



QUAD-CITIES BICYCLE CLUB

President, Warren Power
Vice-President - Dave Lefever
Treasurer - Jan Burt
Secretary - Sue Dau

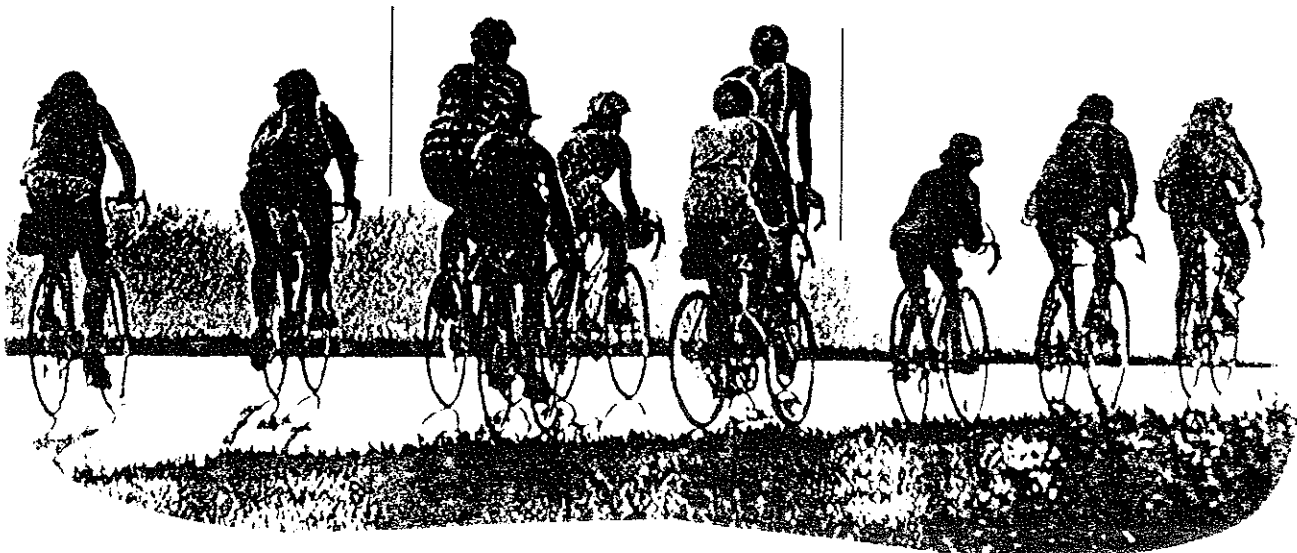
Newsletter Editor - Cindy Mohr

"AT THE HUB OF TWO STATES"

SEP
'87

SEPTEMBER *is Century Month!*

Lon Haldeman 100 - September 20
BIC Century 87 - September 20
Blackbottom Bunsbuster
September 26 - 100 miles
see ride schedule for details



President's Column

Shortly after coming home from RAGBRAI I received a phone call from a representative of the city of Hampton, Illinois. It seems that Hampton had just completed a bicycle path using private donations and they were looking for a contingent of QCBC people to be the first to ride the trail when they dedicated it. The lead time to gather some members was short, but with several telephone calls I was able to put together a presentable group. The dedication ceremony was nice and I was impressed by the visions of the speakers. They spoke of plans of communities close to Hampton to build on their own bicycle trails. They spoke of plans to link all of these bicycle paths into one major network of bicycle paths. They even talked of having ferries between bicycle paths on the Illinois and Iowa sides of the river. Many of these ideas may never come to be, but it's exciting to know that we have influential figures in our communities who really seem interested in the promotion of facilities to enhance bicycling and promote the use of the river as a recreational corridor.

*Warren Power
President*

Our Club Continues to Grow!

