



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—July 2007

Tailwind Windup

By Gail Overbeck

Saturday, May 5

We started from the Bolton home in Davenport at 7 a.m. under cloudy skies with temps in the 50s. We rode the Duck Creek Trail to Highway 6, crossed at Hickory Grove Road, then back onto Highway 6. Strong east winds pushed us into Durant for breakfast. One block from the restaurant, Pat got a staple in her rear tire, the first flat of the ride. Fixing the tube in the restaurant was entertainment for the farmers having breakfast. We continued on 6 through Wilton and West Liberty, arriving on the outskirts of Iowa City at 12:09 p.m. After a few wrong turns, we found the AmericInn in Coralville, our home for the night. A 68-mile day with strong east winds and fairly flat roads.

Sunday, May 6

We started under very dark skies, but great winds. We rode Highway 6 through Homestead to Marengo where we made a quick stop before heading west again. About two miles outside of town, the wind changed direction and we were riding into a head wind. This being a tailwind ride, we turned around and headed east. About two miles on the east side of town, the wind again changed direction, so we decided to go back to



From left are the 'wise older women,' Gail Overbeck, Pat Bolton and Jan Sears

(Cont. on Page 14)



By Terry Burke and Donnie Miller

We did it! Another successful Criterium and awesome day for racers, volunteers, sponsors and spectators.

The weather, which we thought was going to be a factor, never bothered us at all. With just some very slight sprinkles, it ended up being a beautiful day. We'd like to again thank Charles Horan for his generous offer of being title sponsor of this year's Quad Cities Criterium. He helped make this year's race a huge success.

Besides Criterium Financial becoming title sponsor, other noticeable changes were formation of a new steering committee headed by Terry Burke; Donnie Miller gaining valuable experience; Bruce Grell getting sponsors to sign on the dotted line; Dave Thompson making the course safe, spectator friendly, and easier to set-up and tear down; Doug Nelson and Lori Lonergan keeping track of all the money; and last, but not least, The District giving us lots of help and support.

Rider participation was up almost 17 percent over last year, with some of the biggest jumps in the Junior and Beginner categories, which means growth for the future of the sport. An increase from 40 to 60 participants in the trike & youth races also was a pleasant surprise.

We had 19 states represented, four more states than last year. We changed the program this year to make things more spectator and racer friendly. We separated out the men's Master's races by category and seemed to have a good response. We also made the two feature races the last races of the day to show off the best racers with two great awards

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FROM THE HEADSET:

QCBC Business, & Recognition.
By Dean Mayne, QCBC president

Happy Independence Day!

The first half of the year has rolled by with our first two premiere events, the Quad Cities Criterium and Tour of the Mississippi River Valley (TOMRV). Both events were successful, which allows us to breath a little easier as we settle into the rest of our riding season.

Please remember to thank our volunteers and ride chairmen for all their hard work putting these events together.

Terry Burke may have turned over the reins to Donnie Miller and Bruce Grell as the new Criterium directors. Terry has invested a life's worth of effort in directing our communities' premiere bike race and now can relax and provide experience and guidance to these new leaders.

Thank you Terry for your dedication and love of your sport. Thanks also to Donnie and Bruce for having the courage to commit to carrying the torch and continuing to lead this regional racing tradition.

Doug Truesdell and his TOMRV committee and volunteers were blessed with perfect riding conditions for this year's tour. A surge of last minute entrants brought the rider census above normal and basically assured a successful and financially solid event.

Be sure to thank them, because TOMRV is the main source of revenue for the QCBC budget and allows us to make investments in all other cycling venues and activities. I'm sure Doug will have a thorough report for Pedal Wheeling, which will highlight his fondest memories of TOMRV 30.

My regrets to the "All Sport Printing" owners for misspelling their names in the Tailwind Century write-up last month. Thank you Joleen and Doug Zickuhr for donating the Century T-shirts and giving us a discount on the bike-to-work shirts. Doug and Joleen Zickuhr have been long-term members of the QCBC and I'm a little embarrassed for the error. They plan to advertise in Pedal Wheeling and possibly on our Web site, so you will be seeing the family and business name bandied about.

Also thanks and regrets to Warren Powers who has decided to step down from the Ride Schedule chairmanship. As Warren implied, after a long ride as a prominent club leader, it is often preferable to sit back and draft for a while. I'm sure his presence and experience still will be sought and appreciated as he lightens his pace and settles back in the pack. His honorable reputation as one of QCBC's most stalwart leaders will continue to brighten his path wherever he may roll.

I'll assume that the ride schedule co-chairmen will find new ways to organize and streamline our committee. Please continue to encourage Frank Beshears and Charlie Sattler, as they have made very smart and progressive suggestions to streamline the processing and reporting of our ride schedules.

We need to give serious consideration to reducing our paper mailings and converting whenever possible to electronic reporting. This could significantly reduce most of our newsletters, schedules and event mailings and save us big dollars (and lots of trees!).

