



Pedalwheeling - 2000

The Newsletter of the Quad Cities Bicycle Club - June, 2000

NATIONAL TRAILS DAY CELEBRATION SATURDAY JUNE 3RD

Mike Incopero - President Elmhurst Bicycle Club

Saturday June 3, 2000 is National Trails Day (NTD). You and your bicycle club are invited to come celebrate NTD in DuPage County at Blackwell Forest Preserve. We will have a special (not open to the public) secluded section, with plenty of parking. The Conservation Foundation, Trail Riders of DuPage (TROD), the Illinois Prairie Path (IPP) and the Elmhurst Bicycle Club (EBC) are the four main sponsors. Other sponsors include Galyans, Waste Management, Hinckley Springs, and the DuPage County Forest Preserve District. Events start at the following times:

- 8:00 AM **50 mile bicycle trail ride** led by experienced EBC ride leader Larry Gitchell. This ride will be on the IPP, Fox River trail, and the Great Western trail. A ride for the experienced rider in good shape.
- 9:00 AM **25 mile bicycle trail ride** called the "String of Pearls" led by veteran EBC ride leader Ted Seward. Even in his 70's Ted rode over 7500 miles last year. This ride will cover the terrific trails in Blackwell Forest Preserve, McKee Marsh, Herrick Lake Forest Preserve and the Danada Forest Preserve & Equestrian Center and is of a more moderate pace.
- 9:30 AM **8 mile horse ride** led by TROD within Blackwell Forest Preserve
- 10:00 AM **10 mile family bicycle ride** led by experienced EBC ride leader Mary Moroney within beautiful Blackwell Forest Preserve & Lake.

Blackwell has excellent bird habitat and a bird expert will lead a bird walk. There will be informational tables of various friends of trails and many freebies and door prizes. A coloring contest for the kids and possibly a miniature pony to pet. Approximately 12:00 noon there will be speakers.

The event is completely free. So come on out and have some fun with other users of the trails. One of the goals of this event is to get more interaction amongst all users of the trails and interested parties (clubs) to help fight for more trails and improved trails. DuPage County Forest Preserve District has even expressed some interest in creating a mountain bike trail in one of the preserves, if the biking community could and would get our joint act together to maintain it.

Blackwell is located on Butterfield Road in Batavia between Winfield Road and Batavia Road. From I-88 take the Winfield Road exit north about a half mile, turn left (west) and go about a 1/4 mile, turn right into the preserve. More info on NTD is located at EBC web site <http://www.elmhurstbicycling.org> Please tell your club members and other interested trail users! Ride On! 🚲

CELEBRATE NATIONAL TRAILS DAY

GATHER ON THE GREAT RIVER TRAIL

ON JUNE 3RD

Chuck Oestreich

If you build it, they will come!

The Great River Trail in our area is built (or very close to it), and now its time to celebrate this wonderful addition to our community.

Bike to The Mark of the Quad Cities at 10:00 a.m. on Saturday, June 3rd and be a part of the official dedication of the Great River Trail.

Governor George Ryan of Illinois is scheduled to be present. In a unique cross-state dedication, he is planning to be in the Quad Cities in the morning and on the Chicago lakefront in the afternoon.

Besides the Governor, there will be music, free food, and other trail festivities.

Show your appreciation to those who built the trail, and help keep the momentum going for further bicycle enhancements in the Quad Cities.

Be there — on your bike. 🚲

RIDE WITH THE BEST

“FAST TRAINING RIDES”

RIDE WITH JOHN PUNKIEWICZ

THIS IS THE SECOND OF A SERIES OF FIVE “FAST TRAINING RIDES”

Mark your calendar now! Sunday, June 25 at 8:00 am. Meet at Jaydon, Andalusia Road, Milan, Il. This is your chance to ride with a local Triathlete and Hawaii Ironman participant. Ride the roads that John trains on. The route will go through several small towns south of Milan and will be approximately 60 miles in length. (The route is described in the Ride Schedule Directory). A short rest break will be taken approximately ½ way through the ride.

The ride will be geared for the serious bicycling enthusiast. It will be structured toward fast training rather than racing. Riders can expect fast paces with the group working together in packs, pacelines, echelons, etc.

See you on June 25th!

For more information: contact Bill Wiebel 309-755-1859



NEW QCBC MEMBERS

QUAD CITIES AREA

<u>NAME</u>	<u>CITY, ST</u>
Cindy Flach	Bettendorf
Steve Conrad	Davenport
Kris Dearborn	Davenport
Tammy Harper	Davenport
Mark Marmerine	Davenport
Jennefer Tyrrel	Davenport
Robert & Barbara Kuhns	Geneseo
Tom & Judy Florian	Milan
Christa & Todd Buenting	Moline
Gina Howell	Moline
Larry Junis	Moline
Joe & Linda Van Houtte	Moline
Mike & Teresa Atkins	Port Byron
Julz Macken	Rock Island
Coleman Harris	Rock Island
Mark & Linda Matheis	Rock Island
Joanie Stockdale	Rock Island
Ron & Nancy Summers	Rock Island

OTHER LOCATIONS

Bill Michaux	Byron, IL
Jenni Mitchell	E. Dundee, IL
Phillip Whitley	E. Dundee, IL

QCBC Information

The mission of the Quad Cities Bicycle Club: to promote, encourage, and support the safe participation in bicycle riding of all types of people of all ages and abilities; to anticipate and address the needs and interest of all aspects of bicycling in the Quad Cities area.

