

QUAD-CITIES BICYCLE CLUB NEWSLETTER

April 1976

DON'T MISS THE APRIL MEETING! Not only will there be slides of the 1975 race, taken by professional photographer, Dwain Mason, BUT MORE ON:

750-mile Tour de Iowa
Bicycle promotion Bumper Stickers
Who's going on the Bike-Centennial

TIME AND PLACE are, Tuesday, April 13 at 7:30 p.m. in the rooms above The Rock Island Motor Bank, 5th Ave. and 17th St., Rock Island.

THIS WILL BE YOUR LAST NEWSLETTER, if you haven't paid your 1976 dues. We've kept the dues at the low, low figure of \$2 for adults, \$1, juniors (under 18) and \$5 for the whole family. Send dues to P.O. Box 3575, Davenport, Iowa 52808 or pay up at the meeting.

IF YOU ARE INTERESTED IN RIDES other than scheduled ones, or if you want to get up a certain kind of ride on the spur of the moment, John Farrell gives us the use of the shop phone number for this information - 323-8227.

WELCOME TO NEW MEMBERS: Robert Nuckles, Greg Petersen, Judy Wachal, Davenport; Donald Michel, Charles White family, Windy Zmuda, Moline; Greg Steckel, Rock Island; David Sorenson, Bettendorf and Marcia Vande Voorde, Coal Valley.

REPORT FROM TREASURER, Ken Davie, as of March 9 follows:

The Wilcox Bikeway fund and the Moline Race profit are two separate funds earmarked for future use. The race money is the profit from the 1975 race which has been agreed upon by the race committee and the Southwest Business Association to be used in the 1976 race.

\$2,018.14 in treasury	\$ 718.47 Race money
<u>1,137.96</u> earmarked fund	<u>419.49</u> Wilcox fund
\$ 880.18 working capital balance	\$1,137.96 Total earmarked fund

MOLINE CRITERIUM DATE has been changed to Monday, May 31, with starting time moved up to 10:30 a.m. (May 31 is Memorial Day). Add Bob Frey's name to the Race Committee. A special slide presentation of the 1975 race will be shown on Channel 8. These are the same slides you will see at our April meeting. Other promotions being investigated include Bicentennial decorations, marching band and media personality race.

WE ARE ASKING CLUB MEMBERS TO SELL CHANCES on two 10-speed bicycles donated by World of Bikes and King's Cyclery. The retail value of these is over \$100 each. If you do not choose to sell the tickets and would like to contribute instead, return the tickets with a note and you will be listed on the program as a patron.

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More tickets are available from Mel Bradley, 3219 W. Dover Ct., Davenport or Terry Burke, 1557 - 29th Ave., Moline. In any event, please return tickets and/or money to Terry Burke no later than May 15.

With a larger purse this year, we expect to attract more Category I and II riders. Some of these riders were seen this summer at the 1976 Olympics in Montreal. John Hood, Sr., one of the QCBC founders, plans to compete in the Veterans Division.

APRIL RIDE SCHEDULE

PACE DEFINITIONS: Easy = 5-10 mi/hr, Moderate = 10-15 mi/hr
Fast = 15-20 mi/hr, Racing = 20-30 mi/hr

- Sun., April 4, 1:30 p.m. Vander Veer Park, Davenport, 25 mi. circuit out Hickory Grove Rd. and Rt. 6 to Y48, 1st road after crossing I-280, then N. 4 mi. to Maysville. Refreshments at Maysville Lanes. Return on Rt. 130 and S. on Pine St. into Davenport. Moderate pace, roads mostly good surface and gently rolling, some heavy traffic getting out of and back into town. Leader: Tom Schoening.
- Sun., April 11, 8 a.m. Northwest Park, Davenport, 35th & Division Streets, 23 mi. circuit. Out Brady St. to Mt. Joy, breakfast at Edgetowner, then to Eldridge on Y64, West on F45 to Y52, So. to Rt. 130 & return to Davenport. Roads good surface and gently rolling through some of Iowa's best farm land. Those who want only an 8 mi. ride can turn back at Country Kitchen, 53rd and Brady. Moderate pace. Leader: Walter Barchman.
- Sun., April 25, 7 a.m., Vander Veer Park, 47 mi. circuit. Go out Locust to Y40 and N. to Walcott, then W. on Rt. 6 to Y30, and N. to breakfast at Nickerson Farms. Then N. to Rt. 130 and return through Plainview and Maysville to Davenport. Roads good, gently rolling. Moderate pace. Leaders: Dennis Murphy and Gerald Wala.
- Saturday ride - Cordova-Albany, Ill. - Easy pace, 30 mi. Scenic route, good level road, very little traffic; lunch in Albany. Eugene and Jo Ann Lambrecht will lead you. Call them at 764-4927 to arrange agreeable day and time.
- Sat., May 1, 8 a.m., Rock Island Court House, Camping Tour to Delabar State Park, Ill. 60 mi. through Reynolds, Joy, Keithsburg. Return Sunday., moderate pace. Roads are good, some small hills near Joy. The park is on the Mississippi River near the Big River State Forest. Leaders: Ken Davie, Elizabeth Schwegler, Fred Blessin.
- Sun., May 2, 9 a.m. Vander Veer Park, 35 mi. Moderate pace to LeClaire via Bettendorf and Country Club road. Breakfast available in Bettendorf or LeClaire. Leaders: Don Bates and John Martin.

