



Illinois Valley



JAN.
'85

Wheelmen

6518 n. Sheridan Rd. - Peoria, Il. 61614

PRESIDENT'S NOTES

The IVW started out the new year with an 8.5 mile ride by a group of True Believers, and about 30 people indulged in conversation, grog, and food. Good going Julie Otten, Suzie Woodward, and Bill Semmens. There should be at least 8.5 miles listed on the ride logs of the True Believers for Jan. 1st. The Jan. 6th ride ended up about 27 miles with Jewel Moyers racking up 40 after riding in from Hanna City. Sure, it was a little windy-but how else do you get a tailwind?

Saw Alan Crossland the other week. 12,000 miles in '84 and raring to go for '85. He and a group of friends plan to start a new club in Canton. Maybe the IVW can set up some joint rides with the new group.

What has to be the most common cause of flat tires in Peoria?....Cinders.... Especially bad roads for cinders: Grandview Drive and most of the big hills. To cut down on the amount of flats try little tire wipers (bent pieces of wire connected to the brake bolt, which ride lightly over the top of the tire). A couple of other ideas-thorn proof tubes, or plastic tire liners..Yes, you are adding weight to the bicycle-but you are probably arriving at your destination quicker since you aren't trying to change a flat out in the cold. Remember, cinders for us; tacks for city dump trucks.

By Jan. 6th, the ride log showed 81 miles..best start since '83. Wondering about the efficacy of your own training program? Keep a good log and don't overlook the chances of small outings on the bike such as trips to the store, work, etc. Many people fall out of condition because they see no value in short slow rides and they also eat a lot of garbage waiting for the "riding season" to come around. Keep in mind that the season is a creation of the mind and not a physical limitation.

PEDALING IN PEORIA

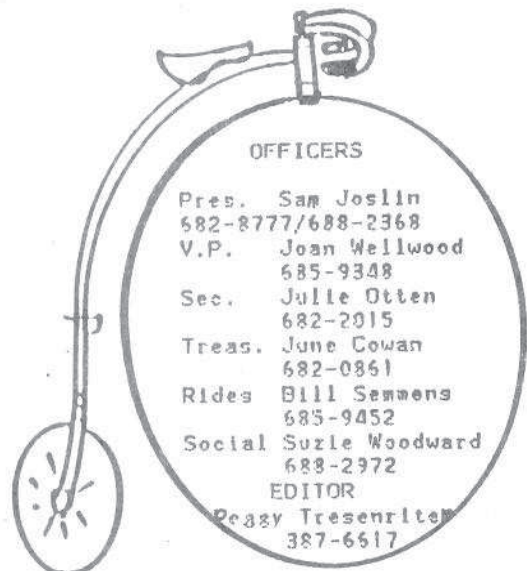
I'm shooting for 9000 miles in '85 with a lot of centuries. That's my goal--don't get caught in the trap of substituting quantity for quality. Quality is the level of enjoyment or satisfaction. Bicycling as an activity is too multi-faceted to diminish to numbers. Leave time for a good book on pre-socratic philosophers. However, if you're planning on winning the Broken Saddle Award, keep track of those numbers on your log or learn to spell "LOSER" -

A big thank-you to the ginseng king for the encouragement last month. Bill Perardi owns a pair of beautiful cycles I cannot name because my typewriter is without umlaut.

WANT TO BECOME FAMOUS?

A rumor there is that writers to this writer find their name in print in this column. Write: The Space Patrol c/o Sam Joslin, 3441 Oakcrest Dr. Apt. 3D, Peoria, Il. 61604. Don't forget the Swap Meet-date change-January 22nd. One person's tripe is another's treasure and I for one, have a lot of tripe.

WATCH IT!





ACCIDENTS

Dennis Tresenriter, 33, was bicycling with full lighting and helmet on Fourth St. in Morton when a car turned from Birchwood onto Fourth and struck him. The driver said he simply didn't see Tresenriter. Dennis had minor injuries, but his bike received serious damage and was sent to two local "hospitals"-Vitesse and Russell's. There the "doctors" quoted a replacement price of more than \$700.

LIKE FATHER/LIKE SON

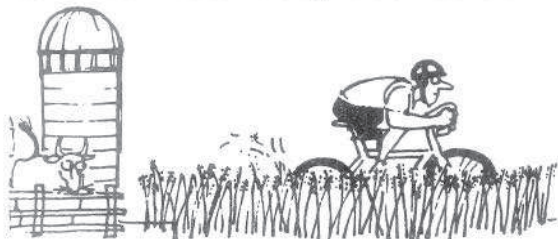
In another biking accident, Jacob Tresenriter, 7, was riding in his neighborhood when he reportedly "locked his brakes." This threw him over the handlebars onto the street. He, too, was wearing a helmet, but it didn't save his chin from 4 stitches..... And all right before Xmas!

