

AUG 86

ILLINOIS VALLEY WHEELMEN



PRESIDENT'S NOTES ---

The ride of the month for August is Diane's Ride (formerly the Summer Metric). You will find all the information on this ride elsewhere in the newsletter. I would encourage all riders to consider their attendance as a celebration of a life. Expect to see good roads, good food and good people. You won't be disappointed.

The elusive IVW T-shirts have landed and are at Vitesse in Peoria Heights. If you have ordered a T-shirt, please come and get it. Also be sure to inquire about extra T-shirts available. Heck, there might even be a Pedal-In shirt left.

THREE RECENT RIDES YOU MAY HAVE MISSED--- July 4th was marked by 35 enthusiastic members who pedaled 25 miles before pigging out royally at the cookout by Gambogi's in Morton. Good burgers. Of course, Morton aborted its fireworks this year due to institutional fear and insurance, but illegal and therefore very satisfying fireworks did not let the holiday go unmarked.

17 cyclists beat the heat on the annual Morton to the Falcon Restaurant in Normal July 6th. Surprisingly, the pavement didn't begin to melt until 10 miles before the end... The third ride of note was any other ride of June. There are no losers.

The MIT Press has presented the club with a discount book program for orders of 5 or more copies. One of the books being offered is John Forester's Effective Cycling manual which should be a required text for any cyclist. Have you wondered what it takes to be a serious cyclist? The answers are in this book. Effective Cycling should be as much a part of your gear as a helmet. Effective Cycling is \$15 (before discount) paper, \$32.50 in cloth. Shipping is .75 per book. Call me at 682-8777 and let me know you want one. Deadline for orders is Aug. 9. Discount will amount to 20%.

Quote of the Month ---

I loathe people who keep dogs. They are cowards who haven't got the guts to bite people themselves.

--August Strindberg

See you on the road -- Samuel

JUNK FOOD RIDE

On Wed. Aug. 13th bring a hearty appetite and your favorite junk food (Twinkies, Ho Ho's, cookies, Doritos, etc.) to the ride. After a short ride from the Lake of the Woods Plaza, we will go to the Bennings (12226 Lake Forest Drive) to feast on everything that is bad but fun. Drinks will be provided.

If your junk food is perishable, give Liz B a call (243-5206) and arrange to bring it to the house before the ride.

meeting

No meeting in July...

No meeting in July...

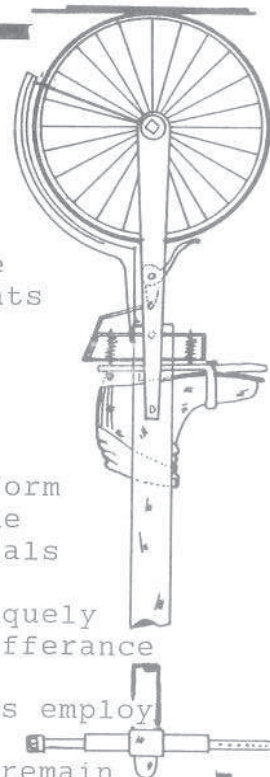
No meeting in July...

Next IVW monthly meeting will be August 28. Slide show of Diane's Ride will start off the evening, followed by refreshments and a brief business meeting.

Coming in September...

PHYLLIS HARMON, honorary League of American Wheelmen director will be in town to inform the club of the goings on in the L.A.W. Phyllis was pushing pedals when members of the club were a future generation; she is uniquely qualified to speak about the difference between then and now in a more confident manner than most of us employ in distinguishing up from down. Be there or there will forever remain a candle unlit in a darkened corridor of knowledge.

REMEMBER --- IVW meetings are held the forth Thursday of each month at Safetytown, 6518 N. Sheridan in Peoria @ 7:30 p.m. with the following exceptions: July, November, December, and possibly 1987...



PEDAL--IN 1986

Once again we have another big success on our hands. Over 200 people enjoyed our hot 2 day ride. In spite of the green bananas we had a good time.

