

QUAD-CITIES BICYCLE CLUB

NOVEMBER 1989 ● Cindy Mohr - Editor

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 Lefever, Charlie Sattler,
Linda Simander, Earl Strupp,
Dick Wagner, Jerry Yeast

ATTENTION: All Members!

QUAD CITIES BICYCLE CLUB ANNUAL MEETING

Sunday

November 19, 1989

Velie's "Back Door"

3551 7th Street

Moline, IL

5:15 p.m. - 6:00 p.m.

Business Meeting &

Installation of Directors and Officers

6:00 p.m. - 9:00 p.m.

Food - \$1,000 in Prizes - Awards - Drawing

\$0.50 Drafts - Cash Bar

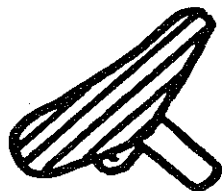
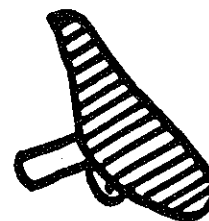
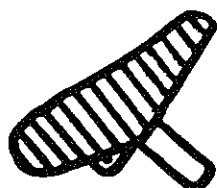
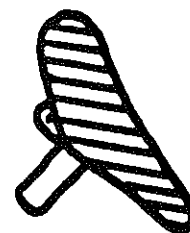
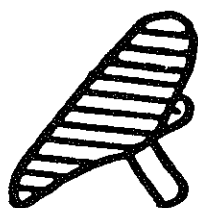
Mileage Awards - Favors - Fellowship

D.J. Music

\$5.00 Tickets available thru 11/15/89

@ Jerry & Sparky's/On-Two-Wheels/Bike N' Hike

No tickets available at the door.



From the President Announcing Our Newly Elected Officers:

Griff Tucker - President
Dick Wagner - Vice-President
Bill Langan - Secretary
Eileen Wosoba - Treasurer

Three Year Board of
Directors Positions:
Randy Huebner
Earl Strupp
Gabe Verstraete

One Year Board of Directors
Positions: Dean Arney

I would like to comment on a very interesting and enjoyable program regarding the bicycle tour of the USSR. It is evident that the cyclists who participated in the Peace Tour had an experience that I can only dream about. It seems that the tour was successful in many ways. It seemed evident to me that the people of the USSR want peace as much as we do. It was also evident that strangers from countries as different as the USA and the USSR can share the common interest of bicycling and become everlasting friends. Thank you for sharing your evening and feelings with us. I hope the hospitality will be reciprocated when the Soviets come here this next summer. ((Keep reading the newsletters to see what you

can do to help.)

Speaking of the programs, Griff Tucker is to be commended on coordinating a year of very fine programs. It is not just my feeling, as our attendance is up to an average of about 75 people per program.

Please plan on being at the **Annual Meeting on November 19, at Velie's Back Door.** I would really like to see a large crowd and don't forget to buy your tickets ahead of time. All the information is in this newsletter - so read it and make plans to attend. The Annual Meeting is designed to install new officers, socialize with club members and thank volunteers.

The overnight campout at Scott County Park was on a truly beautiful weekend. The park is very nice and would rival many state parks. We are planning to have some more overnights next year and hope you can attend.

Have you been on the Duck Creek Bike Path lately? The City of Davenport spared no expense in building the new bridge by Eastern Avenue. This bridge corrected the "dip" that was the nemesis of many and a problem area with water and ice. I believe the bike path system in the Quad Cities is great and getting better. This last summer we had a family reunion at our home and the

bike path was the favorite of all. It was really great to see aunts and uncles cycling after many years away from the sport.

Have fun cycling in this pretty time of the year and be careful.

Bill

Welcome New Members!

Maria Hansen
Bay Head, NJ

Donald Shields
Huntingdon Valley, PA

Noel Neu
Bettendorf, IA

David Cinotto
Blue Grass, IA

Linda & Floyd Warning
LeClaire, IA

Tracy & John Prew
Rockford, IL

David P. Olson
Cambridge, IL

Joyce & James Russell
Moline, IL

Paula & Larry Yoke
Garland, TX

Greg Gannon
Denver, CO

Some Thoughts on Bonking

I read several biking and running magazines and felt well informed on "Bonking." After having it happen three times and seeing others bonked, I feel additional words are justified.

Bonking is the result of inadequate nutrients supplied to the joints/muscles in the human body. We all think that "our" bodies are above bonking. "It can't happen to me" is our credo. But bonking follows some simple physical/chemical rules. Supply sufficient, clean nutritious blood to the joints/muscles and remove the poisons to the kidneys, etc., and the body will continue to function properly.

