

May 1989

Illinois Valley Wheelm'n

#### May's IVW Speaker

May's monthly speaker is Mark K. Werking, Doctor of Chiropractic who will speak on "Keys to Health & Maximum Performance". Dr. Werking graduated from Palmer College of Chiropractic in 1977 and has been extensively involved in sports medicine and chiropractic work in the Peoria area since. Dr. Werking is on the medical staff of the U.S. Weight Lifting Federation, the medical staff of the U.S. Powerlifting Federation, and Adjunctive Professor of Athletic Training Division at ISU. He is a Certified Sports Physician of American Chiropractic Association. We think you'll find him to be an interesting, informative speaker and hope you'll attend May's meeting.

#### EXECUTIVE COMMITTEE MEETING 3/23/89

All monthly programs for the year have been set. The annual dinner meeting for Nov. was discussed and a new location may be sought.

From the Ride Committee: The Pedal-In will be known as the "Ride on the Wild Side". Dave Gardner will take care of the design and art for the flyers and t-shirts. It was discussed whether to have rider sign-up sheets on the Sunday rides and it was decided not to have them. The new ride designations were approved.

There was no report from the Membership committee, however, the Style Show is progressing along quite well and tickets are available from Liz Benning.

From the Communications committee: A motion was approved to have all information for the newsletter to the editors by the 20th of the month except for vital information to come from the Monthly meeting. The Newsletter should be mailed out by the 1st of each month but not later than the 10th of the month.

#### REGULAR MONTHLY MEETING 3/23/89

The Pedal-In will be called the "Ride on the Wild Side" and volunteers are needed to work. If you are interested, you should contact Dalton Larson. Diane's Ride will be August 27, 1989, and Jeannie Gullett will again do the registration. There was a discussion of the Wednesday night Peoria ride. A motion was made that it will continue to be an "all level ride" (Passed). Ron Matuska requested that a name be sent to the L.A. W. for the volunteer of the year award. In the past, we have submitted the Hub of the Club winner. Ron moved that Peggy Tresenriter's name be submitted. The motion passed.

#### RE-ORGANIZATION COMMITTEE MEETING 4/6/89

The Constitution and By-Laws were reviewed and revised. Dean Grethey will prepare a formalized copy of the revisions.

It has been suggested that all business be conducted in the Board of Directors meetings and that the monthly meetings be purely social. If a person wants to bring up an item for discussion, he/she should either call the secretary of the club and have it added to the agenda or attend the Board meeting which precedes the regular meeting at 6:00 p.m. on the 4th Thursday of the month at Safetytown. A summary of Executive minutes and regular minutes will be printed in the Newsletter.

Due to the resignation of Chris Drew as Newsletter Editor, effective after the April Newsletter is printed, the Newsletter will be done by the Communications Committee. It was suggested that a long time club member be on the Committee.

Co-Editors: Dean Grethey & Mary Scroggs

Collating and Mailing: Bob & Val Jones

Reporters: Randy Senneff (racing) and Neil McMeekan (out of town rides)

Mail Pick-up: Jan Ketchmark

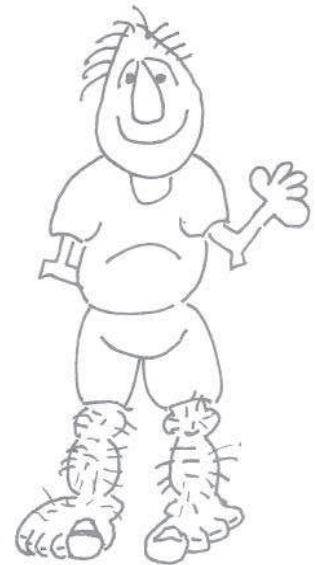
It was suggested that these people fill at least a 1 year term. If they choose to end their terms after 1 year, they should notify the President in writing at least 2 months before the term ends.