As you know, something new to the ride this year was a picture of each rider. The pictures were taken before the ride and developed during the day Saturday. They were then passed out in imprinted frames as the riders returned to the start at the River City Athletic Club. For those riders that checked in before the prints were ready, your pictures will be mailed to you as soon as we get them addressed.

For those interested in numbers, we had about 190 people on Saturday and 75 people on Sunday. Roger Jensen said he counted 55 brave souls on the full century route. I'm not sure but I think about 10 people were sagged in.

A big thanks to Dave Gardner for all his help with the art work on the ride. He designed the Pedal'Round Peoria Town logo and did all the art work on our brochures and tee shirts. Also a big thanks goes out to Ron Johnson who developed the routes for the ride and also did a lot of leg work for the pictures.

Everyone really pitched in on the ride, so we really need to thank everyone both up front and behind the scenes on the ride:

Co-Chairman	Julie Otten	
Food Chairman	Jim Hogan	
Committee member	Ron Chandler	
	Sam Joslin	
Registration	Peggy Sullivan	Peggy Tresenriter
	Phil England	Jeannie Holloway
	Brian White	Eric Hutchison
Pictures	Carol Hill-photographer	
	Eric Carlson-picture development	
	Eric Hutchison	
Sag Wagons	Sam Joslin	Don Wendt
	Gary Sams	Jeannie Holloway
		(Sag Stewardess)
Food Stop Workers	Roger Jensen and Family	
	Bonnie Davis	Cindy Matthias
	Mo Kelly	Terry Tesar

Bill Semmens
Chairman Pedal-In '86

The IVW doesn't limit itself to riding together just once a week. The club offers a variety of rides throughout the week....Come on out and join the FUN!

TUESDAY

TUESDAY NIGHT CASUAL RIDES (for beginners and those wishing an easy pace) leave from the Commercial National Bank parking lot on the corner of University and Pioneer Park Drive. Ride leaves at 6:15, covering a leisurely 10-20 miles. Everyone is welcome. For more information call 682-3777 and ask for Ron.

WEDNESDAY

WSR (WEDNESDAY SOCIAL RIDES)

WSRs begin from Washington Square, Commercial National Bank (CNB) at University and Pioneer Parkway, and from the Eagle store in Pekin. The Pekin and Peoria rides begin at 6:00 PM and the Washington ride begins at 6:15 PM. Distances range from 12-25 mi. -depending on weather conditions and the amount of daylight.

Gary Sams (346-2008) leads the Pekin ride. Those interested in the Washington Ride should contact Ron Anderson (444-2018). The Avanti's ride has various leaders. (leaders names will appear on the ride schedule.

After the Peoria ride, quite a few of us go inside to Avanti's to talk, eat, etc. Even if you can't make the ride, you are always welcome to meet us afterwards.

SATURDAY

Time Trials; 10 mi; 7AM; Old Galena Road near Cat Tech Center.
HELMETS REQUIRED

SHOW & GO (S&G)-from Washington Square, every Saturday; 8:30 AM
Breakfast Ride-varies from 20-30 miles. Those who show(s) - go (g)

SUNDAY

Sunday rides begin from all over the area and usually start in the morning. They vary in distance and always have a leader. Questions relating to a specific ride, such as the terrain or riding pace, can be answered by the ride leader (whose phone number is listed).

SOMETHING NEW FOR SUNDAYS Dave Glackin will be leading a 15-20 mile casual ride on several Sunday EVENINGS. The ride begins at 6:00 PM from the Comm. Nat'l Bank parking lot.

The Sunday Evening Casual Rides are held every other Sunday. Dates for upcoming rides are July 27th, August 10th and 24th.

If you don't see rides you like, please call the ride chairman, Gregg Benning and volunteer to lead the ride of your choice (your pace, your distance, your route).

Consult ride schedule for leader.

