



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – August 2004

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 on page 4. 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

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
P.O. Box 3575
Davenport, IA 52808
<http://www.qcbc.org>

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.

Affiliated With:



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



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



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

From the Headset Warren Power

Bicycle Clubs and Bicycle Advocacy groups have been fighting for bicycle rights for years. They've made some headway and in most states a bicycle is considered a vehicle. What this means is the bicycle has the same rights and responsibilities as other vehicles on the roadway. We're all quick to point out the "rights" side of this equation, but many of us forget about the "responsibilities" side.

Responsibility means that we have to obey the same laws as any other vehicle on the roadway. This includes stopping at stop signs, not going straight in a turn lane, not blocking the road when we stop to regroup or rest, and signaling when we're going to make a turn or a stop.

These things come to mind because they're the activities that I see frequently being abused on club rides. Most of us are car drivers as well as bicyclists. We know the laws and we obey them in cars so why can't we obey them on a bicycle. If we do, we'll get a lot more respect from the vehicles around us and there's a better chance of being accepted as an equal.

We are into the dog days of summer and that means you need to take special precautions to prevent overheating. The most important thing you can do is to stay hydrated by drinking plenty of water. Almost

every article I've ever read on proper hydration when bicycling states that you should drink a water bottle full of water every ten miles.

A few years ago at a RAGBRAI orientation put on by the Des Moines Register, they had a sports Doctor make a presentation on proper hydration. He said that if, while bicycling, you go more than a couple of hours without having to urinate or your urine is dark yellow when you do urinate, then you are not drinking enough liquids. I know for me it takes plenty of liquids to make this happen, but then during the heat of the summer it takes a lot of sweat to stay cool, so I highly recommend carrying at least two water bottles on your bicycle and using them often. By the way, if you are on a ride and you get hot, you will stay cool longer by drinking the water in your water bottle rather than pouring it over your head.

We have had great attendance on the club rides for the past several months. Speaking from experience, I would say on the average we have between 20-30 riders on our Wednesday and Saturday Mid Paced rides and between 10 to 20 riders on our Sunday Mid Paced rides. Speaking to other club members, I understand the other rides are well attended as well. If you haven't participated in one of these rides I'd highly recommend it. They're a great work-out and a lot of fun. They're also a great opportunity to meet some new friends and have a great time. Hope to see you there.

Xstream Volunteers Needed to Clean Up Quad City Waterways - Press Release Submitted by Lucie Macalister, QCBC Member

Xstream Cleanup is seeking hundreds of volunteers to clean up 15 major streams in the Quad Cities on Saturday, August 28th. The event is in collaboration with nationally known Quad City native Chad Pregracke and his Living Lands & Waters team, which is cleaning up the Mississippi River in the Quad Cities that same day.

"The Xstream Cleanup will make a difference in the cleanliness of the entire Quad City watershed, including the Mississippi River," Pregracke said. "By cleaning out pollutants in the 15 major tributaries of the Mississippi in this area,

we improve our individual communities and our common waterway."

Xstream volunteers will receive breakfast treats and beverages, an Xstream Cleanup t-shirt and a general admission ticket for the Swing of the Quad Cities baseball game following the cleanup, which includes free admission to Ribfest in LeClaire Park and a post-game fireworks show.

The Xstream Cleanup is a Quad City wide watershed cleanup event involving participation from organizations and volunteers on both the Iowa and Illinois sides of the river.

For More Information contact Roy DeWitt, Keep Scott County Beautiful at (563) 468-4218 or www.xstreamcleanup.org.



Quad Cities Bicycle Club Heartland Century REGISTRATION FORM (Detach and Return)

Saturday, September 11, 2004



Start/Finish: Illiniwek Forest Preserve 1 mile north of Hampton, IL

Starting Times: 6:30 until 8 a.m. for Century

Before 10 am for 62 mi. ride

Before 11 a.m. all other rides

Continental Breakfast 6:30 to 10 a.m.

Entrants will receive a nice T-shirt and a cool pair of biking socks.



**Optional Grilled Pork Chop, Baked Beans, Chips, & Pop. Noon to 3:30pm
(only if pre-registered and pre-paid)**

REGISTRATION FEES:

T-Shirt Size: M___ L___ XL___ XXL___

Heartland Century Biking Socks Size: S___M___L___XL___

Which Ride? (25___) (50___) (62___) (100___)

\$20 before September 1, 2004 _____

\$23 after September 1, 2004 _____

\$5 Pork Chop (how many)? (____) _____

\$5 Additional Heartland Century Socks
(how many pairs? _____) _____

Total _____

QCBC Member - \$3 Discount - _____

GRAND TOTAL _____

All participants are expected to wear helmets to reduce their chances of injury.

**MAKE CHECKS PAYABLE TO:
QUAD CITIES BICYCLE CLUB**

Mail to: Mike Desch
2386 5th Street
East Moline, IL 61244

For further Details Contact:

Email: mikedesch@aol.com
Web Site: www.qcbc.org
Phone: Mike Desch (309) 755-4722

Please Print:

Name: _____

Phone: _____

Street: _____

City: _____

State: _____ **Zip:** _____

Club Affiliation: _____

RELEASE AND WAIVER STATEMENT:

To participate in the QCBC's Heartland Century, you must sign and date the following in ink:

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle riding. In consideration of the Quad Cities Bicycle Club's acceptance of registration to participate in the **Heartland Century**, I hereby, for myself, my heirs, and assigns, release, indemnify and agree to hold blameless the Quad Cities Bicycle Club, it's directors, officers, employees, agents, and participants who may be performing official functions for the ride, from any and all actions, claims, demands, administrative proceedings, judgments, or decrees, including treatment in case of injury. I understand that any medical costs incurred will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in this cycling event. I agree to adhere to the laws of the state of Illinois and the rules of the **Heartland Century**.

