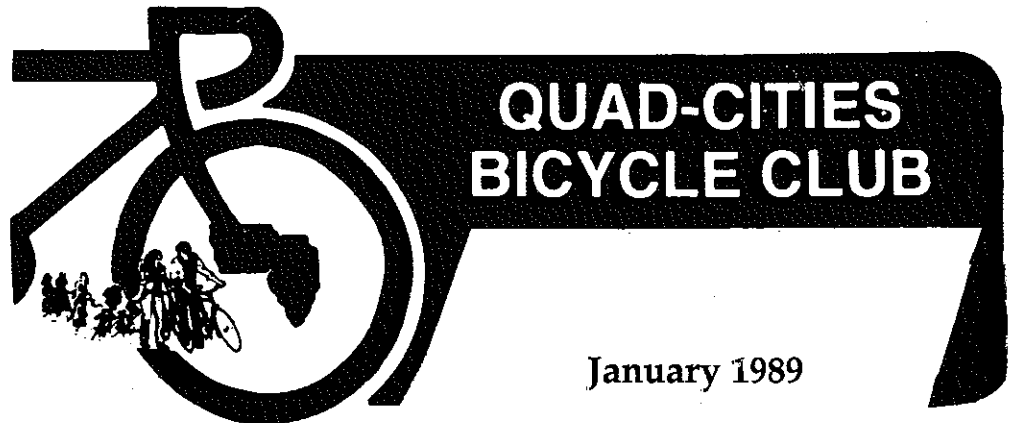


**1989 Board of Directors  
& Officers**

Bill Langan, President  
Griff Tucker, V. President  
Sue Dau, Secretary  
Eileen Wosoba, Treasurer

Jan Burt Terry Burke  
Dick Wagner Jerry Yeast  
Earl Strupp Linda Simander  
Jean Kelly Joe Jamison  
Charlie Sattler Dave Lefever



January 1989

**1988 Mileage Log**

This marks the second year we have submitted a report on miles logged by QCBC members.

For me, these are more than names and numbers on paper. They stimulate memories of experiences and relationships which would have never occurred if not for the vehicle of the bicycle.

You have your own, but my high points in 1988 are easy to recall.

\* During the Seattle, WA to Fargo, ND tour, "discovering" relatives of a Bettendorf family in Pingree, ND.

\* Serving as a ride leader during the Spring Novice Ride seeing the looks of discovery on the faces of those first time riders.

\* Riding with Barney Young and comparing hearing aids.

\* Riding BAM unsupported.

Looking at your mileage figures, and the names of fellow riders, what experiences do you recall? My bet is that whatever they are, they are all positive.

What better reason to ride?

Joe Jamison

**1 - 1,000**

Fred Carman	1,000
Terri Coll	1,000
Anabel Flaherty	1,000
John Jesson	1,000
Louise Jesson	1,000
Richard Nelson	1,000
Bill Osborne	1,000
Mike Power	1,000
Harry Harris	750
Richard Wagner	750
Jack Clark	725
Mary Ann Clark	725
Dick Claussen	600
Tammy Bolton	500
Epifanio Gutierrez	500
Joann Nelson	500
Mary Jane Olson	500
Richard Paulos	300
Sharon Moore	100

**1,001 - 2,000**

Kermit Hansen	2,000
Sandy Hansen	2,000
Bob Petrach	2,000
Bud Soultis	2,000
Jan Trefitz-Allen	2,000
Tom Kamp	1,600
Joe Lopez Jr.	1,600
Cindy Scheibelhut	1,600
Paul Scheibelhut	1,600
Mike Orfitelli	1,555
Cindy Bottrell	1,500
David Lunsford	1,500
Betty Sears	1,500
Joann Sullivan	1,500
Bill DeSchinckel	1,423
Joan Burke	1,400
Susie LaForce	1,300
Lynn Fyfe	1,200
John Olson	1,200
Paul Scheibelhut Jr	1,200
Therese Scheibelhut	1,200
Jason Wagner	1,200

**2,001 - 3,000**

Byron Baxter	3,000
John Keane	3,000
Deb Mathias	3,000
Thiara Smith	3,000
Arlene Soultis	3,000
Diane Stensrud	3,000
Barney Young	2,825
Jim Lange	2,800
Chris Brodsky	2,600

Tom Bolton	2,500
Tony Fisher	2,500
Jane Garrett	2,500
Marge Hampton	2,500
Martha McKay	2,500

**3,001 - 4,000**

Ken Hall	3,500
Errol McCollum	3,500
Pat Jasper	3,350
Bob Coll	3,250
Mark Keele	3,206
Steve Brodsky	3,100

**4,001 - 5,000**

Carie Dann	5,000
Tom Figge	5,000
Ted Wiatsowski	5,000
Jeanne O'Melia	4,800
Pat Bolton	4,500
Tom McCarthy	4,500

**5,001 - 6,000**

John Chebuhar	6,000
Russ Bloomer	5,500
Kently Loewenstein	5,500
Linda Simander	5,500