Margaret Horger, Richmond, VA
Fred & Janet Pilcher, Cedar Rapids, IA
Donna Benewich, Bettendorf, IA
Greg & Donna Benson, Bettendorf, IA
Barb Puchta, Bettendorf, IA
William & Phyllis Chamberlin, Davenport, IA
H.D. & Margery Barnhart, Davenport, IA
Roger Kromphardt, Davenport, IA
Joe Micklewright, Davenport, IA
Randy Smith, Rock Island, IL
Stanley E. & Gwendolyn, Coal Valley, IL
Jeffrey Donaldson, Geneseo, IL
Jason Peterson, Moline, IL
Susan Wright, Moline, IL

Notification of Election of Officers

At the October meeting, the Quad Cities Bicycle Club will hold elections. The positions which are being filled are President, Vice President, Secretary and Treasurer. Each of these four positions will serve for a period of one year. We will also be electing three Directors who will

serve for a period of three years. A nominating committee consisting of Dean Arney, Paul Scheibelhut and Jerry Yeast has been formed to compile the slate of candidates and run the election. If you are interested in running for one of these offices, please contact one of the members of the nominating committee. Nominations will also be taken from the floor at the September membership meeting; however, nominations will be closed at the completion of this meeting.

The Great Lake Getaway - A Bike Tour

Here is a wonderful opportunity to enjoy the company of fellow cyclists, the scenery of Illinois and Wisconsin, the overnight accommodations of a luxury resort while helping the Multiple Sclerosis Society.

Join RAAM rider Steven Gay and hundreds of cyclists in Barrington on September 26, to take part in the Sixth Annual Great Lake Getaway weekend. Receive T-shirt, water bottle, cycling cap and much more, along with sag wagon support as the group rides the 75 miles to Interlaken Resort and Country Spa at Lake Geneva Wisconsin. Enjoy the beautiful grounds and facilities of this prime resort on Saturday night before completing the 150-mile trip back to Illinois. Prizes will be awarded and meals are provided.

Riders only need to register with \$35 and collect pledges for \$150 to be eligible. For more information, contact Ginny McLean at (312) 922-8000 or at 600 S Federal Suite 204, Chicago, Illinois, 60605. Don't miss out on this memorable event.

Northeast Iowa Tandem Ride

A tandem ride is being planned for QCBC and Eastern Iowa, Western Illinois area tandem riders for the weekend of September 26 - 27, 1987. The ride will be based in Decorah, Iowa, and feature a ride for both Saturday & Sunday. Motels in Decorah are the Midtown, 382-3626; Super 8 Motel, 382-8771; and the Cliff House, 382-4241. Camping is also available in the area. For more information call Ray Torresdal at (319) 532-9884 (days) or (319) 382-8645 (evenings). There are no registration fees or charges, and each tandem team is responsible for making their own lodging arrangements.

Meet at 9:30 a.m. on Saturday morning at McDonald's on the south edge of Decorah. Saturday, ride to Fort Atkinson, Sunday rider's choice.

Ray Torresdal



Fall Foliage Ride - 1987

It is difficult to think about fall in this 90 degree heat, but it is around the corner - hopefully. The QCBC annual Fall Foliage Ride is October 10 and 11. We will leave New Glarus, Wisconsin at 10:00 a.m., Saturday, October 10 from the bike path information parking lot in New Glarus. You will be provided maps and a marked route. We will ride 45 to 50 miles through the lovely, rolling hills of Wisconsin - apple cider, crisp days, colorful trees. Saturday night we will have a buffet at the New Glarus Hotel. Sunday, the ride begins at 9:00 a.m. for another 40 miles of sightseeing and pedaling.

Because of the tour groups that come by bus to see the trees, it is a good idea to get motel reservations now for the weekend. Accommodations include the New Glarus Hotel, (608) 527-5244; Chalet Land Haus, (608) 527-5234; Swiss Aire, (608) 527-2138 and Town Edge, (608) 527-2310. There is also a campground located just outside of town. It is about a 3 1/2 - 4-hour drive from the Quad Cities to New Glarus, so it is possible to drive up Saturday morning.

The buffet Saturday night is \$10.50 per person and includes tip and tax. Please send a check for the dinner by October 3 to: Linda Howe, 1627 27th Street, Rock Island, Illinois, 61201.

