



QUAD-CITIES BICYCLE CLUB

President - Dave LeFever
Vice President - Dick Casner
Secretary - Sue Dau
Treasurer - Jan Burt
Newsletter Editor - Cindy Mohr

"AT THE HUB OF TWO STATES"

**The Quad City
Bicycle Club
is ready
to serve up
the following
for your enjoyment
at the Annual Dinner**

Tuesday, November 15, 1988

Cocktails at 5:30 p.m.

Dinner at 6:30 p.m.

Moline Holiday Inn



Hear
Guest Speaker:
Don Cuerton, Editor-At-Large
Bicycling Magazine

Meet New Club Officers

Reminisce About Your Rides

Enjoy A Good Meal

Become Eligible to Win -
One of the first five spots
on TOMRV 12
A Bicentennial Five-Day
Bicycle Tour for Two in
Door County Wisconsin

October

NOVEMBER 1988

**WIN a tour of Door County
or a spot on TOMRV!**

details inside

From the President

Some people have all the luck! At the regular Club meeting at the Duck Creek shelter there were only five or six people present at 7:00 p.m. when the meeting was scheduled to begin. So, for the first time since I've been president I put my name in the box for the helmet drawing. And sure enough, I won. Although I'm not sure it was worth the considerable guff I've had to take from the others present at that meeting, after about two minutes, I got over being ridiculed.

On September 16, Linda Simander called me. She asked if I remembered the drawing that Bicycling magazine held for an all expense paid trip for two to the Australian Centennial Bicycle Ride. Then she said some one in the Club had won the trip. I finally tumbled to the fact that Linda was the winner. Due to work conflicts, Linda's husband, John, will be unable to make the trip, but Pat Bolton seems to be able to fit it into her schedule. It isn't often that I am jealous, but this is one of those times. I'm sure that Linda and Pat will have some great experiences to share with us when they return from the land downunder.

How do you handle your attitude toward bicycling with the approach of fall and winter? We all have many things to keep us busy, i.e., vacations, commitments to children and shorter days have a negative effect on the amount of time we can spend riding. But what about the positive things about this time of the year? Some of the most popular rides available are taking place in the fall. Remember the Fall Foliage and the tour of Van Buren County? If you have forgotten those rides, make a note to yourself to investigate them for next year.

Did you ever hear of the year- end sales? Bicycle shops also have those types of sales, and many of them are anxious to get rid of some of the inventory rather than carry it over the winter. It's also a good time to pick up some thing special for Christmas for your bicycling friends. The QCBC has long and short sleeve T-shirts, jerseys, head bands, and patches for sale. It is also the perfect time to get those winter riding clothes ready. Most of us probably own clothes that are suitable for winter riding but have never put it all together. Try one of the weekend

rides and see how others dress for winter riding.

Elsewhere in the newsletter you will see information on the QCBC Annual Dinner - Be sure to mark November 15 on your calendar!

Dave

Welcome New Members!

from Howell, MI:
Karen & Mike Eckhardt

from Keosauqua, IA:
Linda & Jim Davis

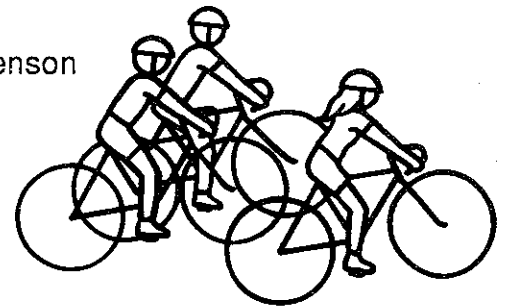
from Clinton, IA:
Joe Jungen

from Donahue, IA:
Barb & Jim Yetter

from Davenport, IA:
Anabel Flaherty
Jane & Clem Werner

from Milan, IL:
Rebecca Christenson
Bonnie Martin

from Moline, IL:
Judy Karr
Paul Nilles



October Meeting

Tuesday, October 18, 1988
7:00 p.m.

Palmer College Library Auditorium

There is no reason to put the bike in storage once the weather turns a bit less hospitable. Joe Jamison and Charlie Sattler, two of the Club's most active year-round riders, will give us a number of tips on how to enjoy winter cycling. comfortable clothing and other essentials will be discussed. This is the meeting for those of us who, when it comes to cycling in January, get cold feet.

