



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—September 2007



From the Headset:

By Dean Mayne, QCBC president
e.mayne@mchsi.com

From the Headset

For me, September always conjures up impressions of blue skies, college football, and cool short days with tall shadows; the last hurrah before fall.

The kids are back in school and the weekends take on a new urgency to explore during the calmer weather. Don't miss out, get out and ride!

- Heartland Century Saturday, Sept. 8 - Now here is an opportunity for a great ride in the beautiful Midwestern countryside. This is the best deal in town. Sign up to ride or volunteer to help. Information is on the QCBC Web site.

Don't forget to say thanks to Heartland chairman Mike Desch and his crew while you're out there. This kind of organization takes a lot of work, a love for cycling, and devotion to those they serve.

- Ride right and share the road in accordance with Rules of the Road. Community members often get frustrated with large groups of cyclists when they don't comply with local ordinances. Let's be great neighbors and representatives of our cycling culture. If community members continue to report problems during our outings, we may find ourselves struggling to find communities willing to host our events, and stiffer laws regulating them.

- Share the road plates. Here is a great way to show your support and raise money for state trails and bicycle education. There are applications in the shops and online. See the QCBC.org Web page or check out bikelib.org or

(Cont. on Page 3)

In this issue:

Awards Dinner	Page 4
Live, Love, Learn	Page 6
Fall Foliage	Page 9
Bits & Pieces	Page 10
Ride Schedule	Page 11-12
Chili Ride Details	Page 14

**Quad Cities Bicycle Club
Awards Dinner
Friday, November 9th
The Lodge
Spruce Hills and Utica Ridge Road, Bettendorf.
(See page 4 for more details)**



Donnie Miller taught bike safety at the July 28 Tour de Scouting Bike Safety Rodeo.



Jim Ghys of Healthy Habits bike shop in Bettendorf, did bike maintenance at the July 28 Tour de Scouting Bike Safety Rodeo.



(Headset, Cont. from pg 1)

Iowabicyclecoalition.org for details.

- MRT - Mississippi River Trail Updates: The Iowa DOT rallied riders and trail planners at this year's MRT ride, and met in Burlington and Dubuque last month to analyze the route. Local representatives included Deano Mathias of Milan, Doug Delille of Moline, Dan Manley and Clide Bradley of Clinton, and me.

The MRT committee consensus was that we have a remarkable resource in our midst and communities are eager to be connected to a National Trail System. The eco-marketing opportunities are sound to support local calls for more paved bike trails for community health and wellness, as well as to foster bike tourism.

However, due to limited control of the MRT committee, city and county officials still have the upper hand on the route and signage.

Conclusion: 1. The MRT will be a route combining bike paths, streets, county and state highways.

2. We need to create cue sheets like Adventure Cycling does with their routes. This makes the riders responsible to find their way on a detailed map and cue sheet.

3. Expecting a paved off-road trail or even a full paved shoulder and consistent trail markings along the entire route is not realistic.

4. The Iowa MRT is fine for small or individual touring groups, however, the entire route never will be a family ride where state highways and county roads are concerned.

5. Larger groups may find some traffic congestion along certain choke points along the route, and should plan accordingly.

6. As highways are repaired, they'll be upgraded with shoulders to meet new safety and maintenance standards.

7. Efforts still are in the works to expand local trail projects between communities like Muscatine,

Davenport, Bettendorf, LeClaire, and Princeton.

8. Communities are encouraged to send links to the Iowa DOT regarding local enticements that may earn them "Pearl Status" a MRT host community.

The committee agreed progress had been made and new steps are being taken to create a route sheet that will be available online, probably for a minimal fee to offset the costs of the project.

- QCA Cycling Package: Thank the Quad Cities Convention and Visitors Bureau. They have struck a deal with local hotel chains to offer package deals for traveling cyclists. Check it out on the QCBC Web page.

- Bettendorf Trail Extension: Community meetings were scheduled for Aug. 23 and 28 to discuss options for this trail extension. Scott Tunnickliff, with Missman Stanley and Associates, has been in contact with our advocacy committee to discuss the nature and scope of the trail extension between Leach park and the Eastern Duck Creek path trailhead. He has requested a QCBC member be a representative on the Bike Path Steering Committee.

