



Pedalwheeling

The Newsletter of the Quad Cities Bicycle Club – August 2002

Quad Cities Bicycle Club Heartland Century



Saturday – September 14, 2002

25 – 50 – 62 – 100 Mile Rides



A RIDE FOR EVERYONE!

The Heartland Century, an annual event that is sponsored by the Quad Cities Bicycle Club, promises to be bigger and better in 2002. This event continues to grow in popularity and is one of the best centuries in the Midwest. The Heartland Century will begin and end on the Great River Bicycle Trail. Along with riding on the trail, the route will take the riders through several rural towns and tour some of the NW Illinois countryside. Although the course is mostly flat, the route meanders through varied landscapes and is quite scenic. All roads have an excellent surface and low traffic.

As in previous years, the Heartland Century offers routes for all levels. The 25-mile route is entirely on the Great River Trail and is perfect for beginners and family riding. The 50 mile and 62 miles routes are great for a long distance tour. The 100 miles route is well suited for the long distance and experienced cyclist. We encourage all cycling enthusiasts and their families to participate.

Prices held for another year! Due to excellent participation in 2001 we are able to offer the same reduced prices again. This means a total cost of only

\$14.00 for a pre-registered QCBC member. This includes a t-shirt, water bottle, continental breakfast, plenty of rest stops, que sheets, and on course support.

A Heartland tradition, grilled butterfly pork chop sandwiches, will again be offered after the ride. The entire dinner, however, has been replaced by sandwich, chips, and pop. The cost for this has been reduced to only \$4.00. Be sure to sign up ahead of time. It will only be available for pre-registered riders.

The customized Heartland t-shirts are back again, “what color will they be this year”? All riders will receive one. Customized wide-mouthed water bottles will also be available and a FREE one will be given to all that register before September 1.

Be sure to register early so that you can realize the savings and get the free water bottle.

**JOIN US FOR A DAY OF GREAT RIDING
Great Food, And Great Memories**

See you at the Heartland!

Bill Wiebel

Key Contacts

Officers:

President - Kathy Storm (563) 355-2564 kbstorm@aol.com
 Vice President – Warren Power (563) 391-5466 warrenpower@mchsi.com
 Recording Secretary – Jane Garrett (563) 441-9115 jag@revealed.net
 Treasurer – Darlene Moritz (563) 386-3499

Club Web Site:

www.qcbc.org

Board Members:

Terry Burke	Andy Horst	Joe Jamison
Jean Kelly	Dave Lefever	Deb Mathias
Karen Nord	Charlie Sattler	Bill Wiebel

Key Contacts:

Annual Dinner – John and Barb Wessel (563) 359-8350
 Competitive Events – Terry Burke (309) 797-3790
 Du-State-Du Duathlon – Kentley Loewenstein (563) 359-5974
 Endurance Rides – Joe Jamison (309) 755-6801
 Fall Foliage Ride – Deb and Dean Mathias (309) 787-6547
 Fast Rides – Bill Wiebel (309) 755-1859
 General Meetings – Warren Power (563) 391-5466
 Heartland Century – Bill Wiebel (309) 755-1859
 Leisure Rides – Jan Reynolds (309) 797-2072
 Membership Administration – Anne Flesichman (563) 332-4212
 MidPaced Rides – Jim Karr (563) 441-9115 and Kathy Storm (563) 355-2564
 Newsletter Editor – Kathy Storm (563) 355-2564
 Publicity – Jean Kelly (563) 359-9508
 QC Criterium – Terry Burke (309) 797-3790
 QC Triathlon – John Punkiewicz (309) 788-7544
 RAGBRAI – Andy and Perm Horst (563) 381-3488
 Ride Schedule – Bill Wiebel (309) 755-1859
 TOMRV – Susie Laforce (563) 355-5530
 Website – Cy Galley (309) 788-3238

Membership Count: 7/1/02 # of Members by Membership Type

Individual	475
Couple	132
Family	531
Total	1,138

Commercial Ads in Pedalwheeling:

¼ page	\$25.00
½ page	\$50.00
full page	\$100.00

Please email to: qbcbeditor@yahoo.com

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 at 7PM on the third Tuesday of every month during: January, February, March, April, May, September and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware.) Contact Warren Power for program.

Submitting Articles for newsletter: Deadline is the 10th of the month. Email to: qbcbeditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803.

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

Benefits of Being a Club Member Include: 11 issues of Pedalwheeling per year, Annual Issue of Ride Schedule and Membership Directory booklet, 10% discount at QC Area Bike Shops, ability to use LAB “Bikes Fly Free” program on selected airlines and discounts on TOMRV and the Heartland Century.

**From the Headset
Kathy Storm**

**From the Headset – August 2002
Kathy Storm**

Where has the summer gone? It seems like just yesterday that I was focusing on logging in miles in preparation for TOMRV.

