

QUAD-CITIES BICYCLE CLUB - September 1975

NEXT MEETING will be on Tuesday, September 9 at 7:30 p.m. at King's Cyclery. Come with ideas for bettering the club, come with mementos of the Across Iowa Ride, but DO COME!

WELCOME to new members who joined during July and August -- Mr. and Mrs. Larry Traver, Mark Woodburn and Mr. and Mrs. Robert Lowe.

LABOR DAY WEEKEND - Sorry, our White Pines-Oregon camping trip had to be cancelled because when we received information on accommodations, it was already too late to make reservations. You might substitute the Chicago Loop Race or a Cedar Rapids ride. If interested, give John Farrell a call at World of Bikes (323-8227).

THINGS OF THE PAST, BUT REMEMBERED FONDLY. Roughly around 125 area people joined the Across Iowa Bike Ride the first week of August. Most of these had transportation back from Fort Madison (end of the trail) but a group of really ardent bikers persevered and rode up and camped Saturday night at Wapello and then wound their way up along the mighty Mississippi to Davenport levee on Sunday -- in number, about 25 with 4 boys from California who stayed Sunday night in members homes.

A FURTHER HAND OF HOSPITALITY was extended through Mr. Home Crown who donated a lug of peaches toward the meal served in Frank King's backyard that night. Bicycling sure makes you hungry and thirsty.

THINGS IN THE FUTURE.

Sept. 13, Community Action Fair on Davenport Levee

Sept. 20-21 Hilly Historic Galena Bike Tour

Oct. 11-12-13 QCBC overnight camping trip, Wisconsin bikeways

Nov. 11 QCBC dinner and election of officers

JOHN HOOD, SR. VISITS QUAD-CITIES (From Terry Burke) After an absence of 7 years, the QCBC founder returned and joined us for a ride to Wildcat Den. John, now 52, had just competed in National Road Championships and was a little peeved for not being able to ride with Seniors, where he normally competed in California. Unfortunately he had the front changer jam and dropped off the pack. John was second in the Texas Road and first in the Time Trial this year.

In his younger years he was within one minute of the <sup>100</sup>25-mile English T.T. in 4 hrs. 10-20 min. This was done on the 83" fixed gear fashionable at the time. John built his first frame with now-famous Jack Taylor, custom frame builder.

While living in Calif., John promoted two of the biggest road races where a field of 100 Category I and II riders was common, (we had 20 at Moline Criterium). He brazed up his own frames and sold them through his son John, Jr., who owned a bike shop for a time. Although Barry Harvey, Canadian track racer, received credit for the Teledyne titanium frame, John actually was the one who specified the frame angles, tube length, stay length, etc. Besides continuing to race actively, he worked a

fulltime job. If this sounds like Hood is a human dynamo, he is! Rene DeLanghe said this about John: "He never walks anywhere, he runs."

John now is managing a foundry in Houston, Texas. His address is: 2931 Stetson Lane, Houston, Texas 77043. We hope to see him next May at the Moline Criterium. I urge you to meet him when he comes.

NOTES FROM MARGARET PAULOS: Margaret is a busy woman, working full time and keeping up with her family, and yet maintains an avid interest in promoting bicycling. Be generous and help her with these projects -- phone evenings, 323-5745.

She has planned a bike route of the Davenport-Scott County area for the County Bicentennial Committee and would like suggestions and help in actually drawing it this Fall to be sent out through the L.A.W. Bulletin and other publications by next Spring.

There will be a Davenport Community Action Fair Sept. 13, 1-7 p.m. (Saturday) on the levee foot of Main St. and spreading East. We may use what space assigned us to promote bicycling, bike care and to stress safety. She'll need help to begin setting up at noon and to man the booth, each person to be there about 2 hours. PLEASE VOLUNTEER!

AUGUST LEAGUE OF AMERICAN WHEELMEN BULLETIN --- Front cover has a beautiful Fall scene, taken during last year's first Hilly Historic Galena Bike Tour. Elizabeth Schwegler is pictured with the group. On the inside is an illustrated article by Ron Castle detailing this first ride. Fred Blessin is mentioned as being instrumental in setting up this ride which the Bulletin says, "will no doubt become one of the most popular rides in the Midwest."

So now many of you might want to join this ride Sept. 20-21, Sat. 50 mi.; Sun. 60 mi. Hills, Mississippi Palisades and Apple River Canyon. Write Ron Castle, 211 Applewood Lane, Bloomington, Il. 60108. Elizabeth says cost is \$6 and they'll be staying at Chestnut Mountain lodge.

Elizabeth had just returned from a tour of Wisconsin bikeways with a very pleasant group (the Tri-State Bicycle Touring Society).

JOHN FARRELL REPORTS a group in Muscatine is forming a bike club and they plan to ride to meet our group for our Nov. 8 ride to their fair city.

He will soon have information on the Champaign Century. Anyone interested may call John at World of Bikes. He also mentioned that this Sunday, August 31 there's a Raleigh-sponsored race in the Chicago Loop with \$15,000 in prizes. Race starts at 1 p.m.

NOTES FROM FRED BLESSIN on a couple recent rides . . . Cordova, Aug. 9. Gene and JoAnne Lambrecht took the 15 mi. circuit (BB to U, V to A, A back to Cordova Frontage road). Ken Davie and Fred took the 42 mi. triangle (Albany, Erie, Cordova). Weather overcast, riding ideal, 70-80F.

