



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – July 2006

Quad Cities Criterium #40 Surprises Galore! **Terry Burke**

In the April Pedalwheeling article I said there would be some surprises, and in reviewing what happened, more than I expected.

First off, return of some professional riders. The Toyota United Team participation in the whole Memorial Day Weekend was very exciting for all the races, as they had several national quality riders. Unfortunately for them at QC Criterium the Chicago based Athletes by Design's John Puffer and Vision Quest's Robbie Ventura took home first and second. Monex's Peter Femal was entered, but not found in the results. Sherri Stedje had to settle for a second this year. She brought 17 riders from Florida, some of which rode in a DICE training ride the following Thursday.

Second, total rider registration was back up to what it was in 2004. In 2005 it was inexplicably down about 50 riders. In 2006 we increased rider advertising: maybe it worked. There were fewer spectators on the main straightaway, likely due to the heat, but more were observed down course than previously. We increased our local ad program over 2005, but like any advertising, results are difficult to measure.

Third, the repaving of First Avenue (last 2 corners). For those who assumed that just happened by chance, it didn't. Several phone calls, a meeting with the contractor, extra trips to the District, and good weather made it a pleasant surprise. Not so pleasant was drawing up alternate routes and adjustments in case it didn't get done. Running the race backwards thru a 21 foot wide alley would have been different.

Fourth, the number of ambulance runs, ten. This was about 2-3 times more than normal. A couple were more serious than the typical broken collarbone, but not life threatening. Many were down course from the previously crash prone corners #7 and #8 on First Avenue. Most accidents appeared to be just rider error. One outcome of the preceding in 2007 will be that

Category 4 women (mainly novice) will not be allowed in the women's feature.

I would like to thank the QCBC, the QC Radio Club, the Mississippi Valley Regional Blood Center, and the DICE Racing Team for a excellent job in making the 2006 Quad Cities Criterium an outstanding Quad Cities event. (My apologies to anyone I may have missed. Names are listed as they occurred. Several worked on more than one committee and times.)

Quad Cities Criterium Race Key Persons:

Donnie Miller, 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 Harrington, Jewel Bryan, Scot Schaar, Karen Nord, Tom Erps, Dave Gantzer, Scott Swanson, Pat Hanrahan, and Mike Moritz

Volunteers by Activity:

Pace Car: Gary Patch, Paul Gilbert

Fence Materials Prepositioning: Dave Thompson.

Fence Installation: Scot Schaar, Karen Nord, Tom Erps, Mike Benson, John Harrington

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

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

Trike & Youth Races: Mike Zugmaier (and sons Casey & Jordan), Steve Chitwood, Kim Sheetz, and Mike Giudici.

T-Shirt Booth: Dennis & Karen Baber, plus others not available at publishing time.

QCBC Booth: Dave Lefever.

Communications: Mike Smith, Bob Cannon, Les Conrad, Ed Davis, Larry Hinzman, John Hoenshell, Kevin Howell, Rob Korlick, Dick Lane, Keith Schmidt, Don Schneider, Leo Williams. (cont. on page 3)

Key Contacts

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

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or pshubbe@aol.com
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@mcleodusa.net
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

Board Members:

Karen Baber (309) 796-2476	Mike Desch (309) 755-4722	Dean Mayne (563) 355-0995
Frank Beshears (309) 787-4331	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	Jean Kelly (563) 359-9508	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 **Errol McCollum**

Preface; I would hope that this little note of wisdom will not be construed as an anti maintenance philosophy.

As I am writing this piece I am preparing my faithful steed for TOMRV. Contrary to the message below I'm changing out the front tire as it has many miles and a number of cuts and abrasions, which raises concern to me of it's reliability.

Over the years I've seen people make significant changes in their equipment immediately prior to an event that they hope to perform well in. This also includes bicycling. Many years ago in my early century career, I made some changes on my bike for an event. Among these changes were new tires. Thinking that the old tires were worn enough to warrant replacing before the Champaign spring century, I went to one of the local shops and purchased two new tires. Not hav-

ing time to road check the bike before loading the bike in the car, I hastily mounted the tires and put the bike in the car.

At the start of the ride I was so caught up in the moment that I failed to critically check out the bike. The ride covered mostly oil and chip, back roads that were slightly less than smooth. At about the eighty-mile mark I was riding out of a small town on as nice a new asphalt surface as one would ever find but the ride was noticeably bumpy. It was so bad in fact, that I stopped the bike, got off and spun the wheels. To my surprise the new tires had about a quarter of an inch of run out, and that was what was causing the rough ride. It also didn't help that I had been experiencing this phenomenon for nearly eighty miles.

The moral of the story is that short of remedying a near or potentially catastrophic failure don't, make changes to your equipment without putting a couple of rides on the new changes to be sure that your bike operates as planned.

Criterion **(cont. from page 1)**

Wheel Pit: Donnie Miller, Darryl Blackburn, David Benson, Jim & Marta Burnham, Don Davis, Lisa Davis, Francis Fitzgerald, Joe Getz, Jay Johansen, Leah & Mike Kurth, Mari Kay, Seth, & Roger Long, Sue Noble, Bart & Sierra Roberts, Paula Steed, Dave & Melinda Thompson, Mike Winter.

