



# Pedalwheeling

*Monthly Newsletter of the Quad Cities Bicycle Club – September 2006*

## **Heartland Century – September 9th** **Mike Desch**

The 2006 QCBC Heartland Century is fast approaching. This year it will be held on Saturday, September 9th. Starting point is the Illiniwek Park Shelter outside of Hampton Illinois. The park is located on the Mississippi River on Highway 84 between Hampton, IL. and Rapids City, IL. Distances, as in the past, will be 25, 50, 62 and 100 miles with rest stops at Cordova, Erie, and Morrison, IL.

The cutoff date for early registration is September 1st with a savings of \$3 for those forms coming in before that date. Registration forms can be obtained from the July and August newsletters, the club website - QCBC.org and from the following bike shops - Jerry and Sparky's Bike Shop (Davenport, IA.), On Two Wheels (also in Davenport, IA.) and finally Healthy Habits (Bettendorf, IA.). Hope to see you on September 9th.

## **Leisure Picnic Ride – September 30th** **Jan Reynolds**

The Leisure rider's picnic is back! After many pleasant leisure rides during the summer, most without food stops, riders will celebrate with a ride and picnic Saturday, September 30th. While this is a leisure ride activity, all QCBC riders are welcome to join the ride and the food fun. The ride, led by Vivian Norton, will begin at 8:00am at the Cordova City Park, going to Erie and back.

The picnic in the Cordova City Park will begin at 11:00am and continue until 1:00pm. Chili, sandwiches and brownies will be on the menu. Those wishing to participate should make a reservation with Jan Reynolds (309-797-2072) by Wednesday September 27th. A donation of \$5.00 is requested.

## **Fall Foliage Ride – October 7th & 8th** **Deb & Dean Mathias**

If you have not already made your hotel reservations, do so immediately. A block of rooms have been reserved at the Karakahl Country Inn ([www.karakahl.com](http://www.karakahl.com)). The rooms will be held until September 7th. Mention the QCBC for a group rate of \$62.95. Phone Wally at 888-621-1884 or 608-437-5545 to reserve your room.

Check the August (page 13) and September (page 14) issues of Pedalwheeling for more details or contact Dean and Deb Mathias at 309-787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com). (Dean's Cell #: 309-737-8429; Deb's Cell #: 309-737-8428)

Please drop us a line if you plan to join us so we can have a head count for Saturday night's dinner.

Saturday's ride will start at 9:00 a.m. from the Military Ridge State Park Trail parking lot in Mount Horeb, WI, which is approximately 150 miles from Davenport. We will be riding approximately 35 miles Saturday morning before a lunch stop so you will probably want to eat some breakfast before starting.

## **Campout at Thomson Causeway – October 14 & 15** **Darlene Moritz**

Dave Alftine has some other commitments this weekend, so I have offered to be the Ride Leader for this 2 day ride. We will start from Sunset Park in Rock Island (between 8-9am) and ride 54 miles to the Thomson Causeway Recreation area along the Mississippi River. A luggage truck (probably a minivan) will haul your camping gear to the overnight location. Please let me know a few days in advance if you are planning on participating in this ride so I can make arrangements, 563-386-3499 or [dmoritz@machlink.com](mailto:dmoritz@machlink.com).

## 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](mailto:ecmeandd@netzero.net)  
Vice President - Phil Schubbe (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.com)  
Recording Secretary - Deb Mathias (309) 787-6547 or [mathiasdebdean@mcleodusa.net](mailto:mathiasdebdean@mcleodusa.net)  
Treasurer - Karen Grimm (563) 445-7797 or [qcbc\\_treas@yahoo.com](mailto: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 [phschubbe@aol.com](mailto:phschubbe@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](mailto:qcbceditor@yahoo.com) or send to: Heath Treharne DC, ATTN: QCBC Newsletter, 1803 W 36th St, Davenport, IA 52806. 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/>

## **Sunderbruch Park Project Update Dean Mayne**

As of August 10, 2006, here is an update on the development Sunderbruch Park (formerly SW Park in Dav- enport). The original plan was for the new parking lot near Telegraph road and Wisconsin Ave be in by Au- gust, along with a bridge and 1/2 mile of paved bike path crossing Bear Creek and swinging up the hill into the open fields above. I'm happy to report that the new bridge foundations are in and the ground as been excavated for the first section of the paved bike path. The parking area off of Telegraph Road has also been cleared in preparation for paving.

The Friends of Off Road Cycling have worked steadily for nearly a year to create a multi-use trail around the perimeter of the woods. Dean Mayne just finished the connector section of path to and from the new bridge.

Please make an effort to thank FORC and the Dav- enport Park board for all their efforts. FORC has do- nated 1,000's of hours to the trail development in the park and wants it to be usable by all of the community.

Try to put this location on your to-do list. Feel free to contact Dean Mayne if you would like a tour of the path on foot or bike. He has boundless energy when it comes to talking about and working on these trails. The next 3-4 months should be terrific opportunities to see and use this precious resource. He is very excited about this project and would appreciate your opinions and suggestion for future trail development.

If you have time and want an incredible work out and trail experience, contact Dean Mayne ([e.mayne@mchsi.com](mailto:e.mayne@mchsi.com) or 563-355-0995) and volunteer for a trail day. Protecting and creating these trails is every bit as inspiring as riding them.

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## **2006 Iowa Tandem Rally Linda Barchman**

PIGS (Paired Iowans Going Somewhere) tandem rally was held in Spencer, IA August 11-13. PIGS were from Iowa, Illinois, Colorado, Minnesota, Missouri, Nebraska, and Wisconsin.

