



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — September 2008

Carter LeBeau has been on Every RAGBRAI



Photo courtesy of Tipton Conservative
Carter and Kaye LeBeau with Tipton host, Ina Hack, and Travis Alden, Tipton community development director and co-executive director of 'Roll out the Red Carpet,' the nonprofit that organized Tipton's RAGBRAI welcome event.

By Krista Clark of Tipton Conservative

If you want to see a real RAGBRAI celebrity, Carter LeBeau, the only individual to ride every day of all 36 RAGBRAI rides, is the man to meet.

A congenial fellow who's lived in Davenport since 1965, Carter and his wife Kaye may be riding in their last RAGBRAI this year.

That's all the more reason to get a glimpse of this part of RAGBRAI history, since Tipton's the last overnight stop on the 2008 RAGBRAI schedule.

Carter, a biking lover if there ever was one, got involved in RAGBRAI in 1973 after seeing an ad in the Des Moines Register about the event.

He and a couple of friends joined the Register's Donald Kaul and John Karras, along with about 145 other riders,

on the first ride across the state.

"There are two great bicycling events that people think of in the world," Carter said while visiting Tipton with Kaye. "They're the Tour de France and RAGBRAI."

That's a pretty good endorsement for the Register's bike ride across Iowa, but considering that at least 15,000 people annually want to make the ride, and probably hundreds jump in and ride for a few days or more without official recognition, it's easy to see this is a really popular event.

Riders come from Iowa, of course, but they're also from across the U.S. and around the world.

RAGBRAI has changed a lot since its inception, and if you want to learn about that, Carter's the man to talk to.

He's also, though, very deferential to John Karras, who, Carter says, is the real originator of RAGBRAI.

Karras rode in the event until a few years ago, when he moved to Colorado, but Carter expects him to be back this year.

Another Register "celebrity" out of the past is Chuck Offenberger, who wrote the "Iowa Boy" column in the newspaper for years. He'll be riding across the state, and spending the night in Tipton this year too.

When Carter made his first ride, he was wearing red, white and blue socks and cut-off jeans.

He didn't have bicycle gloves or a helmet then, though. Things are a lot different today. He and Kaye showed up for the interview in their biking shorts and Register shirts, given to them by the newspaper for participating in the ride in past years.

The one thing this intrepid rider still does though, is wear his trademark socks, although not the same ones as he wore in 1973.

In the early years of the ride, Carter said, the event was so casual that as he and others would ride by, farmers would hose them down with water or provide a drink.

Although no longer a camper, for the first five years, Carter and his first wife, Dorothy, camped.

He hates camping now, though, so he and Kaye, who he married 13 years ago – also widowed like himself – look for homes in all RAGBRAI's overnight communities.

They'll be staying with Ina Hack in Tipton, but have had trouble, so far, locating housing in several of the other overnight towns: Jefferson, Ames and Harlan.

Carter Cont. on page 6

Key Contacts

Officers:

President - Phil Schubbe (563) 359-5057 or pshubbe@aol.com
 Vice President –
 Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
 Treasurer – Darlene Moritz (563) 386-3499 or dmoritz@access.net

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

Board Members:

Denise Deuthman (563) 441-0131	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	John Harrington (563) 940-6023	John Wessel (563) 359-8350

Key Contacts: A complete listing of committee chairmen 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 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: qbceditor@yahoo.com or send to: Jackie Chesser or David Weckel, 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.

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.

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<http://www.iowabicyclecoalition.org>



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



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

Cycling Risk Assessment Study

The [New York Cycle Club](http://www.nycc.org) is doing a survey to gather bicycling accident information from a diverse population of cyclists. Anyone can one or more bicycling accident survey responses. Whether you had a minor or major accident, or observed one, please visit www.nycc.org/ras/ to enter a [survey](#) response.

The results of this ongoing world-wide [survey](#) will eventually be compiled, analyzed, and published. In the meantime. There are links on the Web site to other cycling safety-related studies. These studies are the result of compiling accident statistics from police reports or by performing a controlled experiment.

In Memory of Fallen Comrades

By Donnie Miller

I would like to thank everyone who came out to honor a fallen cyclist—Dr Craig Schultz. We had a great turnout with a little over 50 cyclists riding in the funeral procession.

The awareness that was created will go only so far. We have had a lot of publicity these past few weeks with what happened to Craig as well as what the cities are planning to help cyclists in the area.

