



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—October 2006

Tour of the moon:

Rim Rock Drive, Colorado National Monument

By Dave Thompson

Melinda and I took a two-week vacation in Colorado this summer, and spent nine days cycling in various parts of the state.

Many of the rides have been covered and/or done by other QCBC riders. However, one place I couldn't find that anyone else had done, was Rim Rock Drive in Colorado National Monument, just outside Grand Junction.

After seeing the movie "American Flyers," years ago, with scenes of bike racing inside the park, I decided I wanted to ride the same roads some day.

Back in the '80s, a stage of the old Coors Classic stage race ran through the park. The area around Grand Junction is an upland desert about 4,900 feet above sea level, and about 30 miles from Moab, Utah.

From our hotel in downtown Grand Junction, we got up early Sunday morning to avoid the projected 100-degree high for the day. We rode about four miles on quiet roads to the gate of the park.

After paying a \$4 fee to get in, the climbing started immediately. From the 4,900 feet of the town, we were going to climb up to the 6,700 feet top of the mesa overlooking Grand Junction in about four miles!

After a quarter mile, the grade kicked in to a solid 7-9 percent as we climbed the wall of the mesa on a silky

smooth blacktop road. After a mile of climbing 400 feet, the switchbacks began.

Grades of 10 percent were common, with steeper sections in the corners. I passed two local women who barely were moving as they ground up the stark wall of the valley. After climbing about 1,700 feet and traversing two tunnels, the grade backed off to 3-4 percent, and I pulled off to take pictures and wait for Melinda.



View from Rim Rock Drive, CO (Archived)

At the trailhead where I waited, I noticed a sign warning hikers to watch out for mountain lions, scorpions and rattlesnakes. When Melinda caught up, we continued to climb the next four miles following the rim of the mesa. The views were incredible, sheer drop-offs, deep canyons, red rocks and sagebrush.

The roads were quiet with little traffic. There were quite a few other cyclists, most coming from the other end of the park.



Melinda Thompson on Tour of the Moon

At the 13-mile mark, we started a gradual descent to the visitor center. The nice park-service lady congratulated us for making it to the top and told us we had climbed the toughest entrance.

From the visitor center, we dropped the 1,700 feet in five miles through switchbacks and

tunnels, a very fun and fast descent. Once out of the park, we rode the 11 miles back to town.

I detoured at the Colorado River to check out the bike path that paralleled the river. Grand Junction has a lot to be proud of with its seven-mile path. At 20 feet wide and with new blacktop and concrete, it snaked along the banks of the river. I never saw a stick or rock or dirt of any kind on the pristine road.

Back at the hotel, I added up the stats of my ride: 51 miles and 4,000 feet of climbing, many beautiful photos and memories for a lifetime.

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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 pshschubbe@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	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.

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: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. 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 Heath Treharne for details (309) 786-8733.

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/>



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DICE Coach & Vice President

QCBC Member

Opening later than previously stated to add 4 showers.

Thank you for your patience!

Call **309-743-0260** for additional information and class times.

Welcome New QCBC Members!

Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Ron Danielson	Alma, CO	719-836-2151	Bob & Ann Wolowiec	Lombard, IL	630-496-3788
Morris Gist	Bettendorf, IA	563-441-9351	Brian Payden	Moline, IL	309-762-6416
Tom & Misti McDermott	Camanche, IA	563-522-2487	Kopriva & Sean Marshall	Rock Island, IL	309-230-4445
Mark Schroder	Davenport, IA	563-570-7717	Kym Martin	Rock Island, IL	309-781-8946
Chris Panouses	East Moline	563-762-6877	Michael & Jennifer Cerra	Sherrard, IL	309-236-7572

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.

Membership Count: 8/6/06

Number of:	Members	Memberships
Individual	394	395
Couple	314	157
Family	321	88
Complimentary	20	20
Life	6	3
Total	1055	663

Perfect Weather and Blazing Times

for the QCBC 40k Time Trial Championships

By Dave Thompson

A record 23 men went under the one-hour barrier at the 5th annual QCBC 40K Time Trial Championships in Cordova on Sunday, July 23. With temps in the low 60s, and light winds, many people had personal records on the fast course between Cordova and Albany.

