



QUAD-CITIES BICYCLE CLUB

President - Dave LeFever
Vice President - Dick Castner
Secretary - Sue Dau
Treasurer - Jan Burt
Newsletter Editor - Cindy Mohr

"AT THE HUB OF TWO STATES"



| NOVEMBER | | | | | | |
|----------|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

November 1988

QCBC Annual Dinner Meeting

From Another Soon-to-Be Past President

There are two times during the year that I consider highlights of bicycling. One is RAGBRAI, for reasons I won't go into here. The other is the QCBC Annual Dinner and meeting. In my early days as a club member, the Annual Dinner and meeting consisted of pizza or cold cuts in a spacious, upstairs room somewhere in Downtown Davenport. The programs consisted of Karras or Kaul or Carter's vast array of color pictures. To me this year's Annual Dinner and meeting will be just like those early meetings. That is, the people of the QCBC. For all of the various reasons that some of us ride, one inescapable thread remains - camaraderie. No matter how little or how much, no matter what kind of bicycle, no matter what the pace, no matter what the goal or mileage for the day, no matter whether it's hammering hard or stopping to smell the roses - the camaraderie that I have been a part of over the past eleven years of bicycling is something no one can take away from me.

There is no doubt in my mind that if for some reason I was unable to ride my bike in the future, it would be a disappointment I would handle. But, the memories can not be taken away. The various tasks I've handled while a member of the QCBC have been my small token of trying to return to bicycling what it has given to me. I received the best end of the deal!

Well, enough of that. It is still more fun to ride than be president. Thanks to all of those who have done large and small jobs to make the QCBC the successful organization it is. Again, thanks. And See you on the road!

Dave

Welcome New Members!

from East Hampton, CT:
Wendy Coache

from Howell, MI:
Patrick & Virginia Giesa

from Donohue, IA:
Tom and Judi Deckert

from Bettendorf, IA:
Allyson Dogan

from Davenport, IA:
Diane Stensrud
Sharon Claussen

from Port Byron, IL:
Duane and Kris Decker

Safe Riding!

To All QCBC Members:

Last month's newsletter should have contained your new Quad City Bicycle Club membership card. Please hold on to it as it will be good for discounts at area bicycle shops. The card will be valid through the month printed above your name. If you did not receive a card, please contact Sue Dau at 319-386-1224. Discounts are available at the shops listed below:

R. W. Anderson
Bike N Hike
Bikes Unlimited Plus
Bob Neyens Bicycle Shop
Eldridge Bike Shop
Jerry & Sparky's Bicycle Shop
Midwest cycle Supply
On Two Wheels

Visit the shops for details.

A Bicycle vs. The Subway

In New York City, the quickest way to get to work might be by bicycle. The Daily News recently pitted a subway rider against a 26-year old cyclist in a race from a Brooklyn home to a Manhattan office. The train rider spent an hour in transit, while Catherine Potter, who pedals to work daily, completed the trip in her usual 40 minutes. "(Cycling to work) is just faster and a lot less grief," she says.

Charlie Sattler & Joe Jamison say thanks to Jerry & Sparky's for supplying them with clothing and accessories during the October Club Meeting.

Filling Your Inner Tube

taken from Bicycle Touring
Summer 1988

On tour, you can burn 5,000 calories a day. Here are foods to fuel the effort.

Fresh fruit: provides water, carbohydrate, vitamins, minerals. Good source of fiber.

Bananas (105 calories) and oranges (62 calories) replace potassium lost in sweating.

Dried fruit: light, keeps well. Concentrated source of carbohydrate and potassium. Figs (48 calories) provide calcium, iron, fiber. Apricots (17 calories) are rich in vitamin A.

Sports drinks: replace lost body fluid and supply easily absorbed carbohydrate. For most brands, about 175 calories per water bottle. Studies report cyclists ride faster and nearly 1/3 farther when using them. Plain water, of course, is also good for replenishing body fluid. Drink at least one water bottle per hour when riding.

