



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – August 2006

## TOMRV, My Unforgettable Forever Memory San Xi Li, Visiting Professor at Iowa State

It has been my dream to pedal in America since I came to Iowa State University this February, especially along the famous Mississippi River, which is among the top eager-to-go places of US in the mind of most Chinese people.

This seemed impossible and unrealistic for me. I am a short-term visiting scholar here and my stay in Ames, or, US, is only 6 months. I didn't have a bicycle for long riding, my English understanding may not be adequate to understand the guiding information or orientation, I didn't know any friend who is interested in joining any bicycle riding event, and I don't have a car to transfer my bike and myself to the start and back to my home, etc.

Last but not the least is that I worried so much about the word "challenging" as it so frequently appeared in the flyers and internet and it's hard for me to imagine what is considered "challenging" by people here, although I have pedaled many rather big mountainous areas in China.

But I successfully joined the TOMRV which was full of fun, joy and friendship. In most extent, this is due to so much generous help I got from so many warm US friends and colleagues. My landlord and friend P. Thiel, distinguished prof. of ISU, when she was told that I am interested in riding the TOMRV, she said to me immediately that I can have great fun on the bicycle tour of Mississippi and she would be glad to let me use

her nice bike. Linda Barchman from the organizing committee and Steve Libbey, Jeri Neal, Jim Cooper, Carolyn M Komar and Jennifer Garst from Ames, encouraged me to participate in the challenging and recreational tour through quite a few emails, and offered me various help for the whole cycling event.

And I did have a nice time and exciting experience for the TOMRV. Although I decided to ride the shorter route from Preston instead of the long route from Bettendorf just before starting to pedal the morning of



Saturday due to the weather on the first day with riding being somewhat chilly, I still enjoyed the ride very much. The scenes on the road were so nice and beautiful that attracted me to stop my pedaling from time to time to take pictures. The causeway to Sabula with its parks and Mississippi River, the pretty, small, historic Galena (see photo) with so many antique shops, coffee bars, souvenirs, buildings and tourists, the riverside park-like Bellevue with nice, wide

rivers and lovely shops, the quite exciting Mississippi River with so many huge bridges, small islands, farmlands, and scenic roads, these are all attractions to me and made me feel so excited, so joyful, and so comfortable.

The hilly roads such as the way up-hilly to Chestnut mountain and the "wall", were really challenging and full of fun, but I did like the feeling that it seemed like I was up on some great high plateaus or big mountains every time I rode up and rolled over the ridges of these mountainous areas. The feeling of rolling down the descent roads, especially along some unbelievably steep and treacherous downhills, were mysteriously exciting to me. (cont. on page 5)

## 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](mailto:ecmeandd@netzero.net)  
Vice President – Phil Schubbe (563) 359-5057 or [pshschubbe@aol.com](mailto:pshschubbe@aol.com)  
Recording Secretary – Deb Mathias (309) 787-6547 or [mathiasdebdean@mcleodusa.net](mailto:mathiasdebdean@mcleodusa.net)  
Treasurer – Karen Grimm (563) 445-7797 or [qcbc\\_treas@yahoo.com](mailto:qcbc_treas@yahoo.com)

### Board Members:

Karen Baber (309) 796-2476	Mike Desch (309) 755-4722	Dean Mayne (563) 355-0995
Frank Beshears (309) 787-4331	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	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 [pshschubbe@aol.com](mailto:pshschubbe@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](mailto: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/>

## **TOMRV 29 Recap**

### **Doug Truesdell, TOMRV Chairman**

Another TOMRV - and a tough ride this year, even for TOMRV. The weather was a big factor with cold rain and headwind on Saturday morning. Especially for riders leaving from Scott Community College, the rainstorms were furious, and many riders turned back near the start or deferred their start. Not wanting to miss the weekend, some drove up to Preston to start, and some drove all the way to Dubuque. Many of these later riders then rode on Sunday to Preston and then back to Dubuque. But by 10AM Saturday, most of the rains had blown over, and cool conditions made for a pleasant afternoon. On Sunday it was also cool with wind from the North-east, which made the return ride faster than usual.

There were 1,583 riders signed up this year, which is just shy of our largest signup. However, there were noticeably fewer riders on the road and at the banquet, certainly a result of the Saturday weather. On the positive side, adversity often brings out the best in people. Read the articles in this newsletter from 3 riders who rode both days this year. Congratulations to all of you who completed your first TOMRV this year, you have a real achievement.

Jerseys were a hit this year with the help of some graphic images proved by Ken Urban. New to TOMRV, was a sleeveless jersey which was very popular. We even have a few left to sell (short sleeve & sleeveless; contact Linda Barchman if interested).

This year we enjoyed the music by the band, Acoustic Mayhem, from Iowa City, playing at Clarke College in Dubuque, plus Tom Snyders, "The Bicycling Comedian" from Key West, Florida who entertained us with bike comedy. Combined with the banquet, it was a great evening of great food and entertainment, lots of fun conversation with our biking friends, and relaxation after a long day's ride.

Winners of the prize drawings were:

- Margaret Tewson of Iowa City, IA won a Raleigh Cadent 2.0. This was her 2nd TOMRV and she was present at the evening meeting to claim her prize.
- Gary Schmaltz of Minneapolis, MN won a Raleigh Cadent 2.0. This was his 3rd TOMRV.

- James Goedken of Muscatine, IA won a Raleigh Cadent 1.0. This was his 3rd TOMRV (his wife is a volunteer).
- Robert Grant of Iowa City, IA Raleigh Cadent 1.0. This was his 1st TOMRV.
- Jane Zucker of Mishawaka, IN won a Raleigh Cadent 1.0. This was her 1st TOMRV.

