



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — November 2012

Sorrow, surprise for Chuck

I do most of my everyday trips around town on a bike. I use an old black Trek Antelope I picked up at a yard sale a few years ago for something like \$15 – at least I call it my \$15 special.

I've added some fold-down panniers to carry things like bread, gallons of milk, 12-packs of beer, and books.

It's not pretty, but it does the job and I've come to treasure it.

Early this fall, on a Thursday morning I took my weekly trip to the Rock Island downtown library, my panniers loaded with books and magazines. I did my usual: parked the bike in a rack, locked it to itself with a cable lock, hung my helmet on it, and went in for about an hour.

When I came out with an armful of books, the bike was gone. Stolen. Ripped-off. My sunglasses on the pavement were the only remnants.

I was mad and sad. Disgruntled and distraught hardly begins to describe my feelings. My good, old workhorse of a bike was gone. The thing had no resale value. Why? It's basically worthless. Did somehow the lock not work or had I forgotten to turn the combination allowing some kid to grab it for a joy-ride? At 9:30 a.m.?

I told the library desk about it and they said they'd keep an eye out, but to call the police.

So I walked home with my load of books, passing our old Lincoln school being demolished by a gigantic crane and bulldozers. I felt as if they were knocking me down at the same time, perturbed as I was because of the theft.

At home, after reporting to the police, I got on another bike and spent a good hour canvassing the neighborhood around the library, searching alleys and by-ways. Nothing. At one point, I saw a teen on a black bike about three blocks away. I raced close to him – nope. It wasn't mine.

That was that. It was gone. Probably junked somewhere, perhaps stripped of anything usable, such as the panniers or the tires.

Two days later, my wife and I spent the morning in a neighboring village. When I got home, there it was, sitting on the front porch. My good old bike - not damaged at all, except for the lock cable meshed in the back spokes. Even the mirror was there.

Wait a minute. What's going on here?

How did it appear magically on my front porch two days after it was stolen?

No, it wasn't divine intervention (I'm sure I don't have enough earned credit for that.), friends playing a joke, or anti-bike terrorists experiencing a change of heart. It wasn't anyone from the library finding it in the bushes and returning it to me. It also wasn't the police.

The day after the bike appeared out of nowhere I was on the porch as my postman and neighbor, Rick Rowe appeared with our mail and asked, "Did you find your bike?" I jumped up and said, "What do you know about it?"

He was the magician. He overheard me telling my woeful tale to another neighbor the day it disappeared. Two days later on his route, he spotted an old black bike hidden behind a parked truck about a block from the library.

His memory clicked and he later picked up the bike and brought it to my house. He was sure it was mine from seeing me ride it around the neighborhood so much. When he found nobody home, he left it behind the railing on the porch.

I learned a lesson: Lock your bike to something, not just to itself.

I also learned another truth: Our post office is a great agency for keeping an alert eye on our communities. It's more than just delivering the mail.



Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
Vice president - Denise Duethman (309) 721-7276 or neuromanager910@yahoo.com
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
P.O. Box 3575
Davenport, IA 52808
www.qcbc.org

Board Members:

Terry Burke (309) 797-3790	Laurel Darren (309) 230-2484	Doug McDonald (563) 332-6774
Kevin Kraft kkbluenote1@gmail.com	Michael Hughes (563) 332-5605	Donnie Miller (309) 737-8270
Don Collins (563) 340-3476	Don Luth (563) 381-3750	Dave Thompson (309) 764-5030

Key Contacts: A complete listing of committee chairmen and key contacts is available on the club's website 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.

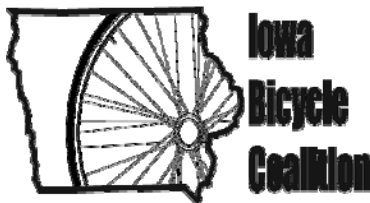
Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to Jackie Chesser at qbceditor@yahoo.com Free want ads are available for members. **Commercial ads are available at the following rates:** ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.

