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QUAD-CITIES BICYCLE CLUB

AUGUST 1989 • Cindy Mohr - Editor

QCBC 1989 CENTURY RIDE

**in
conjunction
with**

QCBC ANNUAL PICNIC

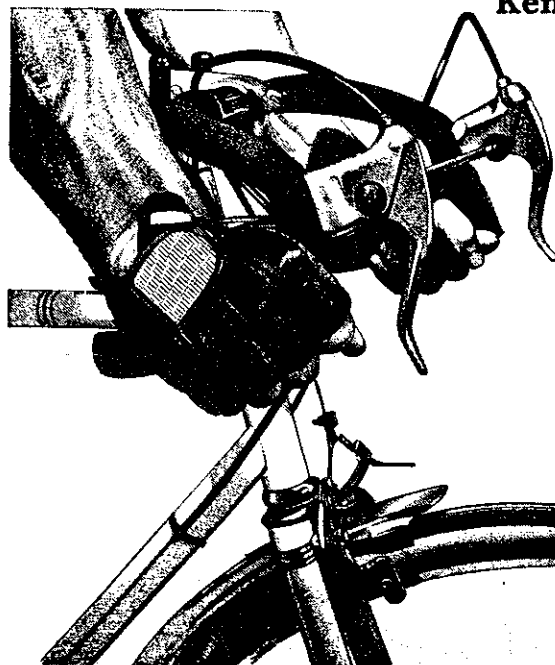
**Sunday
Sept. 17,
1989**

This year we are trying something new. The QCBC Century ride will be held in conjunction with the QCBC Annual Picnic on Sunday, September 17, 1989. The picnic will be held in Scott County Park and will host the start and finish location for the century ride. This year, in addition to the 62 and 100 mile loops, a 25 mile loop will be added to promote family involvement. Riders can start early, before the picnic and finish with plenty of time to enjoy the food and fun. To help you plan and save time at the ride sign in, a release and waiver statement is printed in this newsletter.

To make the century a success, we need volunteers to help, post routes, sag, and man food stops, etc. Contact Kenneth Hall, 796-0874, for any type of help you like to do. Success depends on you volunteering.

More information will follow as century time draws near.

Kenneth Hall



From the President

This should be appropriate - I am writing this at Backbone State Park as we are cycle touring to Glenwood, Iowa to start RAGBRAI. I had such a good time last year with Bryant and Justin that I convinced Pegi she had to experience this ride first hand. So all five of us are joining the "ride of rides."

We started the ride today at Dyersville and left our car there so we can leave RAGBRAI on July 28 and return home in time to run the BIX. It's too bad the two greatest annual events in Iowa are at the same time. In one of my conversations with RAGBRAI officials, I requested that they change the date of RAGBRAI but If there is anyone with lots of pull with the Quad City Times and/or Des Moines Register, please pull the strings and get the two events on different dates.

This cycle touring is really a lot of fun - we might try another overnighiter to Scott County Park in September or earlier if the farmers need rain. We'll talk about it at the Club meetings and put details in the newsletter.

We were lucky to include the Cedar Valley Nature Trail in our trip and were pleasantly surprised that the surface was better than the Wisconsin trails and very picturesque.

Do not forget about the Club meetings during the summer (June, July, August), which are at the Duck Creek Pavilion at the Davenport Bike Path on the third Tuesday, at 7:00 p.m.

It used to be easy to win the helmet at a summer meeting because the attendance was low, but last meeting about 40 people showed up and we rode over to Whitey's in Bettendorf.

Many thanks to Joe, John and Dave for a very successful first annual Iowa 24-Hour Challenge.

The primary point I wanted to make this month was to give some serious thought to running for an office in the Quad City Bicycle Club. At the September meeting, nominations for the offices will be accepted, and at the October meeting, the voting takes place. So, please get involved.

Well, I have run out of things to say (that hasn't stopped me in the past), but I need a shower and the movies start in 30 minutes.

Bill

Welcome New Members!

From Bettendorf, IA:
Pete DaSilva
Robert & Karen Kelly
Don Krebs
Robert Park
Robert Smith

Jeff Allen, LeClaire, IA
Scott Claeys, Long Grove, IA

From Davenport, IA:
Michael Meloy
Andrew Mudd

From Rock Island, IL:
Curt Danner
Laurie Wakeland
Lori Williams

Bill & Sandy Friedrichsen, Hillsdale, IL
Dan Nelson, Matherville

From Moline, IL:
Rod & Melinda Hawk
Fred Marino

Jared Hedeem, Port Byron, IL
Jim Roeder, Silvis, IL

Some Notes on the Maps

You will find maps in this issue of Illinois biking routes. The maps we have been making available in each issue cover the area in Iowa and Illinois within a radius of about sixty miles from the Quad Cities. They can be used to check out the routes described in the Club ride schedule, or to plan your own ride. The solid lines are paved roads. The dotted lines are unpaved; however, in Henry County many of the unpaved roads are seal-coated and are rideable, though a bit rough, but very little traffic. The scale is one-half inch per mile.

