



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—December 2006

Hometown Congratulations!

Long-time bike club member Chuck Oestreich of Rock Island won the Illinois State Trail Advocate Award from American Trails at the group's 18th National Trails Symposium, held in the Quad-Cities Oct. 19-22.

American Trail's National Trails Awards Program recognizes people across the nation working to create a national system of trails to meet the recreation, health, and travel needs of all Americans.

His award noted that "Chuck is an action-oriented Board Member and Secretary of the League of Illinois Bicyclists. He has been a bicycling columnist for the Quad City Times for seven years, discussing many matters pertaining to local, state, and national trails. He is the editor of 'Illinois Bicyclist,' the newsletter of the League of Illinois Bicyclists, and a former editor of 'PedalWheeling,' the newsletter of the Quad Cities Bicycle Club.

He has been a guest contributor to various trail-related publications, including 'Discover America,' 'The Green Scene,' and 'American Trails Magazine.' Chuck offers suggestions for local and state legislation to promote the safe use of trails for all users. As a well-respected member of the bicycling community, he is often asked to represent their interests while providing a



Chuck Oestreich

balanced approach with his input."

The Advocacy Award for Iowa was won by Mark Ackelson, executive director of the Iowa Natural Heritage Foundation in Des Moines.

American Trails also awarded a National Partnership Award to the new American Discovery Trail bike/pedestrian crossing between Davenport and Rock Island via the Rock Island Arsenal.

American Trails is a national non-profit organization that envisions quality trails and greenways within 15 minutes of every American home or workplace. It works for a national infrastructure of trails and greenways through education, communication, and partnerships.

For more information about American Trails or to learn about other award recipients, visit the American Trails Web site at www.americantrails.org. Click on "National Trails Awards Winners" under "What's Hot."

Need trails training? Visit <http://www.nttp.net/>

In support of bicycle advocacy groups, members of the Iowa Bicycle Coalition who buy a custom Bike Friday folding travel bike through this limited time offer will receive a 5 percent discount or \$250 in extras, free. Extras can include racks, fenders, travel bags, or a flight case.

Because Bike Friday has limited capacity for custom travel bicycles, this is limited to orders for production in January.

This offer available for all models except the Pocket Tourist. This offer cannot be combined with other offers.

For more information contact: Jim Wilcox, sales consultant, at (800) 777- 0258, Ext 106 or email jimw@bikefriday.com.

In this issue:

Leisure rides	Page 3
Awards	Page 4
December Rides Schedule	Page 6
Letter to Editor	Page 7
Adventure Cycling	Page 8
Winter Hikes	Page 9

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 phschubbe@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 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 or send to: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. 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 Heath Treharne for details (309) 786-8733.

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/>

Thank You to 2006 Leisure Ride Leaders

By Vivian Norton

It takes a lot of volunteers and cooperation to keep an organization like QCBC continuing successfully.

Those who gave their time to lead and help with QCBC Leisure Rides deserve our thanks for their efforts. Many of the leaders gave up a Saturday for other events or for riding at their usual fast pace to encourage and help "newbies" on a club-sponsored ride. They also introduced some riders to new routes.

Leisure Ride participants are offered rides at a more leisurely pace. In return, many of them help when volunteers are needed for club-sponsored events.

With the help of volunteer ride leaders, QCBC can offer a range of ride levels. Not everyone can, or perhaps wants to, keep up with the average pace the Mid- or Fast-Paced levels require. The Leisure Rides make a place for those riders.

Thanks go to ride leaders for 2006: Dean Arney, Chet and Kathy Doyle, Bonnie Gesling, Carter and Kaye LeBeau (2), Mike Middlemiss, Bob Milligan, Steve Montgomery, Vivian Norton, Dodie Robers, Doug Stephens (2), Jo and Barbara Welsch, and Dottie Willits. Fall picnic: Janice Reynolds.

You're invited to volunteer to be a ride leader for 2007 or to make suggestions for rides by contacting Vivian Norton at (563)-355-1899 or vjoan@att.net.