A few on our Advocacy Committee have been in the loop with River Action and Bi-State Committee connections.

A \$2.16 million grant has been authorized with a 20/80 agreement between the cities of Bettendorf and Riverdale to provide 20 percent of the funding for the project.

The first step is to see if the Corps of Engineers will authorize an extension of the path on top of the levee, east of the Isle of Capri.

Priorities of safety, aesthetics, cost effectiveness and commuter needs will be considered as we try to stay in line of sight of the Mississippi as we traverse east near some of our industrial neighbors.

Cont. Page 5



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Heath Treharne, DC—QCBC Member

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Welcome New QCBC Members! Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Loren & Tina Devries	Bettendorf, IA	563-332-9629	Alex Casas	East Moline, IL	309-798-4768
Michael Pagniano	Bettendorf, IA	563-332-1565	Maurice & Brenda Nelson	Geneseo, IL	309-944-4538
Jessica Dopler	Davenport, IA	563-271-0762	Renee & Alvin Dulong	Milan, IL	309-787-4232
Todd Francis	Alpha, IL	309-629-2102	Tim Leinbach	Milan, IL	309-781-9585
James Briggs	East Moline, IL	309-738-4979	Ken Atkinson	Moline, IL	309-721-5310

<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>379</td> <td>379</td> </tr> <tr> <td>Couple</td> <td>326</td> <td>163</td> </tr> <tr> <td>Family</td> <td>286</td> <td>78</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;">1035</td> <td style="border-top: 1px solid black;">657</td> </tr> </tbody> </table>	Number of:	Members	Memberships	Individual	379	379	Couple	326	163	Family	286	78	Complimentary	20	20	Life	7	4	Total	1035	657
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QCBC Annual Awards Dinner

The Quad Cities Bicycle Club annual awards dinner will be held Friday, Nov. 9 at The Lodge on Spruce Hills Drive and Utica Ridge Road, Bettendorf. It will begin at 6 p.m. with social hour, appetizers and a cash bar. Dinner is served at 7 p.m., followed by the awards program.

The cost is **\$25** per person. The registration form and your check - payable to Quad Cities Bicycle Club - should be returned by Nov. 1 to: John Wessel, 333 9th St., Moline, IL 61265

For more information, call Jewel Bryan at (309) 762-4762, or email jewel@wpcco.com

Dinner Reservation Form

Name: _____

Name: _____

Name: _____

Name: _____

Daytime phone number: _____

(Headset cont. from page 3)

Hopefully, we will find consensus as we seek the harmony and energy that a riverfront path can provide.

- Main Street, Davenport's Bike Route Upgrade: City planners have been indicating that a north-south bike route from the Duck Creek Bike Path to the Riverfront Bike Path should be established by the end of August with new signs marking the route.

We'll be raising awareness of this change through our share the road campaign: including our League Bike video being played as a public service announcement on channel 19.

This is news! Trying to get cities to commit to bike routes isn't easy because of liabilities. The fact that this is happening reinforces trends for a more active community, concerns for safe streets, physical fitness, concerns about obesity and its complications, and efforts to reduce fuel and automobile use to lower carbon emissions.

My hat is off in recognition of Davenport city officials for their concern and active approach to helping promote public health.

- QCBC League Certified Instructor - LCI: Donnie Miller has completed his Road 1 Course and is prepping for the three-day LCI training class in Des Moines. Once completed, Donnie will be able to plan local training classes for our club, the general public, and city officials. I hope all of us will consider an Effective Cycling Class with Donnie within the next 12 months.

Understanding road fundamentals and bike handling techniques are essential. Knowing how to safely position yourself in traffic, along with safely navigating intersections and roads are vitals tools for cyclists. Donnie hopes to take this message to local officials, police departments, and school systems to improve safety and awareness.

- Tour de Scouting, July 28: We received a thank-you note from John Dengler of the Illowa Boy Scout Council for assisting with their Bike Safety Rodeo. Thank Donnie Miller for accepting another mission, along with recruiting Terry Burke, Julie Wilts and me to assist. We probably had at least 30 Cub Scouts receive basic street and bike path safety instructions.

The Friends of Off Road Cycling provided an off-road ride at Sylvan Island and Healthy Habits provided Jim Ghys to wrench at the maintenance station.

