

# QUAD-CITIES BICYCLE CLUB

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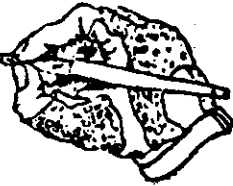
Newsletter Editor, LORRAINE ROTH

**"AT THE HUB OF TWO STATES"**

JUNE  
1984



from the  
president's  
pen ...



RIB RAC III is history, and 2400 riders made it the community cycling event of the year. The Rock Island Bank and employees, especially John Kustes and Bev Prusa, are to be commended for their fine organization of the ride, and the grand prize trip to the Olympics. Bev also belongs to the QCBC, and was assisted by Carter LeBeau, who coordinated the club's involvement.

We've all had our share of windy rides, and it seems as if most of the time is spent against the wind. If you've ever wondered how it would be to have the wind at your back the entire ride, ask Joe Jamison, Danny Smith, or Carter about their 670-mile ride with the wind. Hope to see more about it in a newsletter article.

Thanks to Don Dehner and Charlie Sattler for pacing the 26-mile Quad City Marathon, and to Susan Stoltz, Shel Dhuyvetter, and Kentley Lowenstein for pacing the 10k run which was held along with the marathon.

---Paul Scheibelhut



## Picnic Plans

The May newsletter asked you to mark your calendars for the QCBC Annual Picnic III, to be held August 25th, beginning at 2:00 p.m. Everyone is requested to bring a covered dish. A two-dollar-per-person charge will cover all beverages and the meat. Pork chops? Steak? Hot dogs? Lobster? I don't know yet.

This year, in order to have a better idea of attendance, we will sell tickets in advance. To incent the sale of the tickets, they will be only \$1.50 until August 15th. From August 16th, and at the door, they will remain at the \$2.00 rate.

Tickets will be available on the Illinois side at BikeAmerica, and on the Iowa side at Jerry and Sparky's. Tickets will be available after July 15th.

Again the picnic chairperson, Eleanor Koenig, advises us there will be games, prizes, and fun until it gets dark.

JUNE QCBC MEETING  
TUESDAY, JUNE 19TH  
BROWNING MUSEUM  
ROCK ISLAND ARSENAL  
7:00 P.M.

## New Faces

Again, the QCBC has some new and re-signed members to welcome to our ranks. We hope to see these people on our rides in the near future. Remember, new members and out-of-shape old-timers; there will be "sweep" riders on all weekend rides through June; hanging in at the back of the pack to see that no one rides alone, or feels obligated to continue at a pace which is too fast, or on a distance which is too great.

WELCOME, NEW BIKERS AND RE-SIGNERS!!

Alpha, IL: Vince Montgomery  
Bettendorf, IA: Jay Burnham, and the Rod and Deb Tokheim Family  
Davenport, IA: Harlan Kundel, Salvatore Marici, the James J. Olson, Sr., Family, and Peter Rosner  
East Moline, IL: The Juergen and Olivia Fronz Family, and Laulak Siddique  
Freeport, IL: Dave Doolittle, Steve Smith, and Karl Sohlberg  
Hazelwood, MO: Bill Fondell  
Moline, IL: The Roger and Pam George Family, The R.W. Anderson Company, Sue Thompson, Jon Vaiana, and Joe Wietlispach  
Orion, IL: Pat Larson  
Rock Island, IL: Jewel Bryan, Peter Hallock and the Mary and Ralph Radloff Family  
Waterloo, IA: James Meehan  
Wheatland, IA: Joleen Moore

# Come to Indy for a bike-happy 4th

You'll find rides galore, cycling workshops, equipment displays, record attempts by Lon Haldeman and Sue Notorangelo-Haldeman, and enjoy the company of hundreds of other cyclists at the BICYCLE USA National Rally, July 3-8 in Indianapolis, Ind.

You can ride through pastoral central Indiana farmland, you can breeze around the Indy 500 raceway (yes, on your bicycle), circle the Major Taylor Velodrome and wheel through the largest city park in the United States. And you'll be able to earn the entire BICYCLE USA Sanctioned Series of patches during the rally by completing rides of 25, 50 and 100 miles and 100 kilometers.

A treat for many riders will be taking a loop traveled by cyclists in the annual Hilly Hundred tour, sponsored every October by the Central Indiana Bicycling Association, the National Rally host club.