A ride schedule planning meeting will be set up in early January to plan for 2007. A notice for the meeting will be put in Peddlewheeling and on the QCBC web site. Call any time to sign up to help!

Sept. 30 Leisure Ride to Erie (Well, actually, we went to Hillsdale.) Riders included: Leader Vivian Norton, Joy Duex, Jim Dayton, Jim Ulmer, Dodie Robers, Don Hamer, Jim Schiff. Sue Dayton, and Mike and Sue Mac Kinney and daughter Jennifer.

Riders met at Cordova City Park for the last Leisure Ride of the season. After introductions and some discussion, the group decided to take a slightly different route to get in some hills and go to Hillsdale instead of Erie. In spite of the weather

prediction, it was a beautiful day for a ride.

After a short stop in Hillsdale the group returned to Cordova where Janice Reynolds greeted the riders for a picnic lunch. Mike, Sue and Jennifer MacKinny had ridden around Cordova and joined us for lunch. Sue Dayton also joined the group for lunch.

The tables were decorated with candles and fall leaves. The fall theme was carried out with fall leaves on Janice's sweat shirt. The lunch of hot sausage chili, sandwiches, and brownies made a perfect fall picnic. Many thanks to Janice for a job well done.

Jim Dayton, who always comes prepared, donated a camera for pictures. He also had them developed. Many thanks to both Janice and Jim who made another successful QCBC event.

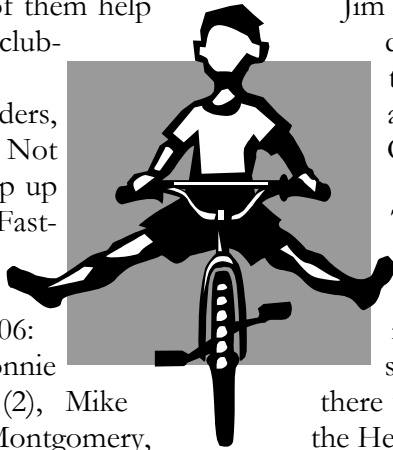
There were 18 Leisure Rides this year. There will be about the same in 2007.

Leisure Riders were encouraged to participate in other QCBC activities as riders or volunteers. Leisure Rides were not scheduled on holiday weekends or when there were QCBC events such as TOMROV and the Heartland Century.

Leisure Rides are being planned for the 2007 summer ride season. The ride chairman is requesting ride suggestions from those who did the rides and anyone interested in ride planning. Some of next year's rides will be a repeat of 2006. Some of the ride leaders made suggestions for changes for 2007. Some routes will be changed and some will be replaced with more suitable routes. Needed especially are Iowa ride routes that have low traffic, approximately 20 miles in length, and mostly flat. Hard to do on the Iowa side of the river.

In 2007, a letter of ride instructions will be sent to each leader to read to ride participants. This was a good suggestion from one of this year's leaders. Input from ride leaders, QCBC members, and others helps to make safe and successful rides.

Please call Vivian Norton (563-355-1899) or e-mail (vjoan@att.net) with your 2007 ride suggestions.



Welcome New QCBC Members!
Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Chris & Paula Ervin	Davenport, IA	563-355-0863	Gary & Glenda Gillham	Hampton, IL	309-539-5058
Cheryl True	Davenport, IA	563-505-5599	Shawn & Stacie Wetzel	Kewanee, IL	309-852-2800
Bill Telle	Muscatine, IA	563-263-5940	John Stoudt	Morrison, IL	815-772-4790
Doug Simmons	Galesburg, IL	309-342-4358	Joe Bellich	Thomson, IL	813-273-7546

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: 8/6/06

Number of:	Members	Memberships
Individual	387	388
Couple	316	158
Family	305	84
Complimentary	20	20
Life	7	4
Total	1035	654

Quad Cities Bicycle Club Awards 2006

The 123 people who attended the bicycle club awards banquet were treated to a very good buffet dinner. Patti Klein, of Salt Lake City, gave an inspiring talk about a youth cycling club in Boise, Idaho.

Here is a list of other winners.

