

6518 N. Sheridan

Peoria Ill. 61614



ILLINOIS VALLEY WHEELMEN

MARCH-APRIL 1989

MARCH MEETING

The March meeting will be on the 23th at Safety Town on Sheridan Road at 7:30 pm. Eric Hutchinson will present a slide program on New Zealand. Eric, a Caterpillar engineer, and his wife Jennifer spent three weeks touring there last October. Be sure and be there for what promises to be an interesting program! There will be a board meeting one hour before the regular meeting.

SHOWCASE 1989 COMING SOON !!

Be sure to keep Sunday afternoon April 23rd open for the Bicycle Equipment and Clothing Showcase! Tickets are available now by contacting Liz Benning (243-5206) or Julie Semmens (685-9452). See the enclosed flyer for more details!

APRIL MEETING

Tentatively scheduled for the April 27th meeting is a program by Russell's Cycle World. We will divide into two groups. One group will learn all about selecting and changing tires and the other group will learn about chain and freewheel maintenance. This is a great chance to learn more about your bicycle!

GOODIES NEEDED !!

Volunteers are needed to provide the TREATS for the monthly meetings. It is the majority opinion that home made cookies, brownies, etc., are MUCH better than store bought so if you are inclined toward culinary cookie creativity please contact Roger John at 672-5276 (days). March and April are already generously provided for but your help is needed beginning with May if we are to be saved from the mediocrity of the Keebler elves!

PEDAL-IN HELP NEEDED !!

The Pedal-In is coming up soon (June 3rd) and as usual volunteers are needed to staff the registration area and the food stops, help mark the route, run sag service, etc. This year we will try to set up staffing on a shift basis so that you will be able to ride also. Call Dalton Larson at 694-2272 and let him know you'll help!

You can help "Spotlight the IVW" ! !

Do you enjoy talking - especially about cycling? Here's an idea for us to serve the community, let Peoria know what the Illinois Valley Wheelmen is all about, make people become more aware of the fun of cycling and maybe even help make the roads a little safer.

Mary Scroggs is willing to organize a "Speaker's Bureau" and notify other organizations in the area that we have individuals available who are willing to speak to their organization. We would not charge for this service, but a guest speaker typically receives a free meal and sometimes a "thank you" gift. Our club has many interesting people who could speak about touring in general, specific trips, racing, bicycling for fitness, or anything else about bicycling that others might enjoy learning about.

When she has a list of 5-10 people, she will create an announcement brochure and send it to organizations in the area. Then it is a matter of waiting for them to request one of us to speak. You would then attend their meeting and talk about one of your favorite subjects. Some organizations do meet during the day so if you are available to speak during lunch time let her know that also.

This will be an excellent way to make our community more aware of the IVW and bicycling as adult recreation and more aware of sharing the road. Please, if you enjoy speaking - get in touch with Mary at 216 Evergreen, Morton, IL 61550, or phone 266-5790.

WANT ADS ! ! !

FOR SALE: NEW 1989 SPECIALIZED STUMPJUMPER, Shimano 21 speed Hyperglide, ridden only 25 miles! \$750. Call Bob Scroggs, 266-5790.

FOR SALE: SHIMANO 600EX SIS conversion kit, braze-on shifters, rear derailleur, FWL 13-21. Slightly used, \$50. Call Marty, 682-0054.

WANTED: CAMPY front braze-on derailleur. Call Denny Tresenriter, 387-6617.

WANTED: Pair of used rollers. Call Mary or Bob Scroggs, home 266-5790, work (Mary) 675-0040.

WANTED: Used turbo trainer or similar (not rollers). Call Jeannie, home 673-6139, work 682-8777.

FOR SALE: Used Pair of Men's Avocet Touring Shoes, size 5 1/2, excellent condition, \$10.00, Mary Scroggs 266-5790.

WANTED: Used TANDEM, 15-18 speed, call Jeff or Pam Sarff, 691-5956.

WANTED: Small child's helmet for 6 year old boy, call Bob Scroggs 266-5790.

