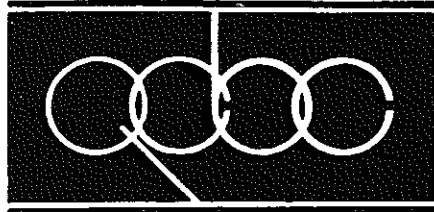


**1989 Board of Directors:
& Officers**

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

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



APRIL 1989

Editor - Cindy Mohr

QUAD-CITIES BICYCLE CLUB

Think Spring - Club Picnic

What better way to spend a sunny Sunday afternoon than a bike ride and a picnic in the park with friends? It all happens at Whispering Pines Shelter, Scott County Park (just inside the south entrance).

At noon, a 31-mile ride leaves the shelter for those who have already been out a few times this year. At 1:30 p.m. a 12.5-mile ride begins for riders of all ages and aptitudes. The two rides should cross paths near Long Grove, on their way back to the shelter for food.

The picnic begins between 2:30 p.m. and 3:00 p.m. back at the shelter. Bring a dish to share if you can; the Club will provide hot dogs, brats, drinks and table service.

As a special feature, some tandem bikes will be available to test ride.

The picnic will be held rain or shine.

**Sunday, April 30, 1989
Scott County Park
Whispering Pines Shelter**



From Our President

Welcome spring! Things are starting to happen in a hurry, and you will want to read this newsletter carefully and make note on your calendar some of the upcoming events

Our Spring Picnic will be April 30, at Scott County Park's Whispering Pines Shelter, in addition to the traditional bill of fare, Bike N' Hike; On Two Wheels and Jerry & Sparky's have been invited to display their tandems, and fellow club members will also be available to answer questions about kid back conversions, etc.

For those who want to try cycle touring there will be an overnighiter to Scott County Park at the group camping area. This is my idea to give some cyclists an opportunity to experience a new facet of cycling. I have found it to be challenging and rewarding to travel via bicycle being self sufficient. We will meet at Eastern Avenue bike path entrance, at 1:00 p m , on April 22; and if you do not have panniers or a way to haul your gear, please call me as we will take our bugger. There are modern facilities, grocery stores and restaurants close by. This will also be a tune-up for our Mississippi Palisades Overnighter that will be detailed in the May newsletter. This is really a nice ride and a beautiful park, and I would like to see it return to the popularity that it once enjoyed

Well, they said it couldn't be done and it won't - for this year anyway. It is common knowledge that there are ill feelings between Bike N'Hike, Jerry & Sparky's and On Two Wheels, and it is also common knowledge that I wanted to get all three shops to provide support for TOMRV and bury the ax. Griff Tucker and I almost pulled it off, but what did us in was the popularity of TOMRV. It seems that two of the three partners from On Two Wheels are doing the ride, and they can't man

their two stores and a support vehicle. Also, Jerry and Sparky's have approved five of their staff to do TOMRV, and they can't keep their two stores open and provide a support vehicle. I am proud to announce that Bike N'Hike will provide all the support for TOMRV this year and will have not two but three support vehicles. Steve DePron had such a good time last year that he has been looking forward to helping us out again. This is more support than we have ever had before. I am disappointed that it did not happen this year, but a meeting between these shops and the QCBC board of directors is in the near future; and hopefully we can start anew where we will all benefit in a cooperative effort to make cycling better in the Quad Cities.

It has been good to see all the people at the patch rides, and the treats have been a real plus. It is also good to see all the members at the monthly meetings, and the programs have been very interesting. The winner of the helmet at the February meeting was Paul Davis. (The helmet was purchased at Jerry & Sparky's)

Please look for details in the newsletters that will hopefully encourage more cyclists to join us on our weekend rides. Earl Strupp is in charge of this task force

Hey, let's rally behind Jane Garrett and Bonnie Beyhl on their TransAmerica Bicycle trek for the American Lung Association. The QCBC is donating \$500 towards their cause.

