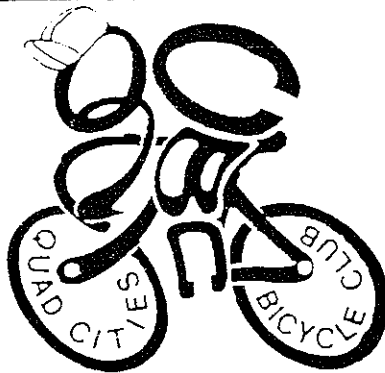


QUAD-CITIES BICYCLE CLUB

APRIL 1992 • Jim Deal — Editor
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Jeff Bradley

QCBC features Bradley

Former professional racer to speak at meeting

By Gabe Verstraete

Who do we know that.....

- Was a member of the 7-11 Team for seven years,
- Raced professionally for three years in the European circuit,
- Rode in the 1987 Tour de France,
- Rode in the Giro Tour of Italy,
- Rode the Tour of Switzerland,
- Rode in most of the spring classic races i.e. long and difficult one-day races such as the Tour of Flanders (Belgium), Paris-Nice, Paris-Roubaix,

- Won a gold medal in the 1983 Pan Am Games,
- Was a member of the US Olympic Team in 1984,
- Is a close personal friend of Greg LeMond?

It's none other than our own Jeff Bradley of On Two Wheels. Jeff will be our featured speaker at the April meeting.

The format will be question-and-answer, so come prepared to ask Jeff about professional cycling and about his best friend Greg LeMond.

I'll be looking forward to seeing you at meeting on April 21

Tour North Scott set for 1st Sunday in June

By John Langenhan

Cycling enthusiasts will be happy to hear that for the fifth consecutive year Tour North Scott will take place on the first Sunday in June.

On June 7, cyclists will depart from North Scott High School in Eldridge between 8 a.m. and noon choosing from four routes ranging from 5 to 56 miles in length.

The newest addition to Tour North Scott is the 5-mile "Fun Ride." The "Fun Ride" will take place within Eldridge city limits and has a special departure time at 11 a.m.

Refreshments will be available from area service organizations and SAG service will be provided by Jerry and Sparky's and the Eldridge Bike Shop.

Registration is \$9 before May 15 and \$10 after May 15 per rider which includes an official T-shirt, map, marked roads and support service. All proceeds will support the efforts of the John Lewis Coffee Shop, a shelter for the homeless.

For additional information, contact John Langenhan at 319-285-4544 or 319-285-8372.



Where's the beach?

Riders who participated in the Tour of the Islands ride dressed appropriately in flowered shirts and leis. Pictured here are, left to right, Keith Shaw, and unidentified rider, Paul Sullivan and Gabe Verstraete. The ride traversed the major islands in the Quad-Cities Mississippi River area. (Photo by Carter LeBeau)

Quest goes on for saddle satisfaction

By Jim Deal

My quest — yes, my pursuit of the perfect biking seat — remains unfulfilled, and it seems I am doomed to continue experimenting with a variety of saddles until I can find one that doesn't leave me in need of medical treatment at the end of each biking season

I thought I might have found the answer to my prayers with the Easy Seat, a saddle that has two cushions and no horn. I reasoned that the two largest areas of my posterior would be supported, and the most sensitive areas would escape the crushing pressure of a regular saddle.

On one of the rare mornings I have been able to haul my carcass out of bed in time for a bike ride, I hopped on the seat with great expectations. I didn't fall off, which — in my case — is an event for celebration. However, I noted immediately that I had even less control than I usually have over the bike.

Without the horn, you're basically sitting on top of a platform which is balanced on two wheels. With nothing be-

tween your legs — I'm talking about the horn on most saddles, so just stop that snickering right now — control of the bicycle is greatly reduced.

This lack of control becomes immediately noticeable the first time you reach down to shift. That little sensor in your head goes off and alerts you to the fact that impact with the ground is imminent if you don't grab the handlebar with both hands *mucho pronto*.

Eventually, I became steady enough in the saddle that I could shift without risking my life, but I noticed that I was continually sliding to the right and forward into the handlebar. The sliding put a lot of pressure on my right wrist and put me in a position to pedal out of a squat.