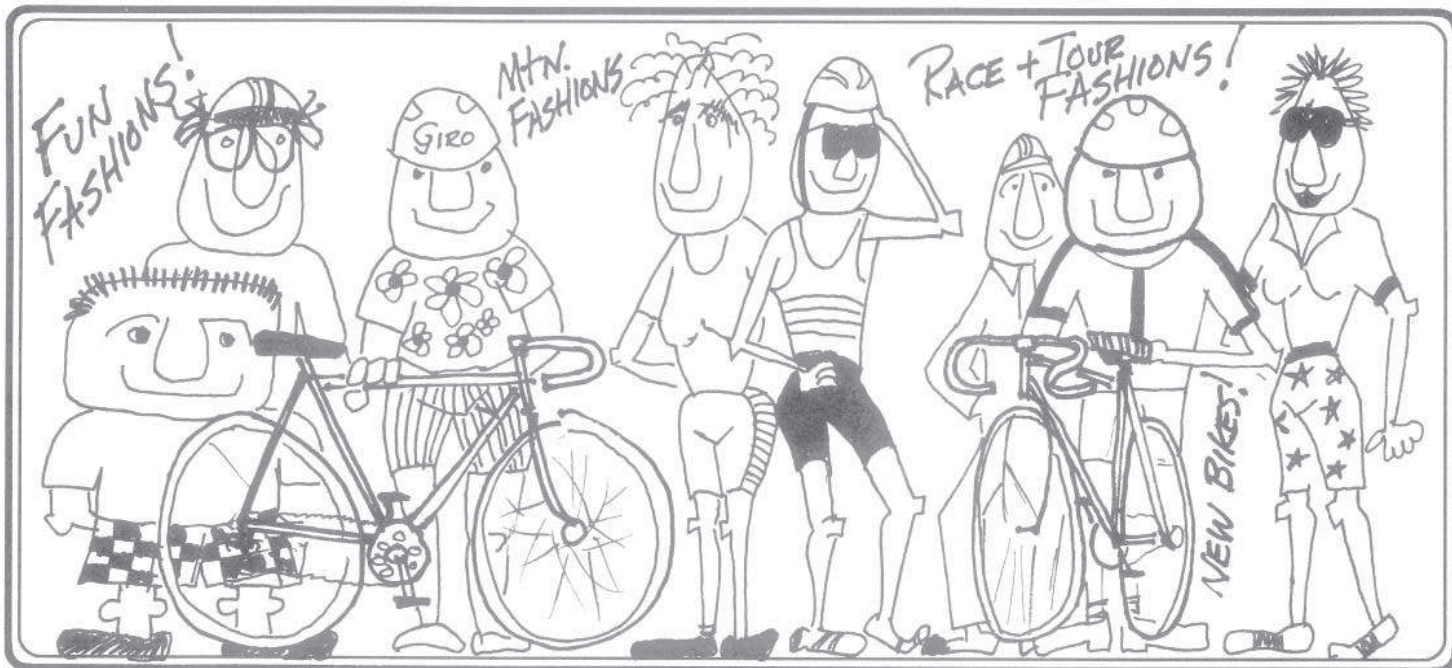
Bicycle related ads are free to IVW members. Ads will be run for two issues unless extension or drop is requested. Contributions and opinions are welcome. Deadline for material is the 20th of the month. Mail or phone to Chris Drew, 7324 N. University, Peoria, IL 61614 or call 692-6161. All phone numbers listed are Area Code 309 unless otherwise stated.

The Illinois Valley Wheelm'n *present*

BICYCLE EQUIPMENT AND CLOTHING SHOWCASE

Sunday April 23, 1989

Knights of Columbus Hall 2711 W. Willow Knolls Rd. Peoria, Il.



Clothing and Bicycle Equipment from:

Russell's Cycle World

Vitesse Cycle Shop

Peoria Bicycle Supply

3:00 Social hour

4:00 Show

Tickets: \$2.00 Contact Liz Benning (243-5206) or Julie Semmens (685-9452)
or any member of the show committee.

*Your ticket will be worth a \$2.00 discount on any purchase of \$10.00 or more from
the sponsoring bicycle shops. Save your ticket!

modelling hors d'oeuvres fun,fun

Limited seating so get your ticket early! Free Hors d'oeuvres and cash bar!

