



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – July 2004

QC Criterium 2004: A Setting for the Next Stage? **Terry Burke, Race Director**

As of this writing, the 2004 Quad Cities Criterium is history by about 10 days and most of us have TOMRV visions (now memories) in our brains. The local newspapers and TV did some great pre race and post race coverage, and at least two cycling websites, bike.com, cyclingnews.com carried our results. We had a nice crowd, exciting races, few crashes, and dry weather for most of the day.

So what was unique about this year's Criterium? Surprisingly, it was what happened off the race course. The Brew & View "Tour Baby" film showing for the Lance Armstrong Foundation benefit was a sell out. Addition of a charity to the Criterium brings our event on par with other major sporting events in the Quad Cities. The additional sponsors brought on in 2004 had an opportunity to see that criterium racing can be fun filled entertainment for families and other fitness minded individuals.

Individual races during Memorial Day showed some expected results and a few surprises. Observations include: Junior men were down a little, likely due to the rain threat for late entrants. (It was more than just a threat). Separating the 40+ and 50+ men brought about a good increase in the 50+ men's race participants. The added youth races aged 6-10 equaled the number of trike race participants in the first year. In the feature men and women's races, strong midwest teams were predominate in the final standings. Local participants were greatly increased by the expanded DICE team, with a few others from other teams to unattached.

We would like to thank the QCBC, QC Radio Club, and Mississippi Valley Regional Blood Center volunteers for an excellent job in making the 2004 Criterium and Street Sprints a truly outstanding Quad Cities

event. (Our apologies to anyone we may have missed. Names are listed as they occurred. Several worked on more than one committee and times.)

Quad Cities Criterium Race Planning Committee: Darryl Blackburn, Matt Pappas, Roger & Irene DeLanghe, Paul Sullivan, Doug Nelson, Roger Long, Bill Wiebel, Don & Carol Arp, Dave Thompson, Mike Zugmaier, Vivian Norton, Mike Smith, Rick Paulos, Andy Nissen, John Wessel and Dennis Baber.

Sponsors: Matt Pappas, Drue Curry and Tom Coryn.

Pace Car: Gary Patch and Paul Gilbert.

Fence Materials Prepositioning: Dave Thompson, Tim Phlypo and Don Davis.

Fence Installation: Scot Schaar, Karen Nord, Tom Erps, Mike Benson and Joe VanHoutte.

Early Memorial Day Course Closeup: Scott Swanson, Pat Hanrahan.

Teardown & Cleanup: Mike Zugmaier, Bob Nelson, Rudy Clausen, Casey Zugmaier.

Trike & Youth Races: Ed Reedy, Laura Reedy, Jerad Reedy, Casey Zugmaier, Bryan Moritz and Mike Zugmaier.

T-Shirt Booth: Dennis & Karen Baber, Vonnie Jensen, Jerry Bald, Kathy Loomis, Nancy & Rich Toohill, Tara Harris, Kim Allen, Gary & Nancy Moore, Jan Allen and Crystal Allen.

QCBC Booth: Dave Lefever, Phil Schubbe, Dick Grimm and Gordon Forsythe.

Wheel Pit: Darryl Blackburn, Andy Nissen, Jack Wilhoit, Roger Long, Dave Benson, Joe Getz, Dave Keeber, Tyler Hamilton, Seth Long, Kay Long, Francis Fitzgerald, Bart Roberts, Dennis Morrow, Dave Thompson and Rock Woodstock, Special tip of the cap to Art Peace deployed to Iraq. (cont. on page 4)

Key Contacts

Officers:

President - Warren Power (563) 391-5466 warrenpower@mchsi.com
Vice President – Errol McCollum (309) 762-8252 ecmed@netexpress.net
Recording Secretary – Jane Garrett (563) 441-9115 jandj97@mchsi.com
Treasurer – Karen Grimm (563) 445-7797 qcbc_treas@yahoo.com

Quad Cities Bicycle Club
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Board Members:

Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	Dave Lefever (563) 355-6476
Deb Mathias (309) 787-6547	Steve Montgomery (563) 332-5963	Karen Nord (563) 326-9113
Charlie Sattler (563) 391-3422	Phil Schubbe (563) 359-5057	John Wessel (563) 359-8350

Key Contacts: A complete listing of Committee Chairperson and Key Contacts is available on the club's web site and in the front of the hard copy Ride Schedule and Membership Directory booklet.

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

Club Meetings: Are held twice a year at 7pm on the third Tuesday of April and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware.) Contact Errol McCollum for program information: (309) 762-8252.

Submitting Articles for Newsletter: Deadline is the 10th of the month. Please try to limit your article to 1 page in length. Email to: qcbceditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page \$50 and a full page \$100. Multiple month rates are available. Call for details: (563) 355-2564.

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

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

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



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



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

From the Headset Warren Power

The Quad Cities Criterium and TOMRV both are now in the record book and I think they were both very successful events.

