



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – September 2005

QCBC Heartland Century – September 10 Mike Desch

Attention all bikers: This year's Heartland Century will be held on Saturday, September 10th, at Illiniwek Park in Hampton, Illinois. As in the past, distances will be 25, 50, 62 and, of course, 100 miles.

There will be Rest Stops at Cordova, Erie, and Morrison, IL, manned by friendly volunteers. Lots of good

food and drinks will be available. A fabulous grilled pork chop dinner will be available for 5 bucks.

All pre-registered riders will be guaranteed a nice t-shirt and a cool pair of biking socks.

On page 15 of this issue of the newsletter, is the entry form for the Century. Please fill it out, enclose a check and mail it to me. All pertinent info is on the entry form.

Proposed Officers for 2006 Errol McCollum, President

Before the first of July, three present and/or former officers of the Quad Cities Bicycle Club, were assembled as the nominating committee for the vacancies of the board of directors and club officers. The committee, comprising of Dave Lefever, Warren Power and John Wessel agreed to select a slate of officers for the year of 2006.

Officers - one year term:

- | | |
|-----------------------|----------------|
| • President | Errol McCollum |
| • Vice President | Phil Schubbe |
| • Recording Secretary | Deb Mathias |
| • Treasurer | Karen Grimm |

Directors - three year term:

- Dave Georlett
- Terry Burke
- Dean Mayne

Directors - one year (to fill vacancies):

- Mike Desch
- Frank Beshears

The nominating committee has agreed to run the election of officers at the QCBC general membership meeting in October. Any club member wishing to run for any of the positions listed above may contact any present club officer or board member in advance of the October 18th General Meeting. A person so wishing to run for an office must submit this request in writing or be present at the October meeting.

Annual Awards Dinner John Wessel

The Quad-Cities Bicycle Club Annual Awards Dinner will be held this year on Friday, November 11th, Veteran's Day, at The Lodge in Bettendorf, Iowa. Cocktail hour starts at 6:00pm and dinner will be served at 7:00pm. The award presentations will follow dinner.

We hope to see a good crowd for this year's award dinner. Reservation forms will be mailed out in September and will be available at your local bicycle shops.

Hope to see you there!

Key Contacts

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or pshubbe@aol.com
Recording Secretary – open
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808
<http://www.qcbc.org>

Board Members:

Karen Baber (309) 796-2476	Jean Kelly (563) 359-9508	Steve Montgomery (563) 332-5963
Terry Burke (309) 797-3790	Deb Mathias (309) 787-6547	Charlie Sattler (563) 391-3422
Jim O. Hanson (309) 797-4883	Dean Mayne (563) 355-0995	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 Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

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. 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.

Affiliated With:



<http://www.iowabicyclecoalition.org>



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



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

From The Headset Errol McCollum

Perhaps it began over fifty years ago when I first cycled country roads. Since cycling wasn't the in thing then, I was a more than an unusual sight bicycling where only cars, trucks and farm machinery dare tread.

Even though I went through a hiatus as a teen age driver then a hot-rodder, I never took it for granted that I could ride anywhere on the road surface that I pleased. I still don't.

I have been on several club rides lately where even some of the slower riders are out in the middle of the road. It is so bad that I decided not to take the tandem on club rides, as it isn't maneuverable enough to deal with these people that are apparently oblivious to others using the road, other bicycles as well as cars. I've even seen a person doing this with a Walkman on.

I vowed not to return to the Apple Cider Century, one of the most beautiful centuries in the Midwest, for that very reason. The cyclists were so rude on that ride, (in

places, riders were riding 5 to 7 abreast), that it even forced oncoming traffic off the road.

On either a busy, narrow and or hilly sections of roads, I won't ride double or even pass another bicycle. This brings us to the subject of today's headset article. I have received complaints about club riders abusing the "share the road" notion that so many of us cherish and promote with our bumper stickers.

1. It gives drivers the wrong impression of what we are about.
2. It is outright dangerous.
3. It agitates drivers that may challenge us with their decided weight advantage.
4. It is grossly discourteous. Someone is going to get killed if this practice persists.

If riding is going to be a strictly social event, then the socializing should be done at a rest stop (the QCBC usually does a breakfast on the ride), or on a low traveled bike path. If we expect drivers to share the road with us then we should share the road with them.

Ride the "No Baloney Ride" Rick DeClerck

Saturday, September 24th - Riders Choice, any pace you choose as we ride the bicycle friendly roads of central Illinois. Choose 25, 50, 75, or 100 miles while you experience the hospitality of the Illinois Valley Wheelm'n Bicycle Club. This camp & ride will depart the Quad Cities on Friday afternoon by motorized vehicle & overnight at Jubilee College State Park next to the rides' starting point (on Saturday, September 24th),

which is at the Jubilee College State Historic Site.

Registration fee is \$20 per person or \$45 per family of four & does not include camping fee. Class A (electric) \$15 or Class C \$8 w/shower facilities with flush toilets. Stay over until Sunday afternoon & visit either the Rock Island Trail, Wildlife Prairie Park, or Lakeview Museum at your own leisure for a complete weekend outing.

For additional information contact Rick DeClerck (ride leader) of the QCBC for this event at 309-787-7330 evenings.

5th Annual "Chili Lunch in the Park Ride" Bill & Kathy Storm

We would like to invite all club members who would enjoy a nice fall ride of approximately 40 miles at a 13-16 mph pace to join us for this MidPaced Club ride. It will be held on Saturday, October 1st. After the ride, a catered lunch will be served at the Middle Park Lagoon shelter in Bettendorf.

You will need to make a reservation for the lunch by Thursday, September 29th. The lunch will include homemade chili, potato soup, home-made cookies,

sandwiches from Hungry Hobo, chips, apple cider, apple crisp, fresh fruit, pop and hot chocolate. Cost is \$4.00 per person.

If you would like to ride a shorter, slower ride perhaps on the bike trail, please feel free to do so. The rides will start at 9am and the lunch around 11:30am.

We also need a few non-riders to help with shuttling food to the park and set up starting at 10:30am. To make a reservation or to help out with the food setup, please contact us at: 563-355-2564 or kbstorm@aol.com.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application
 Renewal Application

- Membership Type: Individual \$15/Year
 Couple \$20/Year
 Family \$20/Year

Date of Application _____

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email _____
 (Incl. Area Code)

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Memberships in Other Bicycling Organizations: League of Am. Bicyclists League of IL Bicyclists IA Bicycle Coalition FORC

Family Members *	Birthdate	M/F	Riding Interests	I Can Help With	
			<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

* Single adult children up to 22 years, using their parent's address as their primary address, may continue on their parents' membership.