Friday evening we gathered for a 16 mile ride on trails and streets in Spencer. A Schwann's ice cream truck was waiting for us in a park with ice cream treats. On the way back we had the opportunity to watch a glass

blowing demonstration. Saturday routes were 41 and 55 miles with a lunch stop in Lost Island Park. The evening included a dinner cruise on West Okoboji Lake and entertainment at Arnold's Park. Sunday morning a 20 mile breakfast ride included omelets cooked for us at a park.

QCBC members attending were Don and Linda Barchman, Mathew and Linda Engebretson, Bill and Sharon Harrington, Andy and Perm Horst.

To find out more information about PIGS, the website is [pigstandem.home.mchsi.com](http://pigstandem.home.mchsi.com).

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## **2006 Leaf-Peeper's Tour - October 14th Laura Simmons, GOATS Bike Club**

The ride is a one-day tour of beautiful Northwest Illi- nois featuring spectacular ridgetop panoramas and long valley views carved by the melting of the glaciers at the end of the last ice age. With the seasonal cooperation of nature, our normally breathtaking scenery is likely to be made even more beautiful by the vibrant fall foliage.

Our tour takes place on the paved backroads of Jo Daviess County and features 22, 31, 46, & 60 mile routes to satisfy everyone from the recreational cyclist to the seasoned pro.

The ride will be fully supported with good food and

drink, maps and road markings, SAG vehicles, and pro- fessional bike repair.

Registration will take place at the Jo Daviess Carroll Area Vocational Center on the west edge of Elizabeth on US Highway 20 between 7:30 and 9:00 AM. Or reg- ister at [www.active.com](http://www.active.com). All riders must start before 9AM to ensure that they can complete the ride before dark.

Fees: \$15.00 on or before October 6th, \$20.00 after- wards. For additional ride info contact: Joyce Mc Cready at 815-845-2306 or at [joyce.mccready@gmail.com](mailto:joyce.mccready@gmail.com). This ride is being organ- ized by the GOATS (Get Out And Tour Somewhere) Bicycling Club which is based in Galena, Illinois.

**Welcome New QCBC Members!**  
**Charlie Sattler**

Name	City & State	Phone	Name	City & State	Phone
Pete Brunson	Blue Grass, IA	563-381-5069	Ron Kiser	Muscatine, IA	563-263-0905
Lawrence & Beverly Haase	Davenport, IA	563-508-6606	Steven & Gail Kettelkamp	Colona, IL	309-441-5687
Ricardo Campos	Dewitt, IA	563-659-2551	Paula Teel & Dave Lafrenz	East Moline, IL	309-755-3417
John Netwal	Eldridge, IA	563-285-6210	Steve Shippey	Rock Island, IL	

<p>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 <a href="mailto:csattler14@msn.com">csattler14@msn.com</a>. Charlie prints out the labels for the newsletter and does the mailing of the newsletters.</p> <p>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.</p> <p>You can also view the newsletter online at <a href="http://www.qcbc.org">www.qcbc.org</a>.</p>	<p><b>Membership Count: 8/6/06</b></p> <table border="1"> <thead> <tr> <th>Number of:</th> <th>Members</th> <th>Memberships</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>402</td> <td>402</td> </tr> <tr> <td>Couple</td> <td>302</td> <td>151</td> </tr> <tr> <td>Family</td> <td>321</td> <td>87</td> </tr> <tr> <td>Complimentary</td> <td>20</td> <td>20</td> </tr> <tr> <td>Life</td> <td>6</td> <td>3</td> </tr> <tr> <td><b>Total</b></td> <td><b>1,051</b></td> <td><b>663</b></td> </tr> </tbody> </table>	Number of:	Members	Memberships	Individual	402	402	Couple	302	151	Family	321	87	Complimentary	20	20	Life	6	3	<b>Total</b>	<b>1,051</b>	<b>663</b>
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**Enough Water?**  
**Heath Treharne, DC**

Now that the summer heat is kicking in, and more of you are finding some time to spend on your bikes, make sure that you are consuming enough water before, during and after your trips, as well as during the off days. This will allow your body to prepare and recover from the demands that you are placing on it during your excursion.

So how much is enough? First rule of thumb is if you find yourself craving water or finding yourself thirsty, you are NOT consuming enough to start with. If this is the case, do not use the gushing method of consumption. Just like watering a plant, if you dump a bunch on the top, it will make its way to the bottom as quickly as possible bypassing the soil and roots. You want to saturate it, just like your body. Allow time for absorption to happen.

The recommended daily average is 8-12 eight-ounce glasses a day. This rule is an *average* though. If you are placing above-average demands on your body, for example cycling 20 miles, that demand increases and should be accommodated for. So, the second rule of thumb is increasing your intake 8-16 ounces per hour of exercise.

So why should you hydrate yourself so much? Many of the body's processes rely of replenishment of fluids. From cooling the body of excess heat, to replacing damaged cells, to the removal of toxic buildup within muscle to creating more energy, they all require H<sub>2</sub>O for efficient functioning; the lower the intake, the lower the performance of these actions.

You may think that increasing your intake will find you having to stop at the closest facility around the next bend (or bush), but you lose a large amount of H<sub>2</sub>O through evaporation from the skin as well as from breathing. An added benefit of increasing your intake is that your muscles will not be as fatigued after a ride as they might have been before due to the flushing of the body's tissues.

My last suggestion would be to be cautious to start this hydration process a day or two before a big ride. Just like when increasing your ride distances, your body needs time to acclimate to the increased amount. For the first week or so, you will see an increased frequency to urinate, but your body will quickly realize what you are doing. Just take it one glass at a time, and ease your body into better health through hydration.

Until next month, keep your front tire pointed forward and your head on straight!

## RAGBRAI 34, 2006 Report Carter & Kaye LeBeau

Over the years one of our members has provided a report on RAGBRAI. Thought this might be appropriate for us to do this year.