Other than a couple of stray showers and some pretty gusty winds, the weather for the criterium turned out to be wonderful. Terry Burke has been the main driving force from the club for the criterium for many years. I'd like to thank Terry personally for all the effort he's put in to make the Quad Cities Criterium what it is. But Terry can't do it alone. There are all of you that helped out as corner marshals, rider check-in, wheel pit workers, club booth workers and innumerable other small tasks that must occur in order to make this event successful. There's not room to name you all individually, but you all know who you are and I'd like to say "thank you" on behalf of the club for all of your hard work.

TOMRV 27 was also a huge success, and other than a early morning shower at Clarke College in Dubuque, the weather was great. I want to thank Susie Laforce, Doug Trousdale, Bill Langan and Linda Barchman, who are the prime movers and shakers for TOMRV, for all of their planning, coordination and hard work. But just like the Criterium, these three can't do it by themselves. There's packet stuffing, rider check-in at

both Scott and Preston, marking the route, manning the multiple sag stops and numerous other task that require hundreds if not thousands of man-hours of volunteer time.

I'm amazed that we're able to come up with these volunteers year after year, but we do. You volunteers are to be commended for doing a really great job. I've heard nothing but positive comments about the club and how great all of the riders were treated. I'd like to thank you and give yourselves a great big pat on the back. You did a great job. We couldn't have done it without you.

On TOMRV we always have a few riders who show up on Friday evening or Saturday morning and want to register for the ride. Greg and Ann Graham were two of these individuals. We got them signed up and in questioning them found out that they'd just gotten married that day and they decided to do TOMRV as their honeymoon. The QCBC's own Linda and Don Barchman did exact same thing eleven years ago. Maybe we could get more riders on TOMRV if we start billing it as a great honeymoon experience.

The club has a two mile stretch of highway near Mount Joy that we've adopted and we're responsible to keep clean. We have our second trash pickup of the year scheduled for July 19th. We could really use your help and for those of you that show up, the club will buy you pizza. Hope to see you there.

RAGBRAI XXXII – Bus Loading Andy and Perm Horst

RAGBRAI packet pick-up and bike loading will be from 4:30 to 6:00pm on Friday, July 23, 2004 in the back lot of Kaplan College located in Northgate Shopping Center (intersection of East Kimberly and Eastern Ave., Davenport). Please note this is not the North Park Mall address.

You will get your fee tags and load your bikes for the trip at that time. Only pre-arranged bike loading will be done on Saturday morning. Please remember that each rider is limited to two bags.

The buses will leave at 8:00am Saturday, July 24, 2004 from the same location (Northgate Mall) at the South

West corner in the back of the mall. Please be at this location no later than 7:30am. We will view the Ride Right Safety videos while en route to the start of the ride.

Available this year to the club riders, are two portable camp showers that riders can use if they have their own personal sun bladder. The overnight sites will determine the feasibility of use and location. However, when used, it should lessen the time involved with community showers.

We hope everyone is getting his or her miles in preparing for RAGBRAI. Have a safe trip and we will see you on RAGBRAI.

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
F.Kelly Smith	Denver, CO	303-592-1650
Tracy Finnegan	Bettendorf, IA	563-529-1291
Scott Clingan	Davenport, IA	563-505-9607
Faye Harvey	Davenport, IA	563-441-0342
Ryan Howell	Davenport, IA	563-324-0367

Name	City & State	Phone
James Gale	Moline, IL	309-797-6597
Nate Stephens	Moline, IL	309-792-2358
Raymond Gomez	Morrison, IL	815-772-5612
Timothy Metzger	Rock Island, IL	309-794-1321
Rock Woodstock	Rock Island, IL	309-794-1310

Quad Cities Criterium 2004
(cont. from page 1)

Registration: Ron & Lori Oien, John & Vivian Norton, Joy Duex, Rosie Dressen, Mike Middlemiss, Bonnie Gesling, Warren Power, Bob & Kate Rutledge, Joan Doxas, LuJuan Gault, Chet & Kathleen Doyle, Darlene Moritz, Barb Donald, Don Davis and Rick Paulos.

Prize Desk: Mary Brus, Cy Galley, Darlene Moritz, Susan Wolf, Karen & Dick Grimm and Doug Nelson.

Communications: Bob Cannon, John Hoenshell, Dick Lane, Keith Schmidt, Don Schneider, Mike Smith, Pat Taylor, Larry Hinzman and Bill Van Dyke.

First Aid: Paul Sullivan, Laurie Rogenski, Jackie Davis, Laura Pena, Katy Wilson, Kris Mullery, Sandy Moes, Kris Kruger, Jennifer Mendoza, Pan Banowitz, Ruth Ann Walters and Erika Fareman.

Brew & View Lance Armstong Foundation Benefit: Matt Pappas, Jeff Wright, Travis Deane and Derick Jones.