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release – Signature Required

Individual membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter.

Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 12/13/04

Welcome New QCBC Members!
Charlie Sattler

<u>Name</u>	<u>City & State</u>	<u>Phone</u>
Dave & Ruth Eyman	Bettendorf, IA	563-334-0088
Mark Favetti	Bettendorf, IA	563-343-0791
Judy Pancratz & Mark Wolf	Davenport, IA	563-323-3954
Robert Jones	Le Claire, IA	563-289-5647
Charles & Mary Lund	Geneseo, IL	309-944-0476
Donald Hamer	Moline, IL	309-764-4409
Mary & Art Eggers	Rapids City, IL	309-496-9037
Don & Sandy Mclean	Reynolds, IL	309-372-8469
Craig Murray	Rock Island, IL	309-283-2828
Dave & Ruth Eyman	Bettendorf, IA	563-334-0088

Membership Count: 8/7/05		
Number of:	Members	Memberships
Individual	386	386
Couple	278	139
Family	348	91
Complimentary	20	20
Life	6	3
Total	1,038	639

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie can be reached at: 563-391-3422 or csattler14@msn.com. Charlie prints out the labels for the newsletter and does the mailing of the newsletters. Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members, who live farther away, may not receive theirs until the first or second week of the month. You can also view the newsletter online at www.qcbc.org.

Tour de Scott - August 6th
Scott Swanson

It was fair, rather than fowl, weather that met a mixed group at Eastern Avenue Park. Fifteen riders amassed, although a few of them took their own direction, leaving us with ten-plus riders. With the approval of the ride leader and USAC official, the group was rerouted from Pine Street to Wisconsin Avenue, a wonderful choice. The weather could not have been more inviting: clear skies, balmy temperatures, and just a hint of breeze.

On the road to Dixon, we met with a couple of centuries on the 100-mile ride that had started in Bettendorf, and met with the rest of the group within three minutes of arrival in the center of the metropolitan area. On the way to Dixon, the level of testosterone rose when I and two others took a flyer. A group of

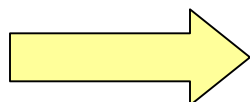
five decided that the pace was too slow and went their own way.

Those who remained turned south and followed the straight, and not-so-narrow, road to Walcott for the traditional sumptuous repast with friends at the Walcott Coliseum. Romans and countrymen were noticeably absent.

The only incident of the day happened when I hit a crack in the pavement in Blue Grass, causing Mike "Der Zug" Zugmaier to "touch pavement," but he bounced back admirably.

After the descent on Y40, "a dust-free run" on Hwy 22, and an odor-free ride on Concord, we came to Credit Island and the bike path. Rider after rider "peeled off" on the way through Davenport. Charles Curry and I were the lone riders to actually return to the starting point, my computer showing 60.01 miles for the day, as advertised.

For Sale



- Dura Ace 9 speed cassette 12-23 - low mileage - \$50 OBO. Contact Tom Robertson at tmrobertson@machlink.com or (563) 264-1974.

**Eastern Iowa Rendezvous Century - August, 6th
Mike Bennett.**

Fifteen hearty souls showed up on a beautiful sunny Saturday morning for a day of cycling. The ride was organized to memorialize Dave Holmes, Eldridge, Iowa, who was killed in a bicycle accident, last July, 15th, on St. Ann's Rd. in northern Scott County.

The bike ride traversed through the following Iowa communities: Bettendorf, Pleasant Valley, Mc Causland, Dixon, Bennett, Wilton, Fairport, Montpelier, Buffalo, and Davenport. The weather was perfect for a century ride, and the wind was tolerable. The century riders also met up with a group of QCBC riders in Dixon, IA, at "The Lil' Stop Convenience Store". We all chatted with each other, rested, and refueled for the many miles that lay ahead.

At mile sixty-three, the century group stopped at the

world famous Wilton Candy Kitchen. The group enjoyed home-made ice cream and old-fashioned cherry cokes. Only forty-one miles until the finish line! Our last rest stop was in Buffalo, at the Shell Station for refreshments. Only fifteen miles to go!

QCBCer's Bruce & Becky Perry and Gerald Correthers finished the ride in eight hours. QCBCer's Mike Bennett, Dean Arney, Therese Wiese, Denise Mc Dermott, and Bonnie Busch completed the ride in eight hours and fifteen minutes. QCBC members Jean Kelly, Deb & Dean Mathias, & Phil Schebbe completed 55 or 68 miles. Peg Newman & Rob Tyler represented the Melon City Bike Club (Muscatine, IA) and completed the century ride. Rich Buller represented Bike Burlington Bike Club (Burlington, IA) and completed the century ride as well. Thanks to: Sarah Bennett for driving the sag wagon vehicle. See everyone next year!

**QCBC 40K Racers Survive Brutal Day
Dave Thompson**

A record 132 racers survived extreme heat, humidity, and rising winds at the 4th annual QCBC 40K Time Trial Championships on July 17th. With temps at 80 degrees on the start line at 9:00am, you knew the later starters were in for a tough day. Times were relatively slow as the high humidity and rising southwest winds made the return trip on the Cordova course deceptively difficult.

Two familiar names were crowned as club champs. John Grice of Kewanee won his 3rd straight 40K title with a very fast 57:31 time. Moline's Margie Millar won her second 40k title with a 1:13:22 time. Ely, Iowa's Dan Shaffer, after finishing 8th at the USA Nationals (50+) used his good form to record the fastest time of the day: 56:44 at 26.29 mph. Ironman triathlete, Tara Sheetz of Roscoe Illinois, despite racing in the heat of the day recorded a 1:03:00 to win the women's overall.

