

6518 N. Sheridan

Peoria Ill. 61614



ILLINOIS VALLEY WHEELMEN

SEPTEMBER 1988

PRESIDENT'S NOTES

If you didn't make the August meeting you missed an interesting one. As you may know, the name change to Illinois Valley Wheelers was defeated by a vote of 29 to 10 (my biggest disappointment was the small turn-out). I had expected a little bit of blood-shed but we all survived unscathed!

Not only did you miss an opportunity to vote on the name change, but you missed a great program. Many thanks to Steve Weast for an interesting view of Bicycling Baja California!

Diane's Ride on August 28th was on the most enjoyable I've been on all year. The weather was perfect, the route was good and hilly, the food was excellent and the company was the best! Thanks to Ron Matuska and everyone for a job well done.

- Jean

SEPTEMBER MEETING

The September meeting will be on the 22th at the usual place, Safety Town on Sheridan Road at 7:30 pm. Judy Koehler of the American Lung Association is scheduled to present a program about Debbie Rouzer's TransAmerican Trek.

PROPOSED CONSTITUTION CHANGE

(Several members have submitted proposals again for a name change. This is the only one that has received multiple proposals so it is being posted here as required by our by-laws.)

There is a proposed Article change that will be voted on during the October meeting by members who are present.

The current Article I, #1 reads: The name of the Organization shall be the Illinois Valley Wheelm'n.

The proposed Article I, #1 reads: The name of the Organization shall be the Illinois Valley Bicycle Club.

The IVW is a Quiet Hero club. This means we are associated with the American Red Cross for the purpose of increasing the supply of blood available to the community. Just about anyone can donate and when you do, you'll not only feel good, but will also get a cookie.

Donate anytime the Blood Center on Berkeley Avenue (just behind St. Francis Hospital) is open or at one of their blood-mobile drives at other locations. Make an appointment, or just show up. For more information, call Jean Waycuilis at 673-6139 or Ron Matuska at 697-9009.

FROM THE EDITOR

The defeat of the name change vote (changing "Wheelmen" to "Wheelers") at the August meeting started a spirited discussion about our club and its purpose and direction. I was glad to see the change defeated, not because I lack sympathy with the women who find it sexist (I agree it is) but because I also think either name is elitist and conveys an uninviting "experts-only-need-apply" image of the club. My personal preference is to change the name to Illinois Valley Bicycle Club. It leaves no confusion as to what we are, it is not sexist, and it keeps the main part of our name heritage. Most bicycle clubs are named just that way; it makes sense.

The issue is coming up again in October and I urge support of the change. "Wheelmen" is a throwback name to the days a century ago when only macho men rode bicycles. Close to half of our members are women and if our present name offends even a minority of them, or worse, has kept some from joining, let's change it and get on with more important business, like enjoying bicycling! This issue has been festering too long.

More important to me than a name change is to start a slight change in course as to the way we serve our membership with the rides offered. We have about 220 paid members and only about 40 to 50 of us can be considered regular riders. Over my eight years as a member, I have seen many people join, come to one or two rides, get discouraged, and disappear.

This low percentage also translates into the complaint voiced at the meeting that not enough people volunteer to help on special rides, lead regular rides, and share in the monthly chores that are necessary to keep the club running. I know we can do better. We just have to make the club attractive to a slightly broader spectrum of abilities and do it in a formal and organized manner.

To start a dialogue, here are a few of my suggestions that are borrowed from reading in other clubs' newsletters as well as experience riding with the Evanston Bicycle Club near Chicago.

CLUB PURPOSE. The club should promote and foster recreational bicycling and cater to all abilities. Wanting to cycle should be enough. We have to recognize that not everybody wants to "improve" to the hardest level. There is nothing wrong with being a once-a-week rider. There are many once-a-week golfers that are happy to shoot 100! Let's welcome the equivalent riders and offer the rides they need.

GROUP RIDING. Set rules and standards for safe group riding. The EBC states in their published Guidelines for Group Riding that "riding ahead of the ride leader is considered unacceptable conduct" and they insist on it; riding ahead of the leader means you are no longer on the ride. I think this is an excellent policy for some rides but not all. Many people join the club because they feel that group riding is safer than solo and they enjoy the social aspects of sharing a common enjoyment. To subject new or less athletic members to riding at the rear of a two mile spread and make them feel they are holding back the lone "sweep" is rude and discouraging.

GRADED RIDES. We have to recognize that those with more experience and more athletic ability want to ride faster than the average rider so we must offer rides that meet this need. We have tried grading rides before but have never had the rules and mechanism in place to keep the system working. I propose the following classifications based on the systems used by several area clubs.

Athletic Rides. Average level speeds of 17-22+ mph. Here is where you "get to be all that you can be". (The Springfield club calls them Animal Rides!) Usually show and go; no leader needed. Perhaps twice or three times a week at standard meeting places.

Expert Rides. Average level speeds of 15-19 mph. This is for the faster cyclist to keep fit. Good pace for evening rides of about 20-30 miles or perhaps used as a one-hour-earlier prelude to a Standard Ride on weekends. Show & go, Tuesday and Thursday even-

- (continued . . .)