- Dave Alftine for the vision, effort and persistence in the removal of bollards.
- Chuck Oestreich for the vision, effort and persistence in the removal of bollards.
- Kathy Storm for being newsletter editor for 4 ½ years.
- Dave Georlett - board member.
- Dean Mayne - board member and NTS coordinator.
- Mike Desch - board member and Heartland Century Chairman.
- Terry Burke - board member and Criterium chairman.
- Frank Beshears - board member.
- Phil Schubbe - club vice president.
- Karen Baber - board member.
- Charlie Sattler - board member, circulation facilitator, membership roster.

- Jean Kelly - board member.
- Deb Mathias - recording secretary.
- Karen Grimm - treasurer.
- Doug Truesdell - TOMRV chairman.
- Linda Barchman - TOMRV.
- Warren Power - ride schedule.
- John Wessel - board member.



Bill Langan, left, receiving the Award of Merit traveling trophy from last year's recipient, Warren Power, at the annual awards banquet on Nov. 10 at The Lodge in Bettendorf. The 123

people who attended the banquet were treated to a very good buffet dinner. Patti Klein, of Salt Lake City, gave an inspiring talk about a youth cycling club in Boise, Idaho. Bill has been a long-time member of the club, served on the board of directors and has for years organized the wonderful SAGs on TOMRV. Congratulations to Bill and all the other winners.

2006 Fall Foliage Ride

by Deb and Dean Mathias

Beautiful temperatures and sunshine in and around Mt. Horeb, Wisconsin, made for a bike friendly weekend October 7 and 8, 2006. The foliage color had diminished a notch but still provided great scenic tapestries from the hilltops and valleys. Bicycles were trolling through some of the hilliest routes and best riding conditions in the Midwest!

Saturday morning pre-ride preparation at the Military Ridge Trail Head involved distributing maps, cue sheets, and energy bars, apples, and bananas for any takers. Seven cyclists from Bicyclists of Iowa City (BIC) included Tim Cornelius, Tom Ray, Steve Rudin, Marv Scher, Kathy Sharp, Gary and Bonnie Obadal. Nine cyclists from the Wheeling Wheelmen included Jeff Biedka, Jim Boyer, Betsy Burtelow, Rich and Marykay Drapeau, Paul LeFevre, Dan Wiessner, Tom and Deb Wilson. Nineteen cyclists from the QCBC included Phil Fellner, Steve Geering, Bonnie Gesling, Bob and Sam Griesenbeck, L.J. and Beverly Haase, Gary Jones, Dean and Deb Mathias, Denise McDermott, Vivian Norton, Ken Schiess, Lou and Jan Sonnevill, Doug Stephens, Joe and Barb Welsch, and John Wessel. Ken's wife, Betty, enjoyed the festivities of the town's fall festival and joined us for dinner.

Shortly after 9:00 a.m., thirty-five (35) cyclists were ready to set out on county roads or the Military Ridge Trail. L.J. and Beverly, Sam and Bob, Jan and Lou, Joe and Barb, and Bonnie Gesling headed down the Military Ridge Trail for their own day's adventures. The remainder of the group headed for Mazomanie with windbreakers, arm warmers, a shinning sun, and a southern breeze to make for a near goosebump free takeoff as the town was just waking up for the fall festival.

The ride started with a 2 mile downhill followed shortly by a 4 mile climb to Brigham Park and back downhill to Blue Mounds Grocery Store for the last chance, food purchasing opportunity before the lunch break. Blue Mounds State Park was our next stop to enjoy the view from lookout towers at the highest point in southwest Wisconsin. The hill up to the towers is a gear strainer but what great views and photo opportunities from the top. Payback came with the eye-catching, long and winding descent down Ryan Road. This enjoyment was short lived, with the hills of Zwettler, Sweeny, Pinnacle, Roelke, and

Reeves to follow. Additional optional hills included Sutcliffe and Fesenfeld for those cyclists seeking additional mileage and elevation gain. And, of course, a more direct, flatter, and shorter route was an option as well. The combination of shorter and longer loops allowed the various groups to meet up for lunch at Subway in Mazomanie.