Participant's Signature _____ **Date:** _____

Guardian's Signature, if under 18: _____ **Date:** _____

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
Martin Kuebrich	Bettendorf, IA	563-332-1584
Angela & Scott Reese	Bettendorf, IA	563-441-0494
Michael & Panliav Stark	Bettendorf, IA	563-359-4138
Charles Curry	Moline, IL	309-912-5961
David Weckel & Jackie Chesser	Port Byron, IL	309-523-3023
Chris & Michelle Beckwith	Rock Island, IL	309-794-1980
Pete & Terri Cone	Rock Island, IL	563-333-8029

Membership Count: 7/8/04		
	# of Members	# of Memberships
Individual	391	391
Couple	288	144
Family	327	87
Complimentary	21	21
Life	6	3
Total	1,033	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.

- **For Sale:** 2003 Giant OCR road bike, men's XL frame size. Tiagra components, ridden 1,000 miles, well maintained. Retail was \$820, asking \$490. Contact Martin Kuebrech at 563-940-2034.

AFS Seeking Host Families

American Field Service is seeking a few Host Families in Iowa that bicycle. There have been some specific requests by some of the foreign exchange students to

stay with a family in Iowa that have some family members who ride.

If you have an interest in this type of opportunity, please contact Olga Moehn, at olga.moehn@afs.org or 800-876-2377, ext. 2240.

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 Jim Schaefer MSPT
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TOMRV 27 Review - ProCycling Article

Dave Aldersebaes - Racer

Last seen at the Tour de Georgia emulating our heros and legends – Roadside Dave has resurfaced! This time just back from another awesome adventure in Iowa, where he joined 1,500 riders at the Tour of the Mississippi River Valley.

Finally, after resuscitating a near dead season, it was time for a hard weekend of training. Normally, it's training around my work schedule during the week, and hitting the races on the weekends, much like any other lowly amateur.

I was lucky to hear about this ride up the Mississippi River from friends of mine called TOMRV (Tour Of The Mississippi River Valley), and it just so happened to fall on a race-free weekend. Normally, this had conflicted with the Peoria Cycling Classic, and I had never attended. This year, being free and clear and in need of a big ride, I headed off to DeKalb, Ill, to rendezvous with the faithful Evil teammate Bear, and head on from there to Bettendorf, IA.

TOMRV, held by the Quad Cities Bicycle Club, is in its 27th year and it's rather popular. Roughly 1,500 cyclists turn out each year to ride the hilly yet scenic roads along the glacier cut river. From benign flats to scenic, challenging bluffs, the mileage and the terrain of TOMRV issues a challenge to all who tackle it; from the pissant racers like me, to the older fitness nuts who come to take on the ride. I read some stats somewhere, and these are now approximations: the youngest rider was 14, the oldest 70 something.

Every manner of beast turned up. Mostly roadies, but there were recumbent riders, tandems, a few knobby tired riders, some hybrids, your basic cycling mish mash. The first day was to be 106 miles (although a shorter route option is available), from Bettendorf north to Dubuque, IA, where we would camp at a community college.

The second day was a return leg to Bettendorf, but it was a little shorter, at 86 miles. "Perfect training", I thought, as I picked up Bear and we drove on to Iowa. Bear was a veteran of TOMRV and many RAGBRAI's, so I knew I could hang with the old boy, have some fun, and ride well.

DAY 1

After a restless night's sleep, complete with a neo-tornado, a vicious rainstorm, and then oppressive heat,

it was time to get up and go. Tents broken down and packed into my car, we headed off north, in search of Dubuque. The weather had cleared, the temps climbed and hovered in the low to mid 80's, and we basked in the sunshine. The first bits of road were nice and rolling as we eyed the river to our right, with a lick of a tailwind at our back.

As is typical of these sorts of things, riders find like-minded riders, and it wasn't long before we Evils had hooked up with a crew of competent riders from the St. Louis area. Our group pedaled ahead for the first 50 miles or so. Then it was on to the lunch stop on the Illinois side of the river. True fun it was to ride over the metal bridge, look down to see the Mississippi rolling by underneath us, a touch of vertigo had by all.

Some rest stops had the local old boys clubs like the Lions or Moose, selling grilled goods. This was where Bear would immediately dismount, lured by the smell of cooked meat. I'll admit I wasn't far behind him. You ain't lived 'til you've eaten an Iowa pork chop, kid. The only problem at these stops, and I am sure ALL of the other riders will agree, is that Iowa has a big problem right now with their gnat population. Clouds of them plagued us all, and all around one could see lycra-clad folks of all sorts, spasmodically waving their hands around their heads as they tried to eat.

Back on the road, it was now time for the mean road to start. Out of the lunch stop, into the quaint and beautiful town of Galena, and up the treacherous Chestnut Mountain, a ski resort. Up, up and away we went, climbing, climbing, and more climbing. Where the heck am I? Back in Georgia? All the pulling of the early day had taken it's toll, and I was now languishing off the back of the rest of our group, finally recovering and spinning out the rest of it.

By mile 95, I had had enough of this silly bicycle. I was ready for the vaunted buffet dinner that was so highly touted, and a warm shower. Salt caked my face, my chamois butter had long since been evaporated or absorbed, and the road just kept going up. Back over the river into Dubuque, on the wheel of the Bear, what a sight.

We were spared the traditional climb of Dubuque's "Wall" because it was under construction. Fine by me. The shower ruled, the buffet was impressive and very tasty, and bed was right around sundown. . I was shot after the ride. 105.14 miles, average speed of 17.5mph in just over 6 hours. (Cont. on page 7.)