Just reducing our mailings by 50 percent would easily save several thousands of dollars over the year. Certainly anyone that required a paper copy and a membership listing still would be accommodated. These will be issues the board will discuss this fall. The money saved could be used for other bicycle

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Welcome New QCBC Members! Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Julie Cremer	Bettendorf, IA	563-332-7926	Bob & Janie Driscoll	Moline, IL	309-797-4379
Guenter Kieblewsk		563-332-1704	Rod & Nancy Smith	Moline, IL	309-768-8771
Jeff & Chris Wood		563-332-0427	Michael Beard	Rock Island, IL	309-230-2521
Don Ayers	Colona, IL	563-349-0561	Terry & Kathy Lockheart	Rock Island, IL	309-721-3672
Tim Phlypo	Genesso, IL	309-944-2649	Kevin & Beth Weimerskirch	Flower Mnd, TX	972-355-4705

<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 csattler14@msn.com. 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 www.qcbc.org.</p>	<p>Membership Count: 12/18/06</p> <table border="1"> <thead> <tr> <th>Number of:</th> <th>Members</th> <th>Memberships</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>392</td> <td>392</td> </tr> <tr> <td>Couple</td> <td>336</td> <td>168</td> </tr> <tr> <td>Family</td> <td>300</td> <td>83</td> </tr> <tr> <td>Complimentary</td> <td>20</td> <td>20</td> </tr> <tr> <td>Life</td> <td style="border-top: 1px solid black;">7</td> <td style="border-top: 1px solid black;">4</td> </tr> <tr> <td>Total</td> <td style="border-top: 1px solid black;">1054</td> <td style="border-top: 1px solid black;">667</td> </tr> </tbody> </table>	Number of:	Members	Memberships	Individual	392	392	Couple	336	168	Family	300	83	Complimentary	20	20	Life	7	4	Total	1054	667
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B2W Week

By Chuck Oestreich

The momentum is growing for positive changes in the Quad-Cities bicycle scene.

1. One morning's Argus had two positive features about bicycling. One noted the problems walkers and bicyclists have getting across and through high-traffic areas. It featured a great picture of Davenport's Mayor Ed Winborn biking to work. The other was a lead editorial about reviewing bike safety.

2. Bike to Work Week was a success, if not in numbers then in media coverage. We had a great kick-off press conference, many sightings of people biking in the morning and after work, and a fun party on Friday of that week where all there were presented with a Bike To Work T-shirt provided by Genesis Well Power (Thanks, Dean Mayne).

We also got a start on keeping a record of days and mileage biked, from which to build in the future. For the record (remember this is the first time in the Quad-cities in recent years) we had riders reporting 35 days and 546.5 miles of biking to work. Ruth Sanders won the sweepstakes with six biking days and 102 miles for the week.

3. The Ride of Silence also was successful. More than a dozen showed up, but a photographer from the Times and a TV

reporter from Channel 4 ensured that we made media impact and awareness. In fact, on WHBF's 10 p.m. news that night, the Ride of Silence was the lead story. The Times ran two pictures and a positive caption the next day.

4. On Monday at the R.I. Library, some of us met - including Mark Wyatt of the Iowa Bike Coalition and Doug DeLilli of Bi-State - and worked on how to continue bicycle progress in light of these happenings and especially with the new Metro Bicycle Map.

We brainstormed the following ideas:

- A. Suggest streets that could or should be striped in each of the five cities.
- B. Deal with bike parking - parking stands, bike lockers, etc.
- C. Start attending Bi-State transportation meetings, and making suggestions.
- D. Include walkers and handicapped people in our incentives. There are more ways to get around than in cars.
- E. Work at getting friendly competition among the cities in providing bike incentives.
- F. Determine a top 10, or whatever, list of problem areas in the community and suggest ways to ease them.



Ruth Sanders, behind the jersey, was the sweepstakes and jersey winner for days and miles during Bike to Work Week of 2007. From left are, Jeff Cornelius, Dean Mayne, Ruth, Chuck Oestreich, Ruth's employer and supporter, Mark Zimmerman, and Dean Mathias.

(Headset cont. from page 3)

training and events.

Speaking of training, Donnie Miller has agreed to be our local LCI (licensed cycling instructor). Having funds to pay for his training could be a boon for the QCBC, especially as people give genuine consideration to cycle commuting and fitness.

It became apparent this week while traveling the scenic county and state roads along the Mississippi River Trail (MRT), that having a thorough understanding of how to interact with, and safely navigate through, traffic is vital. I saw too many of my associates move unpredictably and drivers over estimating their space in the lanes.

Near misses like these are what drove me to mountain biking nearly a decade ago. I hope to show a little more resolve and hold my lane. Having an LCI to help us learn to better Share the Roads is critical to the safety of our club and community.

The MRT Discovery Ride cruised through the QCA with nearly a half dozen QCBC members in tow. MRT director Terry Eastin is a dynamic spokeswoman from Arkansas. She promotes the MRT as a string of pearls, communities along a scenically grand and natural resource: a resource that could foster tourism and stimulate the economies in these communities.

After five days in the company of the MRT crew, I was hooked. The panoramic views of the river, bluffs, barges, trains, old town architecture, and bridges was just icing. What intrigued me more was how each community wanted to be connected to its neighbors, and how it solved its own unique challenges with creative trail design.

