



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – July 2005

2005 TailWIND – May 14th

Dave Lefever

That's how it was advertised. What a great day for all!! For your information we have a total of five different routes we could possibly use for the ride depending on the wind direction. That is 500 miles of potential roads that can be under construction in 15 counties.

Of course, a good ride leader will drive all of the routes at least once, contact the county engineers and district highway engineers to check for upcoming road repair and construction, and then hope for a 25 mph wind. That's the part I really enjoy.

As some riders noticed, cue sheets are not my strong suit. I have driven our routes for 42 years so everyone else should know the way home. The cue sheets were so bad I got lost on the route the day of the ride. Errol McCollum got lost on the route several years ago, now I know why.

The "First Century" Cyclists

Vivian Norton

Well, QCBC cyclists, it's July. Have you done your first century? For those who haven't, check the ride schedule in Pedalwheeling. There are plenty of opportunities to rack up some miles. If you want a slower pace and lots of encouragement, try the Leisure Rides. Those riders are always happy to help new riders or those who have been riding alone and would like a pace of 10-13 miles per hour.

Wednesday morning rides usually break up into several groups with varying ride speeds so there is usually "something for everyone." After a mid-ride food stop you can return to the start place or put on some additional miles on a longer route back.

Most rides have a food stop so all the riders can fuel up

It is truly invigorating to see people finish the ride and feel so great doing what I enjoy. I know I had as much or more fun than all of you who rode.

If you haven't volunteered for the QCBC you are missing a great deal of fun. A couple of riders had never ridden a century. Congratulations.

Most of my non-biking friends don't know what a tailwind can do FOR you or a headwind can do TO you. This is the way to find out how gracious or punishing mother nature can be. I am always surprised at some of the comments I get from riders. In 2004 I said a prayer on the bus. Five people came up to me later in the day and said "thank you" for the prayer. This year someone said, "it's nice that you can promote your own agenda" referring to the organ donor cards I distributed. I do not understand why everyone isn't an organ donor. When you die, why do you need your organs? That is not an agenda, it's recycling. What a country!

and rest a bit.

So....get on the bike and ride, ride, ride. Be sure your QCBC membership is up to date when that FIRST CENTURY is completed and notify Vivian Norton at 563-355-1899 or vjoan@worldnet.tt.net so your plaque can be ordered. It will be presented to you at the fall QCBC banquet in November.

The Flat Century - August

For those of you who haven't done a first century or for those who want to do another, write August 13 on your calendar. There will be a FLAT CENTURY. The route will be primarily on the Illinois side bike path but it will go into the county in some places just for some variety. Read the August Pedalwheeling for contact numbers and more details.

Key Contacts

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or pshubbe@aol.com
Recording Secretary – open
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

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

Board Members:

Karen Baber (309) 796-2476	Jean Kelly (563) 359-9508	Steve Montgomery (563) 332-5963
Terry Burke (309) 797-3790	Deb Mathias (309) 787-6547	Charlie Sattler (563) 391-3422
Jim O. Hanson (309) 797-4883	Dean Mayne (563) 355-0995	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 Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

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. 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.iowabicyclecoalition.org>



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



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

From the Headset - “The Chain” Continued **Errol McCollum**

Last month I mentioned in the opening paragraph that I got ten thousand miles out of a chain. This is not an exaggeration and it isn't all that difficult. First, I try to avoid riding in the rain. Note I said try to avoid. This is not always avoidable, and maintenance steps should be applied before and after a rain ride wherever possible.

The reason that riding in the rain is so bad is that water, water with grit etc., slings off the front tire and directly onto the chain with every slight left turn of the handlebars. The water tends to rinse away the chain lube and leave a deposit of grit in the process. This produces two extremely harmful effects.

First, the grit acts like a lapping compound and grinds on the hardened metal surfaces of the chain and cogs. Secondly, the now non-lubed surfaces are exposed to water and air and start to rust. When a rusted surface interfaces with another surface, the rust rubs off. Then the surface corrodes again. This erosion-corrosion process can remove metal at an astounding rate. Combine this with the grit and the results can be disastrous.

Maintenance before a rain ride consists of cleaning and lubing the chain. Good chain maintenance is always a help in increasing chain life but is extra important prior to a rain ride. I nearly always wipe off excessive lube during normal chain servicing but tend to leave a little more lube on prior to a ride that might end up in the rain. This is to attempt to compensate for the lubricant attrition during the ride. Maintenance after the ride consists of drying the chain as soon as possible and reapplying lube. This reduces the amount of corrosion the chain experiences.

The next thing in helping chains to last is to keep them clean and lubed. The tendency is to put too much lube on chains. Cleaning of the chain does not always include putting on more lube. I will wipe the chain and cogs down at least two and as many as four times in between each lube application. I use the lube application to soften the old lube, which has started to dry and cake, so that I can then wipe away the excess lube along with the dirt. The lube process begins with the bike in a repair stand or merely leaning with it's left side against

a wall, exposing the drive train

My preference for lube in this region, with our high humidity, is Tri Flow. The “lube” of this material is the suspended Teflon, while the rust preventative is the oil carrier. In arid areas like Arizona, the Teflon lubes with an evaporating carrier work best as they leave no oily surface to attract dirt. The use of this type of lube, in this area, will produce a great looking chain until tomorrow, when it will be brown from the rust.