Registration & Registration Preparation: Rick Paulos, Vivian & John Norton, Lisa Paulos, Margaret Paulos, John & Deb Bolton, Ron & Lori Oien, Bonnie Gesling, Mike Middlemiss, Chet & Kathy Doyle, Tom & Pat Bolton, Darlene Moritz, Jan Reynolds, Bonnie Gesling.

Prize Desk: Doug Nelson, Emily Nelson, Mary Brus, Allison Janssen, Cy Galley, Karen & Dick Grimm.

First Aid: Paul Sullivan, Kim Palmer, Laura Pena, Sandy Moes, Kris Mullery, Heather Schaapveld, Amy Dau, Carrie Oberlander, Kris Krueger, Jackie Barber.

Corner Marshals: Bill & Cathy Wiebel Ernie Arku, Dean Arney, Byron Baxter, Frank Bay, Mike Bell, Frank Beshears, Jim Blunk, Tom Brooks, Rob Burke, Bill Carlough, Bob Chandler, Dave Cinotto, Gene Conrad, Mollie Conrad, Andrew Desch, Mike Desch, Lisa

Dias, Lupe Dias, Chet Doyle, Kathy Doyle, Jim Entwistle, JoAnn Faris, Tony Fisher, Anne Fleischmann, Bill Fredericks, Gina Geering, Otto Geering, Steve Geering, Bill Harrington, Jeff Hogue, Andy & Permillia Horst, Terry Inch, Fred Krack, Jason Krack, Al Lasek, Kentley Loewenstein, Bobby Lopez, Dan Manley, Dawn Martin, Frank Martin, Dean & Deb Mathias, Errol McCollum, Denise McDermott, Rick Meeker, Bob Milligan, John Munson, Armando Murga, Peggy Newman, Dixon Novy, John Pagen, Tom Redington, Bob Rutledge, Kate Rutledge, Robb Salmon, Merle Schleusener, Bill Scott, Mary Scott, Tom Scott, Doug Sell, Dave Stephens, Douglas Stephens, Linda Stout, Rich Stout, Bonnie Sturgeon, Melinda Thompson, Rob Tyler, Vince Weinert, Denise Wold, Linda Work, and Barney Young.

Hospitality Tent: Jewel Bryan, Gary Jones, Mike Desch, Gerald Correthers (and his 2 children), Matt Pappas.

Sponsors: Matt Pappas, Drue Curry, Jewel Bryan.

Radio Spots & Interview: Mike Giudici, Andrea Myers, Bruce Grell, Jeff Bradley.

Primes: Roger & Irene DeLanghe, Teresa Stalzman.

Welcome New QCBC Members!

Charlie Sattler

Name	City & State	Phone
Mel & Marlene Bradley	Davenport, IA	563-391-0636
Dan Brown	Bettendorf, IA	563-322-0841
Marinan Coons	Bettendorf, IA	563-332-7937
Mary Anne Crimming	East Moline, IL	
Lisa Davis	Moline, IL	309-797-5965
Earl & Deb Gass	Bettendorf, IA	563-355-0552

Name	City & State	Phone
Paul & Susan Kalainoff	Eldridge, IA	563-285-7725
Steven Schippers	East Moline, IL	309-496-2532
Richard & Barbara Everett	Princeton, IL	815-875-3166
Stephen Helms	Rock Island, IL	309-786-2919
Greg & Sue Murphy	Rock Island, IL	309-788-3398

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.

Membership Count: 6/4/06

Number of:	Members	Memberships
Individual	399	399
Couple	302	151
Family	322	88
Complimentary	20	20
Life	6	3
Total	1,049	661

Want Ads

Additional Ads on Web Site at www.qcbc.org

For Sale - Thule 5 bike wheels on roof top bike carrier, locks for both rack and bikes, 64 ~ inch load bars, newer straps, great condition, \$650 new, sell for \$300. Contact Greg Murphy at: 309-793-5169

**5th Annual QCBC 40K Time Trial Championships
Dave Thompson**

You are invited to test yourself against the clock over the famous, flat 25 mile course in Cordova, Illinois on July 23rd. Pre-register or sign up race-day from 8:00 - 9:00am in the Cordova city shelter on the west side of Rt. 84. Registration form located on page 14 of this issue.

Riders will go out in 30 second gaps, so we can get done quicker this year. Race will be chip-timed as well.

Trophies will be awarded to top 10 male QCBC members and top 5 female QCBC members. MATTS custom medallions will go out 5 deep in a variety of categories up to 80+, recumbents and tandems.

Course records are held by Mark Swartzendruber at 54:45 for the men and Diane Roanhaus with 1:02:37 for the women. Defending champions are Dan Shaffer at 56:44 and Tara Sheetz at 1:03:00. For more info: 309-764-5030 dthompson@revealed.net
www.qcracingevents.net

**Membership Renewals
Charlie Sattler, membership Coordinator**

Fellow cyclists please fill out a renewal form when you renew your membership. I know you're thinking the bike club has all my information and why should I bother. Please remember every thing is recorded on a

computer. Once a month I make a back up in case the computer should crash. My only other line of protection is your renewal form. I can't trace a cancelled check. Please fill out all the information including listing names and gender. Most importantly write your e-mail address very carefully. Thank You.