There was a keen interest in creating safe community trails that connected them to their neighbors and a national trail system. Trails that promote a safe space to breath, exercise, and enjoy the view. In turn, they hope to generate a tourism economy of not just food and lodging, but one of health and wellness, creating jobs with construction of safe spaces and trails, but also with educational tours, equipment rentals, sales, and services.

Oh to dream! Please don't wake me! If you need a first hand account, talk to Dean or Deb Mathias, Jean Roeder, Judy Galley, Kentley Lowenstein, Dan Manely, or me.

My next project this summer will be a Bike to the Ball Park. I've talked to the Swing general manager

and have his blessing to bring our bikes into the park near the southwest picnic area where we can secure and watch over them. The Swing manager has offered discount tickets for participants. Possible afternoon game dates are 7/1, 7/8, 7/22, 8/11, 8/12, 8/25, and 8/26.

If you're interested, watch the QCBC Web site for details.

Thank you all for your volunteerism and loyalty to the QCBC and have a terrific summer!

How Not to Train and Prepare for TOMRV

By "Bullett" Bob Thompson

The 2007 TOMRV information sheet calls TOMRV "a challenging tour with several challenging hills. So training and preparation will make your weekend more enjoyable."

The 2006 QCBC newsletter had some articles on how to train and prepare, so for that TOMRV, my first, I followed the newsletter advice and I got one century and several greater-than-50-mile rides - some on a mountain bike - under my belt before TOMRV.

So I was prepared for that ride although not very well prepared for the rain and cold the first day. Even though I was wet and cold, I pushed on from Bettendorf to Dubuque because my girlfriend, Judy, was headed to Dubuque from Preston.

It took me seven hours, averaging 14.7 mph to get to Dubuque. On Sunday, I biked back to Bettendorf with Dave Thompson in five hours, averaging 17.2 mph.

This year, I signed up for TOMRV again because I was hoping for better weather and a more enjoyable biking experience.

However, this year I was the poster child for how not to train and prepare for TOMRV.

How many miles did I have in the saddle before the 2007 TOMRV? 168 miles. I rode my mountain bike three times for a total of 70 miles and my road bike three times for a total of 98 miles.

Forty-seven of those miles were the DAY BEFORE TOMRV as I was testing out new pedals, new shoes and a bike seat adjustment. This is kind of like running 15 miles with new racing flats the day before running a marathon. Not recommended.

So how did I do without proper preparation and training? I biked the 106 miles on Saturday with Arnie Kundle in six hours, averaging 17.4 mph. And I biked the 88 miles on Sunday in 5:35, averaging 15.5 mph.

The headwind from Preston to Bettendorf slowed the pace, but the biggest issue at this point was that it was getting very tough (painful) to sit in the saddle. No big surprise there.

Luckily, because I run and had many running miles on my legs - just very few biking miles - I was able to push through the headwind and hills to the finish in Bettendorf.

I am primarily a runner with a secondary interest in biking. I have biked two TOMRVs, two Heartland Centuries and raced in many duathlons. I'll be participating in my first triathlon this year.

One week after completing TOMRV I will be riding with Judy and some friends in a weeklong bike tour in Wisconsin.



Weekend Report

By Scott Swanson

I've taken off the TOMRV bracelet. Does that make me fit to join society again? Time will tell.

The last four weekends have been long days for me. I've either been watching other people ride their bikes, or I've been on mine. Let's look at the Tour of May and June.

May 20: QCBC 20kTT, relatively windless. Donnie Miller and company ran a good event. Some great times were posted, including one by DICE's major wattage source, Peter Sharis. My time was more cellar than stellar, although I had my heart rate pegged. John Grice (surprise!) took QCBC honors.

Memorial Day Weekend was my introduction to officiating on a larger scale. I put on my blue shirt in Burlington, Muscatine, and Rock Island, following the cycling circus.

Friday evening meant following the pros around the Burlington-Burlington road race. They are unbelievably strong. Saturday meant getting drenched and steamed. I spent two hours flipping cards in a downpour. However, I was rewarded with the sight of DICE's Bryan Moritz taking the Cat 4 win.

Bryan was sitting second at the beginning of the last lap, the leader about a block in the lead. Bryan told me he had pretty much reconciled himself to racing for second, but the leader flatted going up the hill to Snake Alley. Hats off to Bryan for gutting it out.

At Muscatine, my main memory was riding in the pace car and flying over a speed bump at 35-40 mph that was designed to be taken at 15 mph. Oh, joy.

My fellow official Erin Hawley got the privilege of 40 laps. Jesse Leonard of DICE took a junior win at Muscatine.

Off to Rock Island, the crown jewel of the weekend. Chapeau to everyone involved in making that event happen. Excellent weather, excellent organization. I couldn't wait to get out of my uniform and find my own bicycle.

What's the cure for not enough miles? Well, the Balltown Classic, of course, from the minds of Joe Jamison and Dave Parker. It was another learning experience for me. We started an hour late due to thunderstorms and possible lightning. Remember, I'm 6-foot-7 and ride a titanium bike. We rolled out in a light rain at 6 p.m. I'm told we rode in rain for the first three or four hours, along with a headwind.

