

FEB. 85



Illinois Valley



Wheelmen

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

RIDE COMMITTEE RESULTS

The Ride Committee met at Bill Semmen's place on January 31 to plan the 1985 rides. Thanks to Diane and Ron Matuska, Sam Joslin, June Cowan, Ron Chandler, and Julie Otten for your help and support. The following topics were discussed:

RIDE LEADER RESPONSIBILITIES

1. Each ride leader will announce the ride's PACE and ROUTE before leaving the meeting place. NOTE: ALL RIDERS are welcome at all IVW rides; HOWEVER, slow riders should consider attending rides that more closely match his/her individual pace.
2. Each ride leader will review the safe riding procedures that everyone will be expected to follow.
3. Each ride leader will start the ride at the designated time.
4. Each ride leader will set and maintain the advertised pace.
5. Each ride leader will make sure that assistance is offered to anyone with a breakdown or injury.
6. Each ride leader will set an example of safe and courteous biking.

RIDE RATING SYSTEM

Something new that we'd like to try this year is a ride rating system. Many people have complained that a lot of rides turn into a race and the slower riders get left behind. Well, I think that's quite discouraging and hope we can prevent it this year by advertising the ride's pace in advance. That way the slower riders will know that they are on a fast paced ride and might get left behind. Here are the paces:

NOVICE: Up to 12 miles per hour
Short ride with lots of stops

INTERMEDIATE: 12-16 MPH
Medium ride with some stops

EXPERIENCED: 16 and up MPH
Long ride with minimum stops

Even though we have this system, please remember that ALL rides are open to ALL riders; HOWEVER, SLOWER RIDERS MAY GET DROPPED ON THE FAST RIDES. So pick the rides that match your pace. Or if you want to move up, call the ride leader and see if you can handle the faster pace.

GENERAL SCHEDULE FOR 1985

DAY	TIME/TYPE	LOCATION
Monday	NONE SET	
Tuesday	6:15 Vitesse Beginners	Pioneer Bank
Wednesday	6:00 Social Ride	Avanti's Sterling
	6:30 Social Ride	Square in Washington
Thursday	NONE SET	
Friday	NONE SET	
Saturday	7:00 Time Trials	Old Galena Rd
	8:30 *Morning	Wash. Sq.
Sunday	7:30 Jim Hogan's	Lake of Woods
	8:30 *Morning	Varies
	1:00 J&J Leisure Rides	Varies
	1:30 Ron's Experienced Rides	Varies

*The Saturday and Sunday Morning rides will continue year-round (weather permitting) while the rest of the rides will start around May 1 and continue until November 1.

OFFICERS

Pres. Sam Joslin
H: 688-2368

V. Pres. Joan Wellwood
H: 685-9348

Secretary Julie Otten
H: 682-2015

Treas. June Cowan
H: 682-0861

Rides Bill Semmens
H: 685-9452

Soc. Suzie Woodward
H: 688-2972

EDITOR
Peggy Thesenriter
387-6617

Another service that the club will try to provide this year is a fairly complete out-of-town ride list. Bill Semmens will have applications and more information at each meeting. If you plan on attending a ride and want to act as the club co-ordinator, please let Bill know. He'll put you in charge of helping other IVW members get to the ride. Also, if you've been on one of the upcoming rides and want to let others know how great it was, why not write an article about the ride and have Peggy Tresenriter put it in the newsletter?!

CENTRAL DOUBLE CENTURY

Here's a date for your calendar if you want to train toward a challenge: June 8th will be the date for the Twelfth Annual Central Double Century at Litchfield, Illinois. Several IVW members have ridden this, including 1984 Riders-Andy Cowan and Bob Jones. Riders of all abilities will ride the route. Last year 155 riders rode 84 double centuries, 7 triples, and one quad. The 24 hour record is 481 miles set by Robert Beeson in 1982. This is in no way a race, however. This is a test of your cycling abilities. Bob and Andy started in January of last year and rode whenever possible. They rode increasingly longer rides to prepare for the double century. Bob said that the only thing he would do differently this year would be to carry more than one water bottle. Personal satisfaction has to be the number one benefit from this ride of endurance.....