Our volunteers performed admirably this year as they always do. A special thank-you goes to all our volunteers - Bill and Pegi Langan and their ride-day team who drove the trucks, provided food at the sag stops, provided route arrows on the road, and coordinated baggage drops; Jane Garrett and her packet pick-up volunteers who worked both Friday and Saturday at Scott Community College, Tom and Pat Bolton who managed the Saturday Preston start-up location, Kathy Storm who coordinated TOMRV rider packet inserts and brochure printing, and Linda Barchman who handled registrations and much, much more. And again this year Healthy Habits provided tireless bike repair support on the route and at Clarke College. Thank-you to Bruce and his team from Healthy Habits for all their help.

Next year's tour, the 30th, is June 9-10, 2007. I look forward to our best ever tour. If you have ever thought about testing your touring ability, plan to sign up for TOMRV next year.

### **Packet Stuffing**

Don & Linda Barchman, Tom & Pat Bolton, Jim Carey, Mike Desch, Shell Dhuyvetter, Cherie Fritch, Jim Hanson, Jean Kelly, Todd Kempf, Bill & Pegi Langan, Darlene Moritz, Cheryl Morris, Merle Schleusener, Phil Schubbe, Kathy Storm, Doug Truesdell, and Barney Young.

### **Packet Pickup**

Dean & Joey Arney, Michael Benson, Pat & Tom Bolton, Cindy Bottrel, Sue Dau, Cherry & Bill Fritch, Jane Garrett & Jim Karr, Dave Goerrlet, Joe Getz, Dick & Karen Grimm, Sara & Greg Lehman, Susan McPeters, Darlene & Mike Moritz, Sandi & Jim Olson, Warren & Sheri Power, Andrew Proctor, Dennis Rose, Phil Schubbe, Mary & Bill Scott, Gabe & Kay Verstraete, and Dottie Willits.

### **Rest Stops - Saturday**

**Elvira** – Dean Arney, Shell Dhuyvetter, Audrey Mabis, and John Zogg

**Miles** – Shell Dhuyvetter, Larry DePover, Marlys Goedken, Deb Phillips (cont. on page 4)

## **TOMRV 29 Recap**

(cont from page 3)

**Palisades** – Mike Carl, Bonnie Gesling, Richard & Martha Jirus, Darlene & Jerry Neff, Vivian Norton, Janice Reynolds, Fred & Betty Tague **Chestnut** – Dean Arney, Cindy Bottrel, Chuck deProsse, Cherry Fritch, La Juan Gault, Judy Karr, Dave Lefever, Audrey Mabis, Joan Wren

**Menominee** – Joanne Behrens, Marian DePover, Shell Dhuyvetter, Loretta McKamey, Merle Schleusener

**Packet Pickup, Lemonade & Info at Clarke** – Bill & Kevin Langan and Karen Truesdell

### **Rest Stops – Sunday**

**Highway 52** – Dave Lefever, Audrey Mabis, Chuck deProsse

**Preston** – Mike Carl, La Juan Gault, Richard & Martha Jirus, Judy Karr, Mariah Power, Sheri Power

**Elvira** – Cindy Bottrel, Shell Dhuyvetter, Marlys Goedken, Deb Phillips **Garner Farm** – Dean Arney, Joanne Behrens, Marian DePover, Cherry Fritch, Merle Schleusener, and John Zogg **Scott Community College** - Barb Donald

### **Weekend Volunteers - Other**

**Route Markers** – Kevin & Leslie Langan

**Luggage Truck Drivers** – Justin Langan, Nick Urbain, and Brian Willis

**Food Truck Drivers** – Chuck deProsse, Shell Dhuyvetter, Richard Jirus and Merle Schleusener

**MidSweep** – Jim Hanson

**Sweep** – Bill Osbourne and Barney Young

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## **TOMRV Report – (From a Wisconsin Rider) Jimmy Mamayek, Pres., Bay View Bicycle Club**

Having just returned from another - my 4th! - Tour of the Mississippi River Valley (TOMRV) ride on June 10th and 11th, I'm alive and well thanks to my granny gear and my riding partner, the Booper!

A most spectacular, scenic, and hilly ride hosted by the Quad Cities Bike Club, the Tour's route is a challenge even for the most experienced rider. I always opt for the shorter of two routes: 68 miles from Preston, IA to Dubuque on the first day, and approximately 42 miles on the return trip. Each time we complete this Tour, I swear it will be the last – but after regaining consciousness, I always seem to want to do it again. Faulty memory or true love – who can tell?

This year, I even escaped severe (fatal!) injury. To wit: At about the 9-mile marker, I was cycling in the designated bicycle lane when it came time to cross over due to said lane ending in a gravel section. In doing so, my front wheel got caught in a parallel crack in the road pavement, which refused to let go. Thus, I took a Bill Hepper\* that should have cracked every bone in my golden-aged body as well as ending my cycling days. (\*Ref: Member Bill Hepp took a header when he was ride marshal in Trek's 100 ride in 2005, and has since remained in Club infamy.)

As I lay sprawled out in the traffic lane, contemplating nirvana, the Booper came to my aid before anyone rode over me. I was dragged off the roadway, propped up, and dusted off. I checked to make sure everything

was intact and undamaged on me and, more importantly, my beloved Paramount framed bicycle, and saluted forth in admirable pride (well, it covered the sheepishness).

Now, why is it that we cyclists are always more concerned about our bicycles than our own selves? Could it just be the ignominy of walking the rest of the route, or – the horror! – being carted away in the Sag wagon back to the start?

Anyway, I eventually reached the end of the cue sheet's first leg of the tour, albeit with sore quads and hamstrings, later to be assuaged with stretches and a self massage using my Mom's (may she rest in peace!) rolling pin. Ask me and I'll tell you my secret for rolling out those aches and pains. Sometimes they even work.

A Clarke Community College dormitory room was my resting-place for that evening after stuffing myself with a catered dinner and enjoying entertainment that would have brought the envy of every King, Queen, or President.

The 2nd day of the tour was another day filled with anticipation, perhaps because we knew there were longer hills to conquer. I give heartfelt thanks to the Sag mechanic at Dubuque who fine-tuned my derailleur in a matter of seconds, which enabled me to become 'King of the Mountain' with my granny gear in constant use.