What was that I said about getting back on my bike? I rode conservatively and just kept the cranks turning, maybe a little too slowly, as we shall see.

I still had gas in the tank when I hit turnaround, but I knew what the next 20 miles held in store.

TOMRV has "the wall." Balltown has THE wall. There are four serious climbs in about 10 miles. The last one is 1k long at an average of 15 percent with a max of 18 percent.

I waddled up and kept going. The end came at mile 165 at 8 p.m. when the rain returned and dusk was looming. I probably was two hours from finishing, but discretion seemed the better part of valor.

DICE riders Dave Thompson and John Harrington finished with good times on their respective first attempts. This is no mean feat, ladies and gentlemen.

TOMRV came, clear and cool. My friend Jeffrey and I left Scott Community College at 7:22 a.m. and took the haute route up Wells Ferry Road in lieu of Highway 67. I know that takes away some of the MRV from TOMRV, but I've ridden it enough.

We met up with the peleton at Follets. I'm always amazed at the variety of riders: the

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(Swanson, cont. pg. 6)

teams, racers, triathletes, different types of bikes. A paceline with some Team Mack riders went by.

I should have just played remora on the end, but nooooooo, I had to have a testosterone flash and pull up to the front, stringing out the paceline at 24 mph. Silly me.

But I kept crossing paths with that group the rest of the day, trading jibes and conversation, also one of the great things about TOMRV. Lots of other people caught my draft; I call it "getting on the bus."

I opted for no wall for the first time; the country lane was just fine. I had assuaged my pride by not walking the two bridges. Sorry, folks, not my favorite place to ride, but this year, I managed.

The midday sun started to boil my brain, but I muddled through with others. I managed a final sprint up the hill to the college to the cheers of Team Skin. Thanks to Darcy and Jean! They cheered many of us. The aforementioned Peter Sharis pulled off day one in 4 hours, 40 minutes. That's something to cheer for!

After dinner, my significant other and I stayed at the Richards House - Victorian splendor - and a bathtub I could stretch out it. Pure pleasure, nothing less. I recommend it highly.

Sunday, we rode a bit of the Heritage Trail, just breathing in the chlorophyll-spiced air. On the drive home from Dubuque, my TOMRV finale was to provide a pump to a rider on Z30 who had just fixed a flat. It seemed a fitting finish. And now for some rest, and the rest of the summer.

Take care, ride well.

Mississippi Palisades Park Camp-Out

By Darlene Moritz

We will ride the Great River Trail in Illinois from Moline's Ben Butterworth Parkway to Savanna, Ill., Mississippi Palisades Park on Saturday, Aug. 25, and return Sunday, Aug. 26.

Cars can be left near the Captain's Table boat landing in Moline. Riders, their families, and guests are welcome to camp at Palisades Park or stay at Savanna's Super 8 or L&M Motel (815) 273-7728 or www.l-mmotel.com.

Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and we are allowed two tents per site. There also are RV sites for slightly more.

We will have a bonfire and most of us will cook out at the campground Saturday night. Bring tents, sleeping bags, camp chairs, food and drinks to near the east end of the Ben Butterworth Parkway where they will be loaded in a van that will take everything to Thomson and return. The van will be loaded from 8 to 8:30 a.m. Saturday.

On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route is about 65 miles on designated bicycle trails with little hills to flat. However, there are many good roads with low traffic along the way and near Savanna for riders wishing to ride farther.

The campout ride always has been a lot of fun. Don't miss it. For more information, or to make reservations, contact Darlene Moritz at (563) 386-3499 or dmoritz@machlink.com. We need an idea of who will be coming. Van and riders will leave by 8:35 a.m.

TOMRV3 Thanks!

There are many people who volunteered this year to make TOMRV happen, practically a small army. It takes an enormous commitment from our club to operate a tour of this magnitude. You QCBC members come through each year. This is a chance to give back to cycling, and our volunteers enjoy the work and the camaraderie.

Here is a list of this year's volunteers. Thanks to all of you.

This is also a time to remember that TOMRV is in its 30th year. Some of the people named below participated in the very early years and have been carrying on ever since.

The TOMRV Committee - These people have done the planning and preparation work: Linda Barchman, registrar; Tom and Pat Bolton, packets at Preston; Jane Garret, packets at Scott; Bill and Pegi Langan, SAGS and baggage; Kathy Storm, advisor; Doug Truesdell, coordinator; Karen Truesdell, advisor.

Volunteers at packet stuffing - Don and Linda Barchman, Byron Baxter, Jim Blunk, Tom and Pat Bolton, Terry Burke, Mike Desch, Joy Deux, Sheri Fieweger, Jane Garrett, Paul and Cindy Gilbert, Todd Kempf, Bill and Pegi Langan, Cheryl Morris, Darlene Moritz, Warren Power, Daniel Reed, Phil Schubbe, Kathy Storm, Merle Schleusener, Doug Truesdell.

