



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"



I.

HEIGH HO!
 March has come, and still the snow
 Lieth white on plain and fell, —
 Lieth cold in woodland dell;

II.

While the north-wind bloweth,
 While the streamlet floweth
 Through the silent vale,
 'Neath a coat of mail.

III.

Nature sleeps! O balmy breath of spring,
 Wake her with thy tenderest kiss!
 Wake her, O bright birds, and sweetly sing!
 For I love her — tell her this

IV.

Then my wheel —
 Now but cold and useless steel —
 Like a thing of life and light,
 Like a thing of strength and might,
 Will this sadness all requite.

Charles Richards Dodge.

March 1988

President's Letter

Just recently two QCBC families have had children die. Bob and JoAnn Frey's son died in New York City on Saturday, February 20. He was a young man who dedicated his life to theater and gave the Frey's much to be proud of. He had been in the cast of the Broadway hit "Starlite Express." Some of you may know that the Frey's had a son killed several years ago when he was in his early 20's. I know that you join me in offering our prayers and thoughts to Bob and JoAnn during this time of sorrow.

Bob and Kate Rutledge's son Kirk was killed in a traffic accident on February 18, while on his way back to school in southeast United States. Bob and Kate Rutledge have organized "Ruts Chili Ride" every fall for several years. The Ruts have ridden to and from RAGBRAI for several years, since Bob's retirement. The Rutledges also have our deepest sympathy.

For those of you who don't read Bill Wundrum, it seems as if Carter LeBeau will do anything to get his name in that space. I thought it would take an opportunity to get on the Johnny Carson Show for Carter to get married. Best wishes to Carter and Eleanor!

In the past I've asked for suggestions and you have willingly responded. Now, I ask again. How do we get bicylists to recognize that they have a right to the road but not the whole road?

Dave LeFever

Attention Novice Riders:

Here is information on the **1988 NOVICE RIDES:**

These rides have the object of showing the

fun of Club riding and of recruiting new Club riders. Routes will be selected for pleasant cycling on scenic, low traffic roads. Distances will be moderate (20 - 25 miles). Support will be given by experienced Club members riding at the front, middle and rear of the groups, and by a following sag wagon. Riders can go at their own pace, and stop for refreshments at stores and restaurants on the route.

Three rides are scheduled -

Saturday, April 30, 9:00 a.m.
from Scott County Park

Saturday, May 7, 9:00 a.m.
from Scott Community College

Saturday, May 14, 9:00 a.m.
from Moline Airport Park


Leaders will be Fred Blessin, Don Davis, and Charles Sattler.

Fred Blessin

STERLING SILVER 10-SPEED

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A CHARM,
A KEY CHAIN...
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_____	STERLING SILVER PIN/TIE TAC	\$16.95	_____
_____	14K YELLOW GOLD (LESS CHAIN)	\$48.95	_____
		SUBTOTAL	_____
		IOWA RESIDENTS ADD 4% SALES TAX	_____
		SHIPPING & HANDLING	\$1.25
		TOTAL AMOUNT ENCLOSED	_____

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STATE _____ ZIP _____

RAGBRAI 16

It is hard to imagine hot summer days in the midst of snow and freezing temperatures, but it is once again time to begin thinking about RAGBRAI. The Register's Annual Great Bicycle Ride Across Iowa is in the works, and you don't want to miss the deadline for the largest organized bike ride in America. We have a limited number of spaces and they will be given on a first come, first serve basis.

The Des Moines Register has set a deadline for everyone - individuals, clubs, teams and groups - of April 1, 1988. In order for us to meet their deadline, **our deadline is March 15, 1988.** The route has not been announced but as always, it will begin somewhere on the western boundary of Iowa and end at the Mississippi River on the eastern border. So mark your calendar to include the week from **July 23 - 30** and send your money and registration in now!!