Ride Reports – Come Join Us

May 6 – “Spring River Ride” Carter & Kaye LeBeau

QCBC Members - Joy Duex, Vivian Norton, Sue Newton, Dan DeMay, Lucy Chapman, Wendell Sullivan, Larry Dolan and Ride Leaders, Carter & Kaye LeBeau met at Schuler's Shady Grove Park for the scheduled leisure ride. It was a beautiful sunny, but cool day, with a mild variable wind.

After introductions, it was evident to the leaders it should be treated as a leisurely ride. Two were on their first club ride, and a couple only had a few miles before today. We were very pleased to see Dan DeMay again. You all recall Dan was struck by a deer on a QCBC

ride a few years ago. It resulted in 5 broken ribs and a broken shoulder blade. He has been riding regularly, but this was his first club ride since the accident.

The ride started on time and we stopped in Hampton for a coffee and doughnut break. Pleasant riding along the river past Campbell's Island, and another rest at the park near Case IH. Lots of good conversation as we rode. A very interesting group, which made the ride very enjoyable. We did not have a stop on the way back, but several rode on to Port Byron to add a few more miles. We were sorry to hear about Vivian Norton's mother's death. She had some wonderful memories to share. Another successful leisure ride. All said they would ride many more, and will encourage others.

May 20th – “3 Hour Out and Back” Gerald Correthers

On the morning of May 20th a beautiful day for riding welcomed seven enthusiastic riders. Being the ride leader for the day, I was pretty confident due to my preparation until several asked “will we be back by 11?” With an 8 o'clock start now the pressure was on not to be the first ride leader to violate the 3 hour mark.

We headed off from the Rapid City boat landing and up the Great River trail to Port Byron and moved onto county roads. We missed the second turn but quickly got back on track after going maybe 100 yards off course. We traveled very smartly along the county roads making our way to Albany before heading back down the Great River trail to the start. Our pace was brisk and we averaged 15.8 miles overall.

We took our break in Cordova at one of the local stores and replenished our fluids and energy with snacks. The wind for a good portion of the ride was against us but we kept a tight grouping and pulling up a rider or two was only required once when they slowed to remove their jackets. In the words of those similar to tour guides at attractions when they say “y'all are just the best group ever!” Our best group ever was comprised of Ruth Sanders, Kathy Storm, Lisa Miotto, Mike Wilcox, Dana Christensen, Martreyi Janarthanan, and yours truly Gerald Correthers.

I think the route and the pace was a good training run for those of us planning for TOMRV and most certainly for those who had to be home in time for spring time chores. By our vote the 3 hour out and back ride is a pretty good thing.

May 27th - Leisure Ride Vivian Norton

The May 27th Leisure Ride took off from Lindsey Park Boat Club with leader Bonnie Gesling, Lucy Chapman, Patricia DeKeyper, Wendell Sullivan, Joy Duex, Barney Young, Dottie Willits, Dodie Robers and Dan Buck. It was a beautiful day and the group enjoyed the summer river views as they rode west toward Credit Island.

If you're one of the few who hasn't seen the statues at

Credit Island, do ride there to see the perfect setting for these statues. After a few turns around the island and seeing herons, Canada geese, and a variety of ducks and other water fowl, the group returned to Lindsay. They totaled eighteen leisurely miles.

Be sure to check the Leisure Ride schedule that is available in local bike shops. Watch for a few changes from those listed in the annual Ride Schedule. You may call Vivian Norton at 563-355-1899 or vjoan@worldnet.att.net

June 3rd - Leisure Rides are Alive and Well Vivian Norton

There's nothing as great as a sunny Saturday, light wind and 13 cheerful cyclists. Saturday, June 3rd, saw the following cyclists starting a ride from the Cordova City Park: Leader Mike Middlemiss, Donald Hamer, Lucy Chapman, Mary Reichelt, Don Reichelt, Brook Harvey, Mary Williams, Joy Duax, Sandra Williamson, Bob Milligan, Laura Miller, Terry Grabosch, and Vivian Norton.

Mike had scouted out the route earlier in the week to be sure of the mileage and that there wasn't any road work on the route. We started out at 8:00a.m. from the park and rode east toward Erie then turned North and rode leisurely toward Albany. As usual, Bob Milligan entertained riders with stories. In the course of the ride we learned that Don Reichelt is a trumpet player in the University marching band and the jazz band and is majoring in elementary education. Laura Miller is a West

Point graduate stationed at the Rock Island Arsenal.

And folks, that's the fun of a Leisure Ride. a chance to meet new riders and ride a leisure enough pace to get to know them.

Riders made a short stop for drinks and refreshments at the quick stop in Albany. Mike led the group back through Albany Mounds (where Lucy Chapman takes a yearly hike) to the bike trail. We rode the trail south, meeting Jim Keyoth and Mary Brus going north. We left the trail to take the quiet river road along until we picked the trail up again at the power plant. Along the way we saw a variety of song birds, water fowl and late spring flowers.