Jan Ketchmark, Secretary

Hello IVW members! I'm back in the position of Editor of the newsletter. I am looking forward to the challenge of preparing the most newsworthy events and salutations of the membership, especially the Board of Directors for at least the next year. I have acquired the kind and generous help of Mary Scroggs as Assistant to the Editor, Randy Senneff as the Racing Reporter, Neil McMeeken as "Out of Town Rides" reporter, Bob and Val Jones as "Collators, Staplers, Spindlers & Mutilators" and other able bodied supporting cast members to put out this humble rag.

The acquisition of a new Macintosh computer is also of great importance to me in this position. I sincerely hope that we can bring you a wealth of informative articles and current goings-on of the IVW over the next several months that will make your head spin with joyous delight.

I would like to thank Chris Drew for his work on the newsletter during the past year after I so rudely threw it back in the face of the Board. The Editorship of the newsletter is a demanding, sometimes thankless job that is open to criticism from all fronts. I think that all of the members should thank Chris for his work not only on the newsletter, but on the ride committee.



I would also like to thank Jean Waycuilis, who recently resigned as the president of the IVW, for her year and four months at the helm of this sometimes unwieldy vessel we call a club. These have been trying times for many members and especially the 1988 Board of Directors. Jean, Liz, Marty, Gwen and the other members of the Board should be deeply thanked for their hard work and efforts to keep the IVW going strong. The next time you see any of these people, say THANKS (it means a lot, folks).

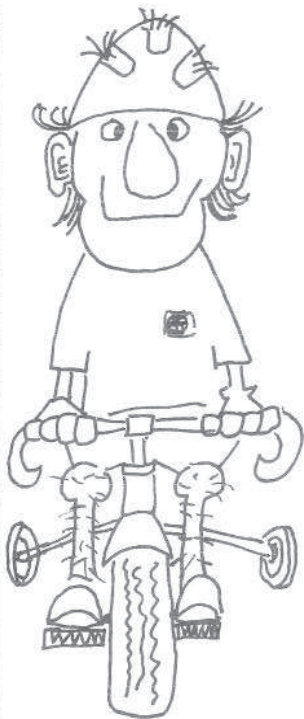
We (the Interim Board of Directors) are enthusiastically looking forward to the 1989 riding season and the establishment of a new type of leadership for the club. The new organizational structure will be ready shortly and the interim Board hopes that the general membership will consider the proposal with great thought. It appears to be working so far, so keep your fingers crossed! Watch for upcoming information about a vote on the new Constitution and By-Laws.

If any of you have any suggestions or newsworthy (or not newsworthy) items for the newsletter please feel free to send them to me at your earliest convenience. I can always use assistance, articles and support of the members to make this endeavor successful. HAPPY READING!

Dean Grethey, Editor

#### Ride Report - Mary Scroggs, Reporter

On Sunday April 9th, while many of you snuggled back down in the covers when you heard the news that the weather was a chilly 20 degrees, some of us were foolish enough to rise and meet Glen at Sterling Shopping Center. Those of us who showed know that Glen always has unusual rides, and he didn't let us down this time - however the details of the ride are our secret as we hope to have the opportunity to do this ride again. So those of you who stayed home warm in bed, come out next time, you will find Glen's rides to be exciting and unique with a good time being had by all!!





**MAY IS BICYCLE MONTH  
MAY 21 IS BICYCLE SUNDAY - GOOD DAY TO START CYCLING!!**

**IVW SUNDAY RIDE SCHEDULE - MARY SCROGGS REPORTER 266-5790**

Date	Miles	Leader	Phone	From/To/Comments
4/30	21/45	Steve Weast	742-7141	Jubile/Elmore Some hills Meet at Jubile State Park
5/07	30	Randy & Sue	347-3848	Scenic Tour of Pekin Meet Bergners, Pekin Shop Ctr
5/14		SHOW & GO	meet at the	Morton Field Shopping Center Mother's Day
5/21	20	Don Eberle	699-2790	Tremont (Rt9)/Delavan Some hills Meet at Tremont Swimming Pool
5/28	25	Curt Wells	694-3043	Morton/E.Peoria Meet Field Shopping Center
5/29	30	Don Jacobs	745-9001	ICC to Eureka Meet by ICC Tennis Cts
6/04	30	Greg Benning	243-5206	Lake of Woods/Princeville Meet at Lake of Woods
6/11	40	Steve Weast	742-7141	Elmwood/Wolf Cover Bridge Rt 8 & Rt 78 - Elmwood Square

Sunday rides begin at 8:30 am for further details call the ride leader.