Maps can be used to locate yourself when you get lost:

- 1) Ride until you come to a marked intersection.
- 2) Find which way is north (by sun or compass) and point the map north toward the true north. The directions on the map are now the same as the actual directions.
- 3) Locate the intersection on the map, and identify the roads you can see with the corresponding lines on the map.
- 4) Locate your desired route on the map, and decide which direction you need to go.

Fred Blessin

QCBC Help a Friend Raffle

Many of you know that Charlie Sattler, long-time QCBC member, and good friend of everyone, fell during the QCBC 24-Hour Challenge ride. He badly broke his hip. Recovery is certain but slow, and it will be several months before he can work again. Meanwhile, the medical bills mount up, and the financial load of supporting a family continue.

Out of a desire to help expressed by several people has come this raffle. Jerry & Sparky's has donated a Schwinn aluminum 564, 14-speed bicycle as the prize. This bike retails for \$570 00!!

You can help a friend and have a chance to win a great bike. Tickets are available at Jerry & Sparky's east store only. Pick up a bunch - give your co-workers and friends an opportunity of a lifetime. The drawing will be held at our September 19 QCBC meeting. You need not be present to win. Please return all stubs and money to J & S by Monday, September 18. For questions please call me at 319-355-4395.

Jerry Yeast

Volunteers Make 24-Hour Challenge Work

Once again the QCBC volunteers turn in a perfect performance.

The 24-hour endurance ride held at Eldridge, Iowa in June turned out to be a big success because of the following recipe.

Perfect organization by Joe Jamison, Dave Holmes and John Thier.

Next add seventy some riders of varying degrees of ability from world class to club members, who we ride with every week.

Mix with a dozen or so volunteers working in the background doing all the little things that sometimes go unnoticed.

Bake in some good Iowa heat for twenty four hours

This recipe made my job so easy all I had to do was stand around and smile.

Big thanks to Rosemary Jamison, Kristen Jordan, Joe Lopez, Betty Sears, Griff Tucker, Gary Fears, Warren Power, Epi Gutierrez, Dave Hill, Jim Lenig, Ann Lundstrom.

Gayle Campbell

Memorial Day Ride

Sunday, May 21, 1989 was a beautiful day for a bike ride. We had our biggest turnout yet on a patch ride. Almost 80 people arrived to enjoy homemade treats and lemonade. All had an enjoyable time. Part of the group then proceeded to the ice cream store or McDonald's to finish up a very nice Sunday ride. By now every one should have received their patch in the mail - if not, please let me know. Thanks to everyone who attended and made the ride a success and especially to those who helped by bringing the treats for all to enjoy.

Those members receiving Memorial Day patches are:

Jeff & Mary Spiegel
Jack & Mary Ann Clark
Linda Lueders
Linda Simander
Gayle Campbell
Leon VanCamp
Jerry Sears
Jan Burt
David Ahrend
William Chamberlin
Andy Zeglin
Roger, Bill & Tony Mohr
Michael & Patrick Fitzgerald
Tom Buchmann
Griff Tucker
Jim & John Olsen
Bonnie, Emily, Ashley & Randy Beyhl
Charlie Dorman
George Aukee
Pat & Tammy Bolton
Reuben & Betty Aukee
Brad Boeckner
Larry & Kathy Wendell
Joe, Linda, & Mike Getz
Randy, Debbie, Minda & Brian Huebner
Terry Spencer
Diane Herath
Barney Young
Richard & Margaret Paulos
Ron Schmidt
John Greve
Sandra Kartz
Sharon Claussen
Sue, Verle & Brian Dau
John Chebuhar
Larry, Claudia & Tracy Calahan
John Karrier
Joe Jamison
Dave Lefever
Bill, Pegi, Bryant, Justin & Kevin Langan
Greg Fitzpatrick
Mark Keele
Dave Parker
Janet & Anne Bruchmann
Blaise, Lori & Dylan Parker

Memorial Day Patch Ride cont.

Charlie Sattler
Jesse Neitzel

Don't forget the August 15 Club meeting to receive your ice cream patch

Thanks again.