If you haven't tried pedaling out of a squat, it puts a lot of strain on the muscles in the front of the legs.

I managed to maintain a respectable speed and made it back to the Davenport bike path after 38 miles. My wrist was in agony, but those sensitive areas felt absolutely fine. So, it appeared I had solved one problem and created another. Carpal tunnel syndrome was my new concern.

Those of you who read "Bicycling" magazine may have noticed that the current issue has an article on this very topic. The magazine's staff also found the Easy Seat reduced control over the bicycle. The report concluded that the staff riders never could get the seat adjusted so they were comfortable.

Nevertheless, QCBC member Gene Green has been using one of these two-cushion contraptions for many years and is very satisfied with its performance.

I'm going to give the seat one more shot. I've moved the pads to the right as far as they will go, and I had the entire seat moved forward. But, if the sliding doesn't stop, the hunt begins anew for a better system.

Most likely, my next step will be a special padded seat cover. Rusty at On Two Wheels in Moline pointed out to me. I don't know if that's the answer to my problems, but I'm getting desperate, and TOMRV is quickly approaching.

Rest assured that I will leave no seat unsat upon, no alternative unexplored, no solution ignored in my quest for bicycle seat comfort. My buns deserve it.

Northgate OKs use for RAGBRAI departure, return

By Tom Bolton

The RAGBRAI Committee of the Quad-Cities Bicycle Club has received permission to use the Northgate Shopping Plaza parking lot at Kimberly and Eastern in Davenport for departure and return from the ride.

In previous years, Northpark Mall allowed the club to use its lot for departure and return, but this year the mall denied permission.

If you have any RAGBRAI questions call Tom at 319-386-7157 or Linda at 319-386-7659. If it is a long-distance call and we are not at home, we will call you back collect.

We have filled up all of our slots for RAGBRAI this year. If you would like to be put on a waiting list in case of cancellations, please fill out the application form and release of liability and mail them to us. We will notify you of any openings.

It still may not be too late to get in on the Des Moines Register lottery for riders. The newspaper's registration form was in our February newsletter.

If you receive your tags through the Register, we have some room on our buses to take you out and return. If you do not have the Register's RAGBRAI tags, we cannot sell bus seating.

Please let the club know if there is something that you would like us to consider providing during this year's ride.

Send your suggestions to the attention of the RAGBRAI committee.

Start your training now.

Don't forget to order the Des Moines Register souvenir pack. It is a great way to remember the ride and the good times provided by the various communities. The 1991 video was the best ever.

There will be no confirmation cards sent out this year. We will mail the RAGBRAI tag numbers when received from the Register. Don't write to towns for overnight housing until you receive the tags.

RAGBRAI tidbits

- Very hilly, most of the hills are short.
- Saturday's ride from Montrose to Keokuk will be a scenic ride along the Mississippi River. It is a mile wide in this area and very photogenic.
- The Register's profits — including proceeds from all sales — are given away to the Iowa communities.
- Do not request tags from several sources. It may effect our relationship with the Register.
- Leave your vehicles at home.
- The New York Burroughs cycling champ Tom West will be with us after a several year absence. Boy does he use a small tent.

Safety tips

- Call out when pulling off road.
- Do not stop on road.

- Call out when pulling back into traffic.
- Don't cross yellow line.
- Don't draft. Drafting' caused only death on actual ride. Most riders are inexperienced.
- Sound off for railroad tracks, pot holes, loose gravel and other unsafe conditions.
- Don't sound off for rumble strips (riders end up crossing center line or run into other riders).
- Wear a helmet and use a bike mirror.
- When you see unsafe riding habits use slogan "Don't be stupid"
- Have a safe ride.

RAGBRAI route

- Sunday: Glenwood, Bartlett, Thurman, Sidney, Shenandoah — 50 miles;
- Monday: Essex, Villisca, Nodaway, Corning, Gravity, Bedford — 77 miles;
- Tuesday: Benton, Mount Ayr, Kellerton, Decatur City, Leon, Van Wert, Wellton, Osceola — 76 miles;
- Wednesday: Liberty, Medora, New Virginia, St Marys, Wick, Martensdale, Fole, Norwalk, Des Moines — 58 miles;
- Thursday: Pleasant Hill, Monroe, Knoxville, Harvey, Oskaloosa — 73 miles;
- Friday: Delta, Hayesville, Richland, Brighton, Coppock, Wayland, Trenton, Mount Pleasant;
- Saturday: Salem, Houghton, Farmington, Donnellson, Argyle, Montrose, Keokuk — 73 miles.