**SPECIAL RIDES & OUT OF TOWN RIDES-NEIL McMEEKAN REPORTER 694-7328**

4/30	Ken Alrutz Metric, Lincoln College, Springfield Bicycle Club Attn Metric Regist. Box 2203, Springfield 217-528-3405			
5/07	Windy 60, Dekalb County Bike Club, Lance Farris 606 Leonard Dekalb, 60115 #815-758-8879			
5/07	Champagne Metric, Prarie Cycle Club, 115 Urbana, Il			
5/21	Bloomington Metric \$8.00 until May 1st, \$12.00 after May 1st McLean County Wheelers - PO Box 947 - Bloomington, Il 61701			
5/27	or 5/28 Black Hawk Metric, Box 6443, Rockford, Il 61125 Brian Ceago #815-623-6129			
6/03	IVW PEDAL IN - "Ride on the Wild Side" - Wild Life Prairie Park PLEASE HELP MAKE THIS A SUCCESSFUL RIDE AGAIN THIS YEAR Contact Dalton Larson, 694-2272			
6/10	TOMROV - \$35 until April 30th, \$40 until May 31st Contact Susie LaFore, 2023 E. 45th St. Davenport, IA 52807 #319-355-5530 - Excellent Tune up for IVW's Double Century			
6/24	IVW Double Century - contact Bill Semmens 685-9452			
6/24	Quad Cities '24 Hour Challenge' contact Dave Holmes 319-386-6051			

**LOCAL RACES - MARY SCROGGS REPORTER 266-5790**

May	06	White Heath Road Race, Wayne Thais 217-687-2824,
May	14	Mid America TT, Waterman RRB Cycles 414-248-2588
May	29	Bud-Light Moline Criterium, Moline, Terry Burke 309-797-3790
Jun	03	District 40K TT, Walnut, Mestor Evancevich 312-241-6021
Jun	10	Galesburg Criterium, Galesburg, Rich Weiss 309-342-1699

## IVW WEEKDAY/SATURDAY RIDES

Monday 6:15 pm - Beginning May 1st

SOCIAL, Commercial National Bank, Pioneer Park, 7901 N. University.  
Nice relaxing ride to start off your week with!  
For further details contact Chris Drew 692-6161.

Tuesday - 5:00 pm during April, 6:00 pm starting May

ALL LEVEL, Meet at Morton Field Shopping Center Parking Lot.  
Park on Main Street across from Chad's Chicken.  
Field Shopping Center is located at corner of Main & Queenswood.  
Several groups, ranging from 12 mph of 'FLOWER SNIFFING' to those  
'EXPURGATING AGGRESSIONAL TENDENCIES' at 25 mph. We regroup  
at the mid point & a sweep makes sure everyone gets back safely.  
Ride concludes w/a trip to LaGondola and/or Baskin Robbins.  
For further details contact Peggy Tresenriter 387-6617.

6:00 pm beginning May 9th

EASY, Commercial National Bank, Pioneer Park, 7901 N. University.  
For further details contact Bill Wright 685-8549.

Wednesday 6:00 pm

ALL LEVEL - SHOW & GO

During April & May - Charter Oak School 5221 W. Timberidge Dr.  
Afterwards join us for at Avonti's for Pasta.

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

SOCIAL, Meet at Pekin Mall - Park by Bergner's.  
For further details contact Jan Ketchmark 347-5307.

ATHLETIC, Meet at Eureka Village Shopping Center Rt 117.

