



# PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—December 2007

## Quad-Cities Bicycle Club annual awards dinner

By John Wessel

Eighty club members attended the Nov. 9 awards banquet at The Lodge in Bettendorf for a night of socializing and good food.

The speaker, Jana Chwalisz, gave an interesting talk on her first bike, as it relates to life as an adult.

Awards also were given. The one hitch is the Bob Fitzgerald was not mentioned for his four times around the world award. Congratulations Bob; 100,000 at your age is quite an accomplishment.

Chuck Oestreich was this year's Award of Merit recipient. It's a special award that takes a life time to accomplish. Thank you Chuck, for everything you've done for bicycling and the QCBC.

President Dean Mayne awarded 35 shirts to some well-deserving club volunteers. Dean certainly is looking to add new people to this list. Please let him know how you can help with a club function.

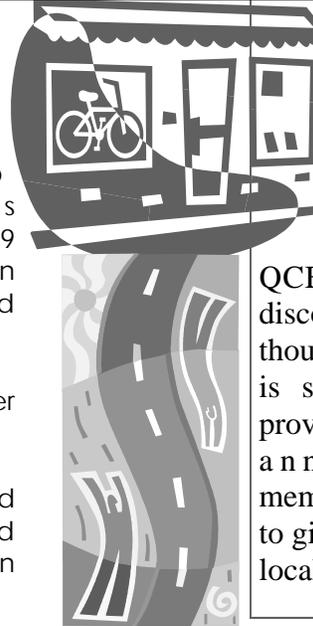
Forward Around the World Mileage to Dave Thompson next October. Send First Century Miles to Jewel Bryan at jewel@wpcoco.com.

Please join us next Nov. 7 at The Lodge for the annual awards dinner.

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## Bike Shop Appreciation

Over the years our local bike shops have provided QCBC members with price discounts that have saved us thousands of dollars. Your Board is showing its appreciation by providing these shops with a free annual family QCBC membership. It's our small way to give a big THANK YOU to the local bike shops that support us.

## Local Racer Awards

At the Nov. 9 QCBC annual dinner, DICE had the privilege of handing out its annual awards. The winners were:

- Most Valuable Rider: Bryan Moritz. Also receiving votes were Dave Haussler, Peter Sharis, Bruce Grell, Greg Aronson, Dave Thompson and Matt Klemish.
  - Most Improved Rider: Jeff Abel. Also receiving votes were John Harrington, Dave Haussler, Phil Curran and Derrick Cassady.
  - Best Dirt Rider: Bruce Grell. Also receiving votes were Bryan Moritz, Matt Brakeville and William Huntsberger.
- DICE Service Award: Mike Giudici. Also receiving votes were Donnie Miller, Jeff Abel, Mike Zugmaier, Bruce Grell and Kat Greer.

We would like to thank the DICE Team for an awesome season of racing and most importantly the QCBC for its undying sponsorship and support.



## **SOME** Assembly Required

By Scott Swanson

This statement is attributed to HG Wells: "Every time I see an adult on a bicycle, I no longer despair for the future of the human race."

I'm not sure what he was thinking at the time, but for him to have any hopes for the human race must have meant he was having a happy moment. He wasn't known for optimism.

Wells lived from 1866 to 1946. He would have been 19 when Starley, Lawson and Shergold added a chain drive, and 22 when Dunlop added pneumatic tires.

His twenties would have seen the rise of six-day racing and the Madison, in an era when cyclists were the highest-paid professional athletes in the world.

In that same time, he would also have seen the era of the bicycle as the "emancipation machine" for women, celebrated by Susan B. Anthony and Francis Willard.

Something interesting hit me in my brief spate of reading. The developmental history is described from the first pushbikes to the latest in carbon-fiber parts. What seems to end at about 1900 is the social effects of the bicycle.

I read "the 1968 Vienna Convention on Road Traffic of the United Nations considers a bicycle to be a vehicle, and a person controlling a bicycle is considered a driver."

In the height of the muscle-car era, a world convention declares our place in the world. Maybe we should have bumper stickers printed with a bicycle logo and the phrase "Protected by the Vienna Convention".

And what did Wells see from the turn of the century to the end of his life? The developments of the Second Industrial Revolution, including the internal combustion engine. And the first mandatory general drivers license in the state of New Jersey in 1913; in England,

"competency exams" were not required until 1934.

I'm stating now that I'm making a bald-faced inference: the bicycle became secondary to the car, and the drivers license became the license of adulthood. A bicycle was something you gave your child. And you had to assemble it.

Boomers like me remember Norman-Rockwellesque scenes of a father's mad scramble on Christmas Eve. But the bikes mostly get put away when we start to become "adults."

We went through a short bicycle resurgence in the '70s with the rise of the 10-speed, and another with the emergence of BMX bikes and mountain bikes. But for most adults to ride a bike these days, it has to be justified as "exercise." Anything else would be acting "childish," and we couldn't have that, now could we?