SPECIAL NOTICE RIDE SCHEDULES IN THE WORKINGS!

Anyone interested in planning or leading this season's rides, please contact Bill Semmens at 685-9452. He will be having a planning meeting in a few weeks to start work on spring and summer rides. All interested members are invited.

COUNTRY ROAD TOURS

CRT is sponsoring an exciting bicycle tour of Western Ireland from May 18 to June 1. Some of the highlights of the tour are Galway Bay, County Clare, County Mayo, County Kerry, and Bunnratty Castle. For more information, call John or Joan Wellwood, 685-9348.



I bet you thought you'd get by without a bio from me! No Such Luck!

As my husband says, I'm an open book. I started riding "for real" the summer of '83 with Bob & Val's tandem. Our goal- Bureau Junction for our anniversary. That accomplished-Denny bought me a Fuji Royale-against my wishes. I blew up on the Manito ride despite well-meant advice from others. So my '84 goal was to "SHOW 'EM I COULD DO IT!" I'm not the best I can be--being a mother of a 7 yr. old, a Jr.High teacher & coach, an aerobics teacher, bridge player, and generally a clean house nut takes a lot of time. But I was proud of my firsts: century, Hilly Hundred, citizen's race (3rd at Blmington), and following in my husband's steps as most improved rider for the IVW. I owe a lot to all of those patient ears who listened to my rantings and ramblings. You know who you are: S,J,B, D&R, B&V, L&C, D&RACERS, etc.

Thanks also for all of the compliments on the first newsletter. It was all due to the great information that was submitted. So send all ideas by the 10th of each month to me:
Peggy Tresenriter, 7 Norman,
R.R.1, Pekin, IL 61554

GOSSIP
Who
just
got
engaged

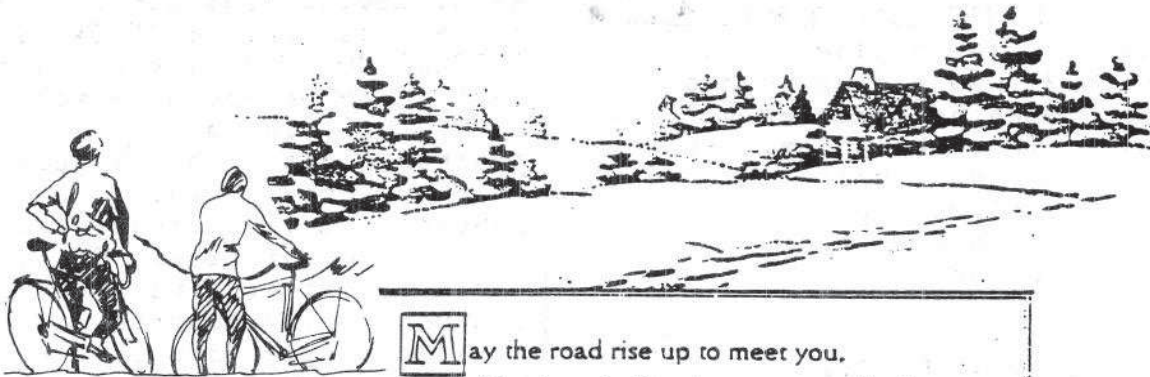


ILLINOIS VALLEY WHEELMEN 1985 APPLICATION FOR MEMBERSHIP


NAME: _____ PHONE: _____
ADDRESS: _____ NEW: _____ RENEWAL: _____

BICYCLING INTERESTS: Short, slow-paced _____ Moderate _____ Other _____
Saturday _____ Sunday _____ Weekend Tours _____ Time Prefer _____ Other _____

DUES: INDIVIDUAL \$8; FAMILY \$10 MAIL TO: Illinois Valley Wheelmen
6518 N. Sheridan Road
Peoria, Illinois 61614



May the road rise up to meet you.
May the wind be always at your back,
May the sun shine warm upon your face,
And the rains fall soft upon your fields...
And until we meet again,
May God hold you in the palm of His hand.

Illinois Valley  **Wheelmen**
6518 n. Sheridan Rd. - Peoria, Il. 61614

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