President: Rosie Dreessen (736-2644) wildrosie1@yahoo.com

Membership and Change of address: Bill Langan (319-386-3058)
langandav@qconline.com

Treasurer: Darlene Moritz (386-3499)

Meetings: Vivian Norton (355-1899) vjoan@worldnet.att.net

TOMRV: Susie LaForce (355-5530)

Criterium: Terry Burke (797-3790)

Communications: Wayne Hanno (355-3596)

Competitive Events: Terry Burke (797-3790)

Ride Support: Bill Wiebel (755-1859) billwiebel@aol.com

Non-Traditional Cycling: Keith Holst (289-3162)
Matt Levy (523-3243)

Safety and Education: Vivian Norton (355-1899)

Club Address: P.O. Box 3575, Davenport, Iowa 52808

Club Web Site: <http://www.qcbc.org>

Pedalwheeling Editor: Charlie Swanson (319-322-8486)

206 N. Michigan Ave, Davenport, IA 52804 qcbceditor@aol.com

Deadline for articles: 10th of the month

Pedalwheeling is published for distribution to the club's membership and to the general public at local bike shops. Submission of bicycle related articles is encouraged. Member may place free classified ads, notices of companions wanted, and reports of stolen bicycles.

The Quad cities Bicycle Club was established in 1964 to encourage and promote bicycle riding and safety for its members and the general public. **Club meetings** are held on the third Tuesday of each month throughout the year. Check the newsletter for specifics.

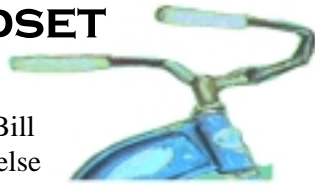
Members receive a 10% discount on many items at most Quad Cities bicycle shops, including Bike & Hike, Healthy Habits, Jerry & Sparky's, Ye Olde Village Bike Shop, On Two Wheels, and Pro Bicycle.

Major activities of the club include the Tour of the Mississippi River Valley (TOMRV) in June, the Criterium on Memorial Day, the Heartland Century in September, and the club gives camping support to RAGBRAI riders in July. Other rides and activities occur every week of the year.

Private business ads: full page—\$50; half page—\$25; quarter page—\$15; business card—\$5. Members may place free ads for cycling items.

FROM THE HEADSET

Rosie Dreessen - President



I would like to publicly thank Bill Wiebel, Cy Galley, and everyone else who worked hard to get this year's Ride Directory compiled. It looks terrific! It's very readable, and is a very useful document for QCBC members. Thank you so much for your time and effort.



Last February we had a ten inch snowfall two days before the "Tour of the Islands". The bicycle trail east of IH Case was snow-covered and impassable, so Mike Middlemiss and I decided to cancel the ride. However, being familiar with the hardiness of many of our club members, I went to the start of the ride to see who might show up. The first was Merle Schleusener who plowed through the snow from his home in Bettendorf. Soon to follow were Bob and Jan Fitzgerald, Jim Keyoth, Mary Brus, Ken Werthman, Mike Smith and Chuck Oestreich. After a hearty breakfast at Maid-Rite, most of the group decided to ride to Davenport. Neither cold nor snow nor dark of night can slow these riders down!



River Action sponsored a recreational trail clean up day in April. More than 30 QCBC club members volunteered to clean up the trails that day. River Action had enough volunteers to cover every single mile of trail on both sides of the river. There are plans to do this on a regular basis of every three to four months. Please help this effort. You can go out anytime on the day you sign up. (More information is in this issue of Pedalwheeling 2000.) Volunteer to adopt a path and you can have your name posted along the path.



The Moline Parks department has placed some benches on the Ralph B. Birkes bicycle trail east of the Mark and TGI Friday's. One bench was purchased by QCBC

members and other friends in memory of Jerry Leggett. The memorial plaque is in place and dedicated. This has been a somewhat impatiently awaited project completion. Stop at the bench, enjoy the river view, take a rest, and remember our good friend Jerry.



There were 41 people in attendance at the March membership meeting. Don and Linda Barchman presented an interesting program on recumbent bicycles. People found the Arsenal location convenient and accessible. Unfortunately, the evening closure of the Arsenal to Davenport bridge put a hitch in the April and May meetings. Thanks Iowan's, for going that extra mile to attend. (Actually, its probably closer to 3 miles extra by the time you get back home.)



REMINDER TO RIDE LEADERS: As Ride Leader you have the following responsibilities:

- Be at the starting location 15 minutes before the ride schedule time.
- Circulate, meet and introduce new riders.
- Stay with the slower riders, at least until the first stop.
- Make sure that everyone is familiar with the route
- Find a substitute if you cannot attend.



There is a lot of emotion being displayed by both the property owners and trespassers along the break in the Davenport/Bettendorf recreational trail. I'm asking you, as QCBC members and responsible citizens, to avoid any confrontation in this volatile area. If you have a need to go past the end of the Davenport path, cross River Drive and ride the sidewalk then use Grant or Brown streets to continue going east.



Please help keep our Pedalwheeling editor, Charlie Swanson, running in circles and pulling his hair out, by supplying him with articles for print. I hope to see many of you out on the trail!

IVW QUAD CITIES TRAIL RIDE JUNE 3 & 4

The Illinois Valley Wheelm'n of Peoria IL has an annual ride in the Quad Cities. This year we will be camping in Illinwek Forest Preserve by Hampton Friday and Saturday nights. We'll ride the Ben Butterworth Memorial Parkway from the camp at 9am on Saturday and the Duck Creek Parkway at 9am on Sunday from Devils Glen Park.