Showers of April rides

Saturday, April 11 — Springdale Frolic

8 a.m. — City Park, Durant, Iowa. Left on old Rt. 6 to west edge of town; left on hard-surfaced road to 1st hard road to the right. Turn right to Y-14; right on Y-14; then left into Wilton. Go through Wilton on Rt. 6, left on Rt. 38 to 1st hard road to the right. Turn right to Moscow and X-54; right on X-54 to F-44; left on F-44 through Rochester to Springdale and X-40; left on X-40 to West Liberty and Rt. 6; left on Rt. 6 through Atalissa to X-54; left on X-54 to Moscow and return to Durant. 50 miles.

Sunday, April 12 — Over Hill and Dale

8 a.m. — Colona Grade School. Right on Rt. 84 to Cleveland Rd. and continue onto Wolf Rd. to Rt. 82; right on Rt. 82 to Geneseo and Rt. 6; right on Rt. 6 to Rt. 84; right on Rt. 84. Return to grade school 42 miles.

Saturday, April 18 — Big Ears and Big Gears

8 a.m. — Ben Butterworth Parkway, Moline, East end of parkway, near Case/IH plant. Go north on Great River Trail to Hampton, right to Rt. 84; left on Rt. 84 through Port Byron and Cordova to Albany and Albany Rd.; right on Albany Rd. to Erie and former Rt. 2; right on former Rt. 2 to Hillsdale and 94th Ave.; right on 94th Ave. to Port Byron and Rt. 84. Return to Butterworth Parkway 56 miles.

Sunday, April 19 — Easter Patch Ride

1 p.m. — The group will assemble at the Duck Creek Park Pavilion, Davenport. The attendees will determine the route and distance. Refreshments will be served along with passing out commemorative patches for the holiday

Regular Ride — Scott County Ramble

8 a.m. — Eastern Ave entrance, Davenport Bike Path. East on bike path to end at Hollowview Dr.; straight to Lundy Lane; right on Lundy Ln. to Devils Glen Rd.; left on Devils Glen to Middle Rd., right on Middle Rd. to Belmont Rd.; right to old Rt. 67 (Valley Dr.); left on Valley Dr. past the Davenport Country Club to Rt. 67; left on Rt. 67 through LeClaire to Princeton. Return same route. 40 miles

Longer Option:

At Princeton continue on Rt. 67 to F-33; left to Z-30; right to McCausland and F-33; left on F-33 to old Rt. 61; left to F-33; right to Y-64, left on Y-64 through Long Grove to Eldridge and F-45; right on F-45 to Y-52; left to Rt. 130; right on Rt. 130 to Maysville and Y-48; left on Y-48 to Rt. 6; left to Pine St.; right to bike path 62 miles



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Tuesday, April 21 — QCBC Club meeting

7 p.m. — at David D. Palmer Library Auditorium, Palmer College, Davenport.

Effective Cycling class session 1

6 to 9 p.m. — at Davenport North Community School, on 53rd St.

Thursday, April 23 — Effective Cycling class session 2

6 p.m. — at Davenport North Community School.

Saturday, April 25 — Novice Ride 1

9 a.m. — Meet at the east end of the Butterworth Park bike path near the Case/IH plant. Ride to Hampton and back. Approximately 12 miles. Leaders: Leon VanCamp, John & Jan Bowman, Fred & Mary Blessin.