**6,001 - 7,000**

Mike Bennett	7,000
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**7,001 - 8,000**

David Holmes	8,000
John Thier	7,500

**8,001 - 9,000**

Jan Burt	8,153
Jerry Sears	8,153
Gabe Verstraete	8,250

**9,001 - 10,000**

Bruce Perry	9,500
Becky Perry	9,050

**10,001 - 12,000**

Charlie Sattler	11,500
Jim Hanson	10,500
Jim Olson Jr.	10,500
Joe Jamison	10,100

**Set your computers  
for 1989!**

## From Our President

I trust you all had an enjoyable Christmas and a good New Year's Day. As I write this, I realize that 1988 is coming to a rapid conclusion. Let us take time to realize how fortunate we are and how good 1988 was; and with a new energy let us make 1989 even better.

I really do not see how the QCBC can top 1988, as we were recognized by the Quad City Times three times with a thumbs up for the Moline Criterium, the helmet promotion and the sewer grate grant.

Our TOMRV, Moline Criterium and the QCBC/RAGBRAI transportation set records, and the rest of our activities were also successful. Thank you for all your hard work in 1988 - it really paid off.

Believe it or not, the TOMRV committee has been hard at work, and we think we have some ideas that will be of interest to you. So start planning on TOMRV and carefully read your application you will receive soon.

I would like to remind you that our board meetings are open to members but please let me know if you plan to attend. Some of the highlights of the board meetings are . . . Dave Lefever is our liason with the Cornbelt Running Club as we hope to obtain a closer relationship between the two clubs . . . we invited RAGBRAI to end in the Quad Cities (It is unlikely to happen in 1989, but we will keep trying) . . . met with the president of Velosport to mend fences and for the racing community to join us. I hope you receive this newsletter before the January club meeting (January 17, at 7:00 p.m.), since Gordon & Alicemary Brothwick will be our program. You will find the article they wrote in this newsletter about their trip to Germany. You may also know that Gordon is one of our nation's finest frame builders, and he will have his new perfect-fit bicycle frame for you to learn what size bike you should have. Alicemary has been sewing bicycle clothes for years, so they have something for everyone's interest. If that is not enough to get you to come, we will have cookies too.

See you on the road. - **Bill Langan**

## Patches, Patches, Patches

What do you do with all those pretty patches? Please send Cindy what you have done to make use of your patches. 3561 North Willow Court, Bett., IA 52722

## 1989 Committee Chairpersons

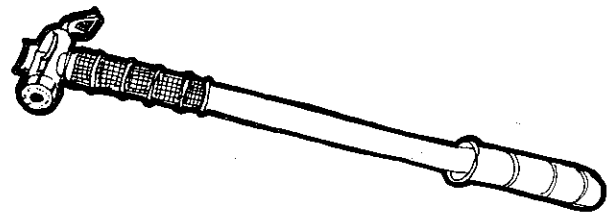
My intent on publishing the 1989 committee chairperson is twofold. First, to let you know the people who are shouldering the load to make 1989 another great year for the QCBC. Second, for you to call them and volunteer to help. I really would like to see some new blood in our functions. It is not because I am tired of the same people running the show and not because the old timers are wearing out. It is because we all have something special to offer that would make the QCBC even better. So, I would like to invite each of you to participate in at least one committee.

### Committee

### Chairperson

Advertising	Jean Kelly
Annual Dinner	Dave Lefever
Annual Picnic	Jeanne O'Melia *
Auditor	Rick Oelerich A.P.
Bulletin Board	Maggie Paulos
Century Ride	Ken Hall *
Double Metric Century Ride	Gabe Verstraete *
Double Century Ride	Joe Jamison *
Fall Foliage Ride	Milan & Barb Fritz *
Historian	Fred Blessin
Legislative	Don Davis
Moline Criterium	Terry Burke
	Don Davis - Volunteer Coordinator *
	This committee needs numerous volunteers.
Newsletter Circulation	Charlie Sattler
Newsletter Editor	Cindy Mohr
Patch Rides	Sharon Sattler
Programs	Griff Tucker
Publicity	Bill Langan
RAGBRAI Organization	Linda Simander *
Ride Schedule	Don Davis
Spring Kickoff Picnic	Linda Howe & Randy Huebner *
	Dick Castner
TOMRV Chairman	This committee needs numerous volunteers.
TOMRV Secretary	Suzie Laforce
USCF Coordinator	Terry Burke

\*An asterisk means volunteers are needed. Refer to your Club membership directory for phone numbers and call and volunteer in the area that interests you. This is an excellent way to get to know other members and make your bicycling more enjoyable.



## Remember . . .

With your Club membership card, you receive discounts 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.



**Rastrelli's**  
Your Food Oasis at The Mall  
*10% Christmas Shopper's Discount*  
Valid Through January, 1989  
Not Valid With Any Other Discount Card  
Northpark Mall Only



**Rastrelli's**  
Your Food Oasis at The Mall  
*10% Christmas Shopper's Discount*  
Valid Through January, 1989  
Not Valid With Any Other Discount Card  
Northpark Mall Only

## Christmas Patch Ride '88"

I am writing this report with great pride - my wife has become the new patch ride chairperson.