Thanks again to a great group of volunteers: Mike

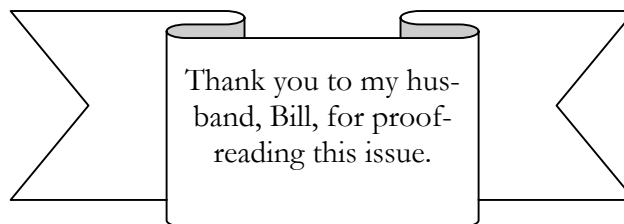
Detsch, Jen Fairchild, Terry Inch, Jaclyn McKenzie, Karen Nord, Marvin Stern, Dale Manly, Melinda Thompson and Bob Lundberg. Awards were given to the top QCBC members:

• **MALE top 10**

John Grice	57:31
John Fletcher	1:00:54
Bryan Moritz	1:01:25
John Punkiewicz	1:01:49
Tom Waterman	1:02:56
Jerry Sears	1:03:02
John Harrington	1:04:51
Mike Guidici	1:05:18
David Thompson	1:06:10
David Haussler	1:07:09

• **FEMALE top 4**

Margie Millar	1:13:22
Denise McDermott	1:14:08
Melinda Thompson	1:17:30
Clara DeCoster	1:25:41



Getting 'Cross' with DICE

Michael Zugmaier

What could be more fun than taking a narrow tired road bike off-road through forests and fields, down gravel paths, through mud, deep sand, across logs and just to make it exciting lets put some obstacles in your way and find one or more steep hills that force you to shoulder your bike while you run up the hill. Sound fun? Now lets do it with 20 to 40 of your "close personal friends" competitively for 30 or more minutes. So what do you have here? *CYCLOCROSS*.

USA CYCLING defines Cyclocross as: multiple lap bicycle races held on a course over varying terrain including roads, country or forest paths, or open terrain, alternating in such a way as to ensure changes in the pace of the race and allow riders to recuperate after difficult sections. The course shall include a maximum of 6 obstacles designed to "oblige" riders to dismount their bikes.

Cyclocross has been popular in Europe for 75 years and this classic fall sport is growing rapidly in the US. Our home is no exception to this popular trend, with the Iowa Cyclocross Series now boasting 8 events on its 2005 schedule and DICE, the local Quad Cities bicycle racing team, will be will be hosting three cyclocross events this season as part of the series.

Village Cyclocross: Sunday Sept 25th at Lindsey Park in the Village of East Davenport. This is a totally new event for 2005 and is the kick-off event for the Iowa Cyclocross Point Series. The event features a most magnificent urban race settings over looking the Mississippi River. This race will be a spectator favorite with 100% of the course being viewable. The course presents a challenging race environment including steep run-ups, several natural barriers, and a unique 'bowl' section. For information contact Mike Zugmaier 563-508-4301

Psyclofest 2K5, Sunday October 16th at Crow Creek Park Bettendorf. This will be the 3rd year for this event, which is one of the most popular courses in Iowa Cyclocross. Utilizing much of the Bettendorf Cross Country course the race offers fast descents and many obstacles including the infamous 'Terminator' (hill) leading to the finish line. This event attracts the cream of the crop in cross competition. Even if you just come to watch the action, don't miss exploring the park and experiencing the magnificent fall foliage that lines the

race course . For information contact Bruce Grell 563-332-5145.

Green Valley Cyclocross, Sunday Nov 6th at Green Valley Park, Moline IL. Adjacent to the Rock River, this race will be in its second year. Green Valley provides a great racing venue featuring a course that is unique in its mostly level terrain. But don't think this course is any 'push over', it's many natural barriers and varying surface conditions (can we say mud?) make Green Valley an excellent and competitive cross course. Last year this course attracted many new competitors to the sport, as well as provided the top regional "crossers" one heck of challenge.

For more information contact Dave Thompson 309-764-5030.

The DICE Cyclocross events offer multiple races for different competitive levels. Race categories include Beginners, Juniors (10-16 years old), Single speeds, Mountain Bike, Masters 30, 40, and 50, Women, and competition for all USCF racing categories. There will even be a 'Kid's Cross' special feature for the 10 and under set. Most (adult) races run between 25 to 60 minutes in length.

The equipment for cyclocross ranges from simple to sophisticated. You might just have what you need to "cross" right in your garage. On the simple side conventional mountain bikes work well or a road / touring bike with slightly wider (30 mm) tires. Some folks opt for converting an older road frame to a 'single-speed' configuration, while others go for a cyclocross specific frame with wider spacing to accommodate 'cross' tires plus, brake bosses for cantilever or even disc brakes. Whatever your choice, cyclocross welcomes you with a 'run what ya brung' attitude.

To learn more about cyclocross racing and equipment check out www.dicecycling.com look under the FAQ section – "What kind of Bike Racing..." and click on 'cyclocross', or type "How To Cyclocross" into your Internet browsers search engine.

Either as a spectator or as a racer we hope to see our fellow QCBC riders this fall. "Come get CROSS with DICE."

**Fall Foliage Ride
Deb & Dean Mathias**

Just one more reminder about the 2005 QCBC Fall Foliage ride that will be held October 8th and 9th at Mt. Horeb, WI.

If you have not already made your hotel reservations, do so immediately. A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com). The rooms will be held until September 5th. Mention the QCBC for a group rate of \$62.95. Phone Wally at 888-621-1884 or 608-437-5545

to reserve your room.

Check the August issues of Pedalwheeling for more details or contact Dean and Deb Mathias at 309-787-6547 or mathiasdebdean@mcleodusa.net. Please drop us a line if you plan to join us so we can have a head count for dinner Saturday night.

Saturday's ride will start at 9:00am from the Military Ridge State Park Trail parking lot in Mount Horeb, Wisconsin, which is approximately 150 miles from Davenport. We will be riding approximately 34 miles Saturday morning before a lunch stop so you will probably want to eat some breakfast before starting.

**Seniors on Golf Carts – Riverfront Trails
From River Action Newsletter**

Please mark September 8th on your calendar. It is a Thursday, and if you are planning to ride your bike during the day, you'll want to avoid the Riverfront Trails.

Between 9:00am and 4:00pm, River Action will be hosting motorized tours for local area Seniors. This will be the 4th year for this activity and it really does a

lot to help our Senior Taxpayers get a birdie's eye view of our great trail systems (that tax dollars have built) and the Mississippi River.

Please be respectful of these trail users. They are just on the trail for 1 day of the year. We have lots of options for places to ride our bikes. This would be a good day to ride the county roads or the Duck Creek Trail or Hennepin Canal Trails.

**TOMRV 29
Doug Truesdell**

Our premier club ride, TOMRV, was held June 11 and 12 and was a great ride this year. Nearly 1,500 riders from the Quad Cities, from the Midwest and even a few from further away came together for a great weekend of riding and camaraderie. The weather was great and made for great riding. The scenery along the way was great this year. My favorite section this year was riding back on Sunday morning with a light fog on the high ground above Saint Donatus, and seeing the damp pastures virtually glowing in the morning sun.

