



THE BETTENDORF ROTARY CLUB NEWS

Bettendorf, Iowa, Rotary Club
July 6, 2016, issue

Next meeting:

Wednesday, July 13, 2016, at
Tanglewood Pavilion

Adler Theatre to get new marquee: an update

Rick Palmer, executive director of the River Center Adler Theatre, is scheduled



to update us at the July 13 meeting on the latest developments in the evolution of the

Adler Theatre – work to install a new marquee.

The venue where the Quad-City Symphony plays half its concerts, where the Quad-City Ballet performs and where famous entertainers have performed opened in 1931 as the RKO Orpheum Theatre. Iowa’s largest movie house, it had 2,700 seats.

Over the years, several marquees have perched above the entrance. The current one was installed in 2010, replacing one that had been in place since 1997. At that time it was announced that a larger one would be installed “at a later date.”

Last meeting:

Wednesday, July 6, 2016



Inside stories on Leadville 100

Our own **John DeDoncker** and two running friends provided insights during the July 6 meeting into the grueling – and, admittedly, painful – **Leadville Trail 100-Mile Run**, which takes place each August on trails and dirt roads near Leadville, Colo. This will be John’s sixth time on the 50-mile-out-and-back course that takes runners up and down terrain between 9,200 and 12,620 feet in altitude.

John, John Byrne and Curt Johnston have been training for months to join some 800 other entrants who will step off at 4 a.m. Aug. 20. They’ll return to the start / finish line within 30 hours. Curt is running Leadville for the first time. The three friends – half of the planned QC contingent in the race – took turns describing aspects of the event.

In answering the central question – “Why run this race?” – John called it “the next great challenge” and answered a series of FAQs about what’s it’s like:

- “No, we’re not crazy” – it’s more about the journey, the training and living a healthy lifestyle to enable us to do this
- “No, we don’t do this in days” – it’s 30 hours straight, and “if you don’t make the markers on time, they’ll pull you out”
- “No, we don’t sleep” – but sometimes “zombie running” has occurred
- “No, it’s not toenail fungus – we’ve actually *lost* toenails”
- “Yes, we do eat while running – a lot” – not eating along the route will cause runners to lose energy and probably not finish, so they eat “whatever you can keep down”
- “Yes, we sign a waiver” – which acknowledges a long list of potential hazards ranging from heart failure to encountering a bear along the trail – “but no one has died yet”
- “Yes, we do... in the woods... like a bear,” John admitted.



John Byrne related some of the facts about the race itself:

- The largest ascent is about two-thirds of a mile
- Leadville was founded in 1983
- The race has a 30-hour time limit
- Racers encounter “all kinds of weather” from sun to snow
- Altitude averages 11,000 feet above sea level on “really rough” terrain that includes tree roots and big rocks



John Byrne, John DeDoncker and Curt Johnston are half of the QC “team” at Leadville 100

- Less than half of racers finish – runners aged 40-60-years-old have the highest finish rate
- All participants are experienced distance runners, and 25% are women

Curt detailed some of things runners do for about a year to prepare for Leadville:

- Long-distance runs – including back-to-back marathons on consecutive days
- Running up long stairs and hills
- Pre-dawn runs
- Learning all about their needs in hydration, nutrition, clothing and shoes

The QC runners are using Leadville to benefit two charities: HAVLife, which helps poor kids attend music and sports camps, and the foundation that aids the families of Navy SEALs.

Club banner exchange...

- **Ken Vandersnick** – just back from a two-week tour of Ireland – presented the banner from the Dublin Club, where he did a make-up at “the first club outside North



America, chartered in 1911.” Camera-shy Kenny made his presentation from his table.

Announcements...

➔ **Rotary Night at Modern Woodmen Park: President Jonna Schuler** announced the date – Friday, Aug. 19 – for the annual opportunity to meet and greet Rotarians from all 13 QC clubs, to benefit a good cause and enjoy a River Bandits game. More details will be coming, Jonna promised.