Kathy Storm said on a ride a few weeks back that we need more (in my words) basic bicycles. I agree. Fat-tire, general purpose bikes have a place in this world.

There is a population out there put off by the thought of riding drop bars, skinny tires, and even skinnier seats. They are put off by the latest and greatest technology.

I know of three who did not even consider getting on a bike until circumstances brought them together with the right machine. And they all said the same things afterward - "I love this bike!" and "It's just like flying!"

So, to continue HG Wells' hope, get someone on a bicycle. This may mean riding slower than you usually do. It may mean finding a different bike so you may ride with them (Ooooh, buying another bike; now there's something we'd consider!) And take them riding.

It will get them going. Some assembly is required here, also, but it's the First Amendment kind, right in there with freedom of expression.

By the time you read this, I will have turned 52. And you know, I'm still the youngest rider on some QCBC group rides. Get people out there.

I'll leave you with another Wells quote: "Exuberance is beauty." Share your exuberance; the world needs beauty.



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**Welcome New QCBC Members! Charlie Sattler**

Name	City/State	Phone	Name	City/State	Phone
Peter & Deb Crocker	Glendale, AZ	480-236-7829	Suzanne Wheeler	Mapleton, IL	309-258-0272
George & Winnie Daugherty	Bettendorf, IA	563-332-9306	Eric & Desree Alfon, MD	Moline, IL	309-721-6227
Kevin & Lana O'Hara	Bettendorf, IA	563-332-9235	Jeannie & James Bopp	Moline, IL	563-940-0421
Mark & Lori Haldeman	Davenport, IA	563-391-8780	Kevin Schell	Naperville, IL	630-548-5088
Judi Ladehoff	Davenport, IA	563-445-0168	Stacey & Vernon Moon	Port Byron, IL	309-523-3644
Julia Rostenbach	Davenport, IA	563-320-9920	Patrice Gensel	Florence, NJ	609-499-8158
Scott Schnauffer	Geneseo, IL	309-489-6199			

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](mailto:csattler14@msn.com). Charlie prints out the labels for the newsletter and does the mailing of the newsletters.

Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members, who live farther away, may not receive theirs until the first or second week of the month. You can also view the newsletter online at [www.qcbc.org](http://www.qcbc.org).

**Membership Count: 12/18/06**

Number of:	Members	Memberships
Individual	377	377
Couple	318	159
Family	293	80
Complimentary	20	20
Life	7	4
<b>Total</b>	<b>1015</b>	<b>640</b>

***Bettendorf Bikepath Update***

By John Harrington

The Bettendorf-Riverdale Multi-Use Trail Extension Steering Committee met again Nov. 5 to prepare its final recommendations for the Bettendorf and Riverdale city councils. I attended as the QCBC and DICE racing team representative.

The Cornbelt Running Club, RiverAction, interested citizens and a couple affected business owners participated. Most, but not all, of the group prefers that the path run east from the I-74 bridge along the top of the levee, through the Haven's Acres portion of Riverdale to connect with the current bike path in Riverdale.

The ride along the top of the levee looking down on the river is spectacular! A connection to the existing bike path would then allow an enjoyable ride out

to the Emeis Golf Course in western Davenport.

Unfortunately, a few of the landowners (Isle of Capri, one of the fuel tank farms and the Haven's Acres residents) do not want the path to traverse the levee or their neighborhood. So, a circuitous route is now envisioned that will not fully utilize the levee. It also may not connect directly with the current bike path starting point in Riverdale. Our plans will be formally presented to both city councils in open public meetings. We'll



post the dates of these meetings on our Web site so members can attend. Your support may help improve the bike path routing.

This bike path will eventually be extended to Princeton and beyond.



## From the Headset:

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

### December Already? and We Keep Spinning?

My light is in the charger in preparation for tomorrow's commute. I appreciate sunshine in the morning, but have had to adapt to riding home in the dark.

I must look like an alien invader with my day-glow and reflective clothing, my legs pulsing like a strobe in the beams of motorists. It's colder, but we press on to savor every moment in the saddle, until the ice and snow slow or stop our momentum.

Don't let old man Winter zap your enthusiasm! There are plenty of QCBC activities to tide you over for the entire Winter.

### The QCBC Annual Awards Dinner Nov. 9

This year gave us another opportunity to gather, thanks to our planning committee of John Wessell and Jewel Bryan. We had a terrific dinner, an inspirational speaker, and a chance to recognize those that have served.

Many of the club's stewards were presented with service awards. In particular, Chuck Oestreich received the QCBC's Honorary Award of Merit. This is a noteworthy award passed on each year to someone worthy of the respect of the QCBC stalwarts and founders. This honor was presented to a man who dedicated many years of service to our club and community. Congratulations Chuck!