Sharon Sattler

Double Metric Century Club Ride Report June 17, 1989 Skippy rides again

This was to be our first measured, official double metric century and for those of you that quickly jump to the end of the story to find out how it will turn out - we made it, but not without some adventure, sometimes called tense moments.

Despite a detailed map and a guy with bananas that I thought would mark the route, we did manage to stray a bit. I hesitate to say lost because we always knew where we were, it just wasn't where we wanted to be. My appreciation for the group, because they did take us out of town, sorry I couldn't keep up after that. By eight miles their brightly colored shirts danced on the horizon, by 25 miles they were only a memory. My admiration really goes out to all those people that gathered that Saturday morning, regardless of their riding goals for the day. I can't even imagine how much riding experience was there.

Although we got a little off the route, we now know where the Ranch Supper Club is in Port Byron, and we did skip Garden Plaines, but someone in Albany did describe it to us in great detail. At Erie the second time we considered writing postcards to family and friends, "Having fun, wish we were there."

We learned so much - roadkill in Illinois is lower than Iowa, my water bottle honestly does have a leak, and turtles getting hit by a car sound like your helmet splitting. These were seldom traveled roads or Illinois drivers are very kind - for the entire day we only got three suggestions to improve our riding from passing motorists. And did anyone else find the grocery store giving out free frozen yogurt samples?

Why did we decide to do this ride? Well, it is really quite simple. With Sunday being Father's Day and both dads living a little ways outside of town we just couldn't do Ride the River and visit them, so the

alternative was to do this double metric on Saturday and have Sunday free to travel. (So Dad, this one's for you.)

Don't worry, we did honest miles which is why I am not sending the patch back. The roads and the company were good while they lasted, and where else could I have this much fun for \$1.73? Skippy may ride again.

Bonnie Busch

PS: I was the one with the cheap shoes.

Join now and receive this year's *BICYCLE USA Almanac* FREE!

I want to join the national organization of bicyclists. Please start my subscription to *BICYCLE USA* magazine, including next year's *Almanac*, and also send me this year's edition free (a \$5.00 value). Also send my membership materials, including bike and window decals, membership card, and an L A W patch.

League of American Wheelmen Membership Application

(Please print or type)

NAME(S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE (_____) _____

L.A.W. Membership Categories

(Add \$4 for postage to foreign countries. Pay by check drawn in U.S. dollars or international money order.)

- Individual: \$22 Sustaining: \$40
- Family: \$27 Public Library: \$15
- Individual Life: \$300 (or \$37.50/quarter)
- Family Life: \$450 (or \$56.25/quarter)

- Please add me to the Hospitality Homes list
- Tax-deductible contribution to the Bicyclists' Educational and Legal Foundation:
 - \$ _____ \$100 \$50 \$25

League of American Wheelmen
6707 Whitestone Rd., Suite 209
Baltimore, MD 21207
(301) 944-3399

(Allow 6-8 weeks for receipt of first magazine.)

Iowa 24-Hour Challenge

The Records

200 miles

Age Group	Male	Time	Female	Time
16 - 19	Tracy Thompson	13:04		
20 - 29	Dave Holmes	10:00	Missy Roark	13:22
30 - 39	Al Maldoon	9:33	Susan Notorangelo	10:13
40 - 49	Mike Hagerty	11:10	Nancy Oachs	14:48
	Kentley Lowenstein	11:10		
50 - 59	Jim Hanson	11:17		
60 +				
Mixed Tandem:	Bruce & Becky Perry	10:37		

300 miles

16 - 19				
20 - 29	Dave Holmes	16:14	Jane Vanni	22:51
30 - 39	Al Maldoon	14:29	Susan Notorangelo	16:15
	Rich Fedrigan	14:29		
40 - 49	John Thier	17:50		
50 - 59	Jim Hansen	19:43		
60 +				
Mixed Tandem:	Bruce & Becky Perry	17:20		

400 miles

16 - 19				
20 - 29	Dave Holmes	22:22		
30 - 39	Al Maldoon	20:12		
40 - 49				
50 - 59				
60 +				

Miscellaneous Stats

79 riders

70 male riders - 81% finished

53 finished 200 miles; 14 finished 300 miles; 3 finished 400 miles

9 female riders - 100% finished

6 finished 200 miles; 3 finished 300 miles

Iowa 24-Hour Challenge

The Rider

Some say that "riders make the ride," and we had 'em on the Iowa 24-Hour Challenge. They came from seven states and as far away as California

The attendance far exceeded expectations, with a total of 79 registrants. These included nine female riders, all of whom rode at least 200 miles.

