



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — August 2008

2008 Triple Bypass - An Epic Adventure

By Mary Kundel

Triple Bypass sounds like heart surgery. But when Mike Winters saw the 120-mile Colorado bike tour, with a 10,400 feet of gain in one day, he knew it was something he and his biker friend, Dave Haussler, had to conquer.

Biking/drinking buddy Arnie Kundel was invited, and Paula Winter and I decided to ride too. Wednesday Night Running Club friend Karen McCarthy agreed to sag the group.

So, in early January, we made plans to get in mountain shape for the July 12 ride. We spent the winter spinning, with some outside riding by Mike and Dave. Arnie and I kicked off outside riding with the 200-mile Louisiana Cycle Xydeco tour in March.

By the time the group left for Colorado, we had ridden at least eight centuries, including QCBC's Tailwind ride, TOMRV and Midwest Ultra Cycling Balltown Classic (100 miles).

We left the QC July 5 for a condo in Frisco, CO., with easy access to the bike path.

Monday's training route was going to be over Swan Mt. and Loveland Pass. (the second pass of the Triple's tour, and we wanted to be ready for it.) Unfortunately, Arnie encountered mechanical difficulties after climbing Swan Mt., so he and I returned to the Frisco Wilderness Sports bike shop. Later, we rode over Vail Pass (10,560 ft.), logging about 40 miles the first day of altitude riding. Mike, Dave and Paula completed Swan Mt., but opted for Montezuma Pass after another rider warned them Loveland Pass was treacherous because of heavy semi-trailer traffic. They also did about 40 miles.

Tuesday's route was over Vail Pass and back again. Since this was to be the last pass of the Triple Bypass, we were anxious to get a taste of it. From Frisco to Vail Pass was a steady uphill, mostly on the bike path at 2-3 percent grade, maxing at 6 percent near the summit. By then (14 miles later) the 6 percent felt more like 15 per-



On a training ride at the Vail Pass a few days before the Triple Bypass ride are, from left, Mike and Paula Winter of Rock Island, Dave Haussler of Coal Valley, and Mary and Arnie Kundel Davenport.

cent. We were expecting a tougher climb, and after reaching the summit, asked "Is this all there is?"

After careening down the other side, negotiating sharp turns and steep grades into Vail, eating lunch and returning up the other side, we changed our tune. Climbing the pass from the west side was much more challenging (5-6.6 percent grades with a max of 7 percent).

We had to negotiate a couple quick switchbacks, and although most of us were in our smallest gears, it was "stand on the pedals" time. Downhill to Frisco was more fun, but took a lot of attention to avoid missing a curve or running over a stroller or jogger on the bike path. The total for the day was 60 miles.

By Wednesday, we were gaining confidence in our climbing. We ran into fellow Quad-Citizen, Mike Frasier, who led us on a route from Frisco to Leadville, which included Fremont Pass (11,318').

The shoulder was wide, but littered with sand, rough asphalt and deep cuts for water run-off. The cuts crossed the entire shoulder and were wide enough to throw a biker if the front tire was turned a fraction. This was the longest and steepest grind we'd been on for about 18 miles—2.5 percent to 4.5 percent with a maximum 7.5

Bypass contd. on page 3

Key Contacts

Officers:

President - Phil Schubbe (563) 359-5057 or pshubbe@aol.com
Vice President –
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
Treasurer – Darlene Moritz (563) 386-3499 or dmoritz@access.net

Quad Cities Bicycle Club
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<http://www.qcbc.org>

Board Members:

Denise Deuthman (563) 441-0131 9283	Ken Urban (563) 326-3427	Charles Curry (309)797-
Donnie Miller (309) 737-8270 3422	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-
Terry Burke (309) 797-3790	John Harrington (563) 940-6023	John Wessel (563) 359-8350

Key Contacts: A complete listing of committee chairmen and key contacts is available on the club's web site and in the front of the hard copy ride schedule and membership directory booklet.