Participation in Ride the River, June 16th, a ride along the Mississippi River sponsored by River Action, was again good. Many QCBC members volunteered to sell and fit helmets during packet pickup on Saturday and during the ride on Sunday. Vivian Norton again coordinated the selling of reduced cost helmets for Ride the River participants.

So, what's next? How about a Duathlon or a Century ride? Our club offers both of these during the next few months. On Sunday, August 11th, the Cornbelt Running Club and the QCBC will be combining their activities into a Run-Bike-Run event. There are categories for everyone. Even the 2 club Presidents were able to team up last year and qualify for a place.

The Heartland Century, with its Illinois start, continues to be a local favorite for riders of all abilities. You will find information in this issue in regard to registering for this annual event.

Later this fall, the club will again be sponsoring our Annual Fall Foliage Ride. Deb and Dean Mathias are the Committee Chairpersons this year.

They have planned out a great weekend of fun in South Central Wisconsin. There will also be brochures available at the September General Meeting on attractions in this area.

John and Barb Wessel, Annual Dinner Committee Chairpersons, have announced that this year's annual dinner will be held at The Abbey in Bettendorf. The club will not be giving away a Trek 5200 like we did last year. That was a "Once in a Lifetime Deal". Jeanne O'Mealia continues to extol the virtues of our club as she rides her "Door Prize" on club rides.

As you are leafing through the Ride Schedule Booklet and Membership Directory this summer and fall, if you have any corrections or suggestions that you'd like to offer for the 2003 – 2004 Ride Schedule, please send those to Bill Wiebel. If you notice that your name, address, telephone number or email address need correcting, please contact Anne Fleischmann.

The QCBC still has a few club jerseys and wind vests left. The remaining inventory is spread out between Jerry & Sparky's, On Two Wheels and my house.

I would like to thank the following QCBC members for helping me out with the August issue. I was running short on time to proofread. Barb Donald, Jim Karr, Jim Merritt and my husband, Bill all pitched in. If any other members would be willing to help with the September issue around August 10 – 14, please let me know.

**Welcome New QCBC Members - June & July 2002
Anne Fleischmann, Membership Coordinator**

Bob & Mary Beat	Bettendorf, IA	Robert & Donna Gulley	Milan, IL
Michael & Carla Osborn	Bettendorf, IA	Desiree Grace	Moline, IL
Jason Lewis	Cedar Rapids, IA	Jude Rolsch	Moline, IL
Kelly Otto	Davenport, IA	Paul & Patricia Briggs	Rock Island, IL
Dale & Gail Mimrick	East Moline, IL	Bob Milligan	Rock Island, IL
Mark Schweertman	Forreston, IL	David Briggs	Woodhull, IL
Gary & Linda Bos	Hillsdale, IL	Robert Curtiss	Rockford, MI

Let's Solve the West Davenport Trail Gap **By Chuck Oestreich, Advocacy Chairperson**

Take out a Quad City map and look at west Davenport in reference to bicycling. What a mess!

No, it's not the people, residences, commercial buildings or the streets. It's the geography. Western Davenport has simply not been gifted by geography with nice and easy watercourses (with their path possibilities) leading from the upland prairie to the banks of the Mississippi.

The eastern Iowa Quad Cities has Duck Creek running parallel to the big river until it gently meanders through Bettendorf before curving through the Devil's Glen valley down to the river. It's nice to have Mother Nature working with us to connect our inter-urban riding with our Mississippi river pedaling.

But She's not too cooperative in west Davenport - an area of rampaging bluffs, ravines, and very striking natural beauty.

Right now biking from the Duck Creek path at Emeis Golf Course to the Mississippi River Trail is problematic, to say the least. One needs to negotiate a bewildering series of streets, some decidedly unfriendly to bicyclists. I have never enjoyed Telegraph Road, for instance - except after it get west of Fairmount Street. And Rockingham Road is a narrow rumble of uneven pavement and even more uneven drivers' tempers.

And then there's the problem of getting to the Mississippi. No entrance from urban west Davenport exists between Marquette Street and S. Concord Street. (Forget Schmidt Road if you value your bike and your nerves.)

We need a bicycle friendly route to connect the Iowa Quad City trails in a loop. We need to fill in the western Davenport "Gap." Are there any

possibilities? How about Locust Street, due to be enlarged in the near future? It's not possible, according to city officials - too many residences with driveways and land acquisition problems. Besides a path or a lane on busy Locust Street leading to the interstate would not be a pretty sight - and it would not lead to the Mississippi.

However, a close look at the map again reveals Blackhawk Creek. It curls and whirls from the lake at Scott County's West Lake Park all the way to the Mississippi opposite Credit Island. Wouldn't it be dandy to connect the Mississippi with West Lake Park by using a natural creek bottom - similar to what was done to Duck Creek forty years or so ago?

But Blackhawk Creek lies south of Telegraph Road, still quite a distance from the western end of the Duck Creek path. However if that path were extended west along the creek through a relatively unused section of the golf course, it would soon hit Wisconsin Avenue. Go south on Wisconsin and you're out in the country. It's basically farm fields and a few residences: just ripe for a path or a lane.

