



MAY

Illinois Valley



Wheelmen

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

PRESIDENT'S NOTES:

The Illinois Valley Wheelmen is booming. There are several areas that the club can pat itself on the back, so let's take a gander at the show we're putting on this year:

200 MEMBERS: This is the primary goal for the club in 1985. By May 10, our membership chairperson, Joan Wellwood, had received 130 memberships! Considering May & June are prime riding months, the club may reach its goal before fall. Why are people joining? Word of mouth, and that type of endorsement, doesn't come from dissatisfied malcontents.

PEDAL IN: Well, hold the applause until it's over, but thank Dave Gardner on his great brochure. Around 15 members working on this one.

TRAILER: Bill Semmens has the lead charge on refurbishing the trailer and thanks to him and his volunteers, the trailer is ready for you to reserve it for your next out-of-town ride.

NEWSLETTER: Undeniably, only one person to thank on this one-Peggy Tresenriter. What a job--but what a product!

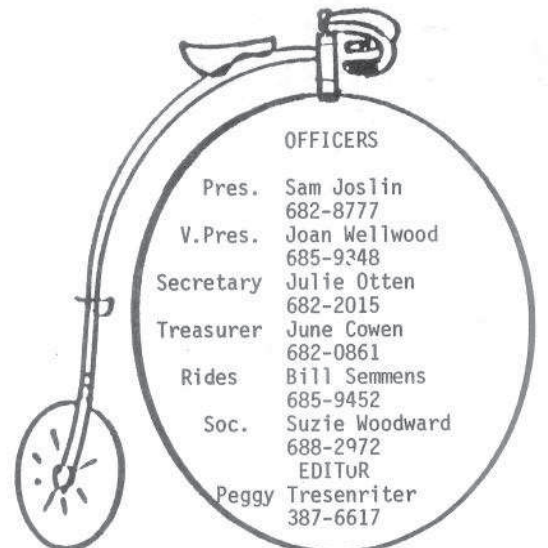
NOVICE RIDES: You've been on the rides and have seen the surge in riders. Novice rides are up in riding numbers as well, and this may be the most exciting news since these people are going to be the backbone of the club a year or two down the road. Count the IVW's success in smiles per mile & thank Joan Wellwood & June Cowan (Sunday Rides) and Ron Johnson (Tuesday Night Rides). Julie Otten has been notifying the Journal Star of our upcoming rides.

TIME TRIALS: Members of all abilities & goals have turned out for this popular Saturday morning event. See the results in this Newsletter.

SAFE RIDING: I've noticed that safety is becoming more important for the group. Why? Not just because it's smart-that is too mundane a reason. By riding single file in town (and no more than double out of town) and by pulling off the road completely at stops, members are rediscovering that organized group cycling is an enjoyable method of reaching B from A. Kudos to all rideleaders!!!!

MEETINGS: The numbers of members turning out for the meetings speak for themselves. I believe I counted 50 people at the March and April meetings. Many thanks to Suzie Woodward for keeping up the lemonade wagon.

CYCLING IN CENTRAL ILLINOIS IS GROWING! The IVW will be playing an increasingly important role in developing cycling in this area. And looking at our membership, I can see a lot of people hungry for the challenge. In a way, promotion is the easiest job in the world. Just say, "Oh, yes, I ride a bicycle." And SMILE, SMILE, SMILE.....
Sam Joslin 3441 Oakcrest, Apt 3D, Peoria, Illinois 61604 682-8777



OFFICERS

Pres.	Sam Joslin 682-8777
V.Pres.	Joan Wellwood 685-9348
Secretary	Julie Otten 682-2015
Treasurer	June Cowan 682-0861
Rides	Bill Semmens 685-9452
Soc.	Suzie Woodward 688-2972
	EDIToR
	Peggy Tresenriter 387-6617

TIME TRIALS

If you can ride a bicycle ten miles, you can do a time trial. Here are a few suggestions to improve your speed.

- 1) Limber up the back by doing daily stretching exercises. The idea is to become comfortable on the drops of the handlebars. A back parallel to the ground is more aerodynamic than the latest aero parts.
- 2) Show up early enough to pedal 2 or 3 miles at a moderate pace. Warm up the legs. Make sure to get enough sleep and eat a very light breakfast.
- 3) Remove extraneous equipment: bags, water bottles, pump, etc. All these items contribute to wind resistance.
- 4) Work toward a positive mental attitude. Improve your time, don't ride against other rider's times. Everyone should win in the time trial.