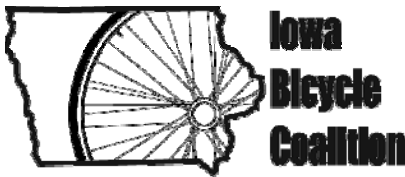
Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

Club Meetings: Are held twice a year at 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: qcbceditor@yahoo.com or send to: Jackie Chesser or David Weckel, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50, and a full page - \$100.

Major Activities of the Club Include: Tailwind Century in May, Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

Benefits of Being a Club Member Include: 12 issues of Pedalwheeling per year, annual issue of Ride Schedule and Membership Directory booklet, 10% discount at QC area bike shops, ability to use LAB "Bikes Fly Free" program on selected airlines and discounts on TOMRV and Heartland Century registration fees.



<http://www.iowabicyclecoalition.org>



<http://www.bikeleague.org/>



<http://www.bikelib.org/>

Cycling Risk Assessment Study

The [New York Cycle Club](http://www.nycc.org) is doing a survey to gather bicycling accident information from a diverse population of cyclists. Anyone can one or more bicycling accident survey responses. Whether you had a minor or major accident, or observed one, please visit www.nycc.org/ras/ to enter a [survey](#) response.

The results of this ongoing world-wide [survey](#) will eventually be compiled, analyzed, and published. In the meantime. There are links on the Web site to other cycling safety-related studies. These studies are the result of compiling accident statistics from police reports or by performing a controlled experiment.

Bypass contd. from page 1

percent for a mile on either side of the summit.

It was easy to gain speed down into Leadville. Arnie, the heaviest, rocketed down at 45 mph, until he realized the road had some rough spots that could end the fun if he wasn't careful.

Mike W. and Mike F., not the type to be left in the dust and at least 30 lbs lighter, caught Arnie by drafting each other. Dave and Paula were more conservative and probably smarter, using their brakes and common sense of road conditions. I was somewhere in between – a bit of “flying,” then some cautious braking.

Everyone made it without a crash - not bad for flatlanders. A beer definitely was in order.

Thursday was to be a “rest” day, so we decided to climb Mt. Royal instead of biking, a 45-minute climb that resulted in a lot of aches and pains afterward. Friday was a real rest day - preparing bikes, laying out clothing and supplies, and worrying about completing the distance.

Saturday - after all the mental and physical preparations, the day was here. We left Frisco by 4:30 a.m. to get to the starting point in Evergreen's Bergen Park. It was 44 degrees, with a high projected at 69. The wind was forecast at 10 mph N/NE. We could get a bit of a tailwind!

Karen dropped us off and we began riding on a bike path with a gentle climb. Being the stronger riders, and aiming to finish in under eight hours, Dave and Mike surged ahead of Paula, Arnie and me.

We had read of riders who began too fast and suffered the rest of the ride. We wanted to feel well enough to drink beer afterward and celebrate our finish!

The bike path turned into Highway 103, with traffic fairly light as we ground our way up to Squaw Pass (9,708'). We reached the summit of Juniper Pass (11,140'), all told, a 14-mile climb. Next came a breathless 16-mile descent into Idaho Springs, breathless because even with jackets, it was so cold, the bike was shaking.

The harrowing curves didn't help either. I guess they're only harrowing if you're a flatlander, because there were plenty of people “bombing” down in a tucked position, taking the entire lane as they cornered. I wondered how some of them missed oncoming traffic as they nicked the white line on the way down around blind curves.

In Idaho Springs, we resumed a steady climb to Loveland Pass (11,990'). From the elevation map, it looked to be about a 30-mile climb. Oh, boy!

At Georgetown, we re-entered a bike path for a time, before going onto a frontage road as we approached Bakerville, then to I-70, which has 2-3 mile portion where bikes are allowed on the shoulder. Fast-moving semis and a headwind caused a bit of concern.

Lunch was at Loveland Ski Basin and we were on Highway 6.