TOMRV 27 Review - ProCycling Article

(Cont. from page 6)

Day 2

Boy, I really needed that solid rest. From about 9pm until 6:30am, I slept like never before. Upon rising, Mother Nature had decided the campus of Clarke College needed a bath, and she opened the taps at about 7:00am. Buckets of windless rain came straight down, and I began to layer appropriately for the day.

We set off for Bettendorf bundled like schoolchildren. Sure enough - and I take the blame for this as Murphy's Law is mostly mine - as soon as we left town, the skies almost immediately cleared. From the first rest stop's bluff, we could see patches of indecisive weather all around the horizon, but for us, it was sunshine. Off came the layers, stuffing them into each pocket and up the back of my wind vest. Great, nothing like extra stuff to carry.

We climbed out of the Dubuque area for the first 15 miles or so, up long, gradual climbs. Not the killers of

yesterday, but certainly longer. The group of yesterday was splintered between those who had agendas and timeframes, and fellows like myself, Bear, and Hacky Jedi (another St. Louis product), who did not.

So, without a need for speed, and with a wicked crosswind, we set about being the last riders on the road, stopping frequently in all towns, making friends, and being the last jag-o-loneys to sneak into the support stops, some of which were literally closing up as we rolled in. At times we wondered if we were on the right road, as there wasn't another pair of wheels to be seen. I put myself on the front of our trio for most of it, pulled at a leisurely 18mph or so in the crosswind, and enjoyed the relatively flat back half of the day's ride.

The beauty of the river valley is all around when on TOMRV. All of the small towns, the outrageously friendly people, the scenery, the challenging riding, and the food make TOMRV a touring cyclist's dream. And hey, it can be good mid season training for the racers, too! (Editors Note: for the complete text of this article, see www.procyclingnews.com)

TOMRV 27 Wrap – Up & Volunteers **Susie LaForce, Bill Langan & Jane Garrett**

Another great TOMRV (Tour of the Mississippi River Valley) ride has taken place. At this time every year, the event organizers and committee chairpersons are taking some time off and getting back to a "normal life". That is everyone except Susie LaForce. She's already busy making arrangements with Clarke and Loras Colleges for next year's ride.

Thank you to everyone who volunteered. If we missed listing you here, just call us or drop one of us a note and we'll include your name in the September issue.

Event Organizers

Susie LaForce, Chairperson; Doug Truesdell, Director; Linda Barchman, Registration and Bill & Pegi Langan, Rest Stops & Logistics Coordinators.

Committee Chairs

Jane Garrett, Packet Pickup; Kathy Storm, Bulk Mailing & Bike Shop Databases; Pat & Tom Bolton, Preston Packet Pickup; Warren Power, Patch; Jean Kelly & Charlie Sattler, Bike Shop Bulk Mailing.

Rest Stop Workers & Packet Stuffing Volunteers

Shirley Abbott, Ginny Alftine, Dean & Joey Arney, Don Barchman, Jim Blunk, Darlene Becker, Terry

Burke, Dave Cinotto, Sheila Cunningham, Sue & Karen Dau, Marian DePover, Diana DePover, Chuck DeProsse, Shel Dhuyvetter, Barb Donald, Dave Feeney, LaJuan Gault, Bonnie Gesling, Karen Grimm, Kathy Harris, Bob Hogan, Matt Hogan, Ellen Kasten, Mel LaForce, Dave Lefever, Audrey Mabis, Ron Madden, Scott Miller, Darlene & Jerry Neff, Vivian Norton, Sam Norwood, Lee & Gail Overbeck, Deb Phillips, Sherry Power, Tammy Romeo, Hal Reuter, Merle Schleusener, Sharon Seymore, Ed Sharkness, Bill & Bonnie Sturgeon, Karen Truesdell, Sarah Truesdell, George Van Thorre, Carol Weiler, Joan Wren and Margaret Paulous.

Truck Drivers & Route Arrows

Bryant & Kristina Langan, Justin Langan, Kevin Langan, and Nick Urbain.

Packet Pickup Volunteers

Dean & Joey Arney, Mike Benson, Cindy Bottrell, Mike & Michelle Carl, Sue Dau, Sue Dayton, Joe Getz, Karen & Dick Grimm, Vonnie Jansen, Kathy Loomis, Dean Mayne, Susan McPeters, Jim Merrit, Scott Miller, Darlene Moritz, Doug Nelson, Cindy & Paul Scheibelhut, Phil Schubbe, Mary & Bill Scott, Bonnie & Bill Sturgeon and Dottie Willits.

Fall Foliage Ride – October 2nd & 3rd Deb & Dean Mathias

Perhaps you have heard about the fun time that was had by all riding the scenic hills of Wisconsin on last year's QCBC Fall Foliage ride. Now is the time to make plans to join Dean and Deb Mathias and others for the 2004 Fall Foliage Ride, which will be held October 2nd and 3rd. We will again use Mt. Horeb, WI as our staging area. Travel distance is about 140 miles from Davenport. We will begin riding on Saturday at 9:00 a.m.

Mt. Horeb (<http://www.trollway.com/index1.html>) is known for life-size trolls carved into tree trunks scattered along its main street. Visitors are encouraged to take a leisurely "[Troll Stroll](#)" to enjoy these unique characters. We have planned the ride around the Mount Horeb Fall Festival, which will be held the same weekend. This festival will provide activities for others that may want to join you for a weekend away but are not interested in cycling. The festival will include an art fair, farmer's market, horse and buggy rides, quilt show, sale, and raffle, and more.