Time Trials take place most Saturdays (check the ride schedule). Location is Old Galena Road just north of Cedar Hills Drive (north of Mossville), at 7:00 A.M. Please park in the parking lot and not on the road. Remember: TT's are an individual effort--no drafting or pack riding.



"Doing 40 miles an hour in a 25-mile-an-hour zone—going through a red light. Where's the fire?"

JIM BERRY, NEWSPAPER ENTERPRISE ASSN.



MOSSVILLE 10 MILE TIME TRIAL RESULTS

(Information: 682-8777)

Timer: Ron Johnson

	4/20	4/27	5/4	5/11
Tom Fiorentino Sr.	38:08			
Tom Fiorentino Jr.	36:08			
Jim Carroll	34:18			
Jim Brownfield	33:59			
Clark Rians	34:07			
Pat Karns	32:07	34:01		
Mike Gatz	29:22			
Jim Clark	33:13	34:34		32:07
Ron Love	32:01	33:07		30:59
Jim Hogan	34:11			
Jack Geitz	33:24			
Blair Maust	32:22		31:24	
Mark Kelly	27:18	26:40	26:42	26:08
Marty Hamm	27:37	Flat DNF	28:37	26:57
John Wellwood	28:49	27:34		27:32
Randy Senneff	26:33	27:20		
Dan Briggs	27:19	27:35		
Kevin Holzhauser	26:26	26:31	26:55	26:00
Denny Tresenriter	24:52	25:43	26:11	26:02
Daryl Johnson	24:49	24:34	23:53	24:01
Linda Schumm		35:21		
Richard Hilsbos		28:53	27:42	26:47
Ted Gambogi		28:43	28:46	
Maureen Kelly		35:01		
Jim Noyes		26:40		26:55
John Kalinski		31:08	30:20	29:25
Ken Beckler		28:24		
Carlos Zuluaga		28:25		
Jay Manthey		27:13		
Mark Rosenberg		31:36		
Chuck Rogers		30:12		
Doug Balvanz			29:15	28:24
Craig Burgess			31:11	
John Reynolds			27:07	
Steve Cornelius			30:09	
Brett Rickett			25:16	24:44
Steve Butler			32:20	31:00
Allan Deboe			30:59	
David Martin				35:32
Craig Butler				36:10
Mike Hagerty				26:05
Steve Cornel				28:12
Dave Sherwood				28:19
T: Temperature	T 65°	T 55°	T 65°	T 55°
Winds	N@25mph	SE@5mph	N@10mph	N@25mph



REMINDERS

CLUB MEETING: May 28, 7:30 P.M., Safety-Town. We're sorry, but our "previously scheduled speaker" will not be with us. ~~Barvey Con~~ (belch) Clyde Vicary will present a slide show on Mountain Biking. Clyde, now a mailcarrier, once worked for Bushwacker's on Main St. and brings to his presentation a great amount of outdoor knowledge----JOIN US!

MAY RIDE REVIEW:

- May 26: 7:30 A.M. Lk of Woods Plza/Chilli
25mi (I) Jim Hogan: 243-9313
- 8:30 A.M. Dunlap HS/Brimfield
(I) Steve Meisner: 692-9724
- 1:00 P.M. Charter Oak School
20 mi (N) June Cowan: 682-0861
- 1:30 P.M. Vitesse/Chillicothe
45 mi (E) Sam Joslin: 682-8777

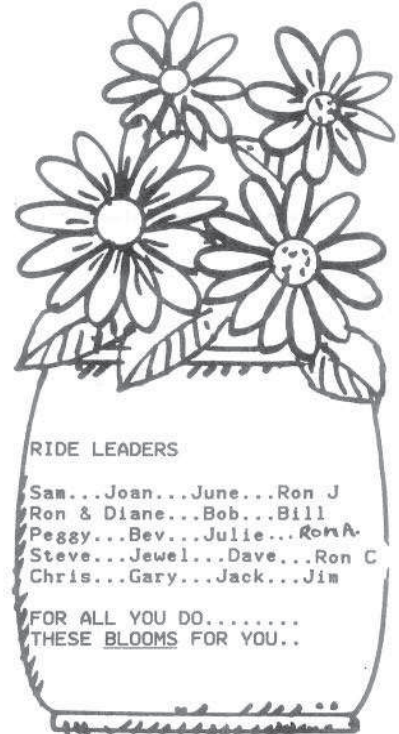
May 27: MEMORIAL DAY PATCH RIDE
8:30 A.M. Freedom Hall Morton/
Goodfield Dave Gardner: 263-0596

May 28: 6:15 P.M. Pioneer Pk Bank Meeting!!
(N) Ron Johnson: 682-8777 Night..