Street Sprints: Doug Nelson, Rick Paulos, Mike Papini, Rick Wren, Dean Mathias, Becki Burke, Vicki Burke, Hank Burk and, Rob Burke.

Corner Marshalls: Bill & Cathy Wiebel, Dan Adams, Larry Adams, Mike Bell, Frank Beshears, Pat & Tom Bolton, Otto Breitmeyer, Tom Brooks, Becki Burke, Chris Burke, Jennifer Burke, Rob Burke, Dave Cinotto, Gene Conrad, Mollie Conrad, Larry Decker, Andrew Desch, Mike Desch, Brett Errthum, Anne Fleishmann, JD Georlett, Jim Ghys, Trevor Greene, Larry Hanna, Bill Harrington, Greg Hawk, Jeff Hogue, Chad Holdorf, Andy & Perm Horst, Carl Johnson, Mary Jo Kessler, Jim Keyoth, Steve Kocourek, Jerry Kruse, Al Lasek, Sharon Lavell, Kentley Loewenstein, Dan Manley, Dawn Martin, Frank Martin, Dean Mathias, Deb Mathias, Errol McCollum, Rick Meeker, Mike Moritz, Dick Morrill, Calvin Moss, John Munson, David Heim, Diane Oestreich, Dick Potter, Bob & Kate Rutledge, Merle Schleusener, Bill and Mary Scott, Tom Scott, Doug Sell, Dave Stephens, Bill & Storm, Linda Stout, Rich Stout, Rich Straub, Barb Sullivan, Melinda Thompson, Pam VanZuiden, Pris Voorhiis, Ken Werthmann, Ted Wiebel, Susan Wolf, Linda Work and Barney Young.

VIP Tent: John Wessel, Jewel Bryan, Gary Jones and Matt Pappas.

Primes: Roger & Irene DeLanghe and Teresa Stalzman.

Leisure Ride Leader Needed
Kathy Storm

The Leisure Ride Schedule is in need of a Ride Leader for the September 18th ride leaving from Walnut Village on the north side of Scott County Park. If are interested in leading this ride, please contact me by July 10th and I will add your name to the Ride Schedule Insert. 563-355-2564 or qcbceditor@yahoo.com.

Membership Count: 6/13/04		
	# of Members	# of Memberships
Individual	392	392
Couple	280	140
Family	335	90
Complimentary	21	21
Life	6	3
Total	1,034	646

For Sale/Want to Buy Ads – Check Web Site (qcbc.org) for Additional Items

- **For Sale:** Trek 1000, model year 2000. 50cm

frame, sharp looking bright yellow with blue lettering. Includes aerobars and computerized odometer. \$389. Call Jim Sears at: 309-752-9027.

**Mid-Paced Ride Report - June 6th
Bill & Kathy Storm**

15 riders showed up at the grade school in Colona for a nice 46 mile ride to Geneseo and Atkinson. We rode a few miles on the paved portion of the Hennepin Canal Trail and then took quiet county roads that zig and zag along the canal into Geneseo.

Once in Geneseo, a few riders decided to eat breakfast at the La Kruz (former Sunrise Café) restaurant and then ride straight back to Colona. The rest of the group rode on to Atkinson with the majority thinking they would eat breakfast there.

After roaming around town for 10 minutes it was announced that there was not a place open on Sunday morning. So we snacked at the Casey's on Pearl Street. If anyone in the club knows of a place in Atkinson to eat breakfast on a Sunday, please drop me a line and I'll mention it in the newsletter.

The winds were moderate and out of the southwest, so we had more of a tailwind on the ride out. The skies were sunny and the temperatures were in the low to

mid 70's; a perfect day for a bike ride. We also enjoyed the newly resurfaced road out of Geneseo that turns into Rock Island Ave.

Some new faces on this ride were two Colona residents who live just behind Smokey's. Tim Haynie and his son Kyle joined us. Kyle has just finished 8th grade and rode very well on a Miyata 710 that his dad had repainted and refurbished for him. Mary O'Nara is also a new club member and joined us for a portion of the ride to Geneseo. Jerry Kruse and Nadine Palmgren joined the ride enroute to Geneseo and then rode part way to Atkinson with the group.

Other riders enjoying this club ride were: Jim Dayton, Jim Gayle, Larry Hanna, Rodger Horst, Dave Georlett, All Lasek, Rick Meeker, Jerry Sears, Bill & Kathy Storm and George Van Thorre. Thanks to everyone who came out for this ride, you made the ride more enjoyable with a group.



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WOW 19 -Cinderella Century (Metric) Tour **Gail Overbeck**

Sunday – May 9th. We (Pat Bolton, Karen Green, Jan Sears & Gail Overbeck) leave from Duck Creek Park under clear skies.

