

QUAD-CITIES BICYCLE CLUB

May 1990 ● Cindy Mohr - Editor



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Novice Rides

designed exclusively for the new rider.

Novice Ride 1

Saturday
April 28

8:15 a.m. *JAM*

Whispering Pines
Shelter
Scott County Park

Fred Blessin
is ride leader/follower
Call 391-0780 if you
have questions.

Novice Ride 2

Sunday
May 6

2:00 p.m.

Orion Middle School
Steve Verstraete
is coordinator - call
355-5566 or
762-7766

The starting points are away from heavily travelled streets and roads. On each ride, there will be at least two experienced QCBC rider that will lead and follow the group. No one will be left on the route. Fred Blessin has mapped the routes, so there is a cafe or convenience store at which we can take a break.

These rides are designed for the person who has not ridden extensively or has had not realized that there are many other people who feel the same. We will be passing a sign-up sheet around at the start of each ride so that riders may phone each other to schedule their own ride or arrange to meet someone for the regular club rides.

After these initial four novice rides, we will be offering ride leaders on nine May, June and July rides to help the new people feel comfortable in the group.

Novice Ride 3

Saturday
May 12

8:15 a.m. *JAM*

Orion Middle School
Fred Blessin is
coordinator.

Novice Ride 4

Sunday
May 20

Scott County Park
2:00 p.m.

Charlie Sattler is
coordinator.

**Mark Your
Calendars
&**

**Introduce A
Friend to the
Joys of a Group
Ride**

Griff's Ramblings

It's newsletter deadline time again, and here I sit in the Columbus, Ohio airport wishing I had a lap top word processor. Funny how you get used to something like a word processor. It's a little like a Brooks Pro saddle - you can't see why anyone in their right mind would sit on one of those things. But, through some quirk of fate, you find yourself riding on one - not knowing how you could have ridden on anything else. Actually, what I think I am saying is, I forgot how to use this pencil.

May is here; spring has sprung; and the flowers are everywhere. And, so it seems are the rides. Unfortunately, I can't go into any great detail here, so I will list a few good ones that I know of from experience.

TOMRV 13 - an annual favorite. This ride has grown in popularity and stature over the years creating one of the midwest's better known two-day rides. Make no mistake, this ride can be a tough one. There may be something new - think Wisconsin - think lemon shake-ups.

QCBC Novice Rides - These start the Saturday before the Spring Picnic - April 28. Novice rides are designed with the unseasoned rider in mind. We try to give as much assistance to new riders as possible. The only thing we don't try to control is the weather, which we would if we could.

Tour North Scott - This is a relatively new ride that has enjoyed great ridership. June 3, North Scott High School, 8:00 a.m. to 12:00 starting time. Eighteen, forty, and fifty-six mile routes, sags, refreshments and more. Look for registration forms at the bike shops. Cost is \$6.00/single; \$18/family before May 15 - after that \$7.00 and \$20.00.

CBONPW 11 - That stands for Chief Blackhawk Over Night Pow Wow, an excellent ride that a lot of us truly missed last year. Something about an inconsiderate county tearing up all the roads. This ride is sponsored by the MWIBC and has become a favorite for many a tourist on bike. By the way, they almost guarantee rain on this one, but that's half the fun.

RAGBRAI - This is the Register's Annual Great Eat and Drink Ride across Iowa. What more can I say, always a good ride with lots of fun for all.

Well, that's the selection that I ride. There are a lot more out there, so do yourself a favor and find one to ride. You will thank yourself later. Just remember, wear a helmet, and ride with care.

Thanks for listening to my ramblings.

Griff

Welcome New Members!

Maggie & Ed Reeifs
Cedar Falls, IA

From Bettendorf, IA:
Sharon & Tom Brooks
Melanie Young
Larry Decker

Ron Peters
Clinton, IA

Mike Curran
Eldridge, IA

Caryn & Montie Gauss
Riverdale, IA

From Davenport, IA:
Lajuan Gault
Mary Anne & Mathias Pastore
Steve Ruefer
Kevin Barry
Ann & Dan Bowman
Gloria Dusenberry
Susan Goodall

Lewis Marx
Carol & Kevin Moriarty
Bruceanne Phillips
Tom Yencsik
Mark Richter
Joanne Sullivan
Brian Hirli
Reba Reid
William Reynolds
Judy Teeple
Becky Andresen

Elleen Kreiner
Grayslake, IL

From Rock Island, IL:
Mark Einsweller
Jeanne & John Punkiewicz

From E. Moline, IL:
Mary & William S. Scott
Deb & Bill Bomberly
Jan Hurling
Brenda & George Paytash
Vicki & Roger Young

From Moline, IL:
Rick Anderson
Nancy Carr
Cathleen & Clark Cason
Willie Ellis
Steve Haney
Ron Landgraf
Susan Wright

Rick Gapinski
Sherrard, IL

Steve Lowthen
Silvis, IL

Brian Roderick
Taylor Ridge, IL

Mary & Bob Scroggs
Morton, IL

Carole & Karl Deterding
Durango, CO

Elva Gamino
Phoenix, AZ

Robert Eckardt
Lanham, MD

Pam & Joe Cronkleton
Donahue, IA

GOOD FRIDAY RIDE

The morning started out fine. It was lightly overcast and the temperature was about 45 degrees with a light breeze blowing north. The forecast was for partly cloudy skies and highs around 55 degrees. (At least that's what the weatherman said last Tuesday.) Three of us made the journey - Gene Pritchett, Jim Blunk, and Dan Bowman.