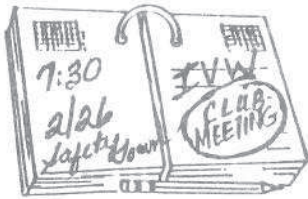
RIDES RIDES RIDES

If you are interested in leading any IVW rides, please call or write:
 Bill Semmens, 4224 N.University,
 Peoria, Illinois 61614, 309-685-9452.

OUT OF TOWN RIDES

5/18-6/1	Cycle the Emerald Isle *
5/24-5/27	GEAR in Bluegrass-Ky
6/1-6/2	Macomb Double Metric
6/8-6/9	Tour of the Miss. River Valley, Bettendorf, IA
6/8-6/9	Litchfield Double, Triple and Quad Century
6/14-6/17	GEAR-UP Princeton, NJ
6/15-6/29	Rapid Tour '85
6/15-6/16	Transcontinental Ride
6/22-6/28	STEAMBOAT DAYS/PEDAL-IN PEORIA, ILLINOIS
6/29-6/30	The Other Great Iowa Ride, Davenport, IA
6/30	Illiamo Tristate Burlington, IA
7/2-7/6	Killer Hill Ride LaCrosse, Wisc.
7/7-7/12	LAW Convention Madison, Wisc.
7/13-7/14	TOBRAW Tours Kickapoo Valley, Delafield, Wisc.
7/13-7/14	BikeBurlington Overnite Burlington, IA
7/21-7/27	LION Loop Iowa's Outstanding Northwest Decorah, IA
7/28-8/3	RAGBRAI Register's Annual Great Bike Across Iowa
8/10-8/11	TOBRAW Tour of Door Co. TIGER Tour of Iowa's Great Eastern Region Eldridge, IA
8/18	IVW ANNUAL METRIC LAKE CAMELOT-MATUSKAS
8/25	Tri-State Metric LaCrosse, Wisc.
8/31-9/2	PACRAC Pantagraph's Annual Cycle Ride Around Corn Country Bloomington, IL
8/31-9/2	Midwest Tandem Rally Anderson, IN
9/14	BikeBurlington Century Burlington, IA
10/6	LaCrosse 100, Wisconsin
10/?	Hilly Hundred Bloomington, IN

Rides and Events



CLUB MEETING: February 26, 7:30P.M.

The club meeting will be held at Safety Town. This month's program will be a slide show given by Jean and Jim Waicuulis on their bike trip in Europe. They traveled over 850 miles during five weeks and toured 5 countries.

Jean is originally from DeKalb, Il. and has a nursing degree from ICC and a history degree from Eastern. Jim is from Chicago and graduated from Southern in forestry.

MARCH MEETING WILL BE HARVEY LYON: TRAVELS IN EASTERN EUROPE.

Breakfast Sunday morning rides meet at the designated place for breakfast and/or ride depending on weather. Meeting Time: 8:30

