



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – April 2004

Remember Your First Century?

Vivian Norton

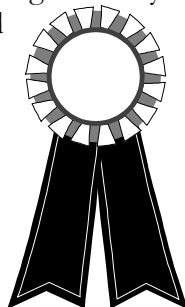
Nearly everyone remembers his or her first century. You may not have even started out that day with a mileage goal. Remember the high when you saw "100 miles" on your computer? And when people mention centuries you could casually say, "Oh, sure, they're fun." When non-cyclists ask about mileage and centuries (and after you've done one, you hope they do) you can reply, "Oh, sure, I have." You don't have to say how many you've done. This writer won't tell you how many were done personally. Just leave it that Jim Hanson's record number of centuries is safe.

Now QCBC is going to give you something to remember that first century by. At this year's Annual Dinner the first QCBC First Century Award will be given to those who did their first century in the year 2004. These will be given just to those who have done their first century in 2004.

These are the criteria for the award:

- 1) It's the riders' first century.
- 2) That the century is completed in the year the award is given.
- 3) That the rider is a QCBC member when the century is completed.

THAT'S IT. So pump up those tires, set your goal, and ride. Call or email me when you complete your first century, 563-355-1899 or yjoan@worldnet.att.net. Let me know the date, location, ride, etc. of where you completed your first century. I will congratulate you and put you on the list for your award to be received at the Annual Dinner in November.



Fit Is It

Errol McCollum

It is that time of the year when one starts thinking more seriously about cycling. Among the issues that there are to consider, are equipment, clothing and conditioning.

There are basically two schools of thought. One is wait until the weather is right and go out riding. The other is start early on the trainer or rollers and be ready to jump in to cycling when the weather is right. I tend to do a mixture of both, reverting back to the trainer when the Quad City weather turns bad again after I have started riding outdoors.

Fashion more often drives us to spruce up our wardrobe as opposed to necessity. A rider usually checks out the latest in eyewear, jerseys, helmets, shoes and jackets.

Now comes equipment. Not everyone mounts a new steed every year but maintenance is usually a must, tires, handlebar tape, chain etc. One item often overlooked is the gradual change in riding styles and needs. As we get older and don't need the speed, we put more emphasis on comfort. In the comfort department, fit becomes ever more important. Fit is even more important if performance is a priority.

We are extremely fortunate to have Colin O'Brien and Dave Watson from Cronometro of Madison, WI, to do our April QCBC General Membership meeting with an actual bike fitting! These fellows are some of the best in the nation and can point out things to consider in this area that perhaps us mortals never thought of. Some of the local riders are already enjoying the benefits of this kind of fitting. Come and see this process in action. April 20th, 7pm at Rivermont Collegiate in Bettendorf.

I'm looking for a volunteer for the fitting. Any interested parties may call me at 309-762-8252.

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 jandj97@mchsi.com
Treasurer – Karen Grimm (563) 445-7797 qcbc_treas@yahoo.com

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808
<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 7 pm 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. Please try to limit your article to 1 page in length. 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.



<http://www.adventurecycling.org/>

<http://www.bikeleague.org/>

<http://www.bikelib.org/>

From the Headset Warren Power

In early March on a Saturday QCBC ride we were headed for Buffalo. As we neared Credit Island on the river front path I saw a small stray dog on the path a few hundred feet ahead. Always being cautious of loose dogs, I yelled for everyone to watch the dog. Just as I was passing the dog I suddenly heard "That's my dog!". One of our members, Ken Urban, who lives near VanderVeer Park in Davenport (for those not familiar with Davenport, VanderVeer park is several miles away from Credit Island), has a 14 year old dog named UD that can't hear and can't bark but has had the run of the neighborhood for years.

They'd let the dog out the night before and it never came home. Ken told his wife when he left for the ride that morning that he'd look for the dog. When he called his wife to tell her he'd found the dog she thought he was kidding. Well, UD got a ride home in the family vehicle and Ken was still able to join the club for breakfast, just a little bit late.

April's here and that means that TOMRV is only a couple of months away. Club rides provide a great op-

portunity to get in some training miles and do a little socializing. Our April rides still start at 9:00am, although with day light savings time taking effect in early April, we're really starting an hour earlier than we did in March. Even with that, there's plenty of sunshine at that hour of the morning and the sun's high enough in the sky now that things warm up pretty fast. So come out and join us. I think you'll enjoy it.

We've got a couple of great club events in April. The Spring Picnic is April 18th at Loud Thunder Forest Preserve just West of Andalusia, IL. The picnic is organized by the FORC (Friends of Off Road Cycling) Bicycle Club, a sister club who have a trail at Loud Thunder that they maintain and improve. Two QCBC club rides will start at the picnic location at 9:00am and are scheduled to be back in time for lunch.

One of our two annual membership meetings will be held on April 20th at Rivermont Collegiate School in Bettendorf. Errol McCollum has arranged to have one of the premier bicycle fitters in the US to come in and do an actual fitting on one of our club members. If you've ever wondered how a bicycle should fit and what it takes to get it fitted properly, here's your opportunity to find out.

Tour of the Islands, Feb 22nd Jerry Kruse

This years "Tour of the Islands" started under sunny skies but without the usual tropical breeze. Before the start, several riders commented on how much they "appreciated" having the ride early in the year to avoid the summertime heat and humidity of the tropics, but for some reason they also said it would nice to have some hot coffee or hot chocolate at the sag stops.

Twenty riders enjoyed the great weather to get in some miles along the river and around the islands. For the

first time in maybe 5 years there was some leftover melting snow and ice on the bikepaths so for safety the riders took to the streets for several miles.