Continuing across Locust Street (a stop light would be needed) leads to more bucolic riding, although this area is expanding with housing developments and one school, Jackson Elementary. But a small creek runs south close to the street and - guess what - it empties into Blackhawk Creek. Before the land gets too expensive, a creek path right-of-way would be a good investment for the future.

An Emeis-Wisconsin Ave.-Blackhawk Creek path could work.

This whole path expansion is nothing new, by the way. Bi-State Regional Commission's Iowa Greenway Plan of 1998 lists these areas as "proposed greenways." But perhaps now is the time to start working actively to eliminate the west Davenport Gap - even if Mother Nature hasn't been too friendly to it.

Grand Illinois Trail **Submitted by Ed Basotti, Director, League of Illinois Bicyclists**

You don't have your Grand Illinois Trail Guide yet? Well get with it!

Call (217) 782-3715 to order a free copy of the 32 page, comprehensive biking guide to the trail. It is also available on the web at bikelib.org or e-mail greenway@dnrmail.state.il.us.

The Guide was produced by LIB and the Illinois Dept. of Natural Resources.

What is an Invitational and Why Should you Participate in One?

Kathy Storm

An “Invitational” ride is a one day ride (occasionally a 2 day weekend one) that is put on by a bike club for the purpose of raising money. Most clubs throughout the United States sponsor at least one invitational per year.

The majority of these rides have some common features. They usually offer a choice of routes based on distance (25, 50, 75 and 100 mile routes as an example.) Rest stops are usually provided every 15 – 20 miles. The rest stops offer riders the opportunity to refill water bottles and consume a snack.

The food offered at rest stops is usually included in the registration fee for the ride. Bananas, apples (or another seasonal fruit), gorp and cookies are staples at rest stops. On some rides, the rest stops on the longer routes may feature peanut butter and jelly sandwiches, pasta salad or soup.

During the course of the ride, riders follow a marked route. The route is marked with pavement markings (in the US, this is usually done with spray paint) or signs affixed to roadside poles. Riders are also given a printed out “que sheet” that details what roads they are to turn onto and the mileage count at those turns.

At the end of the invitational, riders mingle and visit with each other and often share an “end of ride meal/snack” that is included in their registration fee.

On some invitational, a free water bottle or t-shirt may be included in the registration fee. (If these are included, it usually is for those who have pre-registered for the ride.)

Bike clubs spend a number of months planning an invitational. There are routes to map out, arrangements for use of facilities to use at rest stops, food to secure and lots of volunteers to coordinate.

After the invitational, when all the bills are paid, the sponsoring club hopes to have some proceeds from the registration fees. These monies are used by the bike club to fund internal activities such as providing a newsletter to their membership, hosting an annual dinner, purchasing award plaques, etc.

If a bike club ends up with extra monies, these are usually donated to bike related activities in the community. Many bike clubs provide some monies to fund helmet promotions and local police departments for their bike patrol units. Some monies may be donated to bike advocacy groups such as the League of American Bicyclists, the League of Illinois Bicyclists, the Iowa Trail Council, River Action, etc.

As a cyclist, when you ride one of these invitationals, you get a great experience out of it and you are helping provide monies to keep the sport of bicycling alive and well in the United States. I hope you will consider riding the QCBC’s own Heartland Century in September and a few other invitationals offered by neighboring clubs in the Midwest.

Update on Annual Dinner John Wessel, Annual Dinner Chairperson

Date: Friday, November 8, 2002
Location: Abbey Hotel, Bettendorf
Type: Cocktails, dinner and Awards Presentation
Speaker: Bill Wundrum
Band: Spellbound (same as last year)

TOMRV 2003 Update Susie Laforce, TOMRV Secretary

TOMRV 2003 will fall earlier in the month of June next year due to the date of Father’s Day. Please mark your calendars for June 7th & 8th for TOMRV 2003.

The club is also in need of someone to take over data entry of TOMRV Rider Registration forms. This entails data entry during February through June. Peak periods are the week before each cut off date: end of March, April and May. Please contact Susie Laforce at (563) 355-5530 or if you are interested

**TOMRV 25
Doug Truesdell**

The conditions were excellent for TOMRV 25 this year, and just over 1,500 riders came to ride the scenic back roads from Bettendorf (or Preston) to Dubuque and back on the weekend of June 8 and 9.

No rain, good temps, and a tailwind the first day made the trip enjoyable, though still thoroughly challenging. Our large and experienced volunteer staff served a large truckload of fruit drink and snacks along the way.

The ride was a safe one this year - no serious mishaps. For entertainment this year we brought in Thunder and Lightening, a fun musical performance from Chicago. The banquet was by most accounts a peak experience following the day of riding.

We certainly owe a big thank-you to our many volunteers who make TOMRV a fine experience for so many riders in the Midwest, one they come back to year after year.