This ride is a faster ride for those who can't keep up with the  
racers but want a more competitive environment. Plenty of hill,  
interval & pace line work. An opportunity to challenge yourself.  
Anyone is welcome but there will be NO regrouping, however, the  
route will remain fairly stable so no one should be lost forever!  
Casualties will be recovered at the termination of the ride!  
For further details contact Randy Townsend 347-3848.

Friday 5:30 pm

EASY, Meet at the square in Metamora starting May 5th.  
For further details contact Gary Weiss 443-5407.

Saturday Morning 8:30 am

ALL LEVEL SHOW & GO

Meet at Washington Square - this is continuation of the  
year round ride that everyone is welcome to attend.

SOCIAL - May 20th & June 17th

For details contact Laverne Weems 274-5003 (wk 699-7231 x355)  
This is a new ride meeting in Rome, Ill for those wanting a  
slow, easy, scenic ride on Saturday morning.

### RIDE TYPE DESCRIPTIONS

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

SOCIAL-Group paced ride, 15mph maximum (13-14 mph for rides over 25 miles) No passing the 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.

YOU CAN HELP MAKE BICYCLING SAFER IN THE CITY

On Easter Sunday, March 26, 1989, I was the unfortunate victim of an encounter with a storm sewer grate. While contending with traffic, I accidentally dropped the front wheel of my bicycle into a storm grate at 17 MPH. Needless to say, I became air borne, and the landing on concrete was rough. Fortunately, I was wearing my helmet! I sustained a severe cut above the left eye and scrapes and bruises on the face, the left shoulder, both wrists, and sprained my right knee. There were no broken bones.

On Tuesday, March 28, I visited Mayor Maloof's office. The secretarial staff was a little shaken by my appearance. This prompted a call from the mayor to discuss the hazards of the storm sewer grate situation in our city. He asked that I try to document other accidents and injuries from bicycle encounters with storm sewer grates. The majority of the grates in the city are not bicycle safe because the slots run parallel to the curb in the direction of travel.

Accordingly, I need your help! If you have at any time had a bicycle accident due to a storm sewer grate, please provide your name, address, phone number, the date and location of the accident, and a description of your injuries and / or damage to your bicycle. Contact Peoria Bicycle, Vitesse, or Illinois Cycle in Peoria, or Russell's Cycle World in Washington, Illinois.

Thank You! With your support, we may able to demonstrate to our Peoria city government and that of neighboring communities the seriousness of this problem.

*Allan F. Silzer*  
Allan F. Silzer

We Welcome these new members into the IVW family of bicycle riders. We hope you will find the I.V.W. an enjoyable group of people to be with and that you will have fun on the many varied rides and other social events the club sponsors. If you need information or assistance concerning any club functions, please feel free to contact any of the Board of Directors members on the last page of this newsletter. **WELCOME ABOARD!**

Dan & Debbie Berg	Morton, Ill.
Dennis C. Burton	Washington, Ill.
Thomas & Yvonne Clark	Morton, Ill.
Douglas Davis	Washington, Ill.
Patrick McCarthy	Peoria, Ill.
Barb Oesch & Family	Bloomington, Ill.
John Potter	Elmwood, Ill.
Bernie & Brian Riedel	Marquette Hts., Ill.
Sandy Schweitzer	Peoria, Ill.
Ron & Carol Thompson	Morton, Ill.
Armand Tippet	Morton, Ill.
Dave Weaver	Peoria, Ill.
Tim Wells	Deer Creek, Ill.





RACER's CORNER - Randy Senneff, Reporter

The first races for 1989 have begun with a 3 part race in Sauk Village. This Spring Series race is being sponsored by Illinois Cycling Association and has races scheduled for 3/19, 4/2, and 4/23.

This race includes citizen races as well as USCF - United States Cycling Federation races. Citizen races are divided by sex and age. USCF races are based on experience, any person can obtain a license from the USCF which qualifies them as a Senior (SR) 4 racer, as they continue racing they move up to SR 3 then SR 1-2. This movement is based on number of races ridden and race results. Before the age of 19 racers are classified as Juniors (JR) and race by age categories. After age 35 a licensed racer can elect to race in the VETS.