During RAGBRAI, a recent century and a club 60-mile ride, my left knee gave out to the extent that I couldn't walk!! In the case of the century, I rode for 20 miles with the left foot out of the toe clip and pumped with only the right leg. I took many aspirins and thought the pain would soon subside and/or the right leg would quit and put me out of my misery. In fact, when the sag wagon finally came by and found me prone along the road, I couldn't even get up and walk to the car. THAT IS A BONK.

As usual, I consulted my medical resources and found that bonking is a result of not enough new blood to remove the excess acids that accumulate in a joint. The new, rich blood is supplied from two sources, water and food! So, the prevention of bonking comes from two rules, i.e., drink a bottle of water each hour and stop, rest and consume food each hour. The rule from one resource was "if you don't pee every other hour, you aren't drinking enough water." The conclusion is water the corn or end up sitting beside it!!!

I can't remember a club ride where the leader stopped and let everyone drink and eat. On my last 60 miler, I said my goodbys at about 45 miles and stopped and ate because my leg was giving me pain signals. I recommend in the future the longer rides have programmed rest/food stops each hour to prevent bonking.

Bonking does not happen at the same time and in the same body locations to all riders. One resource told me that on a long ride he participated in the people bonked each in a different joint and at widely different times! So, it depends on your body's chemical composition and circulation to determine where and when the pain will hit and how severe it will be.

During RAGBRAI, my knee began to hurt, so I rested for an hour (while I ate roast beef sandwiches, drank liquids, etc.) and then proceeded to finish the ride into Bellevue. My bonk was not severe that day.

While riding along the highway in Iowa during RAGBRAI, I saw a fellow QCBC member standing forlornly along the road. I stopped to chat and found that a knee had given out. All I could do at that time was offer Darvon. I didn't see her again to see how she came out. I wish now that I had also offered her drink and food to alleviate her discomfort.

I haven't mentioned the affects of ambient temperature. I am told that even on moderate temperature days, a body expels a bottle of water an hour! Also, take apples, bananas, power bars, etc. along so that you can renew your energy each hour. If you follow these simple rules, you will NOT bonk. I hope you enjoy the rides more and not see the crowd leaving you as you sit forlornly along the road waiting for the sag wagon.

In the future, I plan to be driving - not riding the sag wagon.

John E. Greve

Purple Toes

taken from *Bicycle Touring*

During winter riding, beware of a new ailment affecting cyclists: purple toes. According to *Skin and Allergy News*, doctors in the San Francisco Bay area recently detected an outbreak of perniois, commonly known as chilblains, among bike riders. One doctor's theory for the cause: sockless cycling. Chilblains cause tender, painful, purplish patches on the skin. Most commonly affected sites are the feet and hands, but the condition can afflict the nose, chin, and ears. It is primarily caused by the constriction of blood vessels in cold weather.

Cold-Weather Cycling

taken from *Bicycle Touring*

A recent study by U.S. Army researchers at the Institute of Environmental Medicine, in Natick, Massachusetts, suggests that some of the traditional beliefs about glycogen and its role in keeping the body warm may be faulty. Previously, it was thought glycogen was not only used for fueling performance but also for maintaining optimum body temperature when it's cold. Thus, at least theoretically, you might find it more difficult to sustain a high

level of exertion during a lengthy winter ride. According to the U.S. Army study, however, glycogen plays no role in maintaining body temperature. All of which means you have one less reason for staying indoors on cold winter days.

The Cycling Gloves That Survived RAAM (and Steven Gay)

When I competed in the 1987 Race Across America, I suffered pain in my feet, my seat, and in my sunburned arms. Anything that touched the bike was throbbing, except my hands, which were protected by a unique glove manufactured in the Midwest. Those gloves were so durable, in fact, that they not only survived RAAM but the entire 10,000 miles I logged that year.

Since that time, I worked with Trophy Glove and its owner Chuck Nolan to develop a glove which combined the curability of that first pair, with suppleness and a flexible fit. Basically we wanted to show that a small Iowa company can produce the best cycling glove for the dollars you spend.

Today we have that glove. I've been wearing a pair this year and am completely satisfied. The terrycloth

backing is soft and absorbent. With this model, we used goats leather, and found the desired combination of form and flexibility. The terrycloth and leather are brought together with a double needle stitching of nylon thread (which is stronger than most fishing line).