The riders were: Pam VanZuiden, Darlene Moritz, Mike Smith, Al Lasek, Joe VanHoutte, Dan Manley, Ken Urban, Pris VoorHies, Warren Power, Susan Wolf, Mary Brus, Jim Keyoth, Doug Nelson, Cindy DeWulf, Kent Patterson, Gary Jones, Paul Sullivan, Dave Thompson, Karen Grimm, and Jim Dayton.

Helping out with the sag stops again this year was Nadine Palmgren. Thanks to all, see you next year.

Spring Picnic Karen Nord

FREE FOOD! FREE POP!

All this and a bike ride, too! Join FORC and QCBC on Sunday, April 18th for the annual Spring Picnic! The bike rides will start at 9am at Loud Thunder Park. We will meet at the pavilion behind the Ranger's house, located near the horse corral entrance. Follow the

Signs. This is also where the picnic will be held. Please bring a dish to share, and FORC and QCBC will provide everything else.

There will be coolers and warmers available at the startup, and the grills will be fired up so that we can plan on eating by 12:30pm-yummy! A variety of foods and beverages are always available, but if you have a special request, call me at: 563-326-9113.

Welcome New QCBC Members!

Charlie Sattler

Name	City & State	Phone
Gary Anthony	East Moline, IL	309-792-1361
Linda Biegert	Moline, IL	309-792-9171
Jeff & Tricia Brinkman	Port Byron, IL	309-523-9246
Jerry Brown	Moline, IL	309-797-3300
William Burns	Davenport, IA	563-355-8855
Collen Chapleau	North Liberty, IA	319-626-6062
John Dannenfeldt, MD	East Moline, IL	309-792-7082
Marvin Fussell & Teresa Coon	Bettendorf, IA	563-355-5610
Dennis Lund Jr.	Bettendorf, IA	563-355-0472
William & Carol McNeal	Morrison, IL	815-722-5194
Dennis Meboe	Chicago, IL	773-779-3099
Jerry Metcalf	Parkview, IA	563-285-8873
Sharon Ostrand	Moline, IL	309-236-5058
Jeff & Lynn Pierce	Ankeny, IA	515-265-1510
Richard Potter	Moline, IL	309-764-7213
Jeff & Kelley Timmerman	Geneseo, IL	309-441-5231
James Ulmer	Colona, IL	309-796-0737
Brenda Varner	Keokuk, IA	319-524-1164

Membership Count: 3/6/04		
	# of Members	# of Memberships
Individual	409	409
Couple	284	142
Family	362	97
Complimentary	21	21
Life	6	3
Total	1,082	672

Spring has sprung!

Come on out to a club ride this month and get ready for spring/summer QCBC events like: the Tailwind Century, TOMRV and RAGBRAI.



**Better Bike Ways
Doug Nelson**

Nearly all of our rides begin at one of the local bike paths. They provide us a safe way out of the urban environment. None of these paths happened by chance. Now is your chance to have a say in the future development of bike paths and bike lanes.

The City of Davenport is currently developing our Comprehensive Plan for the next twenty years. Many of you received an email about the first general meeting on March 9th. Our steering committee is having

additional meetings the rest of this year. Dates and times will be published in the Quad City Times and are also available at www.cityofdavenportiowa.com.

Too many people believe the only safe place for bikes is on paths. Our practical experience with local streets and in communities with dedicated bike lanes can help everyone understand that we can truly Share the Road. Please contact me if you are interested in getting involved with this planning process or have questions, Doug Nelson, Member, Davenport Comprehensive Plan Steering Committee. I can be reached at: 563-359-3253 or at: dougmai@aol.com.

**Hope Ride 2004
Jim Summers**

HOPE-Ride 2004 will be July 14 – 18. The route will start in Rock Island and proceed up the Mississippi River to Galena, across northern Illinois to Rockford, ending in Wheaton. There is a fundraising requirement of \$1,400. The crew and organizers are all volunteers, which allowed HOPE-Ride 2003 to give beneficiaries an 80% return on funds raised.

This year's ride will benefit AIDS Project Quad-Cities,

Canticle ministries, (Wheaton, Illinois), Aids Care Network, (Rockford, Illinois) and Camp Heartland (Milwaukee, Wisconsin). For more Ride-Info join Veteran riders on Thursday, April 8, 2004 anytime between 5:00 PM – 9:00 PM at the Rock Island Rapids, in the District of Rock Island.

The website address for the 2004 Hope-Ride is: www.hope-ride.org or call Jim Summers at: 309-737-1265.

**Community Service Project – April 26th
Iowa Adopt a Highway Trash Pickup
Bill & Kathy Storm, Organizers**

On Monday, April 26th, the QCBC will begin its 12th year of maintaining the same 2 mile stretch of highway in Scott County. Please join other QCBC members as we spend 60 – 90 minutes picking up trash that has accumulated there during the winter.

Meet at 5:30pm at the parking lot by the entrance to

the soccer fields along old Highway 61 (Scott Park Rd.) in Davenport, just north of the John Deere plant. Wear some old work clothes and sturdy boots, as we will be roaming the ditches for trash. After the pickup, members are treated to a pizza dinner at a local restaurant.

The other 2004 Trash Pickup Dates are also on a Monday night: July 19th and September 27th.

**Proposed Revisions
To the Club Articles of Incorporation
Warren Power, President**

The Quad Cities Bicycle Club was incorporated as a non-profit corporation in 1971. As part of the process of becoming a corporation, an organization has to submit a document called the Articles of Incorporation, which define the organizations purpose, structure and certain operating guidelines.

The QCBC Articles of Incorporation have not been revised since 1971 and upon their review, the QCBC Board of Directors felt that Article III defining the purpose of the club and Article VI defining what happens to any remaining assets of the club upon dissolution of the club needed to be revised. As such, the Board is proposing that these two articles be revised to read as follows:

“ARTICLE III - The purpose of the corporation is to provide activities and education that promote, encourage and support safe participation and environments for bicycle riders of all ages and abilities.