TOMRV 2002 Volunteers

Bulk Mailing – February 20th and/or Packet Stuffing – June 4th

Linda & Don Barchman, Jim Blunk, Pat & Tom Bolton, Mary Brus, Terry Burke, Marge Dixon, Barb Donald, Carol & Dave Feeney, Anne Fleischmann, Cy Galley, Jane Garrett, Lu Juan Gault, Margaret Haas, Perm Horst, Jim Karr, Jean Kelly, Bill Langan, Dave Lefever, Rick & Patsy Meeker, Scott Miller, Darlene Moritz, Vivian Norton, Sam Norwood, Chuck Oestreich, Warren Power, Charlie Sattler, Merle Schleusener, Mary & Mary Scott, Kathy Storm, Doug Truesdell, George Van Thorre and Bill Wiebel

Registration – June 8th & 9th

Dave Alftine, Nancy Burney, Mike Carl, Barb Donald, Donna Eechaute, Bill & Cherry Fritch, Jane Garrett, Jim Karr, Darlene Moritz, Doug Nelson, Michelle & Randy Newburg, Michelle Quinn, Dennis Rose, Paul Scheibelhut, Merle Schleusener, Bill & Mary Scott, Bill & Bonnie Sturgeon

Rest Stops – June 8th & 9th

Clark Howe, Richard & Martha Jirus, Jane Jones, Ellen Kasten, Susie & Mel LaForce, Bill Langan, Bryant Langan, John & Beverly Linburg, Audrey Mabis, Alice Muma, Darlene & Jerry Neff, Vivian Norton, Bill Osborne, Becky Perry, Deb Phillips, Warren & Sherri Power, Lenore Radel, Janice Reynolds, Ed Sharkness, Karen Truesdell, Griff & Barb Tucker, Nick Urbain, George Van Thorre, Jim Wadle, Brian Willis and Joan Wren

Mike Giudici crosses the border into Italy on his trip to France

Senior Olympics Time Trials, June 22nd, 2002 - Barstow, Illinois

David Thompson, Race Director

	NAME	OVL/PLA	DIV/PLACE	DIVISION	TIME	MPH
10 kilometer	TERRY BURKE (top male)	1	1/3	M60-64	14:48	25.2
	Keith Wells	2	1/3	M50-54	15:21	24.2
	John Krehbiel	3	1/6	M65-69	15:29	24.1
	Robert Banash	4	2/3	M60-64	16:03	23.1
	Richard Vermeer	5	2/3	M50-54	16:05	23.0
	Lou Fuentes	6	1/3	M55-59	16:16	22.8
	George Van Thorre	7	2/6	M65-69	16:39	22.3
	PATRICIA BEAM (top female)	8	1/1	F65-69	16:55	22.0
	Gerald Beam	9	3/6	M65-69	17:15	21.5
	Frank Davis	10	2/3	M55-59	17:31	21.2
	Ron Peterson	11	3/3	M55-59	17:54	20.8
	David Hope	12	3/3	M50-54	18:51	19.7
	Henry Jaworski	13	4/6	M65-69	19:35	19.0
	Dorrance Johnson	14	1/2	M75-79	19:51	18.7
	George Coin	15	5/6	M65-69	19:55	18.6
	Jim Craig	16	6/6	M65-69	20:29	18.0
	Jules Hansel	17	1/2	M80+	20:35	17.9
	Richard Efferding	18	1/1	M70-74	20:59	17.5
	Robert Malake	19	3/3	M60-64	21:20	17.2
	Dottie Willetts	20	1/1	F70-74	21:26	17.1
	Nancy Hamilton	21	1/1	F55-59	22:40	16.4
	Barney Young	22	2/2	M80+	23:54	15.6
	Roger DeLanghe	23	2/2	M75-79	24:45	15.1
5 kilometer	KEITH WELLS (top male)	1	1/2	M50-54	8:19	22.3
	Terry Burke	2	1/3	M60-64	8:20	22.3
	Robert Banash	3	2/3	M60-64	8:58	20.7
	John Krehbiel	4	1/7	M65-69	9:02	20.6
	George Van Thorre	5	2/7	M65-69	9:12	20.2
	Gerald Beam	9	3/7	M65-69	9:13	20.2
	Lou Fuentes	7	1/3	M55-59	9:15	20.1
	PATRICIA BEAM (top female)	8	1/1	F65-69	9:27	19.7
	Frank Davis	9	2/3	M55-59	10:00	18.6
	Ron Peterson	10	3/3	M55-59	10:36	17.4
	David Hope	11	2/2	M50-54	10:39	17.3
	Paul Ausherman	12	4/7	M65-69	10:57	16.7
	Paul Dreger	13	1/2	M70-74	11:03	16.5
	Henry Jaworski	13	5/7	M65-69	11:19	16.2
	Jim Craig	16	6/7	M65-69	11:19	16.2
	Dorrance Johnson	14	1/2	M75-79	11:42	15.7
	Jules Hansel	17	1/2	M80+	11:52	15.5
	George Coin	15	7/7	M65-69	11:55	15.4
	Richard Efferding	18	2/2	M70-74	12:08	15.2
	Nancy Hamilton	21	1/1	F55-59	12:37	14.9
	Dottie Willetts	20	1/1	F70-74	13:00	14.3
	Barney Young	22	2/2	M80+	13:25	14.0
	Roger DeLanghe	23	2/2	M75-79	14:52	13.7