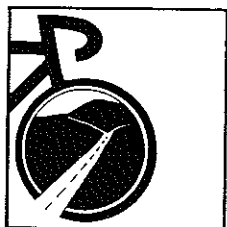
The cost for this year's full service charter is \$50 for QCBC members, \$60 for non-members, **PLUS** the Des Moines Register's \$25 charge for a RAGBRAI XVI "FEE PAID" tag. The optional return bus from the eastern terminus back to Davenport on Saturday, July 30 is \$15. The Club will also carry your gear between overnight stops if you care to provide your own transportation to the western starting point for a fee of \$20 to QCBC members, and \$25 for non-members. **YOU MUST HAVE A "FEE PAID" TAG TO USE THE QCBC CHARTER BUS OR TO HAVE YOUR GEAR CARRIED ON THE QCBC TRUCK FOR THE OVERNIGHT STOPS.**

A form to sign up for the Club's services and further information can be found elsewhere in this month's newsletter. Remember, our deadline is MARCH 15, 1988, so don't delay.

RAGBRAI Drivers Needed

The QCBC RAGBRAI Committee is looking for two people to drive the Ryder trucks that carry the baggage on RAGBRAI. This is a paid position. You must be 21 years old and have a valid driver's license. You must be available from Friday, July 22, 1988 through Saturday, July 30, 1988. This is a great way to be part of RAGBRAI if you cannot bike. The deadline for these positions is April 15, 1988. If you are interested, call (319) 359-8415. If this phone number is a long distance call for you and we must call you back to answer any questions, we will call you collect. Don't delay.

MARCH QCBC MEETING



Tuesday, March 15, 1988

7:00 p.m.

Palmer College Library Auditorium

Paul Scheibelhut will discuss and demonstrate basic bicycle maintenance. Every cyclist, even those who never turn a wrench, should know what's required for safety's sake and what will make a bike run better and last longer. With the spring cycling season almost upon us, the timing couldn't be better. Don't be caught with frayed brake cables - join us!