ARTICLE IV - Upon the dissolution of the Corporation, the Board of Directors shall make provision for the payment of all of the liabilities of the Corporation. After payment of said liabilities the remainder shall be turned over to a qualifying tax exempt organization(s) that specialize in the promotion and education of bicycling. Any such assets not so disposed of shall be disposed of by the Iowa District Court in and for Scott County exclusively for such purposes or to such organization(s) or said Court shall determine quality for tax exempt status under Section 501 (c) (3) of the Code.”

We plan to have an open discussion on this proposal at the membership meeting on April 20th at 7:00 p.m. at Rivermont Collegiate in Bettendorf. Following this

discussion those members present will be asked to vote on this proposal. Two-thirds of those members present at the meeting must vote to approve this proposal for the proposal to pass. All members are invited to attend this meeting.

If you have any questions concerning this issue please contact me. I will be happy to discuss them with you.

The deadline for submission of items to the newsletter is the 10th of the month, unless otherwise noted for a particular issue.

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The Second Five Years Of A Forty Year Journey “1969-1973” - A condensed history of the QCBC The second of eight articles by Joe Jamison

1969

It was a benchmark year for the QCBC. Outgoing President, Fred Blessin, would make several recommendations that would provide a pathway to the excellence for which the QCBC is admired. The following motions were offered and accepted at his final meeting as President:

- Develop a quality safety program for the club.
- Identify clear objectives to serve community cyclists.
- Elect officers in October or November to allow more time to prepare for the oncoming cycling season.
- Split the office of Secretary and Treasurer into separate positions.
- Create a Board of Directors.

With the withdrawal of the Moline VFW as sponsor of the “Moline 7th Street Race”, as the Criterium was called then, it was agreed that the QCBC would, for the first time, sponsor the event. Strategies for fund raising were discussed. The race was held and won by National Champion and former Olympian John Howard.

The members voted to join the American Youth Hostels during this year.

Jim Nelson broke the news that Davenport was interested in developing a parkway along Duck Creek. It was proposed as a ten year project. Later in the year, Nelson reported that Traffic Control officers of the Davenport Police Department showed little enthusiasm for requests to provide signage on the path. However, not to be discouraged into moving forward, the club discussed the potential for bikeways along the Hennepin Canal and it was agreed to contact Illinois State Representatives to consider a bill! In addition to these efforts, Mike Guidici reported having contacted the Iowa State Representative about a network of secondary roads for designation as bikeways.

It is interesting to know how seriously Club officers valued membership in the QCBC during these early years. A proposal was put to existing members that applications by prospective members not be approved until applicants had either attended one membership

meeting and done one social ride, or had done two social rides. The proposal was not brought to a vote!

Major events planned for the year were the “Moline 7th Street Race”, the Sterling Race, the Harper’s Ferry ride and the Devil’s Lake, WI ride.

In keeping with the commitment to emphasize safety, an Illinois State Trooper spoke to the club and showed a bicycle safety film. This was one of the first organized efforts of this nature by the club.

Officers elected for 1969: Pres: Bob Seaberg, Vice Pres: Jim Nelson, Sect: Doris Seaberg, Treas: Jim Greene. Directors: Fred Blessin, Rene DeLanghe, Mike Guidici, John Mueller.

1970

This was another year of significance. The early foundations for a Ride Schedule were established when a committee was appointed to develop maps and routes for members to use on their rides.

The Club expanded its’ exposure to the cycling community at large by voting to join the League of American Wheelmen.

Due to a clerical lapse, the “7th Street Race” lost its date in May on the racing calendar and had to scramble for an alternate date and eventually held the race in June. This was an interesting year for the race as the Bradley family of Davenport, IA were very prominent in the final results of their various categories. Debbie (only 15 years old) won the Senior Women’s division while sister Jacque, brother Jeff and mother Marlene all placed. The Senior Men’s winner was Seig Koch of Chicago.

President Mel Bradley appointed a race committee this year consisting of: Rene DeLanghe, Fred Blessin, Jim Greene and Bob Seaberg.

Officers for 1970 were: Pres: Mel Bradley, Vice Pres: Jim Nelson Sect/Tres: Mike Guidici. Directors: Fred Blessin, Rene DeLanghe, Mike Guidici, John Mueller.

1971

Much credit must be given to Fred Blessin. Always, during his tenure as President, the Club made great strides in organizing itself. Again, this year, as President he forged ahead with several meaningful actions that provided stability to the Club’s organization. Some of these actions follow. (cont’t on page 7)

The Second Five Years Of A Forty Year Journey

(con't from page 6)

The first Ride Schedule Committee was appointed with Terry Burke, Jim Nelson and Mike Guidici as the first members. A Bikeway's Committee was formed with Jim Nelson as Chair. A Safety Committee focusing on making rides safer was proposed. The Racing Committee, chaired by Mel Bradley was charged with diversifying fast ride activities.

The process of incorporating the Club moved forward with the election of a Board of Directors. The first Directors elected under incorporation were: Walter Barchman, Mel Bradley, Jim Nelson and Mrs. Carstens.

The Clubs first official Century was scheduled this year as part of the LAW's "September Century Month".

Officers for 1971 were: Pres: Fred Blessin, Vice Pres: Terry Burke, Sect: Debbie Bradley, Treas: Claude Patton. Directors: Walter Barchman, Mel Bradley, Jim Nelson and Mrs. Carstens.

1972

The QCBC continued to take on its own identity in this year. Club patches and club jerseys became available and were popular.

The commitment to bikeways by the Club was very strong as indicated by the fact that of the \$350 in the treasury, \$273 was in reserve for a bikeways project.

The underpinnings for our first enduring Century ride were initiated by Carter LeBeau when he took responsibility for planning, what he titled, the "Mississippi Valley Century" for scheduling in 1973.