WOW 2002 May 4th - 8th
Gail Overbeck

The Wow girls, Pat Bolton, Karen Green, Gail Overbeck, Jan Sears and Eileen Wosoba left from Geneseo, IL at 6:15 AM on Saturday May 4th for the 17th annual WOW ride. (Women On Wheels)

Saturday - 100 miles

We are off on Rt. #82 to #92 with a light E wind. A quick tour off of Rt. #92 to see the Elk and then up to old Rt. #2 and on to Rapid City.

Our winds are now light SE and we ride the Great River Trail to Albany for breakfast. Two women overhear us talking about riding up to Maquoketa and tell the waitress they wish we would shut up. They get tired just driving that far and here we are talking about riding. The river trail is a joy to ride. Being the CA girl, I have never been on it and enjoyed the views and flat paved surfaces.

We Stopped in Fulton and briefly enjoyed Dutch Days, then on to Thompson and a tour of the Thompson Causeway Park. At Savanna we took Rt. #64 to Mt. Carroll with a SW wind. Pat and I were a little ahead, so stopped to wait for the rest.

I started to lean my bike against a mailbox. Then we both thought better of such folly, this being the week of the mailbox bomber. The beautiful Rt.#78 to Stockton was real pleasant with S winds. The only inn in town was (grandmas) Valley-Vu Motel. The Valley-Vu doesn't qualify for the motel of the week, but it was a warm dry place to sleep. Supper was next door where we enjoyed Pizza.

Sunday - 102.25 miles

With a NE wind, we turn around and retrace our ride from the day before on Rt. #78 from Stockton back to Savanna. Breakfast was at the Country Cafe in Mt. Carroll.

We always use indoor facilities when we can find them and finding them was a real adventure at the Café. We are on to Savanna and down to Sabula where we cross the Mississippi River.

We head West on Rt. #64 to Maquoketa where we meet the sandwich maker from Mars at the Subway. She was not happy with her job, her fellow employees or the customers. We decided we wouldn't go back there. On to better things, we head up Rt. #61 for

about a mile then NW on Rt. #428 which took us up to Y31 into Bernard. A short ride on Rt. #151, then Y21, takes us into Peosta. Home for the night is the America Inn. This just might qualify for the best sleep of the week.

Dinner is pizza from the Phillips station across the street. Pizza two nights in a row isn't making this the gourmet ride of WOW. Great winds, and a great Navigator are some of the highlights of this ride. We are always amazed at how Jan can read a map and estimate how many miles we will go on the country roads.

Monday - 92 miles

Rain is predicted for later in the day and there was rain overnight, but it is dry when we head out. The winds are coming out of the SW, so after a continental breakfast, we are on our way to Dubuque where Jan did a great job of getting us through the early morning work/school traffic.

We crossed over the Mississippi River into Wisconsin on Rt. #61. We left Rt. #61 at county road H and I think that this is where the hills begin. We stopped for breakfast in Platteville. Then we followed Rt. #80 to County Road I into Highland.

After we left Highland, we realized why we had been climbing. One more 'hill' out of town and continue on county road I. We drop down into a great valley and meander past some beautiful horse farms, and pastures. Onto Rt. #23 for a few bends in the road and then a turn onto county road C which leads us through another valley with Sandstone Cliffs, marshes and grazing cattle.

Pat and I, in the lead, passed a farm with a yappy dog that of course wanted to chase us and got us pedaling faster. When the others went by, he just stood at the top of the drive and waved them on. Guess he wore himself out chasing Pat and I.

One last hill and we come to Hwy #23 leading into Spring Green, famous for the Frank Lloyd Wright houses and the House on the Rock. Home for the night is the Prairie House.

Pat, Karen and I have a huge corner room. When I return to CA and tell a friend about the ride, I find out that she not only stayed in Spring Green, at the Prairie House, but also in the same room. All I can say is it is a small world. (Continued on page 13)

WOW 2002 May 4th - 8th

(Continued from page 12)

Dinner was at Arthur's across the street. A great meal and we didn't have Pizza. No precipitation this day, which makes for happy riders. Jan wants us on the road at 5:45am in the morning. A real slave driver, but we love her and couldn't get through the ride without her.

Tuesday - 105 miles

The winds are coming out of the NE so wanting to miss the hills of Decorah we head south on Rt. # 23 to county road Z. Another beautiful valley for about 6 miles. We round a bend and Pat says "oh " as we head up the first of many South Western Wisconsin hills.

We don't have a lot of help from the wind. As Jan, Pat and I reach the top of one ridge, Pat promises that it will be level for a while. She's right for about a mile then it is down and back up an even larger hill. We finally arrive in Dodgeville home of 'Land's End Clothing'.