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Tues. May 4, 10 a.m. Vander Veer Park. Mothers bring your little ones along for about an hour ride at an easy pace in Davenport. Leader: Carolyn Doran.

FOR THOSE WHO LIKE TO CAMP, you might begin to consider a ride to the Amanas the weekend of May 15-16. In a letter to Carter LeBeau, the Skunk River Cyclists of Ames expressed a desire to meet members of our club at the Amanas. Some of them intend to start on Friday a.m. to arrive that evening and others will start later in the day, camp on the way, intending to arrive at the Amanas about Saturday noon. Keep in touch with Carter, if you are interested.

APRIL RACING AND TRAINING

Sunday, April 11, 25^{mi.} Time Trial will begin at 1:15 p.m. at Rock Island Cty. RR. meeting at the Memri Drive-In, Milan and to proceed there by car. This will be the first time for "Time Trial Bingo" where those with 50¢ can estimate their time for the 25 mi. Closest estimate to the actual take the pot. No watches allowed for participants, but you count to yourself.

For newcomers, a time trial is an out and back race against the clock. Riders take off at 1 min. intervals and ride entirely on their own power.

FOR SUNDAY TRAINING RIDES we will meet at Jaydon Distr. on Rt. 92 (approx. 1 mile West of Memri Drive-In) for a distance of 35-45 miles. Meeting time 1:30 p.m. Roads are little traveled, county blacktops, with some fairly steep hills. The pace will be determined by those who show. Any bicycle of 30 lbs. or less with the new 90 lb. PSI tires will be adequate.

If you are interested in improving your cycling style, increasing your fitness from training and diet, and enjoy talking about technical aspects of bicycles, come on out on Sunday afternoons.

ELDRIDGE CLUB RACES will be held each Wednesday night beginning May 5 at 6:30 sharp. In general the following rules will apply:

1. The present 19.8-23.3 mi. course will be used. In June and July it will be lengthened to 35-40 miles.
2. Two trophies will be awarded for the season - one to the QCBC member with the most points and one to the most improved rider.
3. Class "A" and "B" system used last year is deleted, although 2 groups will be started.
4. Points given will be inverse to the number of participants that night.
5. One 25 mi. time trial will be run each month.
6. Those who would merely want to ride for training on their own are welcome to come.

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USCF IOWA-ILLINOIS RACE SCHEDULE for April and May is tentatively set as follows:

April 3	30 Km. time trial	SRC, Ames, Iowa
" 4	Blackhawk Criterium	Rockford, Ill.
" 10-11	Road Race and Criterium	Carbondale, Ill.
" 11	50 Km. R.R.	SRC
" 18	100 Km. R.R.	SRC
" 25	Criterium	Des Moines, Iowa
" 25	50 m. R.R.	Will County, Ill.
May 1 or 2	Criterium	Burlington, Iowa
" 16	Criterium	Springfield, Ill.
" 30	Tour of Lockport	Lockport, Ill.
" 31	Criterium	Moline, Ill.

Above races may only be entered with USCF licenses, available from Terry Burke. It is strongly recommended that novice racers participate in club training rides before applying for a license, as competition is intense.

ROY ROUSSEAU sends along his own philosophy of BIKE RIDING ON THE HIGHWAYS which is worthy of consideration as the bike riding season gets underway in full swing.

"There has been much discussion about the rights of the bike rider to go on any road he chooses. I would like to add my philosophy of bike riding.

I believe that bike riders should have the same rights on the road as any other slow-moving vehicle. I also believe that they should use these rights with discretion and good judgment.

I do not believe that a bike rider should be on a road when he is a road hazard. When cars and trucks build up behind you waiting to go around you, the public image of the bike rider, which we are all trying to build up, will surely go down. A fast two-lane highway with heavy traffic is no place to assert your rights.

When I drive my own car, I try to remember the rules about "defensive driving". It puts the odds against having an accident a little more in my favor. The same logic holds true when riding a bike."

CONTRIBUTIONS to the NEWSLETTER should be submitted by the 1st of the month to Mary Jo Sheridan, 1711 W. Pleasant St., Davenport, Iowa 52804.