I appreciate her tolerance of all my hours on the bike, and it is really special of her to do this. It's a real treat for me to help share the organization of a fun ride such as these.

When you see a patch ride in the ride schedule, think only of a fun ride. Some bikers even come

without their bikes. On these special rides, you can look forward to a holiday patch, liquid refreshments according to the season, lots of homemade goodies, and best of all a good time with friends. There is absolutely no mileage requirement. In fact, most bikes come attached to the cars of various bikers. The ride usually starts from Duck Creek and gets way laid at McDonald's for round two of refreshments.

So, remember for a fun time, come join us on our next patch ride. Look for more articles in the following months with your name listed.

Participating in the Christmas patch ride were the following:

Jan Burt  
Mike Smith  
Gayle Campbell  
Mary Ann Clark  
John Greve  
Barney Young  
Tony Fisher  
Carter LeBeau  
Epifanio Gutierrez  
Dottie Wala  
Bill Langan  
Pegi Langan  
Bryant Langan  
Justin Langan  
Kevin Langan

Jerry Sears  
Brian Smith  
Jack Clark  
Linda Simander  
John Simander  
Joe Jamison  
Charlie Sattler  
Sharon Sattler  
Tom Bolton  
Pat Bolton  
Gary Fears  
Fred Blessin

See you all on the next ride. Check your ride schedule.

Charlie Sattler

**PS:** A special thank you to the volunteers who helped me on my first patch ride as chairperson - Mary Ann and Jack Clark, Linda Simander, and Pat Bolton - for the delicious brownies and cookies they provided and the help they gave me.

Thanks again, Sharon Sattler

**Board Meeting**  
**January 9, 1989**  
**7:00 p.m.**  
**Bettendorf Library**

**Valentine's Day Patch Ride**  
**Sunday, February 12, 1989**  
**1:00 p.m.**  
**Duck Creek Park entrance to**  
**Davenport Bike Path**

# POST THIS PAGE

## QCBC SCHEDULED RIDES & ACTIVITIES

**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 January 18 ride beginning at Village Inn Pancake House, 53rd St. & 23rd Ave., Moline.

### **Saturday Rides:**

#### **January 14**

9:00 a.m. - Moline YMCA  
XC Ski Option - 9:00 a.m. - West Lake, Davenport

#### **January 21**

9:00 a.m. - Moline YMCA  
XC Ski Option - 9:00 a.m. - Middle Park, Bettendorf

#### **January 28**

9:00 a.m. - Village Inn Pancake House,  
53rd St. & 23rd Ave., Moline  
XC Ski Option - 9:00 a.m. Duck Creek Park Lodge,  
Davenport

#### **February 4**

9:00 a.m. - Moline YMCA  
XC Ski Option - 9:00 a.m. - Whispering Pines Shelter,  
Scott County Park

#### **February 11**

9:00 a.m. - Eastern Ave. entrance,  
Davenport Bike Path  
XC Ski Option - 9:00 a.m. - Saukie Golf Course,  
Rock Island

#### **February 18**

9:00 a.m. - Eastern Ave. entrance,  
Davenport Bike Path  
XC Ski Option - 7:00 a.m. - Ross' Restaurant,  
Bettendorf (See Ride Schedule for details.)

#### **February 25**

9:00 a.m. - Jaydon Distributing Co.,  
Andalusia Rd., Milan  
XC Ski Option - 7:00 a.m. - Ross' Restaurant,  
Bettendorf (See Ride Schedule for details.)

**Please note the picnic in January was listed in error in December newsletter - it will be held on January 22 not January 29, 1989.**

### **Sunday Rides:**

#### **January 15 - Frozen Buns Brunch**

9:00 a.m. - Eastern Ave. entrance,  
Davenport bike Path  
XC Ski Option - 7:00 a.m. - Ross' Restaurant,  
Bettendorf (See Ride Schedule for details.)

#### **January 22 - Sixth Annual "Snowtime for a Picnic, but We're Having One Anyway!"**

1:00 p.m. - Scott County Park  
(See Ride Schedule for details.)  
Option - 12 noon - Eastern Ave. entrance, Davenport  
Bike Path - Ride to Scott County Park & return.  
30 miles

#### **January 29 - River City Ramble**

9:00 a.m. - Eastern Ave. entrance,  
Davenport Bike Path  
XC Ski Option - 9:00 a.m. - Middle Park, Bettendorf

#### **February 5**

9:00 a.m. - Moline YMCA  
XC Ski Option - 9:00 a.m. - Saukie Golf Course,  
Rock Island

#### **February 12**

9:00 a.m. - Moline YMCA  
**Valentine's Day Patch Ride**  
1:00 p.m. - Duck Creek Path entrance,  
Davenport Bike Path  
XC Ski Option - 9:00 a.m. - Duck Creek Park Lodge,  
Davenport

#### **February 19**

9:00 a.m. - Moline YMCA  
XC Ski Option - 9:00 a.m. - Whispering Pines Shelter,  
Scott County Park

#### **February 26**

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

### **Special Rides & Activities**

**Sunday, January 22** - 1:00 p.m. - Scott County Park/Whispering Pines - biking, XC skiing, tobogganing, hot chocolate and coffee - you bring hot dogs, buns, and brownies.

