



# QUAD-CITIES BICYCLE CLUB

President - Dave Lefever  
Vice President - Dick Castner  
Secretary - Sue Dau  
Treasurer - Jan Burt  
Newsletter Editor - Cindy Mohr

**"AT THE HUB OF TWO STATES"**

December 1987

## The Night Before RAGBRAI

I was the night before RAGBRAI and all thru the camp not a biker was stirring because of a cramp. The bikes were all nestled by the trees for the night, in hopes that tomorrow would dawn cool and bright. The campers were sleeping all snug in their bags, while visions of corn fields danced in their heads. With some in their kerchiefs and I in my helmet, had just settled down before tomorrow's summits. When out by the Kybos there arose such a clatter, I sprang from my bag to see what was the matter! Away to the screen I flew in a zap, Tore open the zipper and threw up the flap! The moon on the dew of the fresh cut hay, would soon see us all on our way. When what to my wondering eyes should appear, but a little old man in his new biking gear. His pedals so steady, never precarious. I knew in a moment it must be Grandpa Karras. More rapid than eagles his teams they came, and he whistled, and shouted, and called them by name "Now, Wonder! Now, Tacky! Now, Skunk and Me-Off! On Hawgs! On Bozos! On Napa and Duck Tape! From Main Street in Onawa, Missouri River and all! Now, dash away! Dash away! Dash away all!" As I drew in my head and was turning around, down the camp trail Grandpa Karras came with a bound. He was dressed all in tights from his head to his foot, and his clothes were all covered with bike grease and soot. A bundle of beers he had flung on his back, and he looked like a peddler just opening his pack. His legs how long. His hair silver gray. His body so lean. He's the great one they say. A wink of his eye, a twist of his head, soon gave me to know, I had nothing to dread. He spoke not a word, but went straight to his task, and filled every helmet there was with a flask. With a click of his Bell and a kick to his stand. He mounted his bike to cross the land. But I heard him exclaim as he sprinted out of sight, "Happy biking to all and to all a safe flight!"

Merry Christmas

Your Editor

## President's Letter

I hope those of you who attended the Quad City Bicycle Club Annual Dinner meeting had as enjoyable an evening as I did - from the social hour, the food service, the recognition of volunteers and the guest speaker, Chuck Offenburger, the Des Moines Register's "Iowa Boy," I am sure many of you enjoy Chuck's column in the Register. He is as good a speaker as he is a writer. Jerry Yeast was responsible for the arrangements for the evening. Thanks Jerry, for a job well done.

I have received several suggestions as a result of the questionnaire we handed out at the meeting. We are in the process of reading and attempting to determine how we can best implement the suggestions we have received so far. If you haven't returned the questionnaire, please send it to me. If you were one of the unfortunate ones who couldn't make it to the meeting, let me know and I'll send you a copy to complete and return.

One of my goals during the next year will be to get more participation on the regular rides by people who don't feel they can or want to do 50 or 100 miles every time they get on their bikes. I think most of us who have been riding for a number of years can tell stories how we met people on the steps of a small town grocery store or service station. That's part of the fun of riding a bike that I feel some inexperienced people are missing because they may feel intimidated by stronger, faster riders; and, consequently, don't ride with the Club. I was a ride leader on one of the rides last spring when Jack and Mary Ann Clark made their first club ride. We went from Eastern Avenue to Kernan's and back. It was a difficult and slow ride for the Clarks because they had never ridden that far, and they didn't have their bikes properly

adjusted. But they have been on numerous Club rides since then and attend the Bike Club meetings. At the annual meeting Mary Ann said she wanted to ride RAGBRAI when she retires. That was the highlight of the meeting for me because I feel that I helped both of them on their first club ride.

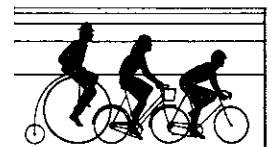
So, I have a challenge for some of you high mileage, long distance riders. Take the time on some of our spring rides to be a ride leader and accompany the slowest rider in the group. Some of those people who ride at the back of the pack are absolutely great people. (Some of the others have been in more bars but aren't bad people either.)

