

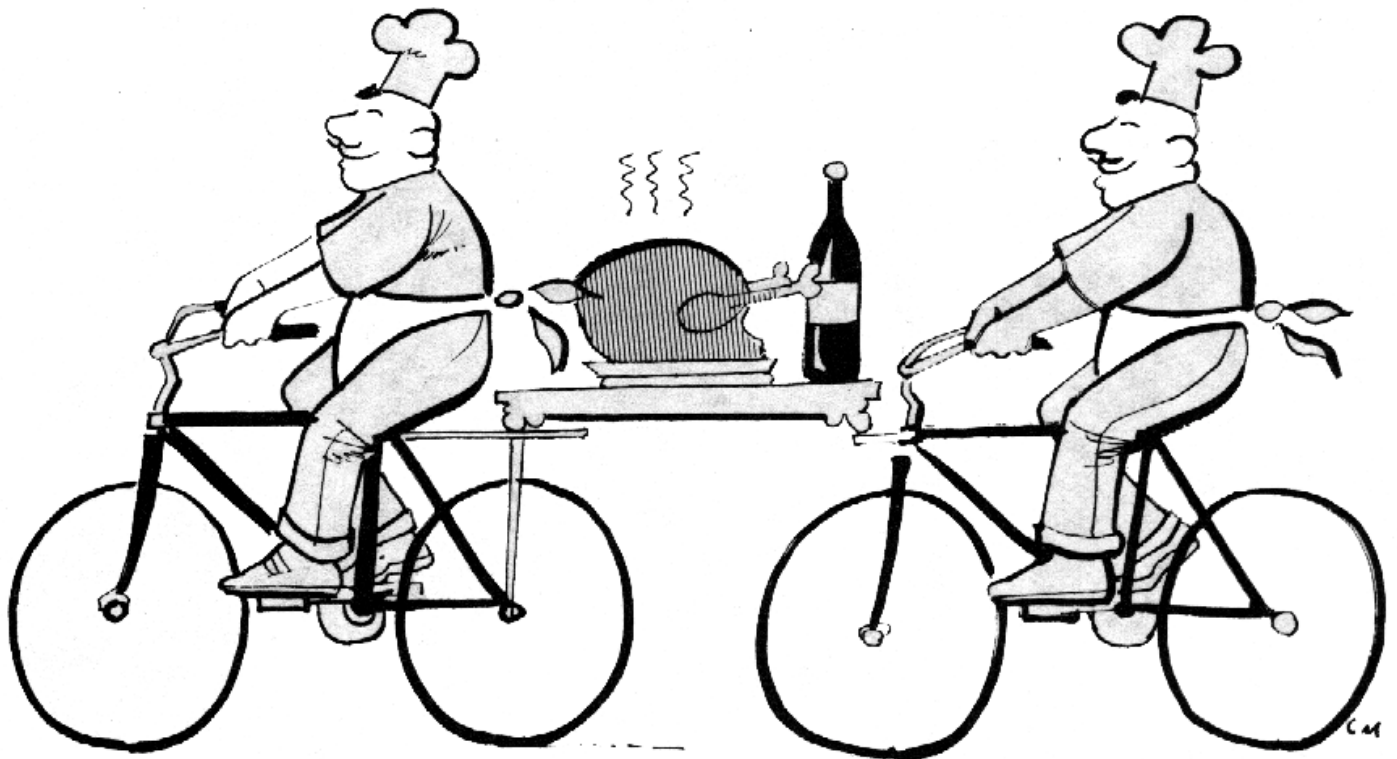


Pedalwheeling - 2000

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

NOVEMBER 10th, 2000

Don't miss it! Spin on over to the QCBC Annual Dinner and do some high class carbo-loading. This buffet style dinner is made to order for a cyclist's appetite. Get your ticket at the nearest Quad Cities Area bike shop.



-ADVENTURE CYCLING

Off the Back-WITH THE EDITOR

Charlie Swanson

It's November, the start of the holiday season. We kick off the month with the QCBC's annual dinner and we wind it up with Thanksgiving. After filling up on turkey, we're supposed to back off our riding and get serious about Christmas shopping. I suspect that most of you have a long list of people to buy for. I'd like to suggest a \$25 cap on any Christmas present you buy for me.