- MTB 101 Aug. 11: John Bernard and Ray Nees from FORC gave a stellar presentation to more than 20 attendees on Mountain Bike Fundamentals. They were decked out in their IMBA Trail Crew Uniforms and provided a detailed training session noteworthy of praise from the International Mountain Biking Association.

FORC has been getting high acclaim for its efforts in off-road trail development at Sunderbruch Park in West Davenport. We would like to extend our appreciation to the FORC crew for their efforts providing instruction and facilities to foster fun and fitness to people of our committee.

Thanks again to Healthy Habits for providing master wrench Jim Ghys, and to Bike & Hike for assisting with bike checks and maintenance.

- Du State Du Volunteers: The QCBC provided at least 11 volunteers to man the race stations at the 18th annual Du State Du at Loud Thunder Aug. 19. Our local Corn Belt Running Club did the lion's share of the work at this run-bike-run event, but we were determined to make a good showing for the QCBC.

CBRC does an excellent job with this event, with easily 200 to 300 participants annually. Post race awards and cookout always are well received.

If you haven't done this event, you should mark your calendar for next year. It's well worth the drive. QCBC volunteers to thank included: Gean Kelly, Mr. and Mrs. Weeks, Cindy Botrell, and Paul and Linda Wikinson, Mike Beard, Jim Briggs, John Mahon, Kentley Lowenstein, and me.

- August 25 Campout: Thanks to Darlene Moritz for her organization of the '07 August Palisades Ride & Campout. We hope to have great stories to tell by the time this issue of PW comes out.

- TOMRV Registrar Replacement: Linda Barchman is stepping down as TOMRV's official registrar and is seeking a replacement. If you're interested, contact Linda or Doug Truesdell via your club directory.



Share, Love, Learn and Enjoy Every Moment

By Scott Swanson

You know what they say - It's like riding a bike. Once you learn, you never forget.

True, but while we know how, we always can learn more, maybe just to remind ourselves of what we already know but may not use.

The first weekend of August, I did some different riding - on a motorcycle. Have I gone to the dark side to "get a real bike" as one woman on the back of a touring bike yelled at me?

Nope, no chance of that. It's just something I've wanted to do for years.

On the first day in the classroom, we started with basics of components and procedures. There were people with quite a bit of experience. It was interesting to note, though, that the manual stated that most people who failed the exam were experienced riders who thought they knew it all.

So, we started at square one. At first, it was a bit daunting. There are controls for each hand and foot, but they were logically organized. When we got into the parking lot, I already felt comfortable.

We started skill building, from just walking the bike along, to straight-line riding to turning, which is counter-intuitive. You press your inside hand to initiate a lean.

That made me think about how I ride my road bike, and I thought "yeah, that is how I do that." And things started to click. A proud moment was when one of the instructors pointed out how I always knew where everyone else was. Hey, basic group riding skills (and self-preservation).

The second day, we worked on U-turns, counterweighting, stopping quickly, and swerving to avoid obstacles. The U-turn trick of looking over your shoulder to where you wanted to come out was one Mike Zugmaier taught me at a team crit skills session.

When we were doing combined skills as a group, that's what I was doing in my mind: crit racing. Everything fell together: balance, lean, shifting, road feel, and a sense of where the group was. Everything I've ever learned on two wheels came into play.

When we teach a child to ride, we help them start up and stay balanced in a straight line. Maybe, maybe, we show them where the brakes are. And then we send them on their merry way.

To some degree, we do the same. We buy bikes, and then we ride. Do we think about our skills or equipment?

We need to continually be attentive and learning. If you've done RAGBRAI or TOMRV, have you noticed someone's style and said, "There's an accident waiting to happen," or have you looked at a bike and wondered how that person gets down the road?

Have you made sure you're not one of those people? I know I've caused myself problems by not paying attention to the road or my equipment.

I love new toys. But buying equipment doesn't equate with acquiring skills. I need to get basic equipment and then put myself into situations that will let me do what I can do and maybe give me a chance to try new things.

There are experienced motorcycle rider courses I plan to take later on. But we don't really have experienced rider courses, do we? Nope, if you can ride, you can ride.

