



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – November 2005

Annual Awards Dinner – November 11th John Wessel

If you like Lance Armstrong, like hearing about how he got started, and are interested in an inside look into his seven Tour de France victories, you will want to hear first hand from his very first sponsor and personal friend, Jim Hoyt, of Dallas, Texas.

If you read Lance's first book, "It's Not About the Bike," you may recall it was Jim who threw Lance off of his race team, took back his car and taught young Lance a lifelong lesson.

Jim will entertain us with Lance stories and will be happy to answer any questions you may have about

Lance.

I met Jim and his wife last spring on a ride through the Texas Hill Country. Recently, I called asking him to be our featured speaker. He doesn't do many of these types of engagements so we are very lucky in having him come to the Quad Cities.

I've told him what a great club we have and you can help to show this by attending this year's Awards Dinner. This is a once in a lifetime opportunity to hear about Lance from a very close friend.

The reservation form for this event is located on page 14 of this issue. The deadline to make your reservation for this dinner is Monday, November 7th.

"First Century" Awards Vivian Norton

The annual QCBC awards dinner is fast approaching. With the hot summer this was a tough year to do centuries. If you did your first century this year, contact me at: 563-355-1899 or yjoan@worldnet.att.net with

your name, address, and date that you did your first century. It must be during 2005.

The award plaques will be given out at the annual dinner so you must contact me by November 2nd to receive your award at the Annual Dinner. Hope to hear from you.

"Around the World" Mileage Awards Jim Merritt

All you have to do is keep track of your annual mileage. When you get enough miles to "Ride Around the World", just submit your mileage, name and number of years in the QCBC before the end of October. At the Annual Dinner in November, you will be presented with a nice engraved plaque indicating your mileage level and your name.

The mileage you accumulate can be ridden on any type of "human powered" bicycle, but the miles must be ridden outdoors. A listing of award recipients will appear in the December 2005 newsletter.

The "Around the World" categories are:

- Once Around the World - 24,901 miles
- Twice Around the World - 50,000 miles
- Four Times Around the World - 100,000 miles
- Six Times Around the World - 150,000 miles
- Eight Times Around the World - 200,000 miles

Please send the information to:

Jim Merritt
524 W. Prairie Vista Dr.
Eldridge, IA 52748
(563) 349-2387 or email me at:
jimm1962@mchsi.com

Deadline is October 31, 2005.

Key Contacts

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

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or phschubbe@aol.com
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@mcleodusa.net
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

Board Members:

Karen Baber (309) 796-2476	Jean Kelly (563) 359-9508	Steve Montgomery (563) 332-5963
Terry Burke (309) 797-3790		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 phschubbe@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

Hydration - Perhaps you've heard the expression, "eat before you're hungry, and drink before you're thirsty". During longer rides, this is important and especially the drink part. Although I've never tried it, I believe that I could ride a century without eating but certainly not without drinking.

Drinking not only replenishes the water that you sweat but also the water that you breathe out, upon exhaling. Further, nutrients in the liquid that you drink can be absorbed more rapidly than those in solid matter. Many riders choose to take along only water as their liquid source. Water seems to work OK if one starts drinking early in the ride. But if one waits a while before taking a drink, and then all of a sudden consumes a large amount of water to quench their thirst, the digestive juices in the stomach become so diluted with the new influx of water, that it can not be easily assimilated.

This is where energy drinks and electrolytes come in handy.

Water is an extremely polar molecule, meaning that it gets linked up with another water molecule and another etc. in long chains making it difficult to be assimilated by the digestive tract. I have personally experienced this on a hot summer day, by possessing all the classic symptoms of dehydration such as chills and goose bumps while having a full load of water.

One of the main advantages of energy drinks is to mix in with the water and cause the water molecules to disassociate, thus making the water more easily assimilated. If water is taken in along with food, this problem can be avoided, by the food being dissolved by the water, resulting in the afore mentioned disassociation.

It is an excellent idea to "listen" to your body, but in cycling it is important to anticipate its needs to avoid the wall.

QCBC Bicycling Apparel Warren Power

Are you wondering what to get your spouse or kids for Christmas? How about a bicycling outfit that they'll really look good in and also allows them to show off their proud affiliation with the QCBC.

The following items and sizes are still available:

- Short Sleeve Jersey's (\$55 each)
Men's - M, L, XL, 3XL
Women's - M, L, XL, 3XL
- Sleeveless Jersey's (\$55 each)
Men's - L, XL
- Shorts (\$50 each)
Men's - L, XL, 2XL
Women's - L, XL, 2XL
- Wind Vests (\$45 each)
(Unisex) - XL

Color pictures of the items are available on the QCBC web site. I will be selling the apparel at the annual dinner or you can contact me at: 563-391-5466 or by e-mail at: warrenpower@mchsi.com.



Adventure Cycling – Bike Bits

“Even when I could not hit a wagon I could hit a dog that came to see me practice. They all liked to see me practice, and they all came, for there was very little going on in our neighborhood to entertain a dog. It took time to learn to miss a dog, but I achieved even that.” -- Mark Twain, in “Taming the Bicycle”

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

<input type="checkbox"/> New Application <input type="checkbox"/> Renewal Application Date of Application _____ Name * _____ (Also list your name below) City _____ Phone _____ (Incl. Area Code)	Membership Type: <input type="checkbox"/> Individual \$15/Year <input type="checkbox"/> Couple \$20/Year <input type="checkbox"/> Family \$20/Year Address _____ State _____ Zip _____ Email _____
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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

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

* 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 9/5/05

Welcome New QCBC Members!