Be careful out there and have fun

Bill Langan

Welcome New Members

Steven Greve, Saskatchewan, Can
Joan & Art Courtman, Sutton, MA
Bricker Martin, Dover, DE
Rhonda & Lyle Goldberg,

Washington, D.C
William Fehr, Columbia, MD
Barbara & Craig Somers,

Camp Springs, MD
Larry Kreach, Leesburg, FL
Jack Brehm, Howell, MI
Amy Logan, Urbandale, IA
Carla Aspelmeier, Dubuque, IA
Rose Reicher, Dyersville, IA
Diane Claussen, Cedar Rapids, IA
Kara Boyd, Bettendorf, IA
Ingrid Huber, Bettendorf, IA
Ian Yoder, Bettendorf, IA
Helen & Joseph Cohen,

Eldridge, IA
Ann & Bill Barker, Princeton, IA

From Davenport, IA:

Kenneth W. Borchert
Ron Schmidt
Marcella Bregman
Karen & Michael White
Charles Dorman
Henry Vera
Sue Zettel
Beth Kussatz
Robert Braun
Jean Giles
Linda McHenry

Joe Mangano, Algonquin, IL
Laura & Steve Bashaw,
Hinsdale, IL

Jenny & Terry Strayhall,
E. Moline, IL

From Moline:

Patricia Marsh
Sue Otterness
Pamela & Bill Roesner
Vickie L Sedam

Mike Toye
Stephen Morford, Taylor Ridge, IL
William Jackson, Mineral, IL
Patty & Dale Seifert, Kewanee, IL
Ken Cisco, Normal, IL

Janet & Larry Drury,
Evergreen, CO

Barbara Jean & Tom Gard,
Evergreen, CO

Richard Core, San Diego, CA

QCBC Receives Thank You Letters



Palmer College

of Health Sciences
1000 Brady Street, Davenport, Iowa 52803(319) 326-9600

February 20, 1989

Quad Cities Bicycle Club
Mr. Bill Langan
2720 W. 37th Street
Davenport IA 52804

Dear Bill:

I would like to thank you again for your support of the Library in the donation of \$100.00. I am sending you a list of the purchases we made, as I stated in my previous letter. The items purchased are:

Bicycling (1 yr. subscription)
Bike Centennial (2 yr. subscription)
Cyclist (2 yr. subscription)

Bike Guide
Mountain Bike

Your support is greatly appreciated.

Sincerely,

Dennis R. Peterson
Director
David D. Palmer Health Sciences Library

"On behalf of MVDA (Mississippi Valley Diabetic Association), I would like to thank the Quad Cities Bicycle Club for carrying the announcement of "Eating for Endurance Seminar" in 2 of your newsletters. I appreciated working with your member registrations. There were 28 preregistrations from the QCBC and 5 bikers at the door. Corn Belt Runners had 24 preregistrations and 13 at the door.

Ellen Coleman was very impressed by the level of understanding and depth of the audience. We had 213 total registrants. Some of the QC Bicycle Club members and some of the Corn Belt Runners are in both groups and I just counted them in 1.

It was a pleasure working with you.

Sincerely,
Janice Becker"

**Half Price
QCBC T-Shirts
Available at Club meetings.**

PAC Tour

(Pacific-Atlantic Cycling) was a 17 day August trans-continental crossing of the U. S. The "tour" was organized by Lon and Sue Haldeman. Twenty-four cyclists (with 3 vans and 6 support people) left San Diego in personal attempts to cross the southwest desert and Gulf coast on a schedule that averaged better than 160 miles each of the 17 days for a total of more than 2700 miles.

Becky and I trained over 7,000 miles on our tandem in the months before the trip. To test our training we did three double centuries and one triple century. We were generally pleased, especially with an unofficial 10 hour double but still unsure as to what 17 days of day after day riding would be like.

For those that ask why we did this ride there are various rationalizations. Wanting to ride cross country is something many cyclists can understand. Circumstances and the challenge have to explain why we would do it in 17 days.

It is impossible to describe those 17 days in a few words. As in any long tour there were the same elements of elation and despair, excitement and tedium, only magnified. The scale of emotion and experiences becomes somewhat proportional to the scale of the trip. We looked forward not to the next town but the next state or watershed (Colorado, Gila, Rio Grand, Mississippi, etc.).

We did get to ride with Pete Penseyres often and Lon and Sue

Now bikers can be choosers.

10 MODELS		17 FRAME SIZE
70 COLOR DESIGNS	Panasonic	3 WEEK DELIVERY
INDIVIDUAL CUSTOM SYSTEM		
COMPLETE BIKES STARTING @ \$700.00		
R.W. ANDERSON CO. MOLINE-309-762-7640		

Haldeman. There was a young couple from Washington D. C. (She is riding RAM 89), a father and son from Great Britain (challenged by unacustomed heat), a young Canadian and other interesting riders. In all this was a diverse group-so diverse in physical appearance I am certain it would surprise you. The only common trait seemed to be a pleasant tenacity and commitment and a love for cycling

Obviously we saw a lot of terrain - oceans, mountains, deserts, forests, swamps, beaches and bays. Slowly I was overwhelmed. The "if this is Monday we must still be in Texas" syndrome sets in. It is difficult to assimilate so much in the way of cycling experiences day after day.