I'm glad to have completed another challenge, and proud to add it to my life experiences. It feels great to be alive and well and looking (cont. on page 5)

**Welcome New QCBC Members!**  
**Charlie Sattler**

Name	City & State	Phone	Name	City & State	Phone
Pat & Carol Barnes	Bettendorf, IA	563-332-0873	Karen & Kent Younger	Davenport, IA	605-321-5163
Pete Brunson	Blue Grass, IA	563-381-5069	John Netwal	Eldridge, IA	563-285-6210
Brooke Harvey	Coralville, IA	563-299-1289	Joy & Karen Anthony	Le Claire, IA	563-289-5925
Sheila Dreher	Davenport, IA	563-940-3000	Marty Coe	East Moline, IL	309-792-5220
John & Nancy Hayes	Davenport, IA	563-355-3220	Christine Hurley	Moline, IL	309-762-9791
Pamela Spencer	Davenport, IA	563-326-0735			

<p>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 <a href="mailto:csattler14@msn.com">csattler14@msn.com</a>. Charlie prints out the labels for the newsletter and does the mailing of the newsletters.</p> <p>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.</p> <p>You can also view the newsletter online at <a href="http://www.qcbc.org">www.qcbc.org</a>.</p>	<p><b>Membership Count: 7/11/06</b></p> <table border="1"> <thead> <tr> <th>Number of:</th> <th>Members</th> <th>Memberships</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>404</td> <td>404</td> </tr> <tr> <td>Couple</td> <td>300</td> <td>150</td> </tr> <tr> <td>Family</td> <td>331</td> <td>89</td> </tr> <tr> <td>Complimentary</td> <td>20</td> <td>20</td> </tr> <tr> <td>Life</td> <td>6</td> <td>3</td> </tr> <tr> <td><b>Total</b></td> <td><b>1,061</b></td> <td><b>666</b></td> </tr> </tbody> </table>	Number of:	Members	Memberships	Individual	404	404	Couple	300	150	Family	331	89	Complimentary	20	20	Life	6	3	<b>Total</b>	<b>1,061</b>	<b>666</b>
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**TOMRV, My Unforgettable Forever Memory**  
 (cont. from page 1)

Besides all of these, I like also very much the organization of the event. There are so many rest stops (or sag stops) located in scenic places with plenty of food, cookies, fruits, and drinks for us to nourish ourselves on the way of pedaling. Frequently seen patrol cars that reminded people of bicycles ahead and sag-wagons

that made cyclists relax have all made a deep impression in my mind. With these in mind, the colorful nice jersey, the patch, the T-shirt, are all sources of power and happiness for the riding and will be excellent souvenirs from the successful cycling tour.

I am so glad that I pedaled the great TOMRV here which was full of fun, friendship and challenges, and I am certain this will be an unforgettable forever memory in my life.

**TOMRV Report – (From a Wisconsin Rider)**  
 (cont. from page 4)

forward to the next challenge, which will always include meeting new bicycling enthusiasts and renewing old acquaintances Wouldn't be the same without it, just as it wouldn't be complete without the hi-five with the Booper at the end!

So whatever lies ahead, I've regained confidence that I can face it head on! Every once in a while, I just need another ride or a tumble like this to prove to myself that I'm human and can carry on!

It's time now to get out of the computer room so I can bicycle to my life's enjoyment!

**"Rolling on the River" September 2-3**  
**Illinois' Ride for the Environment**

10, 25, 45, 62, 80 and 100 mi fully supported rides/outdoor festival  
 Scenic Fox River valley 55 mi SW of Chicago (Yorkville, IL)

1 day rides with 5 great rest stops including vineyard and B&B  
 2 day package available with camping, canoeing, kayaking and family activities  
 Register online [www.RollingRiverRide.org](http://www.RollingRiverRide.org) or call 217.429.1870  
 Volunteers still needed. Proceeds go to protect and improve the environment. Great prizes and goody bags. Kids FREE

**My First TOMRV. My First Century**  
**Sheri Fieweger – QCBC Member – Rock Island**

The physical challenges of TOMRV were legendary. Training myself the last 8 months became serious and diligent with frequent rewards. Such a commitment would not be cast away frivolously.

My preference, typically, is to cycle hard and fast for shorter distances. TOMRV would be a challenge. To complete its course, I would have to become a tortoise: slow and steady.

My journey began merely as a means of testing my physical strength and stamina. It ended with a refreshed perspective of life.

Within the first 3 miles of the start, a torrential rain storm with high winds soaked through 3 layers of clothing that, in the past, had served me well. I was wearing shorts. My shoes were filled with puddles. I was bitterly cold. Approximately 15-20 riders sought refuge at the BP station in Pleasant Valley. There was talk of hypothermia. Skilled riders, younger and older, aborted their rides. I purchased 2 pairs of gloves and forged ahead.

The rain, wind, and cold temperatures continued for the first 60 miles. A Laundromat to dry my clothes and shoes in LeClaire saved the day! Afterward, I could only dream of such a luxury. My teeth began to chatter. My legs became so red it looked like I was suffering from third degree sunburn.

At a restaurant in Miles, I soaked my feet in hot water in the ladies restroom. I was somewhat kidding when I told the owner that I would pay her a large sum of money to fill the large sink in her kitchen with hot water just so I could sit in it for 5 minutes. I was on the verge of desperation. (Lesson 1: Proper apparel for every conceivable weather condition).

After Palisades Park the weather improved. At last, I could savor the panoramic views of captivating beauty and enjoy conversations with the people who happened to pass my way. Life is good.

It was 6:40am when I left Bettendorf. I rolled into Clarke College in Dubuque at 7:30pm exhausted. I made it. I made it. I smiled.

Sunday morning the pain in my left knee that began in Menominee the day before was worse. It was questionable whether I could ride 1 block, let alone 88 miles. I had come too far not to even try. Alieve pain

medication was just enough to take the edge off. It was a late start at 7:50am. I pressed on.

