



JULY 1989

Illinois Valley Wheelm'n

THERE IS NO REGULAR MONTHLY MEETING OF THE IVW IN JULY. SEE YA AT THE PICNIC!

The IVW is very proud of Dalton Larson pictured at left, who successfully directed the 1989 IVW Pedal-In (Ride on the Wild Side). Dalton is the Ride Chairperson for the club and was a little apprehensive about taking on the Pedal-In in addition to his other duties, however he did a magnificent job and we all should be very proud of him and his able helpers. The 1989 event had around 165 riders on a day that was split by sun and rain. Everything seemed to work very well and there were many good comments about this years' ride. The bananas, oranges, apples, sandwiches and other goodies were consumed in great quantities.

Thanks again to Dalton and his crew for another job well done. The next time you see him, say thanks!



JUNE MEETING OF THE IVW

Bill Andrews of the Bloomington, Il. Pantagraph and Dale Cruse, owner of Vitesse Cycle Shops in Peoria Hts. and Normal, Il. gave a presentation on the 1989 PACRACC ride sponsored by the Pantagraph and held each Labor Day Weekend for the past 7 years out of Bloomington. They presented entry forms and information about the ride and showed slides of past PACRACC's to about 30 interested IVW members. If you have not ridden PACRACC, you should give it a try, it lasts 3 days and covers 220 miles of easy riding through the bean and corn fields of central Illinois. A good ride! Entry forms are available at local bike shops.

In other business, the NEW BOARD OF DIRECTORS was established and includes for 6 month terms of office; Roger John, Neil McMeeken and Steve Weast, with 18 month terms being held by; Ron Anderson, Eric Hutchison, Mary Scroggs and Dean Grethey.

JULY PICNIC NEWS

The July picnic will be held at the south end of Detweiler Park (Moose shelter) on SATURDAY, JULY 8th from 1:00 p.m. until its over. You are to bring your own meat dish, table service and a covered dish to share. The club will provide beverages, charcoal/lighter. See you at the Picnic!

Another picnic/RIDE is scheduled at the Gambogi's in Morton on July 4th. See the ride schedule for more information, this is a R.S.V.P. so get calling now!

the racer's CORNER

RACER'S CORNER - Randy Senneff, Reporter

May 20th O.R.I. Road Race

USCF - VETS 35 +

35-39 - Denny Tresenriter 4th

May 27th - Muscatin

USCF SR 1-2 - Matt Scott 13th

May 28th - Moline Road Race

USCF VETS - Randy Senneff 15th

SR 2-3 - Jim Smith 5th

June 1st - Walnut District Time Trials

USCF SR 1-2 - Bob Santarelli broke state record

June 10th - Illinois District Championship

USCF Vets - Randy Senneff 13th

SR 1-2 - Matt Scott 9th

Women - Debbie Scott 4th

JR - Jacob Tresenriter 1st

June 18th - Mid American Time Trial Series - 50 K 2 man teams

Citizen Randy Townsend & Chris Armstrong 2nd Place 1:21

USCF SR 1-2 Bob Santarelli & Partner 1st Place 1:05

USCF SR 2 Eric Carlson & Bob Woo 6th Place 1:14

Our apology to anyone overlooked, unfortunately race results are word of mouth, please see that Randy or Mary Scroggs gets your results.

THE MEMBERSHIP COMMITTEE NEEDS ANOTHER PERSON OR TWO ON IT.

We need a couple of people to take the places vacated by a couple of Board members who have switched to other committees. Come to the next meeting and get involved. Thanks

HAVE YOU EVER TRIED GETTING A TIRE PUMP INTO YOUR SHORTS? neat trick, greth!

HELPFUL HINT OF THE MONTH

All you novice riders, or veterans who forget, bring a spare innertube, a patch kit and a tire pump on all your future rides. It might also be handy to bring a set of tire changing tools with you. These items are all rather inexpensive and can be carried in a small seat bag or your shirt or shorts and can turn that awful experience of a flat not quite so disgusting and time consuming as you might expect. All too often, the riders who have the most trouble are the least prepared.