Volunteers at Scott on Friday - Karen and Dennis Baber, Keith Brick, Charles Curry, Jim and Sue Dayton, Barb Donald, Jan Fitzgerald, Gordon Fordyce, Cherry and Bill Fritch, Jim Gale, Dave

Goerlett, Karen and Dick Grimm, Beth Hanson, Gary Jones, Jim Karr, Dean Mayne, Darlene and Mike Moritz, Jenn Plambeck, Dennis Rose, Paul and Cindy Scheibelhut, Phil Schubbe, Bill and Bonnie Sturgeon, Scott and Kat Swanson, Dottie Willits.

Volunteers on ride day - Cindy Bottrell, Mike Carl, Jackie Chesser, Gerald and Mathew Correthers, Larry and Marian DePover, Chuck deProsse, Barb Donald, Will Ensenat, Jim Gale, Bonnie Gesling, Marlys Goedken, Jim Hanson, Carol Howell, Martha and Richard Jirus, Judy Karr, Krissy Langan, Bill and Pegi Langan, Kevin Langan, Bryant Langan, Dave LeFever, Kathy Loomis, Audrey Mabis, Peggy Matelik, Loretta McKamey, Ed McKamey, Mark McKamey, Erryl Mendenhall, Darlene Neff, Norma Neyens, Vivian Norton, Maggie Paulos, Becky Perry, Bruce Perry, Deb Phillips, Mariah Powers, Sherry Powers, Janice Reynolds, Sharon Sattler, Merle Schleusener, Barb Tucker, Griff Tucker, Karen Truesdell, Nick Urbain, Taylor Wells, Sue Wells, George Wells, John Zogg.

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Help Miracles Happen

By Karen Grimm

Every day teen boys face the challenge of staying out of trouble. Growing up isn't as easy as it's made out to be.

Miracles Can Happen Boys Ranch is a home setting facility for boys ages 14-18 facing their own challenges. The boys live in a family setting, while learning to adjust to everyday issues.

The ranch's major goal is to teach the boys Christian values, and Jim and Cathy Fry are doing a wonderful job helping them get a great start.

The Miracles Can Happen Challenge ride will give others a chance to learn more about this ranch, and raise money to ease the financial cost that goes with growing boys.

The Sept. 29 ride will be towards the beautiful Wapsi Valley full of changing fall colors. There will be 30-, 50-, 72-, and 100-mile routes to accommodate all levels of riders.

Registration begins at 6:30 a.m. that day. The ride starts from Swim Park in the northeast corner of Wilton, Iowa, and goes along rolling roads toward the Wapsi River Valley and back. You'll be visiting some nice towns and possibly finding a delicious brownie or cookie with your name on it.

Jim also is having a pre-ride pancake breakfast that morning, from 5:30 a.m. to 10 a.m., and there will be root beer floats after the ride. People can make donations to cover the breakfast and after-ride treats. They also can visit the Miracle Can Happen Ranch.

Entry fee for the ride is \$25, and is tax deductible. Ride your bike to help these boys.

For more information, contact Dick Grimm at rlgrimm@netexpress.net or (563) 445-7797, or visit <http://www.mchboys.com/>.

Iowa Mississippi River Trail Grand Excursion 2007

By Dan Manley



June 2 was the Grand Experiment. Could someone actually ride the MRT through Iowa with information from the Web site? Is the route safe for riders? Could this become an annual event? The answer is yes.

Is the route perfect? No. The few signs in place aren't adequate and it's obvious a bicycle rider did not place them. Things look very different from a bicycle seat than a car seat.

The route does need some re-alignment in a few places because of safety issues. Between McGregor and Marquette the highway is narrow, no shoulders and the traffic is heavy and fast, but the other option is 20 miles longer and not even close to the river.

So there are a few things that need attention, but by and large, the route is good, the scenery beautiful and the towns along the route welcome bicycle riders with open arms.

We can only hope this becomes an annual event. The Iowa MRT committee is meeting June 20 in Muscatine to discuss the ride, the problems we encountered, and possible solutions. This will determine if an annual ride is possible.

Are we looking to make another RAGBRAI? Definitely not! In this case, smaller is better, much better. We all got to know everyone else and became friends before the ride was over. This route is perfect for a six-day ride with a small group.

We had 10 through riders who did the entire route. On Saturday, we had about 40 riders leave Keokuk, and in Ft. Madison, about 20 riders from the Burlington bicycle club joined us.

In Burlington, Kently Lowenstien and Judy Gulley from QCBC and several riders from Melon City Bicycle Club in Muscatine joined in.

After reaching Muscatine, the rains came and the number of riders dropped as we rode into Davenport and headed to the Bettendorf YMCA for showers and camping.

Monday morning came and most folks went back to work, so the number of day riders dropped. We did however, pick up a few that rode out of Bettendorf with us and a few that rode into Dubuque. But, by and large, the number stayed at 10 or 11 for the entire week.

QCBC should be proud. Of the 10 through riders, four

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Bits-n-Pieces

Five hundred people are needed to sign up for a Share the Road license plate in Iowa before the plates will be issued. The plate, sponsored by the Iowa DOT, spreads the Share the Road message while supporting a bicycle safety education fund.