A cycling route will be mapped out on quiet country roads that promise to offer more than a few hills for both days with some flatter options. If you prefer to stay totally on flat terrain, the Military Ridge Bike Trail (crushed limestone) runs through Mt. Horeb going west to Governor 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 scrumptious Italian group dinner will again be arranged for Saturday night for a very reasonable price! Contact Deb and Dean Mathias at 309-787-6547 or mathiasdebdean@mcleodusa.net if you plan to join us for the ride. Also give us a head count for dinner including others that want to join us for dinner but not

for cycling. The Mathias' will be going up on Friday evening, October 1st.

This weekend will be a busy one in Mt. Horeb so you are encouraged to make reservations early if you plan to stay overnight.

A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com) with indoor pool. The rooms will be held until September 3rd. Mention the QCBC for a group rate of \$69.95 (\$62.95 with AAA or AARP). Phone Wally at 888-621-1884 or 608-437-5545 to reserve your room.

Rooms are also available at the Village Inn Hotel (www.littlebedder.com), which is physically attached to the Military Ridge Bike Trail. Prices range from \$43 for a double, \$54 for a queen, and \$75 for a kitchenette. Phone: 608-437-3350

Some Bed and Breakfast facilities are also available in the area. Check out the Mt. Horeb web page for more information.

2 nearby parks provide camping possibilities:

- Brigham Park – 112 acre park with a spectacular panoramic view about 7 miles west of Mt. Horeb.
- Blue Mounds State Park about 10 miles west of Mt. Horeb – for information, call 608-437-5711/ Camping 1-888-947-2757.

Points of Interest in or near Mt. Horeb:

- Troll Walk (Carved trolls).
- Mt. Horeb Mustard Museum - 3,800 different mustards...largest collection in world!
- Military Ridge Bike Trail.
- Stewart Park - 161-acre park with 7-acre lake, fishing, and hiking trails.
- 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.

PLAN NOW TO JOIN IN THE RIDING AND ACTIVITIES OF YOUR CHOICE!

The Great Carroll County Cycling Event

This was the second year for the Carroll County Cycling club to offer a new invitational ride in northwest Illinois. The event featured a 60 mile road ride and a road race. Both of these events took place on June

19th, using the same route. Some of our QCBC members participated in the road ride and some entered the race.

Race place finishes were Dave Thompson is the Master's and John Wessel in the 50+.

August 2004 Ride Schedule

Ride Classifications are based on average riding speed during the ride as follows:

- **Fun Rides** 8-10mph
- **Leisure** 10-13mph
- **MidPaced** 13-16mph
- **Fast** 16+mph

- **Sunday, August 1**

8:00 A.M. – Fast-Paced Ride, Riders' Choice – IL
Meet at east end of Ben Butterworth Parkway near CNH.

8:00 A.M. – Mid-Paced Ride - Off to Bishop Hill – IL
Meet at city park in Andover (across from Casey's on Rt 81). Ride to Bishop Hill and Woodhull. 40 miles. Ride leader: Larry Hanna, 309-937-1442.

- **Tuesday, August 3**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, August 4**

8:00 A.M. – Wednesday Morning Ride – IA Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport. Rider's Choice

- **Thursday, August 5**

5:30 P.M. – Summer Evening Ride – IL Meet at east end of Ben Butterworth Parkway near CNH. Riders' choice
Tuesday, July 6

- **Saturday, August 7**

8:00 A.M. – Leisure Ride – Off to Le Claire – IA
Meet at the Middle Park Lagoon, Bettendorf. Ride to Le Claire. 25 miles. Ride leaders: Kay & Carter LeBeau, 563-323-6848.

8:00 A.M. – Mid-Paced Ride - Scott County Tour – IA
Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to: Dixon, Plainview, Walcott, and Credit Island. 50 miles. Ride leader: Scott Swanson, 563-940-2901.

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, August 8**

8:00 A.M. – Mid-Paced Ride - Zigzag to Geneseo – IL
Meet at Colona Grade School. Ride to Geneseo using low traffic roads along the Hennepin Canal. 33 miles. Ride leaders: Dean & Deb Mathias, 309-787-6547.

8:00 A.M. – Fast-Paced Ride, Riders' Choice – IL
Meet at east end of Ben Butterworth Parkway near CNH.

- **Tuesday, August 10**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, August 11**

8:00 A.M. – Wednesday Morning Ride – IA Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport. Rider's Choice

- **Thursday, August 12**

5:30 P.M. – Summer Evening Ride – IL Meet at east end of Ben Butterworth Parkway near CNH. Riders' choice.

- **Saturday, August 14**

8:00 A.M. – Leisure Ride – Windmill Challenge – IL
Meet at town park in Cordova, off Rt 84. Ride the bike path to the windmill at Fulton. 40 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

8:00 A.M. – Mid-Paced Ride - Heading to Swedona – IL
Meet at Orion High School. Ride to: Lynn Center, Andover, Woodhull, New Windsor and Swedona. 45 miles. Ride leader: Jim Karr, 563-441-9115.

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA
Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, August 15**

8:00 A.M. – Mid-Paced Ride - Riders' Choice – IA
Meet at North Scott High School, Eldridge, IA.

8:00 A.M. – Fast-Paced Ride, Riders' Choice – IL
Meet at east end of Ben Butterworth Parkway near CNH.

8:00 A.M. – Du-State Duathlon - Loud Thunder Forest Preserve, Andalusia, Illinois. The course consists of a flat 2-mile run, a challenging 14-mile bike ride, and another flat 2-mile run. There will be a picnic after the race. The registration form for this event appears on page 13 of this newsletter. For more information see the QCBC Web site, www.qcbc.org, or www.cornbelt.org. Kentley Loewenstein is the contact person, 563-359-5974.

- **Tuesday, August 17**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

August 2004 Ride Schedule (cont.)