It was an excellent - well attended, as usual - 7 day event. The first 3 days of the route were tougher than most years, and some said Monday, between Ida Grove and Audubon, was as severe as any previous ride. Relentless hills and unfavorable head winds. The weather was hot, but only one rain storm, which fortunately came at night, in Waukeee.

The food stops in the pass-through towns were as good as ever. Plenty of pie, sweet corn and the usual Pork Chop man, beer tents, hot dogs, hamburgers, specialty foods and good entertainment. The one new food was a hot oatmeal stand, in Polk City, with toppings like brown sugar, raisins, etc. There was as long a line as the portable toilets, (and, of course, the usual banks of them).

All the overnight towns had a theme, plus sufficient churches with varieties of meal selections. The Lutheran church in Ida Grove was so popular that there was an hour wait, but you did not have to stand in line. After you bought your ticket, they allowed you to sit in their sanctuary - air conditioned and entertainment, until you were called to be served in a beautiful air conditioned dining room.

The highlight of RAGBRAI 34 was, of course, Lance Armstrong. He made an appearance in Newton to what we heard was a crowd of 20 to 30,000. Large TV screens made it possible to see him, if you were farther than a block away. All were impressed - especially when he said he enjoyed his first day's ride and the whole atmosphere of Iowa that he committed to ride all seven days in 2007.

Due to the fact that Carter was the only one left that has been on every RAGBRAI, we were covered by a few newspapers. Most of the interviews would ask what are the biggest changes since 1973. Carter was ready with 5 major points.

**#1** The clothes we wore - no helmets, cut-off jeans, no gloves or riding shoes, etc.

**#2** For the first 20 years farmers had hoses out for us to fill our water bottles. Now everyone is buying water.

**#3** When you came into a pass-through town and the over nights, public telephones had lines blocks long waiting to call home to advise their families they were still alive. Now none, as it's all cell phones.

**#4** In the early years all the cafes in the pass-through towns were open. Now they close and they have a stand on the street.

**#5** Of course, the equipment - lots of 3 speed bikes, and the best was a vintage Schwinn 10 speed. Rare were tandems, and no recumbents or specialty bikes. Definitely no bikes as expensive as you see now.

There were the usual accidents this year, but no deaths, as in past years. In fact, we did not sense that there were as many ambulance sirens.

As QCBC members, we noted a difference in the campground. While we do not camp, we do pick up our gear to use at our home stays. While we had 4 bus loads - as in past years - most of the riders we saw were "out of towners" compared to past years. We could almost name the local riders. Just to mention a few: Jerry Kruse (who was on #1), Andy & Perm Horst (of *course*, in charge of the QCBC arrangements), Scott Miller, Bill & Sharon Harrington, Tammy (Bolton) and Matt, our driver. Also there were several local QCBC members who did just a few days: Vivian Norton, Ken Werthmann, Ginny Alftine and Jan Fitzgerald, etc., who we would not see at the campground.

We are sure we're missing many names, but the change in participation was evident. It reminded us when our club had Team Ducks, and prior to that the Picketts *Beer* Team, the Martians Team, etc. In fact, we noticed the major teams this year were Team Loon, Team Skunk, Team Silver Streak and Team Bone Heads. Did not see Team Bumble Bee, or many that were popular in past years. We noticed fewer T shirts this year. The jersey is the popular attire - even teams have their own.

It was a wonderful week and while we have tried to relate this year to RAGBRAI history, we might suggest you avail yourself of John Karras' (the founder of RAGBRAI), book, which goes into much more detail. If you've *ever* been on RAGBRAI, or plan to, it's a must read.

## MidPaced Ride Report – July 15th

Lonnie Cook

We left the Blue Grass Elementary School at 8am on July 15. Twelve participants braved the steamy temperatures and humidity. Today's high was predicted to be 96 with a heat index of 105-110. Our first stop was in Walcott at the Casey's General Store. We topped off our water bottles and used the restroom facilities and one of the clerks took our group picture. From my previous scouting trip, I found that Walcott would be the only town we would go through that would offer any facilities.



We headed west toward Stockton and then north to the town of New Liberty. In the center of town along Hwy 130, an entrepreneur had sat up a BBQ stand and was selling sandwiches and sodas. Some of our group quenched their thirst and a block north we stopped at

the city park for another restroom stop. Three from our group turned around and decided they had had enough of the heat and the rollers.

We headed east to the Dixon turn-off and then south to Walcott again. Another stop at a convenience store and it was back to Blue Grass.

Our group consisted of several riders that were more comfortable riding in the 16-18 mph range and they finished early and departed from the school parking lot before the rest of us returned. All in all it was a good

training ride for RAGBRAI as there were several hills and the heat and humidity that we experienced today is often found on some of the days riding across Iowa this time of year. Participating in this ride were: Lonnie Cook, Melissa Thompson, Mel Bradley, Richard Jirus, Rick Meeker, Mike & Jen Cerra, Tom Borich, John Imgruad, Brent Hoyer, Mike Middlemiss and Steve Gerring.

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## Chili Lunch in the Park Ride – October 21st

Bill & Kathy Storm

The 6th annual “Chili Lunch in the Park” ride will be held on Saturday, October 21st. This is a “once a year” activity originally started as a MidPaced ride season finale. It is an activity designed to allow our club members to go on a ride together and then have lunch (in the park) after the ride.

This 35 – 40 mile ride will not have a stop for breakfast. It will depart from Middle Park Lagoon at 9am. (This park is located along the Duck Creek Trail in Bettendorf. If you plan to drive to this ride start location, you will need to use Parkway Drive off 18th Street to access the lower parking lot by the lagoon.) While the riders are out riding around on eastern Scott County roads, the food will be assembled at the park. Lunch will be served 11:30am – 1:00pm.