The hills were more psychologically daunting than physically challenging. Instead of looking up, I would lower my head and focus on absolutely nothing but the road 4-6 feet ahead of me. I was completing the course, literally, foot by foot.

More exquisite scenery. More fun people and delightful conversations. Life is good.

I was 7 miles out of Preston when I realized I misread the cue sheet. The 7 miles back were met with steep hills and a head wind. I would like to say that the realization I would be completing my second century that day inspired me. It did not.

Anger, frustration, and bitter disappointment revealed themselves to be the stronger motivators.

Waiting for a train in Low Moor is when I discovered my cue sheet was lost. A cashier at the local gas station said Highway 67 was just 3 miles ahead and then left to the Quad Cities. Yes! The end was near! I was elated and began to enjoy my ride once more.

Less than a mile away an excruciating pain stabbed me in the knee. I tried to pedal with one leg. Obviously, it wasn't going to work but I was, once again, desperate. I realized it was time for another dose of Alieve. I began to wonder if I was contributing to an injury that may need surgery or worse, permanent damage. I was too close to stop now. Whatever damage was done was done. Deal with it later. If I had to lose any future use of my knee, I would rather lose it in a blaze of glory than to play it safe and always wonder if I could have made it to the end. Keep moving. Just keep moving. (Note: It's been almost 2 weeks since TOMRV. I have not been able to ride since. I miss it terribly. There is no final word yet on my prognosis. I harbor not one regret.)

Just 2 miles further I stopped to answer a cell call from my family. From out of nowhere a 3 legged (yes, 3 legged!) Rottweiler, easily 120+ pounds, began to charge me at full speed, barking ferociously. While my instinct was to whip my right leg over the bar and try using the bike as a shield, experience taught me that such a sudden movement could actually be more dangerous. I slowly turned my head away so as not to appear aggressive in any manner and simply froze.

In an instant, I tried to prepare myself mentally for the serious possibility that I may (cont. on page 7)

## **My First TOMRV. My First Century**

(cont. from page 7)

get mauled. The dog stopped just about 6 feet away, still barking. Eventually, he stopped. Out of the corner of my eye I could see him turn away. The owner accused me of teasing the animal.

(Note: My only regret with how I handled this situation was that I did not immediately disconnect my cell phone. In the event the dog did attack me, I would not have wanted my 13 year old son on the other end of the line to have heard it.)

Highway 67 was just a few feet away. Left as directed. Yeah! Yahoo! Home was just around the corner!! I was 5 miles out when I saw a sign for Camanche High School. NO! NO, NO, NO! It can't be! Not again! It's just not possible!

I raced to the nearest house and asked which way to the Quad Cities? Yes, of course. This time I only went 10 miles in the wrong direction. Fury set in peppered with a few choice words. It was almost worth it to ride back to Low Moor just to smack the cashier on the side of the head. Well, at least, I knew the way home now.

It wasn't long before I began to pass the familiar landmarks I had passed early in my ride the day before. The beauty of the Mississippi River captivated me once more. I felt strong. I was inspired. It seemed I could ride another 50 miles. It was at this moment I realized that no matter what adversity awaited me, I would

make it to the end. I smiled.

When I approached Pleasant Valley, the TOMRV officials called. There were just 3 cars left in the parking lot and my suitcase was the last to be picked up. They would wait for me. As I entered the final stretch, they stood by the side of the road and cheered me on to victory! It was 7pm. In the end, when all was said and done, the tortoise won her own race. (Lesson 2: You don't always have to be the best to be a winner!)

The most valuable lesson I brought home with me that day was not learning how to become a more skilled cyclist. It was how to be a better parent. So often my motherly instincts want to shield my children from pain of any kind. This can become a serious error if I am not careful. Like small amounts of manure mixed with rich soil helps the flower achieve it's finest bloom, TOMRV reminded me that limited doses of struggle, misery, discomfort, frustration, aggravation, boredom, things not always going exactly according to plan, detours, wrong ways and dead ends in life, all can prove to be a powerful catalyst for personal achievements great and small.

Periodically throughout my journey, I would ask myself if I will ride TOMRV again. Sometimes the answer was yes. Sometimes it was no. Since then I have tasted the sweet success of completing its course. Today my answer is confident and true: absolutely!

It has been a pleasant surprise finding, at the age of 40 something, that life is still filled with pleasant surprises.

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## **Newsletter Submissions**

**Kathy Storm, Editor**

The September issue will be my last issue of the newsletter; and the club is still looking for a new editor. If you are interested in helping the club out and have good computer skills, please contact me at 563-355-2564 or Errol McCollum, President, at 309-762-8252.

In the upcoming weeks I will be sorting through com-

puter files, hard copy files, and photos that have been submitted in the past few years. If you would like any of these items returned, please contact me by August 30th.

Please continue to use the following email address to submit articles electronically: [qbceditor@yahoo.com](mailto:qbceditor@yahoo.com). Thank you to everyone who has submitted articles for our newsletter in the past. I hope you will continue to support our club in the future by writing up articles on club events and cycling related articles.

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## **TOMRV Items for Sale**

**Linda Barchman**

- TOMRV 29 t-shirts. \$10. Sizes S, M, L, XL, XXL
- TOMRV 29 jerseys short sleeves \$63 M, XXXL. Sleeveless \$58 M, XXL, XXXL

- TOMRV 29 patches \$4. Patches from 2000 through 2004 \$2 each

If you are interested in purchasing any of these items, contact Linda at 563-388-8043 or by email at [tomrvregistration@mchsi.com](mailto:tomrvregistration@mchsi.com)

## August 2006 Ride Schedule

- **Tuesday, August 1**

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

- **Wednesday, August 2**

**8:00 A.M. – Wednesday Morning Ride – Riders' Choice – IA** Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport.

**Thursday, August 3**

**5:30 p.m. – Summer Evening Ride – IL** Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near former CNH plant). Riders' choice.

- **Saturday, August 5**

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

**8:00 a.m. – Mid-Paced Ride – Scott County Tour – IA** Meet at Eastern Ave entrance, Duck Creek Parkway, Davenport. Ride to: Dixon, Plainview, and Walcott. 60 miles. Ride leader: Scott Swanson, 563-940-2901.