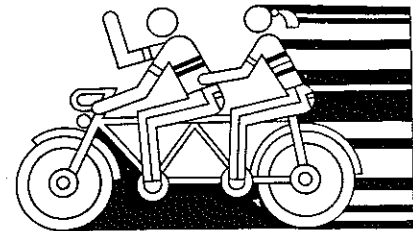
Unlike the other riders, Becky and I cycled with each other 8-14 hours a day only inches apart (two other tandems were ridden by various riders at times). As a fellow rider says near the end "17 days is a long time to do any one thing, no matter how much you like it."

We were near mental exhaustion, and our physical strength seemed to be slipping also as we arrived on the Atlantic coast. By a series of chance events we happened to be the first finishers of the complete trip. Sue asked us if we would do it again and seemed surprised when we said no. She smiled and said we may change our minds. At least for me, she was correct. Six months later I would do it again. Perhaps the second time could even be a little more relaxed.

PS: Lon and Sue are trying to raise a group for a similar crossing in June - if there is a sufficient number of riders.

Bruce & Becky Perry

Tandem Time



Below are the results from a survey published in DoubleTalk in the March-April, 1987 issue:

Basic statistics:

	<u>Total</u>	<u>Female</u>	<u>Male</u>
# Respondents	142	60	81
Average age	40.1	35.3	43.4
Years ridden	4.0	3.2	4.7
Miles per year	1855	1943	1774

The type of tandems we ride:

# Tandems	<u>1</u>	<u>2</u>	<u>3</u>
Tandem Type:			
Common upright	121	10	1
Upright Captain, rec. stoker	5		
Recumbent both	1		
Other	6	3	

How we use our tandems:

Times/year	<u>10 or more</u>	<u>6 - 10</u>	<u>1 - 5</u>
Recreation	118	13	10
Transportation	24		27
Commuting	5	2	10
Taxi Service			3
Other	7	2	10

Who handles the braking?

92% - Captain
0% - Stoker
8% - Both

Who reads the map and determines the route?

32% - We take turns
20% - Stoker, mostly
40% - Captain, mostly
8% - Map, what map?

Who handles the shifting?

96% - Captain
2% - Stoker
2% - Both

(Only the top 3 - 5 responses are listed on the following.)

What is most difficult about being the captain?

61% - Responsibility for steering, braking, watching traffic, concentrating, safety
14% - Being aware of stoker's concerns
10% - Communicating with stoker

What do you like the most about riding captain as compared to riding your solo bike?

- 64% - Togetherness and conversation
- 12% - Can go farther faster
- 5% - Teamwork
- 5% - Smooth ride

Other comments:

Backrubs
People pointing at our bike
Our shorts.

What is most difficult about being the stoker?

- 38% - Having no control and having to trust the captain
- 32% - Not seeing ahead
- 5% - No communication

What do you like the most about riding stoker as compared with riding a single bike?

- 29% - No control, no responsibilities, can take in all the scenery
- 24% - Can go farther, faster, and with less effort
- 14% - The tandem is a great equalizer
- 6% - Working as a team
- 5% - More comfortable
- 4% - Stoker doesn't ride single
- 3% - It's more fun

Other comments: Appreciate the bug shield.

Like to pull my dad up the hill.
Like to watch my captain's trapezius muscles.

Is your tandem equipped with a child conversion attachment?

- 10% - yes
- 89% - no
- 1% - What's a child conversion?

Are you a member of the Tandem Club of America?

- 80% - yes
- 20% - no

Results compiled by Laura Mappin, Palo Alto, CA.

If you are interested in joining the Tandem Club of America, please call Bruce or Becky Perry at 386-2919. Dues are \$10 per year.

Short Takes

Out Old 61

Wednesday, March 15

My gosh it's Wednesday a m again. I rolled out of bed and tapped the weather cube and a monotonous voice droned on about the high winds, and the temperature should reach a high of 30. So what's new? I poured some 150 proof Jamaican rum into my water bottle to keep it from freezing. Then I was concerned about eating a hole through the bottom. On the way to Brady Street McDonalds something seemed wrong with my bike. Like the brake was dragging. Then I realized it was the wind. The "Over the Hill Gang" had the usual coffee and roll before taking off for breakfast in Eldridge. We went out Old 61, and I had problems keeping up with skinny Fred and Leon. A big frame is not the thing for a headwind, but I puffed along. Barney fit somewhere in between. All of a sudden Leon sprinted forward . . . suddenly I got a big wiff of the pig farm and realized Leon's motivation. As per usual, we stopped at Leo and Marie's place downtown Eldridge across from the new Conrad Hilton Hotel. They have the best "hash browns " It is rumored that Julie Childs is negotiating to have them on her T V. show to disclose their recipe.

