

QUAD-CITIES BICYCLE CLUB NEWSLETTER

January, 1977

JANUARY MEETING: Wednesday, January 19, 7:30pm
Northwest Bank Community Room, Locust and Wash-
ington Streets in Davenport

BEING A FRIEND to our January meeting -- a fellow biker, or someone who might be interested in getting into biking!

Program chairman for the January meeting will be Roy Rousseau. The program is to be a movie concerning the annual Great Bike Ride Across Iowa. This should be of interest to anyone who has gone on this ride, or anyone thinking of going this year. Dates for RAGBRAI V have been set for July 31 through August 6, 1977. MAKE YOUR PLANS NOW!!

In addition to the film this month, Richard Slettery and an associate from the Davenport Park Board will be present, to discuss plans for the improvement and extension of the bike path. Those who have suggestions are asked to prepare for this opportunity to present them.

Be sure to plan to attend our February and March meetings! The February program will be "Emergency First Aid for Bike Accidents", presented by the Red Cross. The March meeting will be "Emergency Bike Repairs", presented by Jerry Neff of Jerry and Sparky's. Both could prove helpful!!

Our thanks to Pam Reichardt for the two charts she prepared. The bike mileage chart was explained at the December meeting, to offer anyone an opportunity to record their mileage during the year. Several members signed up to do this. The chairman and officers chart will be completed as the positions are filled.

It was gratifying to see so many of the committees filled at our first meeting. There are some openings, as you will note. Your help would be appreciated. If you are interested, call CARTER LEBEAU to offer your assistance.

<u>COMMITTEE</u>	<u>CHAIRPERSON</u>	<u>ASSISTANT CHAIRPERSON</u>
Program	?	???
Touring Rides	Brian Major	John Martin
Social Rides	Fred Blessin	???
Racing	Terry Burke	Mel Bradley
Club Roster	?	???
Publicity	Lorraine Roth	???
Membership	Mary Jo Sheridan	???
Mississippi Valley Century	Dean Arney	Mike Kennedy
Tour de Iowa	Ben Cero	Ed Kennedy
Bike Paths	Margaret Paulos	???
Annual Meeting	?	???
Trade or Sell	Mary Soucek	???

HOW TO FALL OFF A BICYCLE

JAN 77 (6)

I often wondered how I would fall from my bike in case of an accident. I usually thought about this on a long down hill run. I had read somewhere that when you go over the handle bars you are supposed to roll when you land. However, I never could imagine myself doing this without some kind of preparation and practice.

I have watched judo classes at the YMCA go through hours of falling practices. They make a lot of noise when they hit the mat but they don't get hurt. With enough practice you can learn to fall with a minimum chance of getting injured.

I talked to our athletic director at the "Y" about this, and he agreed to give me some instructions on the right way to fall. He took me out into the gym and onto a large mat. The procedure was quite simple and easy to do.

I got into a crouch position with one hand on the ground, like a football player. Then he made me lunge forward and pull one arm and shoulder under my body. This made me roll completely over and end up in a sitting position.

After a few practices, I could roll over from either side. If I did it fast enough, I could roll right back unto my feet. It was not as hard to do as it had looked in the beginning. Relating this to the bike, I was supposed to go into a roll as I went over the handle bars.

Last year I went on the great ride across Iowa, RAGBRAE III. With 4,000 bike riders on the road, I resolved at the start that I was going to be extra cautious and not get wiped out in an accident. On the first day of the ride, before the trip was two hours old, another biker and I sideswiped each other and went down.

I rolled over him and his bike and ended up sitting on the pavement with only a scratch on my elbow. I believe I reacted automatically to the lesson I had learned at the "Y".

None of us expect to be involved in an accident with our bikes. However, serious bikers should consider some type of training for emergencies. Classes in bicycling should include lectures and training sessions with a gym instructor. Anything we can do to minimize the chances of injury will be worthwhile.

I am sure other bikers have opinions and suggestions on this subject, especially those who have been through accidents. It would be interesting to hear from them.

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Member of L.A.W. and
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