The good thing about the hills on the return to Mt. Horeb was that they blocked the southern head wind. Once again, optional, additional hills were offered for those who had not had enough. Those cyclists that accepted the challenge now understand the meaning of KOM written on the asphalt of Forshaug Road: "King of the Mountain".

Gary Jones and Steve Geering reported 4,600 feet of elevation gain after riding both morning and afternoon optional loops. Some of the Wheelmen traveled JJ for an extra 2-mile climb and one of the steepest grades of the day in the last 50 yards. Dean just could not let those hills pass by so chose to bring up the rear on the optional loop to watch for any stragglers. Deb brought up the rear on the more direct return route. Deb later reported that being last and taking breaks has some merit as she, Doug, and Vivian were offered muffins and bottled water by a resident while they rested and chatted along the curbside on the edge of town.

Riders on the road ended up with anywhere from 60 to 100 miles of riding on today's routes. After showers, 29 cyclists and Betty Schiess, shared a scrumptious Italian dinner at Sole Saponi and tales of the day's adventures and opinions of the various options. Gary Obadal sauntered in after rounding out a century just about the time we were finishing our tiramisù. Everyone was ready for a good night's sleep.

Sunday morning brought some wind that was going to play into the equation for today's ride. The wind seemed to be favoring the south as we started out in that direction.

Today's group had 20 riders on the road and a handful on the Military Ridge Trail. The wind was already gusting so the chill was in the air as we coasted 4 miles downhill on County Road E. However, a number of ascents followed to warm our



Doug Stevens, Vivian Norton and Deb Mathias push the pedals on the steep hill in Blue Mounds State Park

(Cont. on Page 7)

November 2006 Ride Schedule

Winter ride schedule—October through April

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

Saturday, December 2

9:00 A.M. Meet at the United Methodist Church in Colona (1/2 Mile East of the I-80 Colona exit on Cleveland Road) for a riders' choice ride.

Sunday, December 3

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Wednesday, December 6

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Saturday, December 9

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

Sunday, December 10

9:00 A.M. Meet at Hardee's in Eldridge, Iowa for a riders' choice ride.

Wednesday, December 13

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Saturday, December 16

9:00 A.M. Meet at Hardee's, 425 55th St., Moline (near CNH), for a riders' choice ride.

Sunday, December 17

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.
Merry Christmas

Wednesday, December 20

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

QCBC Christmas Luncheon

Enjoy a leisurely Christmas Luncheon with your QCBC friends. Look for details in the December newsletter. Coordinator: Dave Georlett, 309-797-2849.

Saturday, December 23

9:00 A.M. Meet at Hardee's in Eldridge, Iowa for a riders' choice ride.

Sunday, December 24

9:00 A.M. Meet at Hardee's, 425 55th St., Moline (near CNH), for a riders' choice ride.

Wednesday, December 27

Morning Ride, Iowa Start

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Saturday, December 30

9:00 A.M. Meet at the United Methodist Church, 1709 Cleveland Rd. in Colona (1/2 Mile East of the I-80 Colona exit on Cleveland Road) for a riders' choice ride.

Sunday, December 31

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

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.

(Cont. of Fall Foliage, Page 5)

bodies. The nine Wheelmen started off a few minutes before the rest of the group. John, Denise, and Phil too set off at their own pace with the BIC members and Ken close behind. Deb and Dean again brought up the rear. A couple options were offered for the final stretch into New Glarus. Ooping for additional hills, Deb and Dean found Gary Obadal, Steve Rudin, and Ken holding a powwow at the intersection of 92 and Community Road trying to decipher the map. We all traveled on together to Peerless Road with a steep headwind finish now etched into our mental altimeters. Two groups, the Wheelmen and Phil, John, and Denise were already on their return to Mt. Horeb by the time we pulled into New Glarus. We joined Bonnie, Tim, and Marv waiting for their designated pub to open for lunch.

The fastest, sweetest biking road of the day was Bowers Road. We actually enjoyed this stretch of road twice with the tailwind, going into New Glarus and returning to Mt. Horeb. The leaves were scooting along with us as we motated down the newly blacktopped surface with no effort.

