



# QUAD-CITIES BICYCLE CLUB

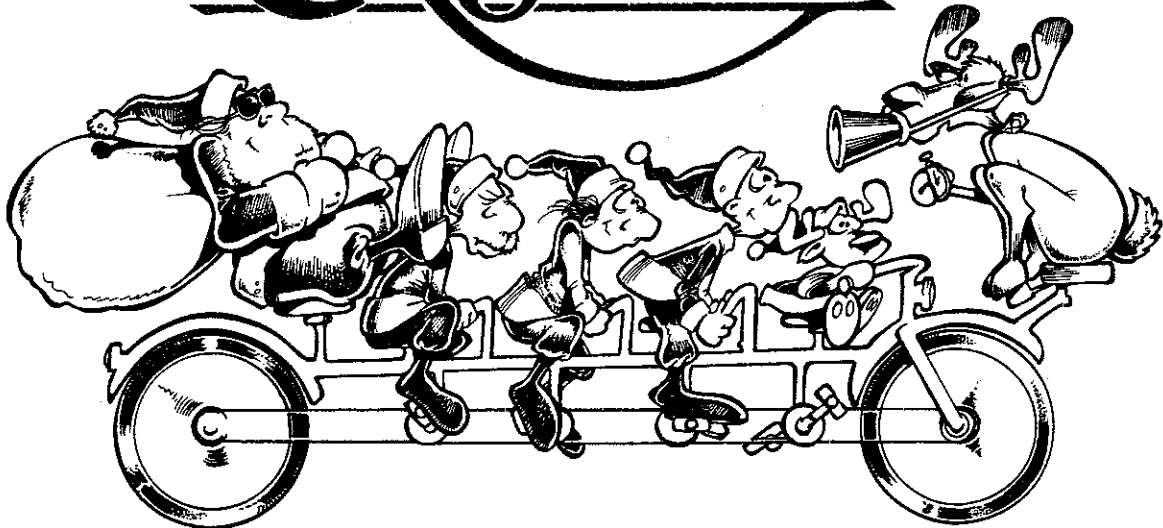
President, Warren Power  
Vice-President - Dave Lefever  
Treasurer - Jan Burt  
Secretary - Sue Dau

Newsletter Editor - Cindy Mohr  
**"AT THE HUB OF TWO STATES"**

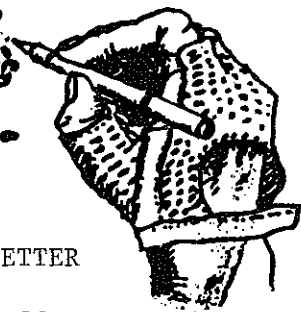
## DECEMBER 1986



MERRY  
CHRISTMAS



*from the  
president's  
pen ...*



#### PRESIDENT'S LETTER

I've been an officer in the QCBC for two years, and during those years I've become aware of the effort it requires to be a good president. A good president spends hours and hours recruiting volunteers, communicating with committee chairmen, attending and chairing meetings and responding to correspondence from people inside and outside of the club. In addition, that person is expected to attend all of the club functions, as many club sponsored rides as possible and, if time permits, enjoy themselves. If I had to measure Jerry Yeast's performance against the above criteria, I think I could safely say his performance far exceeded those necessary to adequately perform the task. Thanks Jerry, for being a GREAT President. I'll try my best to live up to your high standards.

This is the time of year that we're hunting for members to volunteer to serve as committee chairmen for the coming year. Many of the committee chairpeople from last year have already volunteered to continue to serve in their previous positions or they have found someone willing to replace them. However, we still have several key positions to fill. If you are interested in helping out your club, give me a call. I think you'll be surprised how fun and rewarding it can be to help..

Due to the holidays, there will not be a December meeting. Have a happy and safe holiday and don't forget the Christmas and New Years Day Patch Rides.

Warren Power  
President

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## **Scheduled Ride Changes**

The following Patch Rides have a change in location for the start of the ride:

December 21 - Christmas Patch Ride  
January 1 - New Years Patch Ride  
February 14 - Valentines Patch Ride

These rides will begin at the Duck Creek Park entrance to the bike trail at the shelter on the left as you come down the hill toward the trail.

#### TWO MORE LUCKY WINNERS

Randy Huebner won the helmet at the October meeting.

Ken Power was the winner of the helmet at the Annual Dinner.