Dixon Corn Festival, Aug. 16. Eight people left Vander Veer to travel to Dixon fire station for breakfast, including the Bradley family, Ken Davie, Fred Blessin and Jim Keyoth. Mrs. Keyoth and her sister rode in later from Donahue. Morning ideal (70-80F) with little wind.

TERRY BURKE'S RACING SUMMARY -- With August nearly over, Eldridge point totals for Class A are as follows:

Jeff Bradley	28	points
Bill Olmsted	20	"
Kent Kraft	16	"
Chris Hegg	11	"
Mel Bradley	10	"

Class B attendance has been too sporadic to assign points. Eight non-sleigh riders competed in the race of truth/agonny 25-mi. time trial Aug. 20. Everyone improved substantially since the first time trials at Cordova in April. Final times were:

Jeff Bradley	62:12
Kent Kraft	62:28
Bill Olmsted	63:26
Jim Keyoth	64.59 (used derailleur!)
Mel Bradley	65:01

As this season draws to a close, several observations should be made:

1. Very few individuals seem to be able to combine the physical ability, pain tolerance and killer instinct which characterizes ABL riders. Several, however, do enjoy coming out and getting a good workout and getting some satisfaction from improving their times throughout the summer.
2. Several riders have the potential to become successful ABL riders next year if they want to. Jeff Bradley, Neil Davie, Jacque Bradley already are; Kent Kraft improved markedly throughout the year and would probably do well in Cat. III; Chris Hegg would also do well in Cat. III; Mel Bradley will be a "young" veteran next year; Jim Keyoth should challenge "Big Alf" Engers to steep gears championship and Bill Olmsted could be in Cat. II with training.
3. For those who do not choose or cannot choose to race ABL, the comparatively low key competition, exchange of ideas and experiences and ice cold beer Wed. night at Eldridge will suffice.

JACQUE BRADLEY WINS MIDGET GIRLS AT TRACK NATIONALS!  
JEFF BRADLEY SECOND IN ROAD NATIONALS!

Jacquie Bradley needed little strategy to win all her events at the National Track Championships held July 27-Aug. 2 at Northbrook, Ill. Jacquie just had too much speed for anyone to give her a serious challenge, winning with plenty of room to spare. She will start intermediate girls (11-14) next year.

Jeff Bradley was fourth at Northbrook on points, but the week before took second by less than a bike length to winner Chris Springer at the

Road Nationals, Milwaukee, Wis. Jeff has one more season to compete in intermediate class. Springer goes to Juniors (14-17) next year. Looks like Jeff will be the boy to beat next year!

The two weeks prior to Road Nationals, Jeff and Jacque put together a string of firsts and seconds in back-to-back races which would fatigue most riders, but only seems to make them go for more. For Jacque, she took first from Kron (boy) at Humbolt Criterium, second on points at Kenosha, Wis. Track, first at Southshore, second in Milwaukee Lakefront Criterium, second in Milwaukee Road Classic and first at Northbrook Track races. Jeff was second to Palazzo at Humbolt, second in Kenosha Trace Races, won 3 of 5 primes (sprints) for first in Southshore Criterium, second overall at Northbrook track, second in Milwaukee Criterium, where a crash took out everyone except Stetina, and won 5 primes for first in Milwaukee Road Classic.

NEIL DAVIE ADVANCES TO CATEGORY II -- A second at Morton, Ill., a first at Minneapolis and a second at Lincoln, Neb. qualified Neil for Category II ABL rides. In this classification and riding with some fine Category I and II riders, Neil chalked up a fourth and fifth place at Mason City and Cedar Rapids on July 12 and Aug. 17.

IF YOU LOOK OVER THE RIDE SCHEDULE FOR THE REST OF '75, it may look like "all long rides" but don't let that scare you. There will always be some who will want to go only part of the way so you can all start together and then go as far as the spirit moves you.

Keep your schedule handy for ready reference and if you should lose it, give Mary Jo Sheridan a call (323-0516) and she'll see that you get one.

NOTE THAT anyone who wants to join the club now has to pay only half price for the remainder of the year. Membership dues are DUE AND PAYABLE Jan. 1, 1976.

LAW BULLETIN printed this high-energy recipe sent in by Cycling Saddlemen of Dearborn, Mich. which you might want to mix up in your little kitchen.

2 12-pz pkgs. chocolate chips	1/2 cup Bucher Muesli
2 8-oz pkgs. butterscotch chips	1/2 cup cashews
1/2 cup chopped dates	1/2 cup wheat germ
1/2 cup yellow raisins	1/2 cup uncooked oatmeal
1/2 cup chopped dried apricots	1/2 cup honey
1/2 cup shredded coconut	1/2 cup walnuts

Melt chips in top of double boiler, then add honey. Pour over rest of dry ingredients in a large bowl and mix well. Pour mixture into greased pans and cool. Cut or break into hand-sized chunks. Wrap tightly in plastic wrap. Store in refrigerator until needed. With GORP like this, you can bike forever!

I'd have made some for our meeting Sept. 9,  
but, what's Bucher Muesli? ? ?