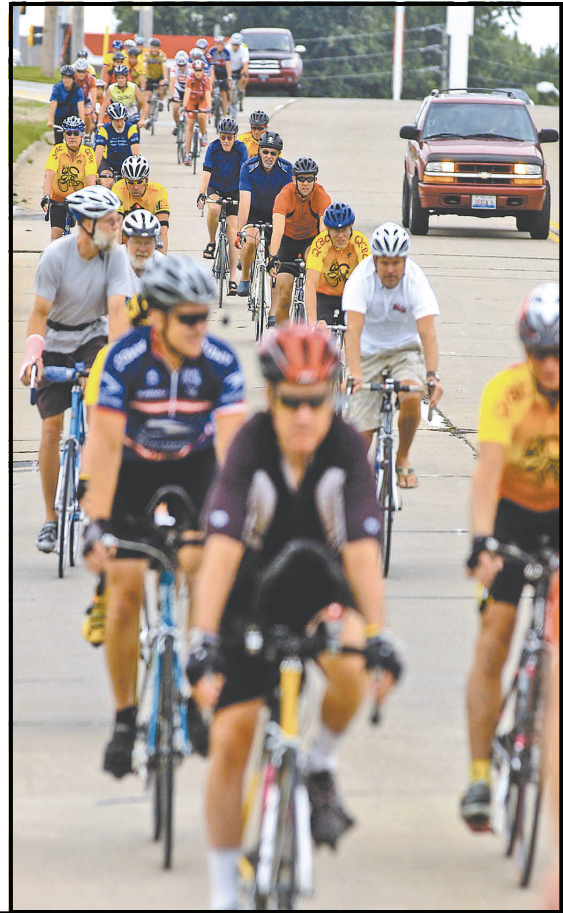
But, it's not enough. We have a long battle a head of us. Read a few of the news articles that came out, then go, and read the comments in the areas with each article.

The majority of the road users (motorists) still feel we have no legitimate reason for being on the roads. Anytime we can do something for education and awareness...please volunteer your time.

It was very surreal riding very heavily used roads during the procession that you normally would never see a cyclist on. Riding on the front of the funeral procession, creating an honor guard at the church and then again at the gravesite was something to see.

The family was truly grateful that we were there in the numbers that we produced. Awe inspiring to say the least, and I would personally like to thank each and every one of you that sent thoughts and prayers, rode with us, and continue to be ambassadors for everything cycling! You should all be proud of yourselves...I am!

Photo by Paul Colletti,
Dispatch and Rock Island Argus



Letter to editor: Attorney changes views on cyclists

Today, an article appeared in the Quad City Times about another bicyclist being killed.

The article brought back the memory of the one voice-mail message that I received over the course of a 24-year career that I will never be able to forget. It came from one of my mother's long-time friends. Tammy's husband, Dave, one of this area's foremost bicyclists, had been killed while riding in north Scott County.

That call would be the beginning in the transformation of my attitude toward bicyclists.

Like too many people, I was always in a hurry. Bicyclists were hogging up my road. They were an annoyance. They were arrogant. Through the ensuing months of very patient education from Dave Holmes' friends, the perceived "arrogance" of bicyclists was eventually redefined as my own ignorance toward them.

Each of Dave's cycling friends had his own personal horror story. Tom McCarthy described feeling like he had been shot when some Texas teenagers decided to entertain themselves by throwing pennies at Tom from a vehicle traveling 60 miles per hour. Tom Buckley, a world class bicyclist, shared the sadness of losing, in the same year, another cycling friend who, like Dave, was an "ultra-stickler" for safety. Joe Jamison described his and his wife's terror when a motorist in Ohio decided to use his vehicle as a weapon of assault. John Their described many experiences of being buzzed by angry motorists.

Dave Holmes was killed when a semi tried to pass Dave in a one-lane construction zone. Instead, the semi ran Dave over. Dave died instantly. The case was settled shortly prior to trial, but I had given much thought over the months to the closing argument I would make. I thought at the end, I would stand silent before the jury for 48 seconds. Based on Dave's rate of speed and that of the semi, that is the amount of time that semi would have saved on that morning had he successfully accomplished what turned out to be a deadly attempt to go around Dave.

The jury would have been asked to consider whether that 48 seconds was worth a man's life.

Like all other vehicles traveling the roadways, bicyclists are entitled to their entire lane. This a rule of law supported by the soundest of reason. Of all persons sharing the roadway, bicyclists are the most vulnerable, by far. Responsible societies protect those who are vulnerable.

The next time you are in a hurry and spot a bicyclist ahead, please slow down. Just a minute of your time can literally save a person's children, spouse, parents and friends from a life of grief.

Sincerely, Jeff Bittner



Sometimes, it's the Journey, Not the Destination

By Scott Swanson

Kat and I took a trip that I took six months to plan. Actually, we followed the roads I planned; what transpired during that trip was something I could not have planned. Serendipity reigned supreme. And what I fear most as I write these words is that I will not, can not, do justice to the experience.

Kat and I spent 3,200 miles on two wheels, albeit motorized. For me, it was a recapitulation of a trip I took in 2001. For her, it was the realization of a life-long dream. But for both of us, what happened was more than we had hoped for. And it seemed to happen because we listened. When we were feeling down and toasted, there was the man who turned his bike around just to come to talk to us, to share his journey and to ask about ours.

When we were taking a break, wondering what route to take, one man advised us down a different road. And down that road we met Clint, who was cycling from Boise to his home in Denver.

He told us about the people in his office who were going to ask about his travels, as they did each year. Clint advised us to go back on our original path, which gave us a glorious—and tenuous—descent on a pass that gave us our first view of the Tetons.

A few days later, we were standing in a quick shop in Yellowstone when I heard a woman speaking French-flavored English. I asked, in serviceable French, whether she was from France or Canada. It turned out that she was from the Gruyere region of Switzerland and was most happy to tell how much her home resembled the locale. Her happiness to speak her native language rekindled my love of French.