Charlie Sattler

<u>Name</u>	<u>City & State</u>	<u>Phone</u>	Membership Count: 10/12/05		
Joshua Bartels	Davenport, IA	563-940-2799	Number of:	Members	Memberships
Joe Bustos	Rock Island, IL	309-794-0331	Individual	395	395
Gloria Dahms	Eldridge, IA	563-285-5017	Couple	274	137
John & Kay Grillot	Washington, IL	309-444-4664	Family	363	95
Mary Howes	Davenport, IA	563-359-4279	Complimentary	20	20
Mike & Sue Mackinney	Bettendorf, IA	563-332-3773	Life	6	3
Douglas Mc Donald	Bettendorf, IA	563-332-6774	Total	1,058	650
Jane Sandholdt	Clinton, IA	563-212-4491			
Scott Stoll	Moline, IL	309-757-1804			
James & Marilyn Tillotson	Bettendorf, IA	563-322-6576			

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.

**“The Last Summer Evening Ride”
Aka – The “Where is Everyone Ride?”
Bill Davison**

This note is to serve as official notice that there was a “last summer ride” September 29th in Iowa. Noting in the September newsletter that the “last summer” evening ride, due to a misprint, would be out of Eldridge rather than Rapids City, I decided to give it a shot.

My schedule this summer was such that I was unable to make the normal Iowa side ride on Tuesday evenings out of Happy Joe’s in Eldridge. Arriving home later than I wanted, I took off from my home three miles east of Scott County Park at 5:00pm.

Pedaling like mad, I made the 7.5 miles into Happy Joe’s at 5:23, this with a wind out of the SSW at 9. I was impressed, and out of breath. Most of my miles in Scott County have been by myself this summer and on the way into town, I thought about how nice it was go

ing to be to ride with someone else for a change.

As I circled the parking lot, I could hear the North Scott Lancer’s band starting off on the homecoming parade. Happy Joe’s manager came out at 5:35pm to let me know that the group usually meets on Tuesdays. I thanked him and explained the misprint in the newsletter. He looked doubtful.

At 5:45pm, watching the sun falling in the west I realized my “last summer ride” would be another “lone ranger ride”. As I was the only rider, I immediately designated the start of the ride as my house and took off across Eldridge to the west, crossing through and momentarily becoming part of the homecoming parade before I could head off west on LeClaire Road to Y52. From there it was north to Donahue and F33 then east to Scott County Park ending where I started with a little over 32 miles on for the ride. The sky and setting sun were beautiful. As for next year, I’ll try and catch one of those evening rides earlier in season.

Last Call – 2005 Ride Reports

If you have a “Ride Report” to submit from a club ride or invitational ride that you participated in during 2005, please get those submitted to the Newsletter Editor before December 9th. The deadline for the December newsletter will be Saturday, November 12th (after the Annual Dinner). The deadline for the January 2006 issue will be Friday, December 9th.

Heartland Century Recap

Mike Desch

The 2005 Quad Cities Bicycle Club Heartland Century took place on Saturday, September 10th and by all accounts, was well received by all. The weather was a little on the warm side with some wind. There were a total of 251 people, signed up for the ride, of which 189 were pre-registered. There were 109 riders signed up for the century, alone. We did run out of t-shirts and those pre-registered riders that did not get them on 9/10 will be receiving them, in the mail, shortly.

The following people rode their first century, on this ride; Gary Speaker, Dana Christensen (on a mountain bike), Teresa Atkins and Don Hamer. Congratulations. If there were others, I apologize. These are all I know about.

I would like to thank the following sponsors: Jerry and Sparky's Bicycle Shop (Jerry Neff Jr.), Lovewell Fencing (Bill Lovewell), Wessel Pattern Company (John

Wessel), FCA Inc. (Bob Fitzgerald), Taylor Garages (Frank Beshears), Healthy Habits (Bruce Grell), On Two Wheels (Jeff Bradley and Will Holloway) and Hy-Vee in Silvis (Kerry Sherlock).

In addition, I would like to thank the following volunteers: Bob and Kate Rutledge (Cordova rest stop), Paul Mulcahey (Erie rest stop), Tony and Martha Fisher (Morrison rest stop), Susan Desch, Fred Krack, Vince Weinert, Lisa Miotto (registration), Dale and Jan Adamson (t-shirts and socks distribution), George VanThorre (continental breakfast), Frank Martin and Wiley Carlson (pork chop dinner), Will Holloway from On Two Wheels (pre-ride bike maintenance) and finally Bill Wiebel and Dave Thompson for marking the course and setting up the signs that let the riders know where the rest stops were, etc.

As we all know, the sponsors and volunteers are what makes events like the Heartland Century possible. Thanks to all.

Adventure Cycling – Bike Bits Over The Hill?

Some of us may be, all right--but like they say, there's always another hill to climb. In case you hadn't heard, Adventure Cycling old-timers and newcomers alike will be celebrating the organization's 30th anniversary next year, and we're gearing up for a grand old time.

Among the planned events is our first-ever supported cross-country tour, which approximately 40 lucky riders will take part in. Check out some of the other things we're planning by visiting this link: <http://www.adventurecycling.org/30th/index.cfm>

Gray Power

Speaking of those who are on the far side of the hill, a new magazine for forty-and-over athletes hit the stands a few weeks ago. The mission of GeezerJock, according to the magazine's website, is "to cover the new and active way of growing old in America. No longer are people settling for shuffleboard. Or mall walking. Or deep knee bends. They are running track, playing baseball--yes, hardball!--and even surfing well into their 60s and beyond."