Officers for 1972 were: Pres: Fred Blessin, Vice Pres: Terry Burke, Sect: Debbie Bradley, Treas: Claude

Patton. Directors: Mrs. Sheridan, John Schwartz, Carter LeBeau and Jim Nelson.

1973

Two major announcements were welcomed by bicycling enthusiasts late in this year. First was that by Bike Centennial of planning for an across the United States ride in celebration of the country's 200 year anniversary. The second that the state legislature had passed a bill granting 30% of the cost of creating bikeways! These two events would finally bring a much needed stimulus for bicycling in the USA and the QCBC was ready to contribute and take advantage of it.

For example, Davenport still had bikeways in the budget, but had not reviewed development. The 30% grant would be an inducement to act in the near future.

Meanwhile, funding for sponsorship for the 7th Street Race continued to be an historic problem associated with that event. Much energy was always expended looking for sponsors. Deere and Company was again sought out for help, but support was minimal.

An exhibit booth featuring bicycling and our Club was organized and implemented for showing at the Mississippi Valley Fair by Margaret Paulos and was judged to be one of the top three efforts by the Club in 1973. In addition, Mrs. Paulos contributed to the Des Moines Register's Karras and Kaul ride into Davenport which was, as it turned out to be, the first RAGBRAI!

Carter LeBeau's Mississippi Valley Century was very successful and was another of the top three, best efforts, for 1973 as judged by the membership.

Officers for 1973 were: Pres: Terry Burke, Vice Pres: Walter Barchman, Treas: Claude Patton, Sect: Debbie Bradley.

Happy 40th Anniversary - QCBC!

Trail Breaking the Illinois Mississippi River Trail Chuck Oestreich

You can still sign up to participate in an unprecedented, one time serial bicycle ride of the 585 miles of the Mississippi River Trail in Illinois. On Saturday, May 1. Ride a 35 mile section to The Mark in Moline starting from either Fulton or New Boston, IL. Free T-shirts, limited edition user guides, and more for those who

sign up. You will need to ride back to your starting point or arrange for a motor vehicle pickup on your own when you reach The Mark in Moline..

Contact Chuck Oestreich, League of Illinois Bicyclists, 309-788-1845, oestreich@qconline.com. See page 8 of the March issue of Pedalwheeling for additional details and registration form.

Kick-In' Tailwind Escapade – May 15th

Dave Lefever

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 15th, 2004. 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 (Moline, IL) if we are going East or South.
- 2.) Scott Community College (Bettendorf, IA) 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 14th. 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 16th.

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 their 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 truck 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 the Quad Cities Bicycle Club. Mail the form and fee to: Dave Lefever, 1735 Piccadilly Place, Davenport, IA 52807. Do it quickly because registration is limited. It'll be on a first come first serve bases, with postmarks determining cut offs.

My phone number is (563) 355-6476. Call me if you have any questions. And make sure to call on May 14th after 6:30pm to find out where to meet.

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 _____

Just a Note for the Club History Margaret Paulous

A tribute to the recently deceased Mary Jo Sheridan (2/21/04), first newsletter editor of the fledgling QCBC...just a few pages typed on the old, messy, purple hectograph system. She did it all: collected, wrote, typed, printed, addressed and mailed with maybe some help from her QC Times feature editor husband, Joe. Sorry I don't have a copy, but maybe Carter LeBeau, Fred Blessein or the Walter Barchman's might have a sample archived somewhere.

Her diligence and dedication were remarkable. She was one very sweet lady besides. She also created the first bike club banner; blue and yellow/gold of felt. I don't recall for what reason we thought we needed one. She and her husband bought matching bikes, rode around town and some of the county rides, all laid out by Fred Blessein. In 1977, we shared a big station wagon and went on RAGBRAI, until she fell and broke her collarbone and had to drop out.

But she continued to ride around town for many more

years. With some other ladies from the QCBC, had a standing date every Tuesday (Wednesday, if the weather didn't cooperate) to ride the bike trail and have lunch at McDonald's on Brady Street.

In 1971, I discovered the QCBC while teaching at Central High. Set up a bike promotion inspired by Donald Kaul's efforts in the Des Moines Register. We inspired the high school kids to ride from the stadium to CHS, got a police escort, free milk and donuts and newspaper coverage for 3 Fridays at the end of the year. From that venture, I discovered that Fred B. had already mapped a cross-town bike route from Duck Creek Park to VanderVeer to Fejevary to Credit Island. So we met with city hall, got signs donated by a Mr. Katz, I recall, who ran the grocery store on East Locust near Sudlow. That signed route stayed in place until the bike path became a reality under Mayor Kathy Kirschbaum's administration and the bulletin board at Eastern Avenue was designed by a gentleman in the parks department, and paid for by the club. Enough said, Margaret Paulous, USCF Time Trial Champion, 2003, 20 K, at Louisville, KY.

QCBC's Annual Bike Ride to Dubuque Linda Barchman

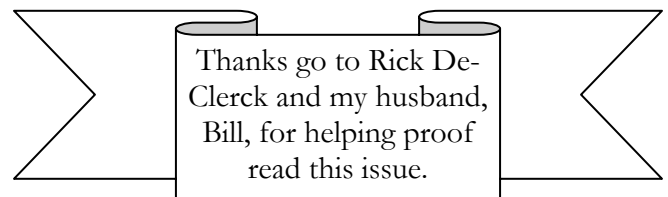
Registration is slightly ahead of last year. There are over 550 people registered as of March 13th. The first rider fee increase is March 31st, so I expect a lot of registrations before then.

For those of you who are thinking about doing TOMRV this year, get your registration in before the April 30th increase.

So far we have riders from 16 states including Hawaii. 80 people are riding for the first time and two of the first timers are 8 years old. Slightly more than one-fourth of the riders are choosing the Preston route. Clarke suites were sold out the first week of registration

but we still have Loras suites. Single and double dorm rooms are still available, as well as camping and sleeping bag space.