Regular Ride — Pedal Back to New Era

8 a.m. — West Lake County Park, Y-48. Meet at the beach area parking lot (there is no fee to enter this park). Left on Y-48 to Rt. 22; right on Rt. 22 through Buffalo and Montpelier to Wildcat Den State Park road (watch for state park sign); right to Wildcat Den State Park; left up hill to New Era (small town past main entrance to park). Continue on Flatiron Rd. to stop sign (Sweetland Rd.); left to Rt. 22; left on Rt. 22 and return to West Lake Park 42 miles

Sunday, April 26 — Spring Picnic (new members welcome)

1 to 5 p.m. — Opportunity for rides of varying distances and a picnic in the park

for members, especially families and newcomers, to kick off the season. Watch the newsletter for further details. Coordinators are Thiera Smith, Betty Sears and Troy Sears. Call (319) 332-5808 or (309) 762-0283 for details or to volunteer to help.

Regular Ride

8 a.m. — Ben Butterworth Parkway, Moline, east end near Case/IH plant. Riders' choice, to meet up with the picnic rides later in the day. PLEASE be aware that food will NOT be served at noon, so plan on at least a light snack to tide you over.

Tuesday, April 28 — Effective Cycling class session 3

6 p.m. — at Davenport North Community School

Thursday, April 30 — Effective Cycling class session 4

6 p.m. — at Davenport North Community School.

May

Saturday, May 2 — The World's Greatest Pie Ride

8 a.m. — Geneseo city park East on Pearl St to Chicago St; left on Chicago St, it becomes the Grange Rd.; right on Rt. 92 to Rt. 172; left on Rt. 172 to Tampico and Dutch's Restaurant. Return same route 60 miles.

Longer Option:

North on Rt. 172 to Star Rd; left on Star Rd. to Prophetstown; left on Rt. 78 to 5th Ave.; right on 5th Ave. till road ends; left on Spring Hill Rd. to Rt. 92; left on Rt. 92 to Grange Rd.; right on Grange Rd. to Geneseo 72 miles.

Sunday, May 3 — Novice Ride 2

2 p.m. — Meet at Orion High School, Orion, Illinois. Ride will be on quiet country roads through lush Illinois farmland to Andover, with its lovely little lake and city park. Total: 18 miles. Leaders: Charles Sattler, Jane Garrett, Dave Lefever

Regular Ride — Rushin' Through Moscow

8 a.m. — John O'Donnell Stadium, Davenport. Suggest parking in lot west of stadium. West on River Dr. (So. U.S. 61) to Concord St.; left on Concord to Rt. 22; left on Rt. 22 through Buffalo, Montpelier and Fairport; right on Sweetland Rd.; cross Hwy. 61; turns into F-70; continue on F-70 to Y-14; right on Y-14 to last hard road before Rt. 6; left through Wilton to Moscow Rd. (north of the steel plant) to Moscow; right on X-54; left into the Cove restaurant (just before I-80). Return same route. 88 miles. May be shortened by 10 miles by returning on Rt. 6

TOMRV's final challenge — day two

By Chuck and Diane Oestreich

Those of you with long memories will remember that last June, in the euphoria of completing another TOMRV experience, we put down our impressions of "the best weekend bicycle tour in the midwest." We found so much that was striking, that we stopped at the end of day one — deliciously fed and achingly tired, asleep in a Clarke College dorm.

Now with the prospect of another Tour of Mississippi River Valley looming, perhaps we can whet your appetite and abet your memories with further impressions of TOMRV — Day two, Dubuque to Bettendorf.

Sunday Morning at Clarke

What a contrast to Saturday where everyone was boisterous, even laughing. Today, as the day lightens, there's an almost reverential hush. Bikers whisper as they tip toe in front of Josita Hall, respecting those still sleeping. Bikers are wonderfully accommodating, right? Or are they just too tired from yesterday's ride to cause any extra stir?

From Dubuque to Bellevue

This is the quintessential TOMRV — challenging hills capped with breathtaking beauty. A morning mist gently caresses the Mississippi River far below on your left. At times you can see the whole valley — the Illinois bluffs, Chestnut Resort, is that Blackjack Road?

Mississippi River Hills

Two major hills rise between Dubuque and Bellevue, with St. Donatus nestled between. The first gives you an 860-foot climb, while the second — before its thrilling descent into Bellevue — takes you up 750 feet.

St. Donatus

We love this little place because, with its rugged valleys and hills, it brings back memories of Switzerland. Spired churches pierce the sky over the small

farms with their swivel-necked cows. Rolling meadows drop into the tendrils of fog on the river side. On the right, dimples of green surmount azure dollops of whipped cream vegetation. Plus, the good bakers of St. Donatus produce scrumptious cinnamon rolls.