By visiting their site, you can cast your vote for GeezerJock of the Year, and/or nominate someone you know for the 2006 competition. Among this year's ten final-

ists is Don Ardell of St. Petersburg, Florida, who competes in duathlons, a sport that couples distance running and road cycling. <http://www.geezerjock.com>

Calling All Members

Adventure Cycling regional member gatherings are slated for Cincinnati on October 13 and New York City on October 19. To see a full list of the cities in which we'll be conducting these friendly, fun-filled get-togethers over the next year, visit our home page: <http://www.adventurecycling.org>

Let The Sun Shine

The 1,500-kilometer 2005 World Solar Cycle Challenge took place very recently in South Australia, beginning September 24 in Ceduna and winding up at Adelaide's Victoria Square on October 2. The cycles, which range from recumbents to mountain bikes, are generally powered by human pedaling during initial acceleration and for maintenance of cruising speed.

The solar-powered motor assist comes into play when extra bursts are needed in particularly demanding conditions, such as steep hill climbs and head winds. You can learn more about the biennial Solar Cycle Challenge, as well as download media reports from the event, at this link:

http://www.bikesa.asn.au/Events/wsccl_media.htm

What's Going On Here?

Chuck Oestreich

We cyclists, for the most part, are law-abiding citizens. We don't get drunk and bike. We don't smoke pot – most of us don't even smoke anything. And we certainly don't use off-road paths to rob homes and carry television sets away.

Yet we do occasionally push the limits of legality. Invariably this happens when common sense butts up against wacky regulations. Case in point is the situation around Rock Island County's Illiniwek Park just north of Hampton, Illinois, on the Great River Trail. There's no problem in the park, but when we enter or leave its northern boundary by the path, we hit this: STOP - CYCLISTS - DISMOUNT AND WALK BIKE THROUGH CROSSING.



(By the way, literally the sign says that cyclists (plural) are to walk bike (singular). My, that bike must be heavy if it takes more than one cyclist to walk it through. Or does the sign apply just to tandems – one bike with two cyclists?)

The same signage is on each side of the entrance. So we are supposed to dutifully get off our bikes and walk – evidently for our protection because of a dangerous situation. However the only “crossing” in the area is a

railroad crossing with newly laid wooden spacers to make the crossing fairly smooth.

But if this railroad crossing is that dangerous, what about the following?

- At the south end of the park, at an almost identical railroad crossing, no dismount sign appears.
- In fact, the railroad parallels the path all the way to Albany. The path crosses it at various places. But at nowhere else are cyclists asked to "walk bike through crossing."
- No traditional railroad crossing warning alerts us here: no ringing bells, flashing lights, lowering bar – not even the usual X sign. Is it really dangerous?
- Most of the railroad crossings do have the X sign, so perhaps the absence of one here is the rationale for the dismount sign. This assumes that we respect the X sign completely and take appropriate measures to be safe, but when there is none, for whatever reason, we need to be commanded to dismount and walk our bike through. Does this make sense?
- Residents of the area note that the location's railroad route is hardly used. “Oh, a train comes through maybe three times a week – if at that.”
- Bollards obstruct the path entrance close to this crossing. Some cyclists consider these dangerous, noting from either personal experience or “hearsay” that they have caused many accidents. But no warnings or directives to dismount pertain to the bollards.

Yes, bicyclists are law-abiding. Yet when laws – in the form of signs directed to them – are so patently illogical, experienced cyclists have been known to not abide. They don't want to be hypocrites, espousing the law verbally while flaunting it in action. But in fact, after they watch and listen as they approach the crossing in question, they have been known to smirk, scowl, even make downright hypocritical oaths.

Funny, dismounting is hardly ever one of the reactions.

Cycle Zydeco – A Louisiana Ride

Cycle Zydeco will take place April 20-23, 2006. Join Louisiana's original Cajun/Creole food and music cycling festival. A four-day, 200 mile tour of Cajun Country. Registration opens on November 17, 2005.

If you can't join us in April, we will have a second tour, Cycle Zydeco - Part Deux, June 1-4, 2006.

Registration for the June tour will open January 10, 2006. Àllons manger...àllons dancier...àllons à Cycle Zydeco! www.cyclezydeco.com, or 1-800-346-1958.

Yet Another Official Tailwind Ride **John Keane**

The 23rd annual (Men's) fall tailwind ride, featuring veterans John Keane and Carter LeBeau and rookies George Coin and Dave Lefever took place September 9- 15. It all started, as customary, at Jerry & Sparky's. Jerry Sr. sent them off with the usual prayer, which has always resulted in a good and a safe ride. Several spouses, fighting back tears, sent them off with a wave.

We were blessed with four days of south winds which took us straight north into Minnesota. The **first stop** was lunch in Tipton. You're not going to believe this but we were approached by the media who wanted a story and a picture for the local paper. It usually works the other way around with Carter chasing down the media but in this case an employee of the newspaper overheard us talking about our ride.

Our overnight stop was Anamosa and we stayed at Super 8, the first of three consecutive nights we would stay in a Super 8. We had dinner at a supper club next door and we all agreed that the food was not very good. The waitress, however, was terrific. Her name was Carol and her bubbling personality helped to overcome the quality of the food. At the end of our ride she was voted the Waitress of the Week.

The **second day**, Saturday, was the day of the Iowa - Iowa State football game so we cut our day short and stopped in Manchester in time to watch the game. John Keane who believes that Iowa football is not a matter of life or death, it's more important than that, was not pleased with the result. He began to dread the final day when he would have to meet Dean Arney, an Iowa State grad, who would pick us up and take us home. The motel manager drove us to a recommended restaurant a mile away and picked us up when we called him after we finished our meal. This generous gesture by motel employees would be repeated two more times during our ride.

Next day, **our third**, took us from Manchester to West Union. We are now in familiar territory for all of us who have ridden in and/or managed the TOGIR rides. Breakfast at the historic Lincoln Hotel in Strawberry Point. Our manager at Super 8 told us that, after West Union was announced as an overnight stop on RAGBRAI, he had started biking and had lost fifty pounds. He says he will ride RAGBRAI next year.