Would that that were true. After four years of cycling, since I've got back on the bike, I've gained some clue of just how much I still have to learn.

Consider this. Every time you ride with a group, it's an experienced rider course, either for you or someone around you. Learn what they have to share. Share what you have learned. You just might have an unforgettable experience.

Quad Cities Bicycle Club Heartland Century REGISTRATION FORM (Detach and Return)

Saturday, September 08, 2007



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 long-sleeved t-shirt.



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

REGISTRATION FEES:

Long-sleeved Size: M___ L___ XL___ XXL___ Which Ride? (25___) (50___) (62___) (100___)
\$22 before September 1, 2007 _____
\$25 after September 1, 2007 _____
\$5 Pork Chop (how many)? (____) _____

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

Total _____
QCBC Member - \$3 Discount - _____
GRAND TOTAL _____

MAKE CHECKS PAYABLE TO:
QUAD CITIES BICYCLE CLUB
Mail to: Jewel Bryan
333 9th Street
Moline, IL 61265

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: _____

Date: _____ Zip: _____

Club Affiliation: _____

Please see next page for the accident waiver.

Quad Cities Bicycle Club Heartland Century

ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all Event participants and volunteers)

I acknowledge that **The Heartland Century** (hereafter referred to as the Event) is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of roads and highways, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to the riders, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective highways, equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the Event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Quad Cities Bicycle Club, its directors, officers, employees, volunteers, representatives, and agents, the Event holders, Event sponsors, Event volunteers and all state, county, and municipal agencies responsible for maintenance of the highways upon the Event itinerary (hereafter referred to as Releasees); and (B) Indemnify and Hold Harmless the entities and persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this Event, whether caused by the negligence of Releasees or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this Event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors organizations and assigns.

The Accident Waiver and Release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT

_____	_____	_____	_____
Print Participant's Name	Age	Signature (if under 18 years old, parent or guardian must sign below)	Date

PARENT/GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian.

_____	_____	_____	_____
Print Participant's Name	Age	Signature of Parent or Guardian	Date

letter to the editor:

Nearing the end of a June 13 Wednesday morning bike ride, with riders approaching the Government Bridge from the Rock Island side, another biker not with the group and not wearing a helmet, started to pass the Wednesday morning riders on that section of the bike path that is not very wide.

This rider was apparently agitated and trying to force bikers ahead of him off the bike path so he could get by. From what I have heard, he was yelling "get out of my way" instead of the usual passing on your left.

This section of the bike path is difficult to pass on because it's so narrow. Some of the Wednesday morning bikers already had entered the Government Bridge at that point.

With the traffic and train passing it was difficult to hear someone coming from behind. Apparently this agitated biker could not get past the lead biker on the bridge so he threw an elbow and knocked the rider off her bike. The passing rider then continued off the bridge.

The riders behind the fallen and injured rider stopped and called for an ambulance. The fallen rider ended up being taken to the hospital and treated for a minor concussion, multiple scrapes, bruises and cuts that required stitches. Her helmet was cracked and the foam gouged. One of the bikers took her bike home.

This incident was reported to the Davenport and Rock Island Arsenal police but we do not know if they are investigating this assault.

The fallen rider is recovering but had to cancel participation in the Fox Valley bike tour in Wisconsin.

Just wanted to let QCBC know that there is a bike rider out there who will push you off your bike if blocked from passing.

Bob Thompson
QCBC Member

2007 QCBC Fall Foliage Ride

By Deb and Dean Mathias

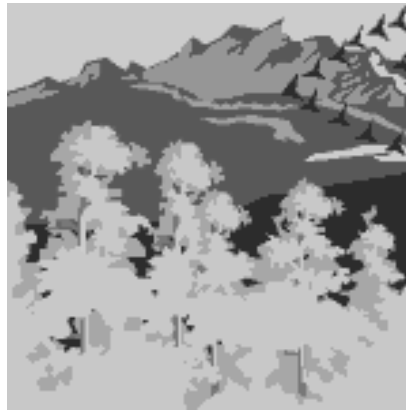
Make plans to join us and others for the 2007 QCBC Fall Foliage Ride in Mt. Horeb, Wis. on Oct. 13 and 14.