DICE Racing Team got its moment to shine and recognize many of its supporters. There should be a list of award winners in this issue. I heard one young Brian Moritz was the workhorse of the DICE Team this year. I heard he had the power and determination to do whatever was necessary to pull his team to victory. His team members hold him in high praise for his extraordinary efforts and teamwork. Way to go Brian!

### QC-Bike Transportation, Public Planning Session

I hope many of you got to attend the Nov. 20

Quad Cities Bike Transportation Brainstorming Session at the Rock Island Public Library. The public meeting was sponsored by League of Illinois Bicyclists, Iowa Bicycle Coalition, the QCBC, and the QC-Transportation Advocacy Group.

The meeting was meant to get the public and city officials looking ahead at a regional transportation plan to incorporate cyclists as viable and conscientious commuters, and connect the cities with its people.

Much like any of the top 10 livable cities, people want to be active and connected to their surroundings, connected to schools, shopping centers, parks, museums and downtown points of interest. Livable cities attract businesses and professional people and their families. They are healthy places to live, interact and raise their families.

With gas in high demand, an obesity epidemic, and environmental issues on the rise, we need alternatives. Our next step is to have our ideas shared with local officials at the Bi-State Regional Authority's "Complete Streets" seminar Jan. 24. An "open to the public session," of this Complete Street Seminar will be later that same evening. Please try to attend.

### Effective Cycling Classes Begin?

Donnie Miller is planning to start his Road 1, League of American Cycling Classes as early as December. Get on the list! He's kicking things off by inviting the QCBC board to be his first class. Since it is our mission to promote safe cycling in our community, I encourage everyone to sign up to become a safe and effective rider.

### More QCBC general membership meetings - possibly

We are discussing the possibility of providing more club meetings to get together and also to entice new members. We discussed a January meeting to set up a bike-maintenance program, an opportunity to learn basic bike care and maintenance. Stay alert and look for more information on electronic posting and the January newsletter.

### More opportunities to become CPR certified this winter

The QCBC & CBRC will make a

Cont. Page 7

**2007 QCBC Recognition of Service winners were:**

- Andy Horst, RAGBRAI co-director
- Bill Langan, TOMRV logistics coordinator
- Bruce Grell, DICE Racing Team, maintenance for TOMRV, Ride the River, Du State Du and bike rodeos
- Charles Curry, QCBC Board, Tailwind Ride, Fitness Fair, new Communications Committee member
- Charles Sattler, QCBC Board, newsletter & ride schedule circulation, membership data base
- Chuck Oestreich, LIB Secretary, GITAP Committee, Metro Map director, B2W, ACE, QC-TAG
- Cy Galley, QCBC Web site manager
- Darlene Moritz, RAGBRAI administrator, new QCBC treasurer, Wednesday morning rides, August and October campout leader
- Dave Georlett, QCBC Board, new liability waiver, CPR Saturday, Tailwind Ride co-director
- Dave Lefever, Tailwind Ride, Ride the River, TOMRV, campout volunteer
- Dave Thompson, Senior Olympics coordinator, New World Miles coordinator
- Deano Mathias, Fall Foliage co-director, Metro Map, B2W, MRT Committee, QC TAG, Bi-State Committee, Chicago Bike Show rep.
- Dean Mayne, QCBC president, spring picnic, Metro Map, B2W, Du State Du, MRT Committee, QC TAG
- Deb Mathias, QCBC secretary, Fall Foliage co-director, Chicago Bike Show representative
- Donnie Miller, DICE coach & VP, Criterium director, Time Trial director, CycloCross director, LCI, new QCBC Board, Education and Safety Committee
- Doug Truesdell, TOMRV director
- Frank Beshears, QCBC board, co-chairman Ride Schedule '07
- Heath Treharne, newsletter editor
- Jackie Chesser, newsletter editor
- Jane Garrett, TOMRV volunteer organizer
- Jim Merritt, annual awards
- Joe Jamison, club historian, Ball Town Classic Double Century, Metamora Double Century, UMCA Ultra-Cycling Weekend chairman
- John Harrington, QCBC Board, Growth Committee, annual budget, Bettendorf Trail Committee, DICE Cycling
- John Wessel, QCBC Board, annual dinner director, Board Nominations Committee, Annual Contributions Committee, Tail Wind Ride Committee
- Karen Baber, QCBC board 05-07
- Karen Grimm, QCBC treasurer, Annual Budget & Contributions Committee
- Kathy Storm, Mid-paced ride coordinator, Chili Ride organizer, Winter Hike series coordinator, TOMRV committee, Chicago bike Show representative.
- Ken Urban, Iowa Adopt-a-Highway Pick Up, award dinner photographer, new QCBC Board Member, new Communications Committee member
- Linda Barchman, TOMRV registration
- Mike Desch, QCBC Board, fast-paced ride schedule coordinator, Du State Du, Heartland Century Chairman, picnic chef
- Mike Zugmaier, DICE race coordinator, fall night rides
- Perm Horst, RAGBRAI co-director
- Phil Schubbe, vice-president, annual budget, ride schedule, chief advisor to the president
- Terry Burke, QCBC Board, Annual Budget & Contributions Committee, Criterium director
- Todd Kempf, new Web site director, Communications Committee Member
- Vivian Norton, Leisure ride coordinator, Ride the River & River Action contributor
- Warren Power, '07 ride schedule coordinator



Chuck Oestreich

(Headset, Cont. from pg 5)

joint effort to host CPR and AED training this winter. More information to follow when available.