AUGUST 1986

Ride Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
WHALE 3 Lake of the Woods Plaza to Brimf'd for Breakfast: 30-35mi; 7:30AM Jim H 243-9313	4	Casual Ride Pio.Park 6:15 PM Ron 682-8777	MSR- Wash.-6:15 PM Pekin -6 PM Peo.-6 PM John A 692-4086	7	8	WHALE 2 TT.Mossville; 7AM Wash.Sq.S&G; 8:30AM
Tremont to Hopedale for Breakfast: 30-35mi; 7:30AM Bob J 676-0166 Casual Ride-CNB; 6PM Dave G 682-8777	11	Casual Ride Pio.Park 6:15 PM Ron 682-8777	MSR- Wash 6:15 Pekin-6 PM Peo.-6 PM Liz B 243-5206***	14	15	TT-Mossville 7 AM S&G-Wash.Sq. 8:30 AM
DIANE'S RIDE 17	18	Casual Ride Pio.Park 6:15 PM Ron 682-8773	MSR- Wash.-6:15 PM Pekin-6 PM Peo.-6 PM Dennis O. 688-8377	21	22	TT-Mossville 7 AM Wash.Sq. S&G 8:30 AM
Hanna City to Elmwood; for Breakfast: 40 mi; 7:30AM Phil E. 674-3401 Casual Ride-CNB; 6PM Dave G 682-8777	25	Casual Ride Pio Park 6:15 PM Ron 682-8777	MSR- Wash.-6:15 PM Pekin-6 PM Peo.-6 PM Brian W. 574-4248	28	29	TT-Mossville 7 AM Wash.Sq. S&G 8:30 AM
Duniap H.S.; 20-25mi; 10:30AM; Picnic & Swim Ride Rolla G 243- 5691 5691	31			<u>MTG.</u>	30	Time Trial (TT) Mossville; 7 AM Show & Go (S&G) Wash.Sq.; 8:30AM

**Bring a swimsuit and towel-
 We're going to Rolla Godfrey's
 house after the ride!!!

* RIDE OF THE MONTH

*** Junk Food Ride
 See note pg 1.

See reverse side for ride description

[The following letter was submitted by Alan Crossland, a Canton member and a dedicated long distance cyclist, as well as a founder of the Spoon River Wheelmen]

In the ten years I've cycled, most memories are pleasant. Motorist awareness and courtesy has gradually improved. However there have been a few maniacs who wouldn't observe my right of way and have buzzed past my elbow.

Usually, these unfortunate incidents were on U.S. or state highways, not the county roads I frequent.

At least they were until the Green Pickup whizzed past my elbow on Canton Lake Road last fall while I was headed for work at 6:30 a.m.

During the winter he buzzed me twice, once on my way to work and again on an after-work ride while headed back to town. He had also buzzed my co-worker, Robin Shirley, who sometimes rides to work. By this time we had a partial plate number and a growing case of indignation.

One morning in mid-March when Robin was driving to work, the Green Pickup zoomed around him, barely missing the back of his car. Robin sped up to get his plate number. Robin drove 70 mph in a 45 mph zone to read the license.

We called the Canton police to get an ID on the truck and driver. Canton informed the Fulton County Sheriff. They said they would be on the lookout for the truck.

He buzzed me again April 17th. I called the sheriff's office and told them I wanted to sign a complaint. A deputy came to my home, filled out a reckless conduct citation which I signed, served the citation to the driver, and returned a copy to me.

I had to go to Lewistown and sign a written statement prepared by an investigator for the state attorney's office. They said they would call if they needed me to testify. The court date passed without any word from the courthouse.

I finally called the investigator when nothing appeared in the paper. He told me the prosecutor had given the driver a "good talking to", but didn't press charges. A stiff fine would have helped satiate my taste for vengeance.

The driver's chat with the prosecutor did change his driving habits, at least for a while.

The Green Pickup has passed Robin and me since the court date. he passed both of us at a reasonable speed and at a safe distance. I still wish he would have gotten a little thump from his brush with "the long arm of the law".