Terry Threw

IWV MAP BOOKLETS

Members of the ride committee have completed the first ever two-wheeled guide to the greater Peoria area. This humble collection of 9 bicycling route maps offers an assortment of ride lengths and starting locations around the Peoria area. Several maps contain more than one marked route. The map booklets will be sold to IWV members for \$2.00, all others \$3.00. For mail order, send check or M.O. payable to the Illinois Valley Wheelm'n to: Eric Hutchison, 918 W. Willcox, Peoria, Ill. 61604. Thanks to Russell's Cycle World in Washington, Vitesse Cycle Shop in Peoria Hts., and Peoria Bicycle Supply in Peoria for you can now purchase the Map Books there for the \$3.00 fee. GET"EM WHILE THEY"RE HOT OFF THE PRESSES!

IWV WEEKDAY/SATURDAY RIDES

Monday

6:15 pm SOCIAL, Commercial Natl Bank, Pioneer Park,
7901 N. University. Nice relaxing ride to start off your week with!
For further details contact Chris Drew 692-6161.

Tuesday -

6:00pm ALL LEVEL, Meet at Morton Field Shopping Center Parking Lot.
Faster riders wanting fast, longer ride meet at 5:30
For further details contact Peggy Tresenriter 387-6617.

6:00pm EASY, Commercial Natl Bank, Pioneer Park, 7901 N. University.
For further details contact Bill Wright 685-8549.

6:30pm ALL TERRAIN Bike/Hike - Friends of Rock Island Trail
Fondulac Park Administration Bldg, E. Washington St
For further details contact George Burrier 676-6113

Wednesday

6:00pm SHOW & GO meet at Charter Oak School, 5221 W. Timberidge Dr.
Riders wanting a 30-40 mile ride at a brisk pace - meet at 5:00
Afterwards join us for at Avonti's for Pasta.

Thursday

6:00pm SOCIAL, Meet at Pekin Mall - Park by Bergner's.
For further details contact Jan Ketchmark 347-5307.

6:00pm ATHLETIC, Meet at Eureka Village Shopping Center Rt 117.
Opportunity to work at your own speed, not a group ride.
For further details contact Randy Townsend 347-3848.

Friday

5:30pm EASY, Meet at the square in Metamora starting May 5th.
For further details contact Gary Weiss 443-5407.

Saturday Morning 8:30 am

8:30am SHOW & GO Meet at Washington Square

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.



IVW SUNDAY RIDE SCHEDULE - MARY SCROGGS REPORTER 266-5790

Date	Miles	Leader	Phone	From/To/Comments
6/25	30	Roger Jensen	699-1434	Meet at Fondulac Plaza E. Peoria If only want to ride 20 miles Meet us at Volk's (old YMCA Washington & Oakwood Rd) Go to Morton
7/02	30	Sheila Hanson	693-9807	Peoria/Kickapoo Meet at Commercial Natl Bank at Pioneer & University
7/09	50	Gary Weis	442-5407	Metamora/Lake Wildwood Meet Metamora H.S. tennis cts or meet Washburn City Park at 9:45 Swim, Canoe, Volleyball at Lake, Concession stand at Lake or bring with - sag wagon provided Leave Lake 2:00
7/16		Glen Thompson	685-4571	Meet at Sterling Plaza at Gayle & Sterling - ride either 20 or 40 miles, your choice
7/23	35	Phil England	691-6466	Meet at South Side Bank, Rohamn Avenue, W. Peoria, ride to Princeville
7/30	50	Dean Grethey	346-0645	Meet at Dean's, 2302 Sheridan Road, Pekin ride to Mackinaw
8/06		Bill Overby	691-0040	Meet at Commercial Nat'l Bank

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

SPECIAL LOCAL RIDES

- 7/04 25 Ted & Rosanne 266-6816 Gambogi's 4th of July Ride
Meet at 31 Maple Ridge, Morton, bring covered dish
for cook out after the ride - Headcount needed
please RSVP w/Mary Scroggs 266-5790 by Friday 6/30
- 7/01 BAILLINOIS '89 - St Francis Medical Center, Sharon Dyer 655-2321
\$35 both days - for Children's Miracle Network Telethon
Sat 20 mi Novice, 50/100 mi \$25, Sun 20 mi Novice, 62 mi \$15