- **Wednesday, August 18**

8:00 A.M. - Wednesday Morning Ride, Note Illinois Start - QCBC 40th Anniversary Celebration and Ride – IL Meet at Hardee's, 425 55th St, Moline (near CNH). To commemorate the club's 40th anniversary, ride from Hardee's to Lincoln Park in Rock Island, where the club's first ride originated. After a ceremony and photos, the group will ride a route of the riders' choosing.

- **Thursday, August 19**

5:30 P.M. – Summer Evening Ride – IL Meet at east end of Ben Butterworth Parkway near CNH. Riders' choice.

- **Saturday, August 21**

8:00 A.M. – Leisure Ride – Candy Kitchen Ride – IA Meet at the Durant City Park for a ride to Sudbury and on to Wilton for a visit to the Candy Kitchen. 30 Miles. Ride leader: Merle Schleusener, 563-355-8191.

8:00 A.M. – Mid-Paced Ride - In Search of Pancakes – IL Meet at east end of Ben Butterworth Parkway near CNH. Ride to: Hampton, Port Byron (via Hubbard Rd.), Cordova, Erie and Hillsdale. 55 miles. Ride leader: Darlene Moritz, 563-386-3499.

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, August 22**

8:00 A.M. – Mid-Paced Ride - Joe's Surprise – IL Meet at the west end of the Great River Trail at 31st Ave in Sunset Park. Join Joe for a 30- to 40-mile ride. Ride leader: Joe VanHoutte, 309-762-4469.

8:00 A.M. – Fast-Paced Ride, Riders' Choice – IL Meet at east end of Ben Butterworth Parkway near CNH.

3:30 P.M. - Fun Ride - Sunset Cruise – IL Meet at Sunset Park Marina in Rock Island. Ride the path to Ben Butterworth Parkway, stopping at TGI Friday's for something to eat. About 15 miles at 8 mph or possibly faster. Ride leaders: Dick & Karen Grimm, 563-445-7797.

- **Tuesday, August 24**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

- **Wednesday, August 25**

8:00 A.M. – Wednesday Morning Ride – IA Meet at McDonald's on Kimberly Rd & Eastern Ave., Davenport. Rider's Choice

- **Thursday, August 26**

5:30 P.M. – Summer Evening Ride – IL Meet at east end of Ben Butterworth Parkway near CNH. Riders' choice.

- **Saturday, August 28**

8:00 A.M. – Leisure Ride – Off to the Courthouse – IL Meet at the Orion, IL, High School for a ride on country roads to Cambridge. 30 miles. Ride leader: Jim Karr, 563-441-9115.

8:00 A.M. – Mid-Paced Ride - Riding the Scott County Rollers – IA Meet at Crow Creek Park, Bettendorf. Ride to McCausland taking very hill possible!! 38 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IA Meet at Eastern Ave entrance, Duck Creek Parkway.

- **Sunday, August 29**

8:00 A.M. – Mid-Paced Ride - Rock River Tour – IL Meet at Geneseo City Park. Ride to: Hillsdale, Erie, Spring Hill and Atkinson. 50 miles. Ride leaders: Dean & Deb Mathias, 309-787-6547.

8:00 A.M. – Fast-Paced Ride, Riders' Choice – IL Meet at east end of Ben Butterworth Parkway near CNH.

- **Tuesday, August 31**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice.

Happy 40th Anniversary!

See Joe Jamison's article on our clubs' history on page 14 of this issue.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application
 Renewal Application

- Membership Type: Individual \$15/Year
 Couple \$20/Year
 Family \$20/Year

Date of Application _____

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email _____
 (Incl. Area Code)

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Memberships in Other Bicycling Organizations: League of Am. Bicyclists League of Illinois Bicyclists FORC

Family Members *	Birthdate	M/F	Riding Interests	I Can Help With	
			<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

* Single adult children up to 22 years, using their parent's address as their primary address, may continue on their parents' membership.

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release – Signature Required

Individual membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter.

Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 1/28/04

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.

Ban the Bollards! **Chuck Oestrich**

Ah, yes it's the continuing story of those nasty bollards that loom in front of cyclists at path intersections and cause them to have many accidents.

Dave Alftine and I have been working for their elimination on the Great River Trail in Illinois, and – boy – does it get complicated. We almost had an agreement with RI County to take them out of areas under county jurisdiction. We agreed to do the work ourselves – with help from interested volunteers.

But then the Illinois Department of Transportation

popped up and said, "No, if a bollard is on state right-of-way, it has to remain." Unfortunately, many of the real offensive ones are just that – next to IL 84 on the right-of-way.

But Moline has eliminated some – especially near the Celebration Belle area; we hope to work with the up-river villages; and some county areas aren't near state right-of-way. We're also communicating with the Illinois DOT Bicycle coordinator, to try to get some sense to the whole issue.

In the meantime, in addition to watching out for vehicular traffic at intersections, make sure you watch out for those blame bollards.

Barstow Time Trials are a Rousing Success **Dave Thompson**

Record numbers of participants turned out for the 5th annual running of the Quad Cities Bicycle Club 20 kilometer time trial championships. The event was held on Sunday, June 20th in Barstow, IL.

101 racers rode the flat and fast Barstow course which resembled the Florida Everglades. High water from the Rock River turned the road into a causeway in places. Weather was cool with a sneaky tough wind.

No records were set, but 45 year old John Grice of Kewanee cruised to a 3rd consecutive 20k club title. His 28:28 clocking was well off last years time but good for 5th overall. Margie Millar of Moline, also 45 years old, won her second club title to go with a 40k title from 2001. She used a new bike and great triathlete fitness to record a 35:22 time.