And on the way home, in Waterloo, there was a group clearly bound for Sturgis, but with one twist: they were from the Netherlands. They were most happy to be recognized and to trade a few stories.

According to Mike Giudici, Tom Erps said this past year, "I'm sorry for the people who do not get what we do."

We get it, Tom, I'm happy to say. This is what it's all about, what happens along the way from here to there. And whether or not I have given you much taste of our journey, I hope that I have sparked memories of your own.

October Camp-out Ride

By Darlene Moritz

The request was made to hold the Thomson camp-out in October, when it's cooler.

We'll ride the Great River Trail in Illinois again, to the Thomson Causeway in Thomson, leaving Saturday, Oct. 27, returning, Sunday, Oct 28.

To reserve a spot, contact me at (563)386-3499 or dmo-ritz@access.net. I need to know if you are camping or staying in one of Savanna's hotels - Super 8 (815) 273-2288 or L&M Motel (815) 273-7728.

Riders, their families and guests are welcome.

Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and four people are allowed per site. There also are RV sites for slightly more.

We will have a bonfire and most of us will cook out at the campground Saturday night.

Bring tents, sleeping bags, camp chairs, food and drinks to near the east end of the Ben Butterworth Parkway where they will be loaded in a van from 8:30 to 9 a.m. and transported to the campground. Cars can be left just east of the Captain's Table boat landing in Moline.

On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route to Thomson is 65 miles.

Don't miss the fun. For more information, and/or to make your reservations, contact Darlene Moritz at (563) 386-3499 or dmoritz@access.net

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October Fall Foliage Ride

By Deb and Dean Mathias

Join us for the 2008 QCBC Fall Foliage Ride in Mt. Horeb, Wis. Oct. 11-12. We'll begin riding at 9 a.m. Saturday, Oct. 11 from the Military Ridge State Park Trail parking lot.

Travel distance to Mt. Horeb is about 140 miles from Davenport. We'll drive to Mount Horeb on Friday evening, Oct. 10.

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

A cycling route on quiet country roads promises more than a few hills both days, with some flatter options. A town with lunch opportunities will be the destination both days before the return ride on different roads.

The Military Ridge Bike Trail (crushed limestone) is an option for cyclists who prefer a flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

Mountain bike trails are in Blue Mound State Park just west of Mt. Horeb with a connection spur to the Military Ridge Trail.

We would like to know how many people to expect. Call Deb and Dean Mathias at (309) 787-6547 or e-mail mathiasdebdean@peoplepc.com if you plan to join us for the ride. Also, give us a head count of people who would like to join the group for a scrumptious Italian dinner that Saturday night. People not riding are welcome to join us for dinner also.

You are responsible for making your own room reservations. A block of rooms has been reserved at the Karakahl Country Inn (www.karakahl.com) with indoor pool. The rooms will be held until Sept 5. Mention the QCBC for a group rate of \$62.95. Call Wally at (888) 621-1884 or (608) 437-5545 to reserve your room.

Rooms also are available at the Village Inn Hotel (www.littlebedder.com), which is adjacent to the Military Ridge Bike Trail. Call (608) 437-3350

Some Bed and Breakfast facilities also are available in the area. Check the Mt. Horeb Web site for more information.

Camping possibilities are two nearby parks:

Brigham Park – 112 acres with a spectacular panoramic view, about seven 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.

Bring along non-cycling family members to enjoy points of interest in or near Mt. Horeb:

Troll Walk (Carved trolls)

Mt. Horeb Mustard Museum

Military Ridge Bike Trail

Blue Mounds State Park

Brigham Park

Stewart Park

Little Norway www.littlenorway.com

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Metamora 4x50 a great success

By Dave Parker

The third Metamora 4x50, a 200-mile race through the cornfields around Metamora, Ill., was held Aug. 9, and what a ride it was!

The course is a 50-mile loop with a noticeable descent and climb at the outset followed by a few rollers and then a fairly flat 35 miles to finish up.

Each rider must do four laps - although many choose a 100- or 150-mile option. This year the 4x50 had a few surprises.

On Friday afternoon, the organizers and Jim Hanson, our faithful volunteer, started to lay down the navigational arrows only to learn that within a mile of the start a construction crew had just finished resurfacing Coal Bank Road.

"Don't worry", they assured us, "we're all done." So, we had to drive around the outskirts of town re-routing the ride. Luckily, the new route, though much hillier, only added about two miles, so we were reasonably close to the advertised distance. Then, near Roanoke - more resurfacing...

We were able to avoid the gravelly stretches and made it back to Metamora in time to join riders for a pasta dinner before spending the evening signing up walk-ins.

At 5 a.m. the next morning at Black Partridge Park, racers began to line up. There were riders from California, Florida, Colorado, Indiana, Michigan, Tennessee and Virginia - and, of course Iowa and Illinois. Three recumbents and two HPVs started, along with about 50 road bikes.

Almost as soon as the race started, Bryce Walsh and Larry Ide went down, but the lead group waited for them to get untangled and they all proceeded as a group. I'm not sure who crossed whose wheel, but I heard that Larry had tire tracks up the back of his jersey.