We returned to Cordova City Park at 11:30am. Bob, Joy, and Sandra took off to put on more miles. The rest of us packed up and agreed that even though we went over the advertised 20 miles for Leisure rides we had a great time and we're looking forward to the next Leisure Ride. Come join us.

June 17th – MidPaced Ride Report Bill & Kathy Storm

What a difference a week makes! Just a week after TOMRV when the temperatures were in the upper 40's at the start of the ride on Saturday June 10th, Saturday June 17th was 30 degrees warmer at the same time of day. Today, we only had the wind to contend with along with a mild threat of a late afternoon shower.

At 8am, a nice group of 16 MidPaced riders had gathered for the Saturday ride. Our starting location was the city park along side Route 84 in Cordova. This park provides a nice starting area for many cyclists; the parking lot has been resurfaced, there is a clean port-a-potty and 2 convenience stores nearby.

Our ride started with a stretch east to Hillsdale. On the true "east sections" of the route, we were all "happy campers" pedaling along at 16+ mph with the wind at our backs. At 8:00am, the wind was already blowing at 12 mph out of the SSW.

Regrouping at the turns provided us the opportunity to make a decision about where we wanted to eat breakfast. The group decided to take a convenience store break in Erie at 23 miles and a breakfast break in Albany at 32 miles. With the winds out of the SSW, the 8-10 mile run along old Route 2 between Hillsdale and Erie was sweet!

In Erie, we picked up Doug Mc Donald who was out

riding on his own. It didn't take much convincing to get Doug to join our group; fighting the wind on your own can be pretty tough.

In Albany, we stopped for breakfast at the Mississippi Café. Their food and service are excellent! Conversation at one of the breakfast tables centered on Doug and Marianne both of whom road TOMRV for the first time this year, completing the long route in some of the worst Saturday weather we have had in a number of years.

We headed out of town using the Great River Trail through Albany Mounds. The wooded area provided somewhat of a windbreak for us as we begin our trek south to Cordova in 16+mph headwinds.

Once out on Meredosia Rd, the group decided to head west and pick up the Great River Trail and head straight back to Cordova instead of using the exposed county roads. Total mileage today was in the 42 – 44 mile range depending on route options leaving Albany. Susie ended her day of riding with 65+ miles as she road from home in Port Byron.

QC Area riders on the ride today included: Mel & Marlene Bradley, Mary Brus, Dan Brown, John Imgrund, Jim Karr & Jane Garrett, Mike MacKinney, Doug Mc Donald, Marianne Schroeder, Rick Meeker, Mike Moritz, Bill & Kathy Storm (Ride Leaders), Dave Weckel, Mike Wilcox, and Susie Wolf.

WOW 2006
Karen Green

May 7 – 10. Pat Bolton, Karen Green and Jan Sears left on WOW 21 from Pat's house in Davenport.

This year we had only three participants. Gail Overbeck, who came all the way from California to join us, had to return to California, due to a family emergency. We really missed Gail's joyous attitude and smiling face.

We had a cool start to the ride, and decided to have breakfast at Grandma's in Walcott. Then it was onto route 130. Lunch at Tipton and the winds increased and we headed north on X40 to Anamosa. Sun, great winds and 72 miles and we were in by 2:30 pm.

Day two finds us going north out of Anamosa. We know the hills are coming. We almost met our match at the hill at Dam Delhi. We had a great breakfast at the Delhi Sports Bar. We made the whole day with out getting wet, however, our bikes got drenched sitting out in the rain. The bar was nice enough to let us bring our bikes in. Against the advice of the local farmers who told us to take the 3 & 13 north, we went with our first plan and took X21 through Littleport. It was beautiful, scenic and we met "Blackie" the friendly dog. Blackie was into giving kisses! Our home for the night was the Elkader Inn, the only motel in town. Sandy, the proprietor, drove us to dinner in town. A tail wind does make a difference going uphill. Our mileage was 65.

Day three started out dry, but 3.8 miles into the day it

starts to rain. Not only does it start to rain, it pours buckets! We rode to McGregor for breakfast along the Mississippi and a chance to dry out. Back into the mist and on the bridge to Prairie De Chine we encounter the heaviest rains ever and semis! The American Inn was in our way! Due to rain, cold and poor visibility we checked in at 10:30 am (a WOW first). This is our second wow stay here at the American Inn. We enjoyed the friendly people, hot tub, pool, laundry, free movies, donuts, cappuccino, hot chocolate, trail mix, popcorn and a warm bed. Dinner that evening was at McGulligans right next door. Day tree was only a 28 mile day (another WOW first!). With age comes wisdom.

Day four dawns clear and bright and we left Prairie De Chine after a full breakfast. Our route 60 took us along the Wisconsin River. The wetlands were teeming with ducks, geese, turtles, a pair of sand hill cranes, turkeys, and a green heron. This is one of the most beautiful routes that WOW has ever encountered. On the way to Port Andrew we received a call from Jack Green that Tom Bolton had a heart attack on the Wednesday QCBC ride. Jack left the Quad Cities as soon as we decided to ride back to Boscobel. This is on route 61 and a direct route to us north from Dubuque. We went to the Sands motel to get cleaned up, and Jack was there in two and a half hours. We were soon on our way to Illini Hospital and Tom's bedside.