**8:00 a.m. – Leisure Ride – Off to McCausland – IA** Meet at the parking lot in Walnut Grove on the North side of Scott County Park for a ride to McCausland and back. Ride Leader: Doug Nelson, 563-344-6775.

- **Sunday, August 6**

**8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL** Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near former CNH plant).

**8:00 a.m. – Mid-Paced Ride – Zigzag to Geneseo – IL** Meet at Colona Grade School. Follow a surprise zigzag route to and from Geneseo. (Additional 23 mile loop to Atkinson available) Ride leaders: Dean & Deb Mathias, 309-787-6547.

- **Tuesday, August 8**

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

- **Wednesday, August 9**

**8:00 A.M. – Wednesday Morning Ride – Riders' Choice – IA** Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport.

- **Thursday, August 10**

**5:30 p.m. – Summer Evening Ride – IL** Meet at east end of Ben Butterworth Parkway Old River Dr. and 55th St., Moline (near former CNH plant). Riders' choice.

- **Saturday, August 12**

**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 – Heading to Swedona – IL** Meet at Orion High School. Ride to: Lynn Center, Andover, Woodhull, New Windsor, and Swedona. 45 miles. Ride leader: Jim Karr, 563-441-9115.

**8:00 a.m. – Leisure Ride – Ride the Hills to Hillsdale – IL** Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near former CNH plant) for a ride to Hillsdale. Ride Leader: Chet & Kathy Doyle, 309-755-7495.

**6:00 a.m. – Endurance Ride Metamora 4 X 50 Double Century – IL** Starts from McDonald's parking lot in Metamora, IL on a 50 mile looping course. A perfect opportunity for cyclists wanting to ramp up from a century to something longer. This is a UMCA sanctioned event for points in the John Marino Competition (JMC). Contact is: Joe Jamison 309-235-4284, [j-jamison@sbcglobal.net](mailto:j-jamison@sbcglobal.net) or [www.ultramidwest.com](http://www.ultramidwest.com).

- **Sunday, August 13**

**8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL** Meet at east end of Ben Butterworth Parkway near CNH, Old River Dr. and 55th St., Moline (near CNH).

**8:00 A.M. – Mid-Paced Ride – Rider Leaders' Choice – IL** Meet at Geneseo City Park for a surprise ride. 40 – 60 miles. Ride leader: Warren Power, 563-391-5466.

- **Tuesday, August 15**

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

- **Wednesday, August 16**

**8:00 A.M. – Wednesday Morning Ride – "Riders' Choice" – IA** Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport.

- **Thursday, August 17**

**5:30 p.m. – Summer Evening Ride – IL** Meet at east end of Ben Butterworth Parkway Old River Dr. and 55th St., Moline (near former CNH plant). Riders' choice.

- **Saturday, August 19**

**8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA** Meet at Airport Park, Moline. Located off Indian Bluff Rd. on south side of QC Airport (near USPS Bulk Mail facility.)

**8:00 a.m. – Mid-Paced Ride – In Search of Pancakes – IL** Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH). Ride to: Hampton, Port Byron, Cordova, Erie, and Hillsdale. 55 miles. Ride leader: Charles Curry, 309-797-9283.

**8:00 a.m. – Leisure Ride – Tour of Scott County – IA** Meet at Culvers just North of 53rd St. on Jersey Ridge Rd. in Davenport for a ride around Scott County. Ride Leader: Dean Arney, 563-355-1282. (cont. on page 9)

## August 2006 Ride Schedule (cont.)

- **Sunday, August 20**

**8:00 A.M. – Du-State Duathlon – IL** Loud Thunder Forest Preserve, Andalusia, Illinois. A perfect event for cyclists who enjoy hills (and even those who don't). The course consists of a flat 2-mile run, a challenging 14-mile bike ride, and another flat 2-mile run. You may participate solo, or, if you're not a runner, team up with a runner in one of the team categories. As usual, there will be a picnic after the race. A registration form can be found on page 16 of this issue of *Pedalwheeling* or the Cornbelt Running Club newsletter. For more information see the QCBC Web site, [www.qcbc.org](http://www.qcbc.org), or [www.cornbelt.org](http://www.cornbelt.org).

**8:00 A.M. – Fast-Paced Ride – Riders' Choice** Meet at east end of Ben Butterworth Parkway near CNH, Old River Dr. and 55th St., Moline (near CNH).

**8:00 A.M. – Mid-Paced Ride – 3 Hour Out & Back – IL** Meet at Camden Park, Milan (Enter off of Rte 67). Ride 1.5 hours out, take a short break along side the route, then return to starting location. No planned breakfast stop on this ride. Ride leader: David Round, 309-794-1989.

- **Tuesday, August 22**

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

- **Wednesday, August 23**

**8:00 A.M. – Wednesday Morning Ride – Riders' Choice – IA** Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport.

- **Thursday, August 24**

**5:30 p.m. – Summer Evening Ride – IL** Meet at east end of Ben Butterworth Parkway Old River Dr. and 55th St., Moline (near former CNH plant). Riders' choice.

- **Saturday, August 26**

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

**8:00 a.m. – Mid-Paced Ride – Riding the Scott County Rollers – IA** Meet at Crow Creek Park, Bettendorf. Ride to McCausland using a very hilly route! 38 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

**8:00 a.m. – Leisure Ride – Hillsdale Hustle – IL** Meet at the city park in Cordova and ride to Hillsdale. Ride Leader: Bob Milligan, 309-788-2651.

- **Sunday, August 27**

**8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL** Meet at east end of Ben Butterworth Parkway. Old River Dr. and 55th St., Moline (near CNH).

**8:00 a.m. – Mid-Paced Ride, "Rock River Tour" – IL**  
**8:00 A.M.** Meet at Geneseo City Park. Ride to: Hillsdale, Erie, Spring Hill, Prophetstown, and Atkinson. 60 miles. Ride leaders: Dean & Deb Mathias, 309-787-6547.