LOCAL RACES - MARY SCROGGS REPORTER 266-5790

- Jul 02 20K Championship TT, Waterman, Tim Marcotte 312-894-3514
Jul 09 Phillips Park Criterium, Aurora, Ed Weiss 312-851-1696
Jul 14-16 Ill Valley 3 Day Weekend, Ottawa, Tom Weiss 815-433-4589

A SIDE RIDE TO THE PROCTOR CYCLING CLASSIC

On August 10th, Terry Threw and Steve Grube will be leading a ride in conjunction with the 2nd Annual Proctor Cycling Classic. The ride will be approximately 30 miles to Morton from Eckwood Park in Peoria. In order to be back to the racing around 10:30, the ride will need to leave promptly at 7:30 a.m.. Although the route is not difficult, a consistent pace will need to be maintained. 674-6001 for info.

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:

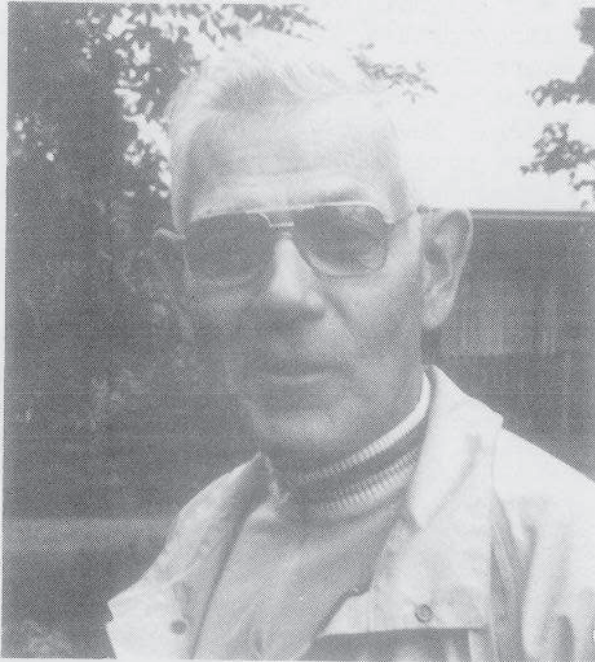
.Location of the on the East Side of the river early Saturday mornings time and place to allow for riders to make the 8:30 Washington Square ride after.

.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.



Don Eberle, one of IVW's long time members having a great time at the Pedal-In.



Roger Jensen did another great job with the food for the 1989 Ride on the Wild Side.

WANT ADS

FOR SALE FOR SALE
23" Peugeot 10 speed (mens) EXCELLENT CONDITION
Call Bernie at 382-2943

6-7

Bicycle related ads are free to IVW members. Ads will run for one issue unless an extension is requested. All phone numbers are Area Code 309 unless otherwise noted. Send new ads to Dean Grethey, 2302 Sheridan Rd. Pekin, Il. 61554 and please include your phone number. Thanks!

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

DO NOT WRITE IN THIS
AREA
EXPIRES _____
JOINED _____
PKS nt _____

NAME _____
last first spouse
childrens names _____

ADDRESS _____ zip _____
street City state

PHONE (____) _____

- INDIVIDUAL \$10 NEW
 FAMILY \$12 RENEWAL
 R.A.W. Rider (Ride after work)

DISCLAIMER: In signing this form I understand and agree to absolve the officers and members of the Illinois Valley Wheelm'n bicycle club of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any activity sponsored or advertised by said organization.

Applicant's signature _____ date Make checks payable to the Ill. Valley Wheelm'n

Send to: Bill Semmens, 4224 N. University, Peoria, Ill. 61614

PRESIDENT: 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: Dean Grethey 346-0645
Mary Scroggs 266-5790

The Illinois Valley Wheelm'n 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 chair know if you are planning a move or are not getting your newsletter.

Illinois Valley  Wheelmen

6518 n. Sheridan Rd. Peoria, Il. 61614

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

MEM_EXPIRE: 01/31/90

RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571

JULY 8th PICNIC