This is a great social ride with beautiful scenery, quaint towns and moderate temperatures. Hope to see you October 10 & 11.

Watch for the Path Connection

Mid to late September is the targeted time set for the Bettendorf and Davenport bike paths to be connected. Please watch the newspaper for any mention of this event - with it being the largest cooperative effort between the two cities in bike path construction in the state of Iowa, there may be a formal opening.

September Meeting

Our program will feature Mary Mohr, the Assistant Director of Nutrition Services at Moline Public Hospital. Mary is a trained Clinical Dietitian and has run in half marathons. She has extensive experience in sports nutrition. She will also show a video on preparation for triathalons. This promises to be a good program - bring a friend and join us at the first of the fall season QCBC meetings at Palmer College Auditorium, Tuesday, September 15, 1987, 7:00 p.m.

R. A. C. E. R. 1987

rut's annual chili eaters ride 1987

This is a QCBC ride.

Ride starts at Lincoln Park, Galesburg, Illinois, 12:34 p.m. Twenty-five and forty-five mile rides, both with a stop in Knoxville, Illinois to visit flea markets, historical exhibits, etc. Marked route, chili, crackers and refreshments will be furnished.

Reservations will be accepted no later than October 1. Contact Bob and Kate Rutledge, 29 Imperial Drive, Galesburg, IL, 61401, (309) 342-1705.

Give The Gift or Life

Country Bike Ride

September 20, 1987 9:00 a.m.
East Moline John Deere Harvester Lot, 1100 13th Ave., Moline, Illinois

Route: E Moline-Barstow-Hampton-Return
32 miles

Food - Prizes - Awards

Fee: \$10 before August 31 - \$15 late registration

This is sponsored by Quad City Council of Epsilon Sigma Alpha to support St. Jude Children's Research Hospital. Pledge sheets are available by calling (319) 386-0288 or (319) 391-3466

WOW II - The Frosting on the Cake

saturday, may 30, 1987

Day 5



The time to get up (a bit slower today) and as we pack Verle arrives after an eight-hour trip from the Quad Cities. He is a happy sight! After breakfast in Mellon, we head by bike to Copper Falls State Park. The park is a definite highlight of the trip, and as beautiful as I remember it being 30 years ago when my family vacationed up in Mellon. The water on the twin falls is really copper colored, and a breath taking sight. We recommend that you stop to see this park if you are in north central Wisconsin.

We are off again for the final leg of our journey with south winds to carry us up to Lake Superior. Route 169 takes us to Route 2, and then on Route 122 we have just five miles to go to cross the Montreal River and enter the state of Michigan. What a feeling of accomplishment to have traveled the entire state of Wisconsin by bike!!!!

Verle is waiting for us by the shores of Lake Superior, our final stopping point. Bike wheels touch the water, and then all gear and bikes are loaded up for the trip home. Oh, yes, one more minute please, a few brave souls are going swimming in Lake Superior's 50-degree waters. Let me just tell you this, "It takes your breath away!!"

All I have to say about the 12-hour trip home is, you had to be there because you would never believe me if I told you about it!! A very special thanks to Verle for bravery above and beyond the cause!! We are at this time taking applications for volunteer pick-up drivers for next year's trip to???

Till next year, at the same time, same WOW riders, but what place, thanks for listening to my tales of WOW II

*Sincerely,
Jan Burt*

A Report on the Double Century

Have you ever thought it would be fun to get on your bike as soon as the sky is light and ride all day? If so, the Double Century is your kind of ride. First, let me say that I'm not a fast rider, so why do I want to subject myself to a bike seat for 200 miles? Well, last fall Pat Bolton said she'd

like to do the 200, and since we ride together a lot, I thought about it. It also gave me an excuse to get a lot of mileage in the spring. Then my husband, John, volunteered to drive Pat's van as our support vehicle. We knew we wouldn't be able to keep up with the main riders so we wanted our own sag wagon, which was also available to the other riders.