Paul Deninger of Iowa City nipped the old course record by 25 seconds, recording a 54:20 time. He defeated two Chicago area riders, Michael Zellman and Chris Mosora, by 19 seconds and 48 seconds respectively.

Kewanee's John Grice added to his many QCBC TT Titles by riding to a 57:21 time for club champion. Diane Roanhaus of Franklin, Wis., won her third overall women's title with a 1:03:23 time. She easily beat Karen Stieler of Coralville, Iowa and local triathlete, Marta Burnham of Pleasant Valley.

Moline's Margie Millar added to her career total of QCBC TT titles by overcoming early season injuries and recording a 1:12:33 time. A total of 124 racers took part. A big thanks to volunteers: James Hanson, Donnie Miller, Mike Zugmaier, Mike Detsch, Mollie Wolf, Russ Hutchinson, Judy Cunningham, Janette Harrington and Melinda Thompson.

The top 10 male QCBC members and top five women received trophies:

Men's Division	Time
1 John Grice	0:57:21
2 Dave Haussler	1:00:17
3 Kevin Wohlford	1:01:13
4 Mike Winter	1:01:51
5 Tom Waterman	1:02:08
6 John Harrington	1:03:02
7 Mike Giudici	1:04:26
8 Bryan Moritz	1:04:51
9 Matt Pappas	1:05:07
10 Bob Thompson	1:05:54

Women's Division	Time
1 Margie Millar	1:12:33
2 Pam Wilson	1:12:53
3 Marta Verschoore	1:15:17
4 Darlene Moritz	1:15:47
5 Paula Streed	1:17:14

Letter to the Editor

I am writing concerning the Aug. 26 article in the Quad City Times, "Judge won't throw out RAGBRAI death lawsuit."

In 2004, a 49-year-old man died in a bicycle accident on RAGBRAI. His name was Kirk Ullrich from Davenport, Iowa. Ullrich hit a crack in the road and was thrown from his bicycle. Ullrich's widow has filed a lawsuit against Crawford County where the accident happened.

My main problem with this lawsuit is that when a cyclist attends RAGBRAI, they waive the right to sue municipalities along the route. But the Ullriches and their attorneys found a loophole in the RAGBRAI waiver. It states you cannot sue the Des Moines Register or the communities you ride through. But, you can sue the county governments for negligence concerning road design and inferior road surfaces.

Cyclists and family members should understand that cycling can be a dangerous occupation, and participating in such an activity can result in injury or death. I believe that if the lawsuit is won by the Ullrich family, then a very scary precedent will have been set.

When the RAGBRAI route is announced next February, will the various county supervisors along the route decide that they cannot afford to have RAGBRAI in their respective counties?

Will insurance companies tell government officials in Iowa that they cannot afford to pay another high cost liability settlement over a bicycle fatality on RAGBRAI?

Will RAGBRAI be history because of potential future bicycle accident litigation?

Michael Gerald Bennett
Davenport

Fall Foliage Ride – October 7th & 8th

Deb & Dean Mathias

If you have not already made your hotel reservations, do so immediately. A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com). The rooms will be held until September 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.

Check the August (page 13) and September (page 14) issues of Pedalwheeling for more details or contact Dean and Deb Mathias at 309-787-6547 or mathiasdebdean@peoplepc.com. (Dean's Cell #: 309-737-8429; Deb's Cell #: 309-737-8428)

Please drop us a line if you plan to join us so we can have a head count for Saturday night's dinner.

Saturday's ride will start at 9:00 a.m. from the Military Ridge State Park Trail parking lot in Mount Horeb, WI, which is approximately 150 miles from Davenport. We will be riding approximately 35 miles Saturday morning before a lunch stop so you will probably want to eat some breakfast before starting.

Campout at Thomson Causeway – October 14 & 15

Darlene Moritz

Dave Alfine has some other commitments this weekend, so I have offered to be the Ride Leader for this 2 day ride. We will start from Sunset Park in Rock Island (between 8-9am) and ride 54 miles to the Thomson Causeway Recreation area along the Mississippi River. A luggage truck (probably a minivan) will haul your camping gear to the overnight location. Please let me know a few days in advance if you are planning on participating in this ride so I can make arrangements, 563-386-3499 or dmoritz@machlink.com.