We enjoy the paved trails and great scenery of the Great River Trail and are privileged to see a log in the river covered with turtles and a sand bar with resting white pelicans.

We tour the Causeway Campground, in Thomson, IL where there are Indian mounds dating back to 300-500 BC then stop at the viewing platform by the Mississippi River. We watched the coots fish and the fish jumping for bugs. On to Savanna. 73 miles

Monday – May 10th. We leave Savanna under cloudy skies following part of the Old Lewiston Trail. The trail ran from Springfield to Galena via Lewiston, from 1827 – 1837. This was one of the main routes leading to the Galena lead mines.

We enjoyed the breath taking views while winding through the hills and valleys of northwestern Illinois through Lenark, Prairie City, Lena and Winslow. The day ends in Munro Wisconsin. 60 miles

Tuesday – May 11th. The morning fog chilled the air as we left Munro. We rolled along up this roller coaster of a day enjoying the panoramic views from the top of the hills.

In Argyle, WI, the Gateway to Yellowstone Lake we stopped and spoke with a lady who said she was so glad we stopped and talked with her. Now she would know we were in town before her neighbors. From Argyle we rode on to Lamont, Darlington and Platteville. The big hill up the roller coaster happened to be at the end of our day with a grade of 8%. We end the day in Lancaster, WI with 72 miles

Wednesday – May 12th. We leave Lancaster, a ridge town known, for its rolling hills and picturesque valleys. Surrounded by beautiful wooded valleys, striking bluffs and meandering creeks & streams. We take the bike route, which takes us **up** to Mt. Ridge Road. Then, off

the ridge into a valley where the cattle aren't too sure about us and stampede back to the barn bawling.

A quick stop in Fennimore and on to Boscobel, WI Leaving Boscobel we follow behind an Amish buggy for a short distance and are thankful that the roadway has a new paved buggy byway. Boscobel, is the Turkey Hunting Capitol of Wisconsin.

In Mt. Zion, at the top of one of those Wisconsin hills, we manage to escape two barking, tire chasing dogs that come out onto the busy road to chase us.

A detour off the main highway at Soldiers Grove takes us along the Kickapoo River. Its' banks are lined with a profusion of wild violets and dandelions. Today we end in Viroqua with 62 miles

Thursday – May 14th. And the promise of rain. We leave Viroqua the coldest day of the ride and head out on the bike route. The road is well maintained with very little traffic. It passes through an Amish settlement outside of Viroqua. Eight miles down the road, a bridge over the river is washed away - road closed An older gentleman driving a van, very graciously agrees to give us a ride to the next paved road. Into the back we cram all four bikes with Pat and Karen. Jan sits on Gail's lap and off we go.

After being left off on the paved road it starts to rain. Karen decides to catch a ride to our ending town. Pat, Jan & Gail continue on following the Black Hawk Trail. As the rain worsens we arrive at Red Mound Country Store and are very glad for the shelter. We are invited to the Coffee Corner where about 8 farmers enjoy coffee after their morning chores. We spent the next hour or so, talking and laughing with the farmers waiting for the worst of the storm to pass.

Back on the road we head to De Soto, then on to Prairie du Chien, were we are met by Karen who has checked into a motel. We end the day with 58 miles Showers are in order and Tom Bolton, the "Pick up Man" arrives to take us back to Davenport. The end of another great ride. Flat tires – ZERO!

Editors' Note: WOW denotes the phrase "Women on Wheels". These rides are organized by Jan Sears.

First Time Century Riders **Vivian Norton**

Don Kincaid and Al Lasek rode their first century ride (100 miles) on the QCBC Spring Tailwind ride

this year. Congratulations! Please contact me after you've ridden your first lifetime century ride. We will make special mention of it in the newsletter and at the Annual Dinner in November. 563-355-1899 or vjoan@worldnet.att.net

Quad Cities Bicycle Club Heartland Century



Saturday – September 11, 2004

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, will be back, once again, for 2004. As in the past several years, 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 north-western 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 have low traffic.

The Heartland Century, also, offers riding for all levels. The 25 mile route is entirely on the Great River Trail and is perfect for beginners and for 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.

The Heartland Century continues to be a great deal for QCBC members. For only \$18, a pre-registered member will receive a t-shirt, a pair of biking socks, continental breakfast, plenty of food at the rest stops, que sheets and on course support.

A Heartland tradition, grilled butterfly pork chop sandwiches, will again be offered after the ride. The sandwich, baked beans, chips, and pop will be offered for only \$5.00. Be sure to sign up ahead of time. It will only be available for those who pre-registered.

The customized Heartland t-shirts are back again. We are working on a complete re-design this year. All pre-registered riders will receive one. Really cool biking socks will also be available and a FREE pair will be given to all that register before September 1st.