You'll stay, for modest rates, at the Downtown Hilton (Rally headquarters), the nearby Atkinson Hotel or the group accommodations at the Riverpointe Suites, within easy cycling distance of Rally headquarters.

After returning from a day's ride, you can relax in air conditioned comfort, take a dip in the pool or attend informative workshops such as first aid for cyclists, bicycle touring, organizing and running a bike club, bicycle commuting, tandems, nutrition, sportsmedicine and cycling, wheel building, human powered vehicles and a host of others.

You can learn about BICYCLE USA's Effective Cycling program, which teaches cyclists to ride competently on the roads, take the tests and maybe become a certified Effective Cyclist (with a patch to prove it).

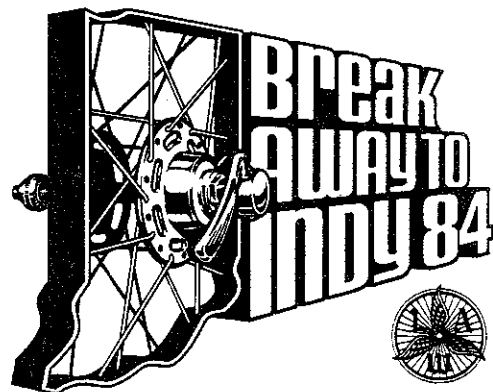
Lon Haldeman, winner of last year's Race Across AMERICA (RAAM), will be at the Major Taylor Velodrome to try to recapture the men's 24 hour cycling record which he lost to Jim Elliott this April. Elliott rode 502.3 miles. Lon's record was 454 miles. Sue Notorangelo-Halde-

man will attempt to topple the women's 24 hour record of 401.6 miles, which she holds.

Indy's Fourth of July party is right at your door too--in the street outside Rally headquarters--with entertainment, international food, beer, wine, music and traditional light-up-the-sky fireworks.

You can take your bike into your room--as at other BICYCLE USA rallies--so there's no worry about security.

If the Rally itself isn't enough vacation for you, you can sign up for a pre-rally or one of the post-rally tours through the beauty and charm of rural Indiana.



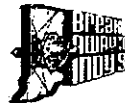
**L.A.W. NATIONAL RALLY**  
**JULY 3-8, 1984**

You'll find the rally is more than rides, workshops and displays. It's hundreds of cyclists gathering together to share their joy in bicycling, to talk about their bikes, accessories, clothes and cycling experiences.

The Rally registration desk is open from Tuesday evening, July 3, through Wednesday evening, and you don't have to check out until 2 p.m. Sunday, July 8.

If you don't find a rally registration form in this newsletter, please call BICYCLE USA, the League of American Wheelmen, at 301/944-3399. Or, if you think there's time write to BICYCLE USA, Suite 209, 6707 Whitestone Rd., Baltimore, Md. 21207.

# BICYCLE USA NATIONAL RALLY REGISTRATION FORM



Amt Rec'd

Reg No

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(office use only)

# BICYCLE USA 1984 NATIONAL RALLY

Indianapolis, Indiana, July 3-8. (Tuesday-Sunday)

R3

Please complete all information below. Please PRINT. One person to a form. Form may be duplicated.

First Name	Middle	Last	Area Code and Telephone ( )
Street Address or Box Number		City	State Zip
Club Affiliation			
Name of Emergency Contact			Area Code and Telephone ( )
Age	Male <input type="checkbox"/> Female <input type="checkbox"/> (for room assignment)	I wish to room with: (send registration form in the same envelope)	
			Persons registering individually (without others in same party) will be assigned one roommate