To All QCBC Members:

On the back of this newsletter you will find a new membership application form. In it are several new questions concerning your cycling interests. When you renew your QCBC membership, please take a few minutes to fill out a new application, answering these questions. While we always like to keep our records as up-to-date as possible, we would especially like to learn more about our members' interests and to best serve them.

Thank you for your cooperation, and I hope that it will result in an even better schedule of rides, events, and programs.

Sue Dau, Secretary

Lost & Found During RAGBRAI

2 pair of cycle gloves, 1 tire pump, 1 tape player, 1 rain fly
call Griff Tucker at 319-5184

Editor's Comment - The contributions of ride reports have really increased - thanks to all reporters. I would love to give some space to you racers and mountain bikers too. Send me your articles and pictures!

Ride Reports

Sunday, September 11, 1988 - Club Ride
Riverside Park - Where have all the riders gone? Where was Bob Coll, Linda Simander, Leon VanCamp, Louise and John Jesson? A person used to be able to count on some familiar faces on every Sunday ride and a few new ones. What we got was a beautiful day with a fairly new club member Rick Ross sporting a new bike and the two of us. We had a great ride to Erie after giving Rick directions to Albany and back to Moline. (Head west on the Erie-Albany blacktop until your feet get wet, then turn left.) Hope he made it!!! Club members, please come out and ride on these wonderful fall days.

Jan & Jerry



QCBC Century Ride - September 10, 1988

What a beautiful day it was - just as we promised it would be! Sunny, 82 degrees, 26 percent humidity, and to top it off very little wind in the morning, followed by S.E. winds in the afternoon to blow everybody home again. Sixty-five riders left the Geneseo City Park to see such towns as Cambridge, Bishop Hill, Galva, Toulon, Osceola, Kewanee, Atkinson. They were treated to new roads never seen before or biked on by most riders. Tree shaded lanes and rolling hills dotted with welcome sags where homemade cookies, bananas, Fig Newtons, grapes, Oreos, O.J., and good old water could be had from the friendly volunteer sag people. Our special thanks to Jason Wagner and Cathy Burt in Bishop Hill, ever reliable Gayle Campbell in Toulon, and Terry Coll at the church on the Atkinson Road. We enjoyed all of the preparation necessary to put on the Club century and look forward to next year when we ride and someone else puts on their version of the QCBC Century in Iowa.

Jan & Jerry

Iowa City Century, September 18, 1988

The Iowa City Bike Club did an excellent job on their century this year! If you didn't make their ride this year, you should remember it for next year. It is always a hilly ride, but definitely worth the hills to see the beautiful scenery. This year they took us through North Liberty, the Amanas, Marengo, Williamsburg, Parnell, and Oxford Corner. This is what biking is all about - to get out and see new roads and new sights. Their sags and homemade cookies, and homemade muffins - you sure can't beat that combination. We had a great ride.

Jan & Jerry

Halloween Parade

Once again the Quad City Bike Club will line up near John O'Donnell Stadium in Davenport on Monday, October 31, 1988 beginning at 6:00 p.m. and be a part of the Davenport annual Halloween Parade. The theme this year is "movies;" however, a costume is not necessary to participate. So, bring your bikes, tandems, buggers, kids, and whatever and be in a parade!

QCBC 300

Fly Across Iowa on A.I.R. the Across Iowa Ride

Thus was announced the first organized triple century ever by the Quad City Bicycle Club.

Of the original eight who pre-registered, six finally were able to participate. They were:

Steven Gay, Wood Dale, IL
Paul Black, Des Moines, IA
David Holmes, Davenport, IA
David Meredith, Downers Grove, IL
George Atkinson, Rock Island, IL
Joe Jamison, Bettendorf, IA

By 4:45 a.m. on August 20, 1988, all participants had arrived for the pre-ride briefing at the intersection of Routes 3 & 12 in Akron, Iowa. After some hurried introductions, some snapshots and a quick explanation to the Akron patrol squad about why we were in their particular parking lot, we managed our planned mass start at 5:00 a.m.

We left Akron via Route 3 (which we would follow for the entire crossing) and immediately began our climb out of the Big Sioux River valley into extremely dense fog. Fortunately, traffic was very light, and the fog caused no concern for safety. Support vehicles followed with lights flashing, so riders were amply protected.