RIDE CALENDAR

MARCH 26, 8:30 AM, EASTER SUNDAY BUNNY RIDE!, WASHINGTON FAMILY RESTAURANT, Rt 24, Washington. This is the last of the Sunday breakfast show 'n' go rides.

SUNDAY RIDES (8:30am and ALL LEVEL unless otherwise noted):

Miles	Leader	Phone	Comments
4/2 20	Steve Meisner	692-9724	Washington to Metamora for breakfast at the American Legion Hall.
4/9 ??	Glen Thompson	685-4571	Sterling Plaza, Sterling Ave., Peoria. Bring 5 dimes. All Level Mystery Ride (kids too!).
4/16 20	Peggy Tresenriter	387-6617	Morton to Washington. Meet at Field Shopping Center.
4/23 25	Steve Meisner	692-9724	Mossville to Chillicothe. Meet at Mossville Grade School on Old Galena Road.
4/30 30	Steve Weast	742-7141	Jubilee State Park to Elmore. Some hills. Shorter return route option if you wish to ride less than 30 miles.
5/7 30	Randy & Susie Townsend	347-3848	Pekin to Morton for breakfast. Meet at Townsend's, #2 Oak Hill Court, Pekin (just off Sheridan).
5/14 ??	Show and Go		Mother's Day. Meet at Field Shopping Center.

MOUNTAIN BIKE RIDES

Sunday, 10:30am, meet at Jubilee State Park. Also, a Saturday ride may be started if there is interest. Call Peoria Cycle, 673-5475 for details.

Sunday, 12:00 noon, meet at Russell's Cycle in Washington. For details call Kevin Thieme on Saturday at Russell's, 444-2098.

Neither of the above rides are sponsored by the IVW but should be of interest to many members.

LOCAL RACES

These dates are listed for those interested in watching, helping or participating in area races. Always call for final information.

4/2	IRA Road Race, Sauk Village	RRB Cycles (414) 248-2588
4/15	Vitesse Criterium, Normal	Vitesse Cycle 454-1541
4/22	District TT Tune-up, Walnut	Bob Lundbert (312) 282-6029
4/23	ICA Road Race, Sauk Village	RRB Cycles
5/14	Mid America TT, Waterman	RRB Cycles

WEEKDAY RIDES

Monday 6:15pm

SOCIAL, Pioneer Park Commercial Bank, starting 5/1.

Tuesday 5:00pm in April, 6:00pm in May

ALL LEVEL, Morton Field Shopping Center, starting 4/4.

EASY, Pioneer Park Commercial Bank, starting 5/9.

Wednesday 6:15pm

SOCIAL, Mossville Grade School, starting 4/5.

ATHLETIC, Charter Oak School, starting 4/5.

(Both groups to meet at Avanti's after riding)

Thursday 6:00pm (Eureka ride 5:00pm during April)

SOCIAL, Pekin Mall, starting 4/6.

ATHLETIC, Eureka Village Shopping Center Rt 117, Start 4/6.

(This will be a very fast competitive training style ride)

Friday 6:15pm

EASY, Metamora tentative starting 5/5 (Gary Weis 442-5407).

Saturday Morning 8:30am

ATHLETIC, Washington Square, starting 4/1.

SOCIAL, Rome tentative starting 4/22.

RIDE TYPE DESCRIPTIONS

EASY: Group paced ride, 12 mph maximum. No passing ride leader. Good ride for getting back on your bike after long absence, parents with children, or anyone wanting gentle pace.

SOCIAL: Group paced ride, 15 mph maximum (13 or 14 mph for rides over 25 miles). No passing ride leader. This is a good pace for anyone who rides regularly and enjoys the security and social aspects of group riding.

ATHLETIC: Generally ride at speeds above 15 mph at your desired pace. Recommended for those who enjoy faster cycling.

ALL LEVEL: Ride at your own pace. Regroup periodically. A "sweep" will make sure no one gets left behind or lost.