We had heard Loveland was the toughest climb, so were pretty confident we would finish the route. We had already ridden Vail, so we knew it was do-able. We began the journey down, an 18-mile descent. Paula and I, though not together, were careful to stay to the right of the road, as we knew we were lighter than the male riders and probably braking more than most of the other female riders.

There were cracks and rough spots in the road to be cautious of, besides a softball-sized rock in the middle of the lane. On the way down, Mike saw a woman ahead do an “endo” and hit the pavement. Several people had already rushed to her side, so he continued on.

Paula, Arnie and I met Karen at Keystone, though not at the same time. Arnie and I enjoyed a cold Mountain Dew and stripped clothing and equipment we felt we wouldn't need for the last 50 miles. It was near 70 degrees.

The original route was to take us over Swan Mountain. But, we heard that someone was caught videotaping the dam/reservoir a few days earlier. They said they were making a movie, but Homeland Security didn't believe them, and shut down the whole mountain. The alternate route was through Dillon. It was flat. We didn't complain.

Entering Frisco, we were on the bike path we had ridden several times that week, beginning the slow rise to Vail Pass (10,560'). We encountered some headwind. Along the way, a young gal tagged onto the back of Dave and Mike. Dave couldn't believe a woman could stay with them as they climbed, so male ego prompted him to pick up the pace, until they realized she was keeping up. Finally, she told them she was a member of a professional bicycling team and asked Mike and Dave if they were CAT 1 or 2?

When they admitted they were just CAT 4, she was impressed and promised them a beer at the finish for blocking the wind for her. Unfortunately, she went her way after finishing, and the boys never collected the promised beers.

Meanwhile, a couple hours behind, Arnie and I met up with Paula as she was preparing to leave Vail Pass. We finished the ride together. It was a welcome sight to turn into the pennant-lined finish area.

Ride times:

Mike Winter 7:50	Paula Winter 10:04
Arnie Kundel 9:11	Mary Kundel 9:42
Dave Haussler 7:26	

MRT Mississippi Trail ride Aug. 23-24

The Mississippi River Trail Ride leaves from the i wireless Center in Moline and goes to Muscatine and returns Sunday. Luggage will be shuttled to Muscatine. Registration deadline is Aug. 9. Visit <http://mrtbikeride2008.eventbrite.com>



Olympic hopeful snubbed; Oh well, maybe next time

By Scott Swanson



I guess I'm going to have to wait until 2012 and work on my British accent for the London Olympics. I thought I had a shot at qualifying for the Beijing games, but I got snubbed. I don't understand.

I first demonstrated my pure power by bending my derailleur at the QCBC 20k time trial in 2004. In 2005, I improved my times consistently in the hotly contested Two Bee TT series.

In 2006, I edged Terry Burke by a heartbeat to take an age group silver medal in the Senior Olympics. In 2007, I played super-domestique to Dave Thompson and John ``Angry Legs'' Harrington in the first five miles of the Senior Olympic Road Race. I blazed my way to a club men's 10th place trophy at the QCBC 40k tt.

In 2008, I got more serious and rode the fixed gear in the QCBC 20k tt. I traveled to Northbrook, IL, for two training sessions to show my face against the rest of the best. Finally, utilizing my dual IA-IL citizenship, I used brute force at the Iowa State Velodrome Championships to take a bronze in the kilo at Kenosha.

I guess it just wasn't enough. They went with some kid name Tyler Phinney. I'm thinking he had an in, something about his parents pulling strings.

Pip pip, cheerio. I'm practicing my stiff upper lip. See you across the pond in four years.

Dice Time Trials

By Donnie Miller

We had a beautiful day for the 6th annual DICE 40K TT Championships, in Cordova, IL. Temps ranged from a perfect 69 to 76 degrees and the wind started off at 11mph from the WNW (head/cross on the return trip) to gust over 21mph.

The later it got, the more the wind picked up.

I would like to thank my volunteers Lisa Wessling and Jennifer Ainsworth for handling registration, Mike Desch as my starter, Bill Wiebel as my wrangler, Chief Rich Whalen as my left-turn corner marshal, the Cordova Township Civic Center for the facilities, and Bob Lundberg for timing the event.