We would like to extend an invitation to the QCBC to join us on these rides or come visit. We live at the South end of the Rock Island Trail and would like to team up on your fall ride of the trail if you would send us info. Larry R. Paustian

TOTAL WELLNESS

CENTER FOR INTEGRATIVE THERAPIES
2125 6TH AVE - MOLINE, IL 61265
309-762-8006

MATTHEW L. GODSIL, C.M.T. **309-736-9101**
TOTAL ENERGETICS

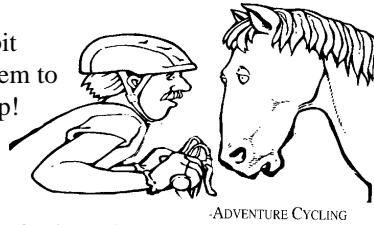
PAMELA K. FISHER, C.L.M.T. **309-797-3529**
TWO RIVERS MASSAGE

RICH CARLSON **309-337-5159**
STRUCTURAL INTEGRATION... THE IDA ROLF METHOD

OFF THE BACK—WITH THE EDITOR

Charlie Swanson

My mileage for this year is a bit behind other years but I don't seem to care very much. My weight is up! For me, heavier usually means happier. Eating and riding compliment each other but eating by itself is a fine substitute for just about any other activity. Eating is as close as your refrigerator—rain or shine—no matter what the temperature is and eating never has a flat. Therefore, I thought a few words about eating would be in order.



I dropped in on the QCBC Spring Picnic this year. This is the first QCBC picnic I've attended and it was a marvelous experience. The hard work was all done by the FORC (Friends of Off Road Cycling), mountain biking group and what a terrific job they did. These friendly people are very sociable and well suited to hosting this type of event. They chose a great location at Loud Thunder Forest Preserve, just a few feet off the beaten path with a nice pavilion, lots of seating, climate control, and ooh....those deserts!

Rick Wren led a good sized group on a tour of the trails that they've been working on the last few years. The trails are shared with horses and mushroom hunters but everyone seems to get along just fine. Its probably easier to co-exist here than on a recreational bike path. I quickly developed a tremendous respect for the terrain that they ride over. I also have an insane desire to take my mountain bike out there, to see if I really can ride some of those sections, as I had bragged to the rest of the walkers. These are great trails and there just has to be tremendous pride in working on them and getting them in good

riding condition. Excellent work guys!

There was another pleasant surprise; the swap meet had many items of interest. All of the stay-at-home cycling moms, dads and grand parents missed a great opportunity to stylize your biking youngsters. Charlie Sattler showed up with a huge pile of children's jerseys and shorts. Kids never stay the right size long enough to wear out clothing like this. I had fun shopping and picked up a few items for myself—and I thought I had at least one of everything. Unfortunately, the clothing was all too small.



Ride reports: I got my first QCBC ride report this month and am printing it with pride. Let me begin setting some guide lines for ride reports by asking you to include at least one highlight. Every ride simply has to have at least one highlight. (A ride without a highlight is too much like the ride schedule in reverse.) You might see a Great Blue Heron; someone might tell a good story; you might stop at some place and find that they sell something unusually good to eat like *Caramel Apple Nut (CAN) Pie*. Its important that this type of information be reported and is a major reason for myself and other big eaters to wish we'd have been on that ride. I can always go back alone, if the price is right, and CAN-pie IS priced right! I'll conclude by saying that a ride report without a highlight will be subject to space available. A ride reporting something like the sale of CAN-pie could be front page material.



Boxing a bike; I included a boxing article from the Iowa City folks. Perhaps it should have been earlier to help anyone who might be considering a cycling vacation abroad. I'll file this article under the *clip and save* heading. Maybe some day I'll take an overseas tour and it will come in handy.



IT'S BACK!

DOUBLE METRIC CENTURY

After a one year absence, the Double Metric Century is back. The route has been updated and will go through many small towns North of Davenport. (The route is described in the Ride Schedule.)

For those that are training for TOMRV, the timing for this event should be perfect! It's on the 18th of June, the Sunday following TOMRV. The ride will begin at the Eastern Ave entrance to the Duck Creek Parkway at 7:30 AM.

There is also going to be an optional 100 mile Century route available. This option should work out well as the decision can be made at mile 80.

Maps and Queue sheets will be available the day of the ride. This event will not be sagged but will pass through many small towns. Refreshments and meals can be purchased per the rider discretion.

For more information, contact Bill Wiebel 309-755-1859. 

THE ROAD LESS TRAVELED

Joe Jamison

Last month we promised to introduce you to the world of endurance bicycling. This month we will familiarize you with how that world is organized, and we mean world in the literal sense for the organizations do indeed span the globe. There are two major organizations serving endurance riders. They are the UltraMarathon Cycling Association (UMCA) and Randonneurs Mondiaux.

ULTRAMARATHON CYCLING ASSOCIATION

UMCA is an American concept of endurance bicycling focusing on long distance racing and was founded in 1980 by John Marino and Michael Shermer of California. The purpose of the organization is to provide recognition, sanctioning and promotion of the sport of ultra-marathon cycling and judging procedures for establishing ultra-marathon cycling records in the United States.

The crown jewel event of the UMCA is Race Across America (RAAM). However the UMCA sanctions many other distance events, some of the more difficult of which are designated as qualifiers for participation in RAAM. Since about 1992, RAAM has taken on an international flavor with entrants from Australia, Austria, Japan, just to mention a few. Another significant change has been the occasional appearance of former pro racers, some of whom have participated in the Tour de France for example.

However, for now, the organization is still focused on events in the USA, but it is expected that Europe will soon be offering a similar event as RAAM. Whether the UMCA will be a sanctioning body remains to be seen.