### **Please Wear your Helmet!**

I received a message from Tom and Pat Bolton concerned about someone they saw in a QCBC jersey riding without a helmet. Now we know what goes up must come down and what rolls on two wheels eventually falls over. Please protect yourself, and if you're wearing the club colors, try to make us look good in public.

### **A new ride schedule director needed.**

We are fast approaching the time when we start planning next year's ride schedule and we still do not have a replacement for Warren Power as our ride schedule director. We are planning on working as a group of co-chairs to edit all the various ride schedules, but we still need someone skilled with handling and organizing the data.

If you possess good organizational skills, and are a victim of neatness and detail, you're the person we're looking for. Please contact us ASAP. The ride directors plan to meet in early December to start working out a plan. We will share the organization, but we need someone to help us pull this all together.

I'm sure we can convince Warren Power or Bill Webble to give us some advice. But I'm equally certain they feel like they have done their duty and it's time for someone else to take the lead.

If you have a desire to organize and reap the praise of teammates, or just need an outlet for your obsessive-compulsive disorder, we have a deal for you. Please HELP!

### **New Heartland Century chairman needed.**

Here again we have a great and rewarding job for someone with a desire to be adored by fellow cyclists. This is a beloved and established event in need of a driver.

Mike Desch has led this event for four wonderful years, but now wants to actually ride the route this year. He has taken great notes and is willing to assist and pass the torch to the next leader.

If you want to learn event-planning skills from a

wonderful teacher and great guy, contact Mike Desch. Consider this your New Years resolution. An Adventure! A Challenge or a dare. But if we want this event to maintain its great reputation and place on the schedule, we need some people to volunteer.

### **QCBC editor needs assistance**

Heath Treharne resigned as co-editor due to increased family and professional obligations. He has a wonderful family and a great business right downtown Rock Island and we want to thank him and wish with well.

In Heath's absence, Jackie Chesser could use help with the cut & paste editing of the newsletter. Her husband, Dave Weckel, has stepped up to assist. Thank You Dave! I don't know if he will get hooked. So, if you have untapped skills and are looking for a project, contact Jackie at qbceditor@yahoo.com.

Jackie also asks for more input and pictures on club events and rides. It would be great to see more pictures, particularly of our races, and other social events. Come on folks. If you've got a story, we want it.

### **New QCBC Web site to premiere soon**

The QCBC Board has decided to move forward on a new Web site format and Communications Committee. A very honorable mention to our previous Webmaster, Cy Galley, for his many years of service and dedication to the QCBC.

His efforts have been well received and respected and we wish him well as he continues to contribute to the goodwill and mission of the QCBC.

Cy manages many sites, and may appreciate the rest from my many requests. Cy has graciously agreed to maintain our old site as we transition into a newer, simpler format.

Our new site director will be Todd Kempf, a young professional gentleman and QCBC member. Todd is an avid cyclist, Boy Scout leader, ski instructor and environmentalist.

He has shown the kind of enthusiasm, dedication and commitment that has impressed our members sufficiently to nominate him to the board of directors. He respectfully declined.

Todd will be guided by our Communications Committee, a team that will (Cont. on Page 8)

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*(Headset, Cont. from pg 7)*

help to maintain the QCBC image, strive to meet the informational needs of our cycling community and most importantly, attract new members.

Our new site will be simple with many technical upgrades and possibly a format similar to that of dicecycling.com. We will feature a bike emessenger for anyone to sign up to receive regular postings of club related news, events, and cycling legislation.

It will allow our key contact people access to this messenger service. We are even considering an advertising bar to pay for our services.

Please bear with us as we mangle this transition.

### **Davenport cycling video**

Check channel 9 for Davenport's own version of its first Bicycle Safety video. Davenport was extremely supportive of last year's Bike to Work Week, and has a very progressive plan to incorporate cycling into its transportation plan.

On Friday Nov. 9, a few local cyclists (and QCBC/QC-TAG members) worked with Davenport's Communication Department, Jennifer Nahra and Pat Driscoll, to organize and start filming this production.

Davenport wanted to use local citizens and scenery to create this promotional video. This is the first of its kind in our community and we hope it entices other communities to do likewise.