I've been getting plenty of feedback about the newsletter. Mostly its concerns the inaccuracies and mistakes that slip past the highly skilled editing staff (me). I like this kind of criticism for a couple of reasons; because it keeps me humble and should result in a better newsletter; but mainly, because I learn firsthand that someone is reading it. In all seriousness; to those people who have been inconvenienced in any way by my carelessness and shabby workmanship, I apologize. I know just how frustrating and annoying incorrect dates and places can be. I'll do my best to do better—I promise.

This month I published quite a few reports of events sponsored in whole or in part by the QCBC. I enjoy looking at the names and times listed and I hope you do

too. I like to wonder where I'd have placed—if I had participated. (Oh, I know!) What I have missed this past summer have been reports from the racing team (which the QCBC sponsors a wee part of). I may have to send one of my many cub reporters out to cover these events. I appreciate the column and the reports submitted by the Big Dogs (arf-arf). They're doing a fine job of getting their message out—and riding lots of miles while they do it.

Do you have any club-owned items in your possession? If you do, or if you know someone who does, get the information to Bill Wiebel at 309-755-1859. He's trying very hard to record the inventory and needs as much help as he can get. Bill is also heading up the ride schedule for the upcoming year. If you want to help Bill in any way or just offer some quick suggestions, give him a call. This is a chance to add to, and improve the current ride directory. Some of those QCBC bike rides go back to before some of us were born.

Finally, I took some time to look over the spiffy new commemorative water bottle I got for attending the Rock Island Recreational Path ribbon cutting. (Yes, that was *one* of the incorrect dates I published.) The graphic on *my* bottle shows a headless bike rider. I wonder if there's some significance to that?



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.

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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 qbceditor@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 he general public. **Club meetings** are held on the third Tuesday of each month throughout the year. Check the newsletter for specifics.

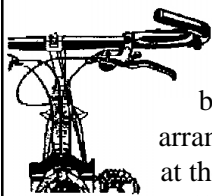
Members receive a 10% discount on many items at most Quad Cities bicycle shops, including Bike & Hike, Healthy Habits, Jerry & Sparky's, Ye Olde Village Bike Shop, On Two Wheels, and Pro Bicycle.

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



The QCBC Annual Dinner is the last big event for the year! I hope you'll make arrangements to attend. It's November 10th at the Arsenal Club on Arsenal Island. It'll be buffet style. We'll have an awards program and music for dancing after we eat.

In looking back at our past events I think we've had a very successful year. The first big challenge was to find a newsletter editor to fill Chuck Oestreich's enormous shoes. Charlie Swanson has very ably stepped up to the challenge.

Our Heartland Centuries, under Bill Weibel's capable direction, was a resounding success with 217 riders. We felt part of the success was due to advertising on the net as several out of state riders (Minnesota and Indiana) mentioned notice of it. Also, it was an opportunity to ride the bicycle trail to Cordova if you hadn't had an opportunity before. New riders felt safer doing the quarter century on this scenic trail.

The DuState-Du was also a resounding success and we hope it will continue to be so. The club has had a considerable amount of publicity this year supporting trail clean up and development, and otherwise contributing to the community awareness of bicycling.

Another important position to fill was that of RAGBRAI coordinators. Andy and Perm Horst, Bill and Sharon Harrington, and myself hope to provide the same excellent service to club members as Tom and Pat Bolton and Warren Power have in the past. We've already had a meeting with them and also assisted packing the bicycles for the journey to the start of this year's RAGBRAI.

Thank you all for the support you've provided the club this year. Without the member's support and volunteerism the club could not operate successfully. I hope you'll support the new officers and Board of Directors as well next year.

Last but not least, several club members have been seriously ill or injured in the last few months. Take a few moments to drop them a note or call with some news of the club that might interest them.

Happy Trails!
Rosie Dreessen

Light Touring Ride Report

Rosie Dreessen

I've been intending to write a review of some *Light Touring Rides* all summer. The motivation to do so was finally provided by Bob Fitzgerald who gave me some great photographs. Bob's wife Jan, has been in charge of scheduling the rides and the two of them have been on many of the rides. Bob can always be counted on to provide levity on the rides as well as mechanical support. The Fitzgerald's also arranged a wonderful end of the season picnic which consisted of a gourmet feast of Chinese food. They are excellent contributor's to the well being of QCBC ride leaders not only on the *Light Touring rides* but in other ways too. Thanks so much for your support!