Listed below are the results of the first 2 Sauk Village Races:

Citizen	3/19	4/02
Women	- Mary Scroggs 3rd	- Peggy Tresenriter 2nd
Men 35+	- Randy Townsend 1st	- Mary Scroggs 8th
	- Bob Scroggs 4th	- Randy Townsend 4th
Men 18-34	- Chris Armstrong 1st	--
Men 17 + under	- Chris Armstrong 2nd	--

USCF

VETS	- Denny Tresenriter 2nd	- Denny Tresenriter 1st
SR 1-2	- Matt Scott 3rd	- Bob Santarelli 3rd
SR 3	- Randy Senneff 10th	- Randy Senneff 8th
SR 4	-	- Bob Woo 2nd
		- Ted Lot 7th

Listed below are the results of the 4/2 White Heath Race sponsored by Wheels N Thangs Racing Team:

Citizen's Women	- Peggy Tresenriter 1st Place
USCF VETS	- Denny Tresenriter 3rd
SR 1-2	- Bob Santarelli 2nd, Matt Scott 4th
SR 4 Women	- Debbie Scott 1st

April 15th - Sigma Phi Vittesse for M.S. Race  
USCF Vets - Phil Minard 3rd, Denny Tresenriter 5th  
SR 1-2 - Matt Scott 14th  
SR 3 - Steve Smith 7th, Jim Smith 9th

Our apology to anyone overlooked, unfortunately race results are word of mouth.

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!

INTERESTED IN A NEW WAY TO RIDE - EVER THOUGHT ABOUT TIME TRIALS  
WELL HERE'S YOUR CHANCE TO EXPLORE A NEW CHALLENGE

A staple ride for those interested in self evaluation and improvement.  
A true test: the BIKE, the CLOCK and YOU.

This challenging and self-rewarding ride is for anyone, the competition is yourself. You do not need an investment in "exiologica bicyclica" to do it. All it takes is you. This ride is in the planning stages, here are the ideas being considered:

.Location of the on the East Side of the river early Saturday mornings time and place to allow for riders to make the 8:30 Washington Square ride after.

.Make the Time Trials be a Bi-Weekly event to reduce burnout.

.Shorten the Time Trial distance to 10K.

.Publish the results.

Any ideas or comments from those interested in Time Trials contact Randy Townsend, 347-3848.

SPEAKER'S BUREAU UPDATE

Last month we talked about the idea of the IVW forming a Speaker's Bureau. We are happy to report that three of our member's have volunteered to assist in this endeavor. In order to generate a listing to distribute to organizations in the area a few more volunteers are needed. This is an opportunity for you to share any special trips you have taken, races you have won or just general knowledge about cycling. The only obligation you will have is to speak if and when the time and date fit your calendar. (Please note it will probably be fall before we receive any requests to speak).

So please, send your name, address and brief description of what you would enjoy talking about to Mary Scroggs, 216 Evergreen, Morton, Il. If you have any questions contact Mary at 266-5790. This is our opportunity to make the public more aware of cycling.

WANT ADS !!!

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.

FOR SALE: Campy Trioumphe rear derailleur, \$25; Kiwi solid shell helmet, \$20; Vetta fan trainer, \$45; Sachs-Huret computer speedometer, \$10; set of tubular wheels with Campy hubs, Wolber rims, 13-22 6-speed f.w., \$75. All items excellent condition. Call Randy Black, 693-7414 after 6 PM.

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. All phone numbers listed are Area Code 309 unless otherwise stated.



# Illinois Valley Wheelm'n, Inc.

## Constitution and Bylaws

### ARTICLE I

#### Name and colors

1. The Name of the Organization shall be the Illinois Valley Wheelm'n.
2. The colors shall be White, Blue and Gold.
3. The Patch: as submitted.
4. Acronym: I.V.W.