While waiting for our breakfast we had some interesting table topics, Leon reported that Carter is going to Ireland for St. Patrick's Day . . . he probably will get the I.R.A. straightened out. Barney told us about some of his flying adventures . . . he should write a book. On these rides we get

exercise and education. See what you are missing! The ride home was downwind and I was at full sail keepng up with the troops.

Earl Strupp

St. Patrick's Day Patch Ride

It was cold and damp on Sunday, March 12, but that didn't discourage about 50 riders from showing up for the St. Patrick's Day Patch Ride.

When I reached the Duck Creek shelter about 12:45 p.m., there were already a dozen or so bikers there waiting. From then on there was the arrival of more and more riders. Along with good company and good food and drink a terrific time was had by all.

The usual hot chocolate and brownies were brought by myself. Brownies were also brought by Pat Bolton and a big container of popcorn by Pegi Langan. Thanks a lot for the treats ladies.

Here is a list of the hardy souls who braved the weather to be part of the patch ride.

**Margaret Paulos
Tony Fisher
Martha McKay
Epifanio Gutierrez
Gayle Campbell
Jack Clark
Barney Young
Leon Van Camp
Linda Simander
Mary Spiegel
Jeff Spiegel
John Greve
Tom Garrett
Ken Lawson
Doris Lawson
William Chamberlin
Pat Bolton
Molly Teigland
Don Davis
Steve Camp
Randy Huebner**

Debbie Huebner
Marsha Huebner
Brian Huebner
Tracy Calahan
Claudia Calahan
Larry Calahan
Bill Langan
Pegi Langan
Kevin Langan
Justin Langan
Bryant Langan
Bonnie Beyhl
Emily Beyhl
Ashley Beyhl
Joe Jamison
Jim Olson, Sr.
John Olson
Nancy Boyer
Wayne Boyer
Jason Boyer
Dave Parker
Joanne Sullivan
Cherry Danielsen
Jeff McCoy
Shannon McCoy
Holly McCoy
Ron Schmidt
Dean Arney
Charlie Sattler

Bud Light 89 Criterium Prize List Hits Double Digits!

Due to factors within our control and some not, the '89 Moline Criterium total prize list will be approximately \$14,000! (Last year the total was \$5,500.) This places us more in line with the number of spectators we have (3rd - 5th in the U.S.) and will be a monetary draw for Category 1, 2, pro riders with a prize list of \$6,000 vs. \$2,000 last year. An additional race for sr. men, 30 - 39 (category 3, 4 only) has been created to allow riders to race in those categories which exceeded the field limit in 1988. In short, QCBC is promoting one of the top bicycle races in the country.

There will be some other changes in 1989 also. For one, by the time you read this, the name may have been changed to United Medical Center (Moline) along with

Bud Light in the title. United Medical Center has become a major sponsor along with Bud Light. Second, a substantial increase in number of vendors is planned. Some of their revenue will go toward race expenses and possible contributions to charity.

Each year we have requested QCBC members sell raffle tickets for three bicycles (total retail \$1,000) from On-Two-Wheels, Jerry & Sparky's, Bike N Hike; and each year QCBC members have sold at least \$150. The proceeds of the bike raffle go to Easter Seals, a local charity. Tickets will be available at the QCBC April club meeting on racing.

The Quad Cities Bicycle Club also is responsible for corner marshalls, a vital function for rider safety. As in previous years, corner marshalls and registration volunteers will receive a Bud Light t-shirt and ticket for food. If you are interested in getting your favorite corner, call Bob & Terri

APRIL MEETING

April 18, 1989

IT'S RACE SEASON AGAIN

The Criterium
by Terry Burke

What's Going On, What's New

Race Films
&
Socializing

Be There

Palmer College Library Auditorium
7:00 p.m.

Coll, 386-9654. For those who were corner marshalls last year, one block has been lopped off the course; the western right turns will be at 3rd Street, not 2nd Street. If you are interested in registration, call Don Davis at 788-0753.