<b>REGISTRATION FEE</b> (Children 11 years and under free)	BICYCLE USA MEMBERS (enter L.A.W. Membership Number _____) \$30 NON-MEMBERS ..... \$45 (or for just \$3.00 more you can attend the rally as a BICYCLE USA member and get many other benefits See below)	\$ _____
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<b>JOINING BICYCLE USA</b> Non-members may join BICYCLE USA to take advantage of the \$30 rally registration fee. If you join now, pay one of these annual membership dues. Individual membership (age 14 and over): ..... \$18  Family membership (two adults and unmarried children to age 21 living at same address): ..... \$24 With membership you will receive the monthly BICYCLE USA magazine, the annual Cyclist's Almanac, membership materials, merchandise discounts, and you'll provide support for the educational and legislative programs that make cycling better for everyone.	\$ _____
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<b>MEALS</b> Breakfast and dinner only, from Wednesday breakfast through Sunday breakfast, all meals will be buffet style at Downtown Hilton. Vegetarian entrees available no extra charge. Lunches to be arranged separately by each registrant.	\$45
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<b>HOUSING</b> Room deposit per registrant required whether registered at Downtown Hilton Atkinson Hotel or Riverpointe Suites. \$37.50 <input type="checkbox"/> The Downtown Hilton 2 double beds \$34 per room per day, plus 10% tax, (balance due payable to Hilton upon arrival) Minimum occupancy 2 persons, maximum 4 persons <input type="checkbox"/> Atkinson Hotel (4 blocks South of Hilton) 2 double beds \$34 per room per day, plus 10% tax, (balance due payable to Atkinson upon arrival) Minimum occupancy 2 persons, maximum 4 persons (Atkinson offers free membership during your stay at Nautilus health spa 3 blocks away with pool sauna & workout equipment) <input type="checkbox"/> Group Accommodations: Riverpointe Suites (2.8 miles northwest of Hilton) Fully equipped kitchen, dining and living area (balance due payable to Riverpointe upon arrival). <input type="checkbox"/> 1 bdrm, 2 persons, 1 dbl bed \$44 per day per suite plus 10% tax <input type="checkbox"/> 2 bdrms 4 persons 1 dbl bed 2 single beds \$49 per day per suite plus 10% tax <input type="checkbox"/> 3 bdrms, 6 persons 1 dbl bed 4 single beds \$53 per day per suite plus 10% tax	\$ _____
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<b>RALLY SHIRTS</b> (Please circle size) (Shirts will also be available at Rally, priced at \$7 adults and \$6 children)	Adult S M L XL \$6 Children S M L \$5
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<b>PRE-RALLY TOUR</b> Indiana Canal. July 2 & 3 2-day Camping (Meals not included) ..... \$16 Motel (Meals not included) ..... \$32	\$ _____
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<b>POST-RALLY TOURS</b> Hoosier Hills, July 9-13, 5-day, Motel trip (Meals not included) ..... \$127 Southern Indiana Parks, July 6-14, 7-day, Camping (Meals not included) ..... \$15	\$ _____
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<b>DONATION</b> to Bicyclists Educational and Legal Foundation (tax deductible)	\$ _____
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Send check or money order, payable to BICYCLE USA in U.S. funds, with self-addressed stamped business-size envelope to receive directional map and other information to: BICYCLE USA Suite 209 6707 Whitestone Rd. Baltimore MD 21207	<b>TOTAL ENCLOSED</b> \$ _____
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**EARLY REGISTRATION** Free Rally cap if registration is postmarked before May 1 1984

**ADDITIONAL INFORMATION** Please check if you would like additional information on:  
 Pre-tour  Post-tours  Area hotels/motels  Camping  Child care  Non-riding tours

**SPECIAL NEEDS**  Check if you will need a room with facilities for handicapped

**CANCELLATIONS** All fees except registration fee are refundable if notice of cancellation is postmarked before June 1 1984

**RELEASE** all applicants **MUST sign the release below:**  
 In signing this release for myself or the named registrant, if registrant is under the age of 18, I acknowledge that I understand its intent. I understand that BICYCLE USA, the League of American Wheelmen, and Central Indiana Bicycling Association, Inc. are not insurers of my personal safety during the BICYCLE USA National Rally or any activities associated therewith. I thus release them and I agree to hold them harmless from any and all liability arising from my having sustained any property damage or personal injury by reason of their negligence in participating in or sponsoring or planning or arranging the event. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safety in cycling.

Signature of registrant	/ / 1984	Signature of parent or guardian (if registrant is under age 18)
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# TOOLS FOR THE RIDE

I was recently asked by one of our newer members about what tools to carry on a bike. This is like asking a bicyclist what is their favorite brand of tire; each person has a different answer. What follows are the tools I consider necessary for making repairs, so that a bike ride does not end up as a long walk home.