Bellevue

This is a long strip of a town. You think you are there long before you hit the downtown. The riverfront is excellent, just made for lying on your back and watching the sky above the lock and dam. Tip — avoid the long wait for the john at the first convenience store. There's a kybo at mid-town.

Bellevue to Green River

After the uphill just out of town, the road stretches out smoothly alongside the river. But don't get lazy and think you're finished. There's lots more.

Green Island to Preston

Lots more hills, that is. This area offers beauty along with some heavy duty pedaling, including an "infinity" hill — you know, one that goes on forever. But the sag stop in the cool shade of Preston is a classic.

Smell the Roses

While you're inhaling hard, breathe in some of that classic Iowa smell — wild roses; freshly cut grass and hay; corn plants popping open; and, of course, the unmistakable perfume emanating from this venerable porcine land.

Grant Wood Scenery

We love the ridge after the second hill out of Green Island. The view is an affirmation of Grant Wood's vision of Iowa's softly curving checkerboard of fields and farms. Riding over the ridge, we spontaneously break out in an off-key duet of "Sittin' on Top of the World."

Preston to Goose Lake

In contrast to the land north of Pre-

ston, this stretch is one long, flat, straight piece of biking. But it is relieved by that glorious, made-to-order lemonade sold by the friendly Goose Lake Lion's Club. Gulp that tart, but smooth, liquid down your throat; chew those slices of real lemon; enjoy a richly deserved reward.

Goose Lake to Elvira

Follow the yellow brick road. That's what the road north of Elvira reminds us of. It's a straight strip of undulating highway, covered with two-wheeled tin wheelmen, scarce mountain bikers, and brave tandemites.

Elvira

About here we start getting bushed, woozy, and crabby. Watch out when you pass us. But then the Elvira Church people come to our aid with great sandwiches — beef or pork — and watermelon.

Homeward Bound

Now the anxiety to get home takes over. Stop for a rest in McCausland, then up the big, but short, hill out of the Wapsipinicon River valley. Ride the rolling hills to the last cooling sag stop at Argo and then back to Valley Drive.

Belmont Road

Just like yesterday, there's a killer hill at the end of the day's ride. But, although steep, the Belmont Road hill, at least is mercifully short. Nobody cares if you walk it.

The End of a Great Ride

Scott Community College and the car and the ice water are welcome. Even more is the self-satisfied feeling of accomplishment that you radiate as you drop back into reality. Sure, TOMRV is real, but it's a super-reality that takes over on this special weekend. It's a super-reality of achievement, initiative, mark-making, and camaraderie. We wholeheartedly endorse it as "the best weekend bicycle tour in the midwest."

Criterion reveals a few new ideas for 1992 event

By Terry Burke

After the 25th Annual United Medical Center Moline Criterion last year, most of you probably think we ran out of ideas for this year. Lucky for us that's not true.

New for 1992 will be a \$2500 prize list for the women, sure to attract some quality riders to challenge Rock Island's Gail Viola: a 50-plus class for hard-nosed veterans who still like Moline's festive atmosphere and crowds; a volunteer recognition picnic to be presented by United

Medical Center.

Carry-overs from 1991 are the Class "A" \$10,000 senior men's race, a host of vendors, trike races, and children's activities in Stephen's Park.

For those with elephant memories, the 25th anniversary plaque has been placed on a boulder by the City of Moline and planted in front of the VNHA building on 7th Street.

Staffing the Quad-Cities second largest single-day sporting event would be impossible without the excellent volunteers

from QCBC. This year we again need corner marshalls and registration personnel. Corner marshalling has its own brand of excitement and registration has a multitude of great lycra. Call Darrel Blackburn at 388-9400, or Roger Tong at 324-2735 to reserve your favorite corner, or Don Davis at 788-0753 to work a preferred registration shift.

Watch next month's article for more details or catch local newspaper's versions of Memorial Day's best bicycle race!

Air show forces Challenge change

By David Holmes

The Iowa 12/24-Hour Challenge has been rescheduled for June 20 to avoid conflicts with the Quad City Air Show.