On the **fourth day** we left Iowa and continued on to

Harmony in the Land of 10,000 Lakes. On the way we passed through Decorah. You enter Decorah with a long down hill which is lots of fun and depart on a long uphill which is not so much fun. We stopped at a great bike shop in Decorah owned by a really nice young guy. By the end of the week John and Carter approved both Dave and George for future tailwinds.

Dinner that night in Harmony at Wheeler's Bar & Grill was the least expensive I have ever had. That night hamburgers and draft beers were \$1 each. On the road to Harmony that day we stopped at a drive-in at Canton MN and then it started to rain. They were scheduled to close but stayed open an extra hour for us and other customers.

Next day, **our fifth**, we rode from Harmony to Houston MN all of the way on the Root River Trail with the wind having shifted to the West. If you've never done this ride it is worth the trip. The trail is beautiful and well maintained.

Unfortunately for us it began to rain about 5 miles from the end. First it rained, then it poured, then it became a deluge and then the wind began to blow. We learned later that the rain measured 4 inches and the wind 55 mph.

The motel, when we got there, was brand new and very nice and had a washer and drier available to dry out some of our gear. Dinner at Rosemarie's German Restaurant thanks to our motel host driving us and picking us up in the rain. Rosemarie is the cook, the waitress and, we assumed, the dishwasher. The food was excellent.

The **sixth day** the wind had shifted to the Northwest and we first rode East until we reached the river and then rode south into Iowa. This, as many of you know, is a beautiful ride along the Mississippi. Our overnight stop was Lansing but we first stopped at a bar for refreshment. The owner informed us that she had an apartment on the second floor with four beds and so we rented it for \$90.

Our last day we crossed into Wisconsin and rode a South wind into Stoddard. Another beautiful ride along the Mississippi, and faithful Dean met us there for the ride home. Until we were half way home, Dean didn't mention the football game and I thought I was home free. But he very subtly brought it up and my only possible reply was, wait until next year. A really great ride and we all vowed that, if we're able, we will do it again next year.

November 2005 Ride Schedule

- **Winter ride schedule—October - April**

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

- **Tuesday, November 1**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Wednesday, November 2**

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Thursday, November 3**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Saturday, November 5**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Sunday, November 6**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Monday, November 7**

DEADLINE is TODAY for dinner reservation for Annual Dinner. See page 14 for reservation form.

- **Tuesday, November 8**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Wednesday, November 9**

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Thursday, November 10**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are

required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Friday, November 11**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline. If you have today off because of Veterans’ Day, this ride is for you!

QCBC Annual Dinner

6:00 P.M. – Social Hour. 7:00 P.M. – Dinner. The Annual Awards Dinner will be held at The Lodge in Bettendorf (Spruce Hills Dr. and Utica Ridge Rd.). Buffet dinner, mileage awards, and presentation by Jim Hoyt, friend of Lance Armstrong. Chairpersons: John and Barb Wessel. Contact Jewel Bryan, John’s secretary, at (309) 762-4762 or jewel@wpcco.com. Cost is \$24.00 per person. Reservation form located on page 14 of this newsletter. Deadline for reservation is November 7th.

- **Saturday, November 12**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, November 13**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Tuesday, November 15**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Wednesday, November 16**

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Thursday, November 17**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Saturday, November 19**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Sunday, November 20**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

November 2005 Ride Schedule (cont.)

- **Tuesday, November 22**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Wednesday, November 23**

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Thursday, November 24, Thanksgiving**

9:00 A.M. – Turkey’s Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Friday, November 25**

9:00 A.M. – Work Off the Turkey’s, “Riders’

Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Saturday, November 26**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, November 27**

9:00 A.M. – “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Tuesday, November 29**

6:30 P.M. – Night Ride – IL Meet at the parking lot by *Celebration Belle* along the Ben Butterworth Parkway in Moline. Ride the trail. Headlights for your bike are required. Mountain or hybrid bike is suggested. Ride leaders: Steve and Nancy Montgomery 563-332-5963.

- **Wednesday, November 30**

9:00 A.M. – Wednesday Morning Ride, “Rider’s Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

Hay Rack Ride and Bonfire – November 5th Rodger Horst

This FREE tractor drawn ride is at the Horst Farm, 1526 Ward Avenue, Blue Grass, Iowa November 5th Noon until???? Bring Food, drink, and a lawn chair. Ride the rack, shoot the breeze, and roast some marshmallows and hot dogs.

The Horst Family farm is located 4 miles west of Blue Grass just off of US Route 61. From the Quad Cities, take Route 61 south, turn South on Ward Avenue. The farm is the 1st Drive on the right.

QCBC Members and their families are welcome to come out for an hour or two or the entire day. For additional information, contact Rodger at 563-263-0410.

Annual Deer Hunt – Scott County Park Kathy Storm

Scott County Park will be having their annual Deer Hunt to thin the heard the first weekend in December

this year. The park will be closed Friday, December 2nd through Sunday December 5th.

For a additional information, please contact Scott County Park at 563-328-3282.

For Sale/Want Ads

- **Wanted to Buy** – used men’s cross or hybrid bike for riding the local recreational trails. Approximate Frame size – 52-53 cm (30” pant inseam). Contact Paul at: (563) 340-7679

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

Reservation for the Annual Dinner is due by Monday, November 7th

Hot Times at Lindsay Park for Village Cyclocross Michael Zugmaier

All week long the threat of rain and hot temperatures had Iowa and Illinois cyclocross racers wondering if the Season Opener on September 25th at Lindsay Park in Davenport would come off as planned or become a slugfest in the mud. Come Sunday all options were still on the table after a sudden down pour soaked the QCA along with the opening miles of the Quad Cities Marathon going on just below the park on River Drive. As the morning wore on and the racers started to arrive to ride their warm ups, the course dried, and the sun came out to set up for a wonderful day of racing.