Finally, the pack of six riders, conversing and getting acquainted during the early miles, was reduced to five, as Dave Holmes broke the pace and struck out solo. Dave had established a personal objective to average 20 m.p.h. for the 320 miles we would cover.

Shortly thereafter, Steve Gay would also separate leaving the remaining four riders to continue as a pack. This established the pattern for the first 150 miles.

Steve would eventually catch Dave during this time, and they rode together briefly until Steve struck out again arriving in Waverly (218 miles into the ride) first. At Waverly, a motel room (showers) and an adjoining restaurant

(pasta) awaited the riders offering a break prior to tackling the final 100 miles of night riding and Dubuque hills.

Dave would arrive at Waverly while Steve was still preparing to leave. For some distance thereafter, Dave and Steve were in range of vision.

Meanwhile, in the pack, Dave Meredith and Steve Black pulled away leaving George and Joe to bring up the rear. This occurred at about mile 150, and it was at this point that George and Joe discussed the fact that George had done no ride longer than a century and only two of those. Still, he was riding very strong after finishing the first 100 miles in just over five hours.

At this point our strategy was to establish a pace more conducive to finishing than to being competitive.

Paul and David would do the rest of the ride in "Shermerland" and not much of their story is known except that Dave commented he owed Paul a lot for sticking with him through the hills.

George and Joe reached Waverly about 7:00 p.m. and shut down until 8:30 p.m., after a much needed rest. From this point until we hit the big hills about 40 miles later, all went well. The hills did slow us considerably, but we finally hit Dubuque city limits "within the limit."

Steve Gay would finish his 320 miles at 10:59 p.m. or 17 hours and 59 minutes or an 18.2 m.p.h. Awesome!

Dave Holmes was approximately 20 - 30 minutes behind Steve - also an excellent effort.

Dave and Paul finished together - we're uncertain of their finishing time.

The two biggest stories had to be:

1. The powerful display by Steve Gay - a veteran of RAAM and many other significant achievements.

Post This Page

QCBC Scheduled Rides

Dentists' Wednesday Rides - start at 8:00 a.m. on Wednesdays. The starting place alternates from McDonalds, Davenport bike Path to Village Inn Pancake House, 53rd St. and 23rd Avenue, Moline, with the October 12 ride starting from McDonalds, Davenport Bike Path.

Saturday Rides:

October 15 - Laboring On The Erie Canal

8:00 a.m. from Riverside Park, Moline
28 miles

Option: 72 miles

October 22 - Wild Cat Spook

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

Option: 50 miles

October 29 - Avocet Autumn Odyssey

8:00 a.m. from Riverside Park, Moline
36 miles

Option: 53 miles

November 5 - The Three B's Bike It

8:00 a.m. from Eastern Ave. entrance Davenport
Bike Path
37 miles

November 12 - Up River Pedal

8:00 a.m. from Riverside Park, Moline
45 miles

Sunday Rides:

October 16 - Truckstop Stomp

8:00 a.m. from Eastern Ave. entrance to
Davenport Bike Path
40 miles

October 23 - Chowhounds Charge

8:00 a.m. from Riverside Park, Moline
45 miles

October 30 - Witch's Wobble Halloween Patch Ride

1:00 p.m. from Duck Creek entrance, Davenport
Bike Path - see ride schedule for details

Option: Eastern Ave. entrance to Davenport Bike
Path, 40 miles

November 6 - Zefal Zinger

8:00 a.m. from Jaydon Distributing co, Andalusia
Rd., Milan, 42 miles

November 13 - Long Grove Loafer

8:00 a.m. from Eastern Ave. entrance, Davenport
Bike Path, 34 miles

Special Activities Calendar:

October 18, 7:00 p.m. - October Club Meeting - Palmer College Library Auditorium

October 30, 1:00 p.m. - Halloween Patch Ride - Duck Creek entrance to bike path

October 30 - Burlington Cyclocross - Burlington, IA, call Tom Clayton 319-752-9620

October 31, 6:00 p.m. - Davenport Halloween Parade - John O'Donnell Stadium

November 11, 8:00 a.m. - Veteran's Day Ride - Eastern Ave. entrance Davenport Path

November 15, 5:30 p.m. - QCBC Annual Dinner - Moline Holiday Inn

QCBC Annual Dinner
Tuesday
November 15, 1988
5:30 p.m. - cocktails
6:00 p.m. - dinner
Moline Holiday Inn

The speaker for the evening will be Don Cuerdon. Don is the Editor-at-large for bicycling Magazine as well as being associated with several other bicycling and cross country skiing publications. He has participated in numerous bicycle tours and races throughout the world. Including Paris-Roubaix Randoonee in France and the Iditabike Mountain Bike Race in Alaska. I think you'll find him to be a very enjoyable speaker.