Thank you to our many volunteer staff members who

helped smooth the road for the riders. Again this year we heard from riders over and over how helpful the staff is.

As we all know, TOMRV is a challenging route, and many of our club riders feel the ride is too difficult. If you are one, you should know that since we opened the Preston start, it has become more and more popular, and this year nearly a third of the riders started at Preston. This shaves 40 miles off the route each day, and brings the ride into range for most of our club members. So if you have been staying away because of the 100 mile day, think about signing up next year and get back to a really great ride.

**TOMRV Volunteers – Rest Stops
Bill & Peggi Langan**

The following Rest Stops volunteers helped TOMRV continue to be a great ride.

Margo & Shirley Abbott, Marti Adams, Dean Arney, Pat & Tom Bolton, Sheila Cunningham, Marian & Diana DePover, Shell Dhuyvetter, Cherry Fritch, La Juan Gault, Bonnie Gesling, Jim Hanson, Kathy Harris,

Bob & Matt Hogan, Martha & Richard Jirus, Jim Keyoth, Mel & Susie LaForce, Justin Langan, Kevin Langan, Adele & Dave LeFever, Audrey Mabis, Ed & Loretta McKamey, Lee McClure, Darlene & Jerry Neff, Vivian Norton, Dave O'Melia, Leslie Paget, Mariah Powers, Sherry & Warren Powers, Janice Reynolds, Hal Rueter, Ed Sharkness, Merle Schleusener, Joanne Sullivan, Karen Truesdell, Nick Urbain, Carol Weiler, Brian Willis, Eileen Wosoba, and Joan Wren

September 2005 Ride Schedule

- **Thursday, September 1**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders' choice.

- **Saturday, September 3**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

8:00 A.M. – Mid-Paced Ride, "Riding the Rollers Into Eldridge" – IA Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to Eldridge (via Hwy 130) and Mt. Joy. 30 miles. Ride leader: Jim Merritt, 563-285-4284.

9:00 a.m. – Leisure Ride, "Shuffle Off to Buffalo" – IA Meet at Eastern Ave entrance, Duck Creek Parkway, for a ride to Buffalo. 30 miles. Ride leader: Jean Kelly, 563-359-9508.

- **Sunday, September 4**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway near CNH.

8:00 A.M. – Mid-Paced Ride, "Hennepin Canal Trail Excursion" – IL Meet at Colona Grade School in Colona, IL. Turn left on Rt 84 to connect to the Hennepin Canal Trail. Ride trail east and explore some county roads as well. 40 miles. Ride leader: Chet Doyle, 309-234-5921.

- **Monday, September 5, Labor Day**

7:00 A.M. Note early start time. – Mid-Paced Ride, "Pancakes in McCausland" – IA Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to McCausland. Pancake breakfast at fire station. 38 miles. Ride leader: Vivian Norton, 563-355-1899.

- **Tuesday, September 6**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, September 7**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee's, 425 55th St., Moline. Riders' choice.

- **Thursday, September 8**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders' choice.

- **Saturday, September 10**

Heartland Annual Century

Start at Illiniwek Forest Preserve, on Rt 84 just north of Hampton, IL. The rides will consist of a 25-mile route, 50-mile route, metric century (62 miles), and full century.

Routes will be on the Great River Bike Trail and paved rural roads. The ride is noted for great scenery and friendly volunteers. A T-shirt, water bottle, and continental breakfast are included in the entry fee. An Iowa pork-chop sandwich dinner is optional. See the page *Pedalwheeling* or the QCBC Web Site, www.qcbc.org, for details. Mike Desch is the contact person, 309-755-4722.

- **Sunday, September 11**

8:00 A.M. – Mid-Paced Ride, "Herbert Hoover Highway Tour" – IA Meet at North Scott High School, Eldridge, IA. Ride to: Donahue, Dixon, Big Rock, Wheatland and Lowden. 66 miles. (Shorter option to New Liberty available, 42 miles.) Ride leaders: Bill & Kathy Storm, 563-355-2564.

- **Tuesday, September 13**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, September 14**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee's, 425 55th St., Moline. Riders' choice.

- **Thursday, September 15**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders' choice.

- **Saturday, September 17**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

8:00 A.M. – Mid-Paced Ride, "Tour of Eastern Scott County" – IA Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to Argo and McCausland. 40 miles. Ride leader: Jim Karr, 563-441-9115.

9:00 A.M. – Leisure Ride, Walnut Choice – IA Meet at Walnut Village at the north end of Scott County Park for a riders' choice ride. About 35 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

September 2005 Ride Schedule (cont.)

- **Sunday, September 18**

8:00 A.M. – Fast-Paced Ride – Riders’ Choice – IL
Meet at east end of Ben Butterworth Parkway near CNH.

8:00 A.M. – Mid-Paced Ride, “Fall Run to Buffalo” – IA Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to: Village of East Davenport, Credit Island and Buffalo. 34 miles. (Optional longer route available after Buffalo to Walcott and Plainview.) Ride leader: Mike Middlemiss, 563-386-6690.

- **Tuesday, September 20**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe’s Restaurant in Eldridge. Riders’ choice.

- **Wednesday, September 21**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee’s, 425 55th St., Moline. Riders’ choice.

- **Thursday, September 22**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders’ choice.

- **Saturday, September 24**

8:00 A.M. – Fast-Paced Ride – Riders’ Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

6:00 A.M. – Mid-Paced Ride – Ride the “No Baloney Ride” - IL Meet at the QC Visitors and Convention Center in downtown Moline on River Dr. just east of the Interstate 74 bridge. Car pool to Jubilee State Park near Peoria and participate in the “No Baloney” invitational ride sponsored by the Illinois Valley Wheelmen. 25, 50, 75 and 100 mile route options available. There is also the possibility of a group riding down to the start of this ride on Friday, camping overnight and then returning to the Quad Cities on Sunday. Ride leader: Rick DeClerck 309-787-7330.

9:00 A.M. – Leisure Ride - From Park to Park – IL
Meet at the Mounds Park in Albany, IL. Ride on the Great River Trail to Thompson, IL. 35 miles. Ride leader: Phil Schubbe, 563-359-5057.