**Valentine's Day Patch Ride - Sunday, February 12**, 1:00 p.m. - Duck Creek Park entrance, Davenport bike Path. Free patches to QCBC members who ride. Refreshments available.

**President's Day - Monday, February 20** - 9:00 a.m. - Eastern Ave. entrance Davenport Bike Path, Riders' Choice

## SEMINAR: EATING FOR ENDURANCE

Eating for Endurance will be presented by Ellen Coleman, R D., M.S., M.P.H.

Tuesday, March 14, 1989 (during National Nutrition Month)

7:00 p.m. - 9:30 p.m

Moline Airport Holiday Inn, Moline, Illinois

Hosted by Mississippi Valley Dietetic Association

Cost is \$5.00

\$7.00 at the door

Ellen Coleman is the author of Eating for Endurance, a 154 softcover book published in 1988. The book entertains the reader using anecdotal sketches followed by accurate, practical information. The book helps individuals choose a diet for physical endurance and optimal health. The book discusses genetic potential, physical training, pacing, and composition of the diet as it can influence endurance. The book will be on sale and autographed by the author.

Those who have heard Ellen Coleman speak feel she is very dynamic and informative.

To preregister, send the following form to Janice Becker, 2306 Fairhaven Road, Davenport, Iowa 52803, 355-3981.

### Registration for Seminar: Eating for Endurance

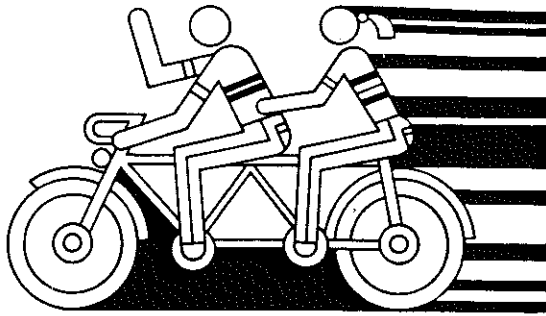
Name: \_\_\_\_\_

Mailing Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Endurance sports involved in: \_\_\_\_\_