The pack passed the 25-mile checkpoint in a shade over an hour - following Dennis Grellk in his white and green machine, just as we began feeling the first drops of a light rain. Luckily, the rain did not present much of a problem, it increased to a steady drizzle, then let up and by noon it was over and the sky began to clear.

The rest of the day was perfect. Temps stayed in the low 80s and although the wind came up a little after the rain, it was not a significant factor. The tall corn and the fact that the course is generally rectangular minimized its effects.

Grellk and his HPV finished well ahead of the field - riding the 200 miles in 8 hours and 29 minutes, with an average speed of 24.75 mph; Ide, Walsh, Larry Fitz, Brian McKewen and recumbent rider John Schlitter had the fastest time for non-HPVs averaging 22.22 and finishing in 9 hours and 27 minutes.

Four women finished the 200 this year - a first - with Nancy Guth and Stephanie McCreary riding the course in 11 hours 4 minutes at 18.98 MPH. In fact, with the exception of men in the 60-69 age group, all previous records were broken.

For complete results: Go to <http://www.ultramidwest.net/> and Click on Metamora 4X50.

UltraMidwest thanks all participants who showed up. We hope you had a good ride and we invite you all to the 6-12-24 Hour Challenge over Labor Day!

Carter, contd. from page 1

RAGBRAI isn't the only long bike ride Carter LeBeau's enjoyed.

He rode what he describes as the "Route 66 ride," from California to Chicago. And with Offenberger, the Register columnist, he rode from Long Beach, California to Washington, D.C.

Although he's now 82 and has significant spinal problems, this hasn't kept Carter from doing other rides as well.

He grins while talking about the "college to college" ride he and others developed in Iowa.

It would start at St. Ambrose in Davenport, then go to Mt. Saint Claire in Clinton, and then on to Clark College in Dubuque.

Then it was on to Upper Iowa in Fayette, to Luther in Decorah, to Wartburg in Waverly and then to Cornell in Mt. Vernon before returning to Davenport.

The trip lasted seven days and was 500 miles long. He and 300-500 riders completed the tour from 1982-1995 before he sold the rights to the ride.

Another ride Carter developed is called the Tour the Mississippi River Valley ride (TOMRV). It was from Davenport to Dubuque and back.

A retired Oscar Meyer employee, Carter is also a Rotarian and, if he gets desperate, he says he may contact a Rotary club in one of the towns he currently doesn't have housing in to get a bed for the night.

When RAGBRAI goes through college towns, as it will in going through Ames this year, the college or university often opens up dorms for riders who want a bed for the night.

Carter and Kaye, who was his housekeeper before they married, are members of the Quad City Bicycle Club.

This year, they'll pay the club \$600 (including entry fees) to give them a ride to Missouri Valley, on the Missouri River in western Iowa, and the club's vans and buses will haul their gear across the state for them.

When RAGBRAI first began, there was no fee by the Des Moines Register to participate. The Register then began charging \$20, and now it costs \$125 to participate.

What that buys you is the right to ride, a shirt and the Register carrying your gear across the state if you need them to.

One of the best RAGBRAI hospitality stories Carter LeBeau has to tell is of the year he stayed in a home in Marshalltown.

He got to the house and nobody was home, but there was a sign posted on the door.

He and long-time QCBC member John Keane were directed to their rooms, the beer in the fridge and given the keys to the car.

It's hard to beat that kind of hospitality.

Remembering Fred Leonard

Fred was master of the fine art of balance

By Chuck Oestreich

He's up there somewhere impressing those on the throne or those with wings by doing track stands in heaven.

Fred was a master of the fine art of balancing on a bike without moving. On a Wednesday morning ride when the whole group came to a stop light, down went the feet to the pavement. Not Fred. If he had the room, he would wait patiently, balancing - moving his body just enough to compensate for the vagaries of wind and slight changes of position.

But Fred was more than just a non-moving, two-wheeled circus performer. He had a wealth of experience and information about the fine art of bicycling - which he didn't hesitate to share with all, veteran or newbie alike. And he had a delightful cache of stories to go along with almost any bicycling experience.

One day, the group rode out to Geneseo on those neat country roads. But Fred

had heard that the state of Illinois was going to build a path from north of the city to Colona along the Hennepin Canal.

He convinced everyone to try the tow path even though he and all the rest had racing bikes, not mountain ones. Things went well for a few miles. Then they hit downed trees, fences, bogs of mud - all kinds of obstructions.

The cry went out to turn back. Fred would have none of it. He led the group, lifting and carrying bikes, squishing through mud, pushing through foliage. But they made it. For awhile it became a QCBC legend.

And with his friendly demeanor, his constant joke making, and his adventurous nature, Fred was a legend to those who knew him. And, oh yes, he was the club's legendary track stander.

Letter from Mrs. Leonard

I am sure that many of your members have heard about the death of Fred. I just wanted to let you know that he treasured the years he spent riding there, and the friendships that he made. He had a good 10 years in AZ, but never joined a group here.

Fred last rode his bike around our neighborhood about one month before his death.

I met some of you and attended your bike club meeting when I was in Davenport.