I feel the palm of these new gloves is the best part. Padding and goats leather in the socket between thumb and index finger puts the protection where it is most needed. The long-life of the glove comes from the stitching pattern in the palm, which prevents the padding from bunching up after thousands of miles.

Chuck and I didn't put the time into developing this glove for my adventures in endurance cycling alone. The idea is to put the best glove for the money on the hands of cyclists everywhere. Here is our offer.

Red, blue or white backing, with white leather; sizes small, medium, large, or x-large.

One pair for \$14.70 or two pairs for \$25, plus \$2.50 shipping.

I hope you take advantage of this offer and realize the best bargain in cycling gloves. Trophy Glove stands behind their materials and workmanship, and I personally guarantee your

satisfaction. If not impressed with the fit, or styling, return the unsoiled product for a complete refund of the purchase price. No questions asked. SEND CHECK OR MONEY ORDER W/SIZE & COLOR TO:

Redline Cycling
140 S. Wood Dale Road #43
Wood Dale, IL 60191

Fall Foliage Trip **New Glarus, Wisconsin**

Saturday, September 30
I still haven't figured out how Earl talked me into writing this ride report but here goes -

Before the ride started, Earl was telling my wife, Mary Ann, and I about this bakery in town; so we went in to check it out. The bike club has a great reputation for finding these good eating places. We tried their "Frybabies" hot from the oven - nothing should taste that good. Our ride had a good start.

Forty people signed up for the New Glarus Ride. The temperature was perfect. We left at 9:30 a.m. to our behalf-way point, Mt. Horeb, about 22 miles north. Earl Strupp's brochure on the trip stated "some hills involved." It should have stated "all hills involved." Why is it that 98 percent of the hills go up, and only 2 percent go down - or so it

seems. First a little hill, then a little higher, then much higher. One hill was so high you could see the Atlantic Ocean on your right and the Pacific Ocean on the left. That's high! Earl and his wife, Mary Ellen, did a great job picking out a scenic route - it was beautiful.

We arrived in Mt. Horeb around 12:30 p.m. We ate lunch at (you guessed it) another bakery. Earl really gets around. Everything was made from scratch and delicious. Standing room only. We finally shared a booth with Nancy Rausch and her "big appetite" son, Nat, Earl and Mary Ellen Strupp. You become very friendly with six people in a four-person booth.

I understand that Betty Sears and Thiara Smith bought so many souvenirs in Mr. Horeb that they were going to have to come back Sunday with a U-haul trailer to pick up everything. Anyway, that's what I heard.

About 1:30 p.m. we started back to New Glarus. We had a little headwind. (When don't you?) I wasn't looking forward to those hills. Earl told me when he and his wife marked out the route it was perfectly flat. Somehow I don't believe him. My wife and I aren't in as good condition as these other veterans. Even Judy Carr, who hasn't been riding long is right out with the leaders.

Half way back to New Glarus we met Bob and Terri Coll fixing their third flat tire on their tandem and ended up walking back.

We got back to the motel around 5:00 p.m., showered and took a nap anticipating our evening meal at the New Glarus Hotel. The hotel is very nice. It didn't take them hardly anytime to fill their five guest rooms for the weekend. It had outstanding food, good beer, and a great Polka band, of which Barney Young really enjoyed. Earl and Mary Ellen made great arrangements.

Sunday, October 1
Another beautiful day - couldn't have ordered a better one. About 1/2 of the Saturday riders turned out for today's ride. I don't know if it was too many hills yesterday or too much beer and Polka dancing last night.

I thought the hills yesterday were bad. The first hill right outside New Glarus was really high. How high was it? you asked. When I got to the top there was a white fog, more like a cloud descending on me, and I could see a faint outline of bars, more like gates, white gates, white pearly gates. And there was a faint outline of a figure with a beard, a white beard with a ring of keys in his hand and harps playing in the background. I

heard a voice say, "Not yet Jack, but you're close." The rest of the hills weren't as bad as the first one. I only got a slight nose bleed on the rest of them.

I didn't hear of any accidents on either day. A few took wrong turns including my wife and me, but we just got to see more of this beautiful countryside.

Once again, on behalf of all who went on the foliage trip, much thanks to Earl and Mary Ellen for a job well done.