Be sure to register before September 1st, to realize the savings and to get the free socks. Entry forms will be mailed around mid July to everyone who participated in this event during the past 3 years. An entry form will also be available on the QCBC web site and in the August issue of this newsletter. Please feel free to contact me at: 309-755-4722 or mikedesch@aol.com if you have questions.

See you at the Heartland!

Mike Desch, 2004 Chairperson


League of Illinois Bicyclists – Jersey Sales Rich Kuhlman

The League of Illinois Bicyclists is offering a new short sleeve bicycle jersey for sale this summer. An order form appears on page 17 of this issue of the newsletter. You can also see a color version online at:

www.biukelib.org or on the QCBC web site at: www.qcbc.org.

For additional information on this jersey, contact Rich or Laura Kuhlman at 630-462-5427 or lmsanborn@comcast.com. Both Laura and Rich serve as volunteers for the League of Illinois Bicyclists and reside in the Chicago area.

QUAD CITIES BICYCLE CLUB 40K TRIAL CHAMPIONSHIPS

WELCOME	To the 3rd Annual Quad Cities Bicycle Club Time Trial Championship. Race #7 on the QC Multisport Series. This is a M.A.T.T.'S Event.	
DATE/TIME	Sunday July 25, 2004. 1st Rider Off At 9:01am. A set of Profile aerobars will be given away in a drawing after the race courtesy of Profile.	
CONTACT	Dave Thompson: 309-764-5030 or dave_thompson@qcracingevents.com . See: www.qcracingevents.com for race results.	
LOCATION	Cordova, Illinois. 20 miles north of the Quad Cities. Registration and awards at city park shelter on west side of Route 84.	
REGISTER	Race-day registration will be held from 7:45am – 9:00am at city park shelter. Late fee in effect after 7/19/04, except for QCBC members.	
SANCTION	This is an American Bicycle Racing sanctioned event. You must have an annual license or purchase a 1/day permit.	
COURSE	40K, out and back course. Dead flat with one left turn. Turnaround in road. Course is open to vehicular traffic.	
DIRECTIONS PARKING	Cordova, IL is located 20 miles north of the Quad Cities and 15 miles south of Clinton, IA on the Mississippi River. There is parking in the city park on the southwestern part of town, right off of Route 84.	
RACE RULES	Riders go out in 1-minute intervals starting at 9:01am sharp. First signed up, first out. We will follow all ABR rules. Race goes on, rain or shine. We will provide a holder.	
AWARDS	\$20 to each category winner. Trophies to top 3 overall and top master [40+] trophies to top 10 male QCBC members. MATT's medallions in male/junior[3] open/cat 1-3[5] cat 4[5] 30-39 [5] 40-44 [4] 45-49 [4] 50-59 [5] 60-64 [5] 65+[3] tandem[3] female/junior [3] open [3] cat 4 [3] 40-49 [3] 50+ [3] trophies to top 5 female QCBC members.	
First Name	Fees/pre-registered ABR member	\$10
Last Name	Pre-registered w/1 day license	\$14
Address	Race day/ABR member	\$13
City	Race day w/1 day license	\$17
State/Zip	Check here if QCBC member	<input type="checkbox"/>
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Fill in total paid 	
Age/ABR Annual License #	Make checks out to QCBC Mail to: Dave Thompson, 2330 15th Ave. Moline, IL 61265	
Racing Category/If different for points, list both	Fill in below for 1-day licenself needed.	
Name/Print	Signature	
Address	Category	Gender
City/State/Zip		

Upcoming Articles – August Issue

Kathy Storm

Today is June 14th and I am burning the midnight oil finishing the July issue of the newsletter. Even as I work to-night, I'm thinking about articles for the August issue.

If you have articles or photos to submit, please send

them to me by July 10th. If you can get them to me earlier, that would be greatly appreciated:

The August issue will feature:

- TOMRV 2004 Recap
- 2004 Heartland Century Application

List of Late Summer/Fall Invitational Rides in the Midwest

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

24 Hour Ride Updates

Dave & Tami Holmes

The UMCA 24 Hour Time Trial Championships and the 6-12 Hour Cycling Classics are on the move for this year. We will have a new start location out in Long Grove, Iowa. Allen Shepard Elementary school has graciously allowed us use of their school for this years' event on Labor Day Weekend. This will allow riders to check in at the round about parking lot and ride back onto the route.

We are also moving our day loop and night loop.

The day loop now will be a 45 mile section that runs out to Dewitt and returns to Long Grove. 12- 24 hour racers will be on this loop for the first 6 and 12 hours of their races, then revert to a 19 mile loop that will run out of Long Grove via Y64 to Saint Ann's Road. A "T loop" will be used that runs East and West on Saint Ann's road and back to the control point at the school. It works out to around 19 miles.