For we club riders, our interest is in the shorter events recognized by the UMCA such as centuries, doubles, 12/24 Hour races and the like. The UMCA newsletter provides a schedule of such rides throughout the USA and Canada and offers truly excellent information on training, nutrition, equipment and race strategies for racers and their crews. (a great deal of emphasis is provided for crew behavior and training). The organization provides several venues for competition including an annual "Who's Who" of consistent riding based on accumulated mileage from certain events for the year and other such opportunities.

RANDONNEURS USA

Randonneurs USA (RUSA) is a member of Randonneurs Mondiaux, the world organization of a European brand of endurance bicycling having its roots in the Audax Club Parisien (ACP) which was formed in 1904 as a cycling club in Paris devoted to long-distance riding. ACP established the "Brevets de Randonneur Francais" format in 1921 and began to administer the 1200 kilometer, Paris-Brest-Paris (PBP) in 1931.

After PBP in 1975, it was recognized that non-Europeans were showing interest in this event and authorized formation of International Randonneurs, to organize North American randonneuring. This organization served American and Canadian randonneurs until 1998 at which time it was dissolved and replaced by a Canadian organization and "Randonneurs USA" (RUSA).

PBP is the crown jewel of Randonneurs Mondiaux. It is held at four year intervals and requires participants to participate in "brevets" (qualifying rides) of 200-300-400 and 600KM within predetermined times. PBP is not touted as a race by organizers, but more of a time trial for individuals to measure their capabilities. However, there is always keen interest in who finished first, of course.

An American version of PBP, Boston-Montreal-Boston (BMB) has grown in popularity during the past 10-12 years and is drawing an increasing number of international participants. Participation in randonneuring events is increasing at an alarming rate in the United States and especially in Canada and Australia.

We hope this brief description of the organizations of UMCA and RUSA gives you a better understanding of their scope and focus. American endurance riders will often belong to both organizations. One other influence on organization should be mentioned. The advent of electronic communications has had an amazing impact on the ability to disseminate information and implement changes. RUSA, for example, was formed in August of 1998 and sent a contingent of 350+ American riders to France for PBP 12 short months later. Today, the organization has exceeded 1000 members. That is incredible considering the communications required. It couldn't have been done even five years ago.

Next month we'll talk about the culture of endurance riding....why people do it....what kind of people do it, how the two organizations we've discussed above, differ and opinions of each. In the meantime...see you on the road!!

All the best, Joe.



HOW TO BOX YOUR BIKE FOR SHIPMENT

Tom Conway

You will need:

A Box: Several weeks ahead, ask a bike shop for a box to fit your bike's frame. Mark the sides of the box with your name in BIG letters.

- Tools:
- 1) 15 mm open-end wrench for pedals (at least 7 in. long).
 - 2) 6 mm Allen wrench for stem.
 - 3) 5 mm Allen wrench for seat post.
 - 4) Small scissors to cut tape.
 - 5) Small screw driver(s) for bike racks, computer, or other accessories.
 - 6) Optional: 6 in. crescent wrench, pipe insulation, plastic straps.

- Other:
- 1) Tape. Duct tape or plastic mailing tape. UPS requires mailing tape, NOT duct tape.
 - 2) Masking tape. small roll.
 - 3) Marking pen felt tip permanent ink.
 - 4) Paper towels, 2-3 sheets.
 - 5) Chain lube.
 - 6) Plastic grocery bags (3-4) for pedals, seat, etc.
 - 7) A small sturdy plastic box to hold tools and small items.

PROCEDURE:

1. Remove all wire staples from the box.
2. Open box and wipe the outer surface clean with a dry paper towel so the tape will stick.
3. Tape the bottom of the box well; it must support all the weight of the bike.
4. Using the felt-tip pen, (1) mark the handle bar at the joint with the stem, (2) the stem where it joins the headset, and (3) the seat post where it joins the frame.
5. Remove the pedals (15 mm wrench). REMEMBER: The pedal on the left side of the bike has a left-handed thread! Set the crank arm so it faces forward. Slip on the wrench so that it parallels the crank arm but is angled slightly above the arm. Step down hard on the wrench to loosen the nut. This works for both pedals.
6. Remove the seat together with the seat post from the frame (5 mm Allen wrench).
7. Remove the handlebars (6 mm. Allen wrench). CAREFUL: Loosen the nut on the stem ONLY slightly, and tap the bolt gently to loosen the stem from the headset.
8. Loosen the front brake to remove the front wheel,
9. Remove the skewer, carefully putting back the skewer nut and springs in the same order in which they came off. The large end of the springs should face the outside of the skewer.
10. Place the pedals, seat and skewer in a plastic bag; seal with tape and put the bag in the box.
11. Turn the fork so that it faces backwards (if possible).
12. Shift the gears to place the chain and derailleurs as close to the frame as possible.
13. Tape the pipe insulation to the frame tubes.
14. Nest the front wheel next to the left side of the frame with the crank arm parallel and between the spokes. Attach the wheel to the frame with plastic strips or tape.
15. Place the handlebars over the top tube and through the front wheel.
16. Put the bike into the box trying not to move the crank or the fork out of position.
17. Usually there is room in the box for cycling shoes, a seat bag, and a helmet.
18. Make sure that nothing protrudes from any part of the box, and then tape the top of the box closed.



JUNE RIDE SCHEDULE

Thursday, June 1 - 5:30 p.m. **Summer Evening Ride—IL** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice.