The first race began with the Women's Open and Single Speeders vying for prize money and the Juniors and Beginners racing for gift certificates. The field went out in a pack along the initial "out-and-back" road section but as soon as they left the road and hit the first hill the pack shattered as they had to dismount and run



his competition, and it only seemed to make him go harder.

The women's race was opening up as well with Lisa Vetterlien (ICCC) and Andrea Myers (DICE) fighting for the lead. For the next 4 laps, the field battled without much change in position. In the end William Huntsberger turned in a fantastic performance to take the prize for a first place finish in the Single Speeders division, Lisa Vetterlien took top posting in the Women's Open, John Mosby of LeClaire placed first in the Beginners class, and Jeremiah Gantzer took the top slot for the Juniors Event.



up the hill.

DICE racers Jeremiah Gantzer and William Huntsberger lead the field up and onto the grass with fellow teammates Andrea Myers and Emilee Duchow following close behind. However once William hit the grass and headed down the hillside to the lower park it was evident that he was out to shell off the rest of the field.

By the time William hit the second "run-up" to climb the bluff overlooking River Dr. he had put some distance on his nearest competitors; Dennis Grell and Donny Quixote (DesMoines). We could say that he never looked back from there, but the switchback section of the course put him repeatedly face to face with

The second race of the day the "B" race put 32 riders to the test featuring the Cat 4/5 racer, Masters Racers, and the Mountain Bike category. For this race, all riders were eligible for a cash prize purse as well as gift certificates for the various sub categories. With the large field the third-mile road section was not nearly enough to separate the riders before the first dismount so with brakes squealing and elbows banging, the field battled up the first hill.

Those who were in the back of the pack found they had made a tactical mistake and nearly had to walk, rather than run up the hill while the leaders pulled further ahead across the park. Bruce Grell (DICE) lead the field though the first lap but later dropped off the pace due to a lingering illness. Before long, the 7 lap (40 minute) race was strung out across the park with TEAM SKIN's Cully Todd firmly in control with James Holmes (All 9 Yards) and Jeffrey VanDuyne (Coal Valley, IL) trailing slightly behind and looking for their opportunity to pounce. In the end the trio finished 1, 2, and 3 for the overall and each taking the top prize in their sub categories. (cont. on page 12)

Village Cyclocross

(Cont. from page 11)

The final race of the day was the A feature for Category 1, 2 and 3 racers. Notable for this start was Dennis Grell and James Holmes (All 9 Yards) who entered all three of the day's events plus, Lisa Vetterlein and Tammy Meehan both from the Iowa City Cycling Club who were in their second race for the day.

With the sun high in the sky and temperatures in the upper 70's the race promised to be a battle of attrition. As in the earlier race, the eventual race winner made the jump early and led the group up the initial hill section. However John Olney had the pack hot on his tail for the first 2 of the races 9 laps before he established his dominance. When the dust had settled and worn bodies exited the course, John Olney (ICCC) had put on a few hundred yards over his nearest competitor James Holmes (All 9 Yards) who finished second with Brian Conant (Revolution Cycling) placing third.

With the day done and muscles sore, the racers headed into the East Village to visit race sponsor 11th Street Bar and Grill for a little food and fluid replacement. Maybe the end was a little anticlimactic for such a good day of racing, but the Village Cyclocross came to a close with rave reviews from racers and spectators alike. Complete race results are available at www.dicecycling.com

DICE cycling would like to thank those who helped make this event a success, our sponsors and supporters. A BIG THANKS goes to the Quad Cities Bicycle Club who sponsorship was invaluable, 11th Street Bar and Grill who kept us feed and "watered", Healthy Habits for providing 1st place category prizes, On Two Wheels for the 2nd place category prizes and all the others who donated gift certificates and materials so the racers could enjoy their day at Lindsay Park. And a special thanks to the volunteers who have come out all season to make DICE Cycling events fun and safe for all.

LIB Job Opening – Education Program Manager Ed Barsotti

The League of Illinois Bicyclists (LIB) seeks an enthusiastic individual to head our growing bicycle safety education program from his or her home office. LIB is an Aurora-based non-profit advocacy organization promoting bicycle access, education, and safety in Illinois.

Major tasks:

- Coordinate opportunities to teach bicycling skills to adults and children in Illinois. Publicize and distribute bicycle safety information to local organizations, schools, bike shops, bike clubs, and others.
- Become familiar with selling points, delivery mod-

els, and materials for "Safe Routes to School" programs. Publicize these and be a resource to Illinois teachers, parents, and school administrators.

- Assist with LIB's Driver Education "Share the Road" video production project.
- Identify and pursue relevant grants and partnerships from foundations and government sources, to support ongoing activities and new initiatives.
- Assist in LIB's other programs, initiatives, and events, as appropriate.

This position is open until filled, but applications received by November 7th, 2005 will take priority. Further details – visit <http://www.bikelib.org>

Support LIB's efforts to improve Illinois bicycling:
www.bikelib.org/join

Pumpkin Pie Ride

(Cont. from page 17)

ride and support the rest stops as well as they did.

It surprised me how relatively flat the ride is, considering you're in and out of three river valleys. In fact,

there are really only three climbs, one for each river. Strong sustained winds out of the south around 12-15 mph took their toll by the afternoon and a downpour at 85 miles with 20 mph gusts was cause for a good sleep that evening. If you like pumpkin pie, great road surfaces and meeting new folks, try this ride next year!

Ride & Food Report – Chili Lunch Ride Bill & Kathy Storm

Saturday, October 1st was a beautiful day for a bike ride. 28 riders “road” that morning, either on the Mid-Paced club ride in eastern Scott County or as smaller groups along the Duck Creek Trail.