1988 Iowa Bicycle Rides

May 7 - Spring Reflections Ride

25 miles or 60 miles

\$8 before April 23 - \$10 after

fee includes breakfast, sag, prizes, maps

Contact Rosemary Hruska, Pine Lake

Christian Center, Box 535, Eldora, IA,

50627, 515-858-3284

May 14 - 15 - Pine Lake Tour - UNI Dome in

Cedar Falls to Steamboat Rock

leaves 9:00 a.m., fee includes camping and meals

Contact Rainbow Cyclists BikeLine, Carla

Carter, P. O. Box 2463, Waterloo, IA, 50704,

319-233-0128

May 14 - 15

MS-150 - Multiple Sclerosis

75 miles each day, Des Moines to Boone and back

\$25 plus pledge of \$150, includes lodging, food, sag, t-shirt, door prizes

Contact Charles Pool, 833 University,

Des Moines, IA, 50311, 515-223-8121

May 7

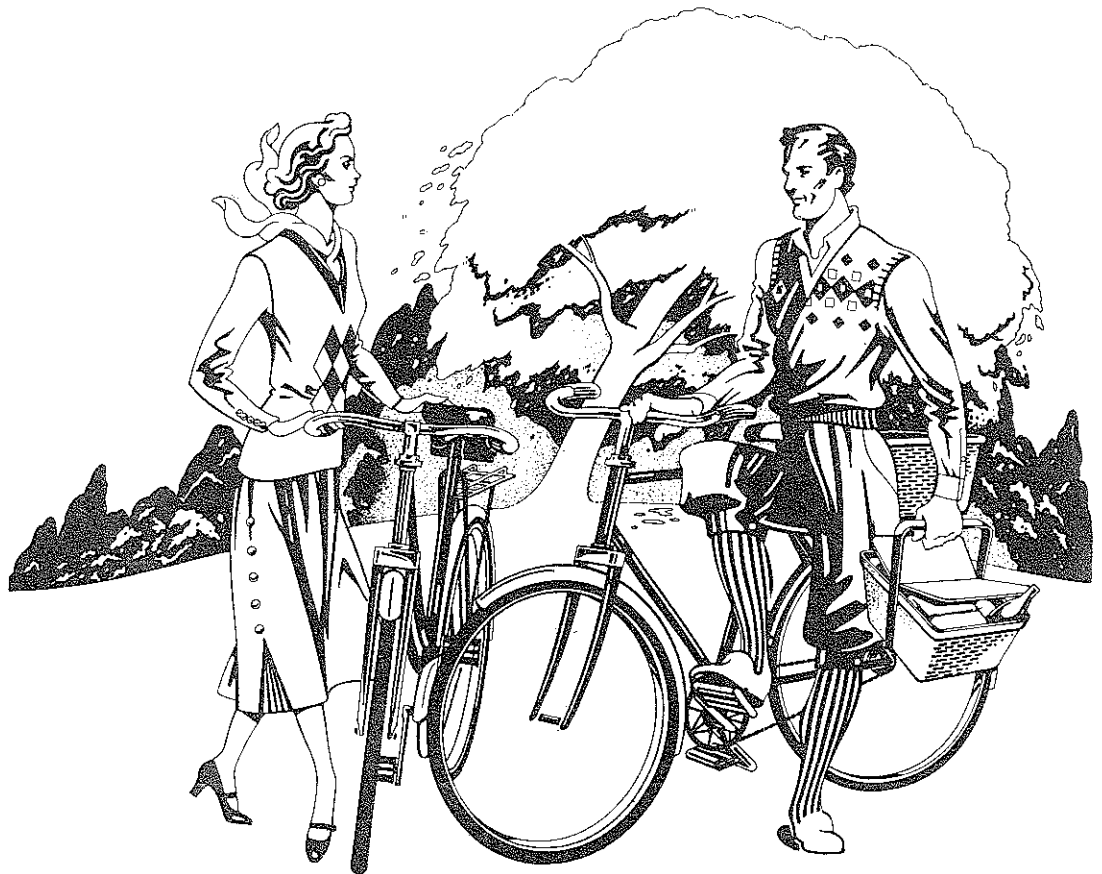
MARSHMALLO - Ride Around Marshall County

Think Spring II - The Sequel

There's no better way to put winter behind you than to celebrate the new riding season at the Second Annual Spring Picnic.

The Date: Sunday, April 17, 1988 (rain date, May 1)
The Place: Whispering Pines Shelter, Scott County Park
The Time: A 31-mile ride begins at 12:00 Noon
a 12.5-mile ride begins at 1:30 p.m.
Food will be served beginning at 2:30 - 3:00.

The Club will provide soft drinks, beer, hot dogs and brauts. Bring a salad, covered dish, or dessert to share, if you can. If you can't, come anyway. Last year's picnic was fun, and this one should be better!



Quad Cities Bicycle Club Scheduled Rides

Wednesday Dentist's Rides

March 24

Ruffles Ridges Rides

8:00 a.m. - Village Inn Pancake House, 53rd St. & 23rd Ave., Moline

March 31

Th-That's All Dentists!!!

8:00 a.m. - McDonalds, Davenport Bike Path

Saturday, March 20

Rock River Roundabout

8:00 a.m. - Village Inn Pancake House, Moline, 15 miles

Novice Rides:

Saturday, April 30

9:00 a.m., Scott County Park

Saturday, May 7

9:00 a.m., Scott Community College

Saturday, May 14

9:00 a.m., Moline Airport Park

Sunday, March 21

Over the River and Through the Woods

8:00 a.m. Eastern Ave. entrance, Davenport Bike Path, 35 miles

Saturday, March 27 - Ruffles Ridges Ride

8:00 a.m. - Eastern Ave. entrance, Davenport Bike Path, 35 miles

Sunday, March 28

Th-That's All Folks!!!

8:00 a.m. - Airport Park, Indian Bluff Rd., Moline, 58 miles

Watch for the new **Quad Cities Bicycle Club 1988 Ride Schedule and Membership Roster** in the mail soon!

Don't let your membership expire - use the renewal application on the back page of the newsletter.

Remember the eleventh annual TOMVR is coming up on June 11 - 12, 1988 - Get your application in soon - \$30 through March 31
\$35 through April 30
\$40 through May 31
no registrations after May 31

DO YOU ENJOY RIDING THROUGH THE COUNTRYSIDE WITH OTHER BIKERS ?

If you answer yes and enjoy great food and a nice bed,
we'd like to tell you more about our tours
this coming summer.