This will be my 23rd year to ride TOMRV and I can only remember a couple of bad weather days, so we will plan on having great weather this year. There will be door prizes, great food, and entertainment. If you have any questions about registration contact me at lindabarchman@hotmail.com or 563-388-8043. We also have ride information at www.qcbc.org/tomrv.



RAGBRAI XXXII
Andy & Perm Horst

The Des Moines Register has announced the following overnight towns for RAGBRAI XXXII: Onawa, Lake View, Fort Dodge, Iowa Falls, Marshalltown, Hiawatha and Clinton.

The QCBC has a charter service available for anyone with a RAGBRAI fee paid tag. If you have been selected in the lottery, we will offer any spaces available on the charter on a first come, first serve basis.

There are no refunds, but if a QCBC registered rider is unable to participate, the fee paid tags can be sold to a fellow QCBC member. Scott Miller will establish a waiting list for members to obtain fee paid tags/passes, if and when there are QCBC cancellations. If there is a

cancellation, the pass must be exchanged through Scott Miller, as the Des Moines Register carries liability insurance on each registered rider, which will need to be transferred.

To add your name to the RAGBRAI waiting list, please fill out the registration form and release of liability that was in the Jan/Feb issue of Pedalwheeling, or download the form from our website: www.qcbc.org and send it to the address below. Please indicate that you are asking for placement on the waiting list.

For information on the charter service, or for any questions or concerns, please write or phone: Scott Miller, 4216 Warren, Davenport, IA 52806, e-mail: mm@netexpress.net (please put RAGBRAI in the subject line) or 563-391-2796.

Grand Excursion 2004 - Route/Schedule

- **Saturday, June 26.** Cyclists arrive and participate in Quad Cities activities
- **Sunday, June 27.** Ride from Quad Cities to Savanna IL. Towns: Rock Island, Moline, East Moline, Hampton, Rapids City, Port Byron, Cordova, Albany, Fulton, Thompson, and Savanna.
- **Monday, June 28.** Ride from Savanna IL to E Dubuque IL – Lunch in Bellevue, IA. Towns: Cross the Mississippi River twice today. Green Island, St Donatus, Dubuque and East Dubuque.
- **Tuesday, June 29.** Ride from E Dubuque IL to Prairie du Chien WI. Towns: Kieler, Dickeyville, Tennyson, Potosi, Beetown, North Andover, Bagley, Bridgeport and Prairie du Chien, WI.
- **Wednesday, June 30.** Ride from Prairie du Chien WI to LaCrosse Towns: Lynxville, Ferryville, Desoto, Victory, Genoa, and Stoddard, WI.
- **Thursday, July 1.** Ride from LaCrosse WI to Wabasha MN – Lunch in Winona, MN. Towns: La Crescent, Dresbach, Dakota, Minnesota City, Weaver, and Kellogg, MN.
- **Friday, July 2.** Ride from Wabasha MN to Red Wing MN – Lunch in Lake City, MN. Towns: Reads Landing, and Frontenac Station, MN.
- **Saturday, July 3.** Ride from Red Wing MN to Prescott WI. Towns: Diamond Bluff, Prescott, WI and Hastings, MN.

- **Sunday, July 4.** Ride from Prescott WI to Saint Paul MN.
- **Monday, July 5.** Ride from Cyclists return to Quad Cities by Motor Coach (additional charge)

The ride starts at the gymnasium at Augustana College, 639 38th Street, Rock Island, IL 61201.



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TOMRV 27 Needs Rest Stop Volunteers

Bill Langan

TOMRV (the Tour of the Mississippi River Valley) is considered one of the finest cycling events in the country and one of the reasons is because of the accommodating and friendly volunteers at the nine Rest Stops (no longer referred to as Sag Stops).

Last year we tried to have individual Food Trucks for each Rest Stop and it proved to be a plus and made the

jobs for all the volunteers much easier and the cyclists were better served. If you are interested in helping with TOMRV 27 on June 12 and/or 13, please call or e-mail me (Bill Langan) at 563-386-3068 or langandav5@msn.com for more information.

The 2004 MS 150 Bike Tour

Jamie Thompson, Development Manager

In 1980 the MS 150 Bike Tour got its start in Minnesota and quickly spread throughout the country as the nations' largest premier cycling event. Annually, more than 70,000 people nation-wide participate in this fund-raising event. In Iowa, the MS 150 was revived in 2002 after a three-year hiatus. The ride proved to be quite successful and riders gave it rave reviews. Iowa's 2004 MS 150 Bike Tour hopes to have 150 riders and raise \$48,000 for Iowans living with multiple sclerosis.

Date: June 26th-June 27th, 2004

Location: The ride will begin at S.E. Polk High School (Des Moines' east side) and overnight in Grinnell on Saturday night. The route stays predominately north of Interstate 80 and uses Iowa's bike trails in addition to road riding.

Registration Fees: Variable by date and type of registration. Registration fees include: commemorative t-shirt, luggage transportation, overnight accommodations, weekend meals, overnight party, rest stops (stocked with water, sports drink and lots of food) every 10-15 miles, SAG service and much more. In addition to the registration fees, each rider is required to raise a minimum of \$150 in pledges or donations.

- Before March 1st
Individual: \$25 Team Member: \$25
- March 1st – May 25th
Individual: \$35 Team Member: \$25

- May 26th – June 15th
Individual: \$45 Team Member: \$35
- After June 15th
Individual: \$195 Team Member: \$185

*Please note that the "After June 15th" fees include the minimum pledge of \$150.

Why we ride: Multiple sclerosis (MS) is a chronic, often disabling disease of the central nervous system. The majority of people living with multiple sclerosis receive their diagnosis between the ages of 20 and 50. Women are diagnosed twice as often as men. Symptoms of MS, which can be mild or severe, are variable in each case and from day to day in the individual.