Everyone seemed to have a good time out riding. Bill did a great job of helping the group form into smaller groups of same paced riders. We had riders from 6 years of age to 70+. And we even had a rider in from San Francisco (Norm Westhoff) who here for a college reunion with Bob Anderson. Gene Conrad formed the “three some” of this group of buddies.

Sam Norwood had his work cut out for him as he traded his two oldest children on and off the “kid back” on his bike while his wife Elizabeth followed along the route with their youngest in diapers. I got tired just thinking about keeping track of those 3 very active kids!

Around 10:45am, Kathy arrived back at the park (after she had collected the \$4 from everyone before the ride who were planning on returning for lunch), and the setup of tablecloths, crocks pots full of chili & potato soup, desserts (brownies, apple crisp & banana bread), coolers of chilled soda, etc. began. Vivian Norton arrived back from her ride to Credit Island with Bonnie Geisling. Bonnie headed home to attend a function with her husband and Vivian and was able to stay at the park and help with the setup. Thanks Vivian!

Duck Creek Trail - Section Repaved Kathy Storm

A 1.3 mile section of the Duck Creek Trail in Bettendorf was resurfaced in late September. This is the section that runs from the west side (by Duck Creek Golf Course) to Middle Road. It was the oldest section of trail in Bettendorf, some of it was concrete. A few weeks later, a dashed yellow striped center line was laid.

Please consider taking a few minutes to send an email message, write a letter, or make a telephone call to Steve Grimes, Director of Parks and Recreation for the

After the food was set up, Kathy left to pick up the two 2-foot sandwiches from Hungry Hobo. Riders began arriving back at the park around 11:40am, and the eating began! The weather was great this year, warm and not too windy. And we had plenty of food, except perhaps for the brownies.

Those who I remember seeing or checking off their names on the “lunch list” included; Bob Anderson, Dana Brosig, Gabriela Buenrostro, Gene Conrad, Charles Curry, Mike Desch, Dan Duke, Jeff Hopkins (his wife Lisa & daughter Alisa joined us for lunch), Gary Jones, Anthony Meenan, Jim Merritt, Mike Middlemiss, Vivian Norton, Elizabeth & Sam Norwood (and their children: Robert, Emily, and William), Sharon Ostrand, Bob Payne, Jan Reynolds, Dottie Robers, Cindy & Paul Scheibelhut, Tom Scott, Bill & Kathy Storm, Lynne VanderWalle, John Wessel, and Norm Westhoff.

If you are interested in helping out with this ride next year, either with leading a ride in addition to the Mid-Paced Ride or helping with food preparation, please contact me by December 31st. I'd like to see this ride grow and the shelter at Middle Park Lagoon can probably handle a good 75 people for lunch, but I can't handle cooking all that food and transporting it over to the park by myself. If you're the “active” club member in your household, consider asking your spouse or a friend if they can help out next year. I look forward to hearing from a few of you and having a few less posts and pans to wash at my house next year.

City of Bettendorf, to say “Thanks” for having this rough section resurfaced. Too often people complain and they forget to say “Thanks” when something gets fixed/corrected. Now's our time to say “Thanks” on a project that affects the cycling community.

Steve Grimes, Parks Director
City of Bettendorf
1609 State Street
Bettendorf, IA 52722
563-344-4115
sgrimes@bettendorf.org

Winter Hikes - Kathy Storm

Want to vary your winter routine? Get outside and enjoy some fresh air, even if there is snow on the ground. If you are interested in leading a hike on a weekend afternoon during December, January or February, contact me by November 10th for inclusion in the next newsletter. We'll hike for 60-90 minutes at some of the areas large parks: Scott County, Blackhawk, Lund Thunder, etc.

**Quad Cities Bicycle Club
Annual Awards Dinner
Friday, November 11, 2005**

**Please join us for a special evening
at The Lodge**

**located at Spruce Hills Drive and Utica Ridge Road,
in Bettendorf, Iowa**

6:00 Social Hour – Cash Bar

7:00 A Buffet Dinner will be Served

Speaker: Jim Hoyt, a friend of Lance Armstrong's

Awards program following dinner

Dinner Reservation Form

Name: _____

Name: _____

Name: _____

Name: _____

Daytime phone number: _____

Cost is 24.00 per person.

Please make checks payable to: Quad Cities Bicycle Club

Mail check and form to: John Wessel, 333 - 9th Street, Moline, Illinois 61265

If you have a question, please contact Jewel Bryan at 309-762-4762 or email her at jewel@wpcco.com

Deadline to make a reservation is November 7th

The Blue Ridge Parkway Dream

Gary Jones

What started out as a dream became a reality this summer. When Dave and Melinda Thompson took a vacation to North Carolina a couple of years ago and rode a portion of the Blue Ridge Parkway, Dave had a dream of returning with a group of riders and riding the whole Parkway. He and Melinda enjoyed riding by themselves, but Dave figured that it would be a lot more fun to have a group of riders who could ride and experience the Parkway together. It took a couple of years, but this past July his dream came true. On July 24th a group of 11 Quad City riders began their assault on the Blue Ridge Parkway.

The riders who braved this journey are pictured at left: standing (l to r) Steve Geering, Bill Wiebel, Terry Inch, Ernie Parr Jr., Terry Burke, Mike O'Brien, Gary Jones, and David Thompson. Kneeling (l to R) are: John Grice, John Wessel. Melinda Thompson managed to ride some on the trip, but spent most of her time sagging and sight-seeing. Everyone took different paths to Cherokee, NC, but we all met up Saturday night, July 23rd to get a good nights sleep before we started our journey. Here is an account of how the trip unfolded.

Day 1 - Cherokee, NC to Asheville. The day began as everyone was up early eating breakfast and getting ready to ride. Excitement was high, as was the energy level, as everyone prepared their bikes and gear. We met up with our sag drivers that morning. The three of them would move 3 of our vehicles each day and provide sag support as we rode the Parkway.