I start by shaking the lube bottle vigorously and then applying a drop of lube to each link. You can do this fast by turning the crank backwards while simultaneously squeezing lube out of the bottle. It takes a little practice at first. Note that I said squeezing the bottle as opposed to the shake-up spray can. The spray cans put out a good spray, assuming that the Teflon hasn't clogged up the nozzle, but they tend to be too messy. I can, with my method, service my chain in the house without leaving a trace.

After applying the lube I then put a small amount of lube on a clean rag. I then hold the moistened rag on the slack side of the chain, (bottom) and turn the crank backwards to effect completely covering the chain with lube. This only works well with relatively clean chains. Chains that are black and cogs that have gook in between them and jockey wheels with gook are beyond this level of chain service. They either need replacement or at least the help of a plastic chain cleaner, which by the way can be very messy.

The next step is perhaps the most important one. Place a clean dry rag around the chain as before with the lube but this time without any lube and turn the crank approximately 20 to 40 revolutions to remove the excess lube. This will not get all of the excess lube, but it is a start.

If you don't immediately go riding leave the bike leaning against a wall or in the stand and do the dry rag thing again the next day or whenever. Remember to do this the next several times you're with the bike. This removes the lube up in the rollers and between the link plates by allowing gravity to help expose this lube. Finish the process by wiping the cogs, chainrings, jockey wheels etc.

RAGBRAI Bus Loading Friday July 22nd - North-Park Mall in Davenport. Meet at the northeast corner by Sears. Bus departs on Saturday, July 23rd at 7am sharp!!!

Welcome New QCBC Members!

Charlie Sattler

<u>Name</u>	<u>City & State</u>	<u>Phone</u>
Dana Brosig	Davenport, IA	563-332-1157
Mike Kurth	Davenport, IA	563-324-3494
Phil & Lisa Richards	Davenport, IA	563-388-9800
Mike & Jennifer Hawley	Eldridge, IA	563-285-6641
Joeseoph Smith	West Liberty, IA	319-627-2274
Lincoln & Sophia Scott	Coal Valley, IL	309-799-1269
Joe Taylor	Hampton, IL	563-322-3911
Hank Scheff	Port Bryon, IL	309-523-3318
Kai Swanson	Rock Island, IL	309-786-6814
Lillian & Stuart Dyson	Olive Hill, KY	606-286-0337

Membership Count: 6/12/05		
Number of:	Members	Memberships
Individual	388	388
Couple	278	139
Family	333	87
Complimentary	20	20
Life	6	3
Total	1,024	637

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie can be reached at: 563-391-3422 or csattler14@msn.com. Charlie prints out the labels for the newsletter and does the mailing of the newsletters. Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members who live farther away, may not receive theirs until the first or second week of the month. You can also view the newsletter online at www.qcbc.org.

Getting Ready for TOMRV Riding the “Hills & Vistas of Scott County” – May 22nd

Kathy Storm

6 riders meet at Eastern Ave. Park in Davenport on May 22nd and headed out on a new route for the Mid-Paced group. Our route out was basically north, and slightly east. One of the new roads we used was the section of County 55 (Mt Joy Rd.) east of Utica Ridge Rd. that was upgraded from a gravel road last summer.

This road winds around, has very little traffic and hooks up with Indiana Ave. on the north side of Hidden Hills golf course. It also has some good hills on it. We then proceeded to McCausland (encountering Phil

Schubbe and Jean Kelly coming back from a very early morning ride) and found Our Place Restaurant closed on Sundays. So we continued on heading west and then south through Scott County Park (more hills, but great scenery) and enjoyed a nice breakfast at the Family Restaurant in Parkview at 31 miles.

Our group of 6 riders, (Tracey Finnegan, Dave Hill, Maitreyi Janarthanan, Bill & Kathy Storm, and Joe Van Houtee) were never far apart from one another during the ride. We lucked out with the winds, having a slight tailwind when we started and a definite tailwind after we ate breakfast. We ended up back at our starting point around 11:30am, logging 42 miles.

Du State Du

Kentley Loewenstein

The Du State Du is coming up again this year on Sunday, August 21, 2005 at 08:00AM in Loud Thunder Forest Preserve. The Du is a fun, run-bike-run event that anyone can participate in. It consists of a 2 mi run followed by a 14 mi bike ride followed by a repeat of the two 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! See application on page 8.

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.

**Two New 20K Time Trial Champs Crowned
Dave Thompson**

Bright sunshine and stiff west winds faced the record 107 racers in the 6th annual QCBC 20 kilometer time trial championships on May 22nd. Two first time QCBC champs were crowned after all the dust settled.

Cat 4 DICE racer, Bryan Moritz of Davenport became the first male champ under 40 in the history of the event. His time of 29 minutes 12 seconds was good for 8th overall on a tough day of racing. Denise McDermott of Bettendorf won her first QCBC title with a close 24 second victory over defending 40K champ Paula Streed. Her time of 35:46 was good for 9th among the women racers

Despite the strong winds, which hit the bikers in the face on the second half of the ride, Iowa City's Paul Deninger broke his own course record with a blazing 26:13, beating DICE's time trial specialist, Peter Sharis, by 48 seconds.