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## ***Funding Projects Successful!***

The first segment of Indianapolis' 7.5 mile Cultural Trail through downtown is opening soon with final landscaping work in the spring. Here are some photos of the work in progress:



<http://www.streetsblog.org/2007/10/15/indianapolis-paves-the-way-for-bikes-and-pedestrians/>.

Congratulations to Indianapolis for taking this bold step forward in advancing cyclestrian rights.

# Pushing for Pedaling

## Promoting bicycling advocacy

By Chuck Oestreich

Bicycling doesn't have to be all fun. There can be some work involved.



I'm not talking about the difference between going up a hill and gliding down it, even though for some of us (not me) sweating up that hill is what fun is all about.

No, it's useful biking I'm talking about - utility bicycling, if you will.

You know, using a bike to go to work, school, the store, a movie - almost any transportation need within your immediate area. Sure, it's fun, but it's not just for fun. You're doing some worthwhile work on your bike.

The question now - in December in the Quad Cities - is this: Is biking for either fun or work possible? It's winter. It's cold and there's snow.

There's no doubt about that snow - at least for a number of times during our winters (and recently that number has dwindled to only a few - is it global warming, or what?)

But most of the time within a few days after a good snowstorm, the sun comes out, beats down, melts snow, and licks up surface pavement water like a thirsty bear out of hibernation.

Be cool and cautious, and off you go. Cold, especially a cold wind in the face, is another matter. It limits your biking time, which means your distance. But it's amazing how a little - sometimes very little - freezing riding will cure a glum case of cabin fever.

Those of you with years of bicycling under your saddles know how to dress for winter riding, and know that using a racing bike with 21mm tires is somewhat problematic.

Find an old mountain bike with neat nobbies - one that you won't care if its derailleur gets clogged up with packed snow - and use it for the short errands around town.

And forget about appearances and the bicycle uniform. Wear layers of wickables. But do make sure that your outer layer stands out - even flamboyantly so. Hardly anyone will recognize you behind your balaclava, sun glasses and helmet, but that doesn't mean that you don't want to be seen.

Motorists aren't used to sharing their lanes with bicyclists in winter. Make sure they can't miss you.

Obviously, winter demands caution - from motorists too, by the way. But with some thought and preparation, you can do your bike fun/work just fine, even through the frigid three - December, January and February.

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# Touring Tennessee

By David Thompson

Of all the things I've done on a bicycle, I've never done a week-long tour organized by someone else.

After hearing about BRAT (Best ride around Tennessee) from Darlene Moritz, I signed up Melinda and me. It would start in Nashville and loop out the eastern part of the state and back in seven days.



*Melinda, Darlene and Mike are all smiles early in the morning.*

We'd stay in cabins and motels while others camped. Three hundred-plus riders were signed up for all or part of the tour, sponsored by the state of Tennessee. Fellow QCBC members Mike and Darlene Moritz and Jim Karr also did the ride.

## **Day 1** - Nashville to Henry Horton State Park

We left from Bicentennial Mall State Park and toured Nashville - Music Row, the Parthenon (a duplicate of the one in Greece), and the Belmont Mansion. Then we cruised through Brentwood, where many singers and producers live in mansions.

The terrain was rolling with gradual climbing as we started in the Nashville Basin at 485 feet and climbed to 800 feet at the finish. 64.1 miles with 3,025 feet of climbing.

## **Day 2** - Henry Horton SP to Tims Ford SP

Sixty degrees, no wind, sunny. A fairly flat start. After 20 miles, the climbing picked up with 10-12 percent grade climbs. The roads were smooth blacktop with almost no traffic. The last eight miles were on the edge of the giant lake formed when they built the Tims Ford Dam. We stayed in a cabin on the shore. 67.3 miles with 3,120 feet of climbing.

## **Day 3** - Henry Horton SP to Henry Horton SP

This was optional mileage day with routes set up for 35 or 50 miles. I decided to make it a century and plotted a route that would take Mike and me into Alabama and loop back to the regular route.

I knew we would climb the Cumberland Plateau, which overlooks central Tennessee by 1,000 feet. I managed to find the most difficult route to the top on a county road, a 1.2 mile climb that took us 840 feet straight up the side of the mountain. An unrelenting average of 13 percent.

After stopping in Hytop, Alabama, we returned via another county road.

Mike headed back with 80+ miles and I joined the regular route into Lynchburg, the home of Jack Daniels. After a couple of 17 percent climbs, I had my century in. 101.7 miles with 5,320 feet of climbing.

## **Day 4** - Henry Horton SP to McMinnville, Tenn.

A headwind day, plus a climb up the Cumberland Plateau again. We rode with the girls to the base of the climb up to Sewanee. This time, the climb was a little more fun as we climbed 1,000 feet in 3 miles. We cruised through the University of the South and its incredible architecture.