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*Hope deferred makes the heart sick,
but a longing fulfilled is the Tree of Life.*
Proverbs 13:12

Heath Treharne, DC—QCBC Member

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October 2006 Ride Schedule

Winter ride schedule—October through 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.

●Sunday, October 1

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH).

●Monday, October 2

DOT Adopt a Highway Trash Pickup

5:30 P.M. Join other QCBC members for a community service project. This is the 14th year that the QCBC has maintained this two-mile section of Scott Park Rd (old Rt 61). Meet at the gravel parking lot just north of Mt Joy Rd in Davenport, between the soccer fields and Window Experts. Wear work clothes and gloves. Coordinators: Ken & Julie Urban, 563-326-3427. Note: Rain date for this pickup will be Monday, October 9.

Mid-Paced Ride, Riders' Choice

9:00 A.M. Meet at Colona Grade School for a riders' choice ride.

●Tuesday, October 3

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles. Ride leaders: Doug McDonald, 563-332-6774 & Mike Zugmaier, 563-359-9538

●Wednesday, October 4

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

●Thursday, October 5

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles. Ride leaders: Doug McDonald, 563-332-6774 & Mike Zugmaier, 563-359-9538

●Saturday, October 7 and Sunday, October 8

Fall Foliage Ride

QCBC's annual ride to enjoy the fall colors will again be held in Mt. Horeb, WI. For more information see the section "QCBC Annual Rides". Dean & Deb Mathias are the contact persons, 309-787-6547.

●Saturday, October 7

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

●Sunday, October 8

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH).

Mid-Paced North to Albany for Brunch

9:00 A.M. Meet at the boat landing along the Great River Trail in Rapids City. Ride the trail north to Cordova. 42 miles. Ride leader: Dennis & Karen Baber, 309-796-2476.

●Tuesday, October 10

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Headlights for your bike are required. 23 miles. Ride leaders: Doug McDonald, 563-332-6774 & Mike Zugmaier, 563-359-9538

●Wednesday, October 11

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

●Thursday, October 12

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles. Ride leaders: Doug McDonald, 563-332-6774 & Mike Zugmaier, 563-359-9538

●Saturday, October 14 and Sunday October 15

Campout at Thomson Causeway

8:00 A.M. Join the QCBC for a no-frills ride along the Great River Trail from Sunset Park in Rock Island to the Thomson Causeway Recreation Area in Thomson, IL. Plan to leave on Saturday morning, camp overnight, and return on Sunday. The ride is 54 miles each way, all on the bike path. Baggage will be loaded between 8:00 to 9:00 A.M. and will be transported. This ride is free. Watch *Pedalwheeling* and the QCBC Web site for details. Contact person is Dave Alftine, 563-332-8299.

●Saturday, October 14

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

●Sunday, October 15

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH).

Mid-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

●Tuesday, October 17

QCBC General Meeting

7:00 P.M. Meet in the auditorium of Rivermont Collegiate (formerly known as St. Katherine's/St.

October 2006 Ride Schedule

Mark's), 1821 Sunset Dr, Bettendorf. Elections of officers for 2005 will be held at this meeting.

●Wednesday, October 18

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

●Thursday, October 19

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles. Ride leaders: Doug McDonald, 563-332-6774 & Mike Zugmaier, 563-359-9538

●Saturday, October 21

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

●Saturday, October 21

Mid-Paced Ride, Chili Lunch in the Park

9:00 A.M. Meet at Middle Park Lagoon Shelter, Bettendorf. Ride to LeClaire, Princeton, and Argo. Return to park for a catered chili lunch. Please bring \$4 for your lunch. Call Bill or Kathy by 8 p.m. on Thursday, September 29th, for lunch reservation or if you can help with getting the picnic set up at the park at 10:30 a.m. 40 miles. Ride leaders: Bill & Kathy Storm, 563-355-2564.