This was truly a competitive field and included several RAAM riders & Paris-Brests-Paris participants. Certainly, there were some of the finest endurance bicyclists in the world on display.

Consider: Al Maldoon, the overall performer with 465 miles, had exceeded 500 miles on each of the two preceeding weeks at the "Central Double Century" and the "Michigan 24-Hour Challenge."

Consider: Dave Holmes, just entered the endurance derby last summer and is challenging the top Midwest riders. He doesn't know yet what his potential is but will learn more at the RAAM qualifier in October 1989. Our top rider from the QCBC at 427 miles.

Consider: Bob Harting, one of the earliest Ultra Marathan Cycling Association (UMCA) members, a RAAM qualifier for 1989, the creator of many endurance events in St. Louis area, did well at 364 miles.

Consider: Jim Hansen, who gets tougher each year, broke his double century record of 12 hours and 55 minutes, by finishing this year in 11 hours and 17 minutes. (Last year's winning time was 11 hours and 10 minutes!!) Jim completed the day with 337 miles.

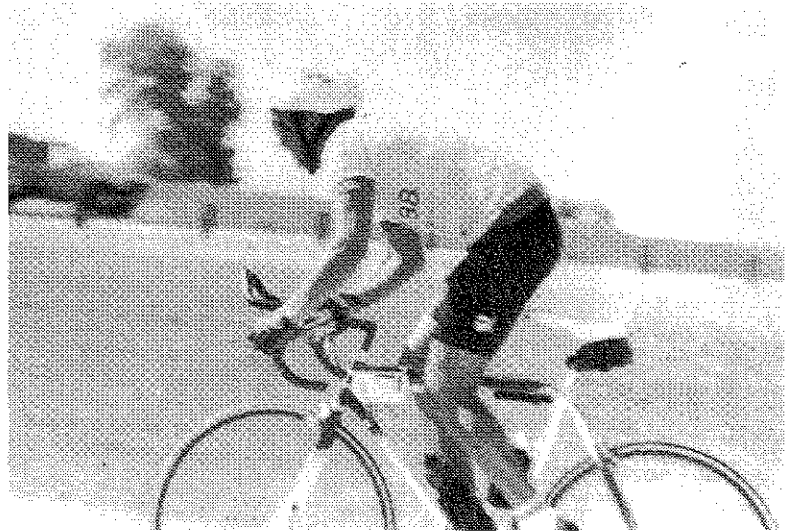
Consider: Susan Notorangelo, former female record holder for RAAM, Paris-Brest-Paris, BAM, Double Trouble, and now the Iowa 24-Hour Challenge. Susan is training for what could be her final RAAM and she looks very fit. She completed her double century in 10 hours and 13 minutes (nearly one hour under last year's overall record) then went on to complete 310 miles at an overall average speed of 18.5 mph. WOW!!

Consider: John Anderson, the singing cyclist! John finished his double century at 3:12 a.m. after carrying his guitar the entire distance. He dismounted, reported to the official check point to record his completing the ride, demanded his patch, then had the energy to play and sing his own composition dedicated to the Iowa Challenge. What a guy!!

Consider: Tracy Holmes, who supported her husband Dave through the entire ride while eight months and three weeks pregnant with daughter Brittini. On July 8, 1989, Dave provided Tracy support for the conclusion of her own personal challenge of giving birth. Congratulations to the Holmes family for a busy two weeks.

Consider: John Thier, despite the worry and stress about the route still managed a very respectful 364 miles overall. John was one of the organizers and did a super job on laying out and marking the route. (John - that's Amish)

So many stories could be told and many must be left unsaid, but the chemistry of the whole really worked this past June 24, 1989, at the Iowa 24-Hour Challenge.



When you join the *Women's Cycling Network*, you join bicycle riders, clubs and cycling businesses promoting women's full participation in the sport of cycling.

The *Women's Cycling Network*

- publishes the quarterly *Women's Cycling News* full of in-depth coverage of events and developments in the cycling world pertinent to women.
- provides resource women and how-to information to local clubs and shops sponsoring women's rides and seminars. Offers events for *WCN* members.
- compiles a *National Directory* of members, resource women, hospitality homes, local clubs and bike shops.
- keeps the media and cycling industry aware of and responsive to women's needs and accomplishments.