The 6 hour race will be on the 19 mile loop for the entire race. These new loops will be on excellent roads and have low traffic. For a complete update on the race, please go to www.iowaultra.com

New Book on the Tour de France

Kathy Storm

Dave Shields was at the Criterium promoting his book, "The Race: A Novel of Grit, Tactics, and the Tour de France". He also was at Barnes & Noble

briefly on Sunday evening before Memorial Day signing copies of his book.

You can see more about the book at: <http://www.DaveShields.com/TheRaceReviews.html>

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Mounting SPD Cleats

Dave Alftine

While mounting SPD cleats on a recently purchased pair of bike shoes, I realized that there is a lot of room to adjust the cleat placement (both fore and aft). Then an idea occurred to me to find the optimum location by standing on a short section of water pipe about 1.0 inch o.d. If the pipe was too far forward, it felt as though I was standing on my toes; if too far rearward, it felt as though it was under my arch.

I found the most comfortable placement, and had my

wife mark the sides of the soles with a felt tip pen. Upon comparing the left and right shoes I found the markings to be within 1/8 inch of each other. I then drew lines across the bottoms of the shoes to connect the markings.

I mounted the cleats on the lines I had drawn, and have never felt more comfortable on clipless pedals. I then used this method on an old pair of shoes I had worn for thousands of miles. I had to move the cleats about 3/8 inch to the rear. The improvement was wonderful. You might see if this works for you. It's a lot cheaper than a new 175mm crankset.

Leisure Ride to Hillsdale

Vivian Norton

The Saturday, May 29th Leisure Ride from Barstow, IL started out looking like it might not be a go. The Rock River was threatening to cover the road, rainy clouds were overhead and 30 mph winds were predicted. The ride leader checked out the road and though the water was lapping on the edges, it was safe for biking. The intrepid group decided to chance rain and wind and started off for Hillsdale. We all wondered when the owners of Lundeen's Landing (campground) would be



out from under flood water and be able to reopen.

We had headwinds once we got off Barstow Road but soon turned off on to Hillsdale Road where we were protected from the wind.

After pancakes at Hillsdale the group went on to old Highway 2 and back to Barstow. The rain never materialized and the wind never seemed too strong. What a Great Day for a ride!

Pictured in the photo left to right, are: Barney Young, Bonnie Gesling, Joy Duex, Jerry Kruse, Nadine Palmgren, Janice Reynolds. (Photo submitted by Vivian Norton who

also served as the Ride Leader.)

Du State Du (Duathlon)

Kentley Loewenstein

The Du State Du is coming up again this year on Sunday, August 15th. It will start at 8:00am in Loud Thunder Forest Preserve, just outside Andalusia, IL. The Du is a fun "run-bike-run" event that anyone can participate in. It consists of a 2 mile run followed by a 14 mile bike ride followed by a repeat of the 2 mile run.

You can participate either as an individual or as part of

a team (one runner, one biker). We have individual awards for age group winners (male and female) as well as team divisions and a fat tire division, so there is something for everyone. Come out and give it a try!

If you are unsure what an event like this is about (running races are COMPLETELY different from bike racing), I can always use volunteers. Give me a call at 563-359-5974 or contact me by email at: kentley@aol.com.

Application appears on page 13 of this newsletter.

Attention All Closet Authors!

Here's an easy way to win a lottery. Just participate in a club ride during April through October, write up a short ride report and submit it to the Newsletter Editor. In the report, list who was on the ride, where you rode and some interesting things that you saw or that happened along the way.

Once your article is received, your name will be written on a separate sheet of paper and "tossed into a hat". At the Annual Dinner in November, a drawing will be held to select the winner of a \$25 Gift Certificate to a local bike shop. The more write-ups you submit, the more chances you have of winning.

The Fifth Five Years Of A Forty Year Journey “1984-1984” - A condensed history of the QCBC - The fifth of eight articles by Joe Jamison

During the twenty years since the creation of the Club, countless hours were expended by QCBC members developing riding opportunities for the organization. Aside from racing events, there were not many choices for recreational and/or touring riders except what our own club provided. Also, the Club had little standing in the community despite a growing interest by the general public in recreation. During the next five years, however, rides developed everywhere...benefit rides, privately organized rides, bicycle club rides, BMX and mountain bike rides and, yes, demand for bike paths and trails by cyclists, runners and others who became aware of our outdoor treasures: the river, parks and great county roads. With pressure being brought on local city governments to provide facilities, where did governmental representatives turn for advice and expertise? The Quad Cities Bicycle Club...suddenly we had a presence in the community and were ready with volunteers, expertise and, increasingly, with cash.

1984

Membership is reported to be 650. The year of the rain...the Criterium draws 100 fewer riders than expected due to continuous rain storms despite offering a \$5,000 purse, one of the largest in the area. Race organizers include a one-mile and a 10-kilometer running race to precede the bicycling events in a cooperative arrangement with the Corn Belt Running Club. The QCBC Officers designate \$1000 from the general fund to the Criterium Committee as seed money. One of the first major financial commitments the Club is able to make.