We'll begin riding at 9 a.m. Saturday, Oct. 13 from the Military Ridge State Park Trail parking lot. Mt. Horeb is about 140 miles from Davenport. The Mathiases will be driving to Mount Horeb Friday evening.

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

A cycling route on quiet country roads offers more than a few hills both days, with some flatter options available. A town with lunch opportunities will be the destination both days.

The Military Ridge Bike Trail (crushed limestone) offers an



option for those cyclists who prefer a totally flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

We'd like to know how many people to expect. If you plan to participate, contact Deb or Dean Mathias at (309) 787-6547 or

mathiasdebdean@peoplepc.com. We'd also like a head count of people who would like to join a group dinner on Saturday night. Individuals not riding also are invited to the dinner.

Riders are responsible for their own room reservations. A block of rooms has been reserved at the Karakahl Country Inn (www.karakahl.com), which has an indoor pool.

The rooms will be held until Sept. 7. Mention the QCBC for a group rate of \$62.95. To reserve a room, call Wally at (888) 621-1884 or (608) 437-5545.

Rooms also are available at the Village Inn Hotel (www.littlebedder.com), which is attached to the Military Ridge Bike Trail. Call (608) 437-3350. Some bed and breakfasts also are in the area.

Camping is available at Brigham Park - a 112-acre park with a spectacular panoramic view, about seven miles west of Mt. Horeb; and Blue Mounds State Park, about 10 miles west of Mt. Horeb. For information, call (608) 437-5711 or (888) 947-2757.

Bring non-cycling family members to enjoy points of interest in or near Mt. Horeb - Troll Walk (carved trolls), Mt. Horeb Mustard Museum, Military Ridge Bike Trail, Stewart Park, Little Norway (www.littlenorway.com), and Cave of the Mounds (608-437-3038).

Bits-n-Pieces

Pedalwheeling • 2007

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.

The Mississippi River Ramblers Volkswalk Club will host a walk and bike ride along the Hennepin Canal Saturday and Sunday, Sept. 8 and 9. Walkers and bikers can start anytime between 8 a.m. and 1 p.m. but must finish by 4 p.m. The start/finish point is the Colona Fire Station, 401 1st St., Colona, Ill. The walk is 5K (3.1 miles) or 10K (6.2 miles) and the bike ride is 13K (about 8 miles) or 25K (about 16 miles). The event is to celebrate this year's centennial of the Hennepin Canal. For information, call Barb Grilley at (309) 797-1362.

QCBC is looking for a volunteer to do TOMRV registration. The majority of work is done from January to June. You'll need to maintain a database for riders registering by mail and online. This position needs to be filled as soon as possible to be able to do the registrations for 2008. If interested, or for more information, call Linda Barchman at (563) 388-8043.

Found: Bicycling jacket/rain jacket immediately east of John O'Donnell stadium on bike path on a Saturday morning, just before noon, in early June. To claim, call Gene Conrad at (563) 359-1327.

TOMRV30 t-shirts and jerseys still are available. T-shirts are available in small, medium, large, XL and XXL for \$10 each, plus shipping if mailed. Jerseys are \$63, plus shipping if mailed, and available in men's XXL and XXXL short sleeve and M, XXL and XXXL sleeveless. Women's short sleeve and sleeveless are available in medium only. To order one, call (563) 388-8043 or email tomrv30@mchsi.com.

Anne Stone is cleaning out her garage and has several bike items for sale.

- 10-year-old "Dirt Research" tandem used on RAGBRAI in 1997. Very little use since. \$300 obo.
- Bike carrier for tandem and two other bikes. \$50 obo.
- Carrier/bike rack \$25 obo.
- Bike her son used when he was small. Missing pedals. \$20 obo

To see any of the items, call Anne at (563) 359-0758 (Bettendorf). For a photo, email astone1949@yahoo.com/

Wanted: Inside storage space for the QCBC trailer. The club owns a trailer used for support on TOMRV and the Century. We would like to have inside storage space for the trailer, which is 20-feet long. If anyone has unused space in a barn or garage, call Dave Lefever at (563) 343-5222.

The Oct. 27 club ride to Eagle Point Park in Clinton has been canceled due to job conflicts. Anyone interested in taking over the ride should contact David Weckel at (309) 523-3023 or jchesser@qconline.com. If someone else would like to lead the ride, David would be glad to ride the route with them. Posted mileage in the ride schedule book is 40 miles, but should read 60 miles.