At first, the scheduling didn't seem to be a problem, but with the Blue Angles coming, the crowds will be bigger than ever and our night-loop course which runs through Mt. Joy would be interrupted.

So, the weekend before the air show is the new date. Nothing else has been changed, and we are getting entry forms from people committing to be here June 20.

How about this winter

What about this winter we had this

Cold, cloudy lion turns into lamb by day's end

By Jim Karr

Lion-R-Lamb was a very good name for the Sunday, March 22 ride.

At 8 a.m. it was cold and cloudy, and at precisely 9 a.m. the sun began to shine as the four of us — Mary Brus, Carter LeBeau, Leon Van Camp, and myself — departed the Case IH parking lot and headed toward Albany.

We stopped at a laundromat in East Moline to warm up before proceeding to Rapids City for breakfast.

After breakfast we went to Cordova and followed the river road to 3M where we returned to Route 84 and Albany.

We had a great lunch and view of the river at Julie's Cafe in Albany before starting our return trip.

We proceeded to the American Legion in Cordova for a cold treat and then completed our ride to Moline after a short stop at the General Store in Hampton.

The day definitely turned into a lamb as the sun shined all day and the cool north wind helped push us on our return from Albany. It was only too bad that more riders weren't convinced that Lions turn into Lambs.

Spring picnic set April 16 at Arsenal's Memorial Field

By Thiara Smith

Mark your calendar for a wonderful family outing. The annual spring picnic is set for April 26 at the Rock Island Arsenal Memorial Field from 1 to 5 p.m.

If you'd like to help, please call Troy or Betty Sears at 762-0283 or Thiara Smith at 332-5808.

year? Could have ridden most days throughout the past months. With average temps near 40, it was a treat to be able to ride without a lot of clothes and not really worry about where the next warming station would be.

Support for RAAM

Are any members out there who would like to see the USA in 10 days from a support crew doing RAAM. I will be crew chief for Paul Black of Ames, Iowa, and we are looking for a few more willing people to help us out in the race scheduled for July 24.

This will not be a vacation! It is not easy work following a rider for 3000 miles with little sleep, but the reward is seeing the country at a slow pace and seeing all

the different folks along the way. We have openings for the full route or half route. People who can't do the whole route have a choice doing the first half or the second half. The first half is from California to Missouri, the second half from Missouri to Georgia.

Crew members will do various duties from driving directly behind rider to being in the leap frog vehicles doing course navigation and other duties. If this sounds like fun and you have the time to give, all help would be greatly appreciated.

Anyone interested can call me, and I can give you more details: 319-386-6051, or write 3401 West 43rd St, Davenport, Iowa 52806.



Good times on Credit Island

During their Tour of the Islands ride, left to right, Carol Boyd, Dean Arney, Howard Swayne, Fred Leonard and Gabe Verstraete take a break on the Mississippi River shores of Credit Island. (Photo by Carter LeBeau)

Eating frenzy forces frequent stops

By Carter LeBeau

Global warming has continued to fail and Saturday morning March 14 was another cold one.

The ride started at the Case-IH end of the Ben Butterworth Parkway, and riders included Rick Ross, Mike Foss, Jim Karr, Leon Van Camp, Carter LeBeau and Gary Pearson.

We got as far as Campbells Island and Gary Pearson had a flat tire. After the delay, we moved on to Rapids City for the day's first eating frenzy.

Old Luciana's has now been replaced by Brothers Restaurant. We were able to get a nice table for six and enjoyed pancakes, two sausages and eggs for at least

45 minutes.

Moved on to Port Byron and traveled through the country to Rt. 2. Took scenic, no-traffic Rt. 2 with the excellent new surface all the way into Hillsdale.

The Village Lunch is now closed but there is a new facility called the Forget Me Not which is a charming place.

The return was via the Rock River to Rt. 92, then through Joslin and the Wainwright Apple Orchard. It was closed, but we stopped anyway.

We were successful in making food stop number three at River Oaks.

Our fourth eating stop was at the Dan Dee Cafe in East Moline. Hash browns are still the cafe's specialty, so we had them. End of ride and another 60 enjoyable, food-filled miles.