<p style="text-align: center;"><b>1989</b></p> <p style="text-align: center;"><b>BEACH TO BAY</b></p>	<p><b>LEAGUE OF AMERICAN WHEELMEN</b></p> <h2 style="margin: 0;">1989 NATIONAL RALLY</h2> <p style="margin: 0;">Salisbury, Maryland</p> <p style="margin: 0;">Friday June 30--Tuesday July 4, 1989</p>	<p>Date Rec'd _____</p> <p>Reg. # _____</p> <p>Arr. _____</p>																																							
<p>One person to a form. Form may be duplicated. PLEASE PRINT!</p>																																									
<p><b>Limited Accommodations Available. Register Early!</b></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Last name</td> <td style="width: 33%;">First</td> <td style="width: 33%;">Middle</td> </tr> <tr> <td>Street Address or Box Number</td> <td>City</td> <td>State</td> </tr> <tr> <td>Zip</td> <td colspan="2"></td> </tr> <tr> <td>Phone</td> <td>Age</td> <td><input type="checkbox"/> Male <input type="checkbox"/> Female</td> </tr> <tr> <td colspan="2">Name of Emergency Contact</td> <td>Phone</td> </tr> <tr> <td colspan="3">I wish to room with (send registrations together):</td> </tr> <tr> <td>Club affiliation (if any):</td> <td colspan="2">I ride a: <input type="checkbox"/> Tandem <input type="checkbox"/> recumbent</td> </tr> </table>	Last name	First	Middle	Street Address or Box Number	City	State	Zip			Phone	Age	<input type="checkbox"/> Male <input type="checkbox"/> Female	Name of Emergency Contact		Phone	I wish to room with (send registrations together):			Club affiliation (if any):	I ride a: <input type="checkbox"/> Tandem <input type="checkbox"/> recumbent		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2"><b>REGISTRATION FEE:</b> (Children 12 years and under free)</td> <td></td> </tr> <tr> <td><b>L.A.W. members</b></td> <td>_____</td> <td>\$ _____</td> </tr> <tr> <td colspan="3">Enter L.A.W. Membership # _____</td> </tr> <tr> <td colspan="3"><b>Non-members:</b> add appropriate membership fee below to registration fee</td> </tr> <tr> <td>Individual</td> <td>\$22</td> <td>Family _____ \$27</td> </tr> <tr> <td colspan="2"></td> <td>\$ _____</td> </tr> </table>	<b>REGISTRATION FEE:</b> (Children 12 years and under free)			<b>L.A.W. members</b>	_____	\$ _____	Enter L.A.W. Membership # _____			<b>Non-members:</b> add appropriate membership fee below to registration fee			Individual	\$22	Family _____ \$27			\$ _____
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<p>Please send further information: _____ pre tour _____ post tour</p> <p><b>FREE NATIONAL RALLY '89 T-SHIRTS TO FIRST 1000 REGISTRANTS</b></p> <p>Please circle size desired:    S    M    L    XL</p> <p><b>RELEASE:</b></p> <p><small>In signing this release for myself or for the named entrant (if entrant is a minor), I acknowledge that I understand the intent hereof, and I hereby agree to and will discharge, release, absolve and hold harmless the NATIONAL RALLY '89 committee, the hosting regional clubs, the League of American Wheelmen, Inc., and their officers, volunteers and staff, and Salisbury State University and their officers, students, and employees, and any other parties connected with this event in any way whatsoever jointly and severally, from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage sustained as a result of my participation in this event or any activities associated therewith. In case of a minor entrant, I hereby agree to indemnify and hold harmless the above mentioned parties, jointly and severally, from any claims for injury, misadventure, harm, loss, inconvenience or damages which said minor may sustain by virtue of his/her participation in this event. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall heed traffic laws and practice courtesy and safety in cycling. I also give full permission for use of my name and photograph in connection with this event.</small></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2"><b>ROOM AND BOARD:</b> (Friday night to 2:00 p.m. Tuesday; Friday dinner to Tuesday lunch)</td> <td></td> </tr> <tr> <td>Adults:</td> <td>_____</td> <td>\$ _____</td> </tr> <tr> <td>Children (under 12 years old; in parents' room on floor):</td> <td>_____</td> <td>\$ _____</td> </tr> <tr> <td colspan="2"><b>MARRIED COUPLE DISCOUNT:</b> (if both members attending): deduct \$10</td> <td>\$ _____</td> </tr> <tr> <td><b>LATE FEE</b> (if postmarked after April 30th):</td> <td>\$15</td> <td>\$ _____</td> </tr> <tr> <td colspan="2"><b>BICYCLISTS EDUCATIONAL AND LEGAL FOUNDATION DONATION (TAX DEDUCTIBLE)</b></td> <td>\$ _____</td> </tr> <tr> <td><b>PRE-RALLY AND POST-RALLY TOUR</b></td> <td><b>TOTAL ENCLOSED</b></td> <td>\$ _____</td> </tr> </table>	<b>ROOM AND BOARD:</b> (Friday night to 2:00 p.m. Tuesday; Friday dinner to Tuesday lunch)			Adults:	_____	\$ _____	Children (under 12 years old; in parents' room on floor):	_____	\$ _____	<b>MARRIED COUPLE DISCOUNT:</b> (if both members attending): deduct \$10		\$ _____	<b>LATE FEE</b> (if postmarked after April 30th):	\$15	\$ _____	<b>BICYCLISTS EDUCATIONAL AND LEGAL FOUNDATION DONATION (TAX DEDUCTIBLE)</b>		\$ _____	<b>PRE-RALLY AND POST-RALLY TOUR</b>	<b>TOTAL ENCLOSED</b>	\$ _____																			
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<p><b>PAYMENT:</b></p> <p><small>All fees are 100% refundable, if written notice is postmarked before April 30, 1989; 75% refund if postmarked by June 1, 1989. <b>NO REFUNDS AFTER JUNE 2, 1989.</b> No mail-in registration postmarked after June 1, 1989. A limited number of walk-ins will be accepted on a space available basis. Send your registration form with check or money order in U.S. funds payable to:</small></p>	<p style="text-align: center;"><b>L.A.W. NATIONAL RALLY '89, Salisbury State University</b> Salisbury, Maryland 21801-6837</p>																																								
<p><b>X</b> _____ <b>X</b> _____</p> <p>Signature of Registrant                      Date                      Parent or guardian of minor (under 18)</p>																																									



## Tandem Time

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### Touring Germany by Tandem

During the first two weeks of September, 1986, a group of six of us (three tandems) had a great time tandemming through some very scenic areas of West Germany. Touring with Alicemary and me were Mel and Mary Jo Christy and Jerry and Beth Trout. We cycled 347 miles with the longest day being 57 miles. That day, incidentally, included a two-mile climb in our 23-inch low gear! This was the exception, though, as 90 percent of our cycling was on the flat and on bike paths adjacent to major highways. Two couples from this group even spent a third week in northern Germany visiting more friends. While in northern Germany, they covered an additional 80 miles in the flat country alongside canals.

Our route included a one-day trip in the Black Forest, requiring five hours to go 15 miles into the mountains, and then only 30 minutes to travel 10 miles down the mountain, via a different route. On the way up, our 23-inch low was OK for up to a 10 percent grade, but we had to walk (and push) on the steeper grades, which occasionally exceeded 15 percent! The remaining route took us northward, paralleling the Rhine River. One day was spent on a boat trip down the Rhine (we were permitted to take our tandems on board), and then we cycled down the Mosel River valley to Trier. There were also a few rides on trains included in the tour, and we spent one day in France cycling north from Strasbuourg back to Germany. Along the way, we visited all the old castles and museums that time would allow us.