We are so beat we just want to eat and be onto less hilly roads. A good breakfast and we stay on Rt. #23 into Darlington. We stop at a Casey's and ask about the roads.

A fellow cyclist tells us that county road K goes along a streambed with a few hills, so we believe him. That will teach us to trust a Man who admits he hasn't ridden for about 5 years. More hills and of course we have more of an East wind than a North wind, so it is one tough ride into Warren, IL.

Eileen hasn't been feeling well all day and chooses to have John come and pick her up when we get to Warren. We bid her a fond farewell and continue on Rt. #78 back to Stockton.

Do we call it a day and stay at the Valley Vu again? Of course not, so for the third time this week we continue down Rt. #78 with a strong crosswind back to Mt. Carroll. We finally turn west and have a fast ride into Savanna where we stay at a new motel, which is of course on top of a hill.

Dinner is at a great Italian restaurant downtown. We are a group of tired ladies tonight. Jan will be striking Rt. #23 and county road K off the map. We would rather ride the Decorah hills, or do I dare say, go into Chicago? The best that can be said of this day was that there wasn't any traffic.

Wednesday - 67 miles

Tom Bolton, our pick up man, is real happy to hear that we are riding home to Davenport. We have a light breakfast at the Motel before we start out, back down Rt. #84 as we retrace the ride from Saturday, along the Great River Trail.

We have a short break in Fulton and head for Cordova for breakfast. Any of you riding with Karen, don't trust her with directions. Pat, Jan and I arrived in Cordova before Karen. We debated whether we should wait for her at the crossroads, but Pat said that Karen knew where we were having breakfast, so let's go get a table.

20 minutes later Pat decided she should go search for Karen, who got lost in town. We finally were all together at the restaurant and teased Karen about getting lost in the big town of Cordova. We cross the Mississippi River at the Centennial bridge. After a brief stop at the Bolton's boat for a soda, we head to 32nd Ave. where the ride officially ends.

Five days with five good friends. The first WOW ever that there wasn't any rain. The first WOW that the same road was traveled three times. Will we ride again? You betcha!

(photos of the WOW riders on page 16)

New Café in LeClaire

Keith Holst

Just wanted to pass this along. There is a new Bakery and Cafe, Lydia's, that has opened next to Sneaky Pete's in LeClaire. Its hours are 7a.m. to 7p.m., Monday thru Saturday, closed on Sunday .

It's a very delightful place. For breakfast they serve baked goods. For lunch, they serve sandwiches, salads and soups. Give it a try if you are out on a ride in the LeClaire – Princeton area. (563) 289-2733.

Midwest Invitationals – Late Summer/Fall 2002

Saturday and Sunday, August 10 & 11

“Around Illinois Back Roads”

Joliet Bicycle Club

Starts in: Joliet, IL. 50 miles each day. (815) 467-5748 or jolietbicycleclub.org

August 25

“Old Mill Century”

Rock River Bicycle Club

Starts in: Oregon, IL. 25, 50, 75 and 100 mile routes. (815) 732-7496 or oldmillcentury.com

August 25

“Bike Psychos Century”

Oak Lawn Bicycle Club

Starts in: Coal City, IL. 35 – 125 mile routes. (708) 802-1804 or BikePsychos.org

August 25

“Cream City Cycle Club Century Classic”

Cream City Cycle Club

Starts in: Waterford, WI. 35, 64 and 100 mile routes. (262) 784-7233 or creamcitycycleclub.com

Sunday, September 1

“Wright Stuff Century”

Bombay Bicycle Club

Starts in: Mt. Horeb, WI. 30, 60 and 100 mile routes. (608) 212-7923 or bombaybicycle.org

Saturday, September 7

“One Day Ride Across Michigan”

League of Michigan Bicyclists

Starts in: Muskegon, MI. 158 miles. 158 miles. (231) 893-2453 or LMB.org

Sunday, September 8

“Harmon Hundred”

Wheeling Wheelmen Bicycle Club

Starts in: Wilmot, WI. 25, 50, 75 and 100 mile routes. (847) 520-5010 #3 or wheelmen.com

Saturday, September 14

“Heartland Century”

Quad Cities Bicycle Club

Starts in: Hampton, IL. 25, 50, 62 and 100 mile routes. (309) 755-1859 or qcbc.org

Sunday, September 15

“TOSOC” (Tour of Scenic Ogle County)

Blackhawk Bicycle and Ski Club

Starts in: Stillman Valley, IL. 25, 50, 75 and 100 mile routes. (815) 389-3226 or members.aeroinc.net/bbsc/tosoc.htm

Sunday, September 15

“No Baloney Ride”

Illinois Valley Wheelm'n Bicycle Club

Starts near Peoria, IL at Jubilee College State Historic Site. 25, 50, 75 or 100 mile routes. (309) 693-9388 geocities.com/colosseum/field/6055

Sunday, September 15

“Pedal the Kettle”