The wind was shifting more to the west as the riders tackled the hills of Oak Grove, Primrose Center Road, Colby, Sharpes Corner, Lewis, Blue Valley Rd., and East Blue Mounds Road. Today's road riders ended with between 45 and 55 miles.

We happened upon Jan and Lou, and Barb and Joe back in Mt. Horeb as we all purchased snacks from the fall festival for the return home trip. They reported on their surfing through the wind via the Military Ridge Trail to Dodgeville and back.

Thanks to all the bikers from Illinois, Iowa, and Milwaukee for turning out for our fifth Fall Foliage Ride. We enjoy seeing people return in spite of the hills we throw in front of them! Also, it has been a golden opportunity for us to meet cyclists from the Wheeling Wheelmen and BIC, and to extend our QCBC adventures with local riders. We would like to encourage QCBC riders to try out not just this ride but the rides offered by the Wheelmen (Harmon Hundred) and BIC (Amish Harvest Century Tour).

Special thanks to Marv for sweeping the route with Dean on Sunday.

And, if the ride included too many hills, blame Deb, because she delegated the route mapping to Bareback.

Letter to the Editor

The Quad Cities Convention & Visitors Bureau thanks the residents, businesses, organizations and volunteers of the Quad Cities who made the best-ever National Trails Symposium possible.

According to American Trails, Inc., the 18th symposium held here Oct. 19-22, had a record attendance of well over 600, topping such outstanding convention destinations as Orlando and Austin. QCCVB bike rentals, which were available on site at the RiverCenter, generated hundreds of hours of bike riding time on our trails.

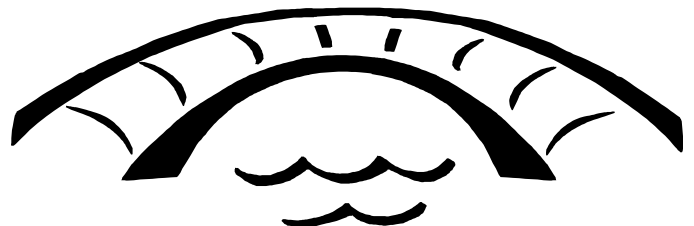
American Trails board members repeatedly said the Quad Cities had delivered the best trails symposium to date. We definitely exposed the Quad Cities to a new national audience as formal and informal surveys of attendees show they had never heard of the Quad Cities prior to the marketing relative to the symposium. This was for many their first visit here and there was a resounding "we'll be back" heard from attendees.

One of the many long-term impacts of the symposium will be national recognition of the trails system in the Quad Cities. Chuck Oestreich of Rock Island won the Illinois State Trail Advocate Award, while the American Discovery Trail crossing between Davenport and Rock Island via the Rock Island Arsenal won the National Partnership Award.

The successful event capped six years of effort to bring the nation here to experience our trails. The Quad Cities Convention & Visitors Bureau is pleased to have been able to use its regional network and resources and professional and volunteer staffs to fulfill its exclusive mission so the nation could make tracks to the Quad Cities.

Thanks to everyone again.

Joe Taylor
President/CEO Quad Cities Convention & Visitors
Bureau



LOCAL NEWS

Excitement and Adventure (Cycling)
at Moline Library

By Chuck Oestreich

Billed as a modest gathering, it turned out to be room filling. The crowded gathering was an informational meeting put on by Adventure Cycling, the non-profit company that facilitates rides up, down, and around America.

Most halfway serious cyclists have heard about the company, and are somewhat aware of what it offers. But still it was a surprise to find so many people interested - giving up a snug Wednesday evening at home - in a company that, let's face it, is known for its cross-country, self-contained rides - something that very few cyclists ever do.

Maybe it's the dream aspect. Don't we all want to drop it all, get on our bike, and take off from one end of America to the other? Two months, three months, whatever - ah, to see America from the best possible seat - the saddle of a bike.