I'd also like to thank MATTS for the medals and T-shirts for raffle, Profile for the TT bars for raffle, Sigma for the bike computer for raffle, and Park Tools for the toolbox at the races.

We had 72 people doing 76 rides. We had five Juniors doing 20K and the Male Junior Winner was 16-year-old Steve Miwa with a time of 35.31.36. The Female Junior Winner was 17-year-old Elizabeth Miwa with a time of 46.55.80.

The Female Overall Winner was Debi Dust of Chicago, and MetLife/Pony Shop with a time of 60:56.22 and a speed of 24.47mph. The Men's Overall Winner went to Christopher Mosora, Downers Grove, IL, and Lucas Oil with a time of 54:36.82 and a speed of 27.31mph. The Quad Cities Bicycle Club Champions were Margaret Millar with a 77:19.68 and John Grice with a 57:18.45.

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October Fall Foliage Ride

By Deb and Dean Mathias

Join us for the 2008 QCBC Fall Foliage Ride in Mt. Horeb, Wis. Oct. 11-12. We'll begin riding at 9 a.m. Saturday, Oct. 11 from the Military Ridge State Park Trail parking lot.

Travel distance to Mt. Horeb is about 140 miles from Davenport. We'll drive to Mount Horeb on Friday evening, Oct. 10.

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 these unique characters.

A cycling route on quiet country roads promises more than a few hills both days, with some flatter options. A town with lunch opportunities will be the destination both days before the return ride on different roads.

The Military Ridge Bike Trail (crushed limestone) is an option for cyclists who prefer a flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

Mountain bike trails are in Blue Mound State Park just west of Mt. Horeb with a connection spur to the Military Ridge Trail.

We would like to know how many people to expect. Call Deb and Dean Mathias at (309) 787-6547 or e-mail mathiasdebdean@peoplepc.com if you plan to join us for the ride. Also, give us a head count of people who would like to join the group for a scrumptious Italian dinner that Saturday night. People not riding are welcome to join us for dinner also.

You are responsible for making your own room reservations. A block of rooms has been reserved at the Karakahl Country Inn (www.karakahl.com) with indoor pool. The rooms will be held until Sept 5. Mention the QCBC for a group rate of \$62.95. Call Wally at (888) 621-1884 or (608) 437-5545 to reserve your room.

Rooms also are available at the Village Inn Hotel (www.littlebedder.com), which is adjacent to the Military Ridge Bike Trail. Call (608) 437-3350

Some Bed and Breakfast facilities also are available in the area. Check the Mt. Horeb Web site for more information.

Camping possibilities are two nearby parks:

Brigham Park – 112 acres with a spectacular panoramic view, about seven miles west of Mt. Horeb

Blue Mounds State Park about 10 miles west of Mt. Horeb. For information, call (608) 437-5711 or (888) 947-2757.

Bring along 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

Blue Mounds State Park

Brigham Park

Stewart Park

Little Norway www.littlenorway.com

Cave of the Mounds (608-437-3038)



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Be Part of Change — Ride the Challenge

By Dick Grimm

This being a year of change in everyone's mind, we hope you can help change the lives of boys at the Miracles Can Happen Boys Ranch, and again increase the number of riders.

When these young men see people show up to ride and then take the time to talk to them at the sag stops, they are impressed these people are here for them and others that will follow them. I'm asking for everyone to be there. Help make the change in these young men's lives.

It's hard to believe this will be the third year for the Miracles Can Happen Challenge. We have grown in riders each year and I think the addition of a medium route was enjoyable for those who rode it. We are hoping that the wind will be in our favor this year, because it sure wasn't last year.

The Challenge will be held Sept. 27, starting from the Swim and Play Park in Wilton, Iowa. We'll have four routes of 25, 55, 75 and 100 miles, with four sag stops along the routes. The 100-mile route can start after 6:30 am.