FEBRUARY 24: Peoria 1st Pancake House, University

MARCH 3: Wright's Restaurant MARCH 10: Newell's 150 & Rt.8

MARCH 17: *GREEN BEER TIME 1:00 P.M. WELCH'S BAR, WASHINGTON

MARCH 24: Dixie Manor MARCH 31: Marigold's, Sterling

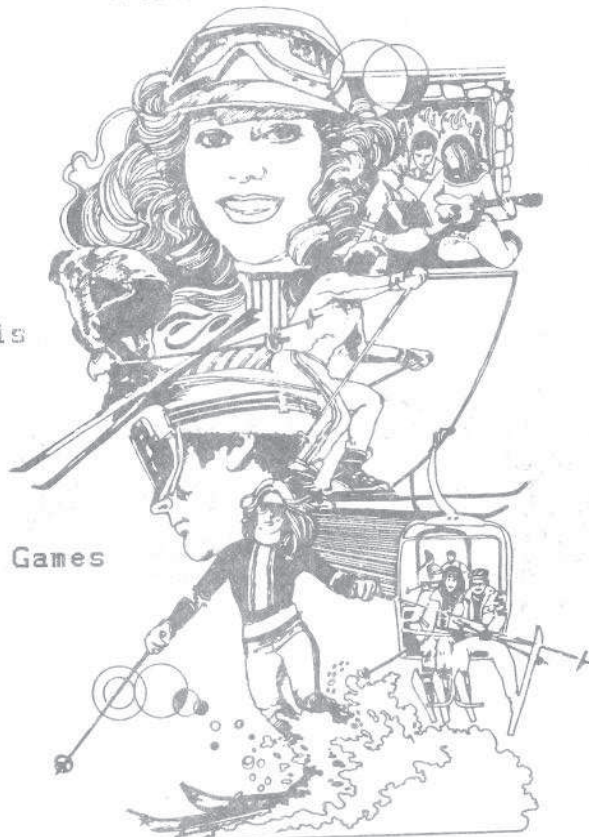


Peoria Ski Club

PRESIDENT:
Steve Adams 692-4918

ACTIVITIES

Peoria Chiefs Baseball
Picnic in Springfield
Bicycle Trip
Drive-In Movies
Water Skiing
Water Slide Parties
Stage Plays in St. Louis
Fox & Munny Theatre
Rivermen Hockey Games
Bowling
Pig Roast
Style Show
Quad City Downs
Chicago Bears Football Games



TRIPS

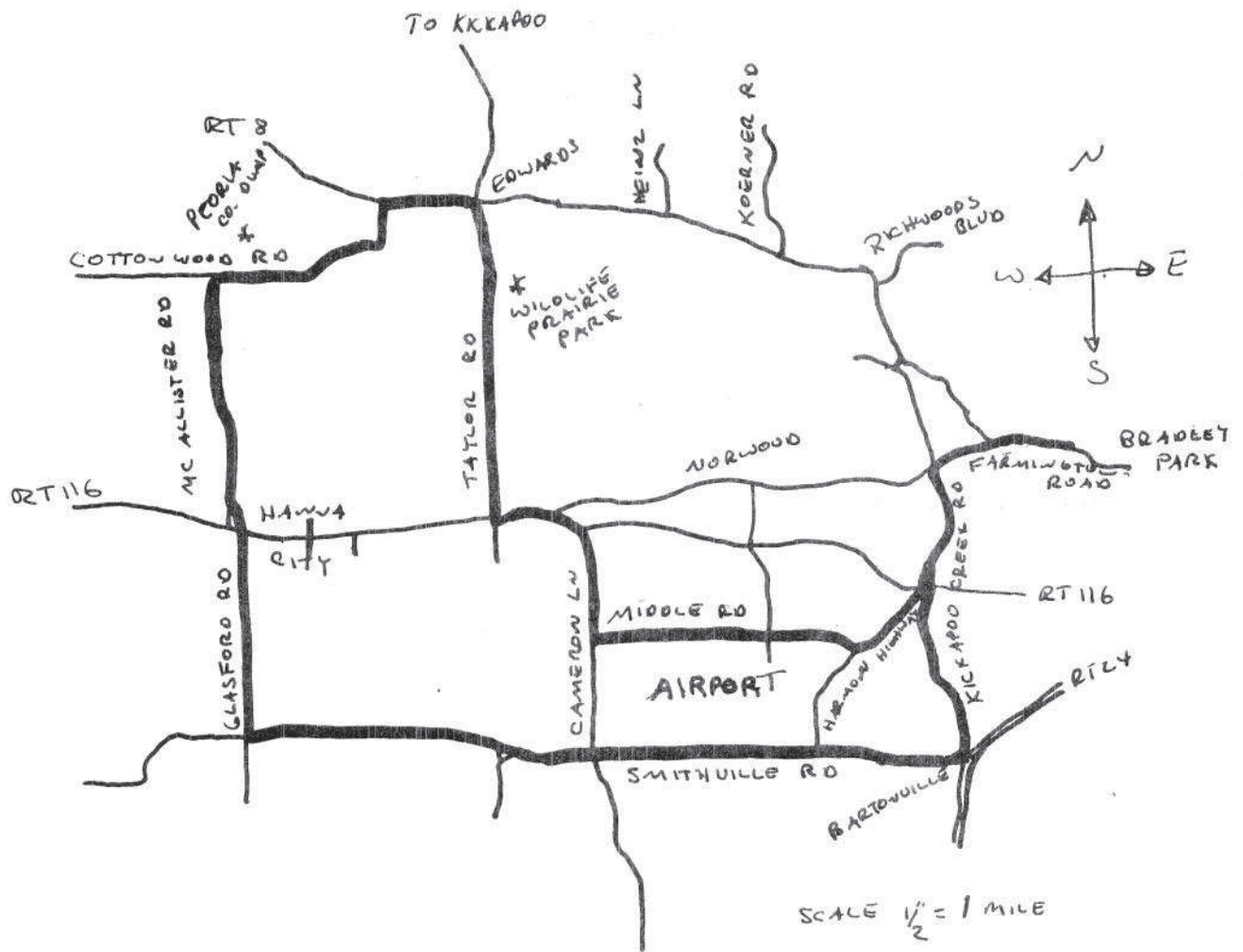
One day
Sunset 1/19
Sunset 2/24
Weekends
Rib Mtn. 1/11-13
Indianhead 3/15-17
Week Long
Jackson Hole 1/19-26
Banff, Canada 2/2-9
Summitt County 4/5-13
European
Zermatt Switzerland
2/1-10
Interlaken Switzerland
2/28-3/10