Back to the rides. Although only four riders showed up for the Eliza ride on August 19th, we had a great day and a buffet feast at Eliza. Charlie Swanson devised this ride and it's one of my favorites. Spectacular country and very little traffic.

On Saturday September 23rd we rode the "River Ramble" from Albany to Thompson. This is such a diverse ride as you ride through many different types of terrain. From paved bike path to a dike along the Mississippi back waters, to prairie and wetlands en route to Thompson, there is a wonderful vista to behold. We ate at the Watermelon Cafe

in Thompson which is now located one mile north of town. The portions of food are enormous. There is a small hotel adjacent to the cafe. The proprietor also rents recumbents and road bikes and has a limited selection of bicycling items as well. On the return route, we took the back roads past the new prison (an awesome, solemn, thought provoking structure) to the trail at the edge of Thompson. We also stopped at the windmill in Fulton for a brief tour. It's quite intriguing. If you haven't already seen it, I recommend it. Our ride leader was Rick Meeker who came to lead the ride in spite of many personal commitments he had for the day. We appreciated your effort Rick!

The last ride of the season was from Case to Wainwrights where Jim Carr met us with refreshments of donuts and hot apple cider. Even though Jim has been unable to ride due to a broken collarbone, he managed to participate and contribute anyway. We continued on to Port Byron eventually riding on Barber Creek Road which I hadn't been on before, but which is very conducive to safe and scenic riding. Lastly we had our gourmet Chinese picnic feast at the shelter on Ben Butterworth Parkway! Thanks to the Fitzgerald's, Vivian Norton, Jan Reynolds and all the Light Touring riders for a successful season!



Heartland Century

Bill Wiebel

The 2000 Heartland Century was held on September 9th and was a success. This is based on the fact that participation was up and all riders seemed to have a great time. As expected, the ride lived up to its reputation of friendly volunteers and great sags. Again, this year, a grilled pork chop dinner greeted the finishers.

Many changes were made to the Heartland Century. Some of the main ones were:

- ◆ A new route that passed through several rural towns and had no “killer hills”
- ◆ The ride moved from Iowa to Illinois
- ◆ The Great River Bicycle Trail was utilized for the start and finish.
- ◆ The price was lowered. The cost to a pre-registered QCBC member was only \$15. This included a T-shirt, water bottle, continental breakfast, great sags, and cue sheets.

The 217 participants were greeted with overcast skies and pleasant temperatures. Some, however, did complain about the wind, which picked up during the day and was a head-wind, later in the ride.

The timed century aspect for the 100 mile route was not offered this year. There were, however, a few that self-timed themselves. As follows:

John Punkiewicz 4 hours, 49 minutes
Tom Waterman 5 hours, 15 minutes
Doug Zickuhr 5 hours, 17 minutes
Kevin Wolford 5 hours, 49 minutes

If I missed anyone, let me know and we'll put in the next Newsletter.

A special **Thank You** for all the volunteers that made the ride possible. Their time and effort help make the Heartland Century one of the best. They are as follows:

Dan DeMay, Mike Desch, Rosie Dreesen, Martha Fisher, Tony Fisher, Maureen Hart, Jim Karr, Walter Lysell, Frank Martin, Bob Rutledge, Kate Rutledge, Jack Slater, Cathy Wiebel and Linda Work.

The Heartland Century could not exist without its sponsors. They are as follows:

Quad Cities Bicycle Club

Meredith Construction
FCA, Inc
Hy Vee
Lovewell Fencing
Printing Unlimited
TOGIR Tours
Healthy Habits
Jerry & Sparky's
On Two Wheels
Wolfs Bike Shop

The 2001 Heartland Century is already in the planning stages. It will again be held in Illinois and will be in September. More information to follow. 🚲

Sandy Kenny Wins UMCA Worlds! Sept 16th, 2000

David Holmes - Event Director

The women's race was no contest this year. Sandy Kenny from Portland, OR rode away from the other women. Her 433 miles is the new UMCA World 24 hour Cycling Championships course record. Her place overall for the race was 8th. Pretty impressive indeed, in a field of 60 riders!