Thanks to the continued increase in popularity in bicycle racing, and thanks to a revitalized southwest Bluff Business Association, and thanks to QCBC members, the 1989 Moline Criterium will be radically improved. Read the Quad City Times and Dispatch/Argus for up-to-date details.

**Terry Burke
Race Director**

Bicyclists Against Lung Disease

DATE: SUNDAY, APRIL 30 (Rain or Shine)

TIME: REGISTRATION (from 10 AM to 12 Noon)

PLACE: BIKE N HIKE

3374 Middle Rd. (Devils Glen & Middle Road)

Bettendorf, Iowa

FEES: Individual \$5 advanced.... \$7 day of ride.

Family \$15 advanced..... \$17 day of ride.

ROUTE: 3 ride options will be available. *Maps will be provided at check-in. *Approximately 12, 24, 48 miles. **Helmets are strongly recommended.** All participants must adhere to the rules of the road. Children under 18 must be accompanied by an adult.

DOOR PRIZES will be awarded. **GRAND PRIZE:** Bicycle donated by Bike N Hike.

----- registration form -----

Only one registration per form, please duplicate form as needed.

Name _____ Age _____

Street _____

City _____ State _____ Zip _____

FEES: Individual \$5 advanced..... \$7 day of ride
Family \$15 advanced..... \$17 day of ride

MAKE CHECKS PAYABLE TO: American Lung Association
P. O. Box 2126
Davenport, Iowa 52806

Release Of Sponsors:

Every registrant must sign. If registrant is under 18 years of age the adult accompanying [responsible for the minor registrant] must sign.

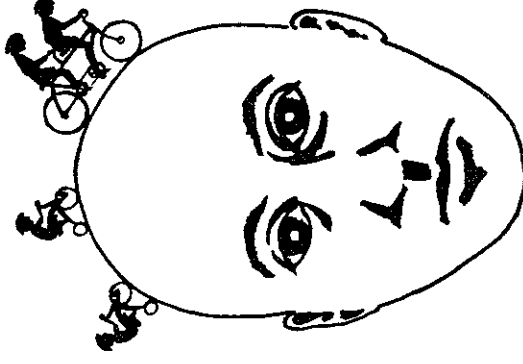
In signing this form for myself or another I understand and agree to absolve all of the sponsors and organizers, be they individuals or organizations, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in or in any of the activities associated with BALD.

Signature _____

Date _____

BALD

Bicyclists Against Lung Disease



APRIL 30, 1989

**Benefit for....
American Lung Assoc.**

**Flyers Donated By:
BIKE N HIKE**

Rock Island
Bettendorf
Davenport

The Thrill of the Pack . . .

The speed makes the spectators blur as you spin past them. The corner comes and you know exactly how much you can lean to get through on the inside. You see the finish banner and you know the race is yours. Your heart gives that extra push, and your muscles burn as you cross the line first raising your arms in the air as the victor . . .

Bicycle racing has developed into a popular spectator and participant sport. In the last year, over 30,000 people joined the pack of competitive cycling. Millions of others observed races across the U. S. All discovered the excitement of bicycle racing in America.

Bicycle racers discovered the excitement of fitness, of feeling the wind in their face. They feel the challenge of competing with other riders and with themselves to better their skills. They discovered the thrill and the camaraderie of the pack as it works together to complete a race. They experience the all out effort of the sprint, where every ounce of effort is expended in the rush for the finish.

That same excitement can be found all over the state of Iowa. Whether it's a long road race in the hills of the Mississippi River Valley or a blistering criterium in the streets of Des Moines, Iowa has all the racing excitement you could ask for in one season. Great races with great spectator appeal and prizes all year round.

So, this year, JOIN THE PACK and race Iowa in 1989!!!

Getting Started . .

So. You've decided to take the challenge and become a competitive cyclist. You have the bike, the equipment and the desire to get into the pack and race. What you lack is the information and where to find it.

The first place to get information is from the United States Cycling Federation. The USCF is the sanctioning body for amateur cycling in the U. S. They form the rules, oversee the operation of races and assist in the national and Olympic selection process. They also provide officials for the control of racing. The USCF can assist you in getting a racing license, which is required to race in their events.

The USCF also provides each state or district with a district representative. This district representative assists with the development of races, clubs and riders in their assigned district. The district representative can help you find a club in your area and races to get you into the action.

Your local racing club is your best source for information about racing in your area. Many hold workshops and rides for new and developing riders. In addition, most have some sort of development races so that you may test the riding skills you've learned. Local club members can also be an excellent source for used equipment, which can help defray the costs of racing.