The lunch will feature homemade chili, sandwiches

from Hungry Hobo, fresh fruit, apple crisp, brownies, chips, hot chocolate, apple cider, and pop. The cost for the lunch is only \$4.00 for adults, \$2.00 for children ages 7 – 12, and children under the age of 7 are FREE.

Even though the scheduled ride is a MidPaced one at 13-16mph and a length of 35-40 miles, please feel free to put together another group of riders, if you'd like, who might be interested in riding a slower or faster ride. Everyone can start around 9am and then meet back at the park around Noon.

If you are interested in joining the group for lunch, please call us to make a reservation by 5pm on Thursday, October 19th so we can have enough food available at the park on Saturday. Please contact Bill or Kathy Storm at 563-355-2564 or [kbstorm@aol.com](mailto:kbstorm@aol.com). I'm also looking for a few volunteers who can help at the Middle Park Lagoon Shelter starting at 10:30am to help set up the picnic food, wipe down tables, put up the QCBC banner, etc.



**Barney Young**  
**QCBC Member**  
**Rock Island, IL**  
**Age: 87**

Completing 50,000 measured miles riding a bicycle, Barney Young rode with his family and friends through the Grand Army Plaza Arch located at the entrance of Prospect Park on Flatbush Avenue in Brooklyn Heights, NY on July 23, 2006.

After flying more than 3 million miles as a civilian pilot and flight instructor for the United States Army Weapons Command, Young took up cycling in 1988.

With a friend he rode a self-contained ride from Rock Island, IL to Denver, CO. They also toured the San Juan Islands self-contained, with visits to Sidney and Victoria, Vancouver, BC.

Riding with a group from Anacortes, WA to Glacier National Park they were turned around at Kalispell, MT due to a snow storm on the 23rd day of June 1990. From there they rode to Helena and on to West Yellowstone, MT crossing the Continental Divide several times. Again self-contained, they camped in Yellowstone National Park and biked to Jackson, Wyoming.

Young rode two trips across Colorado; one from Cortez via Wolf Creek Pass (10,550 ft) Alamosa, Leadville, Frisco and Loveland Pass (11,992 ft) finishing in Golden, CO. The other ride was on the Million-Dollar-Mile from Durango to Montrose, Monarch Pass (11,312 ft) at Salida and riding across the Royal Gorge on a bridge 1,000 foot high at Canon City. That ride visited Colorado Springs and ended in Castle Rock, CO.

Young rode three times across Arizona; Page to Nogales, Mex.; Grand Canyon to Nogales, Mex. and a bike ride across the London Bridge in Havasu City, AZ to Oatman, Route 66 to Kingman, Prescott to Jerome, Camp Verde to Payson and back to Phoenix.

His trips also included Cedar City, UT to Panguitch, Bryce Canyon and Zion Canyon National Park terminating in St George, UT.

After attending a National Balloon Festival in Albuquerque he cycled to Santa Fe, Los Alamos, and the high country in Taos Ski Valley, NM.

Three rides looped out of San Francisco. One toured the wine country in Napa Valley and Sonoma Valley. Also a ride down Highway One visiting Half Moon Bay, Santa Cruz, Monterey, Pebble Beach and Big Sur ending at Hearst Castle in San Simeon.

While riding tours in Florida and the Midwest including RAGBRAI, Young is no stranger to the East Coast. On one occasion he drove to Newark, NJ, unloaded his bike and rode across Staten Island where he boarded the Staten Island Ferry. Arriving in Lower Manhattan he rode up the Avenue of Americas to Central Park for a visit with his son, Peter and his family. Leaving Manhattan he boarded a Long Island train at Grand Central Station for a ride to Greenwich, CT. From there he rode his bike along the Coastline to New London where he boarded a ferryboat ride to Orient Point, Long Island. Riding back to Manhattan he crossed the East River on the Queensberry Bridge.

**Young turned 87 years old on July 2, 2006.**  
**Congratulations Barney !**

## **Annual Awards Dinner – November 10th John Wessel**

The Quad-Cities Bicycle Club Annual Awards Dinner will be held this year on Friday, November 10, 2006, at The Lodge in Bettendorf, Iowa. Cocktail hour starts at 6:00pm and dinner will be served at 7:00pm. The

award presentations will follow dinner.

We hope to see a good crowd again this year. Reservation forms will be mailed out in September and will be available at your local bicycle shops.

Hope to see you there!

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## **“Around the World” Mileage Awards Jim Merritt**

All you have to do is keep track of your annual mileage. When you get enough miles to “Ride Around the World”, just submit your mileage, name and number of years in the QCBC before the end of October. At the Annual Dinner in November, you will be presented with a nice engraved plaque indicating your mileage level and your name.

The mileage you accumulate can be ridden on any type of “human powered” bicycle, but the miles must be ridden outdoors. A listing of award recipients will appear in the December newsletter.

The “Around the World” categories are:

- Once Around the World - 24,901 miles
- Twice Around the World - 50,000 miles
- Four Times Around the World - 100,000 miles
- Six Times Around the World - 150,000 miles
- Eight Times Around the World - 200,000 miles

Please send the information (by October 31st) to:

Jim Merritt  
524 W. Prairie Vista Dr.  
Eldridge, IA 52748  
(563) 349-2387  
[jimm1962@mchsi.com](mailto:jimm1962@mchsi.com)

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## **Let’s Hear From The First Century Cyclists Vivian Norton**

Well, QCBC cyclists, its September. Have you done your first century yet? 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.

I will not be leading a flat century this year but you may sign up for the Heartland Century and you’ll have the opportunity to do a century on a mapped out route and be with other QCBC cyclists. If you want, do the 50 mile loop twice if you don’t want to get too far a field.