Saturday, June 3 - 8:00 a.m. **The Farm Express** Meet at Colona Grade School. 66 miles. Wes Sommerfeldt, 309-755-6651

9:00 a.m. **Light Touring—Off to the Court House** Meet at Orion High School, Orion, IL. Ride to Cambridge. 25 miles. Dottie Willits, 309-797-1256

1:00 p.m. **Local ATB Ride** Meet at the horse corral, Loud Thunder Forest Preserve

Sunday, June 4 - 8:00 a.m. **Erie Fling** Meet at Butterworth Parkway, Moline, near Case/IH. Wheeling Route—60 miles. Mike Moritz, 319-386-3499. Pedaling Route—35 miles. Rick Wren, 309-786-7979

Monday, June 5 - 6:00 p.m. **ATB Meeting** Meet at Front Street Brewery, 208 E River Drive, Davenport, Ia

Tuesday, June 6 - 5:30 p.m. **Summer Evening Ride—IA** Meet at Bettendorf Middle Park Lagoon Shelter, for rider's choice ride

5:30 p.m. **Women's Ride**. Meet at Bettendorf Middle Park Lagoon Shelter, for rider's choice. Patti Bradley, 309-762-7766

6:00 p.m. **Barstow Road 20K Time Trials** Start is just across RR trails in Barstow, IL. Dave Thompson, 309-764-5040

Wednesday, June 7 - 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice.

6:00 p.m. **Local ATB Ride** Meet at the horse corral, Loud Thunder Forest Preserve

Thursday, June 8 - 5:30 p.m. **Summer Evening Ride—IL** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice.

Saturday, June 10 - **TOMRV 23**: See the Ride Schedule and Membership Directory a description of this club-sponsored ride. Contact Susie LaForce for application forms. 319-355-5530

Sunday, June 11 - 8:00 a.m. **Meet TOMRV 23 Riders!** Meet at Eastern Avenue entrance, Duck Creek Parkway. 65 miles.

8:00 a.m.—2:00 p.m. **ATB Trail Work Day** Call Rick Wren, 309-786-7979 for location

Tuesday, June 13 - 5:30 p.m. **Summer Evening Ride—IA** Meet at Eastern Avenue entrance, Duck Creek Parkway, for rider's choice.

5:30 p.m. **Women's Ride** Meet at Bettendorf Middle Park Lagoon Shelter for rider's choice. Patti Bradley, 309-762-7766

Wednesday, June 14 - 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice.

6:00 p.m. **ATB Evening Ride** Meet at Sugar Shack, Scott County Park

Thursday, June 15 - 5:30 p.m. **Summer Evening Ride—IL** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice.

Continued on page 8

JUNE RIDE SCHEDULE

Saturday, June 17 - 7:00 a.m. **Quad Cities Triathlon** West Lake Park in Davenport, IA. The first annual QC Triathlon will consist of a 600 yard swim, a 15 mile run, and ending with a 3.1 mile swim. The race is sanctioned through the USA Triathlon Federation. Registration forms are in this edition of Pedalwheeling 2000. Race Director: John Punkiewicz, 309-788-7544.

8:00 a.m. **Off To Toronto, Tonto** Meet at North Scott High School, Eldridge, IA. Kathy Storm, 319-355-2564

9:00 a.m. **Light Touring—Cordova Cruise** Cordova to Erie. Meet at Cordova town park, just to the west of highway 84. Almost no traffic and no hills. 30 Miles. Dave Altine, 319-332-8299

Sunday, June 18 - 7:30 a.m. **Double Metric Century** Meet at Eastern Avenue entrance to Duck Creek Parkway. 125 miles with a 100 mile option. Additional details are in this edition of Pedalwheeling 2000. Bill Wiebel, 309-755-1859.

8:00 a.m. **One for Dad** Meet at Eastern Avenue entrance to Duck Creek Parkway. 35 miles. Gail and Lyle Haylett, 319-285-5830.

Tuesday, June 20 - 7:00 p.m. **QCBC Summer Meeting** Meet at shelter at east end of Butterworth Parkway, Moline, near Case/IH plant. There will be a brief business meeting followed with a social ride.

Wednesday, June 21 - 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice.

6:00 p.m. **Evening ATB Ride** Meet at Horse corral, Loud Thunder Forest Preserve

Thursday, June 22 - 5:30 p.m. **Summer Evening Ride—IL** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice.

Saturday, June 24 - 8:00 a.m. **Cruise to Cordova** Meet at Butterworth Parkway, Moline near the Case/IH plant. Wheeling Route—50 miles. Bill Wiebel, 309-755-1859. Pedaling Route—42 miles. Cathy Wiebel, 309-755-1859

8:00 a.m. **Tandem Ride—Tandem Troubadour's Truelove** Meet at Jaydon Distributing Co., Andalusia Rd., Milan. 42 miles. Bruce and Becky Perry, 319-386-2919

9:00 a.m. **Light Touring—Pioneer Ride** Meet at Walnut Pioneer Village, at the north end of Scott County Park, ride through Donahue, Eldridge, and Long Grove. 27 miles. Fred Blessin, 319-323-9251

Sunday, June 25 - 8:00 a.m. **Tour the Park** Meet at Duck Creek Parkway and Division St. 50 miles. Mike Smith, 319-386-5424

8:00 A.M. **Fast Training Ride—Ride with John Punkiewicz** 70 miles. Bill Wiebel, 309-755-1859.

7:00 a.m. **ATB Away Ride** Meet at the Mark, Moline to car pool to Morrison, IL Forest Preserve

Tuesday, June 27 - 5:30 p.m. **Summer Evening Ride—IA** Meet at Eastern Avenue entrance, Duck Creek Parkway, for rider's choice.

Wednesday, June 28 - 8:00 a.m. **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for rider's choice.