The most important item is a good pump, along with a spare tube and patch kit. Next would be tools for adjustments; an 8-9-10mm Y wrench, a small Phillips screwdriver for derailleurs, a Swiss army knife, 6" crescent wrench, and a wrench for seat adjustments.

For longer rides or tours, I would add a park wrench, chain breaker, freewheel remover, and a small pair of pliers. You should also carry the necessary hex head wrenches if your bike is so equipped.

I've had reason to use all of the above tools while on the road, and would feel uncomfortable on a tour without them. The special bike tools can be obtained at most bike stores, and the wrenches at Sears, Wards, and most auto parts stores.

As I said at the start, this list is my preference for tools. If you are still not sure of what to carry, just ask someone who has been riding awhile, or at one of the bike stores.

---Paul Scheibelhut

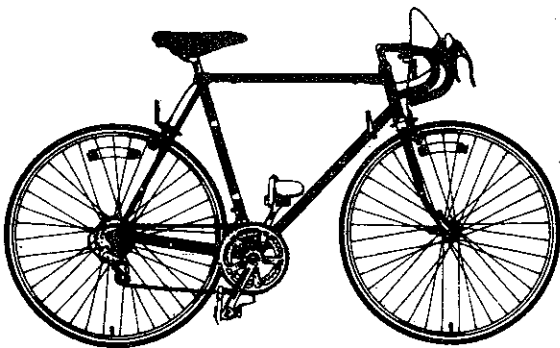
FOR SALE: '81 Motobecane tandem, 23/21 mixte, excellent condition, new specialized tires, bar end shifters, Avocet saddles. Asking \$595. Please call Dennis Warner. Work 326-4011. Home 332-5199.

FOR SALE: Ladies' Schwinn Sports Tourer, 20" frame. Good condition. \$115. Call Lorraine Roth at 359-9778.



"Less muscle, Florence! Less muscle!"

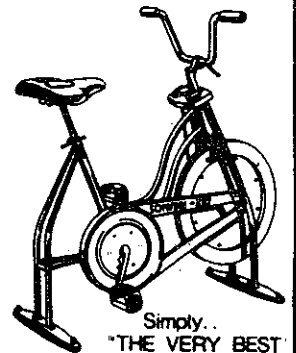
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# BIKING ON TOUR...

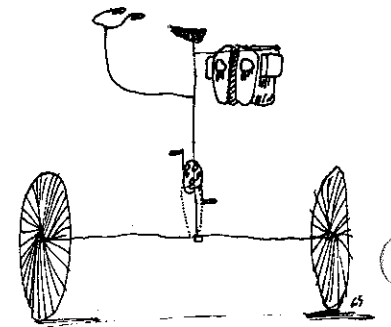
QCBC member Bill Moss has spent some of his springtime riding with other clubs, and wished to share his experiences with the rest of us. These tours sound like good biking, and the good companionship which is always to be enjoyed by "branching out". These are rides you may wish to mark on your calendars for next year's activities:

**BLOSSOMTIME METRIC CENTURY**--Berrien Springs, Michigan--April 29th--This ride covered Berrien County, Michigan, which is situated in the same locale as the Apple Cider Century. This is wine-making country, having many vineyards, cherry and apple orchards. This was a very scenic ride, with moderate hills, small towns, babbling brooks, many wooded areas, and no cornfields. 400+ riders participated. There were two sag stops with bananas, peanut butter and jelly sandwiches, apple cider, punch and sumptuous potato soup.

**MAY DAYS METRIC**--Danville, Illinois--May 5th--With many small farms, many wooded areas, a covered bridge, a round barn, and quaint towns, it made one feel he was in the East rather than the Midwest. Most of the ride took place in Indiana. There was little traffic; however, the roads were fair to poor, and the patch was a disappointment. Approximately 40 riders participated. The Danville Bicycle Club is very small, with only ten members.

## BIKING TO WORK

For those considering commuting to work, but finding constant excuses to avoid the experience, here's a continuation of the "Bicycling to Work" article, submitted by Tom Duke:



### What Kind of Bike Is Best for Commuting?

The experts we spoke with prefer three-speed utility bikes over 10-speeds for a variety of reasons: They're heavier; have wide rims and tires for durability; and three-speeds have fenders and brakes better designed for riding in the rain. In short, they're for transportation, not just sport or recreation. However, if your ride is long distance, over hilly terrain, and you don't need to do much shifting in traffic, a 10-speed may be a better choice. You might do what Ellen Fletcher does: Keep one of each and use them as needed. This plan also gives you a backup bike in case one needs repairs.