Update: Tom has been released from the hospital and is in cardiac rehab. He was seen on his bike two weeks later at the criterium in Rock Island!

Newsletter Editor – Position Open
Kathy Storm

Thank you to all of you who have contributed articles for *Pedalwheeling* the past 4+ years. It has been a pleasure to work with you. In 2005, my work schedule picked up along with additional family obligations. 2006 is shaping up to be even busier for me due to out of town work projects and additional work loads with the TOMRV Committee.

In the next few months, I will be looking to transition the position of Newsletter Editor for the QCBC to another member. If you are interested in helping the club out and have good computer skills, please contact me

at 563-355-2564 or Errol McCollum, President, at 309-762-8252.

The computer software applications and skills that you should have in order to be able to work with information that is submitted are: PC with Windows XP or higher, MS Office 2002 or higher (at least Word & Excel), Adobe Acrobat 7.0 or higher, MS Publisher 2002 or higher, a flat bed scanner, a high end laser printer, and Internet access. This job entails 15 – 25 hours of work per month. About 50% of the job is accessing information via the Internet and tracking down who needs to be submitting articles for the upcoming month.

July 2006 Ride Schedule

- **Saturday, July 1**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at Geneseo City Park for a riders' choice ride. The park is located directly south of downtown on Rt. 6

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 – See DeWitt – IA Meet at the parking lot at Walnut Grove on the North side of Scott County Park for a ride to DeWitt and back. Ride Leaders: Carter and Kaye LeBeau, 563-323-6848.

- **Sunday, July 2**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway, old River Dr. and 55th St., Moline (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 4**

5:30 P.M. – Summer Evening Ride – IA Meet at Happy Joe's Restaurant in Eldridge. Riders' choice. (**Canceled** – due to Firewoks!

- **Wednesday, July 5**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee's, 425 55th St., Moline (near CNN). Riders' choice.

- **Thursday, July 6**

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 8**

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 – The East Side of Hampton – IL Meet at Empire Park on the South Side of Hampton. Ride out Hubbard Road to Denhart Road and back to the bicycle path. Ride Leader: Jean Kelly, 563-359-9508.

- **Sunday, July 9**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway, old River Dr. and 55th St., Moline (near CNH).

8:00 A.M. – Mid-Paced Ride – 3 Hour Out & Back – IL Meet at City Park in Geneseo (1 mile east of Geneseo Motors on Rt 6). Ride 1.5 hours out, take a short break along

side the route, then return to starting location. No planned breakfast stop on this ride. Approx. 40 miles. Ride leaders: Jeff & Kelley Timmerman, 309-441-5231.

- **Tuesday, July 11**

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

- **Wednesday, July 12**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee's, 425 55th St., Moline (near CNN). Riders' choice.

- **Thursday, July 13**

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 15**

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 RAGBRAI Training Ride – IA Meet at Blue Grass Elementary School, Blue Grass, (2 blocks northwest of the intersection of Y40 and old Hwy 61). Ride to : Walcott, Stockton, New Liberty, and Dixon. 40 miles. Ride Leader: Lonnie Cook, 563-340-0636.

8:00 A.M. – Leisure Ride – Eldridge Escapade – IA Meet at Culvers just north of 53rd St. on Jersey Ridge Rd. in Davenport for a ride to Eldridge and back. Ride Leader: Steve Montgomery, 563-332-5963.

- **Sunday, July 16**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway, old River Dr. and 55th St., Moline (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 3rd Annual 40K Time Trial Championship. Race is sanctioned by the ABR. Age group winners recognized. Registration form can be found on page 14 of this issue of *Pedalwheeling* and at qcracingevents.net. Dave Thompson is the race director, he can be reached at: 309-764-5040, or dthompson@revealed.net.

- **Tuesday, July 18**

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

- **Wednesday, July 19**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee's, 425 55th St., Moline (near CNN). Riders' choice.

(cont. on page 9)

July 2006 Ride Schedule (cont.)

- **Thursday, July 20**

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 22**

7:30am – RAGBRAI XXXIV, July 22–29 – 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.

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 23**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway, old River Dr. and 55th St., Moline (near CNH).

8:00 A.M. – Mid-Paced Ride, Riders' Choice – IA Meet at John O'Donnell Stadium, west parking lot, downtown Davenport.

- **Tuesday, July 25**

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

- **Wednesday, July 26**

8:00 A.M. – Wednesday Morning Ride – IL Meet at Hardee's, 425 55th St., Moline (near CNN). Riders' choice.

- **Thursday, July 27**

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 29**

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 Turnaround – 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 30**

8:00 A.M. – Fast-Paced Ride – Riders' Choice – IL Meet at east end of Ben Butterworth Parkway, old River Dr. and 55th St., Moline (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: Dave Georlett, 309-781-8142.

Ride Classifications:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when regrouping. Distances vary from 25 to 65 miles. These

rides are offered in the schedule, April – October.

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider's Choice – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, through the schedule.