Paul, age 35, holds the two fastest times ever on the flat Barstow course. Diane Roanhaus, from Franklin, Wisconsin, made the long trek to the Quad Cities worthwhile, by winning the women's division for the second straight year. She registered a 31:31 time followed by Clive, Iowa's Julie Zierke-Clark with a 32:33 time. The five fastest QCBC men's times were: Bryan, Terry Inch 30:10, John Grice 30:10, Donnie Miller 30:21 and John Punkiewicz with 30:43. The top 5 QCBC women's times were Denise, Paula Streed 36:10, Darlene Moritz 36:58, Melinda Thompson 38:33 and Margie Millar 41:04.

For Sale:

- 1999 Terry Bike. Frame color is lavender and it is in great shape. \$1,000 when new, yours for just \$300. Contact Jan Trefz-Allen at 563-285-6472 or jtwd@aol.com

Previous 20K club champs:

MALE

2000	John Punkiewicz	30:03
2001	Kentley Loewenstein	31:00
2002	John Grice	27:49
2003	John Grice	27:38
2004	John Grice	28:28
2005	Bryan Moritz	29:12

FEMALE

2000	Melinda Thompson	37:49
2001	Melinda Thompson	35:55
2002	Trish Arbuckle	33:11
2003	Melinda Thompson	34:39
2004	Margie Millar	35:22
2005	Denise McDermott	35:46

I want to thank the fantastic, experienced group of volunteers who make this a top notch event: The Barstow volunteer fire department, Barb Donald, Darlene Moritz, Jaclyn McKenzie, Melinda Thompson, Mike Detsch, Jen Fairchild, Mike Zugmaier, Mike Winter, Donnie Miller, ABR president Bob Lundberg and the DICE racing team who brought 14 riders to the race.

Now Open! Power Barn™

We Are Sports Nutrition

**Attention RAGBRAI Cyclists
and Ultra Distance Cyclists:**

We carry:

**Electrolyte tablets, Endurox R4, Accelerade, G.U.,
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Ultima, and Powergel**

***Mention this ad and receive 10% off any purchase
through August 31***



**Hours: Mon-Tues 10-7; Thurs 10-5; Fri 10-6;
Sat 10-5 and Sun 12-5**

Owner: Julie Peters

**Manager: Judy Starcevich
Walnut Center**

**4711 N. Brady Street Suite 6
Davenport, IA**

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 IL Bicyclists IA Bicycle Coalition 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 12/13/04

Carrying Identification When You Ride

Kathy Storm

While many of us were being bused to the start of the QCBC Tailwind Ride on Saturday, May 14, a couple of our members departed on a Rider's Choice Ride starting at the Butterworth Parkway by Case/IH. Little did they know, as they headed north on the trail, that they would come upon a fellow cyclist who had just suffered a fatal heart attack.

Bob Milligan and Rodger Horst left the parking lot at Case/IH around 8:00am. They took a route that many of us have in the past 10+ years along the levee behind the farm implement businesses in East Moline. Within 10 minutes, they came upon two female walkers who were bent down over a male cyclist who appeared to have suffered a heart attack.

The police and paramedics arrived and tried to resuscitate the man. But he was already dead. Unfortunately, he was not carrying any identification. Bob and Rodger thought he looked an awful lot like Joe Van Houtee, one our club members from Rock Island and they gave the police Joe's name, his wife's name and telephone number.

At Illini Hospital, a positive identification was made of Roger Kirchkemen, 53, of Moline. He actually was someone QCBC President Errol McCollum had as a customer at the former On Two Wheels location in Moline. Before the positive ID was made, the police did make a call to Joe's house and left a message for his wife Linda "that something had happened to Joe on the bike trail." Joe and Linda were actually in Chicago at the time.

To make a long story short, we should all give some thought as to what, if any, identification we are carrying on our bikes (or person) when we head out the door for a bike ride.

As cyclists, we can be a long way from home and end up needing medical attention. I contacted some our members and asked them how they carry identification when they are out riding. Here are some of their responses. If you do not currently carry identification, hopefully this will give you some ideas on how to remedy that situation.

Joe Van Houtee - I feel it is vitally important to have very clear and complete ID information on you any time you head out on your bike. I always have my wallet on my person with my driver's license as well as other forms of ID.

Also, I have attached to the back of my bike an old RAGBRAI tag that has my name on it as well as the name and phone number of who to contact in the case of an emergency.

When I am on rides out of the area, I have a card in my wallet that lists the name of the bike ride I am on as well as the names and phone numbers of the organizers of the ride with instructions to notify them immediately in case of an emergency.

I also ask that they call my emergency contact person back home. I usually supply at least two people to contact in case there is no one answering the phone at the first person they try.

Kathy Storm – I carry a laminated photocopy of my driver's license, 2 other small laminated cards that I have typed my name on, along with emergency contacts, allergy information and a copy of my organ donor cards. All of these are laminated and I carry them in a pocket on the inside of my rear seat pack. I also have an ID card inside my change purse.

Jean Kelly – I carry a deposit slip from my local bank that had my name and address on it in my bike bag. I also wear an ID card on a string/ribbon that I bought at Wal-Mart. It includes my name, address, phone, blood type and emergency contact person and their telephone number. I also use this ID card when I go out walking, in-line skating, skiing, hiking, etc.