Our plan was to get 11 riders, 5 vehicles and lots of food and gear safely from point A to point B everyday. We left the hotel en masse and rode the couple of miles through town to get to mile marker 469, which would be the start of the countdown to mile marker 0 at the end. We stopped at the entrance sign to the Parkway for pictures.

It was then that Dave informed us that the first climb of the day started there and continued for the next 6.9

miles. If you have watched the Tour de France you are probably pretty familiar with rated climbs. Climbs are rated as to their difficulty, taking into account length, gradient, and amount of ascent and descent within a climb to arrive at a rating. A Category 4 climb is the easiest rated climb, with Cat. 3, 2, and 1 rating in order of increasing difficulty. A Hors Category or HC climb is off the scale on the difficult side. To my knowledge, there are no rated climbs in the QC area.

Our first climb was the first of 2 HC rated climbs that we would see today. The climbing was difficult, but the scenery was beautiful. The tops of the peaks provided breathtaking views with numerous pull-offs to enjoy them. The downhill were great as you could obtain speeds of up to 40 mph and still feel safe. It did

not take us long to figure out that you spent a lot less time going downhill than you spent going uphill and that going down and up is all there is on the Parkway. Literally, there are no flat roads on the Parkway.

We experienced our only mechanical problems of the week in the first 15 minutes; a flat tire and a mechanical problem with a rear derailleur. Other than

the heat, the day was pretty uneventful until it was time to get off the Parkway in Asheville, NC and head to the hotel.

The mechanical problem had split the group in two and the first group had phoned back with directions to get to the hotel. The second group followed the directions, but due to some miscommunication we ended up on an entrance ramp to Interstate I40. Everyone eventually made it to our hotel, and Day 1 was complete.

We celebrated with an Italian dinner at a local eatery. Totals for the day were 93 miles, 10,990' climbing, 2 HC climbs, 1 Cat. 1 climb, 1 Cat. 2 climb, 3 Cat. 3 climbs, 2 Cat. 4 climbs and 14 tunnels. We had also climbed Richland Balsam Overlook, which at 6053' is the highest elevation of the Parkway.

Day 2 - Asheville to Little Switzerland. Our second day started much the way the first one ended. We had just barely gotten started on our ride and were beginning our first climb (Cont. on page 16)



Blue Ridge Parkway (cont. from page 15)

of the day when a motorist came up behind the group and laid on their horn. We were riding single file, probably 8-10 mph, and were motioning for the car to go around us. The elderly lady driving chose to follow us, blasting away on her horn. She eventually turned off, but within 10 minutes two park rangers with flashing lights pulled us over. One of the rangers said that he had 3 calls of an "altercation" on the parkway.

After a few minutes of discussion on parkway rules and aggressive drivers, we were on our way. Once again, the riding was awesome. The weather was very hot and humid as we endured a day of record heat.

About halfway through the day we had the chance to take a side trip up Mt. Mitchell, a 4.8 mile, 1390' HC climb. Most of us took the challenge of riding to the top and were rewarded with spectacular views from the observation tower. Mt. Mitchell is also the highest point in the US east of the Rockies. We then continued on to the end of the day where we stayed in the very quaint Little Switzerland Hotel. Totals for the day were 64 miles, 7550' of climbing, 2 HC climbs, 1 Cat. 1 climb, 3 Cat. 3 climbs, 2 Cat. 4 climbs and 7 tunnels.

Day 3 - Linville Falls to Glendale Springs. Our third day began with sagging to our starting point. There is about a 7 mile section of the parkway that was destroyed in a mudslide last year and has not been repaired yet. John Grice chose to ride the 20 miles around the detour to the start point so he received a few brownie points for extra miles. With another day of record heat on tap, the rest of us were glad for the sag.

We were gradually working our way out of the steeper sections of the parkway but were still doing a lot of climbing. Highlights of the day were the trip up Grandfather Mountain and the Linn Cove Viaduct, which has to be one of our country's engineering marvels. Totals for the day were 62 miles, 5640' of climbing, 4 Cat. 2 climbs, 1 Cat. 3 climb and 5 Cat. 4 climbs.

Day 4 - Glendale Springs to Groundhog Mountain, VA. Our fourth day saw the terrain flattening out a little more and we actually rode a couple of miles of flat road, our first since we started our trip. The weather also improved with the temperatures not as high.

Today was the day we crossed over the halfway point and was also the day that we crossed over from North Carolina to Virginia. The day was again filled with

spectacular views and incredible scenery. We spent the night at the very nice Doe Run Lodge, which I would recommend for anyone traveling in the area. Totals for the day were 71 miles, 5720' of climbing, 1 Cat. 1 climb and 9 Cat. 4 climbs.

Day 5 - Groundhog Mountain to Roanoke. We got our first rain of the trip today, but it was not very much and only affected our descents. About an hour into our ride we stopped at the Mabry Mill for breakfast. This is advertised as the most photographed spot on the parkway and we had to agree; the old mill was on a pond and was indeed very scenic.

We continued on our up and down ride with the end now in sight. After finishing for the day, we all drove into downtown Roanoke and ate dinner at a very nice old restaurant. Totals for the day were 69 miles, 5300' of climbing, 1 Cat. 2 climb and 8 Cat. 4 climbs.

Day 6 - Roanoke to Buena Vista. Our next to last day started with forecasts for rain and dang it, for once the weatherman was right! Today we were wearing jackets and it was still chilly. We rode on and stopped for lunch at the Peaks of Otter Lodge. The dining room had a scenic view of a lake that was beginning to fog in as we sat down for lunch. Before we were ready to leave after lunch, the fog was so thick we couldn't see the lake (which was only about 10' away!). We utilized our rear blinkers and headlights as we rode on.

