradition.

Last year I experienced TOMRV in a new way. I volunteered to handle the registrations. In January 2003, I started putting together a database to handle all the information to keep track of 1,500 or more riders. We needed to create a new program as Susie Laforce was using a DOS program that was several years old. Kathy Storm spent many hours setting up the online

registration with Active.com. This was the first year for online registration and we hoped we wouldn't have too many problems. The online registrations would be downloaded and then put into the database with the mail-in registrations. After a few times, it became fairly simple.

The registration process is not as simple as just entering the information into the database. I have a full time job and work a lot of 10 hour days. When I got home I would get the mail, check phone messages and check email. Then I needed to return the phone and email messages. Finally I would download the online registrations and enter those and the ones received in the mail into the database.

Everyone gets a confirmation packet so labels were printed and envelopes stuffed and mailed as soon as I could get them done. This process goes on from February to June and is very time consuming. Don, my husband, helped a lot with this. He will be available to help more this year. (cont. on page 7)

Registering 1,500 TOMRV Riders

(cont. from page 6)

The database keeps track of quantities for each size of t-shirts, jerseys and all the accommodations. I was able to get all accommodation information from the database and email it to the colleges in spreadsheet form. This made it easy for them to assign rooms.

The week before the ride, I gave Sam Norwood the information to print the fanny bumpers and I printed labels for the packets. We stuffed packets at Susie's and I brought all 1,500+ of the packets to my garage for storage until we took them to the college on Friday afternoon. During those last few days people would call to change where they were starting the ride from or where they wanted to pick up their packet. I tried to accommodate them as best as I could. We had a few problems but I hope everything worked out ok. We

are going to try something different for packet pickup this year so read the registration brochure when you get it.

I apologize to those of you who tried to reach me on Friday before the ride, but the packets were loaded and taken to the college. So as much as we try to simplify the process, something always comes up. Don and I are moving this spring and had hoped to do this before the registrations came out, but it isn't going to happen that way. If I don't return your call right away, remember that I am just a volunteer and that I also work a full time job. And I also need time to ride the bike so I will be ready when June gets here because I still ride TOMRV.

I hope things will be a little smoother this year and I am looking forward to my wedding anniversary on the Friday before the ride.

QCBC Annual Mileage Totals 2003

Jim Merritt

Name	Mileage	Name	Mileage	Name	Mileage
Wayne Hanno	15,778	Chuck Oestreich	5,216	Deb Mathias	3,000
Jerry Sears	11,600	Dean Mathias	5,200	James Merritt	2,547
John Their	11,111	Jan Fitzgerald	5,127	Barney Young	2,535
Gregory Zaborac	10,956	Matt Flaherty	5,103	Dottie Willits	2,500
Bob Fitzgerald	10,208	Carter LeBeau	4,876	Don Kincaid	2,497
Steve Kurt	9,293	Fred Krack	4,780	George Coin	2,464
George Van Thorre	9,250	Tom Scott	4,738	George Hernandez	2,464
John Fletcher	8,700	Jim Karr	4,610	Kaye LeBeau	2,334
Jan Sears	8,400	Casey Zugmaier	4,525	Gary Hagener	2,307
Rod Hawk	8,091	John Pepke	4,500	Mike Middlemas	2,055
Joe Jamison	7,720	Rick De Clerck	4,254	Vivian Norton	1,485
Darlene Moritz	7,000	Barb Donald	4,234	Kathy Loomis	1,160
Warren Power	6,843	David Round	4,210	Bryan Moritz	1,058
Bill Wiebel	6,750	Scott Miller	4,202	Don Barchman	1,000
David Thompson	6,694	Mike Desch	4,000	Linda Barchman	1,000
Susie Wolf	6,677	Kathy Storm	4,000	Linda Lueders	1,000
James Hanson	6,350	Melinda Thompson	3,300	Eileen Wosaba	1,000
Bob Milligan	6,315	Lynne Groskurth	3,250	Rosemary Jamison	740
Gary Jones	6,229	Larry Mickelson	3,153	Bob Replinger	545
Mike Zugmaier	6,205	Gordon Fordyce	3,114	Stacey Replinger	50
Mike Giudici	5,901	Bill Storm	3,008		
Herb Page	5,277	Judy Porter	3,003		

**For Immediate Release
January 2, 2004**

SPRINGFIELD - Governor Rod R. Blagojevich today announced the opening of the final 12.1-mile segment of the Hennepin Canal Parkway State Trail - a new north-south segment extending from the Hennepin Canal feeder line's Bridge 56 on Illinois Rt. 92 south to the Feeder Basin. The new trail segment completes 93 miles of paved trail for bicycle riders and pedestrians that are part of an historic 104.5-mile linear parkway in Rock Island, Bureau, Henry, Lee and Whiteside counties in northern Illinois.

"The completion of the Hennepin trail system is a real plus for families, bicycle riders, runners and hikers of all ages looking for a safe place to enjoy spending time outdoors," Gov. Blagojevich said. "Recreation and tourism are important components of my administration's "Opportunity Returns" initiative, and the Hennepin Canal Parkway is truly one of our state's premier recreation destinations, benefiting residents and visitors alike."

Built in the early 1900s as a commercial waterway, the 96-mile Hennepin Canal has for many years been a diamond in the rough for trail users. The new 12.1-mile segment is the last of a series of five bike trail con-

struction projects that now connect, via the canal's tow path, communities including Bureau Junction near the Illinois River, Colona near the Mississippi River, Rock Falls on the Rock River and Sheffield near the canal's Summit Pool.

In all, more than \$17.3 million in trail projects have been completed on the Hennepin parkway, all of which have included federal transportation enhancement funding administered through Illinois Department of Transportation.

The Hennepin trail system now includes 93 miles of surfaced trail for bicycles, 73 miles of equestrian trails, 172 miles of hiking trails, and 90 miles of snowmobile trails. The main stem of the Hennepin Canal Parkway State Trail is part of the 500-mile Grand Illinois Trail and forms a segment of the northern Illinois route of the 6,800-mile coast-to-coast American Discovery Trail.

The new bike trail complements the Hennepin Canal Parkway's fishing, camping, boating, and canoeing opportunities, managed by the Illinois Department of Natural Resources. For more information on the Hennepin Canal Parkway State Trail, contact the site office in Sheffield at 815-454-2328.



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Tour of the Islands
Jerry Kruse

Come join us on February 22 for a tour of the "tropical" islands here in the Quad Cities. The start time is 9:00am at the east end of the Ben Butterworth Parkway near CNH. The weather is guaranteed to be great (somewhere), and of course there will be a "tropical" breeze. The no-cost ride includes a couple of sag stops, no set distance so ride as far as you want, and we'll meet at a local pub in the Village of East Davenport to compare sunburns. Contact person is Jerry Kruse, 563-332-9396.

Early Deadline for March 2004 Newsletter
Kathy Storm

The normal deadline for submitting articles for the newsletter is the 10th of the month. Thank

you to everyone who has submitted articles this past year for being considerate of this deadline. You have helped me produce a timely newsletter that gets delivered to our members by the end of the month.

For the March 2004 newsletter, I will need to move the deadline up to February 7th, due to an overseas trip. Thank you

New Meeting Location for FORC
Rick Wren

Well, it's a done deal. I got a hold of Bent River and they said it was no problem having our meetings there. So, starting next year we will no longer have meetings at Front Street Brewery, instead they will be at Bent River in Moline. The meetings will still be the first Monday of the month at 6:00pm, so the next one will be Monday, February 2nd