You'll also have a chance to meet your new officers and directors for 1989, reminisce about the previous years bicycle rides and just have a good time. To cap off the evening, there will be several door prizes given away including the following:

The first five spots on TOMRV 12 (here's your chance to be #1)

A Bicentennial five-day bicycle tour for two in Door County WI

So come out and enjoy the fun. Tickets can be purchased through Saturday November 12 at the following stores. Tickets will not be available at the door.

Bike & Hike - Jerry & Sparky's - On Two Wheels

Cost - \$8.00

QCBC 300 - continued

2. The gutsy performance of George Atkinson - a rookie to endurance riding in every sense except the mental toughness required by this sport. He simply willed himself to finish.

We had excellent support. All crews helped all riders, and in doing so created a very intimate atmosphere.

Gayle Campbell was the Club's official support vehicle driver and displayed some real stamina himself by staying awake from 4:00 a.m. Saturday until at least Noon Sunday. Thanks again, Gayle!

Everyone agreed it was a neat experience and an excellent training ride for BAM.

We'll do it again in 1989!

Joe Jamison

Ultra-Week

At 8:45 a.m., 56 men and 9 women began to line up at the start line for the Wisill 24-hour Race. Each year in late July Lon Haldeman and Susan Notorangelo change Capron, Illinois from a small rural town to a national center for long distance bicyclists. The participants in the 600 mile RAAM qualifier race and the Boon Docks Double Century rode past us while Lon was giving us our instructions.

Ahead in the pack I saw Bruce and Becky Perry on their tandem and David Holmes. I lined up with Sharyn Kozora because we first met as crew persons during the 1986 RAAM qualifier and again as crew captains for the 1987 RAAM. Now the roles were reversed as sister Marie Costellic and son Steve Gay would be crewing for us. Marie gave both Sharyn and me a big hug, and then the fire truck lead us out of town. I thought about the poster near my windtrainer that refers to having the courage to enter the race and realized I had passed the first hurdle.

It took me 48 minutes to complete the 14-mile south loop and then 55 minutes to cover the 15-mile north loop. By the time I finished the first

29-mile lap, Chris Cox had arrived with his whistle which he used (and abused) during RAAM. Chris, who built my bicycle and provided so much technical and moral support for Steve during RAAM, was able to run along side of me, hand me bottles of water and Ultra-Energy, and blow his whistle, all at the same time. Grandson Andrew went scrambling after the empty bottles.

A fast rider in a black helmet flashed past me when my computer read 97 miles. I felt proud to have ridden that far before being lapped by Jim Amelung, winner of the 1986 qualifier and the 1987 24-hour race.

Traveling north out of Capron I exchanged waves with Ray Roark of Ottumwa who was riding in the 600 mile race. Later I met what I first thought were two local bicyclists and then discovered they were Steve and Andrew out for a short ride. Three generations on bicycles on a blacktop road north of Capron must be some type of special event.

As I rode along I began to realize what a great event Lon and Susan had organized. The route is generally flat with only a couple of hills. The support vehicles remain parked in Capron which makes it easy for the support crews. The homemade signs along the route and the cheers in Capron helped all the riders. The atmosphere and the support of the local community reminded me of RAGBRAI.

Just before dark I stopped at my support van in Capron and discovered Marcy and Tami were wearing party hats and had placed lots of balloons labeled "All Night Service" around the van. Marcy said I had moved up from 29th position to 20th, and then I was on my way with a battery for my lights.

With darkness my speed dropped a little as I tried to keep the right edge of the road in the corner of my light pattern. However, I completed 200 miles in 13 hours and 12 minutes which was a great improvement over my time in the QCBC 200.