May 29: Wednesday Night Social Ride 6:00 PM
Avanti's Ron Chandler: 688-4506
Wash. Square Ron Anderson: 444-2018

Lead a Ride!

INTERESTED IN LEADING A RIDE?
HOW ABOUT SUGGESTING A ROUTE?
IT ONLY TAKES A MINUTE TO CALL
RIDE CHAIRMAN: BILL SEMMENS
CALL TODAY: 685-9452



RIDE LEADERS

Sam...Joan...June...Ron J
Ron & Diane...Bob...Bill
Peggy...Bev...Julie...Ron A.
Steve...Jewel...Dave...Ron C
Chris...Gary...Jack...Jim

FOR ALL YOU DO.....
THESE BLOOMS FOR YOU..

THANK YOU

May-American Bicycle Month

NEWCOMERS

PEORIA:

- James Brown
- Carol Lund
- Pat Rardin
- Thea Swain
- Pat McClellan
- Teresa Dean
- Martin Thompson
- Susanne Rhodes
- Lorne Tweed
- Eric Hutchison
- Harold & Doreen Graber
- Jim Carroll Family

PEKIN:

- Stacy Melton
- Sam&Marilyn Romans
- E.PEORIA:

MORTON:

- Harvey Collett Family
- Ted & Roseanne Gambogi

WASHINGTON:

- Walter Ruppman



WANTED: A Bugger
Need is immediate!
Gail/John Baldes
309-347-2897

JUNE RIDE CALENDAR

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

NR: Novice Ride from Pioneer Pk Bank; Tuesday 6:15 P.M.
 Contact: Ron Johnson 682-8777
 MSR: Wednesday Social Ride 6:00 P.M.; 3 Locations
 Ayaniti's on Sterling (Ride Leader)
 Washington Square: Ron Anderson 444-2018
 Pekin Eagle Store: Gary Sams 346-2008

TT: Time Trials Cat. Tech. Cntr.-Old Galena Rd. 7:00 A.M.
 Contact: Ron or Sam 682-8777
 S/G: Washington Square Show N Go 15-35 mi. 8:30 A.M.
 Contact: Bob 676-0166 or Ron/Diane 697-9009

1
 Time Trials 7:00
 Washington S/G 8:30

2
 8:30 (I) Hanna City to Elwood 30mi
 Jewel Meyers: 565-7389
 RHP Below-Start Jewel's House
 1:00 (N) Woodruff H.S. for ride to include
 Old Fashioned Days at Glen Oak Park
 June Cowan: 682-0861

3
4
 NR
 6:15

5
 WSR 6:00
 Sam: 682-8777
 Washington Square
 Pekin Eagle Store

6
 Rain Note
 for Ayaniti's WSR

7

8
 No Time Trials
 7:00
 Steamboat Workers Ride
 Washington S/G 8:30

9
 8:30 (I) Pekin Ins. to Delavan Av. Legion 30mi
 Gary Sams: 346-2008
 1:00 (N) Washington Square 15-20mi
 June Cowan: 682-0861

10
11
 NR
 6:15

12
 WSR 6:00
 Bill: 685-9452
 Washington Square
 Pekin Eagle Store

13
 Rain Note
 Ayaniti's WSR

14

15
 No Time Trials
 STEAMBOAT
 DAYS
 PEDAL IN

16
 FATHER'S DAY
 STEAMBOAT DAYS PEDAL IN

17
18
 NR
 6:15

19
 WSR 6:00
 Ron C: 688-4506
 Washington Square
 Pekin Eagle Store

20
 Longest
 Day of
 the year!

21
 SUMMER BEGINS

22
 Time Trials 7:00
 Washington S/G 8:30

23
 7:30 (I) Lk of Moeda Piza to CHILLI 25mi
 Jim Hogan: 243-9313
 8:30 (I) Morton Field Shpg. Cntr. to Bloomington
 Jack Welton: 387-6117 Longer Ride: 70mi
 1:00 (N) Charter Oak School-Vista Creek Fest
 Joan Wellwood: 685-9348

