

Illinois Valley



JAN. '85

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

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

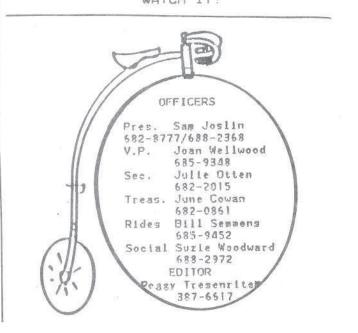
I'm shooting for 9000 miles in '85 with a lot of centuries. That's my goal—don't get caught in the trap of substituting quantity for quality. Quality is the level of enjoyment or satisfaction. Bicycling as an activity is too multi-faceted to diminish to numbers. Leave time for a good book on pre-socratic 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!



MEET THE OFFICERS

President: If ya want to meet a wild & crazy (well, at least 14 of that) guy, let me introduce you to our new president, Sam Joslin. To show you how wild Sam is look at his cycling history: IVW member since '77, racing since '79, and riding a 50" highwheeler on PACRACC-that's 230 miles in 3 days! He also has ridden 247 miles from Peoria to Columbia, Mo. in 17 hrs-WOW! As far as racing, in '83 Sam placed 6th with \$91 in primes at LeRoy, 3rd at Madison, Wisc., and 1st at Sterling (alas a loner). On his crazy side, Sam's '85 goals include: The Litchfield Triple Century, BAM (Bicycle Across Missouri) -540 miles in under 3 days, and a 9000 mile ride log. It's nice to know we're in such good hands. Let's hope that

enthusiasm rubs off on all of us!

Vice-President: A twin married to a twin; a vice-president married to a former president; and a leisure rider married to a racer....all describe our vice-president, Joan Wellwood and her husband, John. Joan has been riding for about 5 yrs. Her first big ride was the Hilly Hundred--after about 2 months of riding. To quote Joan, "Ignorance is bliss!" Don't we know it. Her favorite rides include: Door County, Wisc., New Glarus, Wisc., TOGIR, Amishland, Apple Cider, Hilly 100, and the Green Mountain Country of Vermont. She's also planning a trip with Country Road Tours of Western Ireland this May. Joan has served as Membership Chairman, filled in as secretary, and was Registration Chairman of Steamboat Days/Pedal In '84. Thanks for all you do, Joan!

Secretary: A fairly new member to the club, Julie Otten has caught bicycle fever. We're relatively sure she'll survive as she has lots of medical acquaintances at her job as Nursing Care Manager of the Neonatal Intensive Care Unit/St. Francis. Julie bought a Trek this summer so she could exercise and goof around with her friend, Suzie. They even went on the Vermont Bicycle Tour (30-40 miles x 5 days). Julie quickly developed a lot more friends on her Wednesday night rides (me included) and became an active member of the club. She looks forward to working with club members and improving her bicycling ability. What a great start and all since this summer. of luck, Julie!!!

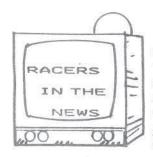


Treasurer: June Cowan is a three time winner. She joined our club a little over 3 yrs. ago, has 3 grown children, and is currently serving her 3rd term as treasurer. June was born and raised on a farm, worked II yrs. in an office. but says she's really spent most of her life as a homemaker. June attributes her bicycling interest to the birthday bike she gave Andy 6 yrs. ago. Andy got involved in cycling and when he moved here from Maryland, quickly joined our club. Shortly thereafter. June came with the furniture and was an instant member of the IVW. She bought a Peugeot to ride her favorite 20-50 miles (especially on summer mornings). June really counts high in our books!

Ride Chairman: When asked his age, Bill Semmens stated, "young in spirit." avid member of the Ski Club, Bill started touring in '73 to keep in shape for downhill skiing. Now he looks for winter exercise to keep in shape for touring. That says a lot! Bill owns a Trek 613 and Itala Grand Prix. His favorite rides were the hills near Elroy-Sparta in Wisc., VBT (Vermont), and Gear Up-Slippery Rock, Pa. His worst rides were the "short" leg of TOMRV last year in the rain and cold and 120 miles of mountains at Bonkberry where he got dehydrated. His philosophy for the club rides are: offer rides that club members want and that will ATTRACT and KEEP new members interested in the club. Let's help Bill meet those goals.

Social Chairman: Suzie has gotten off to a good start with our New Year's Day Party and the upcoming skating party (see schedule for February). Suzie started cycling 4 yrs. ago on a generic 10 speed with college friends. She now rides a Sekai 2000 and has 3 Vermont Tours under her wheels-including the one this summer with Julie. Suzie is a new member of the club as she started riding May '84. She says she's a "fairweather" rider for now, but that's understandable with her hard studies for her Master's Degree at U of I and her work as an RN in the Intensive Care of St. Francis. Her winning laugh and easy-going personality make her a great social chairman (Hostess with the Mostest). Keep the "parties" comin-Su!

Race Report



The Normal/Vitesse Racing Team held roller rides at Northwoods Mall January 5th and 6th to raise money for the Arthritis Foundation. People were asked to donate \$1.00 for each 50 m.p.h. sprint. The two day event raised \$350 and was a great success thanks to the racers who donated time and Brett Rickett who did a terrific job of organizing and making sure everything ran smoothly.

During the rides, Mark Kelly sprinted 70.2 m.p.h. for a \$10 donation and Daryl Johnson amazed the crowd by holding 50 m.p.h. for over 2 consecutive minutes. John Wellwood and Denny Tresenriter were on Channel 25 News and Kevin Holtzhauer made the news-Wednesday Night Roller Rides: Vitesse, Peo. Hts., 6-8.