A folding bike (it has a collapsible frame that fits into a special bag) also has pluses and minuses. You eliminate security problems because you carry it wherever you go. But folding bikes tend to be lightweight and not sturdy enough for a long commute. However, you can buy heavier folding bikes if you don't mind carrying the load.

### Overruling Five Big Objections

**1** *How can I ride to work and still look dressed for work?* If you perspire only lightly, your commute is short, or your office's dress code is relaxed, you could bike in your work clothes. Carry a change of shirt or blouse in

case you heat up a little too much. Rest for 10 minutes before you wash up to minimize excess perspiration. Cycle at a moderate pace—you're not racing in the Tour de France. Wear permanent-press blends and corduroys, which wear better and wrinkle less.

If you perspire a lot, bike longer distances or are required to wear dressier clothes, then you'd be better off changing at work. You can either carry your clothes on your bike or keep several suits at work. For carrying suits, one of the most unusual recommendations *EFN* heard was one Ed Kearney got from a fellow executive bike commuter. Find an old rural-route mailbox, the kind that's long, narrow and shaped like an upside down U. Strap it to the back fender rack of your bike. Put your shoes and small articles inside the mailbox, then drape your suit and shirt (wrapped in a garment bag) over the mailbox and secure it.

Kearney himself kept suits and all his accessories in a closet at work. Occasionally, he'd drive to work or stop by on a Saturday to pick up clothes for cleaning. "But you'd be surprised how infrequently you have to clean clothes you don't go back and forth to work in," says Kearney. The executive says sweating wasn't an annoyance. But if it is for you, and your office does not have a shower, use the washroom to clean up. Carry a towel, powder and deodorant. "Don't dread sweat," writes John Allen. "Fresh perspiration has little odor and once you have wiped it off, it leaves none."

# THE ENCHANTED....

My daughter (age 11) and I rode the RIB-RAC this year on a day that started with clouds and ended with suntan lotion. Actually, the day started with a sad trip home from Q.C. Downs after a disastrous evening of displaying my ignorance of horse racing, but that's another story.

I paced myself quite a bit in the opening lap, and rode it in 57 minutes. Having read in the brochure that the casual rider can do it in an hour, I vowed to do better. Just as I was preparing to go out and do better, Carter (in comparison to whom I'm a very raw, casual rider), got on the mike and asked for volunteers to direct traffic for ½ hour or an hour. I thought, sure. So I signed up with a lady who gave me 2 hours, explaining that all shifts were 2 hours. I didn't complain, because I was filled with the spirit of cooperation. Besides, it's not nice to un-volunteer. I was to start at 11:30.

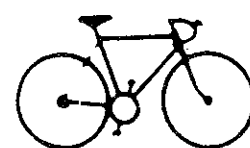

First, I had to take care of this "casual" tag. I did two more laps, in 53 and 56 minutes. Casual it is, I conclude. On to traffic direction at 4th Avenue and 20th Street. Location described to my late-arriving wife by good friend Chris as: "He's down at the adult book store. You know where it is." Thanks, Chris.

My brother is a traffic cop. He can have it. I didn't almost get anyone in an accident. In fact, it was an uneventful 2 hours, except I got to view lots of pretty young ladies. But that's a lot of responsibility. Traffic direction, that is. I was glad my relief showed on time.

After a brat (mild) and a Pepsi (Where's the suds?), it was back out for another go. The first place Cubs assumed a 7-0 lead, and I got back at 3:00. My youthful companion had completed her second lap (not bad on a 20" one-speed bicycle). They announced that the course would close in an hour. Given the option, I decided to forego the fifth lap and we claimed our ribbons. Then we mounted our bikes and rode home. I fail to understand why any Quad City resident would drive to RIB-RAC, when there is a much more obvious way of getting there.

The most impressive thing about the whole day was the number and size of smiles. Even riders in obvious pain managed to give only cheerful moans and groans. Only met one "sour apple" all day, and I wouldn't dream of identifying him!