Yes, I want to join the *Women's Cycling Network*, and receive the *News and National Directory*.

name:
club/business:
address:
city & state:
zip:
phone: ()

- new membership renewal
 - List me as a hospitality home for touring members.
 - I'll provide route info for tourists coming thru my area.
 - Send me a *WCN* Member Recruitment Kit.
- cycling interest or expertise:

- \$10 Individual one year \$20 two years
- \$30 Local Club
(includes resources for events, articles for club newsletter, and informational pamphlets)
- \$40 Business
(includes 2 business card size ads in the *News*)

Make check payable to: *Women's Cycling Network*
P.O. Box 73, Harvard, IL 60033

Classifieds

Want to Buy
Used Burley
Call 319-355-5591

For Sale:
Specialized Expedition
18-speed touring bike
23" frame
Cateye computer,
Vetta gel cell seat
\$600/offer
Call Pete or Nancy Agnew
319-359-8137

For Sale:
Raleigh Portage
18-speed touring/city bike
23" frame
Cateye computer
\$400/offer
Call Pete or Nancy Agnew
319-359-8137

For Sale:
Peugeot Record
DeMonde
10-speed racing bike
51 cm/20" frame
\$200/offer
Call Pete or Nancy
Agnew
319-359-8137

For Sale:
Miyata Sport Junior
10-speed child's bike
16" frame
\$190/offer
Call Pete or Nancy Agnew
319-359-8137

COME RIDE WITH US!

QUAD CITIES BICYCLE CLUB

Dentists' Rides:

Rides are held on Wednesdays of each week starting from McDonalds, Davenport Bike Path on August 9 and Village Inn Pancake House, 53rd St. & 23rd Ave., Moline on August 16 - alternate starting place each week thereafter. Starting time is 8:00 a.m.

Saturday Rides:

August 12 - Cavortin' to Clinton

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

August 19 - Fool Them In Fenton

8:00 a.m. - Riverside Park, Moline
50 miles

August 26 - Wild Goose Chase

8:00 a.m. - Riverside Park, Moline
54 miles

September 2 - The Dog Days' Loop

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

September 9 - You Can't Rollerskate In a Buffalo Herd

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

Check your ride schedule for details and optional rides.

Sunday Rides:

August 13 - Summertime Pedal Pusher

8:30 a.m. - Junction Rt. 84 and Cleveland Rd., Green Rock, IL
45 miles

August 20 - Plainview Pedalabout

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

August 27 - Melon City Ramble

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

September 3 - Forget Brunch, Bring Your Lunch

9:00 a.m., Joslin, IL (15 & Rt. 92)
54 miles

September 10 - Labor Day Patch Ride

1:00 p.m. Duck Creek Park Entrance, Davenport Bike Path

Option: COB Town Harvest

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

Other Rides Around the Midwest

PACRACC 1989

September 2, 3, & 4, 1989
An inexpensive, fun-filled weekend of cycling, camping, food and friendship!
220 miles
Leaves from Bloomington, IL
call 319-332-6075 for brochure

Midwest Tandem Rally '89

Tandems of Ohio is pleased to host the 1989 Midwest Tandem Rally. This year's event will be held in Northeast Ohio. We plan a weekend that will appeal to all levels of riders, families, and couples.

September 1 - 4, 1989
Willoughby, OH
call 216-953-1888 for information

Labor Day
Monday, Sept. 4
TOUR DE CLINTON

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

Club Meeting
Tuesday, August 15, 1989

7:00 p.m.

Duck Creek Park

In the shelter at the bike path entrance.

Ice Cream Patch Ride

QUAD-CITIES BICYCLE CLUB

September 17, 1989

Century, Metric, and
Quarter Century

RELEASE AND WAIVER STATEMENT--

To participate the following must be signed in ink.

* * * * *

I the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle touring. In consideration of the Quad Cities Bicycle Club's acceptance of my registration to participate in the 1989 National Century ride, I hereby, for myself, my heirs and assigns release, indemnify and agree to hold harmless the Quad Cities Bicycle Club, its directors, officers, employees, agents and participants who may be performing official functions for the ride, from any and all actions, claims, demands, administrative proceedings, judgements, or decrees, including attorney's fees, of any kind that may arise out of my participation in the 1989 National Century Ride.

I also hereby consent to and authorize emergency medical treatment in case of injury. I understand that any medical costs incurred will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in the tour and no physician has advised me against participation in such an event. I agree to adhere to all rules on the 1989 National Century.

NAME (PRINT) _____ AGE _____

ADDRESS _____ CITY _____ STATE _____

CLUB AFFILIATION _____

PARENT OR GUARDIAN SIGNATURE _____ DATE _____
(IF ABOVE PARTICIPANT IS UNDER 18)

PARTICIPANT SIGNATURE _____ DATE _____