- **Sunday, September 25**

8:00 A.M. – Fast-Paced Ride – Riders’ Choice – IL
Meet at east end of Ben Butterworth Parkway near CNH.

8:00 A.M. – Mid-Paced Ride, “Ridging Around Reynolds with Frank and Debbie” – IL Meet at the Taylor Ridge Grade School (Rt 192 and Turkey Hollow Rd), Taylor Ridge, IL. Ride with Frank and Debbie on some of their favorite routes around Rock Island County. They promise “rolling hills, good black top, and maybe some roads that people haven’t seen.” 40 miles. Ride leaders: Frank & Debbie Beshears, 309-787-4331.

3:30 p.m. – Fun Ride, Riders’ Choice – IL Meet at east end of Ben Butterworth Parkway near CNH. Ride the bike path in a direction determined by the riders, find something good to eat, and return. 8 to 15 miles, at 8 mph or possibly faster. Ride leaders: Dick & Karen Grimm, 563-445-7797.

- **Tuesday, September 27**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe’s Restaurant in Eldridge. Riders’ choice.

- **Wednesday, September 28**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee’s, 425 55th St., Moline. Riders’ choice.

- **Thursday, September 29**

Last Summer Evening Ride

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe’s Restaurant in Eldridge. Riders’ choice.

Please Note: There was a misprint in the Ride Schedule Booklet for the final ride of the month on Thursday, September 29th. The ride should have been scheduled to start in Illinois. But since it was printed up as starting from Eldridge, that’s what we’ll go with. Come on out to Eldridge both Tuesday and Thursday evenings if you can as these will be the last of the evening rides starting at 5:30pm. The group will probably stay for dinner afterwards at Happy Joe’s.

For Sale - TOMRV 28 Clothes

T-shirts – sizes: M, L, XL, 2XL - \$10.00/each.

Contact Linda Barchman at 563-388-8043 or

tomrvregistration@mchsi.com.

\$3.00 charge for shipping

A Place in History

Scott Swanson

So, Lance pulls off seven Tour de France wins in seven years. He won the world championship in 1993. So, where does that put him in larger terms?

I found it interesting that, from what I read online only in a general encyclopedia, the triple crown of cycling is the Giro, Tour de France and the world championship. Eddy Merckx is the only one to pull that off.

Miguel Indurain doubled in the Giro and Tour de France but came in second in the worlds that year. Four riders have won the Tour de France, the Giro, and the Vuelta: Jacques Anquetil, Felice Gimondi, Eddy Merckx, and Bernard Hinault.

Jacques Anquetil won all three grand tours in the early 60s. He did two doubles. He won eight grand tours total, and seven tours in FOUR years.

Felice Gimondi won all three tours. He won five grand tours total. He won four tours in a five-year span from 1965 to 1969, and then came back to win the Giro in 1976! (Hey, Giudici, maybe there's time yet!)

Bernard Hinault won all three grand tours. He won TEN grand tours total in an EIGHT year span. He doubled three times.

Eddy Merckx won all three grand tours. He won eleven grand tours, with four doubles in the space of seven years. (Of course, this says nothing of his other races won.)

Miguel Indurain “only” won two of the three grand tours, never taking the Vuelta. However, he doubled twice and won seven grand tours in FIVE years.

Sixteen other riders have won two of the three grand tours. These include Jan Ulrich and Marco Pantani. However, in the pantheon, we need to remember Gino Bartali and Fausto Coppi. Bartali won the Giro and Tour de France, three before WWII, and two after. Coppi also won the Giro and Tour de France. One of his tours was before WWII, the rest after. He doubled twice, and he won seven grand tours, with six in six years.

So, all deserved respect given to Lance and his team and their accomplishments. However, there is a lot of history that stacks up well against them.

October 2005 Night Rides

Bill & Kathy Storm

The October Night Rides are again being held this year on Tuesday and Thursday nights. During the month of October, the rides will start at 6:30pm from the parking lot at Eastern Ave. Park on the Duck Creek Recreational Trail in Davenport. The length of the ride is about 23 miles and we regroup often.

A mountain or hybrid bike is suggested for these rides. You will also need a lighted, red rear reflector. Using one of these on the back of your back will allow other riders to judge their distance from your rear wheel.

You will also need some type of white headlight for the front of your bike. There are numerous options available at the local bike shops. The type of headlight you will need on the trail is one for illumination. You might also want to check with other QCBC members

to see if they have an extra one available that you can borrow for a few rides to see if you like doing this type of ride.

The weather can vary on these rides. We ride only when it is not raining and the trail is not excessively wet. If at all possible, wear clothing that is reflective and put reflectors and/or reflective tape on your bike. You need to be “seen” by cars as you cross streets.

We hope you will join us for all or some of these rides in October. This will be the 10th year that Bill and I have organized these rides for the QCBC. Our premise in starting them was to extend the riding season into the fall with a few week day rides so we could still enjoy some longer weekend rides.

Bill and Kathy Storm
563-355-2564
kbstorm@aol.com

October Issue – If you have been meaning to write up an article about a 2005 activity that you organized or participated in, or one that is still to take place, the next newsletter deadline is September 10th. There will be a drawing for a \$25 Gift Certificate at the Annual Dinner for those members who have submitted articles this past year. The more articles you write, the better your chances of having your name drawn.

The Flat Century Revisited By Vivian Norton

Have you ever planned an organized ride months in advance? Have you ever had a year when you didn't get many miles before the ride? Have you ever gone through weeks and weeks of stifling hot weather? Have you ever dreaded the ride you planned because you felt out of shape and unprepared for a hot long ride?

Well let me tell you, sometimes you just luck out!!! On Sat., August 13 eight riders and the leader were lucky! We set out for the century with cloudy misty skies, but warm enough to be comfortable but cool enough to keep from getting over heated. That describes the entire day. This writer may never plan another flat century because one can't get that lucky twice!

Riders Ted Anderson, Jim Dayton, Jim Ulmer, Bonnie Gessling, Bob Mulligan, Pam Swanson, Mike Crotty and Cindy Davis, and leader Vivian Norton started out from Schuler's Shady Grove in Rapid City. We rode through Port Byron past the Tug Fest set up dodging dirty cups and beer bottles from the Friday night festivities on to Cordova on the bike trail.

Cindy Davis and Mike Crotty decided to take a different route to shorten their day to get Cindy back for her son's music lesson. At Cordova we left the trail for County BB/T and County U to Albany.