TIME TRIAL RESULTS ---

	June 14	June 28	July 5
	70 deg. calm	75 deg. fog/calm	75 deg. S wind 15-20
Charles Ruppman	35:54		
Jack Geise	28:16		
Mike Julien	32:52		
Dennis Tresenriter	23:35	23:07	
Ken Beckler	25:51		26:38
Daryl Johnson	23:05		
Debbie Kumpf		31:30	32:45
Tom Warren		29:45	
Mike Evancik		28:25	
Les Morris		27:42	
Greg King		25:31	
Alan DeBord		29:45	
Sam Joslin		25:43	
Brad Stewart		25:17	
Jim Smith		24:52	
Ron Love			29:02
Alan Crossland			28:31
Mark Kelly			25:41
Dave Kemmerer			26:37
Mo Kelly			28:54
Eric Carlson			25:11



TIME TRIALS are held each Saturday morning at 7. (Unless weather is awful or an invitational of large importance conflicts) Start is at the visitors parking entrance to Cat's Tech Center in Mossville, just north of the Cedar Hills Drive/ Old Galena Rd. intersection. For more information on time trials call 682-8777.

This is not a plea for reluctant members to attend this event. We have already heard the excuses-- too early, too hard, I'm just a tourist, etc. The only reply to these answers is an attack on that persons man or woman-hood, and frankly the organizers of this event are too gentlemanly to resort that type of below the belt conduct.

It is left to the organizers to publically assume that a large number of IVW members are merely unaware of the unique satisfaction to be gained from a personal battle with the clock over a ten-mile (mostly flat and unassuming) course. So you of would-be doughty leg, on with the boogie shoes and to the trenches. We salute your intentions and graciously applaud your actions.

FROM THE MAILBOX ---

At its June meeting, the Arlington Heights Bicycle Association read a letter from one of its members, Dick Marr, who is midway on a 6000 mile trip from Florida to Anchorage, Alaska.

The Blackhawk Bicycle Club (Rockford) recieved a card from around the world cyclist Bernard Magouloux who described the leg from China to Lhasa, Tibet. "I had to bike 1500 miles of gravel road and fight 18 passes over 13,000 feet...survived with tea and barley flour mixed with yak butter-- the bicycle suffered more than me (down to one gear after derailleur broken)... heading to KATMANDU."

The Bloomington (Ind) Bicycle Club reports the date for the Hilly Hundred as October 18 and 19. Its recent newsletter consisted of 10 double-sided 8½ x 11 sheets with over 20 different contributing authors.

WHALE '86
Wheeling Around Lake Evergreen

Join us August 2nd & 3rd for the second annual whale of a ride to Lake Evergreen in McLean County.

We will leave ICC's Interim campus at 8:00 AM Saturday and return Sunday after Breakfast.

For the mere cost of \$16.00, you'll get the following:

- a deli sandwich lunch on Saturday
- a corn boil and steak fry
(World famous Chef Bill will be flown in from Paris, France to man the grills.)
- Coffee and Rolls on Sunday
- Camping under the stars (Park entry and camping fees are included)
- Sag service for your gear
- soda pop and Water
(BYOB for other beverages)

Canoe, sailboat and paddle boat rental available for a fee.

R.S.V.P. and Payment required by July 30th. To sign up or for more information call Julie Otten 685-8098 or Bill Semmens 685-9452.

Julie will be out of town the weekend of the 19th so you may fill out the following entry and send your entry fee to:

Julie Otten
609W Corrington
Peoria, IL 61604

or drop it give it to Sam Joslin at Vitesse.

NAME: _____

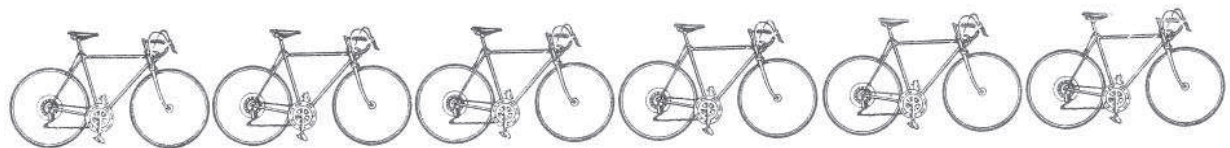
ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Whale Entry Fee \$16.00 / person

P.S. If you're mailing your entry get it in the mail by the 28th.