**FOX VALLEY
WEEK**

JUNE, 19 thru 24th
355 miles



**HIDDEN VALLEY
WEEKEND**

JULY, 30 & 31st
80 or 150 miles

Call (414) 671-4560 or drop a post card to:
POWWOW TOURS c/o
Dennard Corp. 3533 W. Lapham St.
Milwaukee, Wi. 53215

\$10 by May 1, includes t-shirt, sag, goodies,
 \$3 on day of ride with no t-shirt
 Contact Iowa Valley Bicycle Club, Wayne
 Cordes, 103 Harmony Dr., Marshalltown, IA,
 50158, 515-752-5932

May 28 - 29
 MITTU IV
 Newton to Amana Colonies, 134 miles round
 trip
 breakfast at 6:00 a.m. in Newton and
 breakfast at Ox Yoke Inn on Sunday
 bed & breakfasts available, camping also
 available
 \$25 - \$30
 Contact Ad Hoc Committee of Cyclists of
 Newton, Dave Boyd, 1013 E. 17 St. N.,
 Newton, IA, 50208, 515-792-7905

This list is compliments of the League of
 Iowa Bicyclists

QCBC 200 (and more)

Endurance riders will again be offered an
 opportunity for a club sponsored double
 century in 1988. Input from last year's
 participants will reflect some changes as to
 date and route, but basically the concept
 remains intact.

Events surrounding this year's double may,
 however, put it into a slightly different
 perspective with it serving as part of a build-
 up series leading to a triple century in
 August.

By offering a series, we feel a structure for
 novice endurance riders is created. So
 mark these dates and events on your
 calendar.

<u>DATE</u>	<u>NATURE OF RIDE</u>
May 7	One-Stop Century - not in ride schedule
May 21	Non-Stop Century - not in ride schedule
June 4	Jan Burt double-Metric - scheduled ride
June 11-12	- TOMRV - offers opportunity

for back to back centuries -
NATURE OF RIDE

<u>DATE</u>	<u>NATURE OF RIDE</u>
June 18	QCBC Double Century - scheduled ride
Aug. 6	Quad-Metric (250 miles) if the interest is there.
Aug. 20	Triple Century - scheduled ride (GO FOR IT)
Sept. 10	You should have at least a base of 2,000 miles before attempting a double century. The build-up series preceding the double will provide 500 miles by themselves.

We will do a better job of communicating
 finishers results this year, also. Fliers will
 be sent to regional clubs and bicycle shops
 with information about distinguished
 finishers. Times will be recorded for
 individuals convenience.

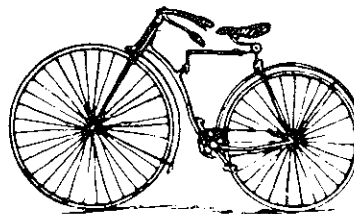
Keep in touch via the newsletter or by
 calling the writer.

Joe Jamison
355-8350

Classifieds

Rack for 4 bikes, roof mount
 call Jan - 309-441-5919
 \$50.00

Trek 620 touring bike
 21" frame, fenders, excellent condition,
 new paint job
 call Jan - 309-441-5919
 \$350.00



Rover 1885

RAGBRAI 16

Please use the form below to register for the QCBC full service charter for the 16th Annual RAGBRAI. Check the services you wish to receive in the space provided. You may zerox the form. Use only one person per form. Save the upper portion for your records.

FEES:

\$50 - QCBC members \$60 - Non-members

Fee includes:

1. Transportation from Davenport to the western departure city on Saturday for you, your bike and camping gear.
2. Daily baggage service between overnight stops.
3. Transportation of your gear from the eastern terminus back to Davenport on Saturday, July 30.

FEE charged by the Des Moines Register - \$25 - Everyone must have this "FEE PAID" tag.

**FEE for baggage service only - \$20 for QCBC members
\$25 for non-members**

This fee is for persons who will provide their own transportation to the western starting point. The fee will include only the Club carrying gear for the overnight stops.

Optional Bus Return to Davenport - \$15

If sufficient interest is again shown we will provide a bus for transportation for you and your bike from the eastern terminus back to Davenport on July 30. **If you are interested in this service, please make a separate check to cover this cost.** Your check will be returned if a bus cannot be filled.