Spring City Spinners Bicycle Club

Starts in: Waukesha, WI. 30 – 100 mile routes. (414) 297-9135 or springcityspinners.org

Sunday, September 22

“North Shore Century”

Evanston Bicycle Club

Starts in: Evanston, IL. 25, 50, 62 and 100 mile routes. (847) 866-7743 or evanstonbikeclub.org

Sunday, September 29

“Apple Cider Century”

Three Oaks Bicycle Club

Starts in: Three Oaks, MI. 25, 50, 75 and 100 mile routes. (888) 887-2068 or applecidercentury.com

Sunday, October 6

“Pumpkin Pie Ride”

Starved Rock Cycling Association

Starts in: Ottawa, IL. 25, 50, 75 and 100 mile routes. (815) 433-5035 or geocities.com/Colosseum/2947

Saturday, October 12

“Falling Leaves Bicycle Tour”

Indiana Bicycle Coalition

Starts in: Derby, IN. 20, 30 and 60 mile routes. (812) 843-5416 or perrycountyindiana.org

Sunday, October 13

“Cemetery Century”

Folks on Spokes Bicycle Club

Starts in: Beecher, IL. 30, 55, 65, 75 and 103 mile routes. (708) 672-5048 or folksonspokes.com

Is this Biking Heaven? Yes, It's France!

Mike Giudici

Every two years the European Society of Electrophysiology has their research meeting in Nice, France. Because we're a research center, we usually have papers to present. I've been going to these meetings since 1994. I've always taken my bike and spent an extra week riding on an organized tour somewhere in France. Those Backroads Tours are ok. The food and lodging are wonderful, but the people on the trip aren't really bikers, so there's no one to get out and *really* ride with.

This year, I didn't have time for an extra trip, so I added a day or two on either side of the meeting and decided to just do day trips from Nice. Good move! On the plane to France I read the June issue of *Procyding* and there happened to be an article on riding the Cote d'Azur. How timely! It turns out that you can be out of town and on Cat. 1 climbs from the Paris-Nice road race within a mile from your hotel.

This is an amazing place. First of all, the people are great. Bikes are just a normal part of the scenery. Nobody honks or throws things at you! Cannes is 20 miles in one direction and Italy is 20 miles in the other! There are great roads in all directions. I got in about 2 PM and shook off my jet lag with a charge up Col d'Eze. This is a six-mile climb that's mostly Brady Street with about a mile of Fillmore in the middle. It's used as an uphill time trial in the Paris-Nice. It's one thing to watch these races on OLN and another to actually suffer up these climbs yourself. I'm dragging my rear up in a 39 X 23 or 39 X 26 and I understand the pros go up in 44 X 18!!!!

It also is quite a thrill to be going up a big climb and see all the stuff painted on the street like "Allez Richard Virenque". The best part is at the top where the blue Fiat stripes for the finish line were still there to ride across! Where's the podium girls and Phil Liggett?!!

In all, I did six out and back rides of 50-75 miles. The Col de Peille was the most incredible scenery with little tunnels cut into the mountain to allow this winding road through. On the climb, I came up on a guy in a Saeco kit riding a Cannondale. In my

horrible French we talked about Lance winning the Midi Libre and the Dauphine Libere, Jan Ullrich's knee problem, a little bit about each other, and how cool it was to ride in such great terrain. It's neat to have that common bonding on a bike. My last day, I was just heading up the first climb toward Monte Carlo and a group of three young guys out training buzzed past. I jumped on and for the 20 miles to Menton we worked in a pace line. They spoke no English and my French only got me as far as "How far are you going?" But we had the universal biker language - pointing out the potholes and taking your turn on the front.

They were going to stop at Menton along the coast and I have told them I was going up the climb to Sospel (Col de Castillon). I turned off in Menton and about three miles up the climb; they came past again and gave me a friendly push. Pretty cool!

It was amazing how many bikers there were on all these climbs - Col de Vence, Col de Grasse, Col de la Madone, and more. Huge hills draw bikers like picnics draw flies! And all ages! There were old guys creeping up the hills and young guys hammering away! The equipment was also interesting. I saw guys on Treks, guys with Schwinn jerseys, guys riding Giants, and bike shops with racks of US Postal jerseys!

Just into Italy is San Remo - of Milan-San Remo fame. Super Mario Cipollini won this year on his 13th try. There's a great bike shop there that I usually try to hit to load up on pro team jerseys and bibs for the guys back home. The people there are great! They usually throw in some extra stuff to take back - like bottles and gloves.

This was one of those trips that made me, once again; realize how lucky we are to be bicyclists. We go places, meet people, and have experiences that just wouldn't occur any other way. Locally, 90% of Quad-Citians don't even know where Argo, Big Rock, Buffalo Prairie, and Eliza are! We know them in detail and have stories to tell! When we travel on business, like this trip, our job only takes us as far as the hotel and convention center. It's our bike that then takes us to the memories!