As we found out last year, there can be several options if the weather's a factor. Also this year we are going to have a \$20 early sign-up fee that includes a T-shirt. Early sign-up will be cut off Sept. 13. Then registration goes up to \$25. Remember all registration fees are tax deductible.

The ride once again will have a pre-ride pancake breakfast starting at 6 a.m. for a donation. Also, the famous root beer floats, will be available after the ride for a donation.

The rides will all start and end at Wilton Swim and Play Park. All rides head toward the beautiful Wapsi River Valley. The 25- and 100-mile routes will end south of Wilton. As always, we will be riding the rolling hills out and back, visiting some neat towns and seeing some wonderful views along the way.

Hopefully, we'll be catching the trees turning their early fall colors.

We'll have a downloadable registration form to send in, or you can sign up online. Also, while there, take a minute and check out some of the wonderful things that are happening at the Boys ranch.

To register, visit the Miracles Can Happen Boys Ranch Web site at <http://www.mchboys.com/index/>

For more information, contact Dick Grimm at: rlgrimm@netexpress.net

October Camp-out Ride

By Darlene Moritz

The request was made to hold the Thomson camp-out in October, when it's cooler.

We'll ride the Great River Trail in Illinois again, to the Thomson Causeway in Thomson, leaving Saturday, Oct. 27, returning, Sunday, Oct 28.

To reserve a spot, contact me at (563)386-3499 or dmoritz@access.net. I need to know if you are camping or staying in one of Savanna's hotels - Super 8 (815) 273-2288 or L&M Motel (815) 273-7728.

Riders, their families and guests are welcome.

Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and four people are allowed 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 from 8:30 to 9 a.m. and transported to the campground. Cars can be left just east of the Captain's Table boat landing in Moline.

On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route to Thomson is 65 miles.

Don't miss the fun. For more information, and/or to make your reservations, contact Darlene Moritz at (563) 386-3499 or dmoritz@access.net

August Camp-Out Ride

By Darlene Moritz

Are you ready for the August 23-24 Camp-Out?

Cars can be left just east of the Captain's Table boat landing in Moline. Riders, their families and guests are welcome to camp or stay at Savanna's Super 8 (815) 273-2288 or L&M Motel (815) 273-7728, in Savanna, IL.

Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and we are allowed four people 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 or trailer from 8:30 to 9 a.m. Saturday, and taken to the campground we are staying at the Mississippi Palisades State Park.

On the way, there are several small towns where we can get breakfast, lunch or whatever you need. The route to Savanna is 65 miles.

Don't miss the fun. For more information, and/or to make reservations, contact Darlene Moritz at (563)386-3499 or dmoritz@access.net.

I need to know if you are camping or staying in the hotels in Savanna.



Sunday, August 17, 2008 at 8:00AM in the Loud Thunder Forest Preserve

2 mile Run + 14 mile Bike + 2 mile Run Duathlon

Post Race Picnic, we furnish hamburgers, salads and soft drinks – dessert potluck

Register Online at GetMeRegistered.com

Race Director is Marta Verschoore (309)756-0751 or email Runfaster40@mchsi.com

Sponsors

Healthy Habits – Nutrition & Bicycles, Kaminski Pain and Performance Care, County Waste Systems, Inc., Fun Mart Cycle Sales

Approved Helmets are required for the bicycle portion of the event!

\$50 prize money to overall male/female winners

Awards to top three in each age group and division

Age Group Division, Male

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Age Group Division, Female

29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55+

Fat Tire Division, Male

Fat Tire Division, Female

Fat tire is a tire width over 1.90 inches

Male Team Division

Mixed Team Division

Female Team Division

Teams are 2 persons, One runner and One Biker; applications must be submitted together, with name of teammate on each

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/12/08)

Loud Thunder Forest Preserve is located off Route 92, about 5 miles southwest of Andalusia, Il. From Interstate 280, take the Route 92 exit west. Follow 92 thru Andalusia to Loud Thunder (right turn at top of hill). Follow Loud Thunder Road west, past the lake. At the top of the hill, follow the signs to the Horse Corral (race headquarters and start). Camping is available (about \$10 fee)—arrive early on Saturday to obtain the best camping spots. Race results will be available at www.cornbelt.org after the event.