Future Board meetings will be held at the Bettendorf Public Library on 18th Street, a few blocks north of Spruce Hills. They will be held at 7:00 p.m. on the Monday of the week preceding the regular QCBC meeting. Traditionally we have not had a club meeting or Board meeting in December. That is true this year also

Dave Lefever  
President

## Welcome New Members!

Linda Carstens, Waukon, IA  
Linda Genther, Bettendorf, IA  
Sue Snyder, Bettendorf, IA  
Ann & Charles Tague, Davenport, IA  
Tina & John R. Langenham, Davenport, IA  
Jerry LaBonne, Davenport, IA  
John Greve, Rock Island, IL  
Allen J. Neumann, Milan, IL



The Club welcomes contributions to the newsletter from all members. You may submit your letters or articles or pictures to Cindy Mohr, Editor, QCBC, 3561 No. Willow Court, Bettendorf, Iowa, 52722., or P. O. Box 3575, Davenport, IA, 52808. The deadline is the 20th of each month.

# POST THIS PAGE

## Scheduled Rides

Join the Club on one of their scheduled rides, it doesn't seem so cold when there is a large group of us riding together!

### Sunday rides:

12/13 - Flapjack Fling  
9:00 a.m. - Eastern Ave. Dav. Bike Path  
12 miles

XC Ski Option 9:00 a.m. - West Lake, Dav.

12/20 - Winter Wonderland  
9:00 a.m. - Moline YMCA  
8 miles



### Christmas Patch Ride

1:00 p.m. - Kris Kringle's Jolly Jingle  
Duck Creek Park Bike Path

XC Ski Option 9:00 a.m. - Duck Creek Park  
Lodge, Davenport

12/27 - Slidin' Saddles  
9:00 a.m. - Eastern Ave., Davenport Bike  
Path, 28 miles

XC Ski Option - 9:00 a.m. - Palmer Hills  
Gold Course, Bettendorf

1/3/88 - Holiday Hangover and Over  
9:00 a.m. - Moline YMCA  
20 miles

XC Ski Option - 9:00 a.m. - Whispering  
Pines Shelter, Scott County Park

1/10 - Frozen Buns Brunch  
9:00 a.m. - Eastern Ave. Davenport Bike  
Path  
12 miles

XC Ski Option - 7:00 a.m. - Ross'

Restaurant, Bettendorf (park on city streets)  
see ride schedule for details

1/17 - Sixth Annual "Snowtime for a Picnic,  
But We're Having One Anyway!"

1:00 p.m. - Scott County Park Whispering  
Pines Shelter

XC Skiing, tobogganing and camaraderie.  
see ride schedule for details

Option - 12:00 noon - Eastern Ave.  
Davenport Bike Path  
30 miles

### Saturday Rides:

12/12 - Winter Waffle Wimpout  
9:00 a.m. - Moline YMCA  
12 miles

XC Ski Option - 9:00 a.m. - Saukie Golf  
Course, Rock Island

12/19 - Puttin' On The Grits  
9:00 a.m. - Eastern Ave., Davenport Bike  
Path  
24 miles

XC Ski Option - 7:00 a.m. - Ross'  
Restaurant, Bettendorf (park on city streets)  
see ride schedule for details

12/26 - Red Nosed Ridedeer  
9:00 a.m. - Moline YMCA  
15 miles

XC Ski Option - 9:00 a.m. - Middle Park  
Pool, Bettendorf

1/2/88 - "Shed" Some Snowflakes  
9:00 a.m. - Eastern Ave., Davenport Bike  
Path  
12 miles

XC Ski Option - 7:00 a.m. - Ross'  
Restaurant, Bettendorf (park on city streets)  
see ride schedule for details