## **Newsletter Info**

The deadline for articles for the newsletter is the 20th of each month. Correspondence should be sent either to the club's address or directly to: Cindy Mohr, Newsletter Editor, 3561 No. Willow Court, Bettendorf, Iowa, 52722. Addressed and stamped envelopes are available at the club meetings for sending in ride reports.

QUAD CITIES BICYCLE CLUB, P. O. Box 3575, Davenport, IA 52808

## Night Riding

## Meet the New Board

Term Expires

Why stop riding just because it's dark out?

Anyone interested in still riding during the winter months after work should be at Eastern Avenue, Tuesdays, 6:00 p.m. Mountain bikes equipped with lights are highly recommended. Rides are normally 15 - 25 miles, using gravel and hard roads north of Davenport. If it's snowing we still ride. So come out and join the crazy "Night Riders." For information, contact Dave Holmes, 386-1048.

Dave Holmes

Dean Arney	Executive Board	1988
Terry Burke	Executive Board	1987
Jan Burt	Treasurer	1987
Dick Castner *	Executive Board	1989
Sue Dau	Secretary	1987
Ted Harris	Executive Board	1988
Joe Jamison *	Executive Board	1988
Jean Kelly	Executive Board	1987
Carter LeBeau	Executive Board	1987
Dave Lefever *	Vice President	1987
Bob Miller	TOMRV Chairman	1987
Cindy Mohr *	Newsletter Editor	1987
Warren Power	President	1987
Charlie Sattler	Executive Board	1989
Griff Tucker *	Executive Board	1989
Jerry Yeast	Past President	1987

\* New Board Members

## Privately Organized Rides

The Ride Schedule Committee in following one of the objectives of the Bike Club, that is to promote bicycling, has decided to offer free advertisement of privately organized rides in the ride schedule. We feel to promote bicycling our members should be exposed to available rides which may be of interest to them. The choice of riding should then be made by the individual bicyclist. Please note that all privately organized rides advertised will be indicated as not being affiliated with, or recommended by, or sponsored by the Quad Cities Bicycle Club. We also suggest that all interested bicyclists carefully "check out" all privately organized rides before attending. The Ride Schedule Committee also reserves the right of editing and selection of the rides submitted.

To advertise your organization's ride, please send the following information:

1. Name of the ride
2. Place
3. Date and time
4. Indicate free or charges
5. A description of the ride
6. Name of organization sponsoring the ride
7. Name of person or place to contact about the ride

Privately organized rides will be accepted no later than December 31, 1986. Please submit all rides to the address listed below. Thank you for your contributions.

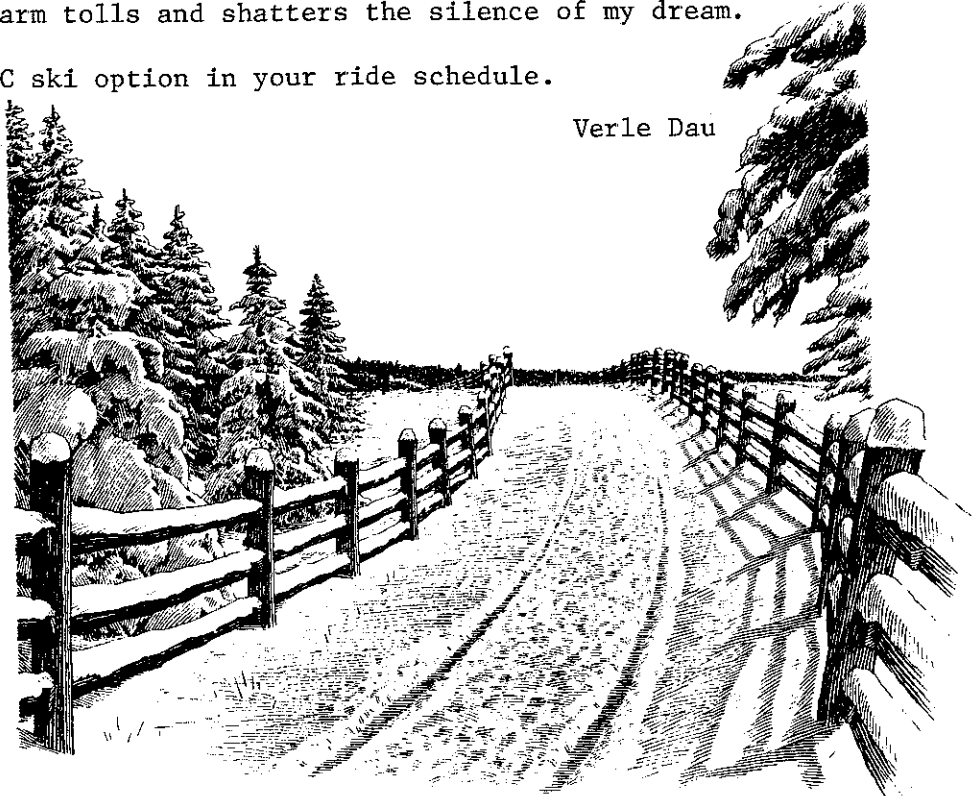
Verle Dau  
Ride Schedule Chairman  
2722 Grove Street  
Davenport, Iowa 52804