The Quad Cities Convention and Visitors Bureau, Trek Bicycle Shop and Isle of Capri have partnered to expand bicycle rentals to Isle of Capri in Bettendorf. The Isle of Capri has six rental bikes that look like the retro '50s style in bright colors. Rentals are available dawn to dusk until Nov. 1. Cost is \$7 per hour or \$28 per day. Locks and helmets are included. Rentals are at the Isle of Capri Palm Tower gift shop. The gift shop number is (563) 344-2624. For more information, contact Jessica Waytenick, Quad Cities Convention & Visitors Bureau, at (563) 322-3911, ext. 103, (800) 747-7800, ext. 103 or www.visitquadcities.com

By Dave Parker
UltraMidwest, LLC

The Big Dogs Century Challenge started in the Quad-Cities - ride a century a month every month of the year - and has grown to include many riders from the Carolinas to California.

There are a few hardy riders in the area who never have missed a month since the year 2000. Log in your miles at www.big-dogs.org, a free service for the cycling community.

Three years ago, at the request of the UltraMarathon Cycling Association, Joe Jamison and I agreed to organize a 24-hour race in the area. There aren't a lot of ultra races in the Midwest and the UMCA was looking for someone to continue the tradition Dave Holmes established.

To do that, we formed UltraMidwest, LLC, to produce quality endurance events in the central Midwest. This is our third year and we have three events in 2007.

The Balltown Classic - a 200-mile race from Dewitt to Balltown and back was held the first week of June. The second Metamora 4X50 was held in the Peoria area Aug. 11. T

Then there's the Weekend of Racing on Labor Day weekend. This is a 6-, 12- or 24-hour race that runs out of Riverdale Middle School, just outside Port Byron, IL. Last year's event was quite successful and we think this year's will be even better.

Maybe it's time for you to challenge yourself. Visit www.ultramidwest.net for more information about these events. And if you don't want to ride in them, we really need volunteers to help man the timing checkpoints and help assure riders safety.

Volunteers receive a free t-shirt and are invited to the pasta dinner.

Our goal is to make riders recognize that the Quad-Cities is a great place to ride. Email Daven Parker at dave@hotmail.com.

September 2007 Ride Schedule

Saturday, September 1

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Mid-Paced Ride, 3 Hour Out & Back

8:00 A.M. Meet at the boat landing along the Great River Trail in Rapids City. Ride 1.5 hours out, take a short break, then return to starting location. No planned breakfast stop on this ride. Approx. 40 miles. Ride leader: Gerald Correthers, 309-755-

Leisure Ride, Leisurely to LeClaire

8:00 A.M. Meet at parking lot at the East end of the Duck Creek Bicycle Path on State St. in Bettendorf for a ride to LeClaire. Ride Leader: Kaye and Carter LeBeau, 563-323-6848.

UMCA Mid West Weekend of Racing

6:30 A.M. Near LeClaire, IA. Choose a 6, 12 or 24 Hour race! The six hour offers cash prizes while the 12 and 24 Hour are for John Marino Competition (JMC) points. (In cooperation with the Ultra Marathon Cycling Association). Details [Joe Jamison](#) 309-235-4284, OR [Ultramidwest.com](#)

Sunday, September 2

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, Cordova to Fulton Run

8:00 A.M. Meet at Cordova City Park. Ride Great River Trail and County Rds. 45 miles. Ride leaders: Bruce and Becky Perry, 563-529-4411.

Monday, September 3, Labor Day

Mid-Paced Ride, Pancakes in McCausland

8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway. 38 miles. Ride Leader: Warren Power, 563-391-5466.

Tuesday, September 4

Summer Evening Ride, Iowa

5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, September 5

Morning Ride, Illinois Start

8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, September 6

Summer Evening Ride, Illinois

5:30 P.M. Meet at the boat landing along the

Great River Trail in Rapids City for a riders' choice ride.

Saturday, September 8

Heartland Annual Century

Start at Illiniwek Forest Preserve, on Rt 84 just north of Hampton, IL. See the QCBC Web Site, www.qcbc.org, or *Pedalwheeling* for details. Mike Desch is the contact person, 309-755-4722.