1989 Iowa USCF Race Schedule

April	2, Des Moines, RR (T) 9, Cedar Falls, RR (T) 15, Ames, Crit 16, Ames, RR 22, Iowa City, RR 23, Iowa City, Crit 29, 30, Des Moines, MOW
May	20, Sioux City, Crit 21, Council Bluffs, Crit 25, Columbus City, RR 26, Muscatine, RR 27, Burlington, Crit 27, Muscatine, Sprints 28, Muscatine, Crit 29, Moline, IL, Crit
June	3, Nichols, TT * 4, Kenosha, WI, Track * 4, Shenandoah, RR 11, Ames, RR * 24, 25, Colfax, MOW
July	1, Cedar Rapids, RR 2, Cedar Rapids, Crit 8, Shanandoah, C4SR 15, Des Moines, Crit 16, Des Moines, RR, Crit 27, Fort Madison, RR
August	4, Ames, RR,IG 5, Ames, TT, IG 6, Ames, Crit, IG 12, 13, Cedar Falls, MOW 12, 13, Lake View, C4OW 19, 20, Colfax, MOW
Sept.	9, Amana Colonies, TT 10, Amana Colonies, RR 16, 17, Mount Vernon, MOW
Oct.	8, Iowa City, CC

(t) - Training Race

* - Districts

IG - Iowa Games

CC - Cyclo Cross

MOW - Masters Only Weekend

C4SR - Category 4 Stage Race

C4OW - Category 4 Only Weekend



RACE IOWA IN '89

Iowa District Representative
Bruce Pesch
117 E. 9th Street
Ames, Iowa
515-232-6346

INTRODUCING

Iowa 24 Hour Challenge '89

**Iowa's only 24 hour timed
event. Come and test your
mental and physical abilities**

Introduction

Thanks for your interest in the 1st annual Iowa 24 Hour Challenge. This event is sanctioned by the Ultra Marathon Cycling Association. Come and test your riding strength and endurance against some of the midwest's finest Ultra Endurance Athletes. People who have never done an ultra distance event before are encouraged to participate. All levels of riders will be encouraged to set personal bests, be it 200, 300, or 400 miles. All rides over 200 miles will be recognized.

Route

The route for the day loop is approximately 160 miles and takes the rider through flat to rolling hills. This area is rich in Amish tradition, and an occasional buggy may be seen being pulled by a horse. For the night loop, a 15-mile rectangular circuit is used. The route has very little traffic and is exceptionally well-paved. Some sections of the night loop are lighted. The loop is centralized in Eldridge, Iowa.

Registration

Registrations postmarked before June 20, 1989 will be \$10.00, after June 20 will be \$15.00. There will be a pre-ride registration Friday, June 23, 1989 at North Scott Senior High School in Eldridge, Iowa, from 6 - 8 p.m. Registration on June 24, 1989 will be 4:30 a.m. to 5:30 a.m.

Sleeping Facilities

There are no hotel accommodations in Eldridge. Davenport is the closest town for hotels/motels. Located just 5 minutes from the start: Holiday Inn, 5202 Brady St., Davenport, 319-391-1230; Ramada Inn, 6263 Brady St., Davenport, 319-386-1940; Best Western, 100 W. 76th St. (off Brady St.), Davenport, 319-386-6900; Excell Inn (least expensive), 6310 Brady St., Davenport, 319-386-6350. Note: Brady Street is Hwy 61.

**Iowa 24 Hour Challenge
Saturday, June 24, 1989
Final Registration: 5:30 a.m.
Rider Meeting: 5:45 a.m. in front of
North Scott High School
Start: 6:00 a.m. SHARP!**

**For more information contact:
Dave Holmes, 319-386-6051**

Introduction

Iowa 24 Hour Challenge Registration Form

Name _____ Address _____

City _____ State _____ Zip _____ Ph # (____) _____

Age (as of 6/24/89) _____ Sex M F Will you have a support vehicle?

Fee: \$10.00 before 6/20/89
\$15.00 after 6/20/89

Make check or money order payable to:
QCBC, 4518 Bunker Hill Dr., Bettendorf, IA 52722

Iowa 24 Hour Challenge "89" Release:

In signing this release for myself or the named registrant, I hereby assume any and all risks which may be associated with the Iowa 24 Hour Challenge "89". I realize and accept that there are unpredictable risks I may encounter as a participant of this event. Therefore, I waive any and all rights and claims for damages or injuries I may have against the organizers, businesses, or associations connected with the Iowa 24 Hour Challenge '89' or any city or town in which I may participate. I hereby also consent to and permit emergency medical treatment in the event of injury or illness. I have read, fully understand, and will abide by the rules of the Iowa 24 Hour Challenge "89" and the Iowa state traffic laws.