Major Activities of the Club Include: Tailwind Century in Spring and Fall, Spring Picnic, QC 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 membership Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



www.iowabicyclecoalition.org



www.bikeleague.org



www.bikelib.org

Join Oct. 25 night ride

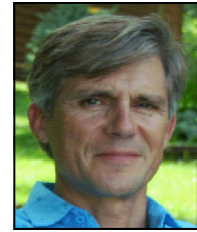
Join Bill and Kathy Storm for the Oct. 25 Night Ride, at 6:30 p.m. at Eastern Avenue Park parking lot on Duck Creek Trail in Davenport. A mountain or hybrid bike is suggested, with a headlight and/or helmet light and a lighted, red rear reflector.

The ride will be held only if trails are dry. If possible, wear clothing that is reflective and put reflectors and/or reflective tape on your bike. You need to be seen by cars as you cross streets. For more information, call Kathy or Bill at (563) 355-2564 or (563) 340-2142 or email kbstorm@aol.com or billstorm@aol.com.



Let's Ride!

John Harrington, QCBC president



Don't put that bike away. There still is more good riding in our future!

- **Roll with Christian.** Here's your chance to ride Scott County, Iowa roads with a real cycling pro—Christian Vande Velde, 10-time Tour de France participant. We'll leave the Whispering Pines Shelter at Scott County Park at 10 am on Saturday, Nov. 3, and ride the first few miles of our [40-mile route](#) at a mid-pace level so riders can talk with Christian.

We'll have t-shirts for all pre-paid riders on a first come-first serve basis. Available t-shirts also will be given to those who sign up at the ride with sign-up closing at 9:45 a.m. Net proceeds will go to Christian's charity of choice.

There is no rain date or refund if we are unable to ride. Register online at [GetMeRegistered.com](#) or mail your registration form (available at QCBC.org), and a check for \$25 per rider (made out to QCBC) by Oct 26 to: Janette Harrington 4552 Amber Court, Bettendorf, Iowa, 52722

For information, contact Janette at jkhjwh@gmail.com or (563) 343-0464 .Bulletin Board. Please contact me at jwhjkh@gmail.com if you'd like to update the QCBC Bulletin Board at Eastern Avenue Park on a monthly basis.



Member profile: John Harrington

Age: 55

Family: Lucky to be married to Janette and have Justin as our son.

Employed: Financial advisor at Bettendorf Financial Group

Born where: Boston, Mass.

First bike: Green Schwinn Continental. It was fast.

Years cycling: Not enough.

Favorite type of riding: Uphill.

Favorite ride: Janette and I riding with Justin on his first century.

Unusual ride: Racing Mt. Evans in Colorado and seeing mountain goats at 14,000 feet. It took a minute to figure out that I was not hallucinating.

Longest ride: 280 miles in 14 hours. Yes, I was much younger then...

Most memorable ride: Gran Fondo Campagnolo race in Italy with good friends.

Dream ride: Anywhere in Europe.

One thing that people don't know about me: I rode my small motorcycle around the perimeter of the U.S. after graduating from college. At one point I lost all my travelers' checks and had to live off of the generosity of others for a couple of days.



Thanks to QC Marathon volunteers

By Deb Mathias

Thanks to the several bicyclists for volunteering at the Sept. 23 QC Marathon.

Medic patrols cruised the last three miles to watch for runners who needed assistance. Thanks to Robert Anderson, Terry Inch, Scot Heisdorffer, Frank Martin, Vivian Norton, Kentley Loewenstein

Bike marshals guided elite male and female marathoners/half-marathoners around the course. Thanks to Donnie Miller, Don Fish, Denise Duethman, Kristin Jordan; Deren Batterson, Amy Johnson, Darlene Moritz, Bea Flores
Wishing a speedy recovery to Don Collins and Clarence Darrow, who volunteered, but had to back down after injuring clavicles in bicycle accidents

Send a QCBC member profile

Get to know other QCBC members better. Send us a Q&A profile of your, or another club member, along with a mug shot, and we'll run them in Pedalwheeling when space is available. Send them to qbceditor@yahoo.com.

Here are some suggested questions:

1. Name:
2. Age:
3. Family:
4. Employed where:
5. Town and state where you live now:
6. What do you remember about your first bike:
7. What do you ride now:
8. Favorite type of cycling:
9. What's your favorite ride:
10. Have you had any unusual rides or something unusual happen during a ride:
11. What was your longest ride:
12. What is your most memorable ride:
13. What is your dream ride:
14. What's one thing few people know about you:



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Dr. Smith Answers Your Foot Pain Questions. **What is Metatarsalgia?**



The ball of your foot is where metatarsal bones end and toe bones begin. Sometimes, the pressure from tight shoes or high heels causes pain and inflammation, which is called metatarsalgia. The pressure on the base of your foot can also cause calluses to form.