Sunday, September 9

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, Mt. Joy to DeWitt Run

8:00 A.M. Meet at Crow Creek Wildlife Area F55 (Scott Park Rd), just north of Deere Davenport Works. 38 miles. Ride leaders: Bill & Kathy Storm, 563-355-2564.

Tuesday, September 11

Summer Evening Ride, Iowa

5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, September 12

Morning Ride, Illinois Start

8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, September 13

Summer Evening Ride, Illinois

5:30 P.M. Meet at the boat landing along the Great River Trail in Rapids City for a riders' choice ride.

Saturday, September 15

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Mid-Paced Ride, Riding Around Reynolds

8:00 A.M. Meet at the Taylor Ridge Grade School (Rt 192 and Turkey Hollow Rd), Taylor Ridge, IL. Ride with Dean & Deb on some of their favorite routes around Rock Island County. 40 miles. Ride leaders: Dean & Deb Mathias, 309-787-6547

Leisure Ride, Dawdling off to Donahue

8:00 A.M. Meet at Lancers Restaurant in Eldridge for a ride to Donahue. Ride Leader: Terry Burke, 309-797-3790.

Sunday, September 16

Fast-Paced Ride, Riders' Choice

8:00 a.m. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, Fall Run to Buffalo

8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway. 34 miles. (Optional longer route available after Buffalo to Walcott and Plainview.)

Ride leader: Mike Middlemiss, 563-386-6690.

Tuesday, September 18

Summer Evening Ride, Iowa

5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, September 19

Morning Ride, Illinois Start

8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, September 20

Summer Evening Ride

5:30 P.M. Meet at the boat landing along the Great River Trail in Rapids City for a riders' choice ride.

Saturday, September 22

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Mid-Paced Ride, New Liberty Turnaround

8:00 A.M. Meet at North Scott High School, Eldridge, IA. 42 miles. Ride leader: Scott Swanson, 563-940-2901.

Leisure Ride, Geneseo Swing

8:00 A.M. Meet at the Colona grade school for a ride to Geneseo and back. Ride Leader: Jim Dayton, 309-949-2140.

Sunday, September 23

8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

8:00 A.M. Meet at Colona Grade School. 28 miles. (Additional 23 mile loop to Atkinson available) Ride leader: Jean Kelly, 563-359-9508.

Tuesday, September 25

5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, September 26

8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, September 27

5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Saturday, September 29

8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

8:00 A.M. Meet at Eastern Ave entrance to Duck Creek Parkway. 46 miles. Ride leader: Ken Urban, 563-326-3427.

8:00 A.M. Meet in the city park in Cordova (on Hwy 84) for a ride to Erie and back and then a picnic lunch in the Cordova City Park. (\$5 donation for picnic) For reservations call Janice Reynold, 309-797-2072 or Bonnie Gesling, 309-762-1178. Ride Leader: Bob Mulligan, 309-762-1178.

Sunday, September 30

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, Riders' Choice

8:00 A.M. Meet at Colona Grade School for a riders' choice ride.

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.

Chili Lunch in the Park Ride

By Bill and Kathy Storm

The 7th annual Chili Lunch in the Park ride will be held Saturday, Oct. 6.

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 (not just mid-paced) to go on various rides and then have lunch in the park afterward.

This 35 to 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 the ride-start location, you'll need to use Parkway Drive off 18th Street to access the lower parking lot by the lagoon.

While riders are out riding around on eastern Scott County roads, the food will be assembled at the park. Lunch will be served from 11:30 a.m. to 1 p.m. It will feature 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 under the age of 7.