Craig Gartland from Chicago had the fastest time of the day with a 27:23 time at 27.2 mph. Elite masters time trialist, Diane Roanhaus of Franklin, Wisconsin

came close to the women's course record with a 30:45 time at 24.25 mph.

The DICE team made a good showing with Mike Winter, Donnie Miller, William Huntsberger and Bryan Moritz all taking home hardware. A huge thanks to a super volunteer crew including: of Darlene Moritz, Barb Donald, Mike Detsch, Otto Brietmeyer, Mike Zugmaier, Casey Zugmaier, Melinda Thompson, Dale Manly, ABR president Bob Lundberg, Mike Winter, and the Barstow volunteer fire department.

The Senior Olympics time trials saw perfect weather also. This event was held on June 26th using the same course area on Barstow Road. QCBC members dominated the top of the standings. Geneseo's Jerry Sears recorded the fastest time in the 10k with a 14:44 time nipping Terry Inch by 1 second. Terry got revenge in the 5k with a 7:12 time winning by 4 seconds. Fellow QCBC member Kentley Loewenstein was 3rd in both races.

Thanks to volunteers John Fletcher, Kevin Dodson and Melinda Thompson.

**The Sixth Five Years Of A Forty Year Journey
“1989-1993” - A condensed history of the QCBC -
The sixth of eight articles by Joe Jamison**

The financial success of TOMRV allows the Club not only to enhance the appeal of our established events, but also to provide support to bicycling related projects in the community. Also, this will be a period of increased interest in endurance cycling with more events and larger fields of riders. Our Criterium, TOMRV, Heartland Century and the longer endurance events begin to draw bicyclists from around the Midwest and beyond. The Quad Cities Bicycle Club is developing a national reputation.

1989

The Club donates \$5,000 to the City of Davenport, IA for storm sewer covers, eliminating a hazard to bicyclists. The Criterium prize list approaches \$14,000 and draws top level racers from major USA teams! \$3,200 is donated to the Easter Seals Foundation as a result of activities during the race.

A TOMRV “short route”, beginning and ending in Preston, IA is introduced as part of the TOMRV weekend and is very popular. 1,100 riders register. The helmet promotion results in the distribution of 697 helmets, a record.

The QCBC Double Century is reformatted as a 24 Hour event titled, “The Iowa 24 Hour Challenge” and draws 79 endurance riders from throughout the Midwest. Don Cuerdon, Editor of Bicycling Magazine, addressed QCBC members at the annual dinner.

Officers in 1989 were: Pres: Bill Langan, Vice Pres: Griff Tucker, Sect: Sue Dau, Tres: Eileen Wosoba,

1990

Memberships reported to be 904 with 1,602 members! QCBC donates \$600 to the “Great River Trail” development project. All “right of way” for the intended route has been negotiated by the organizers.

QCBC members volunteer to host 25 members of the Moscow Bicycle Club of the Soviet Union. The TOMRV route covers part of Wisconsin for the first time.

Major flooding of Duck Creek results in \$150,000 damage to the bike paths in Davenport and Bettendorf causing closure of segments during the bicycling season. Bill Langan’s version of the “Heartland’s Annual Weekend of Centuries” results in 329 riders registering!

Over 70 riders participate in the Club’s “Fall Foliage Ride” organized by the Strupps.

Officers in 1990 were: Pres: Griff Tucker, Vice Pres: Dick Wagner, Sect: Bill Langan, Tres: Eileen Wosoba

1991

The City of East Moline announces completion of its 3.23 mile section of bike path linking Moline’s Ben Butterworth Parkway with Hampton’s bikeway. QCBC offers \$25 scholarships toward tuition costs for “Effective Cycling” classes co-sponsored by our Club and Davenport Community Education.

The May Novice Ride draws 75 participants! The first “Tour of the Islands” is rescheduled when six inches of snow fall the day of the ride. The rescheduled ride draws forty riders for the cold February ride date!

The first “Search for Spring” ride is held and remains popular to this day. The Criterium is granted Class “A” status by the USCF. The \$10,000 purse is expected to draw an even more competitive field. TOMRV draws a record 1105 riders!

QCBC adopts two miles of “old Hwy 61” near Mt Joy to keep litter free under the leadership of Bruce and Becky Perry. Six QCBC members recognized for officially finishing Paris-Brest-Paris.

The QCBC “Heartland’s Weekend of Centuries” draws 597 riders and is cited by the League of American Wheelmen as the best serviced century in America for 1991! Officers for 1991 were: Pres: Gabe Overstate, Vice Pres: Joe Jamison, Sect: Bill Langan, Tres: Eileen Wosoba

1992

This year was one of honing the many events created during the past five years.

Officers for 1992 were: Pres: Dave Lefever, Vice Pres: Gabe Verstraete, Sect: Bill Langan, Tres: Eileen Wosoba

1993

TOMRV announces that Loras College will also be utilized for overnight accommodations as well as Clarke, College. The ride draws an unprecedented 1,200!

“Cops on Bikes” is gaining the attention of Quad Cities police forces and the QCBC.

Officers for 1993 were: Pres: Eileen Wosoba, Vice Pres: Earl Strupp, Sect: Bill Langan, Tres: Thiara Smith.

Albany Adventure – July 3rd Ride Report Carter & Kaye LeBeau

The weather report was discouraging enough to reduce the attendance to this 33 mile leisure ride, but 9 did show up at Port Byron, and were rewarded by a beautiful day, right up to our return at 1:30pm.

Participants were Joy Duex, Audrey Mabis, Dick Wolbers (first club ride in several years), Barney Young (who just celebrated his 85th birthday), Michael Stark, Jim Sears (still complaining about QCBC rides), Bob Milligan (first club ride since knee surgery), and leaders, Carter and Kaye LeBeau.