The ride was the famous McCausland loop. We chose a moderate pace on the way out that allowed for pleasant conversation and a feeling of comradery. (This is the point in the story where suspenseful music starts to play in the background.) On the last big hill before McCausland, we decided to see who could go the fastest - I won with 43 mph, Jimmy made 40 mph and Dan made 39.5 mph on his mountain bike. Yes, I said mountain bike. (The music gets a little louder.)

While we were drinking our coffee in McCausland, we noticed the wind was starting to pick up (20's) and the temperature was dropping. The previous moderate pace was changed to a slow pace for the return trip. Although the wind was blowing and it was cold, the sun was shining brilliantly for about two minutes. There is nothing like a stiff headwind when riding a

mountain bike. So Jimmy and I provided as good a wind break as we could for Dan.

We thought we were home free when Dan's chain started to jump whenever he shifted off the big chain ring. With the headwind his cadence was about 40 rpm. Somewhere near 10 miles to go Dan told us this was his longest ride ever. My mind quickly flashed back to our race down the hill and him pushing that mountain bike to almost 40 mph. (The background music changes to the theme from "Jaws.") The rain began as a light sprinkle. The parking lot at Eastern Avenue looked lovely through the sparkling water drops on our glasses:

We decided the name of the ride should be changed to "Friday the Thirteenth - The Bike Ride."

Gene Pritchett

RAGBRAI

Information packets have been sent to QCBC members registered for RAGBRAI. If you haven't received a packet, please call 319-386-7659. All persons under 18 must return the QCBC medical release form.

Wristbands will be given out on Friday, July 20, when bikes are loaded at Northpark or from QCBC at Sioux Center campground

When: Saturday
June 16, 1990
Where: Riverside Park,
Moline, IL
Time: Registration opens at
7:00 a.m.
Ride begins promptly
at 8:00 a.m.
Cost: **FREE** to QCBC
Members

There will be SAG stops on this ride. The Double Metric route for this year is about 95 percent flat, with numerous small towns for services in addition to the Club SAG stops. Compared to the hills offered by TOMRV the previous weekend, this ride will be a breeze. How about a really terrific turnout? I have, in my possession, a lot of patches I want to give away. See you on Saturday, June 16.

Gabe Verstraete

at U.M.C.A. sanctioned events in New York state, but none to our knowledge in the midwest.

Prize money was offered at the Trophy Glove 12-Hour Challenge, an event organized by QCBC member and RAAM rider, Steven Gay. This ride drew some of the top riders in the midwest. Prize money certainly was not a deterrent. Some of our sponsors have provided support for cash prizes and we expect this feature will create a significant draw for the 1991 event, not to mention this year.

It is encouraging to hear of the training being done for distance by QCBC endurance riders. Jim Hanson and Gabe Verstraete have edged up toward the 180 mile mark. In fact, Jim turned 180 miles in 12 hours at the Trophy Glove in early May. Dave Holmes, John Thier and the writer completed the Iowa 24-Hour build up series with a scheduled double century on April 21.

Eileen Wosoba was the third woman overall at the Trophy Glove Challenge with 162 miles in 24 hours.

Tom McCarthy and John Thier completed a 160+ mile training ride recently.

Contact any of these riders for tips on distance riding or to join them on one.

The Iowa Challenge is also a double century and is well organized for that purpose. We encourage those of you who have, at some time, completed a century or a double metric to install a simple light system for your bike and take the whole 24 hours if necessary to get your double. There is a challenge associated with night riding you have to experience to understand. Believe me, you will cherish that double century patch as you might an heirloom.

Look for your application to the Iowa 24-Hour Challenge elsewhere in this newsletter, fill it out, lie about your age if you wish, and join us for a fun weekend of endurance riding.

John Thier
David Holmes
Joe Jamison

IOWA 24-HOUR CHALLENGE

Endurance riding continues to gain popularity with each year. There was concern that interest in the Iowa 24-Hour Challenge would be diverted by the qualifying rides for Paris-Brest-Paris, since it fell on our same scheduled day for the Challenge. However, those riders who can't make it are being replaced by other first time riders, and they are coming from Indiana, Missouri, Wisconsin as well as our own home states.

Something we have noticed that is encouraging for event riders is the effort toward rewarding competitive riders with prize money. There have been a couple of cases

DOUBLE TROUBLE

July 7 & 8, 1990
Two 200-mile days

Wanted: Two experienced distance riders willing to accept Jim Hanson as captain to break the record of men, 60 and over at 29+ hours. Joe Jamison is part of the team. The three support riders will pace Jim according to his direction. An opportunity to improve your discipline and concentration is waiting! Call Joe at 319-355-8350 .