On a trip such as this, detailed maps are mandatory. We used maps printed primarily for bicycle touring in Germany because they showed very clearly the roads that included the integral bike paths. The map scale was 1:100,000.

We, of course, were aware ahead of time that the degree of enjoyment would be directly proportional to the weather - and the weather was absolutely great! Near the rivers it was foggy when we started, but by mid-morning the sun was breaking through. The

temperatures were cool - some mornings in the mid-40's, but were shortsleeve temperature by noon.

Our tandem had seven bags attached for clothing and other gear. Included in this total were two large rear panniers and two mid-size front panniers. We used front low-riders. All seven bags totaled 45 pounds. When we do this again, we'll take even fewer clothes, even though there are no laundromats in Germany. (We washed a lot of clothes in hotel sinks. Most of the time they were dry by the next morning.)

All three tandems were custom Borthwicks. The only equipment failures we experienced were three flat tires. We were prepared for almost any incident, as we had spare tubes, tires, spokes, rear and front derailleurs, cables, miscellaneous bolts and nuts, and tools of every description. Needless to say, these spares were distributed through the whole group. All the bikes had identical 23-inch low gears, but this was not adequate for grades exceeding 10 percent with our loads.

This trip also gave me my first experience with "massive" braking. We came down a mountain in the Black Forest, alternating the cantilever brakes with the drum brakes, then periodically coming to a complete stop to allow the brakes to cool and me to rest my hands!

Yes, we would do the trip again if we could be assured of the same beautiful weather. We enjoyed the good German food everywhere we stopped. One change to our itinerary, though, would be to bypass the larger cities. The larger cities had confusing traffic patterns, filled with cars and trucks.

The cost, if you choose to do a similar trip, will depend on your preference of accommodations. The hotels/guest houses would vary from \$20 to \$45 (US) per night, and they always included breakfast. A noon lunch of bread and cheese would be another \$5 to \$7 (US) per couple. Evening meals for each team ranged from \$25 to \$35 (US). Train rides, of course, are optional, with the tandems handled as baggage. When the tandems traveled via a different train from the tandemists, an extra day was always required to get to your destination. One caveat on transporting your tandem via train: they are not treated with tender loving care. Our Borthwick now has several souvenirs of the trip.

Prior to our trip, we had requested and had received written permission from IcelandAir (on IcelandAir stationery) to pack our tandems in special boxes with the following restrictions: (1) a maximum weight of 75 pounds, and (2) the outside dimensions must be less than 12" x 40" x 72". We designed custom boxes, with the only disadvantage being the three hours it took to reassemble the bikes at the Luxembourg airport. The boxes were then stored for

approximately \$1.50/day at the terminal baggage office

A frequent question was "Why choose Germany?". We had several reasons: (1) we had friends to visit, (2) the German people are very friendly and most anxious to help cyclotourists with any problem, (3) it is very clean, (4) the weather in September is typically mild, and (5) the shopping is great!

**Gordon & Alicemary  
Borthwick  
214 Rainbow Drive  
Marshalltown, IA 50158**



**JANUARY MEETING  
Tuesday, January 17, 1989  
7:00 p.m.  
Palmer College Library  
11th & Main Street  
Davenport, Iowa**

"The Design & Construction of  
Custom Bicycle Frames"

by Gordon Borthwick  
The builder of "BORTHWICK" frames.

Come listen to Gordon explain the  
"whys and what-fors" of frame building.

Gordon will be demonstrating his  
"measuring fixtures." Come and see  
the right way to do it.

## Cycling Shorts

**December 10, 1988**

It was only we three,  
Gabe, Jim Hanson and me.  
December 10, Saturd'y.  
The sun shone brightly.  
Wind shipped northerly.  
15 m.p.h. velocity.  
Temperature - twenty.

Dressed in warm woolies  
To Colona's Maidrite went we  
For coffee and tea.  
My Oh My! You should see  
Jim's duct tape booties  
Warm feet had he,  
As did Gabe and me  
Having fun till the end  
At mile thirty  
But Golly! Gee!  
We did not see

Anybody  
From QCBC  
Listen not to Husbee  
I am not crazy.  
Outside it's great to be  
With wind whining smartly  
If dressed warmly you be.

So get out your L.J.s and get with it for pity sakes!

**December 11, 1988**

Time 9:01 a.m.

Temperature - pretty cold for someone with sand in their shoes. I had been nursing a sore knee (from trying to ride uphill on an upside down bike) and a cold for the last week. But the QCBC newsletter had arrived the day before, and I was impressed by these hard-core riders. But the empty parking lot at the Eastern Avenue entrance was very quiet. It was even quieter after I wrapped an acewrap around my head and ears!