First regrouping was in Cordova. You can't beat that view of the river where the now burned down American Legion Hall stood. Brought back memories to Bob Milligan and a few of us old



timers. Ideal ride past the nuclear power plant, and into Albany.

Was able to get a round table at the Mississippi Café, so all could sit and talk to each other. Took longer than usual to get service, but this was a leisure ride, so no one complained. Carter took pictures as he mentioned this was indeed a nice group, and he wanted to record it. Joy Duex and Barney Young are pictured enjoying their breakfast in Albany.

Our return was uneventful and the stop was at the new convenience store on the highway near Cordova. It has everything, including chairs and tables out front. Perfect for a leisure ride.

Again nothing earthshaking on the way back. Just enjoyable biking with a nice group, who were glad they didn't listen to the weatherman's prediction.

(P.S. – By 3pm it had poured down and could have been defined as a frog strangler.)

MidPaced “Cruise Around Erie & Albany” Ride Bill & Kathy Storm

On a cool June morning (June 19th), 12 QCBC members headed east on County AA towards Hillsdale and Erie. The City Park in Cordova, IL served as our starting point. We were only a few miles outside of Cordova when George Van Thorre caught up with us. Our group now numbered 13. George had ridden from his home in East Moline to the start of the ride and would go as far as Hillsdale with us. Darlene Moritz, Larry Hanna and Rodger Horst had added some extra mileage to the ride by starting out from the boat launch in Rapids City. Darlene Moritz, Bruce and Beck Perry and Rick DeClerck added additional mileage on the north end of this loop ride by riding to Fulton. (Darlene clocked 108 miles and Rick 100+)

Our group all rode to Hillsdale together. George and Larry decided to head back towards the Quad Cities after a breakfast stop. The rest of us were on a “breakfast mission”. Bill had announced at the start of the ride that we would stop for breakfast in Albany, more than half way through the ride. This allowed all of us to work up a good appetite.

The Mississippi Café in Albany waited on us and served us our food in record time on this day. We were all thrilled to be refueled and back on our bikes in less than 45 minutes. And their food is really good! Jim Sears headed back to the Quad Cities without stopping for breakfast. He wanted to get some more riding in on the Great River Trail. I'm guessing he ended up with close to 100 miles for the day as he also rode from his home in Silvis to the start of the ride in Cordova.

6 of us left Albany in a group (Don Kincaid, Dan Duke, Bill & Kathy Storm, Rick Meeker and Rodger Horst). As we were heading east on Meredosia Rd., we heard the dreaded sound of a tire popping. Rick yelled out “flat”, and we turned around and went back to where Rodger and Rick were.

Rodger had hit a piece of sharp metal in the road and sliced his rear tire in half. Not even a fist full of \$1.00 bills was going to reinforce that tire for a ride back to Cordova. Cell phone numbers were traded between Rodger and Kathy. The rest of us rode back to Cordova and Rodger started walking. He was lucky and caught a ride part way to Cordova and then Rick Meeker went back to pick him up.

“Fun Ride” Next to History

Dick Grimm

On June 27, 2004 Karen and I were lucky enough to be the Ride Leaders of this years second “Fun Ride”. The ride began at Sunset Marina in Rock Island. The sky was a little cloudy but it looked like it was going to be a great evening to hit the bikes and ride along the mighty Mississippi River.

Jim and Sue Dayton, Steve Sullivan, and Karen and myself were ready to take off when Karen’s cell phone rang. Don and Deb Kincaid were on their way and Karen told them we would wait. It was definitely not a problem on such a great evening.

When we were all ready to start riding, up rolls Mike Zugmaier and son, Jordan, and they would like to ride with us back to Moline. We once again begin and head off along the river. Each one telling stories of their busy weekend and all of the activities associated with the Grand Excursion.

After eluding assorted debris along the bike path left over from the river flood waters, we pull up to The Mark and TGIF restaurant. Sue and Karen elected to find a table for all to sit around and watch the boats. The rest of us head on towards Case IH and got some extra miles and got to know each other a little better. Since Deb choose to ride with us guys, she had the duty of keeping us honest and on our best behavior.

Well, after a pleasant meal at TGIF’s, we head on our way back to the marina. Off in the distance we heard a strange noise and our ears pick up. We went to the parking lot for a better view and are greeted by the locomotive “Old 261”. What a site to see the black smoke and listen to its whistle blow! I think it was then that one of the girls said, “lets jump on the bikes and ride alongside”.

Once again I am reminded why we brought the girls along. Riding and thinking don’t always coincide on many of my bike rides. I think in time we may get the girls to change to a “Thinking less ride”. But that’s for a later ride.

Off we went along the bike path, beside the slow moving train. I think all were in some way, traveling back to childhood days. I know that for 30 minutes I lost over forty years. The thought of riding side by side with “Old 261”, had not been in any plans.

But this was a neat way to top off a ride. Childhood days of racing along side a train on my old bike. Racing against a long gone ghost, let this old kid fly through time.

We followed the train into Rock Island. We stopped at the Modern Woodman Building and watch as passengers disembarked with wide grins and waving at anyone that would wave back. We all know that we may never be on this type of bike ride again

When the Steam Engine separated and began it’s trip across the river to Davenport over the Old Crescent Bridge, Jim, Don and Steve rushed under the old bridge and tried to get a better view. I stayed back with the girls watching as time was rolling over their heads. I think the girls were also hoping that the bridge wouldn’t fall from the weight and if it did, were the guys insured enough. At least, if I would have been with them, that’s probably what Karen may have been thinking.