After a great meal at the Mississippi River Café. We were at 38 miles. The happy riders started out again via the bike trail, then onto River Road North. At 171st Avenue (Stropes Road) to 291st/County U (Meredosia Road). Left on BB/T, right onto Sand Road. We were at 61 miles.

Sand Road comes out onto Moline Road. We toured beautiful downtown Hillsdale and made a quick stop at Ma Ma J's. Then to Hy 2 and a right onto 254th Street/County DD.

We came out south of Port Byron missing all the Tug Fest traffic. We stopped to calculate just how far we would need to go toward Sunset Marina to complete the ride and continued our leisurely pace southward.

Our first unfortunate happening was Ted's going through three tubes before he and Jim U. gave up. They had gone 88 miles with ease!!

A quick run to John Deere Commons and back to Schuler's Shady Grove and Bonnie and Pam had completed their First Century! A hardy thank from Pam goes to Jim Dayton for his coaching and encouragement. Bob Milligan kept us all entertained with his many stories. Even though Jim and Ted met with misfortune they were a pleasure to have along and this writer hopes they get that century in some day soon.

(Pictured in photo (left to right), are QCBC members: Jim Dayton, Bonnie Gessling, Pam Swanson, and Bob Milligan. Photo taken by Vivian Norton.)

Quad Cities Bicycle Week – June 10-18, 2006 Joe Taylor, President, Quad Cities CVB

Where the national trails meet from north to south and from east to west, the Quad Cities is the ideal location for organizing "Quad Cities Bicycle Week June 10-18, 2006," says Joe Taylor, President/CEO, Quad Cities Convention and Visitors Bureau.

Kicking off the week could be TOMRV (June 10-11),

followed by Grand Illinois Trail and Parks (GITAP) June 14-15 at Augustana College in Rock Island, concluding on Sunday, June 18 by the 22nd annual Ride the River.

Could Quad Cities Bicycle Club help fill in the week with special rides and events? Could retailers offer discounts on bike purchases or other bicycling gear? What about a series of seminars on basic maintenance, getting seniors out on bikes, etc. etc. (cont. on page 13)

The Davenport Cycle Club Mike Bennett

The first cycling club in Davenport, IA., was formed on April, 2, 1897, by a group of downtown Davenport businessmen. Two-hundred-seventy-five wheelmen joined the bike club in the Spring of 1897. The by-laws of the new club stated that bike rides; road races; and bike path construction would be promoted by the club. Dues for the new cycle club were: two dollars per year.

In the first year of the wheelmen club, bike paths were built to: Le Claire, and Durant, IA. via Davenport. The official colors of the new cycle club were: apple green and orange.

The club's first ride was held on: Sunday, May, 16, 1897. One-hundred-seventy-five wheelmen attended the inaugural bike ride. The bike ride started at: Kirkwood Blvd. and Brady St. in Davenport, and ventured

out to Le Claire, IA., via The Great River Road.

The first cycling race sponsored by the cycling club was held on Sunday, May, 30, 1897. The bike race was held in downtown Davenport, with the racers pedaling five miles to: Utah Ave. and returning on Telegraph Rd. to West Third Street. to downtown Davenport. Fred Waterman placed fifth in the ten mile road race. Fred Waterman is: QCBC member Tom Waterman's ancestor.

On September 8, 1897, the bike club sponsored bike races at the Scott County Fair. In 1897, the county fair was located at the present day Five Points in Northwest Davenport. The most exciting race of the day was: the five mile road race. The winning time was: 11:58, by: L. Brockman, of Rock Island, Illinois. The time was a new state record for five miles. Fair organizers estimated the cycling crowd at over ten-thousand strong.

BigDogs/Ultra Midwest UMCA 24 Hr Challenge Dave Parker and Joe Jamison

Race on Sept. 3, 2005. We have been working on a new route for 2005!

Age and gender classifications and classes for traditional, recumbent, tandem and handcycle frames.

Event bonuses include:

24 Hour event (Time Trial) is an Official RAAM qualifier!

12 and 24 are good for points in the UMCA John Marino Challenge!

6 Hour hammerheads - we are taking 10% of the 6

hour entry fee and providing a purse for the first three places in this event. 100+ miles only! Long sleeved event T's! Pasta dinner Friday evening before the race! Free Hammer Products! Electronic event timing by Accu-Split!

Contact Joe Jamison at: j-jamison@sbcglobal.net
<http://www.ultramidwest.com/>

We have a number of international riders for the 24 hour event, but we need local support! There are riders coming from across the USA! But we are short on the 12 and 6 hour events. Show your support for Iowa Ultra Cycling! \$7.00 discount for Quad City Bike Club members

Quad Cities Bicycle Week (cont. from page 12)

The Eldridge/North Scott and the LeClaire Chambers of Commerce are considering a push at the Des Moines Register to include Scott County on RAGBRAI for the first time since 1987...stopping either in 2006 or 2007. Maybe that could be a tie-in.

The Quad Cities will host the National Trails Symposium October.19-22, 2006. Could Quad Cities Bicycle Week be a kick-off event for the symposium with

members of American Trails, our governors, DNR leaders and others invited to take part in a great week of bike activity?

If we work together, we can make this happen....Quad Cities Bicycle Town USA!

If you are interested in making this happen, please contact either Joe Taylor at jtaylor@visitquadcities.com or 563-322-3911 Ext. 116 or Errol McColum, QCBC President at 309-762-8252 or ecmeandd@netzero.net.

Triple Bypass Ride - Colorado **Bryan Moritz**

Recently I took a trip to Colorado that Bob Fitzgerald organized. And luck would have it, the Triple Bypass Ride was going on while we were out there. Steve Geering and I decided to do it.

The Triple Bypass Ride is a one day tour from Evergreen to Avon. It is 120 miles, and covers 4 mountain passes, although they only count three of them. We climbed a total of 10,300 feet during this ordeal.

We drove out the Thursday before the ride (which was on Saturday). We spent the night in this guy's front yard...he was a friend of Steve. On Friday, we went out for a ride through some mountains, although nothing compared to what we were going to get into the next day on the Triple Bypass.

Saturday, we woke up bright and early to start our ride around 6:15am. It was quite chilly up there. One thing about riding in the mountains is the fact that the sun doesn't hit you right away in the morning because those towering mountains that you plan to ride over are covering you with a cold shadow...brr!