I headed west on the bike path, past a beautifully iced over Duck Creek. The crows, squirrels, runners and one other cyclist were out. One woman waved me down. I thought that she would tell me, "They went that way." But she only wanted to know if I had seen her cigarette case! At the end of the path, my water had turned to a slurry of ice. I consulted everyone on the ride about how much further to go (Merle, Marvin, Mike and Marcus) (just kidding!). I heard no complaints as I turned for home.

**Mark Keele**

## Australian Bicentennial Bike Ride

QCBC was well represented in the CALTEX Bicentennial Bike Ride from Melbourne to Sydney, November 26 to December 10, 1988. Participating were Ken Hall, East Moline; John Keane, Moline; and from Davenport Linda Simander, Pat Bolton, and Carter Lebeau. John and Carter arrived a week early to spend time on the Great Barrier Reef and met the others in Melbourne for the start of the ride.

The promoters billed the ride as being relatively easy with a lot of time for sightseeing. Well, they lied. The ride turned out to be quite difficult with most days featuring many long steep hills and many kilometers of bad road surface. The meals and the conditions for eating were not the greatest either, but there were usually restaurants or pubs available where you could get a good meal. We also experienced some unseasonable cold and rainy weather and headwinds most days. But those were just incidentals - the overall experience was fantastic. There was great

scenery, interesting towns, and the Australian people were warm and friendly.

The route covered a total of 1116 Kilometers or 700 miles from Dandenong (outside Melbourne) with overnights in Warragul, Rosedale, Eagle Point, Orbost, Cann River, Bombala, Cooma, Canberra (great city), Goulburn, Moss Vale, and Camden, ending in Sydney. There were three days we didn't ride in Orbost, Cooma and Canberra, and we had two days to explore Sydney before returning home. A total of 2,500 riders participated with 500 from the U. S. and 2,000 from Australia.

My impressions of the ride are of making new friends, Americans and Aussies, those hills on a rented bike with inadequate gearing, beautiful countryside, great exciting cities (Canberra and Sydney) and Carter attending rotary meetings. (Three in one day has to be a record.) I think we all considered it to be the trip of a lifetime; and, in the years to come, we will treasure the memories.

**John Keane**

## **Effective Cycling**

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Eight people completed the Effective Cycling September class. They were Barney Young, John Greve, Diane Herath, Kathy Kirschbaum, Joan Burke, Melissa Muskopf, Arlene Joss, and Deanne Shearer. Duck Creek Park Lodge was an excellent facility for the course. The students especially enjoyed the instructional rides. Even though the rides had to be cut short on account of the early darkness of the fall days.

The next Effective Cycling class will be in April, at Pleasant Valley High School. Co-sponsored with Scott Community College, it will meet Tuesdays and Thursdays, 6:00 p.m. - 9:00 p.m. Classes begin April 4, for nine sessions. A shorter, five session course is tentatively scheduled in May, at Duck Creek Park Lodge, co-sponsored with Davenport Park and Recreation Department. Charles Sattler and Don Davis will be the certified instructors, assisted by Bill Langan and Fred Blessin.

The Effective Cycling Course was developed by John Forester in Palo Alto, California about 12 years ago. John is a consulting engineer who has done a lot of touring, racing and commuting, first in England then in California. The course is now nationally recognized as the best way to teach all phases of bicycling. There are about 200 instructors in the USA certified by the League of American Wheelmen. Six are in Illinois and three in Iowa.

The distinctive feature of the course is it emphasizes road training by instructors who are very experienced

cyclists. The main part of each session is a ride that gives practice in the best ways to handle road and traffic hazards with safety and confidence.

**Fred Blessin**

## **Rallies**

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**Saratoga Springs, NY - GEAR '89-Saratoga**, a major bicycle rally attracting cyclists from all over the country, will be held in Saratoga Springs, New York from June 16 to June 19. Over 25 different rides from 8 to 125 miles will be offered. Also planned are a full schedule of workshops on every aspect of cycling; an extensive exhibition of bicycling products and services; entertainment and social events; and much more.

For more information and a registration form, send a self-addressed, stamped envelope to GEAR '89 Saratoga, P.O. Box 127, Albany, New York 12260.

**Salisbury, MD - the 1989 League of American Wheelmen National Rally** will be held on the Eastern Shore here from June 30 to July 4, on the Salisbury State University campus.

There will be a National Leadership Council meeting June 30 and rides, workshops, exhibits and social activities throughout the rally. Almost completely flat, the Eastern Shore is bicycling heaven for those who prefer watching scenery to grinding their way up hills. Most roads here are rural, with either good shoulders or very little traffic.

Accommodations will be on the SSU campus, where meals will also be eaten and almost all rides will start.

There will be rides of varying lengths to Assateague Island, home of the Chincoteague ponies; to Ocean City, Maryland's most popular resort; to the Chesapeake Bay; across ferries and to historical and recreational sites. Air conditioned rooms and T-shirts will be provided to the first 1,000 registrants.

See registration form elsewhere in this newsletter.