1/9 - Icicles And Ice Cream  
9:00 a.m. - Moline YMCA  
8 miles



XC Ski Option - 9:00 a.m. - West Lake  
Park, Davenport

1/16 - Riders' Choice  
9:00 a.m. - Moline YMCA  
riders' choices

XC Ski Option - 9:00 a.m. - Middle Park  
Pool, Bettendorf

### Wednesday, Dentists' Rides:

12/16 - 9:00 a.m. Village Pancake House,  
53rd St. & 23rd Ave., Moline

12/23 - 9:00 a.m. - McDonalds, Davenport  
Bike Path

12/30 - 9:00 a.m. - Village Inn Pancake  
House, 53rd St. & 23rd Ave., Moline

1/6/88 - 9:00 a.m. - Village Inn Pancake  
House, 53rd St. & 23rd Ave., Moline

1/13 - 9:00 a.m. - Village Inn Pancake  
House, 53rd & 23rd Ave., Moline

**Refer to your Ride Schedule for more  
information for more information.**

# Ride Reports

## BAM '87



Friday, September 4 I traveled to St. Louis in preparation for Bicycle-Across-Missouri (BAM) 1987. Prior to this I had never ridden farther than 200 miles at one time, but while participating in the Quad Cities Bicycle Club Double Century in June, one of the other riders encouraged me to try BAM. I had the necessary mileage base, so I decided to try it.

At 6:00 a.m., Saturday, September 5, 160 riders started en-mass. Approximately ten miles into the ride we encountered the first clue as to how the local residents viewed BAM; it appeared that large amounts of used motor oil had been poured on the road, and approximately 30 riders experienced flat tires due to carpet tacks that had been spread on the road. I picked up two tacks and had to change the front tube.

One hundred and sixty miles into the ride I was back into the top 20 and Dave Tanner (from Bloomington, IN) and I started riding together. I was riding without a support vehicle, and although Dave had a support vehicle, it had dropped back to support two other riders (a husband and wife team also from Bloomington) that were going slower than him. We rode together into the night - Dave still wearing his sunglasses, since his regular classes were in his support vehicle.

We were just outside the top ten when we reached the turn-around point at 12:00 midnight. At approximately 3:00 a.m. we met Dave's support vehicle, and he was able to put on his regular glasses at last. 6:00 a.m. (24 hours) found us approximately 350 miles into the ride. Dave was getting sleepy and my feet were getting sore. Sunday was a long day with Dave having constant problems with diarrhea and me very definitely having "hot foot." By midafternoon Dave started feeling better and our pace picked up.

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## GEAR DOWN... '88

### FEBRUARY 12-14, 1988 MOUNT DORA, FLORIDA

#### GEAR Down Registration Form

Complete and detach the following form and with check or money order mail to:

**Florida AYH, P.O. Box 1108, Tallahassee, FL 32302**

**Deadline:** Registration must be postmarked by **Friday, January 22, 1988.**

Make checks payable to: **Florida AYH.**

Name	_____
Reg #	_____
Amt	_____

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Phone Number: (\_\_\_\_\_) \_\_\_\_\_

Specify days you plan to attend:      Fri      Sat      Sun

I wish to share a room with: \_\_\_\_\_  
(Send registration form in same envelope.)

Arriving in Orlando area by: Car      Bus      Train      Plane  
 Please send rental car information

VISA # \_\_\_\_\_ MasterCard # \_\_\_\_\_

#### Release of Organizers and Sponsors

In signing this release for myself or for the named entrant (where entrant is under 18), I understand the intent of this release and agree to absolve all of the sponsors, organizers and associated entities be they individual or organizations, singly and collectively of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in GEAR Down '88 or in connection with any activity associated with or related to said event. I realize that not only is the integrity of the sport of bicycling at stake when I ride GEAR Down '88, but also the lives and personal safety of myself and other riders. I will heed traffic regulations, listen to the advice of GEAR Down officials and fellow riders, ride safely and help make GEAR Down '88 the great event it is intended to be. If entrant is 18 or over, he or she signs for self

Signature of Entrant: \_\_\_\_\_

(or parent or guardian if entrant is under 18)

Name of responsible adult if participant is under 18: \_\_\_\_\_

#### Costs: (Fill in appropriate amounts)

Registration fee LA W members \$65 \_\_\_\_\_

LA W mem # \_\_\_\_\_

Registration fee for non-members \$82 \_\_\_\_\_

Join LA W, the national organization of bicyclists \$22 individual, \$27 family \_\_\_\_\_