Ultra-Week - continued

I was so busy trying to navigate in the dark and watching for the turns that I never got sleepy. Margie and Chris stayed awake all night and their news about my improving position kept me going. Dawn found me with 285 miles completed, but I was becoming weary so my speed didn't increase with the daylight.

During the last hour I decided to use Steve's trick of talking out loud to myself. It soon began to have an effect, so I got down on the drops and rode faster than anytime during the previous 23 hours.

Back at the tent at the finish line I learned I had ridden 332 miles which placed me in 9th position for the men's division. David Holmes rode 287 miles, primarily in the daylight hours. Bruce and Becky Perry accumulated 307 miles on their tandem. My crew told me Karl Biggs of Rockford had passed Jim Amelung and won with 438 miles. Then I listened to Lon interview Sharyn Kozora, who won the women's division with 348 miles. Those hugs from Marie Costellic at the start line had served us both very well.

Larry Gay

**OCTOBER CLUB
MEETING
Tuesday, October 18
7:00 p.m.
Palmer College Library
Auditorium**

Congratulations Linda Simander!
Club member, Linda Simander, has won BICYCLING Magazine's Bicentennial Bicycle Tour Giveaway. She and Pat Bolton will tour Australia from November 22 through December 12, 1988 - Melbourne to Sydney



Ride Report

25th Anniversary Ride September 17, 1988

At 8:00 a.m. approximately 12 bikers joined Fred Blessin to retrace the route popularized 25 years ago when our club was young. The riding conditions were perfect with low winds and temps that reached 85 at ride's end.

The group was cordial and demonstrated its camaraderie when one member discovered her keys were missing at the base of the hill we called "the wall." Several members retraced the past three miles looking for lost car keys. After searching for about 30 minutes, it was discovered that the keys were securely nestled in the biker's underseat bag! No name will be divulged, but her husband works at a local biking store. After much laughter, the ride continued and all enjoyed the scenery.

Those who were at the Horace Mann school parking lot when the writer returned were: Jack Montecino, Joan Burke, Jack Chichester, Doug Nelson, Molly Teigland, Ivan Van Camp, Barney Young, Gayle Campbell, Fred Blessin and the writer, John Greve

John Greve

Classifieds

For Sale:

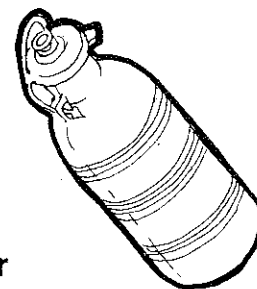
Schwinn LeTour Luxe
18 speed, low miles
21 inch
Very good condition
\$150
Call 319-355-4187

For Sale:

Puma cycling shoes
Size 6
Lock-ons
Brand New
\$40
Call Julianne
319-391-5579

For Sale:

Schwinn Peleton
19 inch
Supurb Pro equipment
Red
Clincher wheels
\$325
319-326-3416



Wanted: Indoor Fan Trainer
Call Gene at 319-391-6071

Editor's Page

I am becoming more and more impressed with the abilities of our club's riders. Look at the participants of the Ultra-Week, Double Century, QCBC 300, Women on Wheels. Maybe it's because I receive the ride reports and type them in the newsletter that has made me more aware of the accomplishments of our members. We currently boast a past RAAM participant (a father who looks like he is on his son's heels) and some other ultra-marathon members that just may be qualifying for a future RAAM.

Maybe if I quit using some of the excuses that Dave listed in his article this month, I might be able to improve my indurance. And if I go listen to what Joe Jamison and Charlie Sattler have to say at the October meeting I might even begin to ride all year round.

Anyway, just when I had psyched myself up to start a more rigorous riding schedule, I read an article in Sport Illustrated about Inga Benedict. Here is a women cyclist who doesn't appear to have the discipline I always thought was absolutely necessary to even begin to think about being on a cycling team - let alone to be our country's best hopeful for a medal in the XXIV Olympics in Seoul. Inga trains when she "feels like it" and doesn't even have a coach. She did say in the article though that when she trains, she trains hard.