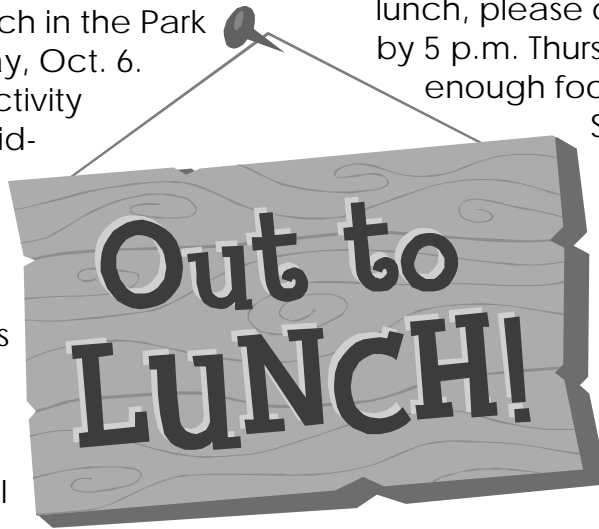
The scheduled ride is a mid-paced one at 13-16 mph for 35 to 40 miles. Vivian Norton (563-355-1899) will take another group on a leisure ride, at 10-13 mph for about 25 miles.

If someone wants to put together a family ride or a fast-paced ride, that would be great. Everyone can start

around 9 a.m. and meet back at the park around noon.

If you're interested in joining the group for lunch, please call us to make a reservation by 5 p.m. Thursday, Oct. 4 so we can have enough food available at the park on Saturday.

Call Bill or Kathy Storm at (563) 355-2564 or email kbstorm@aol.com. Kathy also is looking for a few volunteers who can be at the Middle Park Lagoon Shelter at 10:30 a.m. to help set up the picnic food, wipe down tables, put up the QCBC banner, etc.



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OF THE QCBC & THE CORNBELT RUNNING CLUB

JOLEEN & DOUG ZICKUHR
Allsports1@qwestoffice.net

Miracles Can Happen

Pedalwheeling • 2007

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.

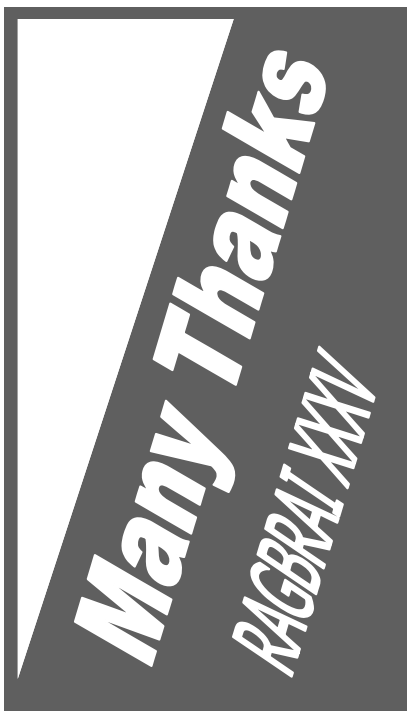
Jim also is having a pre-ride pancake breakfast that morning, from 5:30 a.m. to 10 a.m., and there will be root beer floats after the ride. People can make donations to cover the breakfast and after-ride treats. They also can visit the Miracle Can Happen Ranch.

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 rgrimm@netexpress.net or (563) 445-7797, or visit <http://www.mchboys.com/>.

**Volunteers are needed
Miracles Can Happen Challenge Ride
on Sept. 29.**

People are needed to cover rider support and help at Sag stops. No experience is needed.
To volunteer, call Dick Grimm at (563) 445-7797.



The memories of RAGBRAI XXXV are ones to remember. I hope everyone enjoyed the week and looks forward to another year. We want to express our thanks to the volunteers who helped through the week.

They are Michael Mortiz, Scott Miller, Barb Donald, Dana Christensen, Heath Treharne, Monica Murphy, Cherry Fritch, Phil Fellner, Tony Buck, Darlene Mortiz, Mike Desch, Dean Mathias, Jeffery Mortiz and Merle Schleusener.

We regret if we missed anyone who may have helped in any way.

We appreciate the time and effort Matt Truitt and his drivers, Scott and Matt, put in throughout the week.

Respectively,
Andy and Perm Horst
QCBC RAGBRAI Directors

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

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Leisure Riders Alert!

No flat century ride at the Heartland Century.

By Vivian Norton

A family matter has turned up and I'll be in New Mexico during the Heartland Century. We had had excellent turnouts at the leisure rides this year - 8 to 15 cyclists a week. We've also had at least one ``newbie" each week.

Thank all the leaders who have lead rides. They have done a great job. No one has been dropped and all riders have made the ride safe and sound.

Come and join us for the scheduled rides for the rest of the Leisure Ride season.