Since Diane's death on April, I've written many letters and notes to thank people for their sympathy. I also wrote a letter to Bicycle USA which some of you may have read. This letter is the most difficult because of the many friends in the IVW. My feelings and thoughts are no match for those of Diane. Included in this newsletter are two pieces written by Diane. "The Joy of Bicycling" was intended for this newsletter, but she never submitted it. However, Sue Notorangelo printed it in the "Women's Cycling Network". The second piece is from a personal letter to a friend. I did not find it till after her death.

Again, thank you. Thank you especially for the many miles we shared. I hope to see you all at "Diane's Ride" Sunday, August 17th.

Ron Matuska

From a letter to a friend

I enjoy bicycle touring. I enjoy the wheels turning under by pedal power. I enjoy watching the seasons change while I ride my bike, from the dead of winter, to the first sprig of green, to the lush forests of cornfields to the colored leaves flying through my spokes. I incorporated my bicycling into my wedding. I road the tandem to the reception, walked out of the church to "A Bicycle Built for Two", had a bicycle on the top of my wedding cake and a little picture of a bicycle on the wedding brochure. My bicyclin was an important part of my personal life and my whole life. My house is decorated with bicycles all over it. I am very lucky to be able to claim th at I have found the perfect solution to blending my bicycling with my career by commuting to work. When I commute I get up early and go out for an additional few miles just to hear the birds chirp and see the sun rise from the view of my bicycle saddle. After the tension of my job all day, I look forward to burning up that tension by cruising out on my bicycle and watching the swan swim in the pond on Cottonwood Road as I ride by. From time to time I feel like I have wings on my wheels as I click off a 6.5 hr. century as I did last year on TOMRV and ILLIAMO.My endurance when bicycling has always amazed even me. When I put the packs on Old Green I feel complete with the world. I feel I can ride forever. That is how I most long to be, cruising down the road, and traveling to different parts of the country, watching the terrain, scenery and the cultures change.....

.....Years ago when I would sign up for a century ride, the people would look at me like I was crazy or something. Only men rode bikes. I would be the only woman on many of the rides. The men accused me of having a steroid injection or something because women would not normally ride bikes.....I am very pleased to see so many young women riding their bicycles. I am also pleased to see the group of women my age who are getting into the sport and excelling. This gladdens my heart. I say a silent HOORAY when I see the women out riding on the roads today. My hope for bicycling is that more people will feel this same passion for the sport as I do and make bicycling a part of their lives.

.....I feel misunderstood by a lot of people who do not understand my motives. My motives are solely to enjoy bicycling. I do the work I do for the bicycle club because I enjoy ~~being~~ an active part in promoting my sport.....

The club means a lot to me. This club encompasses a large group of people from all spectrums on the social/economic world. From high powered professionals and executives to unemployed, laid-off workers. From ages that span from 15 to 60. Males and females, married and single. The only thing we have in common is bicycling. I think that's great. I think that's enough.

Diane

As the WCN grows, our members may never get the opportunity to meet each other because of sheer distance that separates the group.

In the case of Diane Ziegler-Matuska, one of our first charter sign-ups, the distance is not the factor for she was the victim of a fatal hit-and-run accident this spring. Here is her story. S.N.

A Tourists Story - The Joy of Bicycling

by Diane Ziegler-Matuska

Peoria, Illinois

Illinois Valley Wheelmen Member 10 years

Reports are listed in the IVW Newsletter of the speed of the time trialists who try to beat their own and other riders speed records, and of the fast rides on Saturday mornings. Few reports are ever listed about tourists and the records they maintain and achieve. This is a story about a bicycle tourist.