---Comments of a "Casual" Rider




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# ....THE DISENCHANTED

Dear Fellow QCBC Members,

Hi. My name is Andy Normal. I'm a QCBC member too, but most of you guys don't know me, because I don't go to many meetings or rides. So, since you don't see me too often, I'd like to tell you my story in writing.

I started bicycling not too long ago. Guess middle age was starting to catch up with me, and biking sure seemed easier than jogging. So--I got a nice bike, and started riding. Saw the club board on the bike path, and figured I'd join, to learn more about what I was getting myself into.

Went to one of the meetings. Some guy was talking about a TOMRV and a TOGIR and a RAGBRAI. Must be some new kinds of bicycles. The guest speaker talked about skiing. Never thought of skiing on a bike! Checked around to see if anyone talked about parts of bikes, fixing bikes, how to ride safely. Those things weren't discussed much--no one interested.

Read all about the weekend rides. 40 miles--60 miles. Oh, good--they have someone who says he'll (she'll) slow down to ride with the newcomers like me. Still, might take me all day to do 40 miles at my pace! If I can even ride that far!! Wonder how fast all those other people ride? Well, I'll stick to the bike path, I guess.

But wait--here's a ride I can do! RIB-RAC! I get there just before it starts. Boy--lots of QCBC people in T-shirts, and those neat bicycle shirts. I'll watch them to see how I should ride in all the traffic--bike and car.

I see some of those QCBC people ride right through red lights and stop signs, while others like me stop. Can't wait 'til I am good enough to do that. Maybe someday my kids will be good enough to do that, too--but until then, I hope they didn't see those QCBC guys.

Hey, those QCBC people are real funny, too. I just saw some sneak up behind a couple ladies talking as they leisurely ride along. Boy--were those ladies surprised to see those QCBC people come between and beside them, with no warning! Looks like fun--I'll save that trick for later.

Learned one more thing from those QCBC people, too. If someone's bike is broken or they and hurt themselves, don't stop to help. Those who broke their bikes need to learn how to fix them. Besides, serves them right for bringing a bad bike on the ride. And for those people who fall, they need to learn to be more careful. Why waste time helping someone who is obviously so clumsy they shouldn't be on a bike?

Well, I'm sure glad I watched the QCBC people. Can't wait to get better at biking so I can do all those neat things and wear those fancy bicycling clothes. Until then, though, I guess I'll have to put up with the slow crowd--you know--the people who have to obey street signs, warn others when they are going to pass, and be friendly, helpful and courteous to the other cyclists. After all, not everyone is good enough to wear the QCBC shirts, even the majority of its members!

---Anonymous

Editor's Note: Let this be a word of warning to us all. These same matters have been brought up and discussed many times in club meetings, and informal discussions. Apparently, we are still not being good representatives of "our" sport, or of the QCBC. At least one person has been put off and disenchanted by our group (hopefully the minority among QCBC members), to the extent of being moved to write us this letter. I hope Anonymous won't give up on us, but will hang in there and help us improve our group and our activities!





# BIKING THE BIG APPLE

Bob Miller, our resident intellectual of the QCBC, continues to read the "USA Today", and send us interesting articles pertaining to our favorite activity. He writes, "I suppose some of our members get to New York City from time to time. Maybe this would interest some; for certain we all like to eat." Bob has certainly gotten the number of our group, hasn't he?

USA TODAY / TUESDAY: 22 MAY 1984

**IN NEW YORK/**BY RICHARD DAVID STORY

## Big Apple bicycle tours with a gourmet flavor

Food and exercise, along with off-the-beaten-path sightseeing, are being offered by Mark Clifford and Myra Alperson, who head **Hungry Pedalers: Gourmet Bicycle Tours**. What Clifford and Alperson are peddling are "the places everybody reads about, but somehow never end up getting around to visiting." That means not just Manhattan, but the other boroughs, too. En route, the emphasis is on food with stops in Harlem for soul food at Sylvia's, Brooklyn for a kosher deli, Queens for Greek snacks, or the Italian neighborhoods of the Bronx for Italian cheese, bread and pastries. Full- and half-day treks can cover up to 40 miles, and cost from \$6 to \$9 (without food). For information and reservations call (212) 473-6829 or 222-2243.