Another option to do a century is to start out with the Wednesday morning ride which usually breaks up into several groups with varying riding speeds so there is

usually “something for everyone”. After a mid-ride food stop you can continue until you have 100 miles. 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 when you’ve completed your first century notify Vivian Norton (563-355-1899 or [yjoan@worldnet.tt.net](mailto:yjoan@worldnet.tt.net)) so your plaque can be ordered. It will be presented to you at the fall QCBC banquet.

**One further note:** When this writer proposed the first century awards it was the agreement that she would do them for three years. As this is the third year, someone needs to step up to the plate and chair the awards if they are to continue into 2007. This writer has enjoyed seeing the pride and satisfaction from the nineteen people in 2004- 2005 who have done their first century and received their awards. Now it is the time for someone else to enjoy the experience. The pleasure exhibited by the first century award recipients make the time commitment worth while.



## September 2006 Ride Schedule

- **Saturday, September 2**

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

**8:00 A.M. – Mid-Paced Ride – Riding the Rollers Into Eldridge – IA** Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to Eldridge using west end of Duck Creek Parkway and county roads. 30 miles. Ride leader: Jim Merritt, 563-285-4284.

**8:00 A.M. – Leisure Ride – Leisurely to LeClaire – IA** Meet at parking lot at the East end of the Duck Creek Bicycle Path on State St. in Bettendorf for a ride to LeClaire. Ride Leaders: Jo and Barbara Welsch, 563-322-0133.

**6:30 A.M. UMCA Ultra-Cycling Weekend – IA** Near LeClaire, IA. Choose a 6, 12 or 24 Hour race! (In cooperation with the Ultra Marathon Cycling Association). Details: Joe Jamison 309-235-4284, [j-jamison@sbcglobal.net](mailto:j-jamison@sbcglobal.net) or [www.ultramidwest.com](http://www.ultramidwest.com)

- **Sunday, September 3**

**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, "Hennepin Canal Trail Excursion" – IL** Meet at Colona Grade School in Colona, IL. Ride the Hennepin Canal Trail. Ride trail east and explore some county roads as well. Use a mountain or hybrid bike for this ride on the trail. 40 miles. Ride leader: Dave Georlett, 309-781-8142.

- **Monday, September 4, Labor Day**

**8:00 A.M. – Mid-Paced Ride Pancakes in McCausland – IA** Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to McCausland. Pancake breakfast at fire station. 38 miles. Ride Leader: Warren Power, 563-391-5466.

- **Tuesday, September 5**

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

- **Wednesday, September 6**

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

**Thursday, September 7**

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

- **Saturday, September 9**

**Heartland Annual Century**

Start at Illiniwek Forest Preserve, on Rt 84 just north of Hampton, IL. 25, 50, 62 and 100 mile route options available. Routes will be on the Great River Bike Trail and paved rural roads. The ride is noted for great scenery and friendly volunteers. A T-shirt, biking socks, and continental breakfast

are included in the entry fee. An Iowa pork-chop sandwich dinner is optional. See the QCBC Web Site, [www.qcbc.org](http://www.qcbc.org), or the July and August issues of *Pedalwheeling* for details. Mike Desch is the contact person, 309-755-4722.

- **Sunday, September 10**

**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 – Herbert Hoover Highway Tour – IA** Meet at North Scott High School, Eldridge, IA. Ride to: Donahue, Dixon, Big Rock, Wheatland, and to Lowden. Meal stop in Lowden and then ride the "Herbert Hoover Highway" on the return route to Eldridge. 66 miles. (Shorter option to New Liberty available, 42 miles.) Ride leaders: Bill & Kathy Storm, 563-355-2564.

- **Tuesday, September 12**

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

- **Wednesday, September 13**

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

- **Thursday, September 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, September 16**

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

**8:00 A.M. – Mid-Paced Ride – 3 Hour Out & Back – IL** Meet at the boat landing along the Great River Trail in Rapids City. 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. Ride leader: Susie Wolf, 309-230-1563.

**8:00 a.m. – Leisure Ride – Dawdling off to Donahue – IA** Meet at Lancers Restaurant in Eldridge for a ride to Donahue. Ride Leader: Doug Stephens, 309-794-9970.

**Sunday, September 17**

**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, "Fall Run to Buffalo" – IA** Meet at Eastern Ave entrance, Duck Creek Parkway. Ride to: Village of East Davenport, Credit Island and Buffalo. 34 miles. (Optional longer route available after Buffalo to Walcott and Plainview.) Ride leader: Dennis & Karen Baber, 309-796-2476.

(cont. on page 10)

## September 2006 Ride Schedule (cont.)

- **Tuesday, September 19**

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

- **Wednesday, September 20**

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

- **Thursday, September 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, September 23**

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

**8:00 A.M. – Mid-Paced Ride – 3 Hour Out & Back – IA** Meet at Crow Creek Park, Bettendorf. 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. Ride leaders: Cindy Botrell & Paul Sullivan, 563-355-7122

**8:00 A.M. – Leisure Ride – Geneseo Swing – IL** Meet at the Colona grade school for a ride to Geneseo and back. Ride Leader: Vivian Norton, 563-355-1899.

- **Sunday, September 24**

**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 – Ridging Around Reynolds with Frank – IL** Meet at the Taylor Ridge Grade School (Rt 192 and Turkey Hollow Rd), Taylor Ridge, IL. Ride with Frank on some of his favorite routes around Rock Island

County. He promises "rolling hills, good black top, and maybe some roads that people haven't seen." 40 miles. Ride leader: Frank Beshears, 309-787-4331.