5:00 p.m. **Evening ATB Ride** Meet at The Machine Shed, Northwest Boulevard to car pool to Sugar Bottom, Corralville, Iowa

Thursday, June 29 - 5:30 p.m. **Summer Evening Ride—IL** Meet at east end of Butterworth Parkway near Case/IH plant for rider's choice ride.

ARSENAL RACE RESULTS

Rick Rohret

On Sunday, May 7 the Quad City Bicycle Club hosted it's second annual Arsenal Criterium Bicycle Races. A total of seven races were held on the General Ramsey Army Tank Test Track on the Rock Island Arsenal. The flat, one mile oval was a quiet, out of the way location for the mass start, criterium style races. A total of \$400 in prizes was provided by the Quad City Bicycle Club. The purpose was to provide an opportunity for local cyclists to tune up their flat criterium riding skills before the upcoming Quad Cities Criterium on Memorial Day. A total of 63 riders from as far away as Wisconsin and Indiana participated in the events.

DIVISIONS:

- Category 5: Novice riders with little experience.
 - Category 4: Rider's with some experience, locally competitive.
 - Category 3: A rider who is competitive in the local region, Iowa/Illinois.
 - Category 1&2: Riders who are competitive on a national level.
- To advance in category riders must place consistently in their category before they are moved up.

The first race was the Senior Men's Category 3,4 and 5 race. It was for 15 laps/miles. Continual attacks by the Quad City Bicycle Club-Swiss Valley succeeded in breaking up the race. The race soon settled into a group of six riders leaving the rest behind. Despite being outnumbered and subjected to repeated attacks aimed at him by the four QCBC riders in the main group, Muscatine's Joe Mann was able to use his experience to take the victory from Bill Hauber.

SENIOR 3,4 AND 5 AGE 30+ (11 STARTERS)

(Finish; Name; Hometown; Team)

1. Joe Mann, Muscatine, IA, Melon City Bike Club/Harper's Schwinn
2. **Bill Hauber**, Davenport, IA, **QCBC/Swiss Valley Farms**
3. **Rick Rohret**, Davenport, IA, **QCBC/Swiss Valley Farms**
4. Tracy Thompson, Fort Madison, IA, Bike Burlington/Bickels
5. **Pat Moore**, East Moline, IL, **QCBC/Swiss Valley Farms**
6. **Tony Gordon**, East Moline, IL, **QCBC/Swiss Valley Farms**
7. **Bruce Grell**, Davenport, IA, **QCBC/Swiss Valley Farms**
8. Erik Henriksen, Muscatine, IA, Melon City Bike Club/Harper's Schwinn
9. **Jeff Mccoy**, Bettendorf, IA, **QCBC/Swiss Valley Farms**
10. Leonardo Campos-Moya, Chicago, IL, Team Ole-Rudy Project

The 1999 Iowa Rider of the year, Greg Harper, proved why he earned that title. He led the group of riders throughout most of the race and was able to hold off all comers in the sprint. Though eligible for riding in the later Senior 1,2,3 race, Greg was seen touring around the Arsenal on his tandem with his wife and daughter (on the tagalong). They even managed a lap of the Senior 5's race.

VETERAN MEN 40+ (9 STARTERS)

1. Greg Harper, Muscatine, IA, Melon City Bike Club/Harper's Schwinn
2. James Hopson, Iowa City, IA, Iowa City Cycling Club/Chezik-Sayers Honda
3. Russ Damhoff, Dixon, IL, Wild Thang
4. Richard Gilmore, Washington, IA, Des Moines Cycling Club/Impact Printing
5. Paul Black, Des Moines, IA, Des Moines Cycling Club/Impact Printing
6. Vernon Rotert, Marion, IA, Hawkeye Bicycle Club
7. James O'Brine, Cedar Rapids, IA, Hawkeye Bicycle Club

The junior riders (under 18) also managed to stay together for the entire race. the flat course did not allow for a place to break away. Kristen Siebenlist from Indianola, Iowa showed the boys that she could stay in there and finished with them in the sprint.

JUNIORS (5 STARTERS)

1. Andy Odell, Ogden, IA, Des Moines Cycling Club/Impact Printing
 2. Danny Bissel, Iowa City, IA, Iowa City Cycling Club/Chezik-Sayers Honda
 3. Bill Isham, Iowa City, IA, Iowa City Cycling Club/Chezik-Sayers Honda
 4. Kristin Siebenlist, Indianola, IA, Des Moines Cycling Club/Impact Printing
- Disqualified, Joe Tabor, Rock Island, IL, PowerBar

Continued on page 9

The Senior Men 4's race showed the fitness required to ride in this category. The 15 riders remained together for the entire race. The field sprint was very close and new rider Jason Beerends showed a lot of speed at the end. Several Junior riders jumped right out of their race and entered this race. (Bill Isham, Andy Odell)

SENIOR 4 MEN (15 STARTERS)

1. Jason Beerends, Davenport, IA, Unattached
2. Aaron Rutgaber, West Burlington, IA, Bike Burlington/Bickels
3. **Jay Johannsen**, Davenport, IA, **QCBC/Swiss Valley Farms**
4. Joe Mann, Muscatine, IA, Melon City Bike Club/Harper's Schwinn
5. **Tony Gordon**, East Moline, IL, **QCBC/Swiss Valley Farms**
6. Andy Odell, Ogden, IA, Des Moines Cycling Club/Impact Printing

The Senior 5 men's race quickly split up when the speeds increased. Iowa City Junior Rider Danny Bissel used his speed and experience to outspurt Iowa City's Doug Whyte in this race of beginners.