Snack bars: 200 calories. Vitamins, minerals, good taste, high carbohydrate. Light, need no refrigeration. Brands differ in fat and protein content, so check labels. Avoid chocolate coatings in hot weather.

Bagel: 160 calories. Excellent source of complex carbohydrate, which is necessary for replenishing glycogen stores. Packs easily, needs no refrigeration, sturdier than bread.

Peanut butter sandwich: 315 calories. High in protein, fat, carbohydrate. Easily made, needs no refrigeration.

Gorp: acronym for good ol' raisins and peanuts. 300 calories per half cup. Personalize the mix with candy, dried fruit, nuts, etc. Easy to eat while riding. Allows for steady calorie intake throughout the day.

Macaroni: 190 calories per cooked, 1-cup serving, light, easily made, good source of complex carbohydrate and B vitamins.

Dried soup: 80 calories per cup. Replaced sodium and lost fluid. Light, easily cooked. Add

vegetables, noodles, etc.

Freeze-dried meals: 200 calories per 1-cup serving. Good emergency rations.

Cereal: 100 calories per 1-ounce serving. Whole grain and enriched cereals contain B vitamins, minerals, fiber. Granola has more fat than regular cereal.

This collection was compiled by registered dietician Diane Drabinsky and several long-distance cyclists.

Although it's largely a secret

in other regions of the country, if you mention the Door Peninsula to midwesterners, their eyes light up. That's what your eyes will do if you are the lucky winner of a tour for two to Door County, which you become eligible to win if you attend this year's Annual Dinner meeting. You will ride by quiet Lake Michigan harbors, traditional Scandinavian log homes and luxurious bed & breakfasts, browse antique shops, explore state parks and much more! Door County has been called the "Cape Cod of the Midwest."

You will not only have a chance at winning a trip to Door County, but you will also have a chance at winning a spot on the Annual QCBC Tour of the Mississippi River Valley. You need to be present to win.

Our speaker will be Don Cuerdon, Editor-at-Large for *Bicycling Magazine* as well as being associated with several other bicycling and cross country skiing publications.

You will also meet the new officers and directors for 1989.

Tickets available at Bike & Hike, Jerry & Sparky's and On Two Wheels. No tickets will be available at the door.

Classifieds

For Sale:

Cannondale Mountain Bike
16" Frame
Excellent Condition
Very Low Miles
Call Lynn @ 319-242-0542

For Sale:

Thule Bike Racks
Roof Mount for Gutterless Cars
With Locks
Excellent Condition
\$60
Call 319-359-5859

For Sale:

Schwinn Traveler
10 Speed
21 " Men's Frame
Repainted Red
Good Condition
\$70
Call 309-797-3790

For Sale:

Bicycles - Men's & Women's (one of each)
Raleigh Sports Model
Adult Sized Frames
Three Speed Sturmey Archer S3C Coaster Brake
Hubs on Rear Wheels
Made in Nottingham, England
Extra Parts and Rear Wheel Included
\$150 or Best Offer
The man's bicycle took me through the 1987
RAGBRAI without mishap.
Call Jack Chichester @ 309-787-3923

AFFBRAAM

Those acronyms stand for Annual Fit-Fest Bike Ride Across AMerica. This is the inaugural year for the entire 12-state cross-country tour.

This ride is designed for the cyclist who has dreamed of crossing America on a bike, but because of the time required, felt it would be impossible. AFFBRAAM is a series of 12 across-state, week-long tours. Crossing the continent can be done one state at a time over a period of years. Five hundred riders registered in 1988.

If you can afford the time to do the ride all at once you start in Washington in early June and finish in New England in late August.

Below is a listing of the area you cover.