- **Tuesday, September 26**

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

- **Wednesday, September 27**

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

- **Thursday, September 28**

**5:30 P.M. – Summer Evening Ride – IA** Meet at Happy Joe's Restaurant in Eldridge. Riders' choice. This is the last scheduled summer evening ride for 2006. Plan on eating dinner after the ride at Happy Joe's.

- **Saturday, September 30**

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

**8:00 A.M. – Mid-Paced Ride – Going to Gramma's – IA** Meet at Eastern Ave entrance to Duck Creek Parkway. Ride to: Maysville, Plainview and Walcott. Breakfast at Gramma's Restaurant at Walcott Truck Stop. 46 miles. Ride leader: Ken Urban, 563-326-3427.

**8:00 A.M. – Leisure Ride – Picnic in the Park – IL** Meet in the city park in Cordova for a ride to Erie and back and then a picnic lunch in the Cordova City Park. (\$5 donation for picnic) Call Janice Reynolds for picnic reservations, 309-797-2072. Ride Leader: Vivian Norton, 563-355-1899.

### 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 re-grouping. 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, throughout the schedule.

### Want Ads – more items listed on web site:

**For Sale:** Thule roof mount system. Includes fork

mounts for 3 bikes and roof box. Original price was \$845, asking \$425. Contact Doug McCollum at 309-793-4275 or [ldmcdog@qconline.com](mailto:ldmcdog@qconline.com)

## 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 10<sup>th</sup> 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

## “Cyclocross Capitol of the World – Here in the QCA” Mike Zugmaier

Okay that’s stretching it “just a little” thought the Quad Cities Cyclocross scene is growing again this year.

In fact Iowa is becoming quite the hot bed of Cyclocross racing. And why not, the Cyclocross National Championships in 2007 and 2008 will be held practically in our back yard, in Kansas City, KS.

**So what is this Cyclocross, or “Cross” as we like to call it?** Cyclocross is a hybrid of road and off-road cycling. Cyclists compete on a tightly woven course for a timed period, ranging from 30 to 60 minutes. Designed with hurdles and steep slopes, courses force racers to dismount their bikes and run for short sections on the course. These compact courses create fan friendly race venues, with spectators able to watch nearly all of the racing action. Racers compete regardless of weather and since Cross season is in the fall and winter, the weather can be highly unpredictable. Snow and ice are no obstacles to cross racers.

Just 4 years ago the folks at Healthy Habits got the itch to produce the areas first “Cross” racer. Psycofest 2K3, which attracted racers from across the Midwest and has since become “infamous” for it’s steep “run up” the BEAST, just 50 yards from the finish line. Held on the Bettendorf Cross Country course this event is great for pro’ and beginners alike.

The following year, 2004, veteran multi-sport race director Dave Thompson added the Green Valley Cross to the Iowa Cyclocross Championship Series. The Moline venue on the banks of the Rock River quickly became host to a large contingent of beginner cross racers as Dave made the race a “Bonus Event” for the popular Quad Cities Multi-Sport Grand Prix.

The Village Cross was added in 2005. Set in Lindsay Park in the Village of East Davenport the event put a definite urban flavor to the Cross scene and was a hit, not only with the

local neighborhood, but with cross racers from across the Midwest. Spectators and racers enjoyed the first days of Fall overlooking the Mississippi River along River Drive while the event wound it’s way through the Park and the streets of McClellan Heights.

This year DICE Cycling (the local Quad Cities Racing Club) will add yet again another new Cyclocross race to the fall racing calendar. With the Village Cross is the season opener for the Iowa Cross Season the new event will be the season Finale hosting the Iowa Cyclocross Championship Series Awards. As of this writing (8/8/06) decisions are being made whether to produce the event at Credit Island or Bettendorf’s Middle Park. Either location holds the promise of hosting another great event for QCA bike racing enthusiast.

If you haven’t seen a Cyclocross race, we invite you to come watch. Better yet, bring your bike and join the racing. A mountain bike or road / touring bike with some ‘cross’ tires will do the trick. The guys and gals at Healthy Habits will be happy to show you what you need to get ready to “CROSS” or just keep riding through the winter. If we keep getting more “Cross” racers here in the QCA we just might become the *Cyclocross Capitol of the World*.

Visit the DICE website [www.dicecycling.com](http://www.dicecycling.com) for event schedules, race flyers and information on “How to Cyclocross” (in the FAQ section under *What Kind of Bike Racing Does DICE DO?*)

### 2006 Iowa Cyclocross Championship Series:

- Sept 24 Village Cross Davenport, Iowa
- Sept 30 Newton Cross #1 Newton, Iowa
- Sept 31 Newton Cross #2 Newton, Iowa
- Oct 8 Webster City Cross Webster City, Iowa
- Oct 15 Psycofest 2K6 Bettendorf, Iowa
- Oct 29 Iowa CX Championships Newton Iowa
- Nov 12 Green Valley Cross Moline Illinois
- Nov 19 Iowa Cross Finale – Davenport or Bettendorf, Iowa

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## Newsletter Changes Charlie Sattler

I have been involved with the mailing of the bike club newsletter since 1982. It took a lot of volunteers to correlate the pages, fold them and label them and finally sort them. The rules for the post office weren’t near as strict as they are today.

Through the years many changes have taken place. The newsletter is folded and tabbed when I pick them up and yes computers have really lightened the load. But the bottom

line is the people who make all this happen.

The editor’s job is a lot of work and is very time consuming. I have worked with at least ten editors since I was sending the mail. I want to personally thank Kathy Storm who has made many positive changes including renaming the newsletter to the Pedal Wheeler. Kathy really helped me build computer skills although I have much room for improvement. Kathy I wish you well with your new responsibilities and who ever takes your place will have a hard time matching your skills.