●Sunday, October 22

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH).

Mid-Paced Ride, Geneseo - Cambridge - Andover Circuit

9:00 A.M. Meet at City Park in Geneseo. 41 miles. Ride Leaders: Ruth Sanders, 309-738-9900 and Jeanne O'Mealia, 309-787-2985

●Tuesday, October 24

Night Ride

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek

Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles. Ride leaders: Doug McDonald, 563-332-6774 & Mike Zugmaier, 563-359-9538

●Wednesday, October 25

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

●Thursday, October 26

Night Ride and Halloween Party

6:30 P.M. Meet at Eastern Ave entrance to Duck Creek Parkway. Headlights for your bike are required. Mountain or hybrid bike is suggested. 23 miles. The group will meet at McGuire's (Harrison and 35th St) in Davenport for dinner after the ride. Please make a reservation with the ride leaders by October 26 if you plan to attend. Ride leaders: Doug McDonald, 563-332-6774 & Mike Zugmaier, 563-359-9538.

●Saturday, October 28

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Mid-Paced Ride, Hillsdale and Cordova Circuit

9:00 A.M. Meet at the East end of Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH). 55 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

●Sunday, October 29

Fast-Paced Ride, Riders' Choice

9:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH).

Mid-Paced Ride, Riding the Rollers Into Eldridge

9:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway. 30 miles. Ride leader: Doug Stephens, 309-794-9970.

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 re-grouping. 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.

Shifting gears in the Pedalwheeler

You may notice slight changes to the Pedalwheeler. That's because, after Kathy Storm did the newsletter alone for 4.5 years, we're switching to a team approach. So far, it's just us, Heath Treharne and Jackie Chesser, but we're looking for more staffers.

Although we are both members of the bike club, unlike Kathy, our participation in club sponsored events is slim to none, which can only be described as recreational riders at best. This limits our knowledge on who to seek out for stories and updates. That's why we'll need input, ideas, suggestions and stories from bike club members.

Please continue to send in stories and pictures, and ideas or suggestions. Let us know if you're interested in joining the newsletter staff. You could handle a certain item for the newsletter each month, or volunteer to go out to events and take digital pictures. With more people working together, we should be able to provide more variety.

Also, please give us feedback on some of these ideas - not yet refined - that we've been batting around. Our email is qbceditor@yahoo.com

- **Best ride of the month.** It might include a small prize, such as a pair of socks, donated by a participating local bike shop.
- **Tech talk.** A monthly column by someone from a member bike shop, discussing a new biking item or some other technical angle.
- **Tip of the month.** Perhaps with a small prize attached.
- Maybe something a bit nostalgic, like "my first bike." or "my favorite bike," or "my favorite, or most memorable ride."
- **Monthly mileage report/graphic** of members who have biked over a certain number of miles for the year.
- Occasional **profile** of a club member with an interesting story. We could send our new staff photographer to shoot a picture.
- Mini-restaurant **reviews** of eateries along the bike paths.
- Occasional columns on different aspects of biking, such as a biking etiquette column for newer riders, or a "consumer reports" on bike seats or something.

While we aren't active riders, we are dedicated to putting out a really great newsletter. Let us know how you can help and tell us how we can do it better.

Meet the Newsletter Staff

Jackie Chesser



As you may know by now, Heath Treharne and I are taking over newsletter duties from Kathy Storm. We'll both work on content and I'll do editing while Heath does layout.

I grew up in East Moline, graduated from UTHS and Marycrest College and now live in Port Byron with my husband, David Weckel, a 130-pound dog

and two cats.

David and I have been members of the bike club for three or four years. He's the more avid rider, while I'm a much more casual rider, though I plan to begin riding more.

I have much more experience editing than biking. I've worked at Dispatch Publishing Co. for 22 years, first as a reporter and for the last 13 years as an editor at The Dispatch/Rock Island Argus and The Leader newspapers.

I'm looking forward to working on the newsletter, especially since it will be easier for a team than it was for Kathy, who did it all alone. Please don't hesitate to email any comments, ideas or whatever to us at qbceditor@yahoo.com.