Washington

Pacific Ocean, snowcapped Cascade Mountains, Grand Coulee Dam

Rocky Mountain

Canadian Rockies, Waterton Lakes National Park, Glacier National Park

Park to Park

Glacier National Park, Earthquake Lake, Yellowstone National Park

Montana

Yellowstone National Park, Big Sky Country

North Dakota

Garrison Reservoir, fast flat great plain

Minnesota

Land of Lakes, Forests and Paul Bunyan, Itasca State Park

Wisconsin

Sparta-Elroy Bike Trail, Dells area, Lake Michigan

Michigan

Lake Michigan, forest, beautiful countryside

Ohio

Flat farmland, Cardinal Bike Trail, caves

Pennsylvania

Allegheny Mountain, steep hills and peaceful valleys

New York

Finger Lakes, Lake Ontario, Adirondack Mountains

New England

Scenic roads renowned for biking, Green Mountains (Vermont), White Mountains (New Hampshire), Atlantic Ocean (Maine - finish).

Fees: Before December 31, 1988 - \$100
January - April 30, 1989 - \$110
After May 1, 1989 - \$120

Fee includes:

Tour leaders
Pasta dinner at beginning
Campground fees
Shower facilities
Baggage truck for gear
Sag wagon
Mobile bike shop service
Marked course
Route maps
Daily information sessions
AFFBRAAM t-shirt
AFFBRAAM patch
Party at finish of tour
Certificate of completion
If you are interested in this tour, call Cindy @ 319-332-6075 for a complete schedule.

Post This Page

QCBC Scheduled Rides

Dentists' Wednesday Rides - start at 8:00 a.m. on Wednesdays. The starting place alternates from McDonalds, Davenport bike Path to Village Inn Pancake House, 53rd St. and 23rd Avenue, Moline, with the November 9 ride starting from McDonalds, Davenport Bike Path.

Saturday Rides:

November 19 - Turkey's Ride
8:00 a.m., Horace Mann School, Moline
50 miles

November 26 - Gobblers Gambol
8:00 a.m. Riverside Park, Moline
42 miles

December through March - ride times change and are open to optional lengthening or shortening at the discretion of those riding. All rides are riders' choice due to the unpredictability of the weather. Cross country skiing also starts when the conditions are right.

December 3
9:00 a.m., Eastern Ave., Davenport Bike Path
XC Ski Option, 9:00 a.m., Whispering Pines Shelter, Scott County Park

December 10
9:00 a.m., Moline Y.M.C.A.
XC Ski Option, 9:00 a.m., Saukie Golf Course, RI

December 17
9:00 a.m., Eastern Ave., Davenport Bike Path
XC Skiing Option, 7:00 a.m., Ross's Restaurant,

Sunday Rides:

November 20, Not Far to Go to Argo
8:00 a.m., Eastern Ave., Davenport Bike Path
40 miles

Option - Thanksgiving Day Patch Ride
1:00 p.m., Duck Creek Park,
Davenport Bike Path

November 27 - Fall's Last Gasp
8:00 a.m., Eastern Ave., Davenport Bike Path
26 miles

December 4
9:00 a.m., Moline Y.M.C.A.

December 11- Flapjack Fling
9:00 a.m., Eastern Ave, Davenport Bike Path
XC Ski Option, 9:00 a.m., West Lake Park,
Davenport

December 18
9:00 a.m., Moline Y.M.C.A.
Option - Kris Kringle's Jolly Jingle
1:00 p.m., Christmas Patch Ride, Duck Creek
Park, Davenport Bike Path
XC Ski Option, 9:00 a.m.,
Duck Creek Park Lodge, Davenport

Special Activities Calendar:

Tuesday, November 15 - **QCBC Annual Dinner & Meeting**, Cocktails @ 5:30 p.m. and Dinner @ 6:30 p.m., Moline Holiday Inn - tickets required

Sunday, November 20 - **Thanksgiving Day Patch Ride**, 1:00 p.m., Duck Creek Park, Davenport Bike Path. - Free patches to QCBC members who ride. Refreshments available.

Thursday, November 24 - **Big Bird's Last Bash**, 8:00 a.m., Eastern Ave., Davenport Bike Path

Friday, November 25 - **Leftovers Ride**, 8:00 a.m., Moline Y.M.C.A.