## Dreams Can Come True

As fall burns away and the dry brown leaves drift to the ground, my dreams turn toward visions of winter. I fantasize myself in thick woods of tall pines. The branches sagging, weighted by a deep white veil. The eerie silence of winter and deep snow on the ground. I feel warm, but I know that on the edge of these woods the wind blows, evidenced by the crystals of snow twinkling in the air. The path through the trees stands clearly before me, yet I am the first one here, for there are no tracks for my skis. I begin my adventure, a new path to explore. Slowly and intentionally at first, for it has been a seemingly long time. The beauty slips by me for concentration is consuming my mind. Then a noise to my side. It's a deer I see. Is she watching me out of curiosity or is it from fear, yet she hasn't moved. We stare at each other, then quickly and quietly she is lost to the woods. Aroused to the beauty I have just seen, now I go on confident on my skis. The winter beauty abounds. I've come a long way. Soon the white turns to night and my tracks I retrace. For the moon is my light and the gray on white shadows are my trails. I glide through the night. Sigh, the end of the trail has come for the alarm tolls and shatters the silence of my dream.

A reminder to watch for the XC ski option in your ride schedule.

Verle Dau



## Ride Host Patches

The QCBC Ride Schedule Committee is again asking for volunteers from regular club riders to be a Ride Host one day of a weekend, during the spring season. The purpose of a Ride Host is to be at the start of the ride, encourage all riders to introduce themselves, and answer questions pertaining to the club and to the rides. We feel that the Ride Host program is beneficial in encouraging new riders. A free patch is awarded to each individual volunteering as a Ride Host. Last year's Ride Host program was very successful in terms of volunteers and new riders. I felt all of the Ride Hosts did an excellent job.

If you are a regular club rider and wish to serve as a Ride Host on a long, short, or family ride and receive a free patch, please contact me by December 31, 1986. Thank you for your assistance.

Verle Dau  
Ride Schedule Chairman  
(319) 386-1224

## Good Food, Fellow Bikers, Sue & Lon

Over 250 people enjoyed good food, conversation, and an inspiring program presented by special guests, Lon and Sue Notorangelo-Haldeman, at the QCBC Annual Dinner, held on Tuesday, November 18 at the Davenport Holiday Inn.

Outgoing President Jerry Yeast extended his appreciation to club officers, board members and committee chairpersons who served with him this past year. TOMRV Chairman, Bob Miller shared his appreciation for his "all volunteer" TOMRV Committee members, including the many sag wagon volunteers.

Fighting temptation to list everyone, I decided not to, for fear of missing someone. With the many thanks that were extended, it was apparent that this is an active and participatory club.

New QCBC President Warren Power was then introduced by Jerry. Warren expressed his thanks for the work Jerry has done for the Club over the past year and asked for volunteers to work with him to keep the momentum during the next year. He then introduced Carter LeBeau, who had the pleasure of introducing the guests for the evening, Sue & Lon Notorangelo-Haldeman.

They began their program by reminiscing about how their biking careers began and how they met. Lon saw Susan while participating in the Race Across Missouri. Being impressed with a woman riding in that difficult race, he began communicating with her through letters. She joined him on the 1981 TransAmerica Tour, and after their relationship was truly tested during the difficulties that come with marathon biking, they decided marriage was for them.

Lon began biking in his teens, biking two to three years before doing more than 100 miles at one time. Look where he is today - the first person ever to cross America in under 10 days and current tandem transcontinental record holder, along with wife Sue (9 days, 20 hours).