To sign up for the plate, visit the Iowa Bicycle Coalition Web site at <http://www.iowabicyclecoalition.org/contact.htm>.

Thule 5 bike wheels on rooftop bike carrier w/locks for bikes and rack. 64 1/2" load bars, extra keys, hardware, and original instruction booklets. Great condition! \$700 new, sell \$350 or OBO. Call Greg at (309) 793-5169

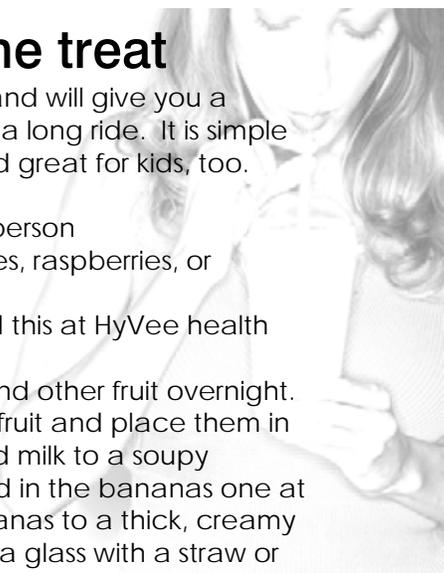
Summer-time treat

A great treat for you and will give you a potassium boost after a long ride. It is simple and easy to make and great for kids, too.

Items needed:

- Bananas—2 per person
- Frozen strawberries, raspberries, or mangos
- Almond milk (Find this at HyVee health section)

Freeze the Bananas and other fruit overnight. Then take the smaller fruit and place them in a blender with almond milk to a soupy consistency. Then add in the bananas one at a time to cut the bananas to a thick, creamy consistency. Serve in a glass with a straw or bowl with a spoon. Treat a variety of frozen fruit and enjoy this wonderful healthy treat.



Ride for a Reason.

Ride for the Environment

Participate in the Rolling on the River Ride in the Fox River Valley Aug. 25 to raise money and awareness for three statewide environmental groups.

Each group has worked more than 30 years on issues such as clean air and water, healthy foods, protection of natural areas and education.

They are Prairie Rivers Network (www.prairierivers.org), Illinois Environmental Council Education Fund (www.ilenviro.org) and Illinois Stewardship Alliance (www.illinoisstewardshipalliance.org).

Rolling on the River features a choice of one-day rides from casual cruise (15 mile) to intense workout (100 miles). The fully-supported, clearly marked routes cross the scenic Fox River several times. Riding will be on safe, paved, light traffic roads with scenic vistas, rolling hills, river crossings and wildlife.

All routes begin and end at Hoover Outdoor Education Center between Yorkville and Silver Springs State Park. Besides scenic cycling (15-, 25-, 45-, 62- and 100-mile routes) there will be prizes and incentives for fundraising, five rest stops, a post-ride party, a 2 p.m. family ride, environmental festival, organic cookout, live music, flycasting, camping, hiking and kid's activities.

Evening activities include star gazing, bonfires, canoeing and kayaking.

Camping is available at the Hoover Outdoor Ed

Center (event headquarters) a 400-acre forest preserve. walking, flycasting as well as specific activities for kids. Stay the weekend and canoe or kayak on the Fox River (discounts for RRR registrants).

Two free registrations are being offered to QCBC members willing to captain and recruit a team. Team member price is \$25 registration per person plus \$25 donation/fundraising (\$50 total). Individual price is \$25 plus \$35 environmental donation (\$60 total).

Price includes tshirt, water bottle, goody bag, 15 percent REI discount coupon, REI tire lever, free training plan from Vision Quest Coaching (plus free kids backpack if one of first 100 kids registered).

Prizes will be given to the team who raises the most money, the team with most members, the cycling club with the most participants, the team traveling the farthest, and the greenest team.

Raise \$300 or more and be entered into a drawing for weekend in Chicago. Raise \$500 and receive a Patagonia vest. Those who raise \$1,000 or more qualify for the green team - an invitation to an Aug. 24 reception and a custom designed green team jersey.

Other prizes include bicycles, Patagonia cycling rain jackets, AMTRAK tickets and more.

For more information, contact Marise at (217) 429.1870 or mforbes@ilenviro.org or visit www.RollingRiverRide.org.

(Criterion, from page 1)

ceremonies.

The men's feature saw three riders break away late in the race to stay out and fight for the top three places. Eric Marcotte (27) of Bianchi/Grand Performance from Minneapolis, Minn. won a sprint finish over Brian Jensen of the Heartland Road Racing Club and Paul Martin of the Kentucky Flyers. Last year's winner, John Puffer, took fourth.

Also new this year, and bringing much excitement, was the Hot Spot Sprint's sponsored by the QCBC. This was a race within the race where on laps 25, 20, and 15, riders sprinted for points to try to grab a share of \$1,000 to split between three riders.

We also raised the men's feature prize purse to \$10,000, which helped get more feature riders to our race as well as put out the message that next year we are seeking a bid to become part of the NRC, the National Race Calendar. This will bring a better caliber of racer and hopefully some well-known professional teams. Stay tuned for updates.