Proceeds from the National Multiple Sclerosis Society, Iowa Chapter's MS 150 benefit the 4,000 Iowans and their families who live with multiple sclerosis every day. These funds provide the necessary support for the Chapter's programs including maintaining a lending library, providing information and referral services, hosting local and statewide educational programming, developing community self-help groups and more.

In addition to programmatic support, the National MS Society provides more funding to the research of multiple sclerosis than any other organization, with the exception of the U.S. government. Currently, there are four researchers at the University of Iowa who receive funding for their MS research from the National MS Society. People can register via our web site: www.nationalmssociety.org/iac or by calling me at 1-800-798-6677. Thanks for your help on this. I really appreciate it!

Attention All Closet Authors!

Here's an easy way to win a lottery. Just participate in a club ride during April through October, write up a short ride report and submit it to the Newsletter Editor. In the report, list who was on the ride, where you rode and some interesting things that you saw or that happened along the way.

Once your article is received, your name will be written on a separate sheet of paper and "tossed into a hat". At the Annual Dinner in November, a drawing will be held to select the winner of a \$25 Gift Certificate to a local bike shop. The more write-ups

**For Sale Ads – (Ads run for 2 Month)
Check Web Site (qcbc.org) for Additional Items**

- **Thule bike rack** (fits on car trunk). Holds up to 3 bikes. Fits most car makes/models. Asking \$20. Contact John Fletcher (563) 288-0981 or fletch@muscanet.com.
- **2003 Burley Hepcat Recumbent**. Good condition, basic bike, ridden 4,900 miles, includes

Echowell computer and rear bag. \$1,575. Other equipment available. Also willing to coach buyer in recumbent riding and handling. Contact Jim Hanson at 309-797-4883 (evenings).

- **Gary Fisher Wahoo Mountain Bike**. 17" frame, 24 speed. Original Owner, nice condition. Great first mountain bike. Asking \$180. Call Adam Ritter at 563-332-1655.

**Quad Cities Multisport Grand Prix
Dave Thompson**

I would like to invite everyone to participate in the third season of the Quad Cities Multisport Grand Prix. This 13 event series of running, biking and swimming events will test your endurance and versatility as an athlete.

Points are accrued at every event you finish based on your finish time compared with the winners. At the end of the season, you take your best 8 events plus bonus points to see how you stand with others in overall and age-group categories.

There is no charge to enter because of these great sponsors: Joc Doc Inc., Aero Concrete, Quad Cities Bicycle Club and Wren Appraisal. Simply do the race and points are calculated for you. At the end of the season, the overall winners get free entries into next years Grand Prix. The top three overall and age-group winners will get custom-made fleece pullovers. The top three in each age-group receive plaques. 11 of the 13 events have biking in them, including three QCBC club events.

The 2004 schedule is as follows:

- “Swing Into Spring Duathlon” - Davenport, IA, Sunday, May 2
- “Quad Cities Distance Classic” - Rock Island, IL, Sunday, May 9

“Quad Cities Triathlon” - Davenport, IA, Saturday June 12

- “Quad Cities Bicycle Club 20k Time Trial” - Barstow, IL, Sunday June 20
- “Crossroads Triathlon” - Dewitt, IA, Saturday, July 10
- “Tri-Ottawa Triathlon” - Ottawa, IL, Saturday July 17
- “Quad Cities Bicycle Club 40k Time Trial” - Cordova, IL, Sunday, July 25
- “Lakeland Classic Triathlon & Duathlon” - Canton, IL, Saturday, August 7
- “Du-State-Duathlon” - Loud Thunder Forest Preserve, IL, Sunday, August 15
- “Habano Duathlon” - Muscatine, IA, Saturday, August 28
- “Knox County Triathlon & Duathlon” - Galesburg, IL, Saturday, September 11
- “Harvest Hammer Duathlon” - Morrison, IL, Saturday, September 18
- “Quad Cities Marathon” - Moline, IL, Sunday, September 26

More information on the Grand Prix and the above races can be found at: www.qcracingevents.com Or contact me (Dave Thompson) at: Dave.Thompson@qcracingevents.com or 309-764-5030.

**Five, 14,000 Footers
Bill Wiebel**

This July, Cathy “Super Grandma” Wiebel and Gary “Mountainman” Jones were the only ones that accepted my challenge, of last summer, to surpass Bill & Ted’s Excellent Adventure of three 14,000 footers. With their help, we not only met the challenge, but also exceeded it, five summits in six days.

The first summit: Due to other commitments, Cathy only had one full day in the mountains. So after acclimating, for a full 12 hours at 9,000 feet at our base camp in Frisco, CO, we set off for the trailhead of Mt Democrat. As is typical for driving to trailheads, all was going fine until well onto the access road when it deteriorated to a barely passable condition. “Luckily we were in a rental car and eventually made it.” The hike to the summit was going (con’t on page 15)

Five, 14,000 Footers

(con't. from page 14)

well until we reached, what we thought was the summit. But found that the actual summit was across a ridge and up a few hundred more feet. After some coaxing and prodding, Cathy got me going and we finally made it to the top. The hike down was uneventful, but seemed like such a long way. It's definitely not like descending on a bicycle.

The second summit: After conquering the logistical problems of getting Cathy on a plane, back to the Quad Cities, and in picking up Gary, we started training for the second summit. After a ride over Swan Mountain and up to the top of Loveland Pass we were ready. We chose to bike up Mt. Evans. This is one of the 14,000 footers that was conquered by Bill and Ted the previous summer. But "no", doing it from Echo Lake was not acceptable for the "Mountainman". We have to do the "Whole Thing". So rather than 3,000ft of climbing, in 14 miles, we must leave from Idaho Springs and do 6,500ft of climbing in 28 miles.

