

QUAD-CITIES BICYCLE CLUB  
February, 1977

February meeting: Wednesday, February 16,  
7:30 p.m., Northwest Bank Community Rooms,  
Locust and Washington Streets, Davenport.

As spring approaches (we hope), it's time to start thinking about bike safety. Mrs. Fred Luckenbill of the Red Cross will present a program on Emergency First Aid at our February meeting. Program chairman Dr. Robert Frey will introduce our guest. The Illinois "Bicycle Rules of the Road" booklets will be available at this meeting. In addition, Terry Burke hopes to have a good racing movie at this meeting.

In spite of the record cold, we have many new members in our ranks. To all of them, a warm welcome! The following people are new to the QCBC:

Davenport: Margaret Henry, the Kenneth Lawson family,  
Bruce Loebach, and Maritia Quim.

Coal Valley: Kirsten Houtman, and Ed Kennedy.

Moline: James F. DeBlieck, Ned Gosa, and the Dr. Ralph  
Horton family.

Rock Island: Peter Hallock, Jeff Hancock, David Smith,  
and Andy Zeglin.

Marine, Illinois: Brad Fox.

Taylor Ridge, Illinois: The Joseph Wright family.

A special welcome to Dave Painter from Evansville, Indiana, who attended our January meeting, and has since joined our club!

The turnout for our January meeting was stupendous! In spite of the snow that had fallen all afternoon, the film was shown to a "standing room only" crowd - an estimated 60 members! Dedicated bikers were not deterred -- Dick Paulos and another unidentified "hardcore" biked to the meeting! Bob Hamann of the Park Board was impressed - he had expected to have a handful of people looking over the bike path plans, not a room full! He reported that the Bulletin Board will be placed in the park, off Eastern Avenue. The extension to the path will be East-West.

Brian Major is in the process of scheduling rides for this year. He had a good response at the January meeting, but there are many dates left! We particularly need those who would lead shorter and less strenuous rides. The only requirement is to have a plan, and a starting point! Rides will be published in the newsletter. Social Rides should go through Fred Blessin and Touring Rides through Brian Major.

We still need chairmen and cochairmen for some of our committees! Get involved -- it will add to your enjoyment of biking, and of the QCBC. Committees are as follows - help us fill in the blanks!!

<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	Gordon Houtman	???
Publicity	Lorraine Roth	???
Membership	Mary Jo Sheridan	???
Mississippi Valley Century	Dean Arney	Mike Kennedy
Tour de Iowa	Ben Gero	Ed Kennedy
Bike Paths	Margaret Paulos	???
Annual Meeting	???	???
Trade or Sell	Mary Soucek	???

#### Minutes of the January meeting ---

The January meeting ...was called to order at 7:30 p.m., Jan. 19, 1977. There were two guests at the meeting - Dave Painter from Evansville, Ind., and Bob Hamann from the Davenport Park Board...

Dean Arney reported the Mississippi Valley Century would be July 16-17, for either a 50 or 100 mile ride. Ben Gero said the Tour de Iowa will be one week, in each month of June, August, and September...

Terry Burke, Racing committee, says a date of May 30 was asked for - subject to change. USCF memberships are \$8.00 each.

Brian Major, Touring Rides (25 miles or more) presented his riding calendar. Hopes everyone will lead a ride. Fred Blessin, Social Rides (5 or 10 miles),... reports a tentative date of Sunday, August 28, for the Arsenal ride.

Carter LeBeau reported on the roster. Vocational school on Kimberly is putting it together. Gordon Houtman volunteered to help.

Mary Jo Sheridan, Membership,... presented some posters to be placed by members.

Lorraine Roth and Dean Arney were among those riding this month.

Bob Hamann from the Park Board presented a program on the Bike Path. The location for the Bulletin Board was decided on - Eastern Avenue Park. Construction will begin around April 1.

Respectfully,  
JoAnne Lambrecht  
Secretary

#### Club Roster ---

Printing of the QCBC Roster will be concluded after the next meeting. Any members who want their names in, must have their dues paid by that time. Get them in!!

#### Tour de Iowa ---

Ben Gero reports that dates for the Tour de Iowa have been set. The rides will start on June 11, August 13, and September 3. The schedule and estimated mileage for the June 11 ride are as follows:

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- Day 1: Davenport to Backbone State Park (100 miles)
- Day 2: Backbone State Park to Pikes Peak (40 miles)
- Day 3: Pikes Peak to Lansing to Decorah (60 miles)
- Day 4: Decorah to Hampton (100 miles)
- Day 5: Hampton to Dolliver Memorial State Park, Fort Dodge (70 miles)
- Day 6: Dolliver Memorial State Park to Spring Brook (80 miles)
- Day 7: Spring Brook to Oskaloosa (85 miles)
- Day 8: Oskaloosa to Muscatine (100 miles)
- Day 9: Muscatine to Davenport (33 miles)

Bikers on the Tour de Iowa will be camping in most areas. The August and September rides are not yet planned, but will probably be going the other way.