This took us to the high point of the trip at 2,200 feet. After rolling miles on top of the plateau, we had a fast descent to the valley and then rolling terrain into McMinnville. 85.6 miles with 4,105 feet of climbing.

## **Day 5** - McMinnville to McMinnville

This day offered two loops, both centered around the scenic Rock Island State Park. Mike and I opted for the long route which climbed Spencer Mountain. We were in the wilds, with only one town in 75 miles. Quiet climbs and valley roads with a tailwind on the second half. 74.8 miles with 5,060 feet of climbing.

## **Day 6** - McMinnville to Long Hunter State Park.

We finished the ride that day, starting with a nice tailwind, and after hilly terrain and a couple of tough climbs, we rocketed down into the Nashville basin. We descended for almost 10 miles through a valley into Woodbury, Tenn. From there, the topography was easier and we cruised back to our vehicles. This was the only part of the trip with any significant traffic as we neared Nashville again. 87.3 miles with 4,130 feet of climbing.

## **Day 7** - Natchez Trace Parkway

I wanted to do a short ride on the Natchez Trace Parkway. I plan to organize a group ride to do the whole 444 miles from Natchez, Mississippi to Nashville, so wanted to check it out. This would be a wonderful ride with smooth roads, low traffic, quiet and good scenery. 42.1 miles with 2,760 feet of climbing.

I'd highly recommend this tour. It's well organized and supported. It's only an eight-hour drive to Nashville, although next year's will start farther east and be more mountainous.

## December 2007 Ride Schedule

### Winter ride schedule—October through April

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

#### Saturday, December 1

9:00 A.M. Meet at the United Methodist Church in Colona (1/2 Mile East of the I-80 Colona exit on Cleveland Road) for a riders' choice ride.

#### Sunday, December 2

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

#### Wednesday, December 5

##### *Morning Ride, Iowa Start*

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

#### Saturday, December 8

9:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

#### Sunday, December 9

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

#### Wednesday, December 12

##### *Morning Ride, Iowa Start*

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

#### Saturday, December 15

9:00 A.M. Meet at Hardee's, 425 55th St., Moline, for a riders' choice ride.

#### Sunday, December 16

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

#### Wednesday, December 19

##### *Morning Ride, Iowa Start*

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

#### Saturday, December 22

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

#### Sunday, December 23

9:00 A.M. Meet at Hardee's, 425 55th St., Moline, for a riders' choice ride.

#### Wednesday, December 26

##### *Morning Ride, Iowa Start*

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

#### Saturday, December 29

9:00 A.M. Meet at the United Methodist Church, 1709 Cleveland Rd. in Colona (1/2 Mile East of the I-80 Colona exit on Cleveland Road) for a riders' choice ride.

#### Sunday, December 30

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, 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.

## Let's Grow!

By John Harrington  
Email:  
jwhjkh@mchsi.com

Your QCBC Board has met to discuss various options to increase our membership. We are also trying to attract younger members. Here's what we decided in our November meeting: Membership drives. January will be "New Membership Month" to coincide with New Year's resolutions to improve health. To help add 50 members, we'll give bike shop gift cards to anyone referring a new member. We need a membership manager to lead this program and other efforts to increase membership.

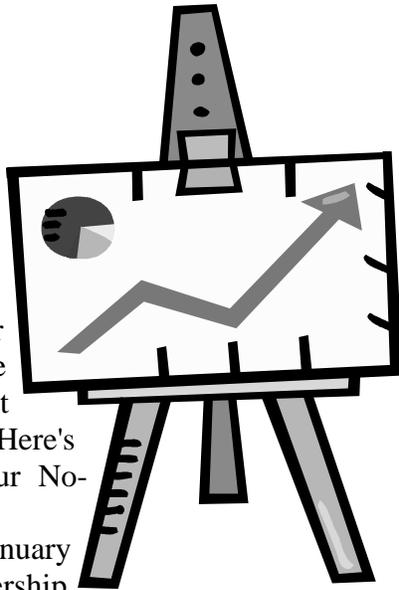
Promotion. We'd like to appoint a promotion manager to make sure all of our events and daily rides are promoted in local newspapers (Dispatch, Argus, QC Times, Leader and Reader), magazines (Radish), TV, radio and other media.

Kids activities. We like to increase activities for kids. We might sponsor a "Quad Cities Bicycle Club Race for Kids" at the QC Criterium. We could also increase the number of family rides by appointing a Family Ride Coordinator. Anyone interested in this position?

Optional online membership registration and payment. This would make it easier to become and remain a club member. We hope to also capture more information about new members to help us make the club better.

Membership fees will be \$20 per year for singles, couples and families. While this will mean a \$5 increase for singles, we hope that the new fee will encourage more families to join and ride bikes.

Please let me know if you have interest in leading any of these activities or if you have any other ideas to help grow our club.