Jack Clark

Classifieds

For Sale:

Canondale Bugger 1
\$100

Assorted Car
Bike Racks

Please Call: 391-3877

For Sale:

Raleigh Gran Prix
12-Speed
New Shimano Drive
Train (SIS)
New Wheels
Red With Chrome Stays
23"
Like New - \$200
Call Jerry Neff @
332-5373

The following is another song taken from the "Unofficial 1989 RAGBRAI Songsheet - approval given by Roger Mueller

There Is No Bike Shop In This Town

There is no bike shop in this town, and there my bike sits, broken down

When tomorrow comes you'll all be on your way, so this is all I have to say!

Fare thee well for you must leave me, - Do not let the parting grieve thee

And remember that the best of friends must part, must part.

Adieu, Adieu, kind friends, adieu! I can no longer stay with you

I'll hang my bike on a weeping willow tree, and soon no longer think of thee.

For there's a tavern in this town, and there my dear love sits him down.

We drink our wine 'mid laughter free, and never, never, think of thee.

Fare thee well for you must leave me. - Do not let the parting grieve thee

And remember that the best of friends must part, must part.

Adieu, Adieu, kind friends, adieu! I can no longer stay with you

I'll hang my bike on a weeping willow tree, and may the world go well with thee!

**Thanksgiving Day
Patch Ride
Sunday, November 26
1:00 p.m.
Duck Creek Park
Entrance to Davenport
Bike Trail**

Wanted! Pictures & Articles for the Quad Cities Bicycle Club Newsletter

I've been asked if we are set up to receive articles via phone lines from contributors' computers to mine. Unfortunately, we can't do that. Just mail me your articles in legible form, and I will make them readable for other club members all over the country to enjoy. Ride reports are especially popular with readers. When taking photos, black & white reproduce the best, but I can use color. I would also love to receive some original artwork.

Some ideas for articles I would like to receive for upcoming newsletters:

- Ideas for Christmas gifts for a biker
- Suggested reading for bikers
- Review of a bike path or trail you have visited
- Translation of the biking terms being used today
- Explanation of gearing
- Report on the upcoming Annual Meeting

Please send contributions to -
Cindy Mohr, 3561 N. Willow
Court, Bettendorf, IA, 52722
All articles are due by the 20th of
the month.

Thanks! Cindy

COME RIDE WITH US! QUAD CITIES BICYCLE CLUB

Dentists' Rides:

Rides are held on Wednesdays of each week starting from McDonalds, Davenport Bike Path on November 15 and Village Inn Pancake House, 53rd St. & 23rd Ave., Moline on November 22 - alternate starting place each week thereafter. Starting time is 8:00 a.m.

Saturday Rides:

November 11 - UP RIVER PEDAL

8:00 a.m. Riverside Park, Moline
45 miles

November 18 - TURKEY'S RIDE

8:00 a.m. - Horace Mann School, Moline, 50 miles

November 25 - GOBBLERS GAMBOL

8:00 a.m. Riverside Park, Moline
42 miles

December 2 - 9:00 a.m. - Eastern Ave. entrance, Davenport Bike Path
XC Ski Option - 9:00 a.m. - Whispering Pines Shelter, Scott County Park

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

Sunday Rides:

November 12 - LONG GROVE LOAFER

8:00 a.m. Eastern Ave. entrance, Davenport Bike Path
34 miles

November 19 - FALL'S LAST GASP

8:00 a.m. - Eastern Ave. entrance, Davenport Bike Path
26 miles

November 26 - THANKSGIVING DAY PATCH RIDE

1:00 p.m. Duck Creek Park entrance, Davenport Bike Path

December 3

9:00 a.m. Moline YMCA

December 10

9:00 a.m. Eastern Ave. entrance, Davenport Bike Path
XC Ski Option 9:00 a.m. West Lake Park, Davenport

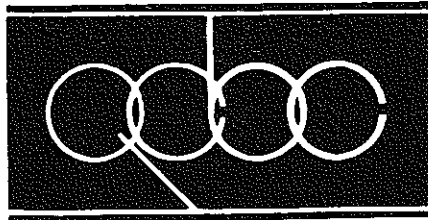
Friday Ride
November 25
LEFTOVERS RIDE
8:00 a.m.
Moline YMCA
Riders' Choice

Invitational Ride DAMBB

December Annual Migration By Bike
10-20 miles around Marshalltown
Contact: Iowa Valley Bicycle Club,
515-752-1148

Check Ride Schedule for more details and routes being taken.

Annual Meeting
Sunday, November 19, 1989
5:15 p.m. - 9:00 p.m.
Velie's Back Door
see front cover for details
Please note: This is a change from the date listed in the Ride Schedule.



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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U. S. POSTAGE
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