I started touring when I was 22 years old. Like everyone else I bought a bicycle to ride around town. Seeing the Illinois Valley Wheelmen rides listed in the Weekender section of the Journal Star (the local paper), I would ride over and peek at the group. I didn't ride with them because I was shy and I didn't think I was good enough. I remember seeing the IVW bicyclists and their nice bicycles thinking how elite they must be. The first IVW Pedal-In was listed in the paper, however, I had never ridden that far, so I stayed away. That summer my sister and I left for a bike packing trip starting from LaCrosse, Wisconsin. We rode across the state to Kenosha and then back to central Illinois. We rode 500 miles in 10 days. On this trip I met a fellow from Normal who told me about the bike club in Peoria. So mustering up my courage I went to a club ride starting in Tremont. We rode to Hoedale and back. Some of the riders looked pretty strong. However, being the only female rider, they took turns riding with me and waited on the corners when I lagged back. Somehow I managed to keep up and finish. After my initial ride I went out with them every Sunday and went on a few out-of-town tours in the fall. One was in Galena, IL, starting at Chestnut Mountain and the other was in Bloomington, Indiana, the Hilly 100. I logged about 4,000 miles my first year.

By my second year I was riding all the time. Doing centuries for the fun of it. I rode TOSRV (Tour of the Scioto River Valley, Ohio) in the spring, centuries back to back and did another tour across the Upper Peninsula of Michigan. The next year, after doing so many centuries the prior year, I knew it was now time to do a double century. So down to Litchfield I went for the annual Central Double Century ride. The week after the double I left for a tour from Peoria to Denver, via Estes Park, where I logged at total of 1,400 miles in two weeks. (I could never get the most improved female rider award, I started out improved.)

From that time on it was riding history. Each year with a new destination for a cycling trip, I put the packs on and rode from Peoria to Oklahoma (in August-HOT!). I rode from Peoria to Cincinnati to Bloomington, Ind. I rode northern Wisconsin and SAAGBRAV. I rode the Canadian Rockies. The culmination of my bike-packing history climaxed when I rode with only my sister, Nancy on the transcontinental Bicycle route from Portland, Oregon to the coast at Tillamook, crossing all the mountain ranges in between the Outer Banks of North Carolina (4,219 miles in 50 days). I rode the Arizona desert (in August-EXTREMELY HOT!!). I have toured the northern regions of Florida. I also have toured the State of Forgottenia to Missouri, to Southern Illinois and back to Hoosier country in Indiana. I toured this year across the great state of Iowa and RAGBRAI and then took a couple of days and rode to the end of Illinois and over to Indiana. My lifetime touring goal is to tour all 50 states-I've got about 30 of them now.

Each year, aside from my bike-packing, I ride countless IVW club rides, and commute to work on a daily basis in season. My riding season realistically starts around March 15 and ends around October 30th. I log all my miles in the daylight. I believe it is much too dangerous to ride in the twilight or evening darkness.

My goal from the first was to log at least 5,000 miles per year on my bicycle. I have records and riding logs from the beginning of my riding history. Many years I have exceeded this by about 1,000-2,000 miles. To date I have logged 68,000 miles on my bike. The year of the Trans-Continental I logged over 8,300 miles, my personal record for a year of riding. This year I am very proud to say I have beat my own record of the trans-continental year. I have ridden 8,500 miles in 1985. No other IVW member has ever logged this mileage in a single year with the exception of a

former member Don Eberle, with whom I had the pleasure of riding many miles. This breaks down to an average of 23 miles per day or 700 miles per month.

One might think I must spend all my time on my bicycle, however, aside from riding, I juggle a career, family and home. I feel very fortunate that I can blend my bicycle riding hobby and sport into my career by cycling to work. I also feel very fortunate that my husband also loves to ride a bike, takes bicycling seriously and understands why I ride and rides with me a lot.

Some of you are probably thinking:

"I can ride faster than Diane, she's not very strong." I have never been fast, but I go pretty far. I only travel fast when I'm running late or have a dog after me.

"She is not a very good hill climber." True, I don't stand up and push on the hills, but I have crossed most of the U.S. mountain ranges, the Canadian Rockies ranges and have ridden to the top of the highest paved road in the U.S., 14,260 feet in elevation.

"She may ride miles, but they aren't quality miles." All my miles are quality miles, each mile spurs me on to ride another and another.