Here is the women's results:

- | | | | |
|---|---------------------|-----|-----------|
| 1 | Sandy Kenny | USA | 433 miles |
| 2 | Merry Vander Linden | USA | 378 miles |
| 3 | Anne Schneider | USA | 352 miles |
| 4 | Julie Maura | USA | 325 miles |

For complete race results please go to <http://denali.physics.uiowa.edu/iue>

UMCA World 24 Hour Cycling Championships

David Holmes - Event Director

Here are the top 10 results of this past weekends UMCA World 24 Hour Cycling Championships. The weather was near ideal. We had 3 Europeans that made their presence felt. If it was not for Danny Chew winning, the US would have been shut out of the medals.

- | | | | |
|----|-------------------|-----|--|
| 1 | Danny Chew | USA | 508 miles |
| 2 | Herbert Weneweger | AUT | 483 miles |
| 3 | Ivan Dotto | ITA | 471 miles (Qualified for RAAM 2001) |
| 4 | Franz Venier | AUT | 466 miles (Qualified for RAAM 2001) |
| 5 | Tom Buckley | USA | 454 miles |
| 6 | Rob Kish | USA | 452 miles |
| 7 | Dan Jordan | USA | 444 miles (Qualified for RAAM 2001) |
| 8 | Randy Van Zee | USA | 433 miles |
| 9 | Arvid Loewen | CAN | 415 miles |
| 10 | Jerry Sears | USA | 406 miles (Qualified for RAAM 2001 age 60) |
| | Thomas Miller | USA | 406 miles |

Full results are listed on the Iowa Ultra Events Web site: <http://denali.physics.uiowa.edu/iue>

New QCBC Members

Name	City/State	Name	City/State
Michael Zugmaier	Bettendorf, IA	David Degnan	Chicago, IL
Joan Burken	Clinton, IA	Eileen McDeid & Ron Paasch	Clinton, IA
Chris Calhoun	Davenport, IA	Aaron Jennings	Davenport, IA
Karen Krombeck	Davenport, IA	Randy Willems	Davenport, IA
James Merritt	Eldridge, IA	Tom Robertson	Muscatine, IA
Chuck Chastain	Preston, IA	Ben Netzger	Rock Island, IL
Keirsten Anderson	Rock Island, IL	Russell Mulder	Wheaton, IL
Alek Chutko	Canada L3M1X	Malcolm Pearson	Canada L3M2M4

November Ride Schedule

Wednesday, November 1

9:00 AM **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for a rider's choice.

Saturday, November 4

9:00 AM Hardee's, 425 55th St., Moline (near Case/IH).

1:00 PM **Mountain Bike Local Ride** Meet near Ranger's House, Loud Thunder Forest Preserve

Sunday, November 5

9:00 AM Meet at McDonald's on Brady St., Davenport.

Monday, November 6

6:00 PM **Mountain Bike Meeting** Meet at Front Street Brewery, 208 E River Drive, Davenport, Iowa

Wednesday, November 8

9:00 AM **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for a rider's choice.

6:00 PM **Mountain Bike Evening Ride** Meet at Sugar Shack, Scott County Park

Friday, November 10

9:00 AM **Veterans' Day Ride** If you have today off because of Veterans' Day, this ride is for you! Hardee's, 425 55th St., Moline (near Case/IH).

7:00 PM **QCBC Annual Dinner** The Annual Dinner will be held at the Post Restaurant on the Arsenal. Chairpersons: Vivian Norton and Rosie Dreessen. See our QCBC web site www.qcbc.org for details or call.

Saturday, November 11

9:00 AM Meet at McDonald's on Brady St., Davenport.

Sunday, November 12

9:00 AM Meet at Hardee's, 425 55th St., Moline (near Case/IH).

8:00 AM – 2:00 PM **Mountain Bike Trail Work Day** Call 786-7979 for location.

November Ride Schedule

Wednesday, November 15

9:00 AM **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for a rider's choice.