He looks at his marathon riding as an adventure with the finish not being the most important time, but the experiences between start and finish as the most exciting. There are many aspects involved in the race - mechanical, physical, adventure and pre-race work, such as working with sponsors, fund raising, correspondence, training - all beginning twelve months before race time. Lon feels it is a perfectionist attitude that brings marathoners back again and again - "the next time I can do better."

Sue did the Race Across Missouri, where her fate as Mrs. Lon Haldeman began, on a Schwinn LeTour (no toe clips) closing every check point - but she finished. Receiving encouragement from Lon, she began her marathon career and shared in the fame of holding the record for a tandem transcontinental. She has also participated in Paris-Brest-Paris, a European marathon of 750 miles.

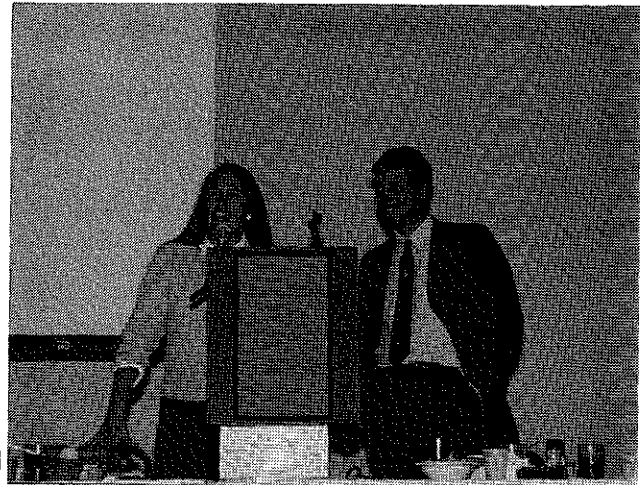
In the past six years, Sue & Lon have crossed the country 18 times, for over 250,000 miles logged. They each do an average of 21,000 - 26,000 miles per year.

What's in the future for this couple? - Lon will try for a new tandem record with marathoner, Pete Penseyres in 1987, and Sue will give birth to their first child. Yes, they already have a bike ready. Lon is thinking of feeding the little one the new liquid diet used by marathoners - it has a "clean burn," therefore, no diapers!

The presentation continued with a slide show of 75,000 miles of transcontinental rides, followed by a question and answer period.

It is always inspiring to hear this couple speak, and we hope to see more of them in the future. ABC will air the 1986 Race Across America, in March, 1987. Be sure to tune in.

Thank you, Carter LeBeau, for a very successful Annual Dinner.



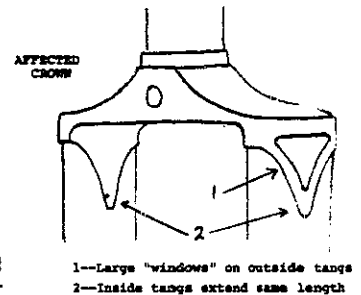
Susan Notorangelo & Lon Haldeman

REMEMBER - NO DECEMBER MEETING

**REMEMBER  
WHEN...**



IOMRV left from Vandervee Park and toured south to Burlington, Iowa?



**Recall Notice**

Santana Cycles, Inc. has issued a recall notice for certain models of forks used on a small percentage of their Santana Elan model tandems. These forks may be identified by the fork crown. See the figure above for the identifying marks. If you have a Santana Elan, or know someone who owns a Santana Elan, please check the fork immediately. If you have an Elan with the fork in question, please contact your Santana dealer or Santana Cycles, Inc., Customer Service Department at (714) 621-6943. **DO NOT RIDE AN ELAN WITH THIS FORK.** Santana stresses that this fork was used on a very small percentage of Elans and that no other models are affected by the recall.

The serial number for the Santana Elan tandems is - EL 001 - EL391

## Winter Bicycling

Wait! Don't put that bicycle away yet. There are still plenty of bicycling opportunities available; and when combined with first class accommodations, experienced guides, and scenery beyond belief, it makes for a most unforgettable vacation!