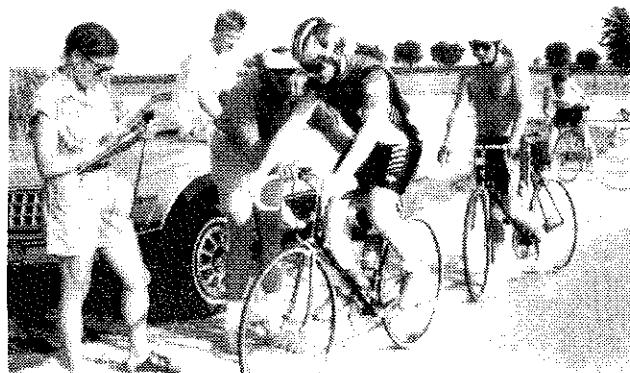
It wouldn't surprise me if the future Games of the Olympics has a cyclist from the Quad City Bicycle Club.

Cindy

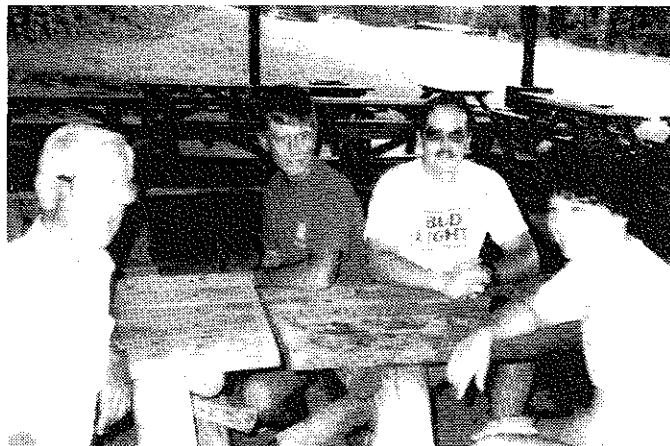
I still need someone interested in collecting bio's on club members and taking their picture. I would like to compile a library to draw from each month. There is no deadline involved and you don't have to be a super writer. I think member's profiles could be an interesting article each month. Call me at 332-6075 if you are interested.



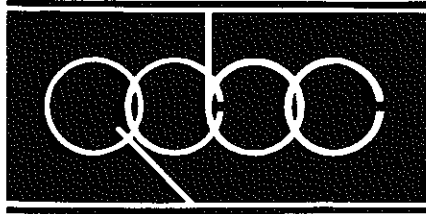
August picnic



August time trials



August meeting at Duck Creek



QUAD-CITIES BICYCLE CLUB

MEMBERSHIP APPLICATION

PLEASE PRINT

NAME _____ ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ DATE _____ ANNUAL DUES: INDIVIDUAL \$8.00 Family \$12.00 NEW MEMBER RENEWAL

FAMILY MEMBERS	AGE	RIDING INTEREST	I WILL HELP WITH	HOW DID YOU LEARN OF QCBC?
		<input type="checkbox"/> COMMUTING	<input type="checkbox"/> NEWSLETTER FOLDING	<input type="checkbox"/> MEMBER (NAME) _____
		<input type="checkbox"/> TOURING	<input type="checkbox"/> TOMRV RIDE <input type="checkbox"/> COMMITTEES	<input type="checkbox"/> WORD OF MOUTH
		<input type="checkbox"/> RACING	<input type="checkbox"/> CRITERIUM <input type="checkbox"/> CENTURY RIDE	<input type="checkbox"/> MEDIA
		<input type="checkbox"/> BI/TRIATHALON	<input type="checkbox"/> PICNIC <input type="checkbox"/> OTHER	<input type="checkbox"/> OTHER
		<input type="checkbox"/> CAMPING	OWN A TANDEM? YES <input type="checkbox"/> NO <input type="checkbox"/>	L.A.W. MEMBER? YES <input type="checkbox"/> NO <input type="checkbox"/>

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club ride or other activity. All cyclists ride at their own risk and anyone under age 16 must be accompanied by responsible adult. Parent or Guardian must sign for applicants under 18. All applications must be signed and in signing the liability release. I agree to the above conditions.

LIABILITY RELEASE — PLEASE SIGN:

INDIVIDUAL MEMBERSHIP: _____ PARENT/GUARDIAN _____

FAMILY MEMBERSHIP: SELF _____ SPOUSE _____

MAKE CHECKS PAYABLE TO: QUAD CITIES BICYCLE CLUB. MAIL TO: P.O. BOX 3575 - DAVENPORT, IA 52808

MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Quad Cities Bicycle Club
P. O. Box 3575
Davenport, Iowa 52808

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