ACTIVITIES CHAIRMAN:

Paula Morling 692-8832

TRIP CHAIRMAN:

Bob Cluskey 698-0076



From Bradley Park, this ride is approximately 35 miles. The ride offers some scenic places and some good hills. The half-way mark is Hanna City-- a good place to get a soda. Areas to watch the traffic are: Farmington Road, the short stretch of Rt. 116, and Kickapoo Creek Road (especially from 4-5:30).



PRESIDENT'S NOTES

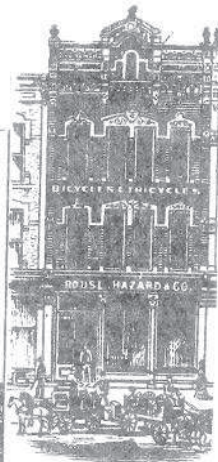
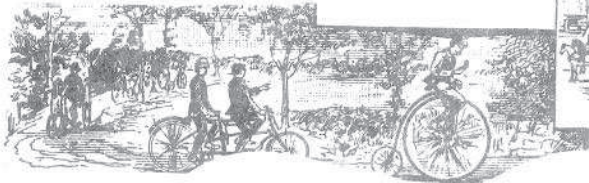
The initial feasibility study for Bill Semmen's RANDIF (ride across North Dakota in February) has been completed. February 3rd, I rode 19 miles from the far side of Peoria to Morton. Conditions included clear skies, no wind, and five degrees above zero. Even the houses looked cold. Deciding that discretion is indeed the better part of valor, I accepted Jewel Moyer's offer of a ride back in his van. Conclusions drawn for the RANDIF outing include: the need for warming stops every 100 feet; very short cranks in order that the well-clothed legs can complete a pedal stroke; and a frontal lobotomy (bottle in front of me?).

I'll continue to ride to work, but I'll save over-five mile rides for temperatures in the high teens. Riding to work (five miles) is completely different from riding to Morton; for one thing, I get paid to be at work.