After the train finished crossing, we all take off in a glow. While riding along our mighty river, looking at it’s beauty. Sue noticed a sailboat in the distance by I-280 bridge and what a picture we had before us. The sad part of the whole ride was that no one had brought along a camera. With all of the Kodak moments we will just have to try and remember them.

By now we were back at our cars and thanking each other for such a great ride. I think the girls found out some of the fun that we guys have during our normal weekly rides. It is amazing how a ride that had been designed to be simple and fun, could turn into a story with history and more fun than ever expected. It is going to be hard to try and top this ride. But next Month we will try and have more adventures along our Mighty Mississippi. Once again “Thanks to All that made this a really FUN RIDE”.

Amish Harvest Century & Stagecoach Tour

Mark Wyatt, Bicyclists of Iowa City

The Bicyclists of Iowa City (BIC) would like to invite members of the QCBC to participate in our fall invitational ride in September. Our ride is actually a 2-day event the weekend of September 18 & 19.

The routes are slightly different on each day and your entry fee of \$25 (\$20 if registered by 8/13) is good for both days. The ride starts from Hills, IA and travels through: Sharon Center, Frytown, Wellmand, South English, North English, Millersburg, Parnell, Windham and Stringtown. Entry forms are available in local QC Area bike shops and online at: bicyclistsofiowacity.org.

Midwest Invitationals – Late Summer/Fall 2004

Saturday and Sunday, August 7 & 8

“Around Illinois Back Roads” Weekend Option

Joliet Bicycle Club

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

Sunday, August 15

“Melon Metric”

Naperville Bicycle Club

Starts in: Plano, IL. 15, 32, 65 and 100 mile routes. (630) 428-4662 or napervillebike.org

Saturday & Sunday, August 21 & 22

“Bike Van Buren”

Van Buren County Tourism

Starts in: Keosauqua, IA. 100 miles – 2 day total. 800-868-7822 or villagesofvanburen.com

Sunday, August 22

“Old Mill Century”

Rock River Valley Bike Club

Starts in: Oregon, IL. 10, 25, 50, 75 and 100 mile routes. (815) 732-7154 or oldmillcentury.com

Sunday, August 29

“Cream City Cycle Club Century Classic”

Cream City Cycle Club

Starts in: Waterford, WI. 35, 64 and 100 mile routes. (414) 299-9398 or creamcitycycleclub.com

Sunday, August 29

“Bike Psychos Century”

Oak Lawn Bicycle Club

Starts in: Coal City, IL. 35, 50, 70, 108 and 126 mile routes. (708) 802-1804 or BikePsychos.org

Sunday, September 5

“Wright Stuff Century”

Bombay Bicycle Club

Starts in: Mt. Horeb, WI. 30, 60 and 100 mile routes. (608) 825-8329 or bombaybicycle.org

Saturday, September 11

“Heartland Century”

Quad Cities Bicycle Club

Starts in: Hampton, IL. 25, 50, 62 and 100 mile routes. (309) 755-4722 or qcabc.org

Sunday, September 12

“Harmon Hundred”

Wheeling Wheelmen Bicycle Club

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

Sunday, September 12

“Capital City Century”

Springfield Bicycle Club

Starts in: Springfield, IL. 12, 25, 40, 62 and 100 mile route options. (217) 498-8877 or spfldcycling.org

Saturday/Sunday, September 18/19

“Amish Harvest Century and Stagecoach Tour”

Bicyclists of Iowa City

Starts in: Hills Park, IA. 28, 45, 72 and 100 mile routes. (319) 351-2534 or bicyclistsofiowacity.org/ahcast

Saturday, September 18

“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) 243-9394 geocities.com/colosseum/field/6055

Sunday, September 19

“Pedal the Kettle”

Spring City Spinners Bicycle Club

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

Sunday, September 19

“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 25

“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

Saturday, October 2

“Another Dam Bike Ride” (Red Rock River Dam)

Knoxville Chamber of Commerce

Starts in: Knoxville, IA. 39 mile loop. 641-828-7555 or Knoxville-iowa.com

Sunday, October 3

“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

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808

Presorted Standard
US Postage Paid
Permit No. 3006
Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Second Time a Winner for GITAP Chuck Oestreich

The Grand Illinois Trail and Parks (GITAP) ride, this June 13 to 19, continued to be a Grand bicycle way to become acquainted with northern Illinois' trails, roads, and state parks. This year the route started and ended in DeKalb, came out to the Great River Trail, headed up to Galena (for a night in the rain), and then returned to DeKalb by way of White Pines Forest State Park. With six overnights in state parks and one in almost downtown Galena, riders came away with an appreciation of the varied, challenging and scenic beauty that riding a bike in Illinois has to offer.

In fact, the ride provided:

- 440 miles of breezy fun, scenic vistas and bucolic tranquility, along with effort, aches, rain, and mid-June heat.
- Abundant and tasty food (oatmeal with all the

trimmings), Along with losing that fitness trim to the buffet line.

- Soaring downhill rides from the top of the Illinois Alps and Ozarks, along with grueling up-hills – from IL 29, to Blackjack, to "the Wall."
- Townspeople eager to share their communities – Lyndon, Morrison, Lena, Freeport, along with fun stops – Tampico and Apple River Canyon., the ubiquitous Casey's.
- Meetings crammed with information, fun, and a cornucopia of door prizes, along with lingerings at the table chatting with new-found syncopates.
- Stretches of roads and trails surrounded by fields, woods, rivers, and sometimes houses, along with Al Sturges' broken hip, bike problems, and nasty road rash.
- Campgrounds of tranquility (and snores) at 9:30pm, along with ridiculously early bird alarm clocks.
- But above all, we had 150 positive riders and helpers – as All-American as the Fourth of July, along with being positive, cheerful, and wonderfully friendly.