**January Club Meeting  
Tuesday, January 17, 1989**

**7:00 p.m.**

**Palmer College Library**

**Davenport**

details on another page



## Editor's Page

There are some exciting events coming up this new year in the cycling world. Last July Bicycling announced a coast-to-coast, non-stop race called the \$25,000 Challenge. The race starts on September 4 in Los Angeles and finishes in New York City. Men and women, professionals and amateurs, with just one race division and a maximum of 50 teams will be the makeup of the race. Based on the rules of type of bike allowed, this race sounds like it will be a wide variety of creative vehicles. We may see such sights as the recumbent Gold Rush, the world's fastest unpaced human-powered vehicle (HPV) capable of reaching speeds of 65 mph.

Did you know there is an International Human-Powered Vehicle Association (IHPVA)? By the way, in addition to land HPVs, also included in the category are sea and air vehicles. However, the \$25,000 Challenge is limited to land vehicles. June is reserved for the water bound when competitors participate in the first human-powered submarine race in Florida.

Tour de Trump is another race to watch May 7 - 14, 1989.

Successful real estate man, Donald Trump, is planning this race with a minimum \$250,000 prize list. The race will be in seven stages - road races and criteriums. It will begin in Manhattan and finish in Atlantic City. Trump organizers say NBC will cover four hours of the race. Hopefully, if the network deal holds, we will see this race on television. It sounds like this race is still in the planning stages, but I think Trump has the money to make it go.

Editor's note - I find it sad that a race like RAAM where the participants race for their own personal victories can't receive coverage, but along comes a big name with money and a large prize purse and the coverage is there. But I think this is what will keep RAAM separate from all the rest. On the other hand, we can't ignore what Trump will be doing for the sport of cycling if he pulls this race off and they get national coverage.

Since I advertized the Texas Hotter 'N Hell Hundred, I thought you might like a little news about last summer's ride. About 13,000 participated in strong winds and 106-degree heat. One participant died, but it was reported that he had a history of heart problems and was warned not to ride above 100 degree weather.

The olympics was a bit of a disappointment for the USA as you can see from the medal count listed below.

<u>Country</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
Soviet Union	4	1	2
East Germany	3	2	1
Australia		2	2
West Germany		2	2
Holland	1	1	
Denmark	1		
Poland		1	
Sweden			1
USA			1

I must credit Bicycling magazine as the source of my information. I recommend that magazine as it covers all aspects of the sport of cycling.

Cindy



To submit articles to the newsletter, please mail your contributions to Newsletter Editor, 3561 North Willow Court, Bettendorf, IA 52722 by the 20th of each month. Desktop publishing compliments of Eastern Iowa Community College District.

The following is some information on the Quad Cities Bicycle Club.

### Objectives

To promote safe cycling and to meet area bicycling enthusiasts involved in social riding, touring and racing for every age and riding interest.

### Activities

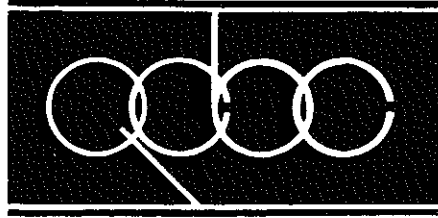
The Club is a member of the League of American Wheelmen. Main events are the Moline Criterium, TOMRV (Tour of the Mississippi River Valley), and the Quad Cities Bicycle Club Century and Double Century. There are annual picnics plus an annual awards dinner. There are several overnight camping rides during the year. There are scheduled rides every Wednesday, Saturday and Sunday, January through December - 156 rides. There are fitness rides and a schedule for the racers.

### Membership

Membership entitles you to 12 months of the Club newsletter plus a copy of the current Ride Schedule and Membership Roster. Members receive discounts on TOMRV, the RAGBRAI bus and certain other events. Discounts are offered by various bicycle shops with valid membership card. See newsletter for details. Your membership expiration date can be found on your newsletter mailing label and membership card.

### Meetings

Monthly meetings are held on the third Tuesday at 7:00 p.m. from September through May. Meetings are held in the auditorium at Palmer College Library, 11th and Main Street, Davenport. Summer meetings, June through August, are held at Duck Creek Park, Davenport, in the shelter at the end of the bike path. The November meeting is replaced by the annual dinner. See newsletter for the date and meeting place.



# 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 INTEREST	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"/> BI/TRIATHALON	<input type="checkbox"/> PICNIC <input type="checkbox"/> OTHER	<input type="checkbox"/> OTHER
		<input type="checkbox"/> CAMPING	OWN A TANDEM? YES <input type="checkbox"/> NO <input type="checkbox"/>	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 18. All applications must be signed and in signing the liability release, I agree to the above conditions.

**LIABILITY RELEASE — PLEASE SIGN:**

INDIVIDUAL MEMBERSHIP: \_\_\_\_\_ PARENT/GUARDIAN \_\_\_\_\_

FAMILY MEMBERSHIP: SELF \_\_\_\_\_ SPOUSE \_\_\_\_\_

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

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

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

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