Our first climb was Squaw/Juniper Pass. It was 15 miles long and a little over 3,000 feet of climbing. The grade of the road didn't make it difficult...the climb lasting 15 miles made it difficult. Then we had a 15 mile downhill...so that made up for the long uphill.

After that awesome downhill was a gradual uphill to get to the beginning of Loveland Pass. This pass lasted about 4-5 miles, but it was quite steep. I thought that this pass was the most difficult of the day. This pass got above the tree line...that's when you really notice the lack of oxygen! From the top of Loveland was another awesome downhill into Keystone.

On the other side of Keystone we had a short pass to complete. It was called Swan Mountain, but they didn't count this climb into the "Triple" of Triple Bypass. I thought this climb was quite difficult because it was really steep too.

Then we road into Frisco, and up to Copper Mountain. From Copper Mountain we started up Vail Pass. This pass isn't very steep, but it felt so grueling because we were about 90 miles into the ride.

While going up Vail Pass it started to rain on me. So I put on my jacket and got to the top. At the top, the wind started to pick up, and the rain kept going. So I

loaded up on some oranges, and Fig Newtons (the staple of my diet during the ride).

The rest of the ride was downhill, but I couldn't get much speed going down this because of the terrible wind, and rain. My shins were going numb because it was so cold! Apparently that friend of Steve's was able to get 66.5 mph going down that area because he went down after I did when there was no rain...lucky!

I finally got to Avon. The ride took me 7.5 hours to complete. They had this cookout for all of the riders which was burgers, chicken, potatoes, cookies, salads...so much food, but I was so hungry!

After I finished my meal, I saw this guy that I had seen earlier on some of the passes. He was riding a Schwinn Stingray with a banana seat, handlebars at shoulder level, shifter on the top tub, only 5-speeds, and his bike weighed 39 pounds...I'll never complain about a heavy bike again! He said that this was his fourth time doing the ride on that bike...crazy!

Well, so far I've had another great year of cycling. I've done about twenty races this season, and have had a few wins. I would really like to thank the QCBC for giving me the chance to start cycling. I remember the summer of 2003 when I started riding on the Tuesday night rides out in Eldridge, and the Wednesday morning rides in Iowa/Illinois. I would get dropped on those rides all the time! But the people on those rides allowed me to suck their wheels like a leech, and gradually I was able to take some pulls.

Tomorrow (well, it will have already happened by the time you are reading this), I'm going to Nichol's Iowa to race in the State Time Trial Championship. Then the following week is the State Team Time Trial Championship that I'm going to do with three other DICE racers, and the week after that is the State Criterium Championship...phew, I've got some work to do!

I leave for college this coming Tuesday (August 16). I'll be attending Iowa State University. I'm going to be studying Nutrition. I also was able to join the Iowa State Collegiate Racing Team. Next Spring, I'm going to get to travel the Midwest, and race against other colleges.

So, I'll return next year, if I survive my first year of college, and I hope to see you all out on the roads/trails. So, until then...

...I'm out!

Women On Wheels # 20 - 2005

Gail Overbeck

May 8th - 72 miles - Karen Green, Jan Sears and Gail Overbeck begin riding from Jan's house in Geneseo, IL, at 7:00am, under cloudy skies, and with winds out of the South.

We follow Route 1 to Spring Hill then turn off onto a side road going into Erie. We meander along this not widely traveled road until we get to Route 78. We head due north into Morrison. After breakfast in Morrison we return to Route 78 riding through Mt. Carroll, Pleasant Valley and stop for the night in Stockton IL.

May 9th - 59 miles - We left Stockton under cloudy skies at 7:00 AM. After riding along Stockton Rd for about 4 miles we cut over to Route 23. We continue on Route 23 to Ivy Road. Just outside of Mineral Point some Bee Keepers/bike riders gave us directions for a road that is supposed to cut out the "Big" hill into Mineral Point. We take this different route only to find a different "Big" hill, and the road actually takes us 3 miles beyond where we want to be.

Gail loses a rear brake pad, going down hill in Mineral Point. The lost brake pad was found and we went into town to the Red Rooster for lunch. Just as we stopped for lunch the skies opened up and we had a real down pour. After fixing the brake pad, we are on the road



again. We are given directions to a bike path outside of Mineral Point to Dodgeville. With another storm coming in we decided to call it a day in Dodgeville WI.

May 10th - 76 miles - We left Dodgeville under cloudy skies on Route 191. About 15 minutes into the ride Gail managed to throw her chain completely off of the rear derailleur. Being good mechanics we were able to get the chain back on and continued the ride. Following sling shot hills, a picturesque valley, and ridge tops we arrive in New Glarus. We climb the large hill out of New Glarus on county Road W connecting with

Highway 92 in Dayton, Highway 14 just outside of Brooklyn and Highway 59 at Union. Highway 59 takes us into Edgerton where we stop for the night.

May 11th - 53 miles - After a break in a storm, we leave Dodgeville about 9:00am. After about 6 miles it starts to rain, and it is cold, somewhere in the 40's.

We take a break at a Piggly Wiggly market, to warm up and get a bite to eat then continue on. The rain lets up but it is still cold.

After visiting the town square in Monroe, WI we decide that we need to stop for the day.

The forecast for May 12th is cold and wet so we have decided to call this the end of WOW for 2005.

Jerry, Jan's husband, arrives bright and early with a motorized vehicle, to take us back to Geneseo. So we load up the bikes and head for home.

2005 Fall Highway Trash Pickup

Bill & Kathy Storm

On Monday, October 3rd, (rain date will be Monday, October 10th) the QCBC will finish its 13th 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 summer.

Meet at 5:30pm at the parking lot next to Window Experts 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 will be treated to a pizza dinner at a local restaurant.

Women's Century Ride – July 9th

Kathy Storm

8 Quad City area women set off early in the early morning on Saturday, July 9th in the summer heat, to ride a Metric or Full century or something in-between. Our only mechanical problem came early in the ride (at 1.5 miles) when one of our tires went flat. We probably had too many cooks in the kitchen on this one, but soon we were back on the road and riding up Barber Creek Road.

Our route was based upon the one used for the Heartland Century 5 years ago, with a few modifications around Morrison and the start/finish point. After re-grouping a few times during the first 10 miles, Vivian Norton and Bonnie Gesling decided to do a shorter route (putting in 45 miles) and said goodbye to the rest of us. The “run” on Moline

Road between Hillsdale and Erie featured tailwinds for us. I knew we would pay for it later in the ride when we would have a long stretch riding south on Lyndon Road.