6:00 PM **Mountain Bike Local Ride** Meet near Ranger's House, Loud Thunder Forest Preserve

Saturday, November 18

9:00 AM Meet at Hardee's, 425 55th St., Moline (near Case/IH).

Sunday, November 19

9:00 AM Meet at McDonald's on Brady St., Davenport.

7:00 PM **Mountain Bike Away Ride** Meet at Machine Shed, Northwest Boulevard to car pool to Sugar Bottom, Coralville, Iowa

Wednesday, November 22

9:00 AM **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for a rider's choice.

Thursday, November 23

9:00 AM **Turkey's Ride** Meet at Hardee's, 425 55th St., Moline (near Case/IH).

Friday, November 24

9:00 AM **Work Off the Turkeys!** Meet at McDonald's on Brady St., Davenport.

Saturday, November 25

9:00 AM Meet at McDonald's on Brady St., Davenport.

Sunday, November 26

9:00 AM Hardee's, 425 55th St., Moline (near Case/IH).

Wednesday, November 30

9:00 AM **Wednesday Morning Ride** Meet at McDonald's, Brady St. and Duck Creek Parkway, for a rider's choice.

6:00 PM **Mountain Bike Local Ride** Meet at Eastern Avenue Entrance, ride bike path.

THE ROAD LESS TRAVELED

Joe Jamison



NOW WHAT?

RAGBRAI, the Heartland Century, maybe a tour or two, and any number of QCBC rides, but now it's November and finally you get to kick back, eat some donuts and veg out on TV!

You're worth it, as the cosmetics commercial tries to convince you. Want a tip? DON'T DO IT!

The cycling season doesn't end when the leaves fall from the trees, it just takes on a different emphasis. Winter is a time for recovery but not shutting down. It is a time for setting the next seasons goals, early enough so that you will be able to determine how to focus your Winter training. What are your goals?

Some of my riding buddies are talking about going to England to do the London-Edinburgh-London 1400K brevet. That's a challenge. You won't get that done stuffing donuts and going to sleep in a chair watching the History Channel! A ride like the LEL means hours and hours in the saddle. Stretching exercises are an absolute necessity to endure that event, not to mention tempo riding and weight workouts.

Maybe you engaged in the Big Dog "Century a Month Contest" and found that after three or four months of doing centuries, it wasn't such a big deal. Maybe you'd like to try your hand at a double metric and jeez, maybe a (gasp) double century. Well, why not? Make your decision now. Fashion your training toward that goal, and then lay out a time table so that you get that January and February century in (wasn't that easy?) and then each week extend each Saturday ride by 10 miles. That's one way to do it. By August, you'll have established your

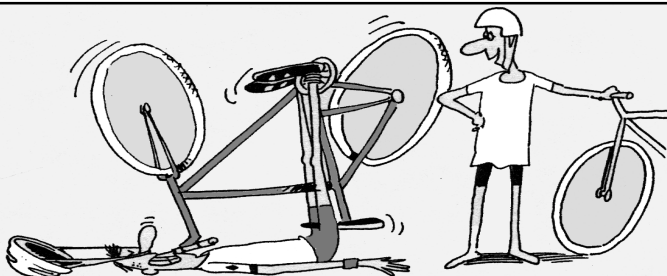
capability to ride a Double Century. Actually, you'll progress quicker than that, but this is a very conservative approach.

Let's look at the schedule for the 2001 Eastern Iowa Brevet series and see how that fits in with your schedule. These brevets start in Eldridge and follow an out and back northerly course. They are hilly and have a time limit to qualify as a finisher, but the overall average speed to maintain is under 10 mph. These rides fit into a training plan perfectly, as the mileage for each is extended. For example:

- 07 April 2001 200K (125 miles)
- 05 May 2001 300K (188 miles)
- 02 June 2001 400K (250 miles)
- 14 July 2001 600K (375 miles)

Although this is an aggressive schedule, it is perfectly doable for someone coming out of the winter season, with a dedicated weight, stretching and bike trainer program under their belt. But the time to make that decision to dedicate yourself to improved performance in your passion is NOW. Biking IS your passion isn't it?