After the usual delays with an unfamiliar site's media equipment, the down-to-earth, personable, and engaging presenter, Ginny Sullivan, from Missoula, Montana, who was in the Quad Cities for the National Trails Symposium, led a sparkling hour or so of informative talk.

One of the best things she did was to have everyone there tell where they were from and what ride was the best they've ever done. It turned out to be not just a Quad City gathering; people came from Galesburg, Sherrard, from all over the outlying area. And what a wealth of experience: from rides in Russia, cross-country in America, RAGBRAI, to just getting started with bicycling on a trip from Moline to Hampton. We found out that two in the audience had been on the original BikeCentennial cross-country ride back in 1976.

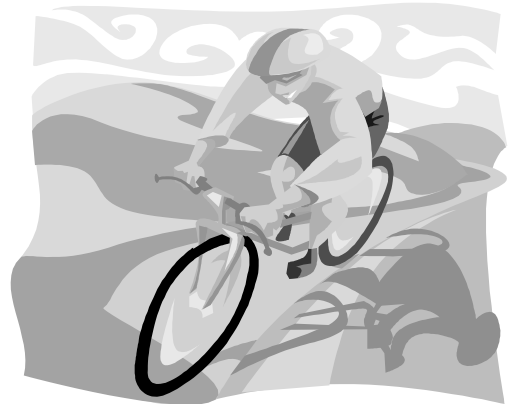
The presentation wasn't hard sell. After an overview of the scope of riding opportunities that the company offers, Ms. Sullivan turned the meeting into more of a question and answer session. And she was honest with her answers. We found out, for instance, that one of Adventure

Cycling's recent additions to its ride list was pretty much a failure.

We also had interesting discussion about various topics, including the advantages and disadvantages of self contained versus catered trips, of panniers versus buggers for carrying luggage on self contained trips (According to Ms. Sullivan the trend seems to be shifting to buggers), and the need for a national linkage of bike routes all across America.

This was a good meeting. Power Point made its point, but didn't dominate. We found out there is a great interest in long distance bike touring. And we gained confidence in Adventure Cycling as a provider of such touring. With employees like Ginny Sullivan working on cross-country trips and routes, what's to lose?

Also a big thank you to our own Kathy Storm, an Adventure Cycling life member, who set things up for the meeting, including providing the snacks.



Announcement!!!

The third annual Wednesday bike ride Christmas lunch will be held at noon Wednesday, Dec. 20 upstairs at the River House Bar and Grill, 1510 River Drive, Moline.

Anyone planning to attend should RSVP Dave Georlett by calling (309) 781-8142 or emailing dmgeorlett@mchsi.com no later than Wednesday, Dec. 13.

This year's lunch will be served as a buffet, with cold cuts, salads, etc.

CPR TRAINING

TO ALL QCBC BICYCLE MEMBERS

This past spring we almost lost a member of our club who experienced a sever heart attack while riding with several members back to the Quad Cities. He was saved by a passing motorist who performed CPR.

It was very clear that many of our members do not know how to perform CPR. The American Heart Association (CPR ANYTIME) is providing a CPR class in the month of February.. Members of the QCBC board strongly recommend that you take advantage of this opportunity.. Someday you may not only save a life of a fellow rider, but also a family member... The information below is provided for registration and cost.. Should you have any questions please fell free to e-mail me and I will be glad to visit with you.

David Georlett
 QCBC board member
 dmgeorlett@mchsi.com



WHEN :FEBRUARY 17TH 2007
WHERE: MISSISSIPPI VALLEY FAIRGROUNDS 4-H BUILDING
TO REGISTER: CALL AFTER JANUARY 2nd 2007
 CALL 441-4100 (EASTERN IA COMM. COLLEGE)
 8AM ADULT CLASS #30970 (REGISTRATION #)
 9AM ADULT CLASS #30980
 10AM ADULT & CHILD CLASS #30981
 11AM INFANT ONLY #30983