Heath Treharne, DC

New challenges always are exciting, as is taking on the newsletter from such an experienced editor as Kathy. I am very excited and appreciate Jackie joining me in this quest, and hope we make it a success.

At this point, my cycling experience is limited to mountain biking. Andy Horst still is trying to pawn off one of his garage bikes on me. This should be entertaining at best.

My wife, Cindy, and I moved here in 2001 to attend Palmer College of Chiropractic. By God's grace, we have decided to call the QCA home, and have established Tree of Life Chiropractic in downtown Rock Island. We since have added two wonderful boys to the world, and very much enjoy the chance to get out with them as much as possible.

We wanted to get into the cycling group to be an asset for those we can help. I saw Kathy's plea to be relieved of the newsletter and felt the need to step up. If you have any additional comments or anything else we can help with, please pass them on.

Like Jackie, I am excited to do my part in producing a great newsletter for the QCBC.



New Business in the News

By Donnie Miller

Donnie's Indoor Cycling Experience, 1554 52nd Ave., Moline, is a dedicated "spinning" room for the bicyclist, runner and multi-sport athlete.

Spinning is a term trademarked by a man named Johnny G of California, and describes workouts on stationary exercise bikes. Because it's trademarked, you have to buy into his organization and beliefs, and do workouts his prescribed way.

We are going to do things with a little more freedom, hence the term "indoor cycling."

I became a cycling coach for USA Cycling, governed by the Olympic Committee, for many reasons, but mainly to become a better cyclist and teach others how to be better cyclists.

We teach cycling in various ways utilizing any method agreeable to the athlete. My goal is to enhance off-season training for cyclists and runners and give the people a place to train and maintain the fitness built up over the season outside.

With the change in seasons in the Midwest, a lot of people don't train in winter like they do in spring and summer because of the weather. It gets too cold, the roads are slick and dangerous and we don't have enough sunlight, which all helps to ruin our motivation.

I'm here to try and change that! Using state-of-the-

art stationary bikes and fixtures that allow people to ride their own bikes, I'm trying to create a fun atmosphere with different concepts in training. This will not be like any other gym or training facility.

We will have good music, satellite TV with all your favorite sporting events, including all the cycling, running and multi-sport races we can find. There will be non-traditional strength and conditioning classes using equipment like Kettlebells, Clubbells and sandbags, along with medicine balls and hand weights.

We will not have the traditional weight-lifting machines you see at the other clubs. There also will be yoga and pilates classes to help with total overall flexibility. And there will be power aerobics like cardio kick boxing and classes that really push the limit on endurance and conditioning. If you're looking for a step or Jazzercise class, sorry, this won't be the place.

We also will have group training sessions geared to your group or team, utilizing clinics and camps to enhance training and maximize specific traits of training routines.

I will put on indoor and outdoor races, using the CompuTrainer and rollers inside, and all types of races outside like time trials, road races for cycling and running and duathalons and cyclocross races that combine running and cycling in the same race.

For more information, call (309) 743-0260 or toll free at (877) 743-0261, or email bcycleracr@sbcglobal.net

National Trails Information

The 18th National Trails Symposium will be held at the RiverCenter in Davenport Oct. 18-22, and the Quad City Bicycle Club is seeking volunteers to man its table at the symposium, assist with outings, and help set up and/or tear down the symposium.

All volunteers will receive a free Trail Boss T-shirt, entrance to the convention hall and space-available entrance to some of the 84 seminars and workshops.

To volunteer, or for more information, email Dean Mayne at e.mayne@mchsi.com or call him at (563) 355-0995 (home) or (563) 650-1026 (cell).

The event is organized and sponsored by American Trails, a national nonprofit organization that works for, and with, people who use trails in non-motorized and motorized ways, including walking, biking, hiking, jogging and using wheelchairs, canoes and kayaks, cross-country skis, ATVs, horses, motorcycles and snowmobiles.

Headquartered in Redding, Calif., American Trails is dedicated to creation of a national trails infrastructure that meets the recreational, health and travel needs of all Americans. One of its goals is to have a greenway trail within 15 minutes of all homes and workplaces.