I will continue reading the Quad City Bike news online.

Thank you for being his friend.

Patty Leonard



A Perfect Storm

By Chuck Oestreich

It hit like a gigantic serrated knife, one sharp edge snapping a tree off at its strongest point while between the pointy edges hardly a limb was moved. It was the big wind storm of July 21, 2008, and if you were living in the Quad-Cities - especially the Illinois side - you undoubtedly had experiences with it and will remember it.

Many people and businesses had no electricity, no gas (in some cases), and no transportation because of streets laden with uprooted trees and downed utility poles. It was a trying time - almost a week in some areas.

My home saw no damage, and my area - Rock Island's Broadway - in general escaped the storm's cutting edge. Travel through town was not impeded - if you were on a bike, that is. Bikes can go where cars can't.

And while two-wheeling down some of the streets where vehicles were constrained, it hit me again: isn't it nice to bicycle around town with no cars in the way.

So instead of the destructive and costly storm we had, I'm looking for the Perfect Storm. It would be one that stopped all urban motorized vehicles except those for emergencies, security and food delivery.

Bikes and walkers would command the streets - every street.

Accident injury and vehicle damage would almost cease to exist.

People's health would begin to improve strictly because of the forced exercise.

One's neighborhood would become more important. People would go to the closest source for the necessities of life.

A dent would be made in our dependence on gas and oil for power.

Our level of air pollution would diminish.

Many would gain a sense of freedom. For instance, a Metro Bike Map would become obsolete; every street, including our city highways, would be bicycle free-ways.

Of course, given our car culture, we wouldn't stand for it for long. The whole community would mobilize to do what ever it would take to return to the way things were before the storm.

But, you know, it would be nice while it lasted.

Perhaps it's time to add some storm learnings, not warnings, to our urban emergency planning.

October 2008 Night Rides

By Bill and Kathy Storm

October Night Rides are back on Tuesday and Thursday nights, starting at 6:30 p.m. in the parking lot at Eastern Avenue Park on the Duck Creek Recreational Trail in Davenport. Rides will be about 23 miles and we regroup often.

A mountain or hybrid bike is suggested for these rides. You will need a headlight and/or helmet light and a lighted, red rear reflector. Using a red light on the back of your back will allow other riders to judge their distance from your rear wheel.

The weather can vary on these rides. We ride only when it's not raining and the trail is not excessively wet. If at all possible, wear clothing that is reflective and put reflectors and/or reflective tape on your bike. You need to be "seen" by cars as you cross streets along the length of the Duck Creek Trail.

We hope you will join us for all, or some, of these rides in October. Our premise in starting them over 12 years ago was to extend the riding season into the fall with a few week-day rides so we could still enjoy some longer weekend rides. Riding the Duck Creek Trail on night rides is a whole new experience, especially as the month progresses and days get shorter.

We will also have a dinner after the last October Night Ride on Thursday, Oct. 30 at McGuire's in Davenport.

If you have questions on equipment suggested for these rides, contact us at 563-355-2564 or kbstorm@aol.com.

We look forward to riding with you on Tuesday and Thursday nights in October.

A schedule of October night rides is listed on page 11.

Survey seeks input on area bike parking options

By Dean Mathias

I'm seeking direction from QCBC members on bike parking options in the area. Please take the bike survey below—also on the QCBC message board—and email it to mathiasdebdean@peoplepc.com or mail it to Dean "Bareback" Mathias at 745 Hillcrest Road, Milan, Il.. A little time here might pay big benefits later. If someone has a picture of a bike rack they like or don't like they can send it too.

As QCBC representative at Bi-State Trails meetings and for QC-TAG meetings with city officials to discuss bicycle parking, the information is important.

Bicycling profile: Give a little background on how you use your bike for transportation.

1. Which types of QC bike racks suits your needs? List style, city, and location.
2. Describe one or more of your experiences with locking up your bike in town.
3. Where do you prefer to lock up your bike when riding for transportation?
4. What specifications would the perfect bike rack design entail? Explain.
5. Where would like to see bike racks in your city? List city and location.

Comments:

Chili Lunch in the Park Ride – Oct. 18

By Bill and Kathy Storm

The 8th annual "Chili Lunch in the Park" ride will be Saturday, Oct. 18. Please note this is a change from the date on page 22 of the Club Information booklet. This "once a year" activity started as a Mid-Paced ride season finale. It's designed to allow club members (not just Mid-Paced) to go on various rides and then have lunch (in the park) afterward.

The 35-40 mile 13-16 mph Mid-Paced ride won't have a breakfast stop. It will leave at 9 a.m. from Middle Park Lagoon (along Duck Creek Trail in Bettendorf. If you drive, use Parkway Drive off 18th Street to access the lower parking lot by the lagoon.)

While riders are out on eastern Scott County roads, food will be prepared and lunch served from 11:30 a.m. to 1 p.m.

Lunch will feature homemade chili, Hungry Hobo sandwiches, fresh fruit, apple crisp, brownies, chips, hot chocolate, apple cider, and pop. The cost for lunch is \$5 for adults, \$2.50 for children ages 7-12, and free to children under the age of 7.