# GITAP-08

By Chuck Oestreich

The Grand Illinois Trail And Parks (GITAP) will host its sixth annual week-long tour through the hills of northern Illinois Sunday, June 15 to Saturday, June 21, 2008.

For GITAP-08 we're returning to one of the ride's favorite routes, although our start/finish location near Dixon is new. We'll ride prairie, hills and Mississippi River shoreline through small towns and one large one - the Quad-Cities - using a mix of green trails and low-traffic roads (for the most part).

We'll be overnighing at three superlative Illinois State Parks. The basic route covers about 300 miles, but added mileage extras will allow for as many as 550 miles for the week.

GITAP's basics are:

- A mid-June, week-long, supported bicycle tour using parts of the Grand Illinois Trail and a number of the state parks.
- Sponsored by the League of Illinois Bicyclists with support from the Illinois Department of Natural Resources.
- Tent camping in state parks, with a motel package available at additional cost. Showers and luggage transportation provided.
- Breakfasts and dinners included - and, of course, a T-shirt, emergency sag, bike repair, and refreshment stops when needed. (optional jersey will be for sale.)
- Nightly meetings featuring ride info, occasional entertainment and door prizes.
- Alternative on-pavement routes when soft trails are used.
- Velosophie: optional nightly discussions sponsored and led by the Illinois Humanities Council.

For 2008 we'll also have:

The ride will begin and end just south of Dixon, Illinois, at Sauk Valley Community College. It will feature quiet roads through northwestern Illinois, the entire Great River Trail along the Mississippi River, and portions of the Hennepin Canal Trail.

You'll have many route choices: bike anywhere from 300 to 580 miles during the week. An extra loop almost every day! We'll be overnighing on a bluff overlooking the charming Rock River at Lowden State Park, enjoying the scenic Mississippi River environment at its finest for two days at Mississippi Palisades State Park (including an extra-mileage route to Galena), and ending the week at serene Morrison/Rockwood State Park.

We'll have a "day off" at Rock Island's Augustana College, with all the Quad-Cities' trails and bicycle-friendly streets to explore - along with an optional century loop through classic small-town America. (Note: we'll be using a quieter location on Augie's campus this year.)

There will be campfires, sing-alongs, s'mores, photo contest, and more.

For more information, a registration form, visit [www.bikelib.org/gitap](http://www.bikelib.org/gitap), email Chuck Oestreich at [oestreich@qconline.com](mailto:oestreich@qconline.com), or call him at (309) 788-1845.

## 2007 QCBC Fall Foliage Ride

By Deb and Dean Mathias

The Fall Foliage route again included our favorite rustic roads. Nature and the fall foliage engulfed us as our bikes serpented up the sharp inclines.

Eventually, the top of Blue Mounds Trail Road came into view. That's the essence of the Fall Foliage ride Oct. 13-14.

The ride started Saturday morning from the Military Ridge Trail Head in Mt. Horeb after breakfast at Finks' Restaurant. Dean recommends the blueberry/raisin/brown sugar oatmeal layered over a bed of scrambled eggs for a Mt. Horeb delight.

Leg warmers and gloves were standard issue with temperatures in the upper 40s and cloudy skies. Twenty riders tackled a route laced with hills. Riders with a penchant for more hilly terrain had many options.

Three bicycle clubs were represented:

QCBC: John Wessel, Denise Duethman, Ernie Parr, Martha Stevens, Phil Fellner, and Deb and Bareback Mathias. Dave Thompson drove up later, scoped out his own route, and joined us for dinner.

BIC: Tim Cornelius, Bill Heitbrink, Marv Scher, and Joe Smith.

Wheeling Wheelmen: Betsy Burtelow and Jim Boyer, Marykay and Rich Drapeau, Deb and Tom Wilson, Jeff Biedka, Jim Flechsig and Paul LeFever.

The cyclists re-grouped after the first 16 miles at the grocery store in Blue Mounds and the only chance for a food stop before lunch.

The fall colors were washed out because of the clouds, yet there were occasional glimpses of eye-popping views. Most riders took the challenge of climbing in Blue Mounds State Park for the best view of fall colors from park towers.

Cyclists paid sweat equity working on the uphill and literally chilling-out on the descents.

The lunch stop was in Mazomanie. Only 17 miles to go.

Phil Fellner was self designated tour guide for Joe, John and Denise. We try to change the route each year to keep Phil on his toes. He's notorious for his "wing and a prayer" scouting technique that adds adventure and miles.

Deb Wilson reported the only flat tire, and had much assistance getting her bike back on the road.

Dinner at the Sole Saporì Restaurant was a perfect ending to the day. We were treated to dinner by owner, Ann, in a private room with salad and garlic cheese bread waiting when we arrived.

Sunday's ride was not to be, when we woke up to rain. Hills and wet leaves would make for some treacherous descents.