Need help establishing a Winter training program? Give me a call (309-755-6801) or drop an e-mail message (jmmamiso@derbyworks.net). I'm by no measure a professional trainer but I can share some ideas that work for me and other local endurance riders and, more importantly, I can introduce you to our Quad Cities Bicycle Club endurance cycling culture. ☸



"I see you got new clipless pedals."

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

MATTHEW L. GODSIL, C.M.T. TOTAL ENERGETICS	309-736-9101
PAMELA K. FISHER, C.L.M.T. TWO RIVERS MASSAGE	309-797-3529
RICH CARLSON STRUCTURAL INTEGRATION... THE IDA ROLF METHOD	309-337-5159

Century Challenge Update

By Wayne Hanno

Big Dog leader Jim Hanson is like the Energizer Bunny—he keeps going and going and going... Jim and Tom McCarthy both reported in with the most August centuries (7). What's in it for the leader at year's end? The Big Dog Century Challenge (BDCC) traveling trophy presented to the top QCBC Big Dog. Keep it until someone else earns it! Here are the latest BDCC standings at the end of September:

Jim Hanson	Moline, IL	56	Rick Meredith	Bettendorf, IA	18
Steve Bagby	Knoxville, IA	52	Joe Camp	Washington, IL	17
Wayne Hanno	Davenport, IA	41*	Dave Alftine	Bettendorf, IA	12
Tom Mccarthy	Davenport, IA	30**	Dave Lefever	Bettendorf, IA	11
Dave Parker	Davenport, IA	28	Elizabeth Young	Farmington, IL	11
Joe Jamison	East Moline, IL	22	Leonard Young	Farmington, IL	11
Lisa Paulos	Cedar Rapids, IA	22	Dave Holmes	Eldridge, IA	9
Greg Zaborac	Canton, IL	20	Bob Replinger	Moline, IL	9

* Not counting 11 (Hawaii-1, Texas-7, and Virginia-3)

** Not counting 3 (Wisconsin-3)

The BDCC was created for cyclists who strive for the honor of completing at least one century (100 miles) in every month of the year in Iowa/Illinois.

Big Dog Anti-Bonk Nutrition

by Wayne Hanno

To get your century ride off to a good start, you need the BIG DOG smoothie (**WARNING**—for BIG DOGS ONLY!).

BIG DOG Smoothie Recipe

- 2 cups skim milk
- ¾ cup dry quick oatmeal
- 2 medium bananas
- 4 oz flavored yogurt
- 4 tbsp Nestle NesQuik chocolate powder
- 1 cup peaches or pineapple
- 1 handful of ice

1. Put milk in blender.
2. Add oatmeal.
3. Add all other ingredients + ice cubes
4. Blend at high speed for a minute or two.
5. Pour in BIG DOG one quart or larger frosty mug (always keep one ready in freezer for emergencies)



Ummmm... YUMMY!!

	CALORIES	FAT	CARBO	FIBER	PROTEIN	SODIUM	POTASSIUM
Milk	180	0 g	24 g	—	16g	250mg	—
Oats	280	6 g	52 g	8 g	10 g	—	—
Yogurt	100	0 g	20 g	—	5 g	75 mg	230 mg
Bananas	220	0 g	58 g	4 g	1 g	0 mg	800 mg
Peaches	200	0 g	50 g	2 g	1 g	—	—
Nestle	180	1 g	38 g	2 g	2 g	30mg	—
TOTAL	1160	7 g	252 g	16 g	35 g	355 mg	1030 mg

UMCA World 24 Hr Cycling Championships and Y2K Cycling Classic

David L. Holmes - Executive Director, Iowa Ultra Events

We could not of had better riders or better weather!

Lets first address the 6 hour 12 hour races. John Grunske had registered for the 24 hour, but still having some health issues, he decided to go down to the 12 hour. His 243 miles was a full lap up on his closest rivals. With this race being drafting, it is hard to put a place on riders when they finish in a group, thus it was a 4 way tie for 2nd place! John Thier, Joe Jamison, Tom McCarthy and Ed Fleming all rode into the parking lot together with 228 miles. 3rd place was a no contest at 213 miles, ridden by Cludro Vasas and Clifford Logan on a tandem. Next year we have decided to give places, if ties occur, to the oldest rider!