At 5:00 a.m. the sky was still dark, but 16 of us left Northwest Park. At Durant Pat and I were passed by two riders and became the tail end. Then it rained and we were soaked before we reached Wilton. This is really FUN! I keep thinking I'd like to put my bike in the van. Two hundred miles is a long way and we just met John in Lone Tree. He said the last rider just left four minutes ago, so I pushed on because I knew Pat wanted to do this. At Iowa City we checked in and noted some of the riders were an hour and a half ahead of us. Well, this isn't a race and we've got all day.



At Lowden we had 125 miles in and I finally got into this. We had a terrific tail wind for five miles and then we made a turn that sent us back into the wind for five miles. My left ankle stiffen and I wasn't keeping up with Pat. She was still pushing strong and I knew she wanted to completed this so just outside of Elvira I put my bike in the van. One hundred and sixty-three miles isn't bad for the first time. We followed Pat the rest of the way and she completed 200 miles just before dark.

I don't think either of us would have done as well if my husband hadn't been along for the day. We were really able to enjoy the ride knowing he'd be along the route with food and water.

During the ride I kept telling myself I'd never do this again, but by the next day I was already reconsidering. To anyone who thinks they'd like to try the 200 next year - I say try it. The 163 miles I did was far easier than 86 miles of TOMRV in 101 degree heat. If the weather is favorable and John will drive a support vehicle, I'll be back next year. Maybe I'll even be able to ride a little faster so I can finish by dark.


*Linda Simander
Reporter*

BIKES & ACCESSORIES
REASONABLE REPAIRS
CUSTOM LETTERING



BIKES UNLIMITED
PLUS
817-1ST AVENUE
SILVIS ILLINOIS
MON THRU FRI. 10 TO 6
SAT 9 TO 4

(309) 752-0320



Local Velosport Team Shows Well In Urbana

Several cyclists in the local area had excellent finishes at the criterium bike races in Urbana, Illinois, August 16. In the Senior Men Category 1 & 2 race (top category) Jeff Boldt of Davenport finished 2nd and Dan Burns of Moline finished 3rd. Both riders are classified as Category 2 riders. In the senior men Category 3 race, Dan Murrin of East Moline finished 1st, Craig Mccollum of Moline finished 4th and Brian Kinman of Silvis finished 17th. In the Senior Men Category 4 race Chuck Johns of Davenport finished 7th. In the Junior Men (16-17 yr. old) race David Baxter of Davenport finished 1st. All of the riders except Jeff Boldt are members of the local Velosport team.

*Byron Baxter
Reporter*

Volkspport anyone?

Interested in joining a Velksport club?

- * Hiking
- * Biking
- * Cross Country Skiing
- * Water Sports

Contact Mary Cotton
438 Grant Street
Bettendorf, Iowa 52722
(319) 359-8062

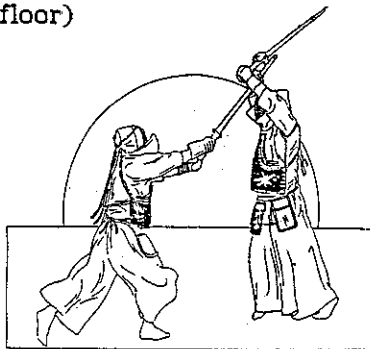
A Chance to Help Local Racing Team

KENDO Class - A Japanese fencing done with bamboo swords - good upper body exercise for both men and women.

Monday evenings - 5:30 p.m. - 6:45 p.m.

Quint Cities Dojo (2nd floor)
1319 5th Avenue
Moline, IL
(319) 359-0453

In cooperation with Velosport of Davenport, any profits from six months memberships will be donated to the racing team



Classifieds

My Dad's Bike
Schwinn World Tourist
25" frame
5-speed
\$85
Call Jerry Yeast
(319) 355-4395

=====
Cannondale Bugger
Two years old
Less than 20 miles
Excellent condition
\$150
Call Roger Mohr
(319) 359-7939

=====
Motobecane Grand Record 23"
Light & dark tan
Mint Condition
Shimano 600 EX component set
With mirror, Huret mileage counter
Zefal pump, extra set of tires
\$250
(319) 332-9927