If you have any questions, you may call **(319) 359-8415**. If this phone number is a long distance call for you and we must call you back to answer any questions, we will call you collect.

Fill out the registration form below and return it with your check(s).

DO IT NOW!! WE MUST HAVE YOUR REGISTRATION AND CHECK NO LATER THAN MARCH 15, 1988.

MAKE CHECKS PAYABLE TO QCBC, RAGBRAI XVI

Name of Rider _____

Mailing Address _____ City _____ State _____ Zip _____ Phone _____

Age on 7/23/88 _____ Adult Sponsor if under 18 _____

Rider's Signature _____ Sponsor's Signature _____

Basic Charge:

QCBC Member	\$50.00	_____
Non-member	\$60.00	_____
QCBC Member	\$25.00	_____
Non-member	\$25.00	_____

Des Moines Register Fee:

Baggage Service Only

Everyone must pay the Des Moines Register Fee

Optional Bus Return to Davenport \$15.00 _____

MAIL TO QCBC, RAGBRAI XVI, BOX 2534, DAVENPORT, IOWA 52809

Editor's Page

I'm going to take a break from bike trails and share with some "Wet-Weather Riding Tips" taken from the Bicycle Touring newsletter.

Something more unpleasant than changing a flat tire on the road is changing a flat tire on the road in the rain! I don't mind riding in the rain as long as I can keep riding - it doesn't seem as though you get as wet than if you stop and get off the bike. I'm sure it's all in the mind - anyway with the wet weather season here I thought a few tips would be appropriate - simple as they may seem.

First and foremost, rain gear is a necessity. Not only does the rain gear keep the rain off, but when you get wet you get cold and even in temperatures of 60 degrees, along with a breeze when riding, hypothermia is a possibility. If not hypothermia, just downright uncomfortable. The article suggested that if you are on a long tour you should invest in a quality rainsuit. Short distances only require a poncho. If you don't have any rain gear, wool or polpropylene and other synthetics will insulate when wet.

Rain causes low visibility, both for the cyclist and the motorist. I'll never forget the time I had my head down riding along in a pouring rain and ran smack dab into the back of a car. What a surprise, besides being embarrassing! Not to mention dangerous! This is when contacts are nice, because you don't need wipers on your glasses.

To make sure the motorist knows your out there in the rain, wear bright yellow or orange.

When I read the suggestions of lightweight plastic fenders to keep the dirty road water off your bike, I didn't think that would go over too well, unless fenders come back in vogue. Nice idea though. Of course, if you

just spent \$200 for a quality rain suit, you might want to consider fenders.

Wider tires during the rainy season are also suggested. A 1.25 inch or 32-mm tire puts more rubber on the road. You will improve traction by inflating them 10-15 psi below recommended pressure. Be careful not to ride on severely underinflated tires. That will damage your tubes and rims.

Braking is not as responsive when your rims are wet. Some pads are better than others in the rain - consult with your bike shops. Brake early and avoid extreme leans in corners. Certain materials on the road are extremely slippery when it rains. Be wary of steel manhole covers and bridge surfaces. This may sound strange, but I remember a rainy spring morning when the road was literally covered with dew worms making it slippery. One interesting point was made - the longer it rains the safer the road becomes due to the washing effect the rain has on the surface.

And last but not least, always wipe clean your chain, freewheel and chainrings, not to mention the rest of your bike. It really does keep them in good condition. With the cost of bikes these days, I think the time is worth it.

Enjoy the rainy season! Spring is a wonderful time of the year - my favorite. The rains usually don't last all day and it is beautiful when they quit!

Wanted: TOMRV Sag Wagon Staff

It's a fairly well-kept secret that the best way to enjoy TOMRV is from a sag wagon, not a bicycle seat. The training requirements are much lighter. You get to see and chat with all the riders. And you get the satisfaction of knowing that your presence made TOMRV a better ride. This year, the ride will be held on the weekend of June 11 - 12. If you are interested, or would just like to discuss it further, please call me at 326-5975, weekday evenings or weekends.