A volunteer is needed to lead another group of riders on a Leisure ride, at 10-13 mph for about 25 miles; perhaps just a ride along the Duck Creek Trail. If someone wants to put together a Family or a Fast-Paced ride, that would be great. Everyone can start around 9 a.m. and meet back at the park around noon.

If you're interested in joining the group for lunch, call to make a reservation by 5 p.m. Thursday, Oct. 16 so we can have enough food available at the park. Contact Bill or Kathy Storm at (563) 355-2564 or kbstorm@aol.com.

I'm also looking for a few volunteers who can help at the Middle Park Lagoon Shelter starting at 10:30 a.m. to help set up the food, wipe down tables, put up the QCBC banner, etc.

The Bon Ton Roulet—A week-long Ride in the Finger Lakes Region **By Kathy Storm**

About five to six years ago, I began receiving a brochure in late winter from the YMCA in Auburn, NY, advertising their week-long “Bon Ton Roulet” ride. I was always interested because I have heard from other club members who have lived in upstate NY, hiked the Finger Lakes Region, visited wineries in the area, etc., that the area was really picturesque and laid back.

So 2008 was to be the year I would travel with three other women from the QCBC (Ruth Sanders, Dorothy Spriet and Susie Wolf) to participate in the week-long ride. This year, it took place the same week as RAGBRAI (July 20 – 26). As we were heading east on Interstate 80 Friday, July 18, we noticed many vehicles hauling bicycles heading to the Quad-Cities for the start of RAGBRAI.

Our trip to Auburn was just over 900 miles (normal route is 800) due to two side trips on Saturday, July 19, first to the beautiful Presque Isle State Park on the west side of Erie, Pa. Our second side trip was Niagara Falls State Park (on the American side).

We arrived in Auburn around 6 p.m., checked into our hotel and stopped by the Auburn YMCA for packet pickup. The ride is limited to 500 riders; breakfast and dinner (except 1 dinner) are included in the \$485 fee. Also included in our start of ride packets was a red rear flasher for visibility, 4 wrists bands (2 for luggage, 1 for our bikes and 1 for our wrists). The wrist bands had our rider number on them which I didn't really understand until we were half way into the ride and traveling past wineries on our daily routes.

Each day, we had a choice of riding a short route (45 – 50 miles) or a long route (45 – 100). We also had a layover day in Watkins Glen at the southern end of Lake Seneca. We used this day to do laundry, hike in Watkins Glen, take a scenic 1.5 hour boat tour around Lake Seneca and go out to dinner.

Each day, our luggage was hauled from where we had camped overnight to the next overnight town. There were 2 luggage trucks marked “I” and “II.” Truck “III” carried non perishable rest stop supplies, tables and equipment for the 8-10 volunteers who stayed with us the entire week. As the week went on, I learned Truck “III” would be the truck to carry our wine purchases.

Six of the 7 days of cue sheets had wineries listed on them. There are more than 200 wineries in the Finger Lakes Region! We even had some of our rest stops (included in our registration fee) at these wineries. If we wanted to sample wine, we had to pay \$1 for 6 samples. If we wanted to buy wine, all we had to do after we paid for it was write our name and Rider # on the box.

The Bon Ton Roulet staff transported the wine back (in Truck “III”) to our campsite. At then end of the ride, at the YMCA, you just stopped by Truck “III,” showed your wrist band and your carefully packed wine was ready for transport back home.

I would recommend this ride to others. This was their 11th year and the route is changed somewhat each year. Our overnight towns were: Cortland, Seneca Falls, Canadaigua, Watkins Glen and Trumansburg. Our accommodations were usually at the local junior or senior high campus. A shower truck accompanied us for the entire week and we had access to facilities in the school. One rarely had to wait for a spot to open up in the shower area. The road routes were excellent, with about 85% of the roads we traveled nice smooth asphalt with paved shoulders.

Most of the riders were from New York, Pennsylvania, Ohio and Canada. There were even a few couples from NYC who traveled by train because they don't own a car. It was interesting talking to them because they do a lot of cycling and camping. They fly or take a train to the start of a week-long ride and use their bike rack on a rental car when needed. Just a different lifestyle than most of us are used to in the less populated Midwest.

The views were spectacular (which means hills!). The lakes were formed by glaciers and range from 300-800 feet deep. There are opportunities every day for additional riding, hiking, swimming and/or winery side trips. The area around Watkins Glen is known for its waterfalls, but we also found that on most days we either passed some sort of waterfall or heard water rushing down a slope every 15-20 minutes. And there were definitely numerous places to take a dip in a river or lake; you just had to be prepared for cold water.

The food served for breakfast and dinner in each overnight town was very good. Each day also included 1-3 rest stops with food. I had very little out of pocket expense for food during the ride. A good local bike mechanic (John from Watkins Glen) was with us the entire week. And the SAG support was plentiful. I would definitely recommend this ride to others.