=====
Schwinn LeTour 21"
Dark blue, grab on grips
Avocet seat
Low mileage
Excellent condition
\$95
(319) 332-9927

=====
Schwinn 4-bike Carrier
Like new
\$80
(319) 355-5065

=====
Fuji S-12-S
23", 18 speed Sugino AT triple
Blackburn rack
\$250
Call Eldon
796-2686

=====
Raleigh Grand Sport
10-speed
Women's
Excellent condition
\$100
Call Cindy
(319) 332-6075

Classifieds continued

Raleigh International
19 1/2 ladies Mixte Frame, red
14/34 gears
Huret derailleur
French Belri handlebar
Extra Randonneur handlebar
Like new
\$140
Call Ken Davis
786-6574

=====

1986 Miyata 210 Tour Bike
15-speed, seat bag, mirror, lights
Cateye Mate computer, water bottle
Toe clips, Spenco Blake handlepads.
Spenco gloves, Rake, new paint
2,600 miles
\$650

Also - Avenir Trailer - new
Ask for Crave
(319) 322-5687 before 10:30 p.m

=====

Publications for Sale

Have you always dreamed about taking a long bike trip? Have you dreamed about spinning freely to new places, new adventures? Maybe all it will take for you to embark upon your own trip is to read about someone else's trip. You can do that by immersing yourself in *Spinning A Dream: A Bicycle Trip Across the United States*, by Laura M. Failla. The book is a journal of the author's trip from San Diego, California to Auburn, Massachusetts during the summer of 1986. In addition to being a great adventure story, the 140 page book includes 35 pages of appendices covering resources needed to plan bike trips, annotated descriptions of what to bring, and a route itinerary of the trip. The book can be purchased by sending \$7.00 (plus \$1.00 for postage and handling) for each book to: Laura M. Failla, 4064 Mississippi Street, San Diego, CA, 92104

To receive bicycling information on Physical Conditioning & Helpful Hints, "How-to" bicycle touring and maintenance books and bicycle magazine list, detailed 20 - 50 mile scenic and historic Missouri bicycle tours, bicycle club and bicycle tour maps and sources (local & nationwide) - send a self-addressed, stamped envelope to: Bob Soetebier, Bicycle Advocate, 1942 B Western Cape, St. Louis, MO 63146.

=====

Interested in buying a Bugger or Burley
Will pay up to \$120
(319) 386-8453

Area Rides Scheduled for Century Month

BIC CENTURY 87
Bicyclists of Iowa City

Sunday, September 20, 1987
6:30 a.m.
From Lower City Park, Shelter 13
Information: Call Charley Williams 319-354-3946

LON HALDEMAN HUNDRED

Sunday, September 20, 1987
Registration, 7:00 - 10:00 a.m.

Rockford Lutheran High School
3411 No. Alpine Road
Rockford, Illinois

"September is Century Month and what better way to celebrate it than to ride Blackhawk Bicycle Club's fall century, THE LON HALDEMAN HUNDRED "

Ride the roads Lon first biked on and still uses for training. This ride will provide full service - map, marked road, sag wagons and rest stops with food, and a hot meal served indoors at the end. Call Cindy Mohr for a registration blank.

JERRY & SPARKY'S BICYCLE SHOP INC.

INTRODUCES

THE FUTURE OF CYCLING
cannondale

BICYCLE LINE

STRONGER, LIGHTER

FASTER, MORE EFFICIENT

MORE COMFORTABLE

THE EVIDENCE IS IN THE RIDE

But you don't have to take our word for it. Judge for yourself. Compare the ride of a Cannondale to that of any other bike on the market. Attack a hill. Break into a sprint. Pedal hard and fast. The bike bursts forward with no flex or frame sway, no wasted energy. Experience the uncanny way in which a Cannondale smooths out rough stretches of road.

