

AUG 1989

Illinois Valley Wheelm'n

DIANE'S RIDE - AUG. 27 - SIGN UP + WORK



MEMBER OF THE MONTH

This month we salute Dave Gardner of Morton who has been a long time member of the IVW and who has made many contributions to the club over the years. Dave works for Dynamic Graphics and is the Production artist for Step by Step Graphics magazine published by D.G. of Peoria.

Dave has recently done the artwork for the Pedal-In T-Shirts and brochures, but has done brochures, patches, logos and other art for the club since back in 1978. As we who have the shirts can attest, Dave has done an excellent job and is quite an accomplished artist, and has been very valuable to the club.

Although we don't see Dave very much on the regular rides, he's always there to serve when needed. For the past few years Dave has led the Memorial Day ride from Freedom Hall in Morton, which has always been a great ride. So THANKS DAVE, FROM THE IVW!

AUGUST MONTHLY MEETING

On Thursday, August 24th, our speakers will be Keith Redman and Rick Murrow, who will discuss "Weight Training for the Cyclist." These two gentlemen have been lifting for many years. They will discuss the various exercises that would benefit cyclists. Anyone interested in actually seeing how these exercises should be performed will be invited to come out to Village Courts in Morton and watch them go through a workout. Weight training is a great way to supplement and improve your cycling skills. This should be an interesting and informative meeting-- We hope to see you there! □

FROM THE BACK OF THE PACK

At the last executive meeting a new slate of officers was chosen and I was chosen President. The executive Board makes most of the decisions for the club, but we have absolutely no intentions of becoming autocratic. This is your club! We are going to attempt to implement the programs you members want. The only way we are going to know your interests and the directions you desire for your club is for you to tell us. Please feel free to contact any of the Board or myself and express your ideas about any of the club's activities. We need your input. We can also use a few more people on the board, so here's your chance folks. For those of you who would like to contact me, I can be reached at 6947328 or 685-8313.

Neal McMeekan

WE NEED WORKERS FOR DIANE'S RIDE - CALL CAROL HUGGINS 694-1791

the racers' corner

RACER'S CORNER - Randy Senneff, Reporter

July 1st South Bend Criterium
USCF - VETS - Denny Tresenriter 4th

July 2nd - Waterman State 20 K Time Trial
USCF - JRS - Matt Minard 33:48:36
CAT 4 - Troy Prichard 33:37:87
CITIZENS - Marty Robinson 33:02
- Chris Armstrong 32:13:33
- Randy Townsend 32:17:98
- Ron Stevertson 35:01:72

July 2nd - Cedar Rapids
USCF - SR 3 - Randy Senneff 15th
July 3rd - Tour of the Hill, St. Louis
USCF - VETS - Denny Tresenriter 3rd

July 4th - St Louis Criterium
USCF - VETS - Denny Tresenriter 9th

July 4th - Hennipin Criterium
CITIZEN - Randy Townsend 2nd
- Chris Armstrong 3rd

July 7th-8th-9th Starved Rock Classic
Overall Race Results
USCF - VETS - Denny Tresenriter 2nd
SR 1-2 - Eric Carlson 14th
SR 4 - Bob Woo 4th
CITIZENS
Men 40+ - Randy Townsend 1st

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

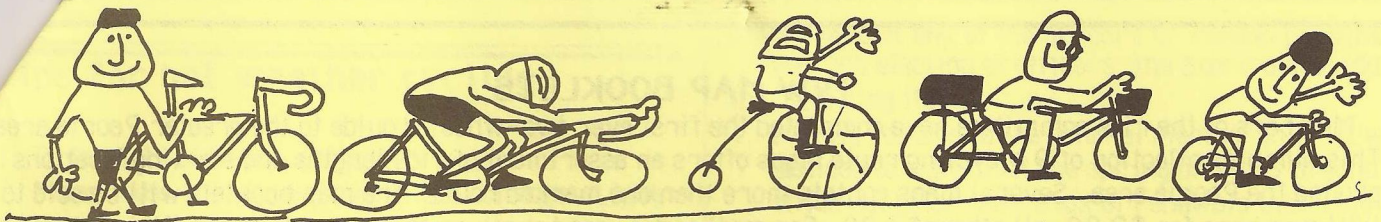
IVW'S 200 MILE CLUB

On Saturday, June 24th a small group of IVW riders attempted to complete their first Double Century--200 miles in one day. We'd like to congratulate; Don Jacobs, Bill Semmens, Armand Tippet and Glen Thompson for completing the ride. These four cyclists successfully accomplished this task with room and energy to spare. It takes a great deal of strength, endurance and discipline to complete 200 miles in one day and these four did an excellent job.

In addition to these new members of the 200 mile club, the IVW would also like to recognize Mike Hagerity for having accomplished this feat several times over the past few years--he completed his last 200 miles in under 10 hours--an amazing feat! □

A WORD OF THANKS

On Sunday, July 9th, Gary Weiss led a ride from Metamora to Lake Wildwood--not only did Gary have the ride well laid out and marked for us, but he also provided a sag so that those riders who wanted could have a change of clothes and go swimming at the lake. Unfortunately the heat kept many members from attending and only a few people attended. However, the IVW would like to thank Gary for becoming an active member leading not only this ride but also leading a ride every Friday night. This type of participation is what we would like to have from all our members, after all, if you're going to belong, why not come out and enjoy the good times with us. □