This is the first time the symposium - held every other year - is being held in the Quad-Cities. It's expected to draw 600 to 1,000 trail professionals and laypeople for presentations by about 125 experts.

For more information on the symposium, visit Americantrails.org/quad.

Chili Lunch in the Park

The 6th annual "Chili Lunch in the Park" ride will be held Saturday, Oct. 21. This is a "once a year" activity originally started as a mid-paced ride season finale. It's an activity designed to allow club members to go on a ride together and then have lunch (in the park) afterward.

This 35-40 mile ride will not have a stop for breakfast. It will depart from Middle Park lagoon (along the Duck Creek Trail in Bettendorf) at 9 a.m. If you plan to drive to this ride-start location, you'll need to use Parkway Drive off 18th Street to access the lower parking lot by the lagoon.



While the riders are out riding around on eastern Scott County roads, the food will be assembled at the park. Lunch will be served 11:30 a.m. to 1 p.m. The lunch features homemade chili, sandwiches from Hungry Hobo, fresh fruit, apple crisp, brownies, chips, hot chocolate, apple cider, and pop. The cost for lunch is \$4 for adults, \$2 for children ages 7-12, and free to children 6 and younger.

Even though the scheduled ride is a mid-paced one at 13-16 mph and 35-40 miles, please feel free to put together another group of riders, if you'd like, who might be interested in riding a slower or faster ride. Everyone can start around 9 a.m. and meet back at the park around noon.

If you are interested in joining the group for lunch, please call us to make a reservation by 5 p.m. Thursday, Oct. 19 so we can have enough food available at the park. Call Bill or Kathy Storm at (563) 355-2564 or email kbstorm@aol.com.

They're also seeking volunteers to help at the Middle Park Lagoon Shelter starting at 10:30 a.m. to help set up the picnic food, wipe down tables, put up the QCBC banner, etc.

Quad-Cities Bicycle Club Annual Awards Dinner

The Quad-Cities Bicycle Club Annual Awards Dinner will be held Friday, Nov. 10 at The Lodge, Spruce Hills Drive and Utica Ridge Road, Bettendorf. Cocktail hour, with appetizers and a cash bar, starts at 6 p.m., with dinner at 7 p.m., followed by the awards presentation.

Speaker will be Patti Klein, coming from Salt Lake City, Utah. She is National Stewardship Coordinator for Recreation and Visitor Services Division, U.S. Department of the Interior, Bureau of Land Management.

Please put this night on your social calendar. It's a great event and a great value. If you haven't done one of these for a few years, come back and have a great time.

For more information, contact John Wessel at jcw@wpcco.com

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Dinner Reservation Form

Name: _____

Name: _____

Name: _____

Name: _____

Daytime phone number: _____

Cost is \$25.00 per person. Please mail forms by November 1st.

Please make checks payable to: Quad Cities Bicycle Club

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

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

Adopt-A-Highway

If you have the time, Please Help!

The fall QCBC Adopt-A-Highway trash pickup will be held at 5:30 p.m. Monday, Oct. 2. For 14 years, QCBC members have helped maintain a two-mile stretch of Scott County Park Road (old route. 61). This community service project helps beautify one of the roads that many cyclists use by removing trash from the shoulder and ditches. Much of the materials are recyclable and kept out of the landfill.

Please come prepared by wearing long pants, sturdy shoes and gloves. Join the group for pizza afterward. Meet at the gravel parking lot just north of Mt. Joy Road in Davenport, between the soccer fields and Window Experts.

For more information, call coordinators Ken and Julie Urban at (563) 326-3427. Rain date is Monday, Oct. 9.

It's a Hayride!

Rodger Horst

Bike club members are invited to a tractor-drawn hayride and bonfire from 3 to 8 p.m.

Saturday, Nov. 4 at 1526 Ward Ave. Bluegrass, Iowa. Bring lawn chairs and your own food and drink (optional). The site is about 4 miles west of Bluegrass on Hwy. 61. Turn left onto Ward Avenue and



go to the first farm entrance on the right. This is a great time to get the family together and share the simple pleasures of mixing a wagon and some hay together. For more information, call (563) 263-0410.