EACH CLASS WILL LAST ABOUT 1 HOUR

COST \$5.00 PER CLASS

- CPR ANYTIME IS THE CLASS BEING TAUGHT AMERICAN HEART ASSOCSIATION STANDARDS.
- HEART HEALTHY SNACKS WILL BE SERVED.
- 100 TAKE HOME CPR MANIKANS TO THE 1ST 100 FAMILIES TO RESGISTER FOR ADULT CLASSES
- IF YOU WANT TO DO JUST ADULT CPR, THEN YOU NEED TO SIGN UP FOR THE 8 AM OR 9 AM CLASS
- IF YOU WANT TO DO ADULT AND CHILD, THEN YOU NEED TO REGISTER FOR THE 10 AM CLASS
- IF YOU WANT ONLY INFANT THEN YOU NEED TO SIGN UP FOR THE 11 AM CLASS.

HOPE THIS IS HELPFUL!!!

Winter Hikes

Kathy Storm

The Quad Cities Bicycle Club invites you to join them on the following Winter Hikes during December, January and February. All you need are a pair of hiking boots or other sturdy shoes, something to carry a small container of water in and a snack. If there is snow on the ground, please feel free to bring your cross country skis or snow shoes.

Listed below is the current schedule for hikes in December, January and February. All of the hike leaders have previously hiked in these parks and will serve as your guide. We'll plan to hike for 1-2 hours, depending upon the interest of the group.

Come out and join us as we engage in a "cross training" activity. Updates to this schedule will appear in the newsletter and the web site. If you would like to lead a hike, contact Kathy Storm at 563-355-2564 or kbstorm@aol.com.

-Saturday, December 9th at 1:00pm
 Location: Sunderbruch Park, Davenport
 Rockingham & Ricker Roads
 Leader: Dean Mayne
 563-355-0995

-Sunday, December 17th at 1:00pm
 Location: Scott County Park
 Glynn's Creek Nature Trail
 Leader: Jean Kelly
 563-359-9508

Sunday, January 14th at 1:00pm
 Location: West Lake Park



Park car in parking lot along east side of Y48. Hiking trails are on west side of the highway.
 Leaders: Judy Teeple & Bob Thompson
 563-386-3816

Sunday, January 28th at 1:00pm
 Location: TBA
 Leader: Sheri Fieweger
 309-793-4266

Sunday, February 11th at 1:00pm
 Location: TBA
 Leader: Sheri Fieweger
 309-793-4266

Sunday, February 25th at 1:00pm
 Location: Sunderbruch Park, Davenport
 Rockingham & Ricker Roads
 Leader: Dean Mayne
 563-355-0995

Sunderbruch Park - a 134 acre tract of land on Davenport's west side. Sunderbruch Park consist of three main trail systems: hiking, off-road biking, and equestrian trails.

Scott County Park - with 1280 acres, is the largest in Scott County. Located nine miles north of Davenport off U.S. Highway 61. This park has it all! Campgrounds, toboggan hill, ice skating, hiking trails, golf course, picnic shelters, a large swimming pool, etc.

West Lake Park - a 620 acre facility located west of Interstate 280. This park is known for its' camping and fishing facilities. The QC Triathlon is held here during June.

Things Change After a Hundred

Scott Swanson

In October of 2002, I was riding an hour and a half, with my friend dragging me to finish only 20+ miles. In 2006, I completed my first double century at Metamora.

I've picked up a bit of useful knowledge along the way. Although I've had the strength for a while -- I've done a number of century rides -- I didn't have the strategies I needed to go longer. It's a different world after the 100 mark.

But all the strategies apply nicely to centuries, so if you're planning to try your first TOMRV, taking these things into account might make your experience better. And I need to remind myself of these things before and during each and every long ride.

First, plan. You know your current pace. Figure the mileage and crunch the numbers. Predict where you will be at given points in time. It helps you maintain. If you can, get a crew, a good friend (one that likes to read in the car is good) who will meet you at certain points. It's good to know someone is out there.

Also, prepare mentally. Even on a great day, it can get tough. Expect that. Expect that you will be able to go through the tough spots.

Second, work with people. Ride with a friend of near equal talent. Learn how to draft. Learn how to rotate through a group. And if you get with a group that is going faster than your planned pace, you may need to let them go. If the group is going slower than your planned pace, go on by yourself. In either case, do a little calculation.