- **Tuesday, August 29**

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

- **Wednesday, August 30**

**8:00 A.M. – Wednesday Morning Ride – "Riders' Choice" – IA** Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport.

- **Thursday, August 31**

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

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### Ride Classifications:

**Leisure Rides** – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

**Mid-Paced** – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when regrouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October.

**Mid Paced** (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

**Fast Paced** – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

**Rider's Choice** – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule.

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### Want Ads – more items listed on web site:

**For Sale:** Thule roof mount system. Includes fork

mounts for 3 bikes and roof box. Original price was \$845, asking \$425. Contact Doug McCollum at 309-793-4275 or [ldmcdog@qconline.com](mailto:ldmcdog@qconline.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 \_\_\_\_\_  
 (Also list your name below)  
 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

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"/> 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 10<sup>th</sup> 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

**GITAP - Through Others' Eyes**  
**Chuck Oestreich, League of Illinois Bicyclists**

Many of us in the Quad Cities have become complacent. Ho Hum! Sure we have the Mississippi River, the John Deere Commons, the Figge, the District, and our whole slew (or is that slough) of trails. But, you know: been there; done that.

Giving a fresh perspective on our area are comments that riders on the Grand Illinois Trail And Parks (GITAP) ride made after their mid-June ride was over. The approximately 140 riders – from 14 different states – took a “day-off” at Rock Island’s Augustana College in the middle of the ride – although some of them did a century down to New Boston and back.

Here’s a sample of what they had to say after they returned home:

- I loved the day off in Rock Island. I think having a day off in an urban area is a great idea but many urban areas are not as bike-friendly as Rock Island/Davenport. If you could find another area like that, great!

*Lorri C., Champaign, Illinois*

- I loved riding through the Quad Cities and exploring the breweries and coffee shops.

*Matt H., Lees Summit, Missouri*

- I logged 51.75 miles on the layover day in the Quad Cities - all on bike trails - awesome! One can get anywhere in the QC on a bicycle; I like that very much. I even rode up to a neighborhood hardware store to get some copper tubing to repair my broken tent pole - no problem. I'd go back to the QC in a heartbeat.

*Sue W., St Louis, Missouri*

- The day off was terrific because of the availability of the urban trails on the Iowa side, the lock and dam and the Arsenal Museum.

*Peggy P., Mattoon, Illinois*

I explored Davenport at a very leisurely pace and enjoyed it a lot.

*Jan K., Evanston, Illinois*

- On the optional day, we bike toured Rock Island to find a laundromat, got our clothes washing done in the morning and still made it across the Mississippi to Davenport in the afternoon. Got to see the Sturgis motorcycle fair on the Iowa side. Very disappointed that bicycles weren't allowed from Government Bridge through the Army Base on Arsenal Island to visit the Armory and cemeteries

*David J., Gabanna, Ohio*

- The day off was awesome . . . I chose to ride the Quad City trails.

*Nancy S., Havana, Illinois*

- It was interesting to explore the Quad Cities and see the work that has been done to create a complete system of trails.

*Jessica B., Madison, Wisconsin*

- The day off in the Quad Cities was great; we were able to get some riding in while visiting places in the area.

*Sean D., Lake Zurich, Illinois*

- The day off was fun and allowed us to be a little bit more touristy. A chance to use our bikes to go places and do things other than get to the next campsite. A fun day.

*Ray O., Chicago, Illinois*

- Enjoyed the Quad Cities and the day off

*Kathy M., St Charles, Missouri*

- It was nice to have the day off in the Quad Cities and explore.

*Claudia S., St. Louis, Missouri*

- The “day off” in Rock Island was great. Their bike trails are awesome.

*Steven M., Chicago, Illinois*

**Cross Country Trip**  
**Joe Van Houtec**

This information was received from Joe via email on June 22nd. He’s spending the summer riding across America. Even though he will be back in the Quad Cities by the time this newsletter reaches your mailbox, some of you may want to read what Joe and other

rider’s wrote in their “on-line journals” as they were on this trip of a lifetime.

“We have just completed day 19 of the cross country challenge sponsored by America by Bicycle. Anyone that wants to follow it can go this web site: [bamacyclist.com/](http://bamacyclist.com/) and then proceed to ride journals and then click on cross country challenge. Thanks, Joe”

## **Balltown Classic 2006**

### **Joe Jamison and Dave Parker**

The Balltown Classic Double Century uses the rural roads of East-Central Iowa starting in the Quad Cities suburb town of DeWitt, IA and turning around at the sleepy hamlet of Balltown, IA. In this village is Breitbachs Restaurant, the oldest continuously operated restaurant in the state (1852) and a breathtaking view over the Mississippi River of Wisconsin and Illinois.

This race, while providing some pleasant scenery and low-volume traffic, has a checkered past due to the unpredictable weather, but that wasn't the case on June 3rd as riders queued up at the Super 8 Motel in DeWitt for the 5:00am start. A light, southerly wind promised a helpful push on the return trip while the temperatures were on the warm side with 85 degrees predicted. This heat would give some of the riders' problems. Twenty one competitors from seven states, including six John Marino Competition (JMC) athletes, a RAAM official finisher, the course record holder and two women prepared to face off.

At the end of the day, five racers would have to terminate due to exhaustion, dehydration or mechanical problems. The course shows the riders rolling hills for the first 36 miles, providing a softening up process before the rollers become a little longer and steeper until within 10 miles of Balltown, there are some very challenging climbs. Leaving Balltown, these first 10 miles of challenging hills are again faced.

There was some excellent racing between Matt Aro, a young tri-athlete from Superior, WI, Larry Ide of Monmouth, IL, last years winner, Jim Amelung from Chesterfield, MO, the course record holder, Paul Carpenter from Batavia, IL, an experienced ultra rider from Illinois and David Meridith from Downers

Grove, IL, an official RAAM finisher.