Bill Storm – I wear ID tags around my neck that give my name, address, and phone number. They also give my doctors name and phone number as well as any special medical information like blood type or allergies. Army style dog tags are available from Pound-master at www.syx.com/poundmaster. I don't leave home without them.

Vivian Norton – I keep my ID in a small leather purse in my bike bag. This information consists of: Blue Cross and Medicare medical cards, Driver's license, home phone number and husband's name (and an alternate phone number and name), and Doctor's name and number.

McCollum – Although I've not yet done it, I will be working on an ID for all my bikes. I plan to put my name, address, telephone number, DOB and any pertinent medical information as well as a person to contact in case of an emergency on a small piece of paper. I will then replicate this information for each bike that I have, then have it laminated, and put it in the seat bag of each bike that I ride.

Cornbelt Running Club
www.cornbelt.org



Quad Cities Bicycle Club
www.qcbc.org

Sunday, August 21, 2005 at 8:00AM in the Loud Thunder Forest Preserve
2 mile Run + 14 mile Bike + 2 mile Run Duathlon
Post Race Picnic, we furnish hamburgers and soft drinks

Race Director is Kentley Loewenstein, (563) 359-5974 or email kentley@aol.com

Approved Helmets are required for the bicycle portion of the event!

\$50 prize money to overall male/female winners, \$50 to Master (40 & over) male/female overall winners

Awards to top three in each age group and division

Age Group Division, Male

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Age Group Division, Female

29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Fat Tire Division, Male

Fat Tire Division, Female

Fat tire is a tire width over 1.90 inches

Male Team Division

Mixed Team Division

Female Team Division

Teams are 2 persons, 1 runner and 1 Biker, applications must be submitted together, with name of teammate on each

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/12/05)

Loud Thunder Forest Preserve is located off Route 92, about 5 miles southwest of Andalusia, Il. From Interstate 280, take the Route 92 exit west. Follow 92 thru Andalusia to Loud Thunder (right turn at top of hill). Follow Loud Thunder Road west, past the lake. At the top of the hill, follow the signs to the Horse Corral (race headquarters and start). Camping is available (about \$10 fee)—arrive early on Saturday to obtain the best camping spots. Race results will be available at www.qcracingevents.com and www.cornbelt.org after the event.

Last Name _____ First Name _____ Age (8/21/05) _____

Address _____ City _____ State _____ Zip _____

CBRC or QCBC Member (Yes or No) _____

Male Age Group Div _____

Female Age Group Div _____

Male Fat Tire Div _____

Female Fat Tire Div _____

Male Team Div _____

Mixed Team Div _____

Female Team Div _____

TeamMate's name _____

Entry Fee per person:

Early registration entry fee is \$27.00. Registration after 8/5/04 is \$32

CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

WAIVER: I know that running/biking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants and their equipment, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, Quad Cities Bicycle Club, County of Rock Island, Loud Thunder Forest Preserve, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Parent Signature if under 18 _____

Make checks payable to : Du State Du

Mail to : Cornbelt Running Club, PO Box 4107, Davenport, IA 52808

July 2005 Ride Schedule

- **Saturday, July 2**

8:00 A.M. – Fast-Paced Ride – Riders’ Choice – IL
Meet at Geneseo City Park for a riders’ choice ride.

8:00 A.M. – Mid-Paced Ride - Tour de Reagan – IL
Meet at City Park in Geneseo (1 mile east of Geneseo Motors on Rt 6). Ride to Tampico, birthplace of President Ronald Reagan. Eat at Dutch’s Diner. 55 miles. Ride leader: Dave Alftine, 563-332-8299.

8:00 A.M. – Leisure Ride – Albany Adventure – IL
Meet at Port Byron City Park, near the bike path, for a ride on the path to Albany, IL. Ride leaders: Kay & Carter LeBeau, 563-323-6848.

- **Sunday, July 3**

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 - Riders’ Choice – IA
Meet at Gramma’s Restaurant, Walcott, IA (just off I-80).

- **Tuesday, July 5**

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

- **Wednesday, July 6**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee’s, 425 55th St., Moline. Riders’ choice.

- **Thursday, July 7**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders’ choice.

Addition

- **Saturday, July 9**

7:00 A.M. – Women’s Century Ride – IL Meet at Boat Launch in Rapids City. Info. on page 18.

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

8:00 A.M. – Mid-Paced Ride, In Search of Sweets – IA
Meet at Clark’s Landing in Buffalo. Ride to: Montpelier, Fairport, Wilton, Durant (visit the famous Candy Kitchen) and Walcott. 54 miles. Ride leaders: Perm & Andy Horst, 563-381-3488.

8:00 A.M. – Leisure Ride – Destination Erie - IL
Meet at Cordova, IL, at the town park (to the left on Rt 84). Ride to Erie and return. 32 miles. Ride leaders: Carol Snyder and Bill McNeal 309-230-2705

- **Sunday, July 10**

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, Johnson Sauk Trail Ride – IL Meet at Geneseo City Park. Ride to: Johnson Sauk Trail Park, Annawan, and Atkinson. 53 miles. *Note:* No services first 30 miles! Ride leader: Jim Karr, 563-441-9115.

- **Tuesday, July 12**

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

- **Wednesday, July 13**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee’s, 425 55th St., Moline. Riders’ choice.

- **Thursday, July 14**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders’ choice.