### ARTICLE II

#### Purposes

The purpose of the Illinois Valley Wheelm'n is to foster an environment in which people can enjoy bicycling by:

1. Promoting and encouraging recreational and utilitarian cycling activities.
2. Supporting members in the sport of bicycle racing.
3. Promoting safe cycling.
4. Encouraging public facilities for bicycling including bicycle paths, trails and roads.
5. Cooperating with public authorities in the observance of all traffic regulations and the education of the cycling public to such regulations.
6. Advocating the rights and privileges of bicyclists.

### ARTICLE III

#### Membership

Section 1. Membership is open to individuals and families particularly in the greater Peoria metropolitan area, who desire to promote the club purposes and bicycling in general.

Section 2. Types of memberships available:

- A. Individual: Any person who desires to pay the individual dues amount.
- B. Family: Any family group of two or more who desires to pay the family dues amount.

Note--A parent or guardians signature is necessary for approval of membership of persons under the age of 18.

### ARTICLE IV

#### DUES

Section 1. Annual dues are payable at any time during the calendar year and entitles the member to 12 continuous months of membership. Each member will be notified by the newsletter label of their expiration date of membership.

Section 2. Amount of dues is to be decided yearly by popular vote of the members present at the annual meeting.

### ARTICLE V

#### MEETINGS

Section 1. The annual meeting and Election of Board of Directors shall be held during the month of October.

Section 2. Annual, regular and special meetings shall be held as provided in the by-laws.

### ARTICLE VI

#### BOARD OF DIRECTORS

The governing body of the club shall be called the BOARD OF DIRECTORS, and shall consist of an odd number of members with no fewer than seven members to be elected by the membership. The officers of the Board shall be: President, Vice President, Secretary and Treasurer and Liaisons to each of the committees as formed by the Board. The Liaison persons may, but not necessarily have to be the chairperson of the committee they are on.

### ARTICLE VII

#### ELECTIONS

The election of members to the BOARD OF DIRECTORS shall be held as authorized in the by-laws.

### ARTICLE VIII

#### COMMITTEES

THE BOARD OF DIRECTORS shall establish committees in the following areas: Rides, Social, Membership and Communications and other special committees as may be needed.

### ARTICLE IX

#### AMENDMENTS

The constitution may be amended in any respect at any regular meeting of the club by an affirmative vote of 2/3 of the club members present in person. No proposed amendment shall be acted upon at any club meeting unless it has been presented in writing to all members of the club at least sixty (60) days in advance of the meeting.

## ILLINOIS VALLEY WHEELM'N BY-LAWS

### MEETINGS

Section 1.

Regular meetings of the club shall be held at a time and place designated by the Board of Directors. A majority of the club members present in person shall constitute a quorum.

Section 2. Special meetings may be called by the President of the BOARD OF DIRECTORS. The object or purpose of the meeting shall be stated in the call and no other business shall be transacted at the special meeting.

Section 3.

The BOARD OF DIRECTORS meetings shall be held at such times as it may be determined necessary. Five (5) BOARD OF DIRECTORS members present in person shall constitute a quorum.

Section 4.

The ANNUAL MEETING date and location is to be decided by the Board of Directors. All members then active shall be notified at least 30 days prior to the meeting.

Section 5. A family membership shall be entitled to two (2) votes when two (2) or more members of the family are present at Regular, Special and Annual meetings.

### FISCAL YEAR

The fiscal year of the club shall commence on the first day of December and shall end on the last day of November of the succeeding year.

### COMMITTEES

Section 1.

The BOARD OF DIRECTORS of the club is composed of a minimum of seven (7) members and shall elect a President, Vice-President, Secretary and Treasurer from within the group. The BOARD will also select from its members liaisons to each of the committees. The BOARD OF DIRECTORS shall have immediate charge, management and control of the affairs of the club.

Section 2.