#### Touring Rides Start March 6 ---

Spring Training Rides will begin Sunday, March 6 at 1:30 from the Edgetowner, on Rt. 61 (Brady St.) North of I-80. Progressively more vigorous rides thru-out March will start from the same time and place. Since we seem to have a larger number of people interested this year, there will be a short meeting - after the regular club meeting, Feb. 16, to discuss our plans for club racing during the 1977 season. If you are unable to attend, be out March 6!!

Terry Burke  
Race Chairman

#### RAGBRAI ---

The Des Moines Register recently carried an article by John Karras regarding the Bicycle Ride Across Iowa (scheduled to begin July 31). The route will be announced in early March. Meanwhile, he suggested that riders begin preparing themselves "both mentally and physically (but especially mentally) for the effort."

This year, they are requiring that riders under age 18 be accompanied by a responsible adult (mainly to allow quick treatment of injuries, which require signatures). Two suggestions were made for "your physical and mental conditioning. First, assume that you're going to fall off your bicycle... Second, learn how to fall off your bicycle."

Roy Rousseau of QCBC achieved statewide fame in this article, as an expert on the fine art of falling off bicycles! Roy had ... "talked to the athletic director at the YMCA after watching judo students taking fall after fall without getting hurt, and arranged for instruction in falling down." Roy's suggestions follow.

#### How to Fall Off a Bicycle ---

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 onto 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, RACHRAI 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.

Roy S. Rousseau

Bi-State Metropolitan Planning Commission seeks our help ---

A gentleman from the Bi-State Metropolitan Planning Commission has asked that members of our club provide input to their on-going program of planning for Quad Cities transportation needs. A major objective of their current efforts is to come up with specific proposals to facilitate bicycling within the Quad Cities area. Since there has been no formal way for area bicyclists to make their desires known to the planners, Bi-State is inviting individual riders to comment on the area's bicycle transportation needs.

We are asked to concentrate on low-capital alternatives, though mention of your pet projects certainly won't hurt. Low capital projects might be such things as designation of new bike routes, changes in existing routes, changes in traffic ordinances affecting bicycles (no bikes on sidewalks, etc.) redesigning intersections along bike routes to avoid excessive stops, improvement of road surfaces and railroad crossings for safer bicycle travel, provisions of bike storage facilities where needed, etc.

I'm sure we all know of problems besetting the Quad City bicyclist today, so please take the time to write to Bi-State. Tell them the problem involved and what type of project you think would be best to deal with it. Be specific as to locations and include your name, address, and phone number so that they can follow up.

Mail your comments to:

John J. Murphy, Principal Planner  
Bi-State Metropolitan Planning Commission  
1504 Third Avenue  
Rock Island, Illinois 61201  
Phone: (309) 788-6338

Togetherness -- An Editorial

When the Quad Cities Bicycle Club meets for an average ride, there may be between 5 and 50 cyclists present. But minutes after the ride starts, they begin to spread out. Eventually it appears as though a lot of bicycle commuters happen to be using the same route.

I am not saying that everyone should ride together in "close order military formation". This is not possible because everyone does not have similar abilities, equipment, conditioning, speed, etc. But it really bugs me to come to ride with a club and see it dissolve before my eyes.

To my way of thinking it is highly desirable to ride in a group of 6-12 or so. (1) You are more easily seen in traffic, (2) You are given more respect in regards to right of way and lane usage by other vehicles, (3) You have more help available in case of accident, breakdown, etc., and (4) You make new friends, have good conversation, and a more pleasant outing.

So in a sentence, it is SAFER and more FUN to travel in groups. Now everyone do your own thing!! But why not try doing it with a larger group of persons of similar riding style?

I believe a bicycle club should look like a team rather than stragglers coming back from a double century ride.

Tom Schoening

We have received a copy of "The Bicycle Post", the newsletter of the Iowa City bike club. Their first ride (possible 100 miles) is a tail-wind ride (with provisions made to ride with the wind, transportation back to avoid riding against the wind), is scheduled for February 13!! They are hoping to have a Valentine's patch for those completing the ride. Other plans include an August 28 race day, a June 4 Midnight Ride, and a September 18 century ride.

A Note from Carter LeBeau:

He suggests that we wear more bicycle clothing to our meetings. "Who knows - we may have a photographer at our meeting some day. Seriously - I just think it adds to the enjoyment. Just like skiers wear ski clothes at lodges even if they don't ski."

Thanks for the good response to the posters. Many committed themselves to putting them up.

If you have an item you would like printed in the newsletter, you may send it directly to me. I would appreciate your sending the things as early as possible -- would really like to have everything by the first of each month, so I can get the newsletter out a little earlier in the month!

Lorraine Roth  
3403 Jersey Ridge Road, Apt. 1506  
Davenport, Iowa 52807