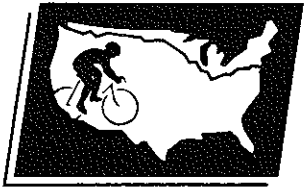
SIGNATURE _____ DATE _____

Parent must sign if registrant is under 18. ALL REGISTRANTS UNDER 18 MUST HAVE A PERSONAL SUPPORT CREW WITH AT LEAST ONE PARENT PRESENT AT ALL TIMES!

**LET'S SUPPORT LOCAL
BICYCLISTS IN
TRANSAMERICA TREK**



**TransAmerica
Bicycle-Trek**



**AMERICAN
LUNG
ASSOCIATION**
The Christmas Seal People™

“I want one moment in time when I’m more than I thought I could be, when all of my dreams are a heartbeat away and the answers are all up to me.”

Albert Hammond, John Bettis

Jane Garrett and Bonnie Bobet-Beyhl are both Registered Occupational Therapists with Black Hawk Area Special Education District. As health professionals, we have chosen to support the **American Lung Association (ALA)** by participating in the **TransAmerica Bicycle Trek**. This Trek is the largest single fundraising event in the history of the ALA. It will involve over 400 cyclists representing local ALA affiliates across the country. The pledge based bicycle tour is designed to raise over \$2 million which will support the ALA’s mission to prevent and control lung disease.

We will be representing Iowa as we pedal our way across the continent from Seattle to Atlantic City covering 3356 miles and 13 states in 47 days! Our personal commitment is to raise **\$8,000** each. The services and activities of the **American Lung Association of Iowa** include Stop Smoking programs, Non-smoker’s Advocacy, Camp SuperKids for children with asthma and cystic fibrosis, support groups for those with lung disease, medical research, and occupational and environmental health programs. A portion of the money we raise will be returned to our local community in order to continue provision of these necessary services.

We are proud of the commitment we have made, but we need your support to complete our journey. Help us combine our love for biking with a very worthwhile cause. Through your tax deductible contribution you will be giving your support to the **TransAmerica Bicycle Trek** and to the **American Lung Association**. We sincerely appreciate your pledge and feel that each and every one of you will be a part of our ride.

As we and our families gear up for this “special” adventure we hope you will keep us in your thoughts.

Jane and Bonnie

ALA TransAmerica Bike Trek '89

Name of Sponsor _____

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Amount Enclosed \$ _____

Amount Pledged \$ _____ (*\$15.00 or over can be billed by the American Lung Association*)

Please Make Checks Payable To The American Lung Association

Complete this form and return to: Jane Garrett/Bonnie Bobet-Beyhl
American Lung Association
P.O. Box 2126
Davenport, IA 52806

Let Us Hear From You

At the last board meeting President Bill suggested we should do something to improve our weekend rides. We discussed several things: maps, cue cards, fast and slow groups, a sweep rider. What we need is input from the membership. Let us here from you. Contact Earl Strupp, 804 6th Street, Bettendorf, Iowa, 52722.

Iowa 24 Hour Challenge

It's April, and June 24, 1989 is fast approaching!

That's the day of Iowa's first and only 24 hour ride, sponsored by the Quad Cities Bicycle Club.

We have been busy working with the Eldridge community and have received great support from the school system, city council and business community.

Happy Joe's of Eldridge is going all out to cater to "pasta freaks" the evening preceding the ride as well as during and following the ride Sunday morning.

The North Scott Fitness Center is opening its doors to showers, hot tub and sauna for participants. Don't think that won't feel good following your double century or in preparation to continue into the night for your triple or quad.

If the family gets bored waiting for their marathoner to return to Eldridge after the 160-mile day loop, they can saunter "down younder" to Mt. Joy and take in the air show scheduled that day.

Heck, skip over to the high school running track just a block away. There you'll see the Midwest's premier ultra-marathon runners slugging it out in the Corn Belt Running Club's annual 24 Hour Ultra Marathon run.

Point is, we have plenty of activities identified to encourage club members, family and friends to support their ride and/or riders and still be entertained themselves.