We made it to the James River Visitor Center which at 668' is the lowest point on the Parkway. After leaving the visitor center, we climbed our last HC climb of the trip, a 13.7 mile climb up to the Otter Creek Campground. The weather cleared enough and the roads dried up to make our descent into Buena Vista a memorable one. When you come off of the parkway and head into town you ride down a 5 mile descent that has grades as steep as 20%. Needless to say, some of us took the opportunity to see how fast we could go downhill.

We enjoyed a nice meal at a local Italian restaurant and later hung around outside the hotel rooms swapping stories and celebrating Dave's 50th birthday. Totals for the day were 83 miles, 7630' of climbing, 1 HC climb, 1 Cat. 1 climb, 3 Cat. 3 climbs, 3 Cat. 4 climbs and our last tunnel.

Day 7 - July. Buena Vista to Afton. Everyone was anxious, but in good spirits as we got up and readied to ride on our last day. This was to be our shortest day of (cont. on page 17)

Blue Ridge Parkway (Cont. from page 16)

the trip but we ended up with more rain and fog. Again, it never really affected climbing, but it definitely slowed down the descending. The scenery as you go north on the Parkway is a lot different from the trees and vegetation on the south end; the north end has more open valleys and you can actually

see houses and farms as you ride along. We finished the trip around noon at mile marker 0 and headed to the local YMCA

to take a \$2 shower. After showering and a quick lunch, we all went our separate ways and headed for home. Totals for the last day were 46 miles, 4140' of climbing, 2 Cat. 2 climbs, 1 Cat. 3 climb and 3 Cat. 4 climbs.

Summary: riding the Blue Ridge Parkway is quite a challenging ride. From either end of the Parkway, it is about a 12-14 hour drive from the Quad Cities. If you aren't familiar with the Parkway, there are very few turn-offs or places to get food or water. The road is part of the Federal Parkway system, and has restrictions of 45 mph, and no commercial traffic is allowed.

We encountered very little traffic along the route, mostly



just noisy motorcycles and other sightseers. For the most part you are either going uphill in your littlest gears or going downhill in your biggest gears; there is not much riding in your middle gears.

Everyone completed the ride in pretty good shape and thoroughly enjoyed the adventure and challenge of it. The coordination of sags and drivers went very well. Again, there are not many towns or opportunities to get food or water on the Parkway, so plan accordingly. We had very few problems as we collectively completed over 5,000 miles with only 1 flat tire and 1 mechanical issue. (Pictured below are Mike Obrien and sag driver Melinda Thompson enjoying one of the many over-looks on the Parkway.)

I think everyone had trained for the ride and as a result we all enjoyed the trip without suffering too much (although everybody suffers on the climbs!). I would

strongly recommend this ride for someone looking for a challenge and who enjoys climbing and terrific scenery. Thanks again for Dave's dream, and for everyone who helped plan this ride. Totals for the trip were 488 miles and 46,970' of climbing in seven days.

16th Annual Pumpkin Pie Ride Bill Davison

Looking for a century ride to end my first year of cycling with five century rides, I headed east to Ottawa, IL early on Sunday morning, October 2nd, to sample the Starved Rock Cycling Association's 16th Annual Pumpkin Pie Ride. Due to a September article in the newsletter which spoke highly of the ride, the number of riders this year was about 120 more than previous years, for a total rider count of around 420.

Several distance options are offered and about 50 riders chose the century option. Due to a bridge outage at Utica, the route was altered from its normal layout. The century ride departed Ottawa, Illinois crossing to the south (east) side of the Illinois River where it made its way south, crossing the Vermillion River at Streator

where the first rest stop was at the 27 mile point. From Streator the route headed north and east, crossing the Illinois at Seneca for the lunch rest stop.

The scenery on the south side of the river was very pretty and the route had a lot of nice curves. From Seneca the route headed almost straight north, turning to the west at Sheridan, where it crossed the Fox River. From there it was west and south back to the YMCA in Streator for pumpkin pie topped with whip cream and a hot shower.

The rest stops on this ride were superb; offering a variety of fruits, homemade snacks, pumpkin bars, potato soup, barbeque, bagels, cream cheese and that biking staple PB&J sandwiches. Considering that the SRCA only has about 25-30 members, it's quite a testimonial to these individuals' dedication to our sport to host this (Cont. on page 12)

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

Presorted Standard
US Postage Paid
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Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

**“Adopt A Road” – Fall Trash Pickup
Bill & Kathy Storm**

On the first Monday evening in October, 7 QCBC members showed up at 5:30pm for the second 2005 trash pickup along Scott Park Road in Scott County, Iowa. Perhaps you have seen the blue signs marking the 2 mile section of roadway that the club has been picking up trash along for the past 15 years.

The shorter daylight hours during October really made us “hustle” to finish the pickup before sunset. Trash was sorted for recycling using the headlights of Bill’s van on the blue bins that Ken and Julie Urban bring along. One of our “trophy finds” this evening was a discarded hard hat, probably from the crew that is re-surfacing Highway 61.

Bill and I have enjoyed coordinating this volunteer activity for the club as a “community service” project for the past 6 years. Prior to that, we helped out on some of the pickups that Bruce Perry coordinated.

Ken and Julie will be taking over the reins on this club activity beginning in 2006. This couple is really tuned into recycling, using drop off facilities on both sides of the Mississippi River. I hope 6-12 of our members will come out for the 2006 spring pickup and help Ken and Julie get off to a good start on this civic minded activity.

We wish to say “Thank-you” to: Gene Conrad, Jean Kelly, Phil Schubbe, Bill & Kathy Storm, and Ken & Julie Urban, for helping with the October 3rd pickup. A nice social time over pizza at Godfather’s was enjoyed afterwards.

Reservation for the Annual Dinner is due by Monday, November 7th