We would like to thank QCBC, The District of Rock Island, the QC Radio Club, Mississippi Valley Regional Blood Center, Medic Ambulance Service, and the DICE Bicycle Racing Team for an excellent job making the 2007 Quad Cities Criterion an outstanding Quad-Cities tradition.

In addition, our apologies to anyone we may have missed or possibly misspelled their names. The names are listed as they occurred. Several people worked on more than one committee and multiple times throughout the day.

Quad Cities Criterion race key people: Bruce Grell,

Doug Nelson, Dave Thompson, Lisa Wessling, Walt Dethlefs, Paul Sullivan, Mike Smith, Gary Jones, Mike Zugmaier, Rick Paulos, Mike Moritz, Dennis and Karen Baber, Jewel Bryan, John Wessel, Vivian Norton, Lori Lonergan, and Roger and Irene De Langhe.

Pace car: Gary Patch, Paul Gilbert.

Fence logistics: Dave Thompson, Tom Erps, Pat Hanrahan, Dave Gantzer, and the Healthy Habits crew of: "Moon," Kevin, Jenn, Travis, Gage.

Trike & Youth Races: Mike and Jordan Zugmaier, Kim and Alex Sheetz, Jesse Leonard, Sam Cohen, Alex Grell, Jenn Plambeck

T-shirt booth: Dennis and Karen Baber, Jim and Kathy Hart, Kathy Loomis, Zach Jansen, Vonnie Bordereau, Jerry Bald, Rich and Nancy Toohill, Bill, Jan and Crystal Allen.

Communications: Mike Smith, Bob Cannon, Ed Davis, Larry Hinzman, John Hoenshell, Kevin Howell, Dick Lane, Keith Schmidt, Leo Williams.

Wheel pit: Walt Dethlefs, Darryl Blackburn, Francis Fitzgerald, Leah and Mike Kurth, Bart and Sierra

Roberts, Dave and Melinda Thompson, Henry Dethlefs, William Huntsberger, Scott Schnauer, Doug Sell, Kat Greer, Gerald and Mathew Carrethers, Mike Benson, John Harrington.

Registration and registration preparation: Rick, Lisa and Margaret Paulos, Mike Moritz, Vivian and John Norton, John and Deb Bolton, Ron and Lori Oien, Bonnie Gesling, Mike Middlemiss, Chet and Kathy Doyle, Tom and Pat Bolton, Darlene Moritz, Jan Reynolds, Bonnie Gesling.

Prize desk: Doug and Emily Nelson, Mary Brus, Allison Janssen, Cy Galley, Lori Lonergan, Lindsay Christie.

First aid: Paul Sullivan, Kim Palmer, Sandy Moes, Kris Mullery, Carrie Oberlander, Kari Goodall, Ingrid Cattenach, Jackie Barber.

Corner marshals and crossing guards: Gary Jones + four shifts

Leader shift 1: Steve Geering

Leaders shift 2: Terry Inch and Linda Work, with Dave Bodenschatz, Byron Baxter, Renee Bodenschatz, Dave Cinotto, Tom Brooks, Jim Entwistle, Lisa Dias, Sheri Fieweger, Anne Fleischmann, Bob Fitzpatrick, Gina Geering, Carla Goethals, Otto Geering, John Grice, Bill Harrington, Andy Horst, Jeff Hogue, Permillia Horst, Kentley Loewenstein, Dan Manley, Armando Murga, Tina Martins, Tom Redington, Dean Mayne, Merle Schleusener, Doug McCollum, Bill Scott, Cheryl Morris, Mary Scott, John Munson, Dave Stephens, Carrel Sagon, Melinda Thompson, Douglas Stephens, George VanThorre, Bonnie Sturgeon, Pam VanZuiden.

Leader shift 3: Tom Scott

Leaders shift 4: Mike Desch and Frank Martin, with Dean Arney, Dale Adamson, Frank Beshears, Michael Bell, Bill Carlough, Joey Desch, Keith Cavanagh, Denise Duethman, Chet Doyle, Nancy Kime, Kathy Doyle, Jason Krack, JoAnn Faris, Fred Krack, Al Lasek, Dawn Martin, Dean Mathias, Tracey Masamoto, Deb Mathias, Peggy Newman, Errol McCollum, Dean Patton, Nathan Meier, Doug Sell, Maghan Meier, Rob Tyler, Bob Rutledge, Bill Wiebel, Kate Rutledge, Barney Young, Kim Sheetz,.

Hospitality Tent: John Wessel, Jewel Bryan, Jackie Chesser, Dave Weckel, Tom and Pat Bolton, Mike Desch, Phil Schubbe.

Primes: Roger and Irene De Langhe, Teresa Stalzman.

Terry & Donnie

(Tailwind, Cont. from Pg. 1)

Marengo for breakfast. We could wait out the storm or go to a motel. With lightning and heavy rain descending, it was an easy decision to call it quits for the day and head to a motel.