SENIOR 5 MEN (8 STARTERS)

1. Danny Bissel, Iowa City, IA, Iowa City Cycling Club/Chezik-Sayers Honda
2. Doug Whyte, Iowa City, IA, University of Iowas Cycling
3. **Will Holloway** Rock Island, IL, **QCBC/Swiss Valley Farms**
4. **Bruce Grell**, Davenport, IA, **QCBC/Swiss Valley Farms**
5. Doug Fairall, Rock Island, IL, Unattached
6. Leonardo Campos-Moya, Chicago, IL, Team Ole-Rudy Project
7. Matt Shattuck, Moline, IL, Unattached

Women's racing again showed a disappointment due to the lack of participation. Anne Rollings from La Crosse, Wisconsin outsprinted Junior rider Kristen Siebenlist for the victory. Kristen was riding her second race of the day having done the Juniors earlier. The cash prize for 4th place went unclaimed.

WOMEN (3 STARTERS, 4 PLACES PAID)

1. Anne Rollings, La Crosse, WI, Velo Club
2. Kristin Siebenlist, Indianola, IA, Des Moines Cycling Club/Impact Printing
3. Sierra Siebenlist, Indianola, IA, Des Moines Cycling Club/Impact Printing

The premiere event of the day had 11 riders participating. Three strong local teams were represented each with 3 riders. Local and once nationally ranked rider Sean Walker and Anne Rollins (Female) were the only riders without any other team mates in the race. The pace started out fairly fast. On the second lap, Lee Venteicher (Midwest Cannondale) and Greg Duethman (Chezik Sayers-Honda) went off the front together. Realizing the potential for staying away by the two strong Iowa City Riders, Rick Rohret quickly bridged the gap and joined the lead group. With Venteicher and Duethman doing most of the initial work, the group of three increased the gap for the rest of the race. The lack of chase can be attributed both to the assistance by their team mates remaining in the pack and the ability of the lead riders. The three riders off the front caught sight of the 6 riders remaining in the main group and they began to set themselves up for the sprint with 2 laps to go. Venteicher outsprinted Duethman by only a matter of inches. Rohret sat up for the final sprint and cruised in for third. Tony Kisch outsprinted Paul Deninger and the rest of the group for 4th place. Anne Rollins did a fine performance sitting in with the men in the chase group and finishing with them. Local rider Tony Gordon also finished this his third race of the day, earlier finishing 5th in the Senior Category 4, and 6th in the Senior 3,4,5 30+ races.

SENIOR MEN, CATEGORY 1,2,3 (11 STARTERS)

1. Lee Venteicher, Iowa City, IA, Cannondale Midwest Cycling Club
2. Greg Duethman, Iowa City, IA, Iowa City Cycling Club/Chezik-Sayers Honda
3. **Rick Rohret**, Davenport, IA, **QCBC, Swiss Valley**
4. Tony Kisch, Waterloo, IA, Cannondale Midwest Cycling Club
5. Paul Deninger, Iowa City, IA, Iowa City Cycling Club/Chezik-Sayers Honda
6. **Tony Gordon**, East Moline, IL, **QCBC/Swiss Valley Farms**
7. Anne Rollings, La Crosse, WI, Velo Club
8. Sean Walker, Davenport, IA, Unattached
9. Matt Henry, Iowa City, IA, Iowa City Cycling Club/Chezik-Sayers Honda
10. Brian Deutschendorf, Iowa City, IA, Cannondale Midwest Cycling Club

♫

SCOTT CO. PARK UPDATE

Rick Wren



Kevin Murphy is going to set up a meeting with Roger Keen and some of the Rangers at Scott Co. Park in the next couple of weeks. We are very interested in marking and helping to maintain the existing equestrian trails in the park. If we plan to continue using Scott County Park as an area in which to ride our bikes, it's going to be important for us to form a good working relationship with the rangers at the park. I believe Scott County is a really nice place to ride. As a matter of fact, it's where I began riding mountain bikes.

For the most part the trails at Scott County are in pretty good shape. But, in the past few years there are some areas that are starting to show the wear and tear of more people using them. Some of the best trails are in an area that is off limits to horses and bikes but there is nothing posted telling us to stay off. So, I think it's important to get in these areas to do trail repair and get some signage up.

LOUD THUNDER UPDATE

Dean M., Quinn K., Jeremy S., Jason M., Ben D. and myself were all present at our last trail work day which was held the 12th. of this month. I went hiking with ranger Mike to show

him our proposed reroute around the Boy Scout property, while the rest of the crew went around the trail and put up trail markers.

I've been keeping a journal of all the hours that we put in doing trail work so that I can turn it in to IMBA at the end of the year. This determines whether or not a club is eligible for any grants or free trail tools. Last year, we received two Rock-Shox McLeods (\$75 each) for the number of hours we spent doing trail maintenance. This year I'm planning to apply for one of the \$250 grants that Rock-Shox is offering to clubs like ours for buying trail tools, signs and things like that. This also gives me something to show the ranger if he wonders just how much time we have been putting into the trail. We logged about 400 hours last year. I told ranger Mike this and he was pretty impressed.

While I'm on the subject of trail maintenance and hours spent working on the trail, I'd like to take this chance to thank everyone who came out last year to do trail maintenance. And, there are a few individuals that I'd like to give special thanks to because they logged the most hours (next to myself, of course). Dean Mayne, Dick Morrill, Gregg Pratt, Kevin Murphy. Hopefully this year we will be able to give out some sort of an award to the individuals who put in X number of hours. But for now, please except my thanks. ☺

WHY DON'T YOU ADOPT A PATH?