Circle options selected:

	Thurs	Fri	Sat	Sun	
Meals:		\$20	\$22	\$12	_____

Lodging:

Private room:      \$75    \$75    \$75      \_\_\_\_\_

Double/Triple:    \$40    \$40    \$40      \_\_\_\_\_

Couple Rate:      \$35    \$35    \$35      \_\_\_\_\_

Camping:          \$ 6    \$ 6    \$ 6      \_\_\_\_\_

\_\_\_\_\_ T-shirt @ \$6 50    \_S\_ \_M\_ \_L\_ \_XL\_ \_\_\_\_\_

Late Fee (\$25) \_\_\_\_\_

\_\_\_\_\_ Information packet (\$1) \_\_\_\_\_

**TOTAL ENCLOSED** \_\_\_\_\_

\_\_\_\_\_ donation to Bicyclists Education and Legal Foundation (Tax deductible)

# ISLAND BICYCLE ADVENTURES INC.



569 Kapahulu Avenue Honolulu, Hawaii 96815

For more information contact:

Roberta Baker (808) 955-6789

Color slides and black and white prints are available on request.

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## YEAR ROUND BICYCLING IN HAWAII

ISLAND BICYCLE ADVENTURES offers a year round schedule of exciting bicycle tours to the islands of Maui, Kauai, or the Big Island of Hawaii.

"The excellent year round climate, along with Hawaii's world famous beaches, and the warm Aloha of island residents, make a wonderful place for bicycling", says Roberta Baker, Island Bicycle Adventures tour director. Baker who lives in Honolulu, has designed fun filled, six day - five night tours, of the island of your choice, be it Maui, Kauai, or Hawaii. Tours are suitable for all levels of cyclists. "We make it a point to leave room for the spontaneity and sense of adventure, that make bicycle touring such a special experience. Our commitment is to preserve a warm and personal touch of Aloha on each and every tour", she said.

The price per person is \$585.00 based on double occupancy, and includes all accommodations, all meals, maps, route descriptions, a support van, and two experienced leaders. Bicycle rentals are available. Use of helmets is encouraged, and if you don't have one they are available at no extra charge.

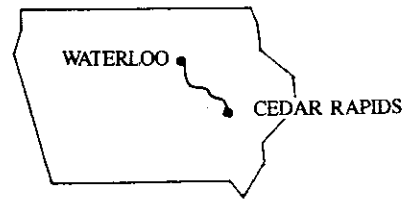
All tours begin and end at locations which have daily air service by major airlines. Your tour leaders will meet you at the airport.

A free brochure giving full information and tour dates is available from:

ISLAND BICYCLE ADVENTURES  
569 Kapahulu Avenue  
Honolulu, HI 96815  
Phone: (808) 955-6789

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# Editor's Page



Here is another in a series of information about bike trails. Keep in mind that these trails are open all year, so if you aren't a cold weather biker you can use them for cross country skiing or hiking. We are fortunate to have so many trails available to us, most within a few hours drive.

## Cedar Valley Nature Trail

This nature trail is located between Waterloo and Cedar Rapids, Iowa. It was developed on 52 miles of the abandoned Illinois Central Gulf railroad. The route goes through the Cedar River bottomlands, along forested banks of the river and rolling farmlands, where young trees are punctuated by open vistas.

This trail has the distinction of being the longest trail in the country that links two metropolitan areas and is the only nationally designated bike trail in Iowa.

As with the other trails, the surface is chipped limestone and is designed for comfortable touring or hiking. As quoted in the brochure, "Leave nothing but foot (bike or ski) prints; take nothing but pictures. The development of the trail was made possible by private donations, help from the Iowa Natural Heritage Foundation, federal Land and Water Conservation Fund and the Iowa Legislature, which appropriated \$130,000 from a bequest of Glenn Grover Herrick.

Some towns you will pass through are - La Porte City, Gilbertville, Brandon, Urbana, Center Point, Cedar Rapids, Hiawatha and Marion. There are many accommodations and points of interest along the way.

For more information, write:  
Old Interurban Trail, Inc., P. O. Box 1077  
Waterloo, IA 50704