Carpenter; at about mile 30, lost the pack when he flat-ted and rode the remaining 170 miles solo, still recording an impressive 17.1 mph average over the course.

At Balltown, Aro, Ide and Amelung were away before Meridith, but the extremely short and steep hills separated Amelung (dehydration) from Aro and Ide who continued on together, sharing the work to finish in a dead heat at the end with an impressive 19.5 mph average over the 201.5 mile course that was measured by Garmin GPS to have provided a total elevation gain of 11,500 feet.

We had some impressive performances but none more impressive than that by Merry Vander Linden who overcame stomach distress and dehydration to foil the support crew who didn't think she would be able to finish. She did finish becoming the only woman ever to do so and established the record for women in the process.

Other records were established:

- David Meridith wrested the course record for his age group set in 2003 from Dave Parker, the organizer of Balltown.
- Claudio Vacas established an age group record in the century division with an excellent race.

Our recognition award for rookie of the year has to go to Matt Aro, this year's co-champion. Balltown apparently isn't enough of a challenge for this young man who is training to do a DOUBLE Ironman later this year.

Our most improved rider award goes to Steve Geering of Blue Grass, IA. Steve improved his average speed from the last time he did Balltown by 8.7%.

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## **Walnut Grove Leisure Ride July 1st**

### **Carter LeBeau**

QCBC riders Joy Duex, Betty Keyoth, Noriko Uno, Vivian Norton and ride leaders Carter & Kaye LeBeau moved out promptly at 8 A.M. Weather beautiful except for a 25 mile per hour wind. After 3 miles uphill into the wind, a stop for coffee at the Park View Restaurant. Then came the rain and thunder. A vote was

taken and we decided to return.

You guessed it! Clear and sunny, so we toured Scott County Park and returned again to Walnut Grove. None of us had met Betty Keyoth's friend, Noriko Uno. She had no problem going the first 3 miles up hill into a 25 MPH wind. We all were impressed - especially after we found out she has 3 children, with one in college.

## **FALL FOLIAGE RIDE**

Now is the time to make plans to join Deb and Dean Mathias and others for the 2006 QCBC Fall Foliage Ride, which will be held October 7th and 8th. Mt. Horeb, WI is our staging area. We will begin riding on Saturday, October 7th, at 9:00am. Travel distance is about 140 miles from Davenport. The Mathias' will be driving to Mount Horeb on Friday evening, October 6th

Mt. Horeb (<http://www.trollway.com/index1.html>) is known for life-size trolls carved into tree trunks scattered along its main street. Visitors are encouraged to take a leisurely "[Troll Stroll](#)" to enjoy these unique characters.

A cycling route will be mapped out on quiet country roads that promise to offer more than a few hills for both days with some flatter options. A town with lunch opportunities will be our destination both days. If you prefer to stay totally on flat terrain, the Military Ridge Bike Trail (crushed limestone) runs through Mt. Horeb going west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required. Mountain bike trails are located in Blue Mound State Park just west of Mt. Horeb with a connection spur to the Military Ridge Trail.

A scrumptious Italian buffet dinner is arranged for the group on Saturday night at a reasonable price! We would like a head count for dinner including individuals that may want to join us for dinner but not for cycling.

Contact Deb and Dean Mathias at 309-787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com) if you plan to join us for the ride.

You are responsible for making your own room reservations. A block of rooms have been reserved at the Karakahl Country Inn ([www.karakahl.com](http://www.karakahl.com)) with indoor pool. The rooms will be held until September 7th. Mention the QCBC for a group rate of \$62.95. Phone Wally at 888-621-1884 or 608-437-5545 to reserve your room.

Rooms are also available at the Village Inn Hotel ([www.littlebedder.com](http://www.littlebedder.com)), which is physically attached to the Military Ridge Bike Trail. Phone: 608-437-3350

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

2 nearby parks provide camping possibilities:

- Brigham Park – 112 acre park with a spectacular panoramic view about 7 miles west of Mt. Horeb
- Blue Mounds State Park about 10 miles west of Mt. Horeb – for information, call 608-437-5711 or 888-947-2757.

### **Points of Interest in or near Mt. Horeb:**

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

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

## **Heartland Century** **Mike Desch**

Attention all bikers: This year's Heartland Century will be held on Saturday, September 9th 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 17 in this issue of the newsletter is the entry form for the Heartland Century. Please fill it out, enclose a check and mail it to me. All pertinent info is on the entry form.

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## **Metamora 4 X 50 – August 12th** **Joe Jamison**

The Metamora 4X50 Double Century will be held on August 12th, with headquarters at the Black Partridge State Park, just outside of Metamora, Illinois. Black Partridge Park is a pleasant site with plenty of open space and shade trees.

Metamora, a small city slightly Northwest of Peoria in central Illinois, was the site of several double centuries when the Big Dogs ran their Big Dogs Triple Crown in 2001-2002.

Last year's Balltown Classic and the UMCA 24 Hour Championship events got us thinking that, as HPVs, recumbents and hand cycles gain in popularity perhaps an event designed for those cycling styles is in order. The Metamora route struck us as the ideal place for these riders to show what they can do.

We especially hope hand cyclists will attend as we want to develop more opportunities for them to compete. This gathering would provide the chance to discuss their special needs and vision for their sport. Of course, we invite all cyclists - diamond frame, fixed gear - even the classic high wheelers - to meet at Metamora for a day long ride.

The route is a 50 mile loop. It is flat (just one little "bump"); straight agricultural roads pass through a few small towns, passing Mennonite communities and broad expanses of Illinois cornfields. The route is fairly rectangular, so headwinds are balanced by tailwinds - though August days in this area can be fairly calm.

This concept of a 50 mile loop should be of interest to: JMC riders looking for double century points, Year Rounder participants looking to maximize their mileage count with, perhaps three laps and 150 miles, or perhaps your just wanting to get that Big Dog century logged for August and settle for 2 laps and a 100 miles, or bring along the family and encourage them to enjoy a laid back 50 miler.

For more information, access the website, [www.ultramidwest.com](http://www.ultramidwest.com) or contact the organizers.