## **Nation Trails Symposium, Davenport Iowa October 19th – 21st - Dean Mayne**

Put his event on your calendar. This is a National Conventions of Trail User Groups, Planners, and Designers. This event is sponsored by the American Trails organization (see [Americantrails.org/quad](http://Americantrails.org/quad)) and our Quad City Convention and Visitors Bureau. We expect several hundred convention goers to flock to the Quad City area for this Trails convention,

This is a great opportunity for our community to rise and shine as a leader in city, park, and trail opportunities. It's also a great way to recall and take pride in all our parks, pathways, unique regional history and natural resources.

These trail groups are the people responsible for designing, building and using trails systems locally and nationally. What a great chance to meet them, thank them, and encourage further support of their efforts.

These groups include different riding, paddling, equestrian, hiking and naturalist and environmental groups, along with the local park boards, city, state, and federal agencies that support and assist them.

It will also include manufactures of trail equipment, used to enhance and build these trail systems. Anything from aggregate to bridges, dozers to bikes, fitness, and outdoor equipment.

There will be a convention hall to meet and learn about all these groups. It will be designed in a fashion to draw attention to the American Trail, that passes right through the Quad Cities.

There will be an Open House to meet and greet all these groups and agencies and to learn their role in trail planning, development and public health.

There will be seminars on various trail related topics such as Environmental Design, Economic Impacts, Social and Health Related Issues, and how to bring groups together to solve problems.

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## **Miracles Can Happen Challenge – September 30th**

QCBC member, Dick Grimm, is in the process of putting together a fund raising ride (100, 62, etc. mile route options) for the Miracles Can Happen Boys Ranch in Wilton, Iowa. This is a charity ride. All proceeds will go to the Miracles Can Happen Boys Ranch, a home-setting facility for boys 14 - 18 years of age that are being challenged from personal troubles. "The boys live in a family setting while learning to

There will be outings to numerous area parks and waterways for hiking, biking, paddling, horseback and ATV riding.

Chuck Oestreich will lead the QCBC morning rides each morning, starting for the River Center and high lighting the River Paths East, West, and South of the convention hall. Each morning ride will last about an hour. At the attendees request a longer rider may be planned for Saturday or Sunday morning.

Dean Mayne is hosting 3 mountain bike rides: One at Loud Thunder, one at Sylvan Island and another at Sunderbruch Park in West Davenport.

### **How You Can Help**

1. Attend the free Community Open House on Wednesday, October 18th. Check out all the sponsors, vendors, and opportunities available at the symposium.
2. Volunteer and get a free trail crew t-shirt, admission to the convention hall, seminars and outings as available.
3. Volunteer to man the QCBC table for a shift or 2 and get the same benefits as other volunteers.
4. Volunteer to help with the bicycle outings.
5. Donate an item to the silent auction.
6. Donate to the bike rental fund to pay a manufacturer to bring a trailer of bikes to the convention. These bikes will later be donated to the convention and community centers and be made available as local rentals. We have contacted a manufacturer and are trying to raise \$4,000 dollars for the bike rental fund.

Any questions regarding volunteering or donations can be made to either

- Dean Mayne, at 563-355-0995, or [e.mayne@mchsi.com](mailto:e.mayne@mchsi.com)
- Joe Taylor at the QC Convention and Visitors Bureau 800-747-7800, or [jtaylor@visitquadcities.com](mailto:jtaylor@visitquadcities.com)

adjust to everyday issues. The Ranch's major goal is to teach the boys Christian values.

The ride is scheduled for Saturday, September 30th, with a start location at the swimming pool in Wilton. More details and a current registration form can be found on the QCBC web site. For further details, contact Dick Grimm: at [rlgrimm@netexpress.net](mailto:rlgrimm@netexpress.net) or 563-445-7797

**FALL FOLIAGE RIDE  
OCTOBER 7 & 8  
MT. HOREB, WISCONSIN**

Now is the time to make plans to join Deb and Dean Mathias and others for the 2006 QCBC Fall Foliage Ride, which will be held October 7th and 8th. Mt. Horeb, WI is our staging area. We will begin riding on Saturday, October 7th, at 9:00am. Travel distance is about 140 miles from Davenport. The Mathias' will be driving to Mount Horeb on Friday evening, October 6th

Mt. Horeb (<http://www.trollway.com/index1.html>) is known for life-size trolls carved into tree trunks scattered along its main street. Visitors are encouraged to take a leisurely "[Troll Stroll](#)" to enjoy these unique characters.

A cycling route will be mapped out on quiet country roads that promise to offer more than a few hills for both days with some flatter options. A town with lunch opportunities will be our destination both days. If you prefer to stay totally on flat terrain, the Military Ridge Bike Trail (crushed limestone) runs through Mt. Horeb going west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required. Mountain bike trails are located in Blue Mound State Park just west of Mt. Horeb with a connection spur to the Military Ridge Trail.

A scrumptious Italian buffet dinner is arranged for the group on Saturday night at a reasonable price! We would like a head count for dinner including individuals that may want to join us for dinner but not for cycling.

Contact Deb and Dean Mathias at 309-787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com) if you plan to join us for the ride.

You are responsible for making your own room reservations. A block of rooms have been reserved at the Karakahl Country Inn ([www.karakahl.com](http://www.karakahl.com)) with indoor pool. The rooms will be held until September 7th. Mention the QCBC for a group rate of \$62.95. Phone Wally at 888-621-1884 or 608-437-5545 to reserve your room.