### CNB/RAC

With the great success of RIB-RAC, it is inevitable that many such family activities will be springing up all around us. Our friends in Clinton are among the first to bike onto the "bank-wagon", providing all of us with the opportunity to join them on CNB/RAC, the Clinton National Bank's Ride Around Clinton. Being planned in conjunction with the Riverbend Bicycle Club, the August 26th ride will offer "prizes galore", on "a day of biking fun".

We will surely be hearing more about this ride, but if you wish to obtain further information, you may contact:

Clinton National Bank  
235 6th Avenue South  
Clinton, IA 52732

## Bike AMERICA



BICYCLE CENTER  
BACKPACKING EQUIPMENT

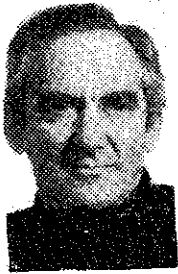
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# JOHN KARRAS

## The day our sports writers yawned



A little over 6 months ago, an American won the professional World Cycling Championship road race.

It may strike you as odd that the news is being reported so long after the fact. But really, it doesn't matter. You've probably never heard of the World Cycling Championships, road or track, professional or amateur. And unless you're among a handful of Iowans, most of whom know each other by their first names, you probably also are unfamiliar with the name of the American who won.

His name is Greg LeMond, he is 22, he has been a professional bicycle racer for two or three years, and he is the first American in history to win this annual race. His feat stood

Europe on its ear. Americans just don't win road races against Europe's race-smart professionals. Just didn't, that is.

The race of 162 miles was held in Switzerland. It followed a string of successes by American women amateur racers at the championships. Connie Carpenter won the gold medal in the women's pursuit, Connie Paraskevin won the women's sprints, and Rebecca Twigg came in second by less than a bike length in the women's 48-mile road race. Household names, all, of course. In Europe, that is.

European sports writers could not contain their astonishment, especially over LeMond's victory.

America's sports pages yawned.

I am reminded of the year that Sheila Young won at least one gold medal, maybe more than one, in speed skating at the winter Olympics, then went on to win at least one gold

medal, maybe more than one, in the World Cycling Championships on the track.

That was the year Sports Illustrated named a horse Athlete of the Year.

All right, all right, I'm pounding a lonely drum slowly. Who cares about bicycle racing? And why should anyone care, anyway? And who am I, a Mozart lover, to be prescribing sport, anyway?

Friends, I have seen bicycle racing, and it is exciting. Believe me, if you ever find yourself in the presence of a bicycle race, all questions and doubts about the appeal of such an event will vanish in a trice (or is it a twitch?).

The pack (it's called the *peloton*) takes on an awesome, almost ominous life of its own as it goes by, creating a hum of tires on pavement and chains whirring on cogs that you have never heard before, flashing by faster than you've ever seen bicycles go before. The pack chases the leaders, trying to catch them, pull them in, absorb them. It does. Then another rider, or pod of riders, breaks away again, trying to get away, trying to free itself. The chase continues. A solo rider breaks out. Can he maintain a lead? Can his body withstand the incredible demands being made on muscle, blood, lungs?

And so it goes — a shifting mass of men or women and frail, insect-like machines, gleaming and flashing with chrome and sweat and stainless steel in the sunlight until the race is done and everyone, riders and spectators alike, is exhausted.

Bicycle racing, friends, is exciting.

And perhaps, one day, we'll find an audience for it right here in Iowa. The bicycle racers have been here for a long time, honing their skills — and waiting.



# CUT IT OUT JOIN US

## MEMBERSHIP COUPON

Share our goals by becoming a member of Iowa Rails to Trails. All contributions go directly toward the development of the trail, and are tax-deductible. Our newsletter keeps our members informed of trail activities.