- **Saturday, July 16**

Fast-Paced Ride –Please note: Mt.Horeb, Wisconsin start – WI This ride will be a good hill workout ride of approx. 65 miles, in length. Call John Wessel for details - 563-359-8350.

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

8:00 A.M. – Leisure Ride – Adventures in the Country - IL Meet at Port Byron city park. Ride north to Cordova-Meridosia. Eat at Cordova. 38 miles. Ride leader: Jan Reynolds, 309-797-2072.

- **Sunday, July 17**

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 – County Charm Ride – IL Meet at the former Jaydon Distributing Co (corner of Andalusia and Ridgewood Roads), Milan, IL. Ride to Orion and Sherrard. 42 miles. Ride leader: Frank Beshears, 309-787-4331.

9:00 A.M. QCBC 40K Time Trial Championship - Cordova, IL. 4th

Addition

Annual 40K Time Trial Championship. Race is sanctioned by the ABR. Age group winners recognized. Registration forms can be found on page 8 in the newsletter, or at: qcracingevents.com. Dave Thompson is the race director, 309-764-5040, or dthompson@revealed.net.

July 2005 Ride Schedule (cont.)

• **Tuesday, July 19**

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

• **Wednesday, July 20**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee’s, 425 55th St., Moline. Riders’ choice.

• **Thursday, July 21**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders’ choice.

• **Saturday, July 23**

7:00am – RAGBRAI XXXIII, July 24–30 – IA Meet at NorthPark Mall (northeast corner by Sears) in Davenport – IA Say good-bye to the hearty souls who will be traveling to western Iowa today for the start of RAGBRAI tomorrow! Contacts are Perm & Andy Horst, 563-381-3488, and Scott Miller, 563-391-2796.

7am departure

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

8:00 A.M. Mid-Paced Ride, Hillsdale and Cordova Circuit – IL Meet at east end of Ben Butterworth Parkway near CNH. Ride to: Port Byron, Hillsdale and Cordova. 55 miles. Ride leaders: Steve & Nancy Montgomery, 563-332-5963.

• **Sunday, July 24**

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, Riders’ Choice – IA Meet at John O’Donnell Stadium, west parking lot, downtown Davenport.

3:30 p.m. – Fun Ride, Riders’ Choice – IL Meet at east end of Ben Butterworth Parkway near CNH. Ride the bike path in a direction determined by the riders, find something good to eat, and return. 8 to 15 miles, at 8 mph or possibly faster. Ride leaders: Dick & Karen Grimm, 563-445-7797.

• **Tuesday, July 26**

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

• **Wednesday, July 27**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee’s, 425 55th St., Moline. Riders’ choice.

• **Thursday, July 28**

5:30 P.M. – Summer Evening Ride – IL Meet at the boat landing along the Great River Trail in Rapids City. Riders’ choice.

• **Saturday, July 30**

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

8:00 A.M. – Mid-Paced Ride, New Liberty Turn-around – IA Meet at North Scott High School, Eldridge, IA. Ride to: Donahue, Dixon, New Liberty, Plainview and Maysville. Please bring a snack for the ride. Breakfast afterward in Eldridge. 42 miles. (Longer option to Lowden available, 66 miles.) Ride leader: Jim Merritt, 563-285-4284.

• **Sunday, July 31**

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.

Fellow Cyclist-Charlie Sattler

Please remember that riding a bike on the road has just as many responsibilities as driving a car. In all the states, a bicycle is considered a vehicle and we, as cyclists should obey the rules of the road

The best way to blend in with traffic is to wait your turn at a four way stop or any other traffic control. Most people will give you respect when they see that you want to share the road not own it. Recently with so many people talking on cell phones while driving I would like to suggest that if you want to get their attention, I suggest eye contact. If that doesn’t work, look at their front tires

to see if they are planning on turning. Most people don’t use turn signals when they are talking on the phone

You should always carry some sort of identification with you in case of an emergency. Most bike accidents are caused by falls usually due to street conditions. Please remember to obey the rules of the road and be courteous to the drivers by letting them know your intentions by signaling turns and riding in a way as not to impede the flow of traffic. If you are riding with a group of riders, please go single file when you go over a crest of a hill. There is no way that a driver can see you and react if your group is all over the road. I have ridden my bike to work for over twenty years and I have found that people respect you if you act like you want to share the road.

Quad Cities Criterium 2005
A Great Prelude to #40!
Terry Burke, Race Director

That's correct; it's Criterium #40 in 2006. We skipped 1972-73. In 2005 we had a nice mainly sober crowd, exciting races, and the normal 30 or so crashes, excellent weather.

So what was positive about this year's Criterium? Again it was off race course improvements. The Lance Armstrong Foundation fundraiser auction went well. The relocated VIP tent, vendors, and climbing wall accomplished the goal: to force spectators into a smaller area. T-Shirt sales were good. Fence logistics were made more pleasant as the result of District initiatives. The old style wheel pit racks were rebuilt and a new prototype was successfully tested. We lost a few sponsors in 2005 but we also picked some, and I'm sure the VIP tent relocation helped in giving sponsors a better view of the action.

In the mixed results category was the rider turnout, which overall was somewhat down. This was expected in the men's feature, where high dollar prize list east coast races before and after the Memorial Day Weekend draw pro teams and riders.