TOMRV suffers two days of continuous rain and still draws nearly 1,000 riders!

“RIB/RAC”, an intra city ride in Rock Island sponsored by the Rock Island Bank with QCBC expertise and volunteers, draws 2400 participants in its second year.

“CNB/RAC”, another intra city ride, but held in Clinton, Iowa is heavily supported by QCBC riders and draws well in this its first year.

The Neff Family, of Jerry and Sparky’s Bicycle Shop, conduct a customer appreciation ride titled “The ABC Ride” and is well attended and well organized.

Carter LeBeau and Herb Page organize “TIGER” a 2-day weekend ride between Eldridge and Mt Vernon which draws 500 riders in the first year.

QCBC charter member and world tourist, Ian Hibell’s book, “Into the Remote Places” is published in his home country of England. Hibell gains world attention for his bicycle touring exploits around the globe.

Suddenly, EVERYONE, has to have a bicycle computer!

Officers for 1984 were: Pres: Paul Scheibelhut, Vice Pres: Jerry Yeast, Sect: Barbara Tucker, Tres: Ray Torresdal.

1985

McDonalds on Brady Street solicits input from the QCBC regarding their plan to install a drive through service lane between their building and the Duck Creek Bicycle Path. What results is a meaningful addition to both party’s interests.

An article in the QCBC newsletter reports the existence of 13 full service bicycle shops in the Quad Cities area (including Muscatine and Clinton).

What may be the record for a QCBC membership meeting is established when 250 attend to hear Lon Haldeman and wife Susan Notorangelo speak about their endurance bicycling accomplishments.

Verle Dau organizes and supports the first official QCBC Double Century. Nineteen riders successfully complete the ride.

After only two years, RIB/RAC is cancelled. A little ride called “Ride the River” is organized by the Junior League of the Quad Cities and 5,000 people participate. Kathy Wine and Priscilla Parkhurst have begun to form River Action, but their 501c (3) non-profit incorporation has not been approved in time for the first year of this Father’s Day event. The Junior League of the Quad Cities helps them out in their first year. Carter Lebeau also helps out with some route planning and logistics. Again, the QCBC is there helping to make it happen.

Despite another year of rain and cool temperatures for the Criterium, a record 425 riders contest for places!

The Scott County League of Women Voters steps forward as a coordinating force for sensible development of bike paths by the cities of (cont. on page 12)

The Fifth Five Years of a Forty Year Journey (cont. from page 11)

the Quad Cities and solicits the opinion of the QCBC as to priority for sequence of construction, since we are major users.

John Berley of the Rock Island Riverfront Development Task Force in an article appearing in the Rock Island Argus reveals his vision of a bike path from Sunset Marina linking with the Ben Butterworth Parkway of Moline!

Officers for 1985 were: Pres: Jerry Yeast, Vice Pres: Ron Bolser, Sect: Warren Power, Tres: Barbara Tucker

1986

The Heritage Trail between Dubuque and Dyersville, IA is officially dedicated with an Open House.

The TOMRV route is reversed eliminating the Chestnut Mountain climb. For the first time, door prizes of nearly \$2000 value are part of the proceedings.

Davenport Mayor Hart announces extension of the Duck Creek Bike Path through the Duck Creek Golf Course.

Liability insurance issues delay planning for the 1986 Criterium but are resolved in time for another successful race. For the first time, a finish-line camera is utilized and an improved public address sound system is used. Despite early rain, an estimated 8000 spectators observe the race.

Lon Haldeman and Susan Notorangelo are the featured presenters at the annual dinner.

Officers for 1986 were: Pres: Jerry Yeast, Vice Pres: Jan Burt, Sect: Warren Power, Tres: Barbara Tucker.

1987

Membership is reported to be 750. Bill Langan assumes a major responsibility toward a community project for increasing helmet usage. Local bicycle shops agree to a 20% discount on helmets and the Quad City Times agrees to advertise it. Polls of customers at the time of purchase indicate that 80% were influenced to buy as a result of the campaign. An overwhelming success.

President Power and QCBC riders attend dedication ceremonies in Hampton of that hamlet's small bike path. The speaker that day reveals a vision of "other nearby towns linking similar projects to create a major network of bicycle paths. Perhaps even ferries between Iowa and Illinois bike paths."

QCBC member, Steve Gay, is an official finisher in the grueling "Race Across America" (RAMM). Steve completed the 3,000+ mile journey in 11 days 59 minutes.

The Duck Creek Bicycle Paths of Davenport and Bettendorf are connected!

The QCBC donates \$1,455 to the Easter Seal Foundation, the proceeds were a result of various activities during the Criterium.

The contingent of 350 QCBC riders at this year's RAGBRAI was the largest of any other club!

Officers in 1987 were: Pres: Warren Power, Vice Pres: Dave Lefever, Tres: Jan Burt, Sect: Sue Dau.