How much energy will you save versus the time you will gain or lose with this group? That may sound cold, but it's a matter of allocating your resources. You are the one that gets yourself and your faithful two-wheeler to the end of the ride, so you have to take care of yourself. You are no good to your group if you are riding a lot faster or slower than they are, nor are they for you.

Third, start slower. Yep, it's going to feel like you're crawling, especially once you get warmed up and get that "raring to go" feeling. Don't give in to it. What you spend in the first 10 miles is going to come back to bite you in the backside (and lower back, thighs, calves, and every bit of connective tissue you have).

Fourth, eat. Find out what you can stomach, literally. Goos and gels are things near and dear to my heart, but

I've made the mistake of relying on them too soon. I did that at the Balltown Classic, and my stomach got upset, preventing me from getting any real nutrition after the first 100 miles. Craig Carmichael suggests eating real, solid good in the first couple of hours of a six-hour event.

Fifth, drink. I know, everyone knows, but I didn't ever start until I was thirsty, or way beyond that. I set myself on a 10-minute schedule a couple of months ago, which I practiced religiously on even one-hour rides.

Sixth, to accomplish numbers four and five, take on-the-bike breaks. I schedule these every hour, using about five minutes. Just slow down about 5 mph. Eat and drink more then. If you do one of these breaks, you get some rest but still end up another mile down the road.

And, you don't have to warm up again after your break. Don't slight yourself. You'll feel better after a minute or two, but it's similar to the eating and drinking. Rest is energy in the bank a hundred miles down the road. You can't buy it back later.

Be patient. Six hours, or 12 hours or more is a long time on the bike. Set short goals, e.g. 'I'll be at this point in 30 minutes,' and then make that goal. Work until you get there. Think only about the next goal. And when you get to the last 20 miles, it's still 20 miles, no more or less, no matter what. You don't start sprinting. You just keep your pace and make the goal.

Finally, just as with any other ride, don't make any sudden, grand changes to your equipment, your riding style, or your food and drink. You take care of all of those things before the day comes. Then, when the day does come, you concentrate on riding.

Gee, it doesn't sound like much fun, all that planning and attention to detail. But it's the attention to detail that made it possible for me to do a double century, and a century two weeks later with only seven minutes off the bike. It seemed like a breeze.

So go, do. I did. You can. Surprise yourself. I'd like to thank those who read this article before I submitted it. And I'd very much like to thank all of you who have ever taught me anything about riding. Be assured that on the long rides, I used everything I ever learned from you.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application _____

Family \$20/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Incl. Area Code)

Email _____

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:

Membership in Other
Bicycling Organizations

League of Am.
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	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 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 ride or other activity, 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 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 9/1/06

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

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

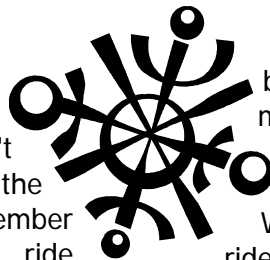
ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Riding in the Cold!

It might be the middle of October, but for many serious cyclists the bicycling season isn't over yet. Many riders will be on the road well into November and December and a hearty few manage to ride outdoors all year long.

The biggest enemy is wind chill, and cyclists are vulnerable in exposed areas like the face and extremities like the feet and hands. Cycling gloves can help, as can neoprene shoe coverings or booties. A perennial hot seller at On Two Wheels is a balaclava, a thin mask that covers the head, ears and neck and can be used to cover the mouth and nose.

Winter tights and cycling jackets are a



balance between windproof fabric and moisture wicking material and are specially cut to cover a rider's posture on the bike.

When the roads turn sloppy, some riders turn to mountain bikes, with lower pressure, wider tires that can provide better grip. Some tires even sport metal studs for when conditions turn really nasty.

With the sun setting earlier, battery powered LED headlights and tail lights are an important addition that allows a cyclist to see and be seen.

For more information about riding through the winter go to <http://www.bicyclinglife.com/Recreation/wintercycling.htm>