Pat said we needed to find someone with a pick up and camper shell to take us into Williamsburg. The couple sitting at the table behind us said they had both and took us to the Best Western in Williamsburg. We needed more exercise, so Pat led us in water aerobics. With age brings wisdom. We don't ride in storms, so we only rode 36 miles.

Monday, May 7

We headed out of Williamsburg north to Highway 6 with winds out of the south. Pat and Jan kept getting farther and farther ahead and I couldn't seem to catch up, not to mention that every time I hit a bump in the road it felt like I was riding on the rim. Lo and behold the rear tire had only 30 pounds of pressure. We pumped it up and rode east to South Amana, where we again checked the tire. There was a slow leak, so flat number two was fixed. We took Highway 220 North through a beautiful valley with gently rolling hills and minimal traffic. We rode north out of Amana to Route 30 then east for a couple of miles and then North onto W26. In Shellsburg we stopped for lunch then rode on to Urbana where we stayed in the bunk room at the Best Western. We had a own lava lamp and the walls were painted with rainbows, clowns and balloons. We rode 54 miles with good winds from the south before the rain arrived.

Tuesday, May 8

We saw a sunrise for the first time as we left Urbana

under clear skies and winds from the west. We traveled on Urbana Road to Center Point then on towards Central City through rolling hills. We went into Alburnett then took Route E34 east into Anamosa where we stopped for breakfast. Then we rode Highway 64 through Wyoming and Monmoth to Maquoketa. We stayed at the new Comfort Inn. We asked if there was a way we could get to the Decker House Inn for dinner, and the owner provided us shuttle service to and from the motel. He owned the Decker House Inn and Comfort Inn. We highly recommend the Decker House Inn for dinner. An 82 mile day with good roads and not a lot of traffic.

Wednesday, May 9

We rose at 5:38 a.m. when we heard knocking at our door. Jerry Sears, our pick-up support, had arrived. Jan and I were having some trouble with old knees and he came to pick up our bags, so we could ride with ease. After breakfast at the motel, we started our day riding under clear skies with temps in the 60s. The winds were variable so we took Highway 64 out of town to rode to Sabula for homemade pie then on to Savanna, Ill where we picked up the bike trail. Our destination was Cordova where Tom and Jerry met us. Our goal of 62 -mile days was met due to the few extra miles we rode three of the days.

New criteria for the ride is a motel with a spa and swimming pool, a later start time and getting in early. The weather was great for most of the ride and the winds helped push us along. A very good five days of riding.

(Grand Excursion, Cont. from Page 9)

were from the club. Dean Mayne, Dean Mathais, Jean Roder and Dan Manley all represented QCBC very well, and two are great waiters, French accent and all. The route is flat for the first three days, but as we left Spruce Creek campgrounds in Bellevue, things changed. We climbed for the next two days. This part of the ride was not for the casual rider or faint of heart.

The last day, we had rain, a cold steady rain that made the hills even worse, but any day on a bike is better than a good day at work. The rain stopped as we reached the Minnesota boarder in New Albin to make it a great ending to a great adventure.

The route was good with a few exceptions, the towns were great with no exceptions, and the people we met along the way were great. They welcomed us with smiles, open arms and warm hearts.

The restaurant in Lansing even brought out towels so we could dry off. Towns like Montrose are proud of what they have done with their towns and want to show them to everyone.

If you're looking for something different, try a week along the Mississippi River right here in Iowa. I think you will be surprised and happy you did.



We had two new champions this year. Catherine Walberg (45) of Mesa Cycles Racing Team from Topeka, Kan. won the women's feature race over 17-year-old teammate Samantha Schneider.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application _____

Family \$20/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Incl. Area Code)

Email _____

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:

Membership in Other
Bicycling Organizations

League of Am.
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	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 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 ride or other activity, 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 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release—Signature Required

Individual Membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

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

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter. Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 9/1/06

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

Presorted Standard
US Postage Paid
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Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Women's Century Ride

By Kathy Storm

Join other female riders from the area for a "Century Ride" Saturday, July 14.

At present, there are plans to ride a 100-mile route. If there is enough interest, a Metric Century can be added. We will start at the Boat Launch (Schuler's Shady Grove) area along the Great River Trail in Rapids City, Ill. at 7 a.m. sharp.

This will be an "unsupported" century ride. You should eat breakfast before the ride and bring snacks you can carry on you or your bike. It most likely will be hot, so bring snacks that can tolerate the heat and settle well in your stomach. The route is fairly flat, except for the 20-mile loop north around Morrison, Ill. There are convenience stores along the route about every

18 miles for refueling and rest rooms. A detailed cue sheet will be available at the start of the ride.

You also will need to bring tools and an extra inner tube to change a flat tire. Extra sunscreen, cash, credit card, identification, two water bottles (or a camelback) and a cell phone are suggested.

If you know other women riders who belong to other bike clubs, please invite them along. The more riders we have, the better the opportunity to break into smaller groups of similar riding pace.

If you're planning to join us, contact Kathy Storm at (563) 355-2564 or kbstorm@aol.com by Thursday, July 12. I look forward to seeing you on this annual fun (not a race) ride with the girls!