Rides and Events

Every Saturday morning meet at Washington Square in Washington, Il. 3:30 A.M. This is generally fast-paced with a breakfast stop.



END OF JANUARY: 1/20 Brimfield American Legion Breakfast Ride 8:30 The January meeting has been changed to JAN. 22. SWAP MEET-7: 30-SAFETY TOWN. Remember to bring all of your junque.

1/27 Pekin Insurance/Car Pool to Delavan American Leg.

FEBRUARY HAPPENINGS:

2/3 Ernie's in Morton:8:30: Breakfast Ride

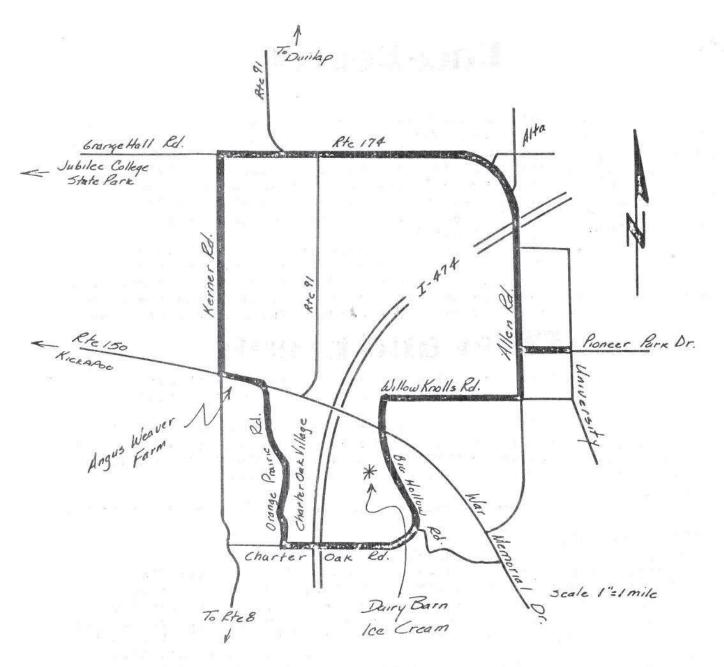
2/10 Family Restaurant Rt. 24 Washington: 8:30: Breakfast Ride 2/10 SKATING PARTY AT OWEN'S CENTER, PEORIA, 2:00-5:00. If we have a group of 10 people or more we can gain entrance and skates for \$1.00 each. This sounds like a great get-together/activity. Join Us!

2/17 Dave Peterson-Sam Joslin Birthday/Postage Rate Increase Ride. Start promptly at Peoria Courthouse 8:30 A.M. for a ride to Bartonville and back with a short stop at Sam's abode for cake and cookies. All

cyclists completing the ride will receive by mail a signed birthday card with a new 22¢ stamp on the envelope. Please RSVP as soon as possible so Sam can set up the goodies/place. Call Sam: 682-8777 Ride Leader: Sam; Pace: Easy/2 hills; Distance: 25-30 mi. Map available, bring your handlebar bag.

2/24 Peoria 1st Pancake House-University: 8:30: Breakfast Ride 2/26 Club Meeting: 7:30: Safety Town: Travel and Slide Show by Jim and Jan Wayculis on their European bike trip in September-October of '84.

FOR SALE: 24" Trek 500: Reynolds 501 three main tubes; gun metal blue imron finish; grab-ons; specialized tires: rack. Call Jim Hogan (309) 243-9313.



This ride is an easy 15 miles round trip from Pioneer Park Bank on the corner of University and Pioneer Park Drive. This is a nice Loop taking 1-2 hours, depending on where you leave. It ends up around 21-22 miles long if you leave from Peoria Heights or the Bradley area. There are a few hills, but nothing terribly hard. Watch the traffic for the short time you are on Rt. 150. Also, take care at the intersections of Rt. 91 and Grange Hall Road, and Charter Oak and Big Hollow Road.

Thanks to Ron Johnson for the original map and narrative.

Look for future maps each newsletter. We hope to use these on some weekly rides. Let us know which ones you prefer.



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

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 Bunratty 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 Fugi Royale-against my wishes. I blew up on the Manito ride despite wellmeant 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 Blmgton), 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.

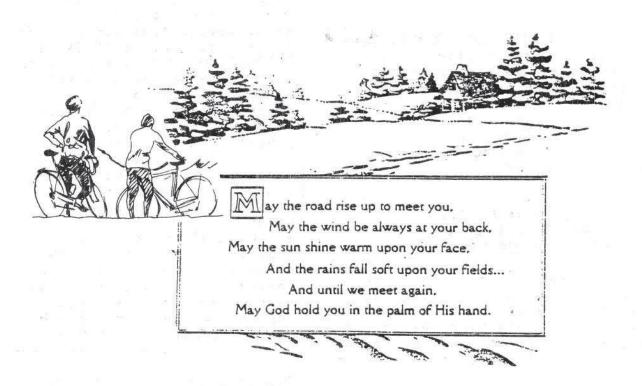
Thanks also for all of the compliments on the first newsletter. It was all due to the great information that was submitted. So send all ideas by the 10th of each month to me:

Peggy Tresenriter, 7 Norman, R.R.I, Pekin, II. 61554



ILLINOIS VALLEY WHEELMEN 1985 APPLICATION FOR MEMBERSHIP

NAME:ADDRESS:	PHONE:	RENEWA	<u>L:</u>	
	RESTS: Short, slo			
DUES: INDIVIDU	nday Weekend AL \$8;FAMILY \$10	MAIL TO: Illir	Prefer_ nois Valley	Uther Wheelmen
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