Anyway, after a few breaks and 3 ½ hours of climbing, we reached the summit. As usual, the summit was spectacular. Also the descent was "awesome". There were none of the "gale force winds" that are normally trying to "blow you off the mountain". We were back to Idaho Springs in around 45 minutes.

The Old Man needs a rest: The next day was to be an easy ride to Breckenridge. That was the case for me, but not for the Mountainman. After the easy ride and while I was enjoying a cup of coffee at Starbuck's, Gary was off for a quick climb up and down Vail Pass.

Third, fourth and fifth summits: What the heck 3 in one day! The mountainman and I decide to head to the same mountain range that Cathy and I did a few days earlier. After proceeding down the same road, we access the trailhead. The hike to the first summit, Mt. Cameron, was relatively uneventful. As is the case, with all summits, the views are spectacular. From the summit, we are able to spot the other 2 summits, Mt.

Lincoln and Mt. Bross. Fortunately, both are accessible by hiking across ridges that are well marked and have no "exposure".

We proceed first to Mt. Lincoln and then to Mt Bross. With the exception of long, uphill grinds, the hike was again, uneventful, and the views were spectacular. Then the fun begins: As with a long, bike ride, one hates to return on the same route, so we decide to take the shorter route back to the trailhead. We soon found out why this route is rated as a Class II. Even though there were no shear drop offs, the descents were quite steep and scary. Much of it was done on loose rocks, which added to the suspense. Then, finally as we are in sight of the trailhead, we come to almost insurmountable waterfall that we must navigate. Fortunately, the water was only a trickle and we did not get too wet. Finally we made it to the trailhead.

The best for last: One more challenge. Before we left, fellow QCBC member, Bob Fitzgerald, made it a point to tell us about a bike route called "Matchless". It is a 79 mile route that goes from Copper Mountain, up and down Fremont pass and to Leadville. Then proceeds up and down Tennessee Pass and over Battle Mountain and into Vail. Finally, it proceeds through Vail and up and down Vail Pass and back to Copper Mountain.

For doing a little hiking the previous day, we both felt surprisingly good and decide to do the "whole thing". What a great route! Gary and I recommend it to any and all QCBC members that go to Colorado. Anyway, the ride went well until close to the end. Sure enough, 1/2 of the way up Vail Pass, it clouded up and began to rain. Within minutes the temperature dropped from 85 degrees to under 50 degrees at the top of Vail Pass. What should have been a great, final decent to Copper ended up being uncontrolled shivering. We finally made it back to the warmth of the truck and to the end of our adventures in Colorado.

Again, we are planning to return to Colorado again next summer. Anyone wanting a challenge let me know. "Perhaps six, 14,000 footers?"

Coming Next Month

A listing of many of the 1-day Invitational Rides being put on by other Midwest Bike Clubs. If you know of a ride in IA, IL, WI, MN, KS or IN that you want to see listed, contact me at: qcbceditor@yahoo.com or 563-355-2564.

Silver Springs 60 Ride Fox River Bike Club

The Silver Spring 60 Bike Ride is scheduled for April 25, 2004. This is a one day Invitational Ride put on by the Fox River Bike Club, based in St. Charles, IL. This ride used to be put on by the Aurora Bicycle Club, but they have merged with the Fox Valley Club.

Spring Forward 2004 Ride Schaumburg, IL Bicycle Club

Join the Schaumburg Bicycle Club on Sunday, April 4th for their 4th Annual "Spring Forward" ride to celebrate the increased daylight of the time change. Registration form and information is available at:

Bicycle Advocacy in the State of Iowa Kathy Storm

Bicyclists in the state of Iowa got a wakeup call this winter. You may have noticed a mention of it in the March issue of this newsletter. We are in danger of losing our right to ride on a four lane, divided highway if there is an adjacent path or one within the highway right of way.

Senator John Putney introduced Senate bill 2004, now known as SF 2032 to the Iowa Legislature in February.

There was a lot of activity with Iowa bicyclists to contact their Senators and Representatives to protest this bill. The bill is still alive, it has just been deferred with numerous amendments. It will come before the House again later in March or early April.

In following the emails on the progress of this bill, I found a few names coming up over and over again. There finally IS something going on in Iowa with regard to advocacy. I would like to encourage those of you who live in Iowa to contact these people and become involved.

Robert Craddick (Des Moines) is putting together a program whereby Iowa drivers can pay a little extra for a special license plate featuring the "Share the Road" slogan. The funds raised by these plates will be put toward bicycle safety education programs. Robert can be contacted at: 515-554-2301 or rcraddick@desmoinesartcenter.org.

Ride starts at Beecher Center, Yorkville, IL.

- Registration begins at 7am
- Preregistration is \$18 or day of ride is \$23 (fee includes food at rest stops and after ride dinner)
- Route Options Include: 25, 45, 62 miles
- T-shirts \$9 and \$12
- Sweat shirts \$14 or \$17-19

www.schaumburgbicycleclub.org

- Ride starts at Checkers Restaurant in Union, IL
- Registration begins at 7:30am
- Registration Fee: \$12, after March 24th \$15
- Route Options Include: 18, 31 or 62 mile routes

Mark Wyatt (Iowa City) is looking at putting together a statewide advocacy organization. He attended the League of American Bicyclists National Summit Meeting in Washington DC in early March. He will be meeting with the Thunderhead Alliance group in Chicago on April 23 & 24 to get training on how to set up a viable and sustainable state organization. Mark can be reached at 319-626-6017 or mark@north-liberty.com

If you are interested in attending this meeting in Chicago, contact Sue Knaup at 928-541-9841 to register. The location of the meeting is 650 S. Clark Street.