Rooms are also available at the Village Inn Hotel ([www.littlebedder.com](http://www.littlebedder.com)), which is physically attached to the Military Ridge Bike Trail. Phone: 608-437-3350

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

2 nearby parks provide camping possibilities:

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

**Points of Interest in or near Mt. Horeb:**

- Troll Walk (Carved trolls).
- Mt. Horeb Mustard Museum - 3,800 different mustards...largest collection in world!
- Military Ridge Bike Trail.
- Stewart Park - 161-acre park with 7-acre lake, fishing, and hiking trails.
- Little Norway [www.littlenorway.com](http://www.littlenorway.com) Unique outdoor museum \$8, \$7 senior (62 on up).
- Cave of the Mounds (608-437-3038): \$12 tours leave on the ½ hour on weekends...bring a jacket.

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

**Nominations for Officers and Board Members  
For 2006 – 2007**

The nominating committee comprised of John Wessel, Warren Power and Dave Lefever, present the following names for your consideration and vote at the October General Meeting on October 17, 2006.

**Officers:**

Dean Mayne, President  
Phil Schubbe, Vice President

Deb Mathias, Secretary  
Karen Grimm, Treasurer

**Board Members:** (Three Year Term)

Frank Beshears  
John Harrington  
John Wessel

**Board Members:** (Two Year Term)

Charles Curry (Replacing Dean Mayne who is running for President)

**Women's Century Ride – July 23rd  
Kathy Storm**

Sunday, July 23rd turned out to be a nice July day for a 100 mile ride. The heat and humidity eased up some on this day. 2006 marked the 5th year this informal ride has been held, just the 2nd time it has been held on a Sunday and the 1st time it overlapped with the start of RAGBRAI.

At 7am, 5 of us started off from Schuler's Shady grove along the Great River Trail in Rapids City, Illinois. Our small group included: Deb Mathias, Cheryl Morris, Beck Perry, Kathy Storm, and Karen Younger. Our route for the day would be a modified route based off of the Heartland Century route from 6 years ago. Some slight changes have been made over the years to the Women's Century route to allow us to take advantage of convenience stores and restaurants in small towns for refueling and rest rooms.

We had a pretty uneventful ride this year; 1 chase by 2 dogs involving screeching tires on a pick up truck on Burns Rd, 1 flat tire on a very low traveled road on the north side of Morrison and 1 broken spoke on Becky's rear wheel, just outside Morrison. This last incident was the one that tripped us up the most. But, after some struggling with the wheel and rear break assembly Becky was back on her bike riding into Morrison on one very out of true wheel.

Since it was Sunday in Morrison this year, our choices

of where to get anything for lunch were pretty bleak. The old Hardee's on Route 30 ended up looking pretty good.

After lunch, four of us continued on towards Erie. Becky remained in Morrison awaiting a ride back home from her son, Eric. Our route to Erie from Morrison changed this year due to a bridge being replaced on old Route 2 at Denrock. We ended up on some roads that none of us had been on before and that added a highlight as we neared the 77-80 mile mark. After a quick 2nd stop at the Casey's in Erie, we continued on to Cordova.

About 6 miles east of Cordova, we saw a cyclist riding towards us. It was Becky! She had arrived back at home in Port Byron, swapped out a rear wheel from another bike in their garage and ridden back on the route to meet us. This provided a nice pick me up.

After our final rest stop in Cordova the 5 of us headed south along the Great River Trail as a group once again. The shade of the trail was a welcome relief from the afternoon sun and it provided a wind break as well.

Becky proved to be quiet the trooper as 4 of us finished our 100 miles together and Becky finished her remaining mileage afterward we left. Thank you to the QCBC women riders who were able to participate in this ride in 2006. I enjoyed riding with you and look forward to another Women's Century Ride in 2007.



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**Photo Memories of a Very Cold, Windy, and Rainy Saturday at TOMRV 29 (June 10, 2006)  
Followed by a Warmer and Drier Sunday Ride**



The Mississippi Palisades Rest Stop, just north of Savanna, Illinois. Darlene Neff, Bonnie Gesling, Vivian Norton and Jan Reynolds provide warm smiles and lots of food to the TOMRV riders who made it this far.



On Sunday, June 10th, luggage is loaded early in the morning at Clarke College in Dubuque for the return trip to either Preston or Bettendorf. Justin Langan (back to camera) helps TOMRV riders get their luggage loaded on the correct trucks for the return to the start of the ride.



Normally these wonderful popup shades provide needed relief from the sun at the Rest Stop atop Chestnut Mountain just south of Galena, Illinois. In 2006, they provided protection from the wind and rain to both the volunteers and the riders. Marti Adams, Don Barchman, Chuck de-Possee, Judy Karr, and La Juan Gault help with the setup of this long time favorite Rest Stop.





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QCBC Member

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## **ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**

### **Newsletter Editor Transition Kathy Storm**

This will be my last issue of *Pedalwheeling* (which was coined by Chuck Oestreich, QCBC editor in the 1990's). A "Newsletter Staff" will begin taking over the compilation of articles and formatting with the October newsletter.

The club is still in need of a few more members to help with this process; specifically the staff will need someone who is an involved member who has participated in numerous club rides and activities who can help with securing articles from committee chairpersons and giving a "heads up" to appropriate articles for our newsletter.

Another position would be an active club member who has a digital camera, or who knows someone who does, to help secure photos for the newsletter and identify who is in the photos.

And finally, the new newsletter staff will need someone who can create the Ride Schedule Insert. This requires 2 hours each month and good word processing skills. This individual would also be responsible with verifying details on major club activities with the Chairperson. There is an existing MS Word file that is used to create the Ride Schedule Insert; it just needs to be chopped down and edited some for a monthly 1-2 page format.

At present, the Newsletter Staff now includes Heath Treharne and Jackie Chesser. Please continue to email your submissions to this mailbox: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) by the 10th of the month.

More information regarding this transition of Newsletter Editors will be forthcoming this fall. Thank you to everyone who has submitted articles for the newsletter these past 4.5 years. That's what has made our newsletter one of the best bike club newsletters in the Midwest.