Name _____ Age (8/17/08) _____ Birthdate (mm/dd/yy) _____

Address _____ City _____ State _____
 Zip _____ Phone _____

Circle club membership: CBRC QCBC none Circle: Male Female

Circle one: Individual Du Fat Tire Male Team Female Team Mixed Team

Teammate's Name _____ Team Name _____

Entry Fee per person:

Early registration entry fee is \$29.00. Registration after 8/12/08 is \$34
 CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

WAIVER: I know that running/biking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants and their equipment, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, Quad Cities Bicycle Club, County of Rock Island, Loud Thunder Forest Preserve, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Date _____ Parent Signature if under _____

August 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sat. Aug . 2	8:00 AM	20 miles 10-13 mph	Orion to Andover and back. Park at the Orion High School 12 th Ave. and 13 th St.	Chet & Kathy Doyle (309) 234-5921	Ride from Orion via 135 th Ave to Andover. Snack there then return to Orion through Lynn Center.
Sat Aug 2	8:00 AM	45+ miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by riders	Saturday Morning Ride – Mid Paced Riders Choice
Sat Aug 2	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride- Fast Paced No Breakfast Stop
Sun Aug 3	8:00 AM	40+ miles 14-16 mph	Geneseo City Park Geneseo IL	Determined by Riders	Sunday Morning Ride – Mid Paced Rider's Choice
Sun Aug 3	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride- Fast Paced No Breakfast Stop
We d Aug 6	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Aug 7	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Aug . 9	6:00 AM		Black Partridge Park, Meta- mora IL	Joe Jamison (309) 235-4284	Metamora 4 x 50 double century
Sat. Aug . 9	8:00 AM	28 miles 10-13 mph	Colona Grade School	Jim Dayton (309) 949-2140	Ride from Colona to Geneseo for breakfast.
Sat Aug 9	8:00 AM	45+miles 14-16 mph	East End of Ben Butterworth Parkway, Old River Dr. & 55th St., Moline	Determined by Riders	Saturday Morning Ride- Mid Paced Ride to Hillsdale and Erie
Sat Aug 9	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride- Fast Paced No Breakfast Stop
Sun Aug 10	8:00 AM	38+miles 14-16 mph	Crow Creek Park, Bettendorf, IA	Determined by Riders	Sunday Morning Ride- Mid Paced Ride to McCausland – lots of Hills!
Sun Aug 10	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride- Fast Paced No Breakfast Stop
We d Aug 13	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Aug 14	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat. Aug . 16	8:00 AM	28 miles 10-13 mph	Cordova City Park on Hwy. 84	Information: Call Vivian Norton 563-355-1899	Bike trail from Cordova to Albany
Sat Aug 16	8:00 AM	45+miles 14-16 mph	Southwest RI Industrial Park, 81st Ave. West & RI Express- way	Bill & Kathy Storm 563-355-2564	Saturday Morning Ride- Mid Paced Ride to Edgington & Buf- falo Prairie

August 2008 Club Rides

Date	Time	Distance	Start	Leader	Description
Sun Aug 17	8:00 AM	45+miles 14-16 mph	Boat Launch, along Bike Trail, Rapids City	Determined by Riders	Sunday Morning Ride-Mid Paced Ride to Geneseo
Sun Aug 17	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Tue Aug 19	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Aug 20	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Aug 21	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat & Sun Aug 23 - 24	Sat PM – Sun AM	40-45 miles each day	QCBC - pre-ride contact:Dean Mathias mathiasdebdean@peoplepc.com <i>Cost involved</i>	Ride Leader Tom Buckley tbuckley@LeeCounty.org	Mississippi River Trail Overnight Sat. Aug. 23, Moline to Muscatine Sun. Aug. 24 Muscatine to Moline http://mtbikeride2008.eventbrite.com
Sat. August 23	8:00 AM	20 miles 10-13 mph	Crow Creek Wildlife area on Y68 (old 61)	Information: Call Vivian Norton 563-355-1899	Rural Davenport to DeWitt
Sat Aug 23	8:00 AM	50+miles 14-16 mph	East End of Ben Butterworth Parkway, Old River Dr. & 55th St., Moline	Determined by Riders	Saturday Morning Ride-Mid Paced Ride to Albany
Sat Aug 23	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun August 24	8:00 AM	20 miles 10-13 mph	Scott County Park Walnut Grove, North parking Lot	Information: Call Vivian Norton 563-355-1899	Scott County Park to DeWitt
Sun Aug 24	8:00 AM	45+miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Sunday Morning Ride-Mid Paced Rider's Choice
Tue Aug 26	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Aug 27	8:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Aug 28	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice

August 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sat. August 30	6:30 AM		Riverdale Middle School, Port Byron IL	Joe Jamison (309) 235-4284	Ultra Midwest Weekend of Racing 6/12/24 Hour events
Sat. August 30	8:00 AM	28 miles 10-13 mph	Bettendorf to Le Claire	Information Call Vivian Norton 563-355-1899	Meet at the trail head on State Street..Riverdale-Bettendorf city line
Sat Aug 30	8:00 AM	45+miles 14-16 mph	City Park in Cordova off Rte 84	Determined by Riders	Saturday Morning Ride- Mid Paced Ride to Erie and Albany
Sun Aug 31	8:00 AM	40+miles 14-16 mph	City Park in Andover (across from Casey's on Rte 84)	Determined by Riders	Sunday Morning Ride- Mid Paced Ride to Bishop Hill
Sun Aug 31	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride- Fast Paced No Breakfast Stop

September 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Mon Sep 1	8:00 AM	35+ miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Labor Day Ride-Mid Paced Ride to McCausland for their annual Labor Day Celebration – Pancake Breakfast at Fire Station
Tue Sept 2	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Sept 3	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sept 4	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Sep 6	8:00 AM	55+miles 14-16 mph	Clark's Landing, Buffalo, IA	Determined by Riders	Saturday Morning Ride- Mid Paced Ride to Wilton and Durrant
Sun Sep 7	8:00 AM	45+miles 14-16 mph	Colona Grade School, Colona, IL	Determined by Riders	Sunday Morning Ride- Mid Paced Riders Choice
Sun Sep 07	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride- Fast Paced No Breakfast Stop
Tue Sept 9	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Sept 10	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sept 11	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by rid- ers	Thursday Evening Ride – Combined Rider's choice

Check web site for updates and additions to ride schedule format. Last updated 6/18/08

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September 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sat Sep 13	6:00 am and after	25, 50, 62 and 100 miles	Illiniwek Shelter in Hampton, Illinois	Scott Swanson	Heartland Century, ride of 25, 50, 62 and 100 miles. Pork chop dinner is optional.
Sun Sep 14	8:00 AM	45+miles 14-16 mph	North Scott H.S., Eldridge, IA	Determined by Riders	Sunday Morning Ride- Mid Paced Recovery Ride after Heartland Century. Rider's Choice
Tue Sep 16	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Sep 17	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sep 18	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Sep 20	8:00 AM	45+miles 14-16 mph		Determined by Riders	Saturday Morning Ride- Mid Paced
Sun Sep 21	8:00 AM	45+miles 14-16 mph		Determined by Riders	Sunday Morning Ride- Mid Paced
Tue Sep 23	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Sep 24	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sep 25	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Sep 27	8:00 AM	45+miles 14-16 mph		Determined by Riders	Saturday Morning Ride- Mid Paced
Sun Sep 28	8:00 AM	45+miles 14-16 mph		Determined by Riders	Sunday Morning Ride- Mid Paced
Sun Sep 28	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride- Fast Paced No Breakfast Stop
Tue Sep 30	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice

Check web site for updates and additions to ride schedule format. Last updated 07/18/2008

Ride Classification:

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.