RAGBRAI
Scott Miller

I have six RAGBRAI tags for-sale. Contact me by email me at mm@netexpress.net or call me at 563-391-2796 if you are interested in re-purchasing one or all of these tags.

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 _____
 (Also list your name below)
 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

Please List ALL Names Included Under This Membership Below			Riding Interests	I Can Help With	
Names Under This Appl. *	Birthdate	M/F	<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 9/5/05

The Hammer Hit's the Mark Michael Zugmaier

Sunny skies, warm temperatures, light winds, and High Performance Fighter Aircraft... what do these all have in common? They were all part of the scene for the last race in the 2006 Buffalo Bill Cody Race Series, Act III the "Hummer Hammer", a fantastic day of bike racing plus the Quad Cities Air Show gave us all some added excitement flying only feet above the racers heads.

The Hummer Hammer is a somewhat unique Circuit Race (1.5 mile looped course) added to the Cody Series this year. Held at the Iowa Research Commerce and Technology Park, home to D&D Hummer, the course turned out to be much more challenging than we expected. It seems that the three 180 degree turns made the racers wish that they had been doing a few more 'interval work outs' in training, even better was the fact that each 180 was proceeded by an uphill grade. Though we'd bet most were thankful for the downhill grade to the finish line.

The "Hammer" had an interesting twist in that it was held at the end of the active runway for the Quad Cities Air Show. There was never a dull moment in the day's events as everything from a KC-135 to Bi-Planes performed. The highlight was when the US Navy Blue Angles began their display right after the Feature event of the day.

In its first year this event received high marks from the participants and spectators. Racers came from across Iowa, Wisconsin and Illinois including several from the Chicago area. The event was also designated stop #9 in the All9yards.com Iowa Cup Series. For those that came the racing was top notched, with great performances by Healthy Habits owner Bruce Grell (DICE) in the 24-mile Cat 4 & 5 Race (it's always nice to have a race 'sponsor' win an event). In the 30-mile Feature Race first place went to Chad Vandelane (All9Yards) who was heard to exclaim that this was his "first win since being a Cat 4". Welcome back to the top of the podium Chad! Chad was challenged at the finish line (photo) by Davenport native Ryan Nenninger (Iowa City Cycling Club) and Jim Cochran (Atlas/CORE). Ryan also took home both of the Heart of American Inns and Restaurants Primes (each worth \$150 plus). Ryan will have some free rooms and food for Super Week, added to this 2nd place prize winnings, not a

bad day of "bike riding".

One of the goals of the Cody Race Series is to encourage beginners / citizens to give bike racing a try. We were pleased to see plenty of new racers with 15 in the Beginners category. Plus 3 new Junior racers. It's always great to see more folks coming out and racing. For the year the 3 race Cody Series had 35 new racers give bicycle racing their best effort. Best of all, we've seen some of those same new faces at several other events in the area.

We'd like to thank all those that helped put on this event, especially our volunteers and sponsors, key of which was the Quad Cities Bicycle Club. Without you, we'd never had been able to provide such a great day of racing. We also appreciate the fine folks from FORC who provided great volunteers. We have a superior line up of sponsors to thank that includes: D&D Hummer, Russell Construction, Heart of America Restaurants and Inns, Swiss Valley Farms, Healthy Habits Bicycles and Nutrition, Hammer Nutrition, Bruegger's Bagels, and our Presenting Sponsors QC1 Research Foundation and DICE Cycling.

We'll be back next year, with more races and more surprises. If you raced and didn't take home a HUMMER this year, you'll get your chance in 07!

Category 4 & 5 Race

- | | | | |
|----------------|----|-------------|-----------|
| 1. Bruce Grell | 8 | DICE | Davenport |
| 2. Chad Bishop | 33 | MCBC | Muscatine |
| 3. Matt Gumm | 31 | All 9 Yards | Ames |
- Prime #1 Heart Of America 2 Nights hotel and \$50 Dinner Certificate - Matt Gumm
Prime #2 \$10 Jeremiah Gantzer

OPEN Feature – Cat 1/2/3/4

- | | | | |
|-------------------|----|-------------|------------|
| 1. Chad Vandelane | 36 | All 9 Yards | Des Moines |
| 2. Ryan Nenninger | 26 | ICCC | Davenport |
| 3. Jim Cochran | 39 | Atlas | Iowa City |
- Prime #1 HOA 2 nites hotel and \$50 Diner Cert - Ryan Nenninger
Prime #2 HOA 2 nites hotel and \$50 Diner Cert - Ryan Nenninger

(Additional race results at: to www.dicecycling.com)

Hope to see you all at the next DICE Cycling Event July 9th the **Mississippi Bluffs Road Race** in Hampton IL www.qcracingevents.net/ or contact Dave Thompson Dave.Thompson@qcracingevents.com

Record Numbers Race at Barstow Time Trial Dave Thompson

147 racers from all over the Midwest contested the 7th annual QCBC 20 kilometer time trial championships in Barstow Illinois on May 21st. A breezy, but otherwise nearly perfect day resulted in no course records but a lot of quick times.