- SUSTAINING MEMBERSHIP \$ 25.00 or over
- FAMILY MEMBERSHIP \$ 15.00
- INDIVIDUAL MEMBERSHIP \$ 5.00

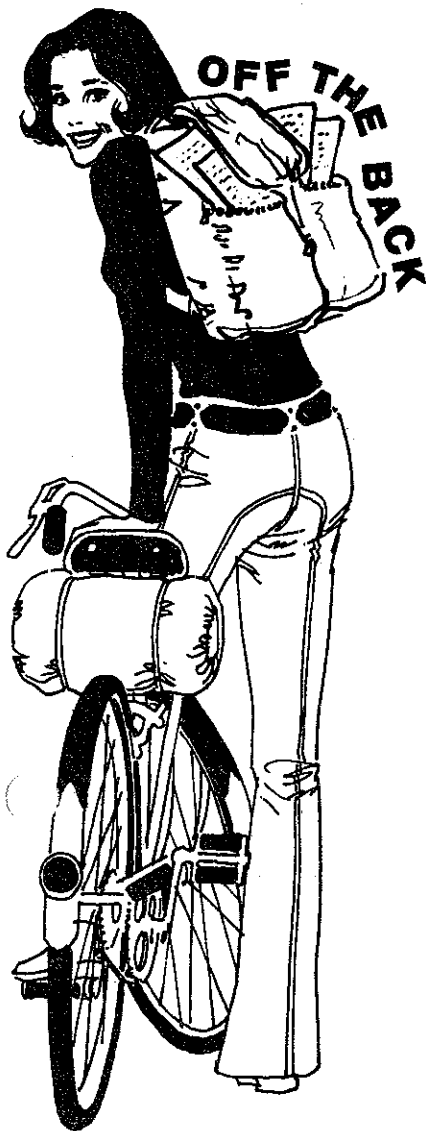
Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Mail your check to IOWA RAILS TO TRAILS, Box 2692, Cedar Rapids IA 52406

PLEASE JOIN US



With the arrival of almost-summertime, and the accompanying fair weather, it appears that everyone must be out riding their bikes. Now, as a member of the Quad Cities Bicycle Club this doesn't really bother me---that's the way it should be---but as newsletter editor for this group, it's giving me a bit of a dilemma. While everyone is out riding, they aren't spending their time at home writing articles for the newsletter! In spite of all the rides and activities going on at this time of year, this has been a pretty dry month for news from our members. If you've read this far, you know I have received information from a few people who have kindly taken their time while indoors to correspond and share their experiences with us. But we need a little more information and correspondence, to keep this newsletter going!

Remember, we do pay a \$5.00-per-photo fee for any pictures taken on rides, which are used in the newsletter. Now that I've figured out how the payment process works, you will receive payment promptly upon use of your photos. Black and white pictures work best, although color pictures with a great deal of contrast can work.

We also could use some art work, cartoons, informative articles, ride reports, etc. Of course, now that I'm begging for more of you to submit materials, I will no doubt be swamped by an influx of such quantity that I will be unable to use half of it. However, I'll do my best to get in all that is possible. If anyone is interested in drawing and designing a cover or two, I'd also be pleased to accept this type of work--my artistic ability is definitely limited, and my creativity has about run out on this!

All materials submitted to the newsletter must be in on or before the 20th, for the next month's edition. Those of you who have been sending material, keep up the good work--sorry I haven't been able to get all of it in in the past; it's either feast or famine, it seems. If you haven't sent materials in, please let us hear from you--this is your newsletter; I'm just the editor who puts it all together for you each month!

Send all newsletter materials to:

Lorraine Roth  
2521 Hawthorne Drive  
Bettendorf, IA 52722

REMINDERS OF INTEREST AND IMPORTANCE: Be sure to check the expiration date on your newsletter address label. You may be expiring soon! If you're planning to move, be sure we get your new address as soon as possible, as bulk mail is not forwarded, and you will be cut off from all of us if we don't know where you are. Membership renewals and changes of address should be mailed to the club's P.O. Box; the address is on the back of this letter.

CHECK YOUR RIDE SCHEDULE FOR OUR UPCOMING EVENTS. REMEMBER, RIDES ARE ALWAYS SUBJECT TO LENGTHENING OR SHORTENING, AT THE DISCRETION OF EACH INDIVIDUAL ON THE RIDE. SWEEP RIDERS THROUGH THE MONTH OF JUNE WILL BE HAPPY TO TURN BACK BEFORE THE FINAL DESTINATION OF ANY RIDE--IT'S NOT NECESSARY FOR ANYONE TO OVERDO ON OUR CLUB RIDES. WE'RE OUT FOR ENJOYMENT, NOT PUNISHMENT!! WE WANT YOU TO ENJOY YOUR FIRST RIDE, SO YOU'LL BE BACK FOR A SECOND!!!