But who would want to ride a bicycle in winter? Anyone who wants to get away from the cold, stay in shape, and see another part of the world as only a bicyclist can. Guided bicycle tours are available in such places as Hawaii, Florida, New Zealand, Brazil, Mexico, and Baja California. November through March are the months in which the weather is best for riding in these locations. Most tours are led by experienced guides, provide the food and lodging, have rental bicycles available, and have a support van to carry luggage and do minor bike repairs. The tour groups are usually small and are often given choices of daily routes to follow, depending on their energy and which sights they want to see. Accommodations range from native huts and tent camping to luxurious resorts and bed-and-breakfast inns. There is enough variety in the tours available, that almost anyone can find something to their liking.

One example of an off-season bike tour is a March vacation in New Zealand. This country has become very popular among cyclists because of the wide variety of unspoiled landscape - Alpine-like mountains, beautiful beaches, Scandinavian-looking fjords and thermal geysers rivaling those in Yellowstone. All this and more is packed into two small islands southeast of Australia. The bicycling is moderate on this trip, averaging about 40 miles a day. The finest hotels are used, and cyclists are treated to exquisite cuisine. The three week trip costs \$1,295.00, which includes hotel rooms, land transportation, breakfasts, maps, guides and a support vehicle.

For a different type of adventure, there is a three week trip in Baja California in January. The ride begins at the southern tip and takes riders north to the U.S./Mexico border. This tour is rugged and challenging - not for the beginner. The sights include the warm, blue Sea of Cortez, a desert oasis, old missions, and many glimpses of Mexican people and culture. The accommodations are a combination of camping and hotels. The \$560.00 price includes hotel rooms and campgrounds, camping equipment, 3 meals daily plus snack, a guide, maps and a support van.

There are about 150 organizations that offer bicycle tours to almost every place imaginable. Out of the rapid growth in the bike touring industry in the last few years has come another type of business - one that helps cyclists find the right tour for them without writing dozens of letters or making numerous long distance phone calls. CYCLE TOURS of Des Moines, Iowa functions as a travel agency, specializing exclusively in bicycle tours. This new company represents many of the bicycle tour organizers and can do the research for a potential cycle tourist.

After ascertaining a person's preferences for location of tour, level of difficulty, type of accommodations, date of vacation, etc., CYCLE TOURS sends to the cyclist only those brochures that meet his or her needs. Once the bicyclist chooses one of the options offered, the tour is booked through CYCLE TOURS. This service is free. The tour organizers pay a commission for the business that CYCLE TOURS generates.

CYCLE TOURS' owners Doug and Jean Lanphair state their company's goal as being twofold:

1. To help bicyclists find just the right tour for them
2. To bring new business to the bicycle touring industry.

The Lanphairs have been active in their local bicycle club and ride their tandem whenever they find the time. Their business grew out of their interest in bicycling and meets a need for busy bicyclists that no other company is doing. "When we realized how many bicycle tours were available, we found it overwhelming," says Jean. "At the time, we both had demanding jobs outside the home and would not have had the time to research all those tours ourselves in planning for a vacation." Now one letter or phone call to CYCLE TOURS can give a person access to hundreds of bicycle tours.

Don't wait to plan that dream vacation that you'll need when cabin fever threatens. Making reservations early assures one a place in the tour of one's choice and makes available the lowest airfares. For more information, write:

CYCLE TOURS  
 2007 39th Street  
 Des Moines, Iowa, 50310  
 (515) 255-5352

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INTRODUCES

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324-4717**

### Classified

FOR SALE:

Turbo Trainer, 45.00, call 332-5199

FOR SALE:

LeJeune Tandem, 21"/19 1/2" frame, 18 speed, TA triple crank, cantilever brakes, rack and water bottle braze-ons, Maxicar hub brake, 27" rims. \$850  
Call (309) 441-5024



# Computer Bulletin Board

BikeNet, a unique national computer bulletin board of bicycling topics, is now available to anyone with a computer, a "modem" and telecommunications software. According to its system operator (SYSOP), John Williams, BikeNet is actually made up of two separate services.

The Bulletin/Message System is open to the public at no cost beyond that of a phone call. There are usually five to ten news items in the bulletin section, which are updated weekly. There is also a "phone book" on-line that gives addresses and phone numbers for many bicycle-related services and organizations. The message board allows participants to ask questions, express opinions, and generally participate in an "electronic forum."

The second service offered by BikeNet is The Library, a data base available to subscribers only. Individuals pay \$20 per year and groups or agencies pay \$60 per year to gain access to an extensive information service composed of articles and bibliographic references on a wide variety of bicycling topics.