The third individual I want to make mention of is Scott Sumpter (Des Moines). He created and maintains the BIKEIOWA web site. On this site, you will find all sorts of bike rides in Iowa listed, advocacy issues, links to Iowa bike clubs and shops, etc. It is a well-organized site and can be accessed at bikeiowa.com. Scott can be reached at: biker@iowabike.com. Scott is also organizing the "Bike to Work" day in Des Moines on May 21st.

Please keep your "rights" as a bicyclist on the highways and in the community alive. Get involved with city planning issues and your state/local bicycle advocacy group.

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 newsletter editor at: 563-355-2564 or qcbceditor@yahoo.com.

The 2004 Quad Cities Criterium Terry Burke - Benefits to Lance Armstrong Foundation and Expanded Program!

For the first time in our thirty seven year history, Quad Cities Criterium will make a significant contribution to a national charity, the Lance Armstrong Foundation (LAF) for cancer research. Not only will sponsors be making contributions, but QCBC members can enjoy their contributions while viewing the Scott Coady film "Behind the scenes at the 2000 Tour De France". The film will be shown at The District's Brew and View, both Sunday night, May 30, and Memorial Day, May 31. See more details in the May issue of Pedalwheeling.

Ever wanted to try street sprints but were intimidated by the licensed riders? In 2004 we are opening up a new division for non-licensed riders, plus \$15 of the \$25 entry fee will go to LAF. Awards will be given for the first three places in both men and women. Invitational riders can sign one day license forms the night of the street sprints. Participation is by invitation only thru Matt Pappas, 309-786-9613 or Terry Burke, 309-797-3790, so please call before Wednesday, May 26. We didn't forget the licensed riders for the street sprints either: riders will get a second chance this year if they lose in their first heat. There is no pre registration for licensed riders. Registration for all riders is from 6:30-7:30PM near the start finish line at 2nd Ave & 18th St.

Many of the street sprint spectators in 2003 enjoyed the competition, but there was an hour or so gap until the outdoor concert began. If the outdoor concert was not to your liking, then it was probably homeward bound. Not in 2004! This year we will have an approximately 5K Running Race on the Criterium Course. You'll get to see the runners go by several times under The District lights, & possibly a close finish on the new District West plaza! Entry forms will be available in early May at Quad City area running stores, fitness centers, sporting goods stores, etc.

On Memorial Day there are several changes: junior riders age 10-14 will have individual awards as opposed to older junior rider cash prizes; the 40+ and 50+ plus races have been split into 2 separate races; and the trikes/big wheel races will be followed immediately by youth races, age 6-10. In short, we will be encouraging

younger riders to participate and develop, plus allowing older masters a chance at competing with those of similar age.

What worked in 2003 will be continued in 2004 including: being on the USA Cycling National Racing Calendar; men and women's feature race times in mid day; BMX trick riders and climbing wall, and a wide variety of food and vendor booths. Our 3 colorful announcers are back, as is our "No Mud No Blood Wheelpit", and the Vietnam Veterans Honor Guard. The Memorial Day weekend starts with the Burlington Road Race on Friday, followed by the Burlington Snake Alley Criterium (Now on the National Racing Calendar as well) on Saturday, the Muscatine Melon City Criterium on Sunday.

See: www.MemorialDayWeekEndBikeRaces.com for entry information.

We certainly could not present the Quad Cities Criterium without the outstanding QCBC volunteers who marshal corners and pedestrian walks, register riders, sell T-Shirts, staff the wheel pit and QCBC Booth. In addition to a full day of entertainment, volunteers get a an official Quad Cities Criterium T-Shirt, an invitation to the volunteer party, two vendor coupons. To volunteer, contact the following Chairpersons:

- **Corner Marshals** - Bill & Cathy Wiebel, 309-755-1859, billwiebel@aol.com.
- **QCBC Booth** - Dave Lefever, 563-355-6476, bike@netexpress.net.
- **Registration** - Vivian Norton, 563-355-1899, vjoan@worldnet.att.net or Don Davis, 309-788-0753, dondavis@aol.com.
- **T- Shirt Sales** - Scott Doup, 563-322-4213, sdoup4@netzero.com or Dennis Baber, 309-796-2476, xlpp@netzero.net.
- **Wheel Pit** - Darryl Blackburn, 563-332-2668, dablackburn@mchsi.com, or Roger Long, 309-786-2736, LongR@ria.army.mil.
- **Prize Desk** - Doug Nelson, 563-359-3253, dougmai@aol.com.

So remember to mark your calendar for a Memorial Day weekend to have some fun in The District and remember the veterans who served in the past and support service men and women serving now.

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Something's Coming Up and It's Going to be Great! – by Vivian Norton

The Quad Cities Bicycle Club has been a faithful supporter with volunteers and financial support for "Ride the River". In return, River Action, the sponsor of Ride the River, has raised funds in the millions of dollars that go towards riverfront enhancements. Those enhancements include the recreational trails that we use so much. Current planning includes off road extensions to the existing Davenport and Bettendorf paths.

This year QCBC has already donated a substantial amount to the 20th anniversary of the 2004 Ride the River. Some QCBC members have already signed on to volunteer in many aspects of the ride.

Now for what is new this year on Ride the River.

This is our 20th anniversary. As usual it will be held on Father's Day, which is June 20th this year.

To highlight 20 years, 20 birthday candle stops are being planned. So far Hy-Vee Stores are furnishing a picnic for ride participants and volunteers, Lujack Auto Plaza is donating some neat sweat bands, a FORC scavenger hunt on Sylvan Island, balloon clowns, stage entertainment in Le Claire Park, Trinity will conduct a bike obstacle course, recumbent demonstrations from Bike and Hike. And it goes on to 20 candle stops.

Registration flyers will be available soon as well as on-line registration.

If you can volunteer at one of the candle stops or with fitting/selling helmets, call the River Action office at 563-322-2969 or e-mail riveraction@netexpress.net and enjoy a day on the river with Ride the River 2004.