Other decreases will be evaluated by the QC Criterium, Burlington, and Muscatine promoters as to cause and corrective actions. On a positive note the Juniors 10-14 race went from 2 participants in 2004 to 8 in 2005. Second place in the latter was taken by a girl. Trike and youth race riders were up 50% over 2004. The local DICE team made a good showing in several age and Category races, including women.

We would like to thank the QCBC, QC Radio Club, and the Mississippi Valley Regional Blood Center volunteers for an excellent job in making the 2005 Criterium 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 - Key Persons

Darryl Blackburn, Matt Pappas, Roger & Irene DeLanghe, Paul Sullivan, Doug Nelson, Bill Wiebel, Dave Thompson, Mike Zugmaier, Vivian Norton, Mike Smith, Rick Paulos, Dennis & Karen Baber, John Wessel, Jewel Bryan, Scot Schaar, Karen Nord, Tom Erps, Dave Gantzer, Scott Swanson, Pat Hanrahan, Mike Moritz, Don Davis.

Sponsors: Matt Pappas, Drue Curry

Pace Car: Gary Patch, Paul Gilbert

Fence Materials Prepositioning: Dave Thompson, Don Davis.

Fence Installation: Scot Schaar, Karen Nord, Tom Erps.

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

Teardown & Cleanup: Mike Moritz, Dave Thompson, Dave Gantzer, Don Davis.

Trike & Youth Races: Mike & Casey Zugmaier, Mike Giudici, Jeff Moritz, Fabian Speiser.

T-Shirt Booth: Dennis & Karen Baber, Bill & Jan Trefz-Allen, Crystal Allen, Cathy & Jim Hart, Vonnie Boudreau & Jerry Bald, Nancy and Rich Toohill.

QCBC Booth: Dave Lefever, Phil Schubbe, Warren Power, Bob & Jan Fitzgerald, Morris Merrell.

Wheel Pit: Darryl Blackburn, Andy Nissen, Jack Wilhoit, Roger Long, Dave Benson, Joe Getz, Seth Long, Francis Fitzgerald, Bart Roberts, Dennis Morrow, Rock Woodstock, Mark Adamski, Mark Huhn, Marikay Long, Velerie Nissen, Chris Brubacker, Mike Winters.

Registration & Registration Preparation: Rick & Lisa Paulos, Vivian & John Norton, Margaret Paulos, Lori Burman, Dave Burman, Rick Rohret, Kelli Rohret, Darlene Moritz, Karen Grimm, Ron Oien, Lori Oien, Bonnie Gesling, Cy Galley, Chet & Kathy Doyle, Jackie Davis, Warren Power, Larry Adams, Vicki Burke, Patty Kalarovich, Dottie Willits Karen Jeaneman, Dodie Robers, Pam Swanson.

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

First Aid: Paul Sullivan, Kim Palmer, Laura Pena, Sandy Moes, Kris Mullery, Kari Goodell, Heather Schaapveld, Amy Dau, Jackie Davis.

Corner Marshalls: Bill & Cathy Wiebel, Larry Adams, Dean Arney, Byron Baxter, Mike Bell, Frank Beshears, Tom Brooks, Becki Burke, Rob Burke, Bob Chandler, Dave Cinotto, Gene Conrad, Mollie Conrad, Andrew Desch, Mike Desch, Brett Errthum, Anne Fleischmann, Bill Fredericks, Gina Geering, Steve Geering, Larry Hanna, Bill Harrington, Greg Hawk, Jeff Hogue, Andy & Perm Horst, Terry Inch, Carl Johnson, Mark Kalarovich, Jim Keyoth, Steve Kocourek, Fred Krack, Jason Krack, Al Lasek, Sharon Lavell, (cont. page 12)

Criterion Recap (cont. from page 11)

Kently Loewenstein, Dan Manley, Dawn Martin, Frank Martin, Dean & Deb Mathias, Errol McCollum, Denise McDermitt, Rick Meeker, Bob Milligan, Calvin Moss, John Munson, Almando Murga, David Neim, Diane Oestreich, John Paagen, Dick Potter, Tom Redington, Bob & Kate Rutledge, Robb Salmon, Merle Schleuse-ner, Kenn Schumacher, Bill & Mary Scott, Tom Scott,

Doug Sell, Dave Stephens, Douglas Stephens, Bill & Kathy Storm, Linda & Rich Stout, Bonnie Sturgeon, Melinda Thompson, George VanThorre, Pam VanZuiden, Pris Voorhiis, Ken Werthmann, Linda Work and Barney Young.

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

Primes: Roger & Irene DeLanghe, Teresa Stalzman.

Riding TOMRV – In One Day

Tom Waterman

TOMRV has always been a favorite ride of mine and years ago I saw Tom McCarthy riding the Saturday route back the same day and thought it would be a challenge. I finally gave it a try this year, despite never having biked more than 125 miles in a day and with only 3 century rides under my belt this Spring.

I left my home on Valley Drive in Pleasant Valley, at 5:00am and rode back 4.5 miles to Scott Community College to the official start to launch at 5:15am. As always I enjoyed the beautiful scenery, but leaving that early found little camaraderie (and no drafting) en route to Dubuque and passed thru before any of the Rest Stops opened.