For more information about BikeNet, contact John Williams, Box 8311, Missoula, MT, 59807; (406) 728-4497. Or, to call BikeNet directly, phone (406) 549-1318.

Taken from Bicycling News

## Become A Certified Cycling Instructor

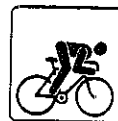
If you are an experienced cyclist, active in the Club, I recommend you consider becoming certified as an Effective Cycling Instructor. Teaching is hard work and low pay, but Don and I have really enjoyed the classes as Scott Community College. The students have been very nice people, very interested in learning both the riding and the maintenance.

WHAT'S INVOLVED - There are two groups with similar programs certifying Effective Cycling Instructors - Bicycle USA and John Forester's Effective Cycling League. Required is evidence of varied cycling experience and bicycle club service, passing written exam and road test, and practice teaching, for example as assistant in cycling class.

OPPORTUNITIES - There's need for several more Effective Cycling Instructors in this area - I'll need a replacement in a year or two; a class should be offered in Illinois (Scott charges 50% extra for out-of-state); additional classes could be offered to other groups.

If you're interested, I have information and application forms. Also, Don and I have the Effective Cycling text available to Club members at a discount of \$4.00 from the \$15.00 price.

Fred Blessin



# Ride Reports

## REPORT FROM THE FAST CROWD

Sunday, November 9, 1986

It was a 28 mile ride that left from Jaydon in Milan. Shell Dhuyvetter, Dan Agers and Steve Verstraete started at 8:00 a.m. and ended at 9:15 a.m. The first eight miles were side tailwinds, then we turned and had a great tailwind for seven miles. Then another turn into a terrific headwind - WOW! the speed dropped to 13 & 14 mph. for about eight miles. Another turn and a short run to the finish.

Sunday, November 16, 1986

Joe Longaria, Oscar Rias, Steve Verstraete, Errol McCollum and Shell Dhuyvetter left Eastern Avenue at 8:00 a.m. headed for Long Grove. We took Jersey Ridge to Old 61 to Eldridge Corners. Then down to Long Grove. After Long Grove, we turned east and really jammed the hills past Scott County Park, coming back on Utica Ridge Road. It was a nice 38 miles in 2 hours.

Steve Verstraete

### Halloween Parade

Led by Mike Behrens and Paul Schiebelhut Jr., a dozen or more spooky, scary QCBC'ers rode in the Davenport Halloween Parade. The large crowd enjoyed watching us bicyclists, and we enjoyed watching the crowd, which included a few non-riding club members. Also seen in the parade was a well-known QCBC member carrying the banner for the North High School Band. Probably trying to drum up some votes.

A Skeleton on Wheels

Sunday, November 9, 1986

Sunday was a beautiful day and as we arrived at our starting point, Gabe and I observed three strong racing riders ready to take off. We also talked to Sue Dau on her new High Sierra Mountain Bike. She decided to ride with us and we proceeded to ride to Muscatine. The winds were reported at 20 - 30 mph., and we fought them all the way to Muscatine. However, we had wonderful smiles on our faces as we were rewarded for our efforts with fine tailwinds coming home. 101 miles of good times and companionship.

Saturday, November 15, 1986

It was supposed to rain, but instead the sun was shining and it was beautiful except for the wind. Jan Burt, Dennis Buckley, Jerry Greer, Mike Brewers, Gabe Verstraete, Les Truelsen, Jim Hanson, Milan Fritz, and Jerry Sears met at Riverside Park and proceeded to ride to Muscatine in order to fight the head winds in the morning. Jerry Sears amazed us all with his riding the 113 miles on his mountain bike! Jan Burt led us with her encouragement, and I brought up the rear. Great tailwind coming home. Gabe still asks "Where's Joe Jamison?" As usual, we had a great ride together. Riding in the cold is easy if you adjust with clothes and attitude.

### 60TH CENTURY

On Saturday, November 15, 1986, Jim Hanson rode his 60th century for 1986. I have been privileged to ride some of these centuries with Dr. Hanson (no where near 60), and I feel that this needed some recognition. By the way, Jim has over 9,000 miles logged so far this year. Great job, and we all are looking forward to our winter rides.