SAFE CYCLING COURSE OFFERED

The LAW offers an Effective Cycling Course for instructors. If you want more information, write the League of American Wheelmen, 6707 Whitestone Road, Baltimore MD 21207, or call (301) 944- 3399.

WINDRACER DEMO AT LANDMARK

The Landmark Health Club is offering a free demonstration of their new computer aided bicycle trainers on thursday, March 30th, from 7:30 to 9:00 pm. Up to 10 cyclists may compete against each other on these machines. For more information or to reserve your place on a bike, call John Neall at Landmark, 685-8200.

Racers are Real People Too

Spring is just around the corner - March is here and teasing us with promises of warmer weather. This is the time of year that our racers are seriously training for the spring and summer races. Most of them have been cycling all winter long in order to stay in shape and to be prepared for the challenges that await them in 1989.

Although many of you may not realize this, the IVW's charter does include the support of racing. I realize that most of our membership probably doesn't know much about bike races and may not even know which members race. So, I thought I'd take a minute to talk about both of these.

Several of our members had a terrific year. From Denny Tresenriter defending his Veterans State Criterium championship to Jacob Tresenriter winning the ICA's Rider of the Year for the 9-11 year old Junior category. We are hoping for an even better year in '89.

This year we will be publishing where races will be held, there are citizen races normally held before the licensed races, so come on out, (you might even be tempted to ride in one). But even if you would rather watch, fun can still be had.

What can you do to help those who brave the elements and the competition to better themselves - lots of things. They need people who are willing to help at races, be road guards, help with food, help set up/clean up the race course. None of these tasks are difficult and they are fun - you meet interesting people and believe it or not learn some neat tips about cycling and about bike repair.

How can you learn about those of our members who do race and how they have done? One way is to have results published in the newsletter so we can keep track of our successes. Then as you learn who these members are talk with them on Sunday rides, at meetings, I think you'll find that they are real people too.

I know I found out that these cyclists are great people. I have been one of the few slower cyclists who rode this winter. The faster cyclists and the racers have had to wait on me more than once - to the point of my feeling embarrassed and even arguing that they leave me (I knew my way home). But they wouldn't - they waited and encouraged me.

So, I'd like to take a moment and say thanks to those cyclists, without their support I wouldn't be in the shape I'm in and wouldn't feel confident about getting better. These include Peggy, Denny, Randy T., Dalton, Glen, Randy S., Kevin, Troy, Paul, Eric and yes even my spouse!

I'm not saying that the club should be all racers - but we should support all levels of cycling. I think it's time for us to remember that this is a club made up of people with different goals, and different skills - instead of putting each other down lets try working together. It's a new year, we have good ideas and good people, let's make it the best year yet!

- Mary M. Scroggs

RIDE MAPS

The Ride Committee is working on a booklet of local ride maps to be published this spring. We would like to include your favorite routes. Send to or call Eric Hutchison, 918 W. Wilcox, Peoria IL 61604, 685-3921, or Steve Weast, RR1, Dahinda IL 61428, 742-7141. They could also use some help on this worthwhile project. So think about what your favorite routes are and contact Steve or Eric NOW!

1989 ILLINOIS VALLEY WHEELMEN MEMBERSHIP

Date _____ NAME(S) _____
 New _____ Renew _____ STREET _____
 R.A.W.Rider? CITY _____ ST _____ ZIP _____
 Yes _____ No _____
 (Ride After Work) TELEPHONE (_____) _____

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

Please make check payable to Illinois Valley Wheelmen and mail to:
 Bill Semmens, 4224 N. University St., 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:	Steve Weast	742-7141
SECRETARY:	Jan Ketchmark	347-5309
TREASURER:	Bill Semmens	685-9452
RIDES:	Dalton Larson	694-2272
SOCIAL:	Roger John(days)	672-5276
MEMBERSHIP:	Bill Semmens	685-9452
NEWSLETTER:	Chris Drew	692-6161



6518 n. Sheridan Rd. Peoria, IL 61614

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



MEM EXPIRES: 01/31/90
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 RON ANDERSON
 203 LOCUST
 WASHINGTON, IL 61571

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