"Shoes with very sleek and narrow construction often provide very little cushion and support for the foot," explains Dr. Smith. "The ball of the foot may become red and swollen and calluses can form on the bottom of your feet, making it painful to walk."

To sidestep this pain, wear shoes that aren't too tight across the ball of the foot. Look for thick padding in the soles. And if you experience pain and swelling in your feet, have them examined as soon as possible.

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**RAGBRAI XLI QCBC Preferred Charter Service
July 21-27, 2013**

RAGBRAI, **The Register's Annual Great Bicycle Ride Across Iowa**, is an annual seven-day bicycle ride across the state. Heading into its 41st year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world.

The QCBC RAGBRAI Charter begins and ends in Bettendorf, Iowa each year and is hosted by chairman Tony Buck, who covers the logistical end of the charter services and registrar Dixon Novy handling the registration duties and charter applications.

Our host hotel provides complementary airport shuttles to and from the Quad City International Airport (MLI). We highly recommend you book your departure flight on the Sunday following RAGBRAI – July 28.

The Quad Cities Bicycle Club RAGBRAI Charter provides reserved, "family friendly" quiet campsites. Our week-long campsites include cold beverages for sale, two hand-held device charging stations, new floor pumps, basic tools with work stand and private, portable sanitation units (KYBOS) in-camp.

Our registered charter members will be privy to the QCBC RAGBRAI newsletters in April, May and June. These contain very helpful information such as hotels for our out of town guests, our local training rides, a complete list of what to pack, bike shipping, bike loading, packet pick up, your training guide, those all importantly safety tips and much more information showing you why we are the premier charter service for RAGBRAI.

Registration for RAGBRAI XLI does not open until Nov. 15, 2012, so our charter application will not be available until then. Click on the RAGBRAI tab at our website for further information.

This November in QCBC bicycling history

By Joe Jamison

- Bicycling trivia:

The first Paris-Brest-Paris (PBP) race was held in 1891. Ten years later, the second PBP was scheduled. The organizer for the 1901 race was Henri DeGrange. Two years later, he created another little race and titled it "Tour de France". Quite a visionary that DeGrange!

QCBC events'happenings from the past:

- **1982:** It was reported that QCBC member Deb Bolton was first woman overall at the Sugar Bottom Cyclocross races in Coralville, Iowa.

- **1992:** Leading QCBC riders for mileage for the preceding 12 months were: Male, Jerry Sears 12000 and female, Jan Sears 12500 (Women rule!)

- **2002:** David Holmes, QCBC member and event director for the 24-Hour Challenge in Eldridge, Iowa saw riders from Liechtenstein, Slovenia, Austria and Canada race. Andrea Clavandetscher of Liechtenstein won with 480 miles.

- Bill Wiebel is presented with the "Award of Merit" for 2002.

History of the Award of Merit

By Dean Mathias and Kathy Storm

The 2012 Award of Merit will be named at the QCBC Nov. 2 annual dinner. The award was developed by Jerry Leggett to recognize members who have contributed to the QCBC through organizational and technical efforts. Jeanne O'Melia created the Award of Merit traveling trophy.

Past recipients of the award are listed below with a brief recap of the major activities each has been involved with. All have been ride leaders, volunteers for several activities, and/or talked up the club at various local and state meetings. We will introduce the past winners in attendance at the banquet.

- 2011: Deb and Dean "Bareback" Mathias

Deb is a QCBC board member and recording secretary, QC Marathon Bicycle medics chairman. Dean organizes MRT advocacy rides, advocate for Bicycle Friendly Communities, QCBC promoter at health fairs, Criterium corner marshal chairman, helps with road repairs on RAGBRAI, QCBC representative on Bi-State Trails committee. Deb and Dean have led the Fall Foliage ride in Mt. Horeb, Wis. since 2001, Hilly mid-paced ride leaders.