I had mixed feelings about the enjoyable downhill stretches knowing those would be climbs going home. I beat most of the heat and with the backtracking from home had 110 miles on my computer upon arrival at Clarke College in Dubuque at 11:40am (18.2mph average speed for saddle time). I was the second cyclist to arrive, just 30 minutes behind Donnie Miller.

My wife Maria drove a triathlete friend up from the Quad Cities that morning. Mike Sullivan of Davenport had agreed to let me draft him back to Scott Community College, despite his being in the middle of final exams at Palmer College of Chiropractic. I had hoped for a full massage from Dawn before returning, but Donnie had booked her for the next 1.5 hours. After a 15minute upper body massage from “Michael”, I hit the road with Mike Sullivan, riding the Saturday route in reverse. He promptly broke a cable near Menomonee, WI and rode the rest of the way in his small front sprocket.

I drafted behind Mike virtually the entire ride back to Pleasant Valley. We encountered most TOMRV riders between Dubuque and Galena. Several riders thought they had missed a turn seeing us going the opposite

direction. We coasted down “The Wall” as cyclists struggled up. My personal “low” point was going UP Blackjack Hill where I cramped and dismounted to walk near the topmost turn (the only time I walked my bike). My fuel was hammergel and sustained energy powder mix supplemented with normal food at the Rest Stops.

The long downhill to Hanover was greatly appreciated but leg cramps resumed. With the Palisades Park Rest Stop now closed, we stopped at the nearby Inn near 5pm. With about a half-century ride left to go, I was seduced by the air conditioning, friendly staff and the thought of the prime rib special and beer. Hearing Mike's medical advice about the risk of pulling a hamstring and inability to absorb calcium fast enough to recover convinced me to quit. Fortunately, Maria didn't answer the phone and an inspiring voicemail from my brother Bob the next minute got us back on the road. “Pain is temporary, pride is forever,” as they say at IRONMAN's.

The headwinds were dead-on and strong most of the way home and I couldn't have made it without drafting Mike. I bonked near Low Moor and running out of daylight became a concern. I revived sufficiently with coca-cola and hostess cupcakes in lieu of Hammergel. We arrived in Pleasant Valley at 8:50pm. My bike computer had 214 miles for the day at 17.0 mph average. I vowed that night, “never again”, but that's what I said after my first Ironman so who knows. I thank my family for giving me the “day off” to fulfill this longstanding goal. My Trek Madone modified by Jerry Neff with aerobars performed flawlessly. Sunday I rested as other TOMRV participants enjoyed the Iowa return route.

T O M R V 2 8

Ride RAGBRAI XXXIII with the QCBC

Andy Horst

The Quad Cities Bicycle Club will provide charter service for riders who obtain their RAGBRAI tags from the Des Moines Register. Photocopy your bike and wristband tags, including the unique id numbers. Check the services you require below. Use a separate form for each person. Make check payable to QCBC, RAGBRAI XXXIII.

Bikes will be loaded on Friday, July 22, from 4:30 - 6:30 p.m. in Davenport, Iowa at NorthPark Mall, 320 W. Kimberly Road, Northeast corner by Sears. If you leave a vehicle at NorthPark Mall understand that neither NorthPark Mall nor QCBC can take responsibility for anything adverse that may happen to your car or its contents. Riders and gear will load on Saturday, July 23, from 6:30 – 7:00 a.m. Return bus to Davenport on July 30, 2:00 – 4:00 p.m.

Name of Rider _____ Birthdate:Month/Day/Year_____

Night Phone # _____ Day Phone # _____ Tandem Yes__ No__

Street _____ City _____ State _____ Zip _____

Adult sponsor if under 18 _____ E-mail _____

Unique ID # _____

- Bus transportation Davenport to Le Mars \$65.00 _____
 - Baggage service for the week \$35.00 _____
 - Return bus Guttenberg to Davenport \$30.00 _____
- Total \$ _____

Mail to QCBC-RAGBRAI, 4216 Warren, Davenport, IA 52806 or mm@netexpress.net (Please identify e-mail subject as RAGBRAI)

Bikes at Traffic Signals – Davenport

Charlie Sattler & Kathy Storm

Charlie Sattler, a longtime bike commuter, recently contacted the Public Works Department at the City of Davenport to inquire about not being able to trip traffic signals at certain intersections in Davenport. Here is the reply from Traffic Engineer, Gary Statz (563-326-7754):

“We have installed pedestrian push buttons so that bicyclists can cross more easily at Kimberly and Northwest Blvd. Our detection system does not detect bikes that easily, so I can see where bikes are getting missed. You should use the pedestrian buttons where available

if other cars aren't around to activate the detection device.

Here is some additional information from Gary which might be of interest to our riders. The City uses the following types of detection systems: “video detection” (which looks for “movement” at the intersection and a bike is able to trip them), “electric magnetic field detection” (uses metal to detect a vehicle, so the more bikes the better), and “microwave detection systems” installed at intersections where a minor road intersects with a major one. The City will be installing new detection systems later this year at the following intersections, 53rd and Pine, Hickory Grove Rd. and Hillandale, and Hickory Grove Rd. and Fairmount.

**QCBC Members Supporting the League of Illinois Bicyclists
May is National Bike Month - License Plate Program
Only 400 Plates Were Printed for 2005
The \$25 Fee for The Plates Served as a Fundraiser for the LIB
And Increased Awareness for Motorists**



Board Member Jim Hanson, Moline, IL, stands by his van which carries the special LIB plate during April and May. His plate Number was 234 during 2005.