➔ **Cultural exchange opportunity: S.K. Nanda** said a visiting professor of geography from India – who will be studying for his Ph.D. at Western Illinois University’s QC campus this fall

– needs home-stay lodging for two weeks before his on-campus housing opens. The dates are Aug. 15-19 and 22-26. If you can help or have questions, contact S.K.: 563.424.9418 / s.nanda@mchsi.com.

➔ **Run with Carl:** Although **Dick Schillig** wasn’t present to make the announcement, had he been here he would have said it’s 91 days to RWC – and you can register (for just \$20 before Aug. 1) at www.runwithcarl.com.



Jon Ryan
Happy \$\$...
(Named in honor of the late Bettendorf Rotarian, punster, jokester and all-around good guy)

President Jonna Schuler presided as these happy Rotarians shared their good news: **Lee Marbach** – vacationed in

northern Minnesota... **Jim Spelhaug** – on July 1, he marked 27th year as superintendent of Pleasant Valley schools... **Duane Thompson** – 12th anniversary of his 49th birthday... **Kristine Stone** – also having a birthday... **Tom Howard** – son, daughter, son marking birthdays on July 4, 5 and 6 + “the unmarried twin grandson’s” wedding coming right up... **Ken Vandersnick** – \$20 “because I guess my picture appeared in my absence at last week’s meeting” (ask President Jonna or **Past President Kevin Kraft**)... **Tim Downing** – he and Grandma took 12-year-old granddaughter to the Black Hills on vacation.



The meeting opened...

President Jonna Schuler struck the bell to open her first full meeting as president, called the meeting to order and led the recitation of The 4-Way Test. **Tom Howard** and pianist **Gail Baldwin** led the singing of “God Bless America.” Jonna led the Pledge of Allegiance to the Flag and presided over the Moment of Silence, during which we learned that **Steve Sorensen**’s mother had died.

After introductions, Tom and Gail led two more songs – “A Helping Hand” (2 verses) and “Let There Be Peace on



Earth” – before the monthly “Happy Birthday, Dear Rotarians.” This month’s leading cookie-and-bar-consuming stars are: 03, Kristine Stone; 06, Julie Fopma; 07, Frank Mitvalsky; 14, John DeDoncker; 17, Ami Wells; 21, Dave Chambers, Frank Schwab; 23, Tom Bush; 25, Duane Thompson; 27, Bob S. Gallagher; 28, Steve Piart; 29, Alexei V. Bibik

Acting Secretary Carol Foster introduced...

Visiting Rotarians and guests

Look for attendance details in next week’s newsletter.



And at the end...

... of the meeting, **Ken Vandersnick** won a Happy to Have a Make-up in the drawing from among all those members who participated in *Jon Ryan Happy \$\$*.

Make up at another QC club...

Monday, noon: Davenport – The Outing Club
 Monday, noon: Moline –Trinity Lutheran Church, Moline

Monday, 6 p.m.: QC Illinois – Club Room, HyVee, 7th Street & John Deere Road, Moline
 Tuesday, 7:15 a.m.: River Cities – Brothers Restaurant, Rapids City
 Tuesday, noon: Rock Island – QC Botanical Center

Wednesday, noon: Bettendorf – Tanglewood Pavilion

Wednesday, 5 p.m.: Mini Meet – Lunardi’s Restaurant, Davenport
 Thursday, 7 a.m.: Iowa Quad Cities – J-Bar, Elmore Avenue, Davenport
 Thursday, noon: East Moline – Christ United Methodist Church
 Thursday, noon: Milan – Pinnacle Country Club
 2nd and 4th Thursdays, 5:30 p.m.: Twin Rivers Rotary After Hours – Bierstube, Moline
 Friday, noon: North Scott – Steeplegate Inn, Davenport

Upcoming meetings...

... Thanks to program chair **Scott Naumann**, scottn@midlandcom.com, 445-4260:



July 13: Rick Palmer, RiverCenter Adler Theatre: Adler Theatre’s marquee renovation

July 20: John Deere Classic with Clair Peterson, director

BRC News staff...

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