Chuck Oestreich

The paths in the Quad Cities are generally pretty clean. But not always.

Periodically they need to be groomed. Litter, waste, bottles, flying plastic bags, fast food packaging all make an unsightly mess and make our rides and runs less enjoyable - and sometimes even interfere with mother nature (flowers don't bloom under old newsprint).

River Action and the Quad Cities Bicycle Club, along with the Corn Belt Running Club and interested trail users, are establishing an "Adopt a Path" program to help keep the paths clean all year round.

Volunteers will sign up for a particular half-mile (or so) of either the Mississippi River paths or the Duck Creek paths, and agree to pick it up four or five times a year, depending on the season, of course.

In return their names will be placed on placards inside the River Way kiosks or the QCBC bulletin boards on the paths closest to the volunteer's selected section.

But even more so, volunteers will get the satisfaction of helping make our world class paths even more enjoyable.

Call 322-2969, the River Action office, to volunteer and select your section of the paths. Please note that volunteers for "Pick Up the Paths" in early April have been given priority as to site selection as a reward for starting this project. ☺

HARDACRE FILM FESTIVAL

Joe Jamison

Last year I submitted a report on a solo tandem ride to Tipton, IA my wife Rosemary and I did to attend the Hardacre Film Festival. We rode there on a Friday, overnighed at a motel, attended a full day of films on Saturday and rode back to the Quad Cities on Sunday after spending the morning in the town of Tipton. It was thoroughly enjoyable.

This year, the featured independent films will be "Genghis Blues" and Buena Vista Social Club, two renowned films. Our call to the theatre revealed that there would be a music theme to the films this year. Showings begin at about 9:30AM on Saturday and conclude as late as 10:00PM that same evening.

Unfortunately, this year, we have a conflict and will be unable to attend. However, some folks have asked about it and we thought if anyone was interested, they might appreciate knowing the date, time etc.

09:30AM-10:00PM

Hardacre Theatre

Tipton, IA

05 August, 2000

www.geocities.com/hardacrefilmfest/

For more information contact Troy Peters:

Phone (319)886-2080 fax (319)886-6466



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RIDE REPORT — LET'S LOOP IOWA

Kathy Storm

On Sunday morning, April 30th, 14 hardy souls showed up for a 53 mile ride starting at Eastern Ave. The air temperature quickly warmed up to 68 degrees by noon and the group flew out to New Liberty under sunny skies.

Highway 130 is a great road to be on when the winds are out of the south. After a restroom and water break at the nicely kept Liberty Park in New Liberty, we started the ride back to Walcott and Davenport. Those nice tailwinds now became headwinds and crosswinds, but the group persisted and we made it to Gramma's at the I80 truck-stop in Walcott for a great breakfast.

This was the first ride out of the new Ride Schedule booklet where there was a designated Pedaling and Wheeling leader. You'll also notice in the front of the booklet (page 16) there is a description of the paces the rides are being classified as. An announcement was made at the beginning of the ride that we would have 2 groups, riding the same route. This worked out well. The Pedaling Group would roll into a stop just as the Wheeling Group was getting ready to leave. And the Wheeling Group didn't feel obligated to wait for the Pedaling Group.

To everyone who joined the ride, thanks for a great ride! I hope to see more QCBC members out on clubs rides this year. Come out and enjoy the camaraderie.



RIDE REPORT — SATURDAY, MAY 6TH

by Kathy Storm and Bill Wiebel

Nineteen riders showed up at Scott Community College on the morning of May 6th. It was warm already at 7:45AM when we began to assemble. The route was scheduled to go north as an "out and back" route and the winds had been blowing out of the south for the past few days.

Before we headed out there was a lively discussion between Carter LeBeau and Rick Meeker about union contracts specifying mandatory overtime hours. It is always an historical reminder when one listens to Carter lament about receiving \$0.75 an hour in pay. Yikes! I was paid \$1.35 an hour when I started working as a teenager at a Bresslers 33 Flavors Ice cream Shop. HELP - please don't let me be that close in age to Carter!

We all had a great time zipping out to McCausland for the first 16 miles. After a rest stop at the neighborhood gas station/quick mart, the group decided to cut the wind and headed west over to Donahue and then southeast back to Scott Community College.

We rode "smart" this day and did a few less miles than advertised to cut out some of the headwind back into town.

What's Happening

from the Burlington Bike Club

A relatively new club member asked me recently, "So what radio station is it that you refer to in the newsletter?" I had no idea what he was talking about until he clarified innocently, "K-Y-B-O?"

Pam Kershner was so proud after riding in to Augusta. "Guess what guys. I maced my first dog!"

After Pam related how the dog stopped afterwards and rubbed his eyes. **Chuck Linnenbrink** suggested to his daughter, "You'll have to paint a little dog on your cross bar."



De Olde Flat Tire

Wolfe's Village Bike Shoppe has offered to hold a free Fix-a-Flat Class for cyclists. Learn how to change that flat tire and be off and running with the polished speed of a road racer. The time and date will be determined by whether or not there is any interest shown.

Drop this newsletter (since you're on the last page anyway), and call the shop at: 326-4686. Simply tell them, "Count me in! I wanna fix a flat."

Oh yeah, tell 'em Charlie sent you.

Jerry Leggett Memorial Plaque

Kathy Storm

The installation of the bench and plaque in remembrance of Jerry Leggett along the Ben Butterworth Parkway has been completed. I stopped by the location this afternoon. The location is at the intersection of 17th St in Moline. There are a group of 5 benches overlooking the river. Jerry's bench is the one farthest upriver. The plaque is located behind the bench and looks very nice. 🚲

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