Worried about getting "Halt" dog spray all over you? I read in the Journal Star that dogs can overdose on chocolate. Four ounces will put away a 5 pound dog- 16 oz. for a twenty pounder. The article did not mention whether the sweet stuff would work fast enough on a pooch in full flight, nor did it mention how to weigh the pursuing animal. I am still calculating the amount necessary for owners of wild dogs.

And now- the famous review in a 'graph. Today's book is a catalog: The 1889 Rouse, Hazard & Co. catalog reprint. A great description of most

CYCLES
SOLD ON
EASY
PAYMENTS



major bicycle types is contained in this 40-page reprint. Also included is a brief bicycle story, descriptions of available LAW pins and R&H's easy payment plan. This is a great gift, with enduring interest and quite a conversation starter. One of the best reasons to buy- I still have 150 copies left. \$3 includes mailing costs and brings to your home a piece of Peoria's cycling heritage. Apply to the address below TODAY. (Coming in the spring- a turn of the century F.F. Ide catalog reprint, hopefully).

The June 15-16 Steamboat Days ride is grinding along. Start/finish will be at Owen's center. Saturday's ride offers the choice of 50 or 100 miles. Sunday is the 30-35 mile Tour de Peoria. Sag, food stops, map, marked course, and the camaraderie of the peer group offered on the Saturday ride. Showers too, at no extra cost. The entry fee will be \$7 before June 1 and \$9 after (fee includes patch). A T-shirt will be offered at extra cost.

Ron and Diane Matuska will present the August 18 metric century invitational out at Lake Camelot. If you were on this ride last year, you'll remember the picnic and swimming. NOT A RIDE TO MISS.

RICH HARLEY BECOMES FAMOUS.

The strawberry man wrote me and gave permission for his farm to be used as a reststop on the Pedal-In (Steamboat) You can become famous as well, just write to me: The Space Patrol c/o Sam Joslin, 3441 Oakcrest Apt. 3D (bring your glasses) Peoria, IL. 61604. 268 miles on my log by Feb. 3. SEE YA ON THE ROAD.

Newcomers

Ken Beckler, Daryl Johnson,
Doug Tripp- Peoria
Craig Burgess- Brimfield
Kevin Thieme- Washington
Jim Vonderhaar- Pekin
Jim & Jean Waicuillis-E.P.

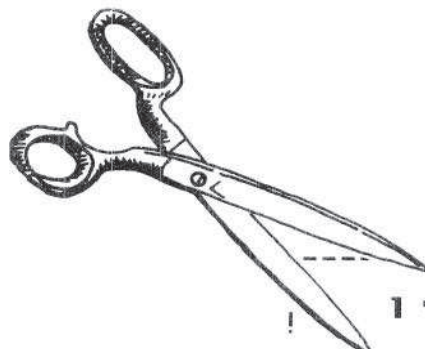
Touring

The deadline for sending in the downpayment on the Ireland Bike Trip is Feb. 18...Contact Country Road Tours, 339 E. Court St., Farmington, IL. 61531, 309-245-4916. Or call John/Joan Wellwood, 685-9348.



As you can see, each issue has been full of information. *but* If there's something you'd like to see in the newsletter, call Peggy Tresenriter 309-387-6617 7 Norman St. RR1 Pekin, IL. 61554

DEADLINE: The Tenth of Each Month



**ILLINOIS VALLEY WHEELMEN
1985 APPLICATION 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, 6588 N. Sheridan Rd.,
Peoria, Illinois 61614.

REMINDER: If you want to continue receiving this FANTASTIC NEWSLETTER, you must renew your dues before April 1st. Spring is just around the corner and we know you'll want to join in all of the activities we're planning. DON'T BE LEFT OUT!

WINTER
Breakfast rides
Skiing, rolling, dreaming
Ice, snow, rain, sun
Jogging, riding, living
Daily rides
SPRING



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