Club Member John Sherwood, Galesburg, IL, kneels by the back of his SUV showing his 2003 plate. His plate number has been 80 for a number of years as he is a repeat supported of this program.

Please help support our Bike Advocacy Organizations which are listed on page 2 of this newsletter. They are the ones who lobby for funds to be spent on bike trails, help keep our rights to ride on the county and state roads intact, and sponsor safety programs, We can make a difference if we have a unified front.

QUAD CITIES BICYCLE CLUB 40K TIME TRIAL CHAMPIONSHIPS

Welcome	To The 4th Annual Quad Cities Bicycle Club Time Trial Championship. Race #6 on QC Multisport Series. This is a M.A.T.T.'S Event.
Date/Time	Sunday July 25, 2005. 1st Rider Off At 9:01am. A set of Profile aerobars will be given away in a drawing after the race courtesy of Profile.
Contacts	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 7:45 - 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. MATTs 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 license, If needed.	
Name/Print	Signature	
Address	Category	Gender
City/State/Zip		

QC Area Gets USCF Official(s) Scott Swanson

Six new officials were certified as Category C USCF and Norba officials in Iowa City on May 1, 2005. Five of those were from the Quad Cities. They were: Scot Scharr, Karen Nord, Donnie Miller, Erin Hawley and me, Scott Swanson. You may have seen a couple of us shadowing other officials on Memorial Day in Rock Island at the Criterium

As set out by USA Cycling, “to become an official, you will need to attend an official’s seminar, purchase an official’s license, and take an open book exam.” The seminar is called a Regional C Clinic and gives a basic introduction to road, track, and mountain bike officiating.” Also, “the basic categories for officials in road and track are regional C, regional B, regional A, national commissaire, and international commissaire.”

Rick Paulos, the Iowa local coordinator, arranged the eight-hour clinic and invited Heidi Mingesz, who is a national commissaire and the technical director for the Wisconsin Cycling Association”, to act as instructor. Rick says that he has arranged and/or taught a clinic about every 2 years for the beginner level. Rick also says that the Iowa Bicycle Racing Association now pays the bills for officials training. According to Rick, IBRA money comes from the \$1 per rider fee at each race plus the \$10 per license rebate from USAC. If you are from Iowa, your fee of thirty-five dollars will be paid.

That includes your license, an official’s patch, and a rule book for USAC, USCF, and NORBA. If you are from the Illinois side, sorry, you get to pay, at least if you go to an Iowa-side clinic.

What a “Category C License” allows you to do is to officiate at local-level races, those having a total money pay-out of up to \$5,000. Hmmmm, that kind of money makes you think twice, doesn't it? To give you an idea of the range of possibilities, races are categorized at A to E levels. The QC Criterium would be an example of a “Category A” race. One of the Cody series of road races at Scott County Park would be a class D race. A race sponsored by Two Bee Racing, whose entry fees go to charity, would be a class E race.

If one wants to move up in the ranks, one must officiate at a minimum number of races, attend further clinics and pass an examination. If you want to officiate at the Tour de France someday, start now! You need to be an international commissaire, and for that you cannot be older than 45. Darn! I missed the boat there.

That's the “how” of being an official. If you are interested in becoming an official yourself, please contact Rick Paulos at rick-paulos@uiowa.edu. And if you are so inclined, the complete USAC, USCF, and NORBA rulebooks are available in PDF form at <http://www.usacycling.org/>. In my next article, I'd like to describe the basics of what an official does at a local road race.



What's in YOUR bottle??

**Champion athletes rely on Shaklee products.
What about you?**

Shaklee Sports Nutrition
www.LucasSports.com

Dr. Mark & Julie Lucas
Bettendorf, IA
mjilucas@netexpress.net
563-505-0312

This page contained the RAGBRAI t-shirt order form.
The orders were due June 30, 2005.

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

**4th Annual Women's Century Ride – July 9th
Kathy Storm**

Dear women riders: Would you like to ride a century (100 miles) a few weeks before RAGBRAI with some other women riders?

To prepare for this ride, you will need to have ridden at least one 60 – 75 mile ride so far this season, and have a base of 400+ miles in the two months leading up to the ride. Because this ride will be unsupported, you will be on your own to find a way back to your car if you cannot continue.

This ride is not intended to be a race. It will just be a day of good camaraderie and a sense of accomplishment.

A cue sheet (with indications of places to obtain beverages and food along the route), map, and emergency numbers will be provided at the start of

the ride. You will need to eat breakfast before the ride, carry a few snacks with you, and have the

necessary tools to perform a tire change and minor repairs. The group will plan on taking rest stops every 15-20 miles and will have the opportunity for a sit down lunch stop after riding 50-60 miles.

Depending upon the number of women who show up and the average pace that they ride, we will probably break up into 2 or 3 groups who will ride together during the day. The goal is to be supportive of others who may be riding their first century.

Come out and join us on Saturday, July 9th. We will depart at 7am from the Boat Launch area in Rapids City, IL. If you know of other women riders not in the QCBC, please invite them to join us as well.

Contact me at (563) 355-2564 or kbstorm@aol.com for additional information and ride details.