(FROM THE EDITOR, . . . continued)

ings and 7:30 Sunday mornings at same place as 8:30 Standard ride, no leader, standard meeting place evenings.

Standard Rides. Average level speeds 12-14 mph, 15 mph limit. These rides would be the mainstay of club activity. Holding to the speed limit and the "no-passing-of-the-leader" rule would be the responsibility of the ride leader. If you are faster than this, enjoy the Expert or Athletic rides, but please come help on these as an experienced leader or just keep us company and keep your prowess in check! Here we are a group. Saturday and Sunday mornings, 15-50 miles, Monday and Wednesday evenings, 15-20 miles.

Easy Riders. Average level speed of 9-11 mph, 12 mph limit. Leader will keep rate geared to slowest person on each ride. Great ride for beginners, parents with children, or anybody else that would like this gentler pace, Sunday afternoons, Tuesday and Friday evenings, must include a stop at Dairy Queen or such for treats, 8-15 miles.

The plan here is to keep the Standard and Easy rides at a fixed pace all season and resist the temptation to speed up as we "get in shape" because not everybody wants to go faster and we also need to accommodate new members that join during the season. Instead, when you feel ready, join the harder rides.

I know this looks like an ambitious schedule and I am offering it as a starting-point suggestion that will need modification, but the Springfield club does it in an area with half the population of Peoria. I suggest we set up a ride committee to work over the winter to enable something similar to this; of course I have volunteered to serve as needed.

My expectation is that by increasing the choice of rides our club can do its part to create that "critical mass" to make bicycling a more popular and recognized legitimate activity in the Peoria Area.

In the mean time, I would like to hear from you with comments and ideas, and if you would be willing to serve on such a ride committee. Particularly, I would

very much like comments from the members who do not regularly ride as I suspect in some way this club has not met your expectations. Please call me at 692-6162 or drop a line to me at 7324 N. University, Peoria 61614.

- Chris Drew

OTHER ITEMS: The deadline for newsletter is still the 20th of the month. We received a suggestion that we have a suggestion box column. I mentioned publishing suggestions last spring but this was the first suggestion! If you send them or phone them in we'll print them.

This month we have started a new column telling us a little about fellow members. It is written by Ivy Wheeler. This sounds like a phoney name to me but then what do I know! Ivy writes me that she will be asking a different member each month to share his/her deepest biking secrets. If you start seeing this rag sold at the Kroger check out stand, don't answer any questions from suspicious looking reporters!

CLUB AWARDS

AWARDS will be given out at the Annual Dinner in the following Categories:

- Most Improved Female
- Most Improved Male
- Hub of the Club - a person who volunteered their time/effort to IVW activities.
- Broken Saddle - Club mileage logs must be turned in to Marty Thompson. Club miles (only) from Jan. 1st to Oct. 1st. will be totaled for winner.

To nominate a club member for one of the above awards (except Broken Saddle) contact: Marty Thompson, 1511 W. Gilbert, Peoria IL 61604, Ph. 685-4571.

DEADLINE: Nominations must be received by Marty Thompson (AND NOBODY ELSE!!) by Oct. 1st and mileage logs by Oct. 10th. Voting will take place at the annual dinner & winners will be announced at that time.

"MEMBER"mobilia

by
Ivy Wheeler

A new column for the newsletter will feature different members each month. A member, chosen at random, will be asked to share his/her deepest biking secrets as well as a personal biography.

This month we feature Bob and Mary Scroggs who recently joined our club. They reside in Morton at 216 Evergreen, phone 266-5790.

Bob & Mary met during CAT vacation while Bob was out East. Seven weeks later they got married in Peoria to the shock of many people but eight years later are still together to tell of it.

Their wedding & honeymoon were surrounded by Bob's racquetball tournaments. Mary got into the game and they both stayed with it until a few years ago when a broken foot put Mary out of play, although they both still play not it is not with the same dedication.

So - in 1987, wanting a new way to get in shape, Mary talked Bob into buying a bike - a start to never ending charges on the credit card!!

From August, 1987, to July, 1988, they bought three new bikes each - upgrading to a Canondale Black Lightning for

"Racer Bob" and a Canondale touring bike for Mary.

Bob is the competitive one - he has just finished his first Criterium in Peoria - and came in 8th of 26!

Mary rides to get in shape - unfortunately due to allergies was set back for a week. She enjoys the solitude of riding but likes the group around. Due to asthma she can't always talk on rides (probably why Bob likes riding!).

Both Bob & Mary are employed at Caterpillar. He is a Staff Forecast Analyst at the Morton plant, she is a Systems Analyst in Bldg. AD in East Peoria.

They will sponsor a ride on October 9th. Come & meet them!

PEDALING TO BAR HARBOR

by
Ralene Linneman

On June 24th Ray and I left Henry beginning a month long bicycle odyssey using Bikecentennial's Iowa to Main route, maps, and all of this years' vacation.

Highlights of the trip included overpasses in Indiana (we didn't realize anything could be so flat!), a visit to "The Flats" on a day off in Cleveland, passing Amish buggies in Pennsylvania, the Finger

Lakes region of New York (home of some of the steepest hills), the mountains in Vermont and New Hampshire, and eating lobster in Maine.