### 2007 RAAM DVD Available

The documentary of the 2007 RAAM is available on DVD for purchase at the RAAM Store. Allen Larsen, 2003 Solo RAAM Champion, has produced a compelling view of RAAM, using his extensive knowledge of the race, testimonials from outside sources, and footage from a host of cameramen on course. In a nice touch of paying respect to RAAM as the "toughest athletic event in the world," we've included comments and footage of Wolfgang Fasching, comparing his summit of Mount Everest and his conquest of RAAM. Wow! Go to the RAAM Store to order your copy.



Submit 2007 mileage totals

Submit your total miles ridden in 2007 to David Thompson by Jan. 7. Miles must be ridden outdoors on a bicycle. A list will be published in the February newsletter.

To submit miles, call Dave at (309) 764-5030 or email [ultrabiker@sbcglobal.net](mailto:ultrabiker@sbcglobal.net).

The following are Round the World award recipients for 2007, noted at the Nov. 9 QCBC Banquet:

- George Van Thorre: four times around the world - 100,000 miles
- Steve Kurt: four times around the world - 100,000 miles
- Gary Jones: Twice around the world - 50,000 miles
- Tom Scott: Once around the world - 25,000 miles

## Safety 101

By Donnie Miller  
League Certified Instructor #1833  
[bicycleracr@sbcglobal.net](mailto:bicycleracr@sbcglobal.net)



Well, I've taken the prerequisite Road One certification and completed the League Certified Instructor (LCI) taught by the League of American Bicyclists (LAB).

For a total of four days we talked about bicycling in all aspects, including teaching the various topics, and participated in parking lot drills and traffic cycling.

I am now certified to teach anything cycling, for any age group and ability. I will be doing bicycle rodeos for school and community groups and teaching safe cycling principles to anyone who wants to become a better cyclist on the roads and paths in the QC.

Whether you want to learn how to position yourself properly on the roads in traffic, or would like to learn how to commute to work or school during Bike to Work Month and replace driving your car, I can teach you how.

In the coming months, I will be a contributing columnist on everything safety. Please stay tuned and together we can make the Quad-Cities a safer place to "DRIVE" our bicycles on the same roads with motorists.

As quoted by John Forester, founder of Effective (vehicular) Cycling, "Cyclist fare best when they act and are treated as DRIVERS of vehicles."

## LAWS—BICYCLES—LOBBYING—DOT—FUNDING—PROJECTS—and more

According to an Oct. 16 National Complete Streets Coalition news release, "In near-unanimous votes, the Illinois House and Senate have overridden a gubernatorial veto to adopt a statewide complete streets law.

"The new law requires the Illinois Department of Transportation to include safe bicycling and walking facilities in all projects in urbanized areas, and is a victory for the movement to create complete streets that serve the needs of all road users. It is effective immediately for project planning and required in construction beginning August 2008."

"The law is a very cost-effective way to improve safety and access for bicyclists and pedestrians," says Randy Neufeld, chief strategy officer for the Chicagoland Bicycle Federation.

"In the past, the state was prompted by death or injury to correct unsafe conditions on a given project. This law requires projects be built correctly the first time, which will save taxpayers money and protect people.

"Illinois' action makes it the first state to adopt complete streets into law since the complete streets movement began in 2003. While Gov. Blagojevich had used an amendatory veto to gut AB 314, in special session both houses voted to override, the Senate unanimously (Oct 5) and the House by 109 to 3 (Oct. 10)..."

For more on this story, visit the National Complete Streets Web site at <http://www.completestreets.org/>. To receive the "Complete the Streets Newsletter," go to: <http://tinyurl.com/38cwwq>.



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Davenport, IA 52808

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Davenport, Iowa

## ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

### Winterizing your vehicle *By Heath Treharne, DC*

Now that December is here, we must realize that our active lives lean towards slowing down to slumber for the winter hibernation. When this happens, there tends to be an increased chance of not feeling 100 percent of our health being expressed in our body (vehicle). But why?

Life is Motion! With reduced motion, you have reduced life flowing as well. Even if the weather may not be sunny and bright, just a little planning and preparation can bring the same amount of activity in your life.

Close environment, close contact. Make sure you give yourself time to get fresh air. Also, invest in some good ole' Ivory Soap. There are increased warnings about the "anti" soaps on the market due to the counterproductive elements it's showing to hinder your immunity factors.

Listen to your body. If you feel tired, go to sleep. Don't take a pill or potion just to get an extra hour

of productivity. In many cases, these only prevent your body from healing itself and allow you to take them for a longer period of time. Remember your body is the only source of healing.

Stay well-adjusted by keeping your chiropractic appointments. Make sure your nervous system is functioning at an optimal state to conquer any bug that might be out there. You are exposed to them continuously. It's your body's ability to counteract their opportunistic activities.

We want to see everyone in our community be the best they can. Just think if everyone was at their optimal level, how great our community would be!

***Happy, healthy and full of life!***