Les Truelsen

## EDITOR'S LETTER

Now that my first issue is printed and in the hands of QCBC'ers, I can breath a sigh of relief. I was both excited and apprehensive when I read the ad in the July issue for a newsletter editor. My position with the Eastern Iowa Community College District requires design, layout, and paste-up, so I was comfortable with that part of the job - but was I well-versed enough on the subject of cycling? I decided my enthusiasm for bicycling and the desire for a challenge would see me through.

I have been very impressed with the committment to the club by the Board members and have received support from your past editor, Paul Scheibelhut. In preparation for my first issue, I read through back issues and began to realize that I have a tough act to follow. Paul and Cindy have done an excellent job, and I hope I continue to give you the quality newsletter that this club expects.

I have also learned about the history of this club - hence, my first idea for the newsletter. Starting with this issue I will print an interesting fact related to the QCBC or biking in general that will take some of our "older" members back in time or give other members a bit of trivia.

Bikers are interesting people, and a good way to get to know the members of our club is through a profile section in the newsletter. Look for this new section in the next issue. It should be interesting reading.

This newsletter is your newsletter; I need to hear from you about rides, interesting stories/people, upcoming events, ideas, classifieds, illustrations, etc. Send your contributions to Cindy, Newsletter Editor, 3561 No. Willow Court, Bettendorf, Iowa, 52722. My phone number is 332-6075. Hope to hear from you soon. Have a Merry Christmas and a Happy New Year!

Good riding,

*Cindy*

## New Members

Thomas J. McMillin  
Davenport, Iowa - family membership

Jerry Maddox  
Rock Island, Illinois - individual membership

Roger Sturm  
East Moline, Illinois - individual membership

Rod Gulsvig  
Moline, Illinois - individual membership

Paul & Marcie Hauck  
Moline, Illinois - family membership



WELCOME & SAFE RIDING!

# QUAD-CITIES BICYCLE CLUB

## MEMBERSHIP APPLICATION

PLEASE PRINT

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ DATE \_\_\_\_\_ ANNUAL DUES:  INDIVIDUAL \$8.00  Family \$12.00 NEW MEMBER  RENEWAL

FAMILY MEMBERS	AGE	RIDING INTREST	I WILL HELP WITH	HOW DID YOU LEARN OF QCBC?
		<input type="checkbox"/> COMMUTING	<input type="checkbox"/> NEWSLETTER FOLDING	<input type="checkbox"/> MEMBER (NAME _____)
		<input type="checkbox"/> TOURING	<input type="checkbox"/> TOMRV RIDE <input type="checkbox"/> COMMITTEES	<input type="checkbox"/> WORD OF MOUTH
		<input type="checkbox"/> RACING	<input type="checkbox"/> CRITERIUM <input type="checkbox"/> CENTURY RIDE	<input type="checkbox"/> MEDIA
		<input type="checkbox"/> OTHER	<input type="checkbox"/> PICNIC <input type="checkbox"/> OTHER _____	<input type="checkbox"/> OTHER
				L.A.W MEMBER? YES <input type="checkbox"/> NO <input type="checkbox"/>

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club ride or other activity. All cyclists ride at their own risk and anyone under age 16 must be accompanied by responsible adult. Parent or Guardian must sign for applicants under age 18. All applications must be signed and in signing the liability release, I agree to the above conditions.

**LIABILITY RELEASE:**

INDIVIDUAL MEMBERSHIP: \_\_\_\_\_ PARENT/GUARIAN \_\_\_\_\_

FAMILY MEMBERSHIP: HUSBAND \_\_\_\_\_ WIFE \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: QUAD CITIES BICYCLE CLUB. MAIL TO: P.O. BOX 3575 - DAVENPORT, IA 52808**

**Membership Includes:** 1) Monthly newsletter. 2) Monthly meetings, held third Tuesday at 7 p.m. in auditorium above Palmer College Library-Davenport 3) Touring ride schedule every Wednesday, Saturday and Sunday, January thru December - 156 rides. 4) Racing schedule and training rides during season. 5) Roster book of members. 6) Opportunity to meet area bicycling enthusiasts involved in social riding, touring and racing for every age and riding intrest. 7) Discounts on TOMRV, RAGBRAI and certain other events. 8) Discounts offered by bicycle shops from time to time.

**MEMBERS ARE URGED TO WEAR HELMETS WHEN BICYCLING**

**Quad Cities Bicycle Club**  
P.O. Box 3575  
Davenport, Iowa 52808