After 29 days, 1725 miles, 2 flat tires, 1 broken spoke, and many hills, we finally arrived at the pier in Bar Harbor. It was a vacation well worth all the pedalling.

RIDE CALENDAR

EVENING RIDES WILL CONTINUE WHILE THERE IS SUFFICIENT DAYLIGHT!

(NOTE THAT SOME RIDES NOW HAVE EARLIER STARTING TIMES)

TUESDAY EVENINGS

MORTON, 5:30 PM, NOVICE. Field Shopping Center, about 15-20 miles. Ride Leader: Peggy Tresenriter (387-6617). (NEW TIME!!!)

PEORIA, 6:00 PM, ALL LEVELS. Commercial Bank lot, University at Pioneer Parkway, 10-20 miles. Ride Leader: Bill Wright (685-8549).

WEDNESDAY EVENINGS

PEORIA, 5:30 or 6:00 PM, ALL LEVELS, social ride. Starting place is Charter Oak Grade School. Meet after at Avanti's on Sterling. (NEW TIME 5:30, a second group will start for a shorter ride at 6:00).

SEPTEMBER 28: Guilt Compensation Ride! Did you indulge in Benning's Junk Food Ride? Compensate! Join their Health Food Ride (even if you weren't there you ate poorly somewhere else so come anyway)! 5:30pm at Bennings, Lake of the Woods, bring your favorite "health food", RSVP (243-5206).

WASHINGTON, 6:30 PM, SHOW AND GO. Washington Square, 10-20 miles.

SATURDAY MORNINGS

WASHINGTON, 8:30 AM, ALL LEVELS. Washington Square, ride to nearby town for breakfast, usually 25-30 miles. Show and Go. (PLEASE don't park on Square. Be considerate of the shoppers and local merchants.)

MOSSVILLE TIME TRIALS, 7:00 AM. Cat Tech Center visitor's lot.

SUNDAY MORNINGS

SEPTEMBER 11, 8:30 AM, WASHINGTON-ROANOKE, NOVICE-INTERMEDIATE

Meet at Washington Square for an easy 30-35 miles to Roanoke.

Leader: Phil England, (674-3401).

SEPTEMBER 18, 8:30 AM, JUBILEE PARK-BRIMFIELD, NOVICE-INTERMEDIATE

Meet at Jubilee Park for a ride through the hills to breakfast, 25 miles.

Leader: Lisa Freitag, (691-3865).

SEPTEMBER 25, 8:30 AM, MORTON, INTERMEDIATE-ADVANCED

Meet at the Field Shopping Center for a brisk ride to Carlock and back, 50 miles. Leaders: Dalton Larson (694-2272) and Randy Townsend (347-3848).

OCTOBER 2, 7:00 OR 9:00 AM, WASHINGTON OR LACON, INTERMEDIATE-ADVANCED

ANNUAL BUREAU JUNCTION RIDE. Meet at Washington Square at 7:00 or at 9:00 in the parking lot across from Coronol's Cafe in Lacon. The two groups will then join about 9:00 and ride to the Ranch House in Bureau Junction for lunch (\$6.50 all-you-can-eat buffet), 50 or 100 miles. Or ride one way and have your family meet you for lunch. Leader: Neal McMeekan (694-7328).

OCTOBER 9, 8:30 AM, PRE-FOOTBALL GAME!, RIDE OF THE MONTH, ALL LEVELS

Meet at Bob and Mary Scroggs' home, 216 Evergreen, Morton, for a ride to Goodfield for breakfast and then return to watch the football game, 30 miles (non-football fans welcome also). RSVP home (266-5790), Bob's work (266-3659), Mary's work (675-0040).

1988 ILLINOIS VALLEY WHEELMEN MEMBERSHIP

Date _____ NAME(S) _____
 New _____ STREET _____
 Renew _____ CITY _____ ST _____ ZIP _____
 TELEPHONE (_____) _____

Membership type: INDIVIDUAL \$10 _____ FAMILY \$12 _____

Please make check payable to Illinois Valley Wheelmen and mail to:
 Wm. Overbey, 6415 N. Imperial Dr., Peoria, IL 61614

Wear a helmet everytime you ride!

The ILLINOIS VALLEY WHEELMEN is an incorporated non-profit organization of more than twenty but less than three hundred members in the tri-county area. Newsletters are distributed eleven times each year through bulk third class mail. The newsletter will not be forwarded so let the membership chairman know if you move or are not getting your newsletter.

PRESIDENT:	Jean Waycuilis	822-0186
VICE PRES:	Liz Benning	243-5206
SECRETARY:	Marty Thompson	685-4571
TREASURER:	Bill Semmens	685-9452
RIDES:	Gwen Chandler	699-8002
SOCIAL:	Suzie Woodward	688-2972
MEMBERSHIP:	Wm. Overbey	691-0040
NEWSLETTER:	Chris Drew	692-6161
EX-OFFICIO:	Ron Matuska	697-9009

Illinois Valley 
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 & Family
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