Why do I ride? I love it. I like to feel the pedals turn under my feet. I like to see the wheels go around and around. I like watching the little fence posts go passing by as I cruise down the road. I like to see the swan in the pond out by the dump. I like to see the sun rise up over the Illinois River. I like to see the first clump of green grass as the snow melts. I like to feel the corn husks blow through my wheels and the leaves fall all around. I like to feel the wind in my face and at my back. When the weather conditions get worse than ever possible, rain, sleet, dust storms, snow, heat over the 100 degree mark, or hills that my knees feel like breaking and my heart is pounding in my throat, or a combination of all of these conditions in one day, that is when I have my most memorable rides.

Do I ride for health, physical fitness and weight loss? Oh my, no. I consider these factors pleasant side effects of bicycling. Do I know my top speed? What is my cadence? Do I know what number of gear I ride in? Do I do my own bike repairs and maintenance? Once, again, OH MY, NO! I have no interest in any of that stuff. I'm just a tourist, not a technician or mechanic. I could care less if I know I am riding in a 40 inch gear or a 100 inch gear. I only carry a minimum of tools in my bike bag, I wouldn't know how to use the others. I am, however, very good at changing flat tires, this is due to a lot of practice over the years and is second nature to me now. I once remarked to my husband that he should consider himself lucky that his wife can and doesn't mind changing flat tires for him, not too many husbands can say the same.

Bicycling is an integral part of my life. My only hope is that some of the new members of the IVW grow to love the sport as much as I do and get as much out of it as I. Bicycle touring is more than a sport or hobby, it's my way of life.

May the wind be always at your back, Diane Ziegler-Matuska

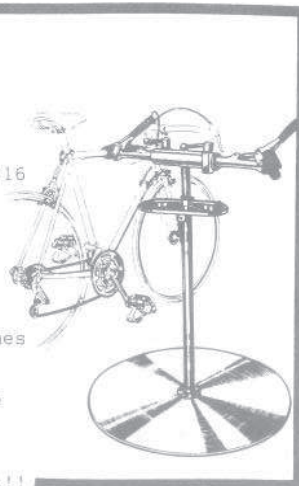


¶ The ILLINOIS VALLEY WHEELMEN is an incorporated non-profit organization of more than 20 but less than 300 members in the tri-county area. There are various folk in charge of different legs of this curious animal:

PRESIDENT: Samuel Joslin 682-8777
Vice-PRESIDENT: Rosanne Gambogi 266-6816
SECRETARY: Jean Waycuillus 699-1089
RIDE CHAIRMAN: Greg Benning 243-5206
NEWSLETTER EDITOR: No Kelly 691-4010
MEMBERSHIP CHAIRS: Ron & Cindy Johnson
688-8280
TREASURER: Bill Semmens 685-9452

¶ Newsletters are distributed about 11 times a year through bulk third class mail. Such stuff isn't forwarded, so please notify the membership people when you're making your move.

SOCIAL CHAIR: Nancy Beck 263-7187,
phone no. is changing so keep alert!!



1986 IVW MEMBERSHIP

DATE NAME(S) OF APPLICANT(S)


NEW/RENEW STREET ADDRESS CITY STATE ZIP

PHONE NUMBER

DUES:\$10 individual,\$12 family;Mail to: Illinois Valley Wheelmen
6518 N. Sheridan Rd.,Peoria,IL 61614

JULY

7/20	7:30AM	Washington Square to Roanoke for Breakfast; 35-40 mi;Steve V 673-0182
7/22	6:15PM	Casual Ride;CNB;Ron 682-8777
7/23	6:00PM	Wednesday Social Ride
7/26	7:00AM	Time Trial;Mossville
	8:30AM	Washington Sq. Show & Go
7/27	7:30AM	Kroger(on Sterling to Elmwood for Breakfast; 50 mi;Sam J 682-8777
	6:00PM	Casual Ride;CNB;Dave G 682-8777
7/29	6:00PM	Casual Ride;CNB;Ron J 682-8777
7/30	6:00PM	Wed.Social Ride

Illinois Valley 
Wheelmen

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

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

Ron Anderson
& Family
203 Locust
Washington IL 61571