For the 6 hour race, it was the locals against the guy from Michigan, Mike Bauman. This was a fast race and the top three finishers all did 121 miles. But they did come in at various times and thus the fastest guy in was Mike Bauman, followed by Tom Waterman and John Punkiewicz. Brenda Smith from Atlanta did 91 miles, the fastest of all the women entered. Congratulations to Brenda.

So did any 6/12 hour stay around for the main event? It was a show down of RAAM riders and a few new Europeans. The 24 hour race saw Herbert Weneweger lead off the day loop over Italian Ivan Dotto and fellow Austrian Franz Venier. But lurking just off there pace was 2nd place RAAM finisher Danny Chew. Say what you want about this guy—he can ride a bike faster than just about any human for 24 hours—at least he did here in Iowa! His 508.86 miles was 6 miles farther then Michael Secrest rode in 1996. Danny's average was over 21 mph for the entire event! He rode four sub 5 hour centuries, his best being a 4 hours 28 min. His last was a 5:04 century.

Second place was Herbert Weneweger, an Austrian, like our past winner Wolfgang Fasching. His 483 miles was more than a lap behind Danny's. In most years his mileage would have won.

As you can see from the end miles, the Europeans are making themselves felt here at this race, taking the top 3 spots behind our winner Danny Chew.

We do want to congratulate our team winner of Steve Cottrell, Virgil Meehser, Kelly Justin and Dan Cole, Their 505 miles was 3 behind Chew, next year they want the whole title.

We also had a new women record set! Sandy Kenny from Portland rode away from the other women with 433 miles, breaking Emmy Klassen's 1996 record. Great job gal!

Barclay Brown brought his HPV with him this year to ride 434 miles and create a new category for the race.

The tandem winners, were Patricia Cole and Jay Ambroson—both from New York—320 miles.

Local rider Jerry Sears rode 406 miles—won his 60-69 age division and qualified for Race Across America!

Our first hand cyclist, William Shea, rode 213 miles—all with his arms!

Please e-mail me your addresses for 2001. I will be e-mailing the entry form to those who have e-mail addresses. No paper for next year. Also, all results will be e-mailed. ☺



The intrepid QCBC road-cleaning crew takes time out to pose for a photo.

For sale

Centurion Accordo road bike 25" (63cm)

Chromoly frame, Shimano 6-speed,
SIS shifting, Look pedals,
Cateye computer, Frame pump.
Ridden only 3 years. Asking \$100
Bill Storm 319-355-2564.

For Sale

TREK 2000 Frameset: 56cm center to top
Main triangle Easton 7000 series
Double butted aluminum
Late 1980s - solid blue color
No dents, some scratches.
Minor paint bubbling near shift lever bosses.
Includes TREK touchup paint & headset.
\$150.00

Wanted!

QCBC Member looking for
Fit Female Tandem Partner.

I am 39, active cyclist

—**Have tandem - Will Travel**—

Love to ride in Iowa, Illinois and Wisconsin

I can be reached by email at:

YESIBIKE2@AOL.COM

I can send picture if requested.

It's tough riding a tandem by oneself!

Dave

Kenesis Carbon Road Fork:
Threaded, "D" shaped blades
Steerer tube approx 177mm long
\$75.00

700C Front Road Wheel:
Wolber gray anodized box style rim
32 hole, Shimano 600 hub
14 gauge spokes, Trued,
Hub recently greased
\$30.00

Volunteers Needed!

2001 Ride Schedule Committee

Work is under way to develop the 2001
Ride Schedule. Help is needed to update the
rides and to coordinate and contact the ride
leaders. Input is also being requested for
route improvements and changes to existing
rides and for ideas on new rides.

Please contact **Bill Wiebel** 309-755-1859

billwiebel@aol.com

700C Front Road Wheel:
Super Champion silver box style rim
36 hole, Suntour Superb hub
14 gauge spokes, trued
hub greased recently
\$20.00

Terry Burke 309-797-3790

tburke@qconline.com

QCBC Stuff

Do you have any **QCBC Property**?

It is important that we get a listing of what it is and
where it is.

Please let **Bill Wiebel** know by the end of November.

309-755-1859 or billwiebel@aol.com

Wanted To Buy

High quality used road bike
In good condition - 58-62 cm.

Call Dale 319-374-1367