1988

The Putnam Museum conducts a major exhibit featuring the QCBC in observance of its 25 years of service to bicyclists and to the community.

Historian Fred Blessin, in an issue of the newsletter that year recognized the following members for their long-standing membership and the year they joined. They were and remain to this day:

1963 Roger and Irene DeLanghe, 1963 Fred Blessin, 1967 Mike Giudici, 1968 Terry Burke, 1968 Jim Keyoth and 1971 Carter LeBeau.

Participation in the QCBC Double Century increases from 20 to 36 riders. All eight female riders who began the ride finish within the allotted time.

The first QCBC Triple Century ride is organized and held as a ride across the state of Iowa. All riders complete the event within the required 24 hours.

QCBC members, John Thier and David Holmes, log 400 miles within 24 hours at the "Litchfield CDC". They are the first members known to have accomplished this feat up to that time.

Officers for 1988 were: Pres: Dave Lefever, Vice Pres: Dick Castner, Sect: Sue Dau, Tres: Jan Burt.

Happy 40th Anniversary!

TailWind 2004 - Ride Report Dave Lefever

2004 gave us another successful KITE Ride. I don't really understand why a person would rent a 47-passenger bus and take 54 people as paying customers. Yes I do. It was absolutely wonderful to see people have as much fun doing what I love to do, i.e., # 1, ride a bike and # 2, ride a bike in a tailwind.

We had at least five people who rode their first 100-mile ride on May 15th. Seeing others enjoy themselves so much is as enjoyable as actually riding a bicycle. Those who don't ride don't understand what a head wind can do TO you or what a tailwind can do FOR you. I hope others will bring a friend on the KITE ride in 2005.

Participants in this club activity included: Dave Alftine,



Linda Beigert, Frank Beshears, David Bodenschatz, Jeff Cozad, Joe Cress, Michael Crotty, Cindy Davis, Jim Dayton, Mike Desch, Phil Fellner, Bob & Jan Fitzgerald, Gordon Fordyce, Steve Geering, Dick Grimm, Lynne Groskurth, Rod Hawk, Milly Heskett, Jeff Hopkins, Gary Jones, Al Juska, Jean Kelly, Don Kincaid, Al Lasek, Sharon Lavell, Dean & Deb Mathias, Doug McCollum, Errol McCollum, Denise McDermott, Mike Middlemiss, Margaret Millar, Darlene Moritz, Michael O'Brien, Jeanne O'Melia, John Pepke, Warren Power, Jeff Ritter, Joe Rolsch, Phil Schubbe, Tom Scott, Mike Smith, Bill & Kathy Storm, Joe Van Houtte,

George Van Thorre, John Wessel, Bill & Cathy Wiebel, Susie Wolf, Linda Work, Eileen Wosoba, and Doug Zickhur. Pictured in photo from left to right at 5:45am are: Mike Smith, Doug Stephens and Darlene Moritz.

“Where I Live” Lee Venet

“I always rode to my limit. If I won by three minutes, that's because I couldn't make four.” - Eddy Merckx (Belgian professional cyclist 1965-1978)

Merckx was good. Some say the best, a fairly quiet guy. Not really the “cannibal” others called him. But he strove to maximize himself, to be his own best.

If I could measure myself against anyone today, it would be Merckx. Yes! “I would take him at a moment of weakness. I would try to wind him up to see if he was having a good day. And perhaps I'd beat him.” - Eddy Merckx

I admire Merckx for that. I don't compete. Racing is OK for some. Not my thing. I'm a social rider. Just like to talk... and look around. That's all. Take it easy.

After cycling to a club ride one day, some were surprised that having done about a hundred miles, I still had another thirty to do to get home. One woman asked, “What do you do? Live on your bicycle?” I thought about her question. Not a bad place to observe the world... from my bike saddle... or to think about what I'm doing and who I am.

“The unexamined life is not worth living for a human being.” – Socrates (Athenian non-cyclist 468-399 B.C.)

Good perspective here. Separate from that world out there. Sure I ride on some roads. Share them? I'd rather not, but I do... if there happens to be a road under me. I go where the earth takes me.

“My bicycle and my body were the two materials which improved together.”- Bernard Hinault (French professional cyclist 1974-1986)

Good feeling. Ever notice the more you ride, the clearer your head gets? It does, if you put a few miles on during the year. Oh sure, your body gets better. But you can discern the world better. Clearer. See the real world, the only important one. Yeah, this is where I belong. This is where I can best examine the world...and is where I live.

“The Tour (de France) had given me the opportunity to express myself as a man, because it was on the bike that I became one.” - Eddy Merckx

Cycling quotes from Cycle Sport magazine October 2003 (Editor's Note: Lee is a QCBC member who lives in Wheeling, IL. He submitted this article in honor of the upcoming Tour de France that many of us will watch on TV this month.)