24
25
 NR
 6:15

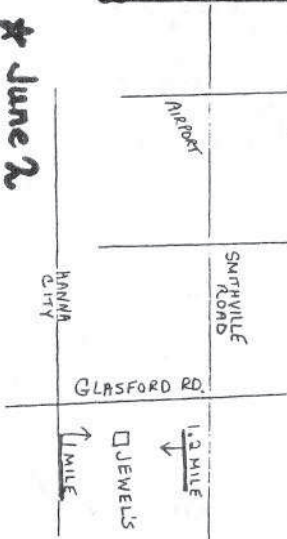
26
 WSR 6:00
 Bev: 389-5815
 Washington Square
 Pekin Eagle Store

27
 Rain Note
 Ayaniti's WSR

28
 Elroy/Sparta
 Leaves Venture
 6:00P.M.
 Bill: 685-9452

29
 Time Trials 7:00
 Washington S/G 8:30
 ELROY
 SPARTA

30
 7:30 (I) Pekin Ins. to Mackinaw 40 mi
 Gary Sams: 346-2008
 1:00 (N) Tremont Park-ride to Minister to
 watch the Sky Diver's Club
 June and Joan
 ELROY/SPARTA TRIP



N: Novice/Short Ride/Many Stops/Up to 12mph
 I: Intermediate /Medium Ride/Stops/12-16mph
 E: Experienced/Longer Ride/Minimum Stops/16mph
 (Due to the increasing length and difficulty of the intermediate rides, the experienced ride will join with the intermediate ride. Two or more groups may be formed as needed by abilities or desires of the riders).

* June 2

PEDAL IN '85

This is the last newsletter before the Pedal In. If you don't send in your registration (forms available at local shops and at the meeting), next month we'll be telling you all about the great roads, red-winged blackbirds, and new folks we met. Of course, second-hand news is the blues of lost opportunity. Pedal In is June 15 and 16. On the ride will be food stops, a sag wagon, marked & mapped course, and a photographer to record for posterity. Volunteers will be notified of their jobs at the May meeting or by phone call thereafter. Northwest Peoria County--Not just a state of mind: it's a reality. Send in your application today!



Dear Readers (and Cyclists), I don't know if you've noticed it or not, but this seems to be the year to ride your bike. Chalk it up to the wonderful weather (despite the wind), the excellent exercise, the really organized rides, or the fantastic friendships--but it all adds up to the same thing...BICYCLERS BICYCLING!

There have been an average of 12 riders on the Sunday Novice rides, 18 on the Saturday morning rides, 20 on the Time Trials, 24 plus on the Sunday morning rides, and 26 on the Tuesday Novice Rides!!!! It's Awesome (sorry, Denny).

If you've not been able to get your bike in gear yet--make a commitment to yourself to do so now! Hey, why are you still reading this?! "The future is around the next curve, but the magic is riding. Ride slowly enough to spot the trees, hear the birds and smell the countryside. Time and life take on new meanings for the cyclist."



YMCA 'Folks on Spokes' Bike Rides
Saturday, June 29, 1985
Register in advance at YMCA
or on the 29th from 7-8 A.M.
3 Rides: 15, 35, & 50 miles; Refreshments
Fee: \$4.00 per person/ \$10.00 Family
Start Downtown East Peoria
Call: 694-6488

BICYCLING:
your celebration
on wheels!



"It's surprising what you see
when you're cycling that you don't
even notice when you're in a car."

BERNHARDT IN SATURDAY REVIEW

ILLINOIS VALLEY WHEELMEN 1985 APPLICATION MEMBERSHIP

Name: _____ Phone: _____

Address: _____ New: _____ Renewal: _____

Age: _____

BICYCLING INTERESTS: Short, slow-paced _____ Moderate _____ Other _____

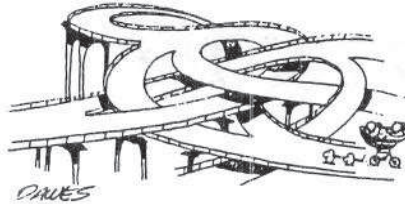
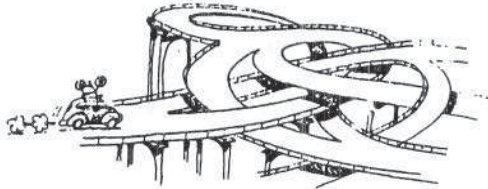
Saturday _____ Sunday _____ Weekend Tours _____ Time Prefer _____ Other _____


DUES : INDIVIDUAL \$8; FAMILY \$10

Applicant's Signature

Date

Parent or Guardian (if under 18)



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

Bulk Rate
U.S. Postage
PAID
Permit No. 310
Peoria, IL 61601

23 RON ANDERSON FAMILY
203 LOCUST
WASHINGTON IL 61571