Stopping in Erie at the Casey's, we were met by the Leisure Club Riders (Bob Milligan, Carol Snyder, Dan Duke, etc.) as we were getting ready to depart. Our next rest stop would be in Morrison at the Shell Quick Mart. It was here that we realized that Dorothy needed a longer break as she had been pushing too hard during the early miles in the ride. So she decided to check out the Sesquicentennial taking place in downtown Morrison and wait for us at “Fat Boys” where we planned on eating lunch.

Now our group was down to 5, and we tried to make the 22 mile loop north of Morrison in record time. The temperatures were rising, along with the humidity,

and all of us were running on empty by the time we hit downtown Morrison the second time.

The stop at “Fat Boys” proved to be just what we needed. The bartender was very sympathetic to us and waited on us hand and foot, even getting a bag of ice for my right knee which was not too happy that I had taxed it early in the ride. We managed to turn regular “bar food” into something more on the order of “deli” food.



After lunch, the 6 of us gritted our teeth and headed into southerly winds out on the open plains. The second stop in Erie was sweet. We found the picnic bench in the shade this time and we also found the frozen desserts! Sitting in the shade with a breeze made getting back on the bikes hard, but we still had 22-23 miles to ride.

The ride back to Cordova, heading west, at least gave us a reprieve from a headwind. Another rest stop for cold treats at the Phillips 66 station in Cordova and we were back on the road. The last 10 miles was ridden on the Great River Trail between Cordova and Rapids City. An easy ride with the finish line in sight.

This year's riders included: Bonnie Gesling, Lynne Groskurth, Denise McDermott, Vivian Norton, Ruth Sanders, Dorothy Spriet, Kathy Storm, and Theresa Wiese. This was the first year we had a “sister act” on the ride. Dorothy and Ruth have gotten back into bicycling the past few years, both having ridden portions of TOMRV this year, Ruth also rode the Tailwind Century and she won some first place medals at the Senior Olympics in June.

(Pictured in the photo above (taken in front of “Fat Boys” in Morrison) are left to right: Theresa, Denise, Lynne, Kathy, Dorothy and Ruth)

2006 Iowa Bicycle Summit February 2 & 3, 2006

The 2006 Iowa Bicycle Summit will be held on Thursday February 2nd and Friday February 3rd. The Thursday session of the summit will include a workshop for transportation planners, engineers, and bicycle

advocates on bicycle accommodation design. The Friday session will focus on sharing information and promoting communication about a variety of issues affecting bicycling and trails in Iowa. Topics include bicycle advocacy, safety, education, trails development, bicycle clubs, and national programs and trends.

Quad Cities Bicycle Club Heartland Century
REGISTRATION FORM (Detach and Return)
Saturday, September 10, 2005



Start/Finish: Illiniwek Forest Preserve 1 mile north of Hampton, IL
Starting Times: 6:30 until 8 a.m. for Century
Before 10 am for 62 mi. ride
Before 11 a.m. all other rides
Continental Breakfast 6:30 to 10 a.m.



Entrants will receive a nice T-shirt and a cool pair of biking socks.

Optional Grilled Pork Chop, Baked Beans, Chips, & Pop. Noon to 3:30pm
(only if pre-registered and pre-paid)

REGISTRATION FEES:

T-Shirt Size: M___ L___ XL___ XXL___

Heartland Century Biking Socks Size: S/M___ L/XL___

Which Ride? (25___) (50___) (62___) (100___)

\$22 before September 1, 2005 _____

\$25 after September 1, 2005 _____

\$5 Pork Chop (how many)? (____) _____

\$5 Additional Heartland Century Socks
(how many pairs? _____) _____

Total _____

QCBC Member - \$3 Discount - _____

GRAND TOTAL _____

All participants are expected to wear helmets to reduce their chances of injury.

MAKE CHECKS PAYABLE TO:
QUAD CITIES BICYCLE CLUB

Mail to: Mike Desch
2386 5th Street
East Moline, IL 61244

For further Details Contact:

Email: Mdesch@mchsi.com
Web Site: www.qcbc.org
Phone: Mike Desch (309) 755-4722

Please Print:

Name: _____

Phone: _____

Street: _____

City: _____

State: _____ Zip: _____

Club Affiliation: _____

RELEASE AND WAIVER STATEMENT:

To participate in the QCBC's Heartland Century, you must sign and date the following in ink:

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle riding. In consideration of the Quad Cities Bicycle Club's acceptance of registration to participate in the **Heartland Century**, I hereby, for myself, my heirs, and assigns, release, indemnify and agree to hold blameless the Quad Cities Bicycle Club, it's 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 treatment in case of injury. I understand that any medical costs incurred will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in this cycling event. I agree to adhere to the laws of the state of Illinois and the rules of the **Heartland Century**.

Participant's Signature _____ Date: _____

Guardian's Signature, if under 18: _____ Date: _____

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

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

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

**Iowa Tandem Bicycle Rally – August 5 - 7
Linda Barchman**

The 2005 PIGS rally was held August 5-7 in Altoona, IA. PIGS is the acronym for Paired Iowans Going Somewhere. We ride tandem bicycles. Friday is tradition for an ice cream ride. Saturday's mileage varied from 20 to 60 miles, part of which was on the trail that is between Baxter and Bondurant.

The Saturday night banquet was held at Prairie Meadows where we could watch and bet on the horse races. Forrest Ridgway, Iowa Bicycle Coali-

tion Board Member from Des Moines, was the guest speaker.

He had a slide show of his trip to the Tour de France. The Sunday ride was twenty-two miles with a breakfast stop. QCBC tandem riders attending were Dennis and Karen Baber, Don and Linda Barchman, John and Debbie Chebuhar, Matt and Linda Engebretson and baby, Bill and Sharon Harrington, Jim and Cathy Hart, Dennis and Paula Peterson.

In 2006, PIGS will be hosting the Midwest Tandem Rally in Cedar Rapids. Information will be available at www.MTR2006.com. For information about PIGS visit our website at: pigstandem.home.mchsi.com.

2005 – 2006 Ride Schedule & Membership Directory Updates - Kathy Storm

- **Gerald Correthers** (page 81 in Membership Directory). His email address should be: correthe@uiuc.edu