A bientot! (See photo of Mike's trip on page 7)

**Want Ads Column (Ads run for 2 months)
Check Web Site (qcbc.org) for Additional Items
QCBC Members**

WANTED:

- Used bicycle built for two. Contact Lonnie Cook at: (563) 263-0792 or lrcook@muscanet.com

FOR SALE:

- Women's Terry Butterfly TI saddle. Retail \$100, ridden 250 miles. \$75 or best offer. Contact Kathy Storm at: (563) 355-2564 or kbstorm@aol.com
- Trek 1100 bicycle, 52cm frame, dark red, in new condition, used very little. \$200. Contact

Mike Middlemiss at: (563) 386-6690 or tenskimike@yahoo.com

- '97 Cannondale tandem SHOP MECHANIC OWNED, green with gold decals, sized 25/23 (HUGE) for 6'6" captain/ 5'11" stoker. Recent overhaul, STI shifters with GORE cables, recently rebuild wheels with Hugi hubs, 8 speed (12-32), XT rear derailleur, Campy triple front. Overall condition is very good. A couple of chips in paint but touched up. Asking \$1200, Wife wants new color, Contact Matthew Engebretson at: (563) 386-0134 or mengebrets@mchsi.com

WOW 2002– Photos courtesy of Eileen Wosoba

**Du State Du Update
Kentley Loewenstein**

There is still time for YOU to get involved with the Du State Du, a duathlon. A duathlon is a sporting event in which you run, then bicycle, then run again. In this case, the event is in Loud Thunder Park and consists of a flat two mile run, a challenging 14 mi bike ride, and a repeat of the two-mile run.

Unlike most bike racing, these events are no more competitive than YOU care to make them...if you want to Du it at a comfortable pace just to say you've done it, OK. Or, if you want to push your limits to maximize your performance, that's OK too. The main thing is to come out and enjoy being active in the beautiful outdoors and being with other like-minded people. I would really like to see more QCBC people participate...I think you would be pleasantly surprised.

If you are somewhat interested, but not sure you want to actually do the Du, you can get a feel for the event and feel the excitement by volunteering to help. In particular I need one or two people to help with the after event feeding frenzy. It will involve a few hours before the event to gather supplies, and a few hours the day of the event. If you can help, give me a call at 563-359-5974, or email kentley@aol.com.

Newsletter Correction

The June issue incorrectly listed Kelly Bryant as being the author of the article on the Spring Picnic. It was Kelly's wife, Peggy who penned the article.

**Fall Foliage 2002 Ride
Deb and Dean Mathias**

The **Fall Foliage** ride will be Oct. 12th and 13th using Mt. Horeb, WI as our staging area. Travel distance is about 140 miles from Davenport. We would like to extend our thanks to Verle and Sue Dau who guided us years ago in this area and this year let us springboard from their notes.

Road surfaces for every type of bike are available in the area.

The Military Ridge Bike Trail (crushed limestone) runs through Mt. Horeb going west to Gov. Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

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

A route will also be mapped out on quiet country roads for both days. A group dinner will be arranged for Saturday night. Contact Deb and Dean Mathias at 309-787-6547 or mathiasdebdean@mcleodusa.net if you are interested in joining us. Deb and I will be going up on Friday evening, Oct. 11th.

Please make your reservations early if you plan to stay overnight.

Hotels/Reservations:

Mt. Horeb:

Village Inn Hotel, which is physically attached to the Military Ridge Bike Trail. The manager, biker friendly **Ed**, said he has helped many bikes get back on the road. Prices range from \$43 for a double, \$54 for a queen, and \$75 for a kitchenette.

Phone: (608) 437-3350 www.littlebedder.com

Karakah Country Inn has 8 non-smoking rooms available at \$69.95.

Phone (608) 437-5545 www.karakahl.com

Beat Road Farm B&B is 6 miles out of town but has an interesting format. They rent the entire house out (sleeps 11) for \$500 dollars a night. They prefer two nights. Their website is: www.abarealty.com

Jenny is the contact person. They currently do not have an innkeeper but they stock the refrigerator with food so guests may prepare their own food. Anyone interested?

Attractions in Mt. Horeb:

- Mt. Horeb Mustard Museum 3,800 different mustards...largest collection in world!
- Trolls everywhere!
- Military Ridge Bike Trail.
- Scandinavian architecture, food and retail shops.

Points of Interest in the Vicinity of Mt. Horeb:

- Stewart Park - 161 acre park with 7 acre lake, fishing, and hiking trails.
- Blue Mounds State Park – mountain biking and hiking – info. (608) 437-5711/ Camping 1-888-947-2757.
- Bringham Park – 112 acre park northeast of Blue Mound. 25 unit rustic campground – panoramic view.
- Little Norway www.littlenorway.com Unique outdoor museum \$8, \$7 senior (62 on up).
- Cave of the Mounds (608) 437-3038. \$12 tours leave on the ½ hour on weekends...bring a jacket.
- Governor Dodge State Park (608) 935-2315. Mountain bike trails.

We hope you will join us and enjoy the riding and activities of your choice!