A record 20 riders broke the half-hour barrier. The male winner, Dr. Peter Sharis of Bettendorf woke up the morning of the TT in Boston after being inducted into Harvard's athletic hall of fame over the weekend. After a flight to the QC's and a quick drive to Barstow, with minimal warm-up recorded a huge victory beating long-time nemesis and course record holder Paul Deninger of Iowa City. His time of 26:50 beat Paul by 4 seconds with Michael Zellman of Chicago finishing third. Kewanee's John Grice added to his club cham-

pionship total by recording a 29:48 time.

On the women's side Diane Roanhaus of Franklin, Wisconsin won her 3rd Barstow overall title by riding a 32:07 time into the stiff northeast breeze. At 50 years old she shows no signs of slowing. Amy Castro of Bettendorf was 2nd with a 33:08 time and Connie Mann of Muscatine only 8 seconds behind her. Denise McDermott of Bettendorf defended her club title with a 36:01 time.

A huge thanks goes out to the Barstow fire department for their help as well as the following people: Bob Lundberg of ABR, Melinda Thompson, Janette Harrington, Darlene Moritz, Mike Detsch, Mike Kurth, Mike Zugmaier, Kentley Loewenstein, Donnie Miller, Jim Burnham and Sherri S. Full results can be seen at www.qcracingevents.net

Heartland Century Mike Desch

Attention all bikers: This year's Heartland Century will be held on Saturday, September 9th at Illiniwek Park in Hampton, Illinois. As in the past, distances will be 25, 50, 62 and, of course, 100 miles.

There will be rest stops at Cordova, Erie, and Morrison, IL, manned by friendly volunteers. Lots of good

food and drinks will be available. A fabulous grilled pork chop dinner will be available for 5 bucks.

All pre-registered riders will be guaranteed a nice t-shirt and a cool pair of biking socks.

On page 16 in this issue of the newsletter is the entry form for the Heartland Century. Please fill it out, enclose a check and mail it to me. All pertinent info is on the entry form.

Women's Century Ride – Sunday, July 23rd Kathy Storm

Join other female riders in the area for a "Century Ride" on Sunday, July 23rd. At present there are plans to ride a 100 mile route. If there is enough interest, a Metric Century can be added in as well. We will start at the Boat Launch (Schuler's Shady Grove) area along the Great River Trail in Rapids City, IL at 7am sharp!

This will be an "unsupported" century ride. You should eat breakfast before the ride and bring some snacks that you can carry on your person or bike. It will most likely be hot; so bring snacks that can tolerate the heat and that settle well in your stomach.

The route is fairly flat; except for the 20 mile loop north around Morrison, IL. There are convenience stores located along the route about every 18 miles for

refueling and rest rooms. A detailed cue sheet will be available at the start of the ride.

You will also need to bring tools and an extra inner tube to change a flat tire; in case you incur one or someone else has 2-3. Extra sunscreen, cash, credit card, identification, 2 water bottles (or a camelback) and a cell phone are suggested.

If you know other women riders who belong to other bike clubs, please feel free to invite them along. The more riders we have the better the opportunity to break up into smaller groups of similar riding pace.

If you are planning to join us, please contact me at: 563-355-2564 or kbstorm@aol.com to let me know of your interest. I look forward to seeing you on this annual fun (not a race) ride with the girls!

Cycle Zydeco - April 20 – 23

Jeanne O'Melia

It has been almost a month and a half since QCBC members: Dave Cinotto, Lynn Hallowell, Dan Klutho, Scott Nyenhuis, Jane Phelps, Dorothy Spriet, Ruth Sanders, Kathy Storm, Paul Sullivan and I rode Cycle Zydeco around Lafayette, Louisiana, but the fun we had is still fresh in my mind. Cycle Zydeco is four days of biking 45 to 50 miles per day. There are live bands and dancing during each day's ride and at the day's destination. We stayed in tents although indoor camping or motels was also available.

Lafayette is located southwest of Baton Rouge. In late April the days were pleasantly warm, never over 80 degrees. We had rain in the middle of the third day, but we were stopped for lunch and a band was playing so we danced until the rain quit.

The ride meanders through towns around Lafayette, unofficial capital of Cajun country and exhibits a sub-tropical climate with forests and prairies interspersed with swamps and marshes. Rice fields along our route had boxes where craw fish were being raised. You could depend on seeing one dead armadillo per mile beside the road.

The route was flat. No hills. Some riders found that boring, others, a blessing! There were interesting sights to visit along the way including a craw fish farm and a grand plantation where mint juleps were served if you arrived early enough.

Breakfasts were included in the fee as well as delicious

Cajun dinners. The support team was very helpful which was important because sometimes the road markings and cue sheets were not up to TOMRV standards. There were about 350 riders from many states and two foreign countries. We enjoyed getting acquainted with new friends.

We had Zydeco dance lessons the night before the ride. Dorothy and I both got our pictures in the paper dancing at the dance class. There were many people on the ride who love to dance as much as I do. Long ago on RAGBRAI I had decided to ask men to dance instead of sitting out. This time I even had the urge to cut in...but I resisted.



Cycle Zydeco is very popular with many riders returning year after year. I'm going to be one of them.