Your presence at about 2:00 p.m. and later will really mean a great deal to the participants. It is at this point that riders will start to return to Eldridge after the 160 mile day loop. Next to a shower and cold drink, nothing would be as refreshing as a few friendly faces and some applause. So - - pencil us in for June 24 - O.K.?

You riders - contact the writer for a "build-up series" of rides of increasing distance. The series begins at 75 miles and peaks at 200.

David Holmes - 386-6051
John Thier - 322-0296
Joe Jamison - 355-8350

Novice Rides - 3 Sundays

The popular Novice Rides will meet as follows at 9:00 a.m.:

April 30, Scott County Park, main shelter (followed by the Club Spring Picnic at noon)

May 7, Scott Community College, Belmont Campus

May 14, Moline Airport Park

The routes will be on paved county roads with light traffic but with occasional hills. Distances will be between 20 and 30 miles.

Experienced riders will lead and give assistance if needed. A sag wagon will patrol the route to give a lift in case of breakdowns. Even though the distances are moderate, it still requires a reasonable degree of physical fitness to do these rides with comfort and enjoyment. It is strongly urged that you ride daily, and include some hills, to let your

body gradually adapt to the extra demands on it. Even if you can spare only a few minutes a day, you will be richly rewarded in added enjoyment of these rides.

Fred Blessin

Davenport Park Department to Co-sponsor Cycling Short Course

A five session Effective Cycling course will be co-sponsored by QCBC with Davenport Park and Recreation Department. It will meet at Duck Creek Park Lodge, beginning Thursday, May 4, 6:00 p.m. - 9:00 p.m. and continue on May 9, 11, 15, and 18. The class will cover basics of safe cycling in traffic, bike handling skills, and emergency on road repairs. Each session includes about two hours riding, and helmets must be worn. Helmets available for rental. Cost: \$25 Plus optional book \$12.50

American Cancer Society Bike-A-Thon

The American Cancer Society Bike-A-Thon takes place Sunday afternoon, May 7, from 4:00 p.m. - 7:00 p.m. on the Rock Island Arsenal bike path. This is the tenth annual Bike-A-Thon and a big turnout would help to make it a special event. Last year was the first time I rode in the Bike-A-Thon. It was fun to see how many miles I could ride in the time allowed. And I was able to contribute to a worthy cause. If you would like to join in, call the Cancer Society at 794-0601 before May 1.

Dave Hill

Tour North Scott

June 4, 1989
8:00 a.m.

North Scott
High School
Eldridge

18, 40, or 52 miles

Fee includes:
patch, water bottle,
sags,
prizes and more.

contact :
John Langenhan
500 Lost Grove Road
Princeton, IA 52768
319-289-4404

Attention Tandemists

I have personally invited the Twin Cities Tandem Club (TCTC), the Chicago Area Tandemists Society (CATS), and the Couples On Wheels Society (COWS) from Wisconsin to do TOMRV.

Being aware of the number of tandemists in the Quad Cities, I also challenged them to try to have more tandems than us on TOMRV. In fact, I went so far as to make a wager that we would win.

So, if they are worthy enough and if enough interest is shown, we will have some tandem oriented activities

BAIL ME OUT! BILL

Update on the Soviet/ American Bike Tours

Remember the Soviet & American Peace Walkers this last summer. The Soviet Bikers are coming to the Quad Cities in 1990.

There will be 100 U.S. bikers join the 25 Soviet bikers and possibly 10 Polish bikers for a 10-day bike ride from the Quad Cities to Minnesota, across Wisconsin and down through Illinois on their way back to the Quad Cities. They will also tour the Quad Cities for three or four days.

Since the Quad Cities will be the base for the Soviet and Polish bikers, they will be needing a place to stay. How would you like to host a fellow biker for a few nights? Homes will also be needed for other American bikers coming to the Quad Cities to ride.

What is required -

The host family will be responsible for breakfast and supper to the

biker.

They will also need to be able to pick up or drop off their biker at assigned places.

A committee will be formed to select the host families.

For more information on the above, please contact Jim Olson, Sr., 319-322-5498.

Jim is also asking for suggestions of places for the foreign bikers to visit while in the Quad Cities.

A Soviet & America Bike for Peace Patch is available for \$8.50. There are only 200 available. If you would like to purchase one make your check payable to Cycle Paths for Peace and send to Jim Olson.

From July 8 - 24, 1989, 25 Soviet and 25 American bikers will tour Russia. Fourteen of the American bikers will be from the Quad Cities and 11 from California.

Jim Olson