- Dave Parker  
daveparker@big-dogs.org  
(563) 940-9610
- Joe Jamison  
j-jamison@sbcglobal.net  
(309) 235-4284

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## **Nominations for Officers and Board Members** **For 2006 – 2007**

The nominating committee comprised of John Wessel, Warren Power and Dave Lefever, present the following names for your consideration and vote at the October General Meeting on October 17, 2006.

### **Officers**

Dean Mayne, President  
Phil Schubbe, Vice President  
Deb Mathias, Secretary

Karen Grimm, Treasurer

### **Board Members** (Three Year Term)

Frank Beshears  
John Harrington  
John Wessel

**Board Members** (Two Year Term- Replacing Dean Mayne who is running for President)

Charles Curry

**Amazing Race – Another Hidden Treasure**  
**Heath Treharne, DC**

For many of the QCBC members, the QC Criterium may be an annual event anticipated and planned for months in advance, but for those part-time leisure cyclists that enjoy their two-wheeled mode of recreation on nice evenings when the kids are cooperating, this race may get overshadowed by many other traditions of the Memorial Day holiday.

I must admit, I have been one of those people in the QCA that have missed out on this exciting event for many years just because of plain old ignorance. I had no idea of the caliber of cyclists, or of the excitement that this race provides. We should all be so proud to host such an event.

As a new business owner in the District of Rock Island, I took advantage of the opportunity to hold a spinal health screening during the race. Not knowing what to expect, we recruited some eager students from our local chiropractic college to help. Luckily we had the extra help because while some were doing the screenings, most were keeping a watchful eye on the races. Some even stayed well past their scheduled time to watch the racers finish up the events.

We had probably the second best view of the course located on the outside of the first turn. (The best probably going to Atlante Traitoria or Blue Cat Pub with a view of the final sprint to the finish line.) We did have our share of excitement during the women’s pro race when a couple of cyclists were just steps away from our front door during a 20 bike pile up.

As the men’s pro event started our screenings came to a trickle not really due to the lack of participants, but most of us were glued to the front door as we kept watch on every lap. It was fascinating watching the strategy of the lead team members as they round the turn and switch it up ever so frequently.

This event surely has been an eye-opener for my wife and I, as we have discovered one of the many hidden treasures in our own backyard (or in our case, our front steps). Most likely, this is our first and last spinal screening during the Criterium event. From this point on, we are planning on having our own festivities, welcoming all our friends and family down to our place in the district to share in the excitement of the great competition taking place.

All of us at Tree of Life Chiropractic would like to say a sincere Thank You for hosting such an event!

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**Senior Olympics Cycling Events 2006**  
**Dave Thompson**

Even though overall numbers were low, we had a quality field for the two Senior Olympics cycling events for 2006. On Friday June 23rd, a 25 kilometer road race was contested in Rapids City, Illinois. 8 riders rode together to the final obstacle on the rolling course, Friedens road hill, visible on I-88 when you drive by the interchange with I-80. 4 riders broke free on the climb with a 3-up sprint deciding the race.

Moline’s Gary Johnson showed his renowned sprinting ability in beating myself and Terry Inch by a couple of bike lengths. QCBC member, Milly Heskett won the women’s race.

In the 10 kilometer time trial at Barstow the next day, Terry got his revenge on us all. He cruised to a 15:08

time, easily beating QCBC legend, Jerry Sears by 24 seconds. 75 year old Margaret Paulos won the women’s race.

**Top 5 overall for the 25K road race**

- |                   |       |
|-------------------|-------|
| 1. Gary Johnson   | 41:30 |
| 2. David Thompson | s.t.  |
| 3. Terry Inch     | s.t.  |
| 4. Jerry Sears    | s.t.  |
| 5. Bruce Perry    | 41:47 |

**Top 5 overall for the 10K time trial.**

- |                        |       |
|------------------------|-------|
| 1. Terry Inch          | 15:08 |
| 2. Jerry Sears         | 15:32 |
| 3. David Thompson      | 15:55 |
| 4. Kentley Loewenstein | 16:22 |
| 5. Bruce Perry         | 16:50 |

For a registration for the Du-State-Du duathlon, please visit either the QCBC or Cornbelt web sites and download a form.

<http://www.qcbc.org/du06app.pdf>

Quad Cities Bicycle Club Heartland Century  
REGISTRATION FORM (Detach and Return)  
Saturday, September 9, 2006



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, 2006 \_\_\_\_\_  
\$25 after September 1, 2006 \_\_\_\_\_  
\$5 Pork Chop (how many)? (\_\_\_\_) \_\_\_\_\_  
\$5 Additional Heartland Century Socks  
(how many pairs? \_\_\_\_\_) \_\_\_\_\_

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

**Total** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:  
QUAD CITIES BICYCLE CLUB**

QCBC Member - \$3 Discount - \_\_\_\_\_

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

**GRAND TOTAL** \_\_\_\_\_

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**

**17th Annual Du-State-Du Duathlon  
Sunday, August 20th – 8am**

Co-sponsored by Quad Cities Bicycle Club and Cornbelt Running Club, this competitive event includes a fast 2 mile run, challenging 14 mile bike portion, and repeat 2 mile run.

The race starts and finishes at Loud Thunder Forest Preserve, near Andalusia, IL, at the horse corral area in the park.

An entry form can be found on page 16 of this issue of *Pedalwheeling* or downloaded and mailed in from the web sites of our 2 organizations:

[www.cornbelt.org](http://www.cornbelt.org) or [www.qcbc.org](http://www.qcbc.org). Local area running and cycling stores also have applications available.

For those not up to the run, pair up with a friend and enter the team division. Individual entrants can choose between open and fat-tire categories. A delicious hamburger cookout follows the race, with salads and beverages provided. Dessert is potluck, so please bring something to share. Proceeds are divided between the two clubs, so your entry goes to support the activities of two worthy organizations.

For additional information, contact the Cornbelt Running Club Office at: 563-326-1942.