September 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Mon Sep 1	8:00 AM	35+ miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Bill & Kathy Storm 563-355-2564	Labor Day Ride-Mid Paced Ride to McCausland for their annual Labor Day Celebration – Pancake Breakfast at Fire Station
Tue Sept 2	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Sept 3	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sept 4	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Sep 6	8:00 AM	20 miles 10-13 mph	Meet at Cordova City Park, Cordova IL, HWY 84	Information: Call Vivian Norton 563-355-1899	Leisure Ride to Albany On country roads
Sat Sep 6	8:00 AM	55+miles 14-16 mph	Clark's Landing, Buffalo, IA	Determined by Riders	Saturday Morning Ride-Mid Paced Ride to Wilton and Durant
Sat Sep 6	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Sep 7	8:00 AM	45+miles 14-16 mph	Colona Grade School Colona, IL	Determined by Riders	Sunday Morning Ride-Mid Paced Riders Choice
Sun Sep 7	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Tue Sept 9	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Sept 10	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sept 11	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Combined Rider's choice
Sat Sep 13	6:00 am and after	25, 50, 62 and 100 miles	Illiniwek Shelter in Hampton, Illinois	Scott Swanson	Heartland Century Rides of 25, 50,62 and 100 miles. Pork chop dinner is optional.
Sun Sep 14	8:00 AM	45+miles 14-16 mph	North Scott H.S., Eldridge, IA	Determined by Riders	Sunday Morning Ride-Mid Paced Recovery Ride after Heartland Century. Rider's Choice

Check web site for updates and additions to ride schedule format. Last updated 08/15/2008 Cont. Page 11

September 2008 Club Rides

Sun Sep 14	8:00 AM	45+miles 14-16 mph	North Scott H.S., Eldridge, IA	Dick Wolbers 563-332-9906	Sunday Morning Ride-Mid Paced Recovery Ride after Heartland Century.
Tue Sept 16	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice
Wed Sept 17	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sept 18	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Com- bined Rider's choice
Sat Sept 20	8:00 AM	20 miles 11-13 mph	Meet at Shady Grove for Riders choice	Information: Call Vivian Norton 563-355-1899	Leisure Ride
Sat Sep 20	8:00 AM	40+miles 14-16 mph	Milan Community Center at Camden Park in Milan, IL. Rte 67 & Milan Beltway.	Deb & Dean Mathias 309-787-6547	Saturday Morning Ride-Mid Paced Surprise Route on county roads in Illinois
Sat Sep 20	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Sep 21	8:00 AM	45+miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Ken Urban 563-326-3427	Sunday Morning Ride-Mid Paced Ride to Buffalo & Walcott
Sun Sep 21	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Tue Sept 23	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Com- bined Rider's choice
Wed Sept 24	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	Wed. Morning Ride – Combined The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Sept 25	5:30 PM	20-35 miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Determined by riders	Thursday Evening Ride – Com- bined Rider's choice
Sat Sept 27	6:30 AM	25,55,75, or 100 miles	Miracles can Happen Chal- lenge Ride – Wilton IA	Dick Grimm rlgrimm@netexpr ess.net	Wilton Swim & Play Park, Cost: \$20 / \$25
Sat Sep 27	8:00 AM	65 +miles 14-16 mph	Cordova City Park, Rte 84 in Cordova, IL	Dave Weckel 309-523-3023	Saturday Morning Ride-Mid Paced— No breakfast stop. Ride to Eagle Point Park in Clinton, IA Fairly flat route with one bad hill.
Sat Sep 27	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Sep 28	8:00 AM	45+miles 14-16 mph	Geneseo City Park Geneseo IL	Determined by Riders	Sunday Morning Ride-Mid Paced

Check web site for updates and additions to ride schedule format. Last updated 08/15/2008 Cont. Page 12

September 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sun Sep28	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Tue Sep 30	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	Tuesday Evening Ride – Combined Rider's choice

October 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sat Oct 4	9:00 AM	45+miles 14-16 mph	Orion High School, Orion, IL	Determined by Riders	Saturday Morning Ride-Mid Paced Ride to Bishop Hill
Sat Oct 4	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Oct 5	9:00 AM	40+miles 14-16 mph	Cordova City Park, Rte 84 in Cordova, IL	Determined by Riders	Sunday Morning Ride-Mid Paced Ride to Hillsdale & Erie
Sun Oct 5	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Sat Oct 11	9:00 AM	30+miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Mid Paced Rider's Choice
Sat Oct 11	8:00 AM	30+miles 16+mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Saturday Morning Ride-Fast Paced No Breakfast Stop
Sun Oct 12	9:00 AM	30 - 40 miles 14-16 mph	Colona Grade School Colona, IL	Determined by Riders	Sunday Morning Ride-Mid Paced Ride to Geneseo & Atkinson
Sun Oct 12	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Sat Oct 18	9:00 AM	40 miles 14-16 mph	Middle Park Lagoon, Bettendorf, IA	Bill & Kathy Storm 563-355-2564	MidPaced - Chili Lunch in the Park Ride. Ride the Duck Creek Trail & Scott County roads. Return to picnic shelter and enjoy homemade chili, sandwiches, veggies, brownies, etc. Please bring \$5 for your lunch and call Kathy by 8pm Thursday evening (10/16) for reservation.
Sun Oct 19	9:00 AM	40+miles 14-16 mph	Meet at parking lot for Boat Landing along Great River Trail in Rapids City, IL	Paul Sullivan & Cindy Bottrell 563-355-7122	Sunday Morning Ride-Mid Paced Ride to Albany for brunch
Sun Oct 19	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop

Check web site for updates and additions to ride schedule format. Last updated 08/15/2008 Cont. Page 13

October 2008 Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Sat Oct 25	9:00 AM	45+miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Saturday Morning Ride-Mid Paced Rider's Choice
Sun Oct 12	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop
Sun Oct 26	9:00 AM	30+miles 14-16 mph	Eastern Ave Park Duck Creek Parkway Davenport	Determined by Riders	Sunday Morning Ride-Mid Paced Ride to Buffalo
Sun Oct 26	8:00 AM	30+miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by Riders	Sunday Morning Ride-Fast Paced No Breakfast Stop

Check web site for updates and additions to ride schedule format. Last updated 08/15/2008

October Night Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Thu Oct 2	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Tue Oct 7	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Thu Oct 9	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Tue Oct 14	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Thu Oct 16	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Tue Oct 21	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Thu Oct 23	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Tue Oct 28	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride Ride local bike trail at night! Mt. or hybrid bike is recommended along w/ headlights.
Thu Oct 30	6:30 PM	23 miles 13-15 mph	Eastern Ave. Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	October Night Ride & Party Ride local bike trail at night! Mt. or hybrid bike recommended along w/ headlights. Plan to eat after ride at McGuire's (Harrison & 35th St, Davenport). Make reservation w/Kathy at kbstorm@aol.com by 5pm 10/29 if you plan to eat at McGuire's.

Check web site for updates and additions to ride schedule format. Last updated 08/15/2008

Ride Classification:

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.

Welcome New QCBC Members!

Joe and Terri Ahlers, Bettendorf, IA, 563-359-7760
 Patrick and Sharon Hunt, Bettendorf, IA, 563-449-9329
 Craig Johnson, Bettendorf, IA, 563-332-9709
 Barbara Monsholt, Bettendorf, IA, 563-355-2529
 Robert and Myrna Rakory, Bettendorf, IA, 563-359-9679
 Paul Myers, Bettendrf, IA, 563-271-5107
 Jackie and Susan Carlson, Davenport, IA, 563-271-5496
 Leonard Jefferson, III, Davenport, IA, 804-605-0334
 Merlene Heilig, DeWitt, IA, 563-659-2252
 Stephanie Pillers, DeWitt, IA, 563-357-6387
 James and Anne Earel, Le Claire, IA, 309-721-8453
 Kathy Hand, Fulton, IL, 563-219-1446
 Terry and Barb Lynch, Moline, IL, 309-797-6539
 Carol Snyder, Morrison, IL, 309-230-2705
 Michael and Cynthia Aubert, Port Byron, IL, 309-278-5295

Membership—Head Count

Type	Memberships	Members
COMP	20	20
COUPLE	85	370
FAMILY	93	347
IND	421	420
LIVE	4	7
Grand Total	723	1164

WANT ADS

For Sale -Bontrager Race-Lite front wheel. 700c, 20 hole rim. Used two years. New \$225, sale price \$50. Contact Kathy Storm at: kbstorm@aol.com or 563-355-2564.

Wanted - 2008 QCBC RAGBRAI T-shirt (the one with the names on the back). Size medium. Will pay top dollar . Contact John Severs at 563-571-4080.

Remember Do the Challenge Ride

Remember that the Do the Challenge Miracles Can Happen Challenge Ridge is coming up Sept. 27, starting in Wilton, Iowa. The deadline for early registration is Sept. 13. Or sign-up the day of the ride.

Help Make a Change in a Young Man's Life
 Registration can be done at Miracles Can Happen Boys Ranch
 Web site at <http://www.mchboys.com/>
 Or contact Dick Grimm at 563-445-7797 or rlgrimm@netexpress.net

QCBC volunteers needed for QC Marathon on Sept. 28

The QC Marathon Committee has requested assistance from the Quad Cities Bicycle Club for the QC Marathon on Sunday, Sept. 28.

Volunteer medical spotters will be assigned the final 3-mile out-and-back section of the route along River Drive in Illinois. Riding a mountain or hybrid bike will work best since you will be moving at a slow pace. Your job will be to watch for runners who may be getting into medical problems and communicate back to police and medical personnel who will render assistance. You will not be expected to give any type of medical assistance unless you are certified and choose to do so.

Assignments start between 9 and 11 a.m. and last about two hours. You will be given a t-shirt to wear and bike placards to place on your bicycle to identify you as part of the support team. The ``mobile needs`` also include lead runners' assistance onto the RI Viaduct, female elites' assistance onto the RI Viaduct, and split timers who are able to get to their post via bicycle.

If you can help with this important QC area-sporting event, contact **Deb Mathias, at (309) 787-6547** or mathiasdebdean@peoplepc.com.

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

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Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Coming Events

Miracles can Happen Challenge — Sept. 27

Fall Foliage Ride—Oct. 11-12

Chili Lunch in Park Ride — Oct. 18

Camp-out Ride—Oct. 27-28

Get out and Ride!