Photo: Pictured from left to right: Lynne, Kathy, Ruth, Dan, Dave, Paul, Jane, Scott, and kneeling is Jeanne. I think Dave emailed me this photo. Scott was the official photographer but his camera got wet on our one day of rain. I

think Dorothy took the picture. There were a lot of cameras being passed around as we all ended up at the same stopping point.

Editors' Note: I want to extend a BIG thanks to Ruth for all her work helping arranging the vehicle and bike rack Jeanne, Dorothy, Ruth, and I took on this 1,050 mile (each way) trip to Louisiana. Getting to the start of this ride is a challenge in logistics planning especially for those of us who are not retirees and have schedules to work around. And to the other QCBC members on this ride, thanks for "selling" me on this ride the past few years. This is definitely a FUN ride!

Bike Bikes – News Updates Adventure Cycling

Cyclo-Tourism

Here's a link to an interesting editorial in the Daytona Beach News-Journal. It concerns the Florida Discov

ery Bicycling Center in West Volusia, and it's unique adult bicycle program, which combines bike-safety training and touring. Travel writer and longtime Adventure Cycling member Herb Hiller authored the piece. news-journalonline.com/NewsJournalOnline/Opinion/Editorials/opnOPN11041606.htm

QUAD CITIES BICYCLE CLUB 40K TRIAL CHAMPIONSHIPS

WELCOME	TO THE 5TH 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 23, 2006. 1ST RIDER OFF AT 901AM. A SET OF PROFILE AEROBARS WILL BE GIVEN AWAY IN A DRAWING AFTER THE RACE COURTESY OF PROFILE.
CONTACTS	DAVE THOMPSON 309-764-5030 DTHOMPSON@REVEALED.NET WWW.QCRACINGEVENTS.NET FOR RACE RESULTS.
LOCATION	CORDOVA, ILLINOIS. 20 MILES NORTH OF QUAD CITIES. REGISTRATION AND AWARDS AT CIVIC CENTER/CITY PARK SHELTER ON WEST SIDE OF RT. 84.
REGISTER	RACE-DAY REGISTRATION WILL BE HELD FROM 745AM-900AM AT CITY PARK SHELTER. LATE FEE IN EFFECT AFTER 7/17 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 IS 20 MILES NORTH OF THE QUAD CITIES AND 15 MILES SOUTH OF CLINTON, IOWA ON THE MISSISSIPPI RIVER. THERE IS PARKING IN THE CITY PARK ON THE SOUTHWESTERN PART OF TOWN, RIGHT OFF OF RT 84.
RACE RULES	RIDERS GO OUT IN 30-SECOND INTERVALS STARTING AT 9:01 SHARP. FIRST SIGNED UP, FIRST OUT. WE WILL FOLLOW ALL ABR RULES. RACE GOES ON, RAIN OR SHINE. WE WILL PROVIDE A HOLDER. WHEN NOT RACING, PLEASE STAY OFF THE ROAD! RACE WILL BE CHIP-TIMED.
AWARDS	TROPHYS TO TOP 3 OVERALL AND TOP MASTER [40+] TROPHYS TO TOP 10 MALE QCBC MEMBERS. MATTS MEDALLIONS IN USUAL MATTS CATEGORYS. TROPHYS TO TOP 5 FEMALE QCBC MEMBERS.

FIRST NAME	FEES/PRE-REGISTERED ABR MEMBER	\$15
LAST NAME	PRE-REGISTERED W/1 DAY LICENSE	\$19
ADDRESS	RACE DAY/ABR MEMBER	\$18
CITY	RACE DAY W/1 DAY LICENSE	\$22
ST/ZIP	CHECK HERE IF QCBC MEMBER	
GENDER	FILL IN TOTAL PAID	
AGE/ABR ANNUAL LICENSE #	MAKE CHECKS OUT TO QCBC/MAIL TO: 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		

Quad Cities Bicycle Club Heartland Century
REGISTRATION FORM (Detach and Return)
Saturday, September 9, 2006



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___)

\$22 before September 1, 2006 _____

\$25 after September 1, 2006 _____

\$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: Mdesch@mchsi.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: _____

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

**Du-State-Du
Errol McCollum**

The Du-State-Du is an annual cosponsored duathlon by the Cornbelt Running Club and the Quad Cities Bicycle Club. This year it is being held on Sunday, August 20th at Loud Thunder Forest Preserve starting at 8:00 AM.

The event could use volunteers to help on the course, parking, staging areas and elsewhere. If interested please contact Paul Schmidt via Cornbelt Running Club, (563) 326-1942, (leave your name and phone number) or email,

Paulrunsultras@msn.com. Mention that you are willing to help with the event.

**TOMRV – Lost and Found
Kathy Storm**

If anyone knows of a couple who rode TOMRV on Saturday (the husband was riding a maroon Waterford) who took a ride into Galena from Barney Young, please have them contact Barney regarding a lost Barbie Doll. Evidently it turned up in Barney's vehicle after the Sunday ride.

Barney can be contacted at: 309-786-6526 or by email at byoung2112@sbcglobal.net

**TOMRV Wrap Up Articles
Kathy Storm**

If you rode TOMRV this year for the first time and road the long route, we'd love to hear from you for the August issue of the newsletter. Please email entries to qcbceditor@yahoo.com.