The established committees of the club shall carry on the program and business of the club. Such committees shall be: RIDES, SOCIAL, MEMBERSHIP and COMMUNICATIONS and any others that the BOARD appoints. It is recommended that each committee consist of a minimum of three (3) members who shall elect a chairperson to govern the committee. The chairperson of the committee will be in charge of the committee and shall report to the designated LIAISON member of the BOARD. SPECIAL COMMITTEES shall cease to function when the Board determines the committee is no longer needed.

### ELECTIONS

Section 1.

Election of members of the BOARD OF DIRECTORS shall be held at the Annual meeting. The election shall be by ballot from a slate chosen by a nominating committee or from nominations at the regular meeting. The Board of Directors shall be elected by the majority of members present at the annual meeting. The term of office shall coincide with the fiscal year and shall consist of a two year term.

## THE PROPOSED NEW IVW CONSTITUTION AND BY-LAWS

At the monthly meeting held on April 27, 1989, the adjoining proposed constitution and By-laws were presented to the membership of the I.V.W.. A vote will be taken at the next regular monthly meeting to be held at Safetytown on May 25, 1989, to accept or reject this proposal. If you have any items you wish to discuss concerning this new constitution please attend the meeting on May 25, 1989. Be There and Vote.

- Section 2. Members of the BOARD OF DIRECTORS shall hold office for 2 year staggered terms starting in the fall of 1989 when 4 members will be elected to serve 2 year terms and 3 members will be elected to serve 1 year terms. In the fall of 1990, 3 members will be elected to serve 2 year terms and each year thereafter those members whose terms are expiring shall be elected for 2 year terms.
- Section 3. A vacancy on the BOARD OF DIRECTORS prior to the completion of a term of office shall be filled by appointment of the Board of Directors. A simple majority vote at the next regular monthly meeting shall be undertaken to ratify the appointed new member (s) of the BOARD.
- Section 4. At a regular meeting of the BOARD OF DIRECTORS of the club, at least 30 days preceding the annual meeting, the BOARD OF DIRECTORS shall appoint a Nominating committee of at least three (3) members to seek nominees for the open positions on the BOARD OF DIRECTORS
- Section 5. Members of the BOARD OF DIRECTORS shall elect a President, Vice-President, Secretary and Treasurer of the Board and shall elect Liaisons to each of the established committees.

### DUTIES OF THE OFFICERS AND COMMITTEES

- Section 1. President of the Board: Shall coordinate and supervise the operation of the BOARD OF DIRECTORS, and preside at all club meetings.
- Vice-President of the Board: Shall assist the President in carrying out the club business and functions and serve as interim president in the absence of the president, and serve as historian.
- Secretary of the Board: Shall take minutes at club and Board meetings, issue minutes and general notices.
- Treasurer of the Board: Shall keep and preserve all club financial records and transactions, and make reports to the BOARD and club as necessary or called for.
- Committee Liaison Person: Shall act as a communication link between the Board of Directors and the appointed committee.

### COMMITTEES (Recommended Functions)

- Rides committee: Responsible for establishing and organizing a weekly ride schedule. Special rides may be handled by special committees.
- Social Committee: Responsible for establishing and organizing social events of the club including monthly meetings, the annual meeting and other events.
- Communications committee: Responsible for the publishing and distribution of the club newsletter and media publicity for club functions and events.
- Membership committee: Responsible for the recording and maintenance of membership records, recruiting of members and welcoming new members into the club, and will be in charge of Awards.

### AMENDMENTS

The By-Laws may be amended by a majority vote of all members of the club present at any meeting of the club, provided notice of the proposed amendment has been given in writing to the Board of Directors and the members of the club at least 60 days in advance of the vote.



Mary Scroggs and Eric Carlson do their thing at the FIRST ANNUAL IVW BICYCLE & CLOTHING SHOWCASE.



ASHLEY WANG DOES HER THING!



HEY! THERE'S  
THAT SCROGGS  
WOMAN WITH  
ANOTHER  
NEW BIKE!  
... AN LOOK I  
THINK THAT  
FELLA THERE  
IS TRY'N TA SELL HER  
A NUTHER'IN....