- 2010: Kathy Storm

QCBC board member, president, newsletter editor, TOMRV committee, started the mid-paced rides, Chili Lunch Ride and Fall Night Rides.

- 2009: Charlie Sattler

QCBC board member, is membership chairman, newsletter distribution, effective cycling instructor, holiday ride series, advocacy.

- 2008: Pat and Tom Bolton

QCBC board members, president, RAGBRAI chairmen, TOMRV committee, organized helmet sales at Ride the River and Grand Excursion 7 Day Ride.

- 2007: Chuck Oestreich

QCBC board member, newsletter editor, TOMRV committee, advocacy, started LIB Week Long Ride – GITAP, Metro Map.

- 2006: Bill Langan

QCBC board member, president, secretary, membership chairman, TOMRV food/rest stop chairman, Heartland Century chairman, Winter Picnic chairman.

- 2005: Warren Power

Past board member, president, RAGBRAI registrar, general information and membership directory.

- 2004: Dave LeFever

QCBC board member, president, annual dinner chairman, RAGBRAI chairman, started leisure rides.

- 2003: Susie Laforce

TOMRV chairman (registrar, marketing, overall organization for many years).

- 2002: Bill Wiebel

QCBC board member, Heartland Century chairman, ride schedule chairman, Criterium corner marshal chairman, marks Heartland Century course.

- 2001: Terry Burke

QCBC board member, Criterium chairman, started QCBC Time Trials.

- 2000: Joe Jamison

QCBC board member, president, club historian, advocacy, Ultra Marathon rides, started Cycling Hall of Fame.

- 1999: Eileen Wosoba

QCBC board member, president, started QCBC Spring Tailwind Ride, guided club through "tax issue" with IRS, participated in Ultra marathon rides.

- 1998: Leon Van Camp

QCBC board member, secretary, treasurer, effective cycling instructor.

- 1997: Fred Blessin

QCBC board member, club historian, effective cycling instructor, advocacy, helped establish Duck Creek Recreational Trail..

- 1996: Carter LeBeau

QCBC board member, president, annual dinner chairman, started TOMRV, started TOGIR Tours, advocacy, has ridden every RAGBRAI.

The ride schedule was accurate at the time we published the newsletter.

Some rides may not have been submitted in time.

The QCBC website <http://qcbc.org/rides/> will have the most up-to-date schedule.

November/ December 2012—Ride Schedule

Nov 07	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Nov 14	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Nov 21	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Nov 28	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Dec 05	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	11:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Dec 12	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	11:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Dec 19	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	11:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Dec 26	Wed- morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	11:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

New members

NewMember	CityState	Phone
Boden, Bob	Moline, IL	309-738-0917
Brewer, Claudia	Moline, IL	day 563-508-1674
Garrard, James , & Lori	Donahue, IA	day 563-843-2899 eve 563-320-4736
Hayek, Sean	Davenport, IA	day 563-265-4790 eve 563-265-4790
Laake, Diane	Lynn Center, IL	563-340-0735
Lytle, Mark	Columbus, OH	day 614-778-4050 eve 614-231-0240
Rockstroh, Tim , & Brianna McMahon	Moline, IL	day 563-726-1461
Sherman, John	Davenport, IA	

QCBC Membership Totals

Membership type	# of memberships	# of members
Comp	12	12
Couple	227	454
Family	130	420
Ind.	369	369
Life	3	5
Grand total	741	1,265

Mileage totals for 2010

By David Thompson

Once again I will be compiling the total miles ridden for 2012 and printing them in the February Pedalwheeling. Compile your miles ridden on a bicycle between Jan. 1 and Dec. 31 and send them to me. I'd also like the number of centuries you rode in 2012, plus your lifetime miles. I think it would be interesting to compare lifetime miles. Please submit your total 2012 miles by January. Send them anytime you think you're done riding for the year to ultrabiker@sbcglobal.net , or leave a message at (309)764-5030.

QCBC represented at area health fairs

By Charles Curry

Hundreds of local workers were exposed to cycling information and opportunities at recent health fairs hosted by John Deere Cylinder and Seeding Works and the city of Moline. Representing the QCBC at these events were Dean "Bareback" Mathias, Tom Scott, Charles Curry and Chuck Oestreich.

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