Sunday, December 18 - **Kris Kringle's Jolly Jingle**, 1:00 p.m., Duck Creek Park, Davenport Bike Path. Free patches to QCBC members who ride. Refreshments available.

BICYCLE SWEDEN

JUNE 1989

POSSIBLE DATES: June 10-25, 1989

Join RAGBRAI Wagonmaster, Don Benson, and Jackie Benson, his wife, for their third annual international bicycle tour. This year they will host a group to the beautiful Scandinavian country of SWEDEN.

The tour begins in the capital city, Stockholm. Known as the "Venice of the North" because of its many islands, Stockholm is home for the Royal Palace and the Nobel Institute.

You'll continue through some of the most spectacular scenery in all of Europe as you ride past the picture postcard windmills at Lerkaka; the rugged, sea-churning Baltic coast; the ancient castles of Graborg and Borgholm; and Karum Alvar, the burial ground containing the Noah's Ark stone ship.

Time is allowed for visiting the famous Swedish glass works in Boda and Orrefors.

Your final destination is the seaport capital of Denmark, Copenhagen. Enjoy a day of shopping or sightseeing on your own before you conclude your two-week stay with a night out at the world-famous Tivoli Gardens.

NOTE: Tour prices are based on LAND and AIR FARE IARIFFS and EXCHANGE RATES in effect July 1988, and are subject to change.

TOUR FEATURES

- * Round-trip jet air transportation from CHICAGO to STOCKHOLM and return from COPENHAGEN
- * 14-nights' accommodations
- * Daily breakfast and several dinners
- * Round-trip transfers between airports and hotels
- * Bicycle rental
- * Luggage transfer on ride

A BROCHURE WITH COMPLETE INFORMATION WILL BE AVAILABLE IN FALL 1988.

SPACE IS LIMITED

A \$50.00 deposit per person will ensure a reservation. Make your check payable to AAA Travel Agency. Please use the coupon below and mail with your deposit to the address indicated on the coupon.

PRICE PER PERSON FROM CHICAGO -- Approximately
(Based on Double Occupancy) \$2,395.00

CLIP & RETURN

RESERVATION COUPON

TO: Don Benson
9849 Lincoln
Des Moines, IA 50322 Phone: (515) 223-1101

SWEDEN
BICYCLE TOUR
JUNE 1989

Please send a brochure when it is available.

Please reserve accommodations for _____ person(s) on the above tour. My deposit in the amount of \$50.00 per person is enclosed. Check is made payable to AAA Travel Agency.

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (Home) _____ (Bus.) _____

If sharing with person on separate reservation coupon, indicate with whom _____

Editor's Page

I had the opportunity to drive up to the Heritage Trail in Dubuque County this fall and ride on the trail. What a beautiful area for a bike ride! The trail is very well maintained and virtually flat. There are several places along the way for snacks, restroom facilities, and a chance to buy the pass required to use the trail. But my favorite is Smitty's at Graf, owned by Mary and Smitty. When I stopped there for lunch, I thought I was sitting in my grandmother's kitchen, and she was serving me hamburgers the way I like 'em! Smitty's even has my favorite pop - Diet Coke in the big bottles!

The trail is approximately 50 miles round trip. But you want to take your time with the scenery it provides. You follow the Little Maquoketa River. The river cuts a meandering, diagonal course through Center Township west of Durango to Graf. The woods are full of black oak, maple, ash and black walnut. During the 1850's the Little Maquoketa supported at least three sawmills and two gristmills.

As I rode along, I began to realize what a great place for XC skiing in the winter or just a nice trail for a hike. In the winter you may see skiers, as you pass behind a popular ski resort in the area.

Heritage Trail was the feature of Banana Republic's latest safari - to deepest Iowa. The San Francisco based clothing store catalog is literally placed in the hands of several million people and has Heritage Trail spread over five pages.

I say thank you to the local volunteers and local public agencies who made this recreation area possible!

Cindy

Watch this page for XC ski classes and bicycle maintenance classes offered through Scott Community College.

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)