1819 E. Locust

324-0270

Davenport

A Chat With Steven Gay

Cindy Mohr
Editor

I was privileged to spend some time with Steven Gay this summer, talking with him about his experiences during RAAM 1987. The following is what he shared with me

Time: 2:00 p.m. est.
Day: Saturday, June 20, 1987
Place: Golden Gate Bridge, San Francisco, CA

It was cold and cloudy - not the kind of day Steven Gay dreamed of for the start of the race of his life - R A A M 1987. The bridge could be seen in the background; family members were there serving as his crew, twenty seven other men, 7 women and many bystanders. What wasn't present were the ABC cameras, expected by the racers and the many planners and sponsors of this race. But that didn't have much of an effect on the marathoners about to embark on what will be etched in their minds as the hardest week - mentally and physically- that they could ever spend.

Steven Gay is a rookie to biking and the marathon circuit; however, from his performance in this race, I'm sure you will be hearing and reading about him in the years to come. R A A M was only his second race on a bike. His first being the 1986 John Marino Open Mid-West where he placed ninth. He is the current National Champion in National Points Championship, important among his peers. Strength, technique and ability to handle hilly and rolling terrain increased as he clocked 5,000 - 7,000 miles three seasons prior to coming onto the national cycling scene. A double crossing of Illinois in August 1985 in 36 hours was a deciding factor for Steven to enter professional cycling.

Something new to me, the witness sheet, enabled him to rack up qualifying points on his own, just as if he were competing in races. He is also an avid commuter, stretching the normal 4 miles to work to 20. If you ride the Busse Woods Bike Trail in Elk Grove, you may find yourself riding along this cyclist, where he tries to clock 60 to 80 miles everyday.

At the risk of making light of his accomplishment, I have to say he made it sound "easy". He went into the race with a plan - a plan that he stuck to, making some of the other riders a little uneasy about this newcomer. The plan - ride 300 miles - sleep 90 minutes - ride 300 miles - sleep 90 minutes. He stuck to this with the help of his crew. His goal was to cross in 10 days and to not let Jim Penseyres or a woman pass him.

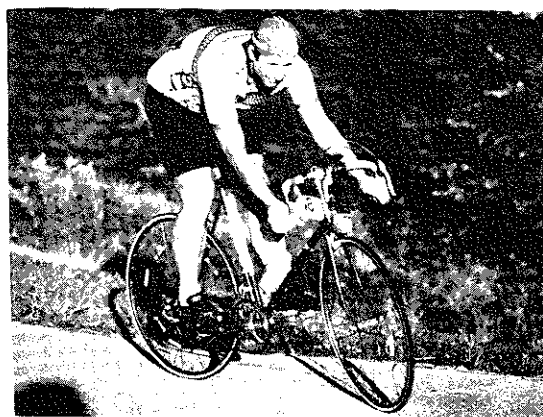
Yes, he experienced the usual symptoms you hear the marathoners talk about when participating in such a demanding activity. There was one rest time when he really had to reckon with himself to get back on the bike. In the west Steven experienced extreme variances - below freezing in the upper levels and heat in the desert. This seared the lining of his lungs. Afraid his crew would make him stop he kept his condition to himself, later to learn that other riders had experienced it also.

On day seven, in St. Louis, he experienced some disorientation. His Achilles tendon flared its ugly head in Ohio and stayed with him the rest of his ride. Illinois was the state where many family members came down to the route to cheer him on, so many in fact that it slowed his pace. And his wife joined the crew in Missouri.

I asked if he ever saw the other racers, what with the amount of miles involved. He raced Tally Chatman in the mountains of West Virginia and had an 8-minute sprint battle with David Walls in Missouri.

It was 17 miles from the finish when Steven didn't want to go on, he was just too tired; but then he saw Lon Haldeman who showed up to ride in with him - and finish he did! - 11 days & 59 minutes - making him one of the 18 official finishers (15 men and 3 women) of the 1987 Race Across America.

Will he do it again? Not next year, but I do believe we will see him in the competition again some year. He has the mental attitude and physical ability to be a winner!



Steven's tips to aspiring RAAM racers - Learn your body, work on your mental attitude, set goals, stick with your plan.

"... the longest most grueling bicycle competition in the history of the sport "