Welcome New QCBC Members!

- Berg Stephen, Bettendorf, IA, 563-355-0705
- Byrnes Kenneth, Bettendorf, IA, 563-355-0482
- Thompson Ray, Bettendorf, IA, 563-650-5747
- Uhrich and Karen Mark, Bettendorf, IA, 563-355-8913
- Campana Steve, Davenport, IA, 563-349-5364
- Cuthbert Chap, Davenport, IA, 615-948-5615
- Eigenberger Jim, Davenport, IA, 563-355-0662
- Southard Cindy, Davenport, IA, 217-652-6176
- Cook Rebeca Jo, Brimfield, IL, 815-674-1224
- Brautigam Rita, Coal Valley, IL, 309-799-7228
- Boquist Ken, Rock Island, IL, 309-793-1740
- Whipple Sarah, Rock Island, IL, 309-737-3985
- Jeffrey Regan and Helena Veroort, Dubuque, IA, 650-210-6316

Membership Type	memberships	members
Comp	20	20
Couple	182	364
Family	100	378
Individual	427	426
Life	4	7
Grand Total	733	1,195

**Mississippi Bluffs Road Race
By Donnie Miller**

We had a small field but great race for the 4th annual Mississippi Bluffs Road Race on July 12. The rain held off and we had dry roads the whole race.

I like to thank the following volunteers - Lisa Wessling, registration; Terry Burke for registration and corner marshal; Deb Wood for corner marshal; and Sgt. Steve Ven Huizen from the Rock Island County Sheriff’s Department as left-turn corner marshal. I’d also like to thank Adventure Quest for letting us use their facilities for the race. Thanks again to the racers for coming out and racing this great course.

Men’s Open Cat 1-4: Darrell O’Quinn, 1st; Chad Bishop, 2nd; Kevin Wohlford, 3rd
 Master’s 40+: James Sneddon, 1st; Mark Wright, 2nd
 Master’s 50+: Gary Johnson, 1st; Russ Damhoff, 2nd
 Master’s 60+: Tom Erps, 1st

For all the results, visit qcbc.org

News from Leisure Rides

By Vivian Norton

So far this year, there have been many rides, including Duck Creek trail, Great Illinois Trail, Geneseo, Bettendorf and Davenport riverfront trails, Port Byron, Andover to Bishop Hill, and Scott County Park to DeWitt.

Ride leaders have been: Ruth Saunders, Dan DeMay, Jean Kelly, Dodie Robers, Mike Middlemiss, Steve and Nancy Montgomery, Barb and Joe Welsch, Chet and Kathy Doyle, Joy Duex, Mike Beard and Jim Ulmer.

Other rides have been Sara Studnicka, Bonnie Gessling, Kay Meyer, George and Millie Van Thorne, Michael Hye, Robert Senbald, Barb and Joe Welsch, Jeanette Harrington, Judy Teeple, Jeanie Bopp, Stephen Meyers, Chris Clure, Lou Sonnevill, Jan Sonnevill, Dan DeMay, Dorothy Spriet, Phil Schubbe, Jerry Sears.

Some riders aren’t mentioned because I misplaced some lists. I’m sorry if I misspelled anyone’s name. Call to make corrections. Anyone willing to plan/lead a ride contact Vivian Norton (563)355-1899 or (563) 508-1323) or e-mail vjoan@att.net.

There will be rides until the end of September, including rides from Orion, Bettendorf, Davenport, Moline, East Moline, Wilton and Scott County Park, Watch Pedalwheeling and the QCBC web site for dates and location of ride starts.

Join a Leisure Ride when you want a pace that lets you take time to socialize and “smell the roses.”

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$20/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 _____
Date _____

Quad Cities Bicycle Club
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Davenport, IA 52808

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Coming Events

Camp-out Ride—Aug. 23-24

Miracles can Happen Challenge — Sept. 27

Fall Foliage Ride—Oct. 11-12

Camp-out Ride—Oct. 27-28

Get out and Ride!