IVW SUNDAY RIDE SCHEDULE - MARY SCROGGS REPORTER 266-5790

Date	Miles	Leader	Phone	From/To/Comments
*8/06	30	Sheila Hanson	693-9807	Meet at Commercial Nat'l Bank N.University, Peoria
*8/13	35	Ron Chandler	698-8002	Woodford County Ride Meet Germantwn Hills Elem School
*8/20	30	Steve Grube	674-3175	Meet at Eckwood Park
8/27		Terry Threw		ride to Morton
9/03		Diane's Ride		Registration Required
9/03		SHOW & GO		Charter Oak School
9/10		Bob Jones	676-0166	Tremont/Hopedale

***Due to the heat these rides will begin at 7:30 am**

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

SPECIAL LOCAL RIDES

- 8/27 Diane's Ride - Brochures available at the bike shops
Members received separate mailing - registration required
- 9/02 PACRACC '89 - \$45 before Aug. 25 \$55. after
- 9/03 220 miles/3 days or COMPAC.RACC 100 miles/2 days
- 9/04 Call Pantagraph's marketing service 829-9411, 1-800-747-7323

LOCAL RACES - MARY SCROGGS REPORTER 266-5790

- Aug 20 Proctor Classic Weekend - Criterium, Eric Carlson 682-8777
- Aug 26 Bloomington/Pepsi-Cola, Bloomington, Vitesse, 1-454-1541

If you've ever wanted to watch a bike race this month is your chance to do so - come on down and support our local racers!



MEMBER PROFILE

Phil England is another of the long time members of the club who has consistently been there to help when the IVW needed assistance. Phil joined the club in 1982, and has been active every year since. In 1984 Phil served as the President of the IVW. Only last Sunday, Phil led a ride from West Peoria to Brimfield for breakfast and then on to Dunlap and back for about 40 miles total. He has always been there to help with the Pedal-In, Diane's Ride and other club functions throughout the years. The next time you see Phil on one of his several bicycles or with his wife Becky on their Tandem, say hello and THANKS for all your support of the ILLINOIS VALLEY WHEELM'N. (He will be the one with the Camo Bell helmet)

IVW 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 IVW 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. Wilcox, Peoria, IL 61604. The map booklets can also be purchased at: Vitesse Cycle Shop in Peoria, Hts., Russell's Cycle World in Washington, IL and Peoria Bicycle Supply in Peoria for the \$3.00 fee. **Get one while they're HOT!**

IVW WEEKDAY/SATURDAY RIDES

MONDAY

****THIS RIDE HAS BEEN CANCELLED

TUESDAY

6:00 p.m. ALL LEVEL, Meet at Morton Field Shopping Center parking lot.
Faster riders wanting a fast, longer ride meet at 5:30. Peggey Tresenriter (387-6617)

6:00 p.m. EASY, Commercial National Bank, Pioneer Park, 7901 N. University, Peoria
Bill Wright (685-8549)

6:30 p.m. 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

6:00 p.m. SHOW & GO, Meet at Charter Oak School, 5221 W. Timberridge Dr.
Riders wanting a 30-40 mile ride at a brisk pace should meet at 5:00 p.m.
Afterwards join us for pasta and goodies at Avanti's.

THURSDAY

6:00 p.m. SOCIAL, Meet at Pekin Mall by Bergner's.
For further details contact Jan Ketchmark (347-5307)

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

FRIDAY

5:30 p.m. EASY, Meet at the square in Metamora. For further details call Gary Weiss (443-5407)

SATURDAY

8:30 a.m. SHOW AND GO, Meet at the square in Washington, IL. Please park off of the square.

RIDE TYPE DESCRIPTIONS

- EASY-Group paced ride, 12 mph max. No passing ride leader. Good ride for beginner and novice riders.
SOCIAL-Group paced ride, 15 mph max. No passing ride leader. Good ride for the regular rider who wants a secure and social group ride.
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 on one gets left behind.

Tips for hot weather cycling.

1. Drink lots of fluids, especially water.
2. Wear loose fitting, well ventilated clothes. Light colors are best.
3. Ride early in the morning or in the evening outside of the hottest parts of the day.
4. Be aware of the signs of heat stress, such as light-headedness, chills, cold sweats, etc.
5. Wrap your water bottle with a cold wet cotton sock or freeze the bottle of water before going on the ride. (I often freeze one bottle and wrap it in a towel and put it in my handlebar bag for the "2nd half" of the hot summer ride.)

Bright colors are seen by Drivers.

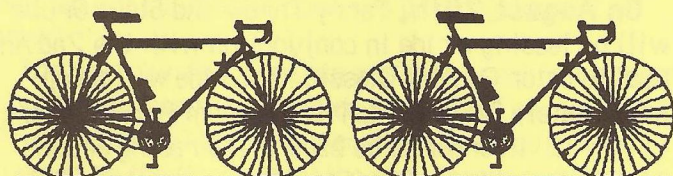
According to Cyclist Magazine studies, HOT PINK is the most visible color for cyclists to wear and be seen by automobile drivers. Darker colors and denim blue were rated very poor.

BOARD OF DIRECTORS MEETING

A meeting was held on July 6, 1989 at Mary Scroggs' home to organize the new Board of Directors for the IVW. Neal McMeekan was elected as the new Chair of the Board, Eric Hutchison was elected Vice-Chair, Ron Anderson was elected as the Secretary, and Steve Weast was elected Treasurer. The Committee Liaisons chosen were; Dean Grethey- Communications, Eric Hutchison-Membership, Roger John-Social, and Mary Scroggs-Rides. If any members have or need information about any club matters,

please contact any of the officers or liaison persons. After the election of officers, the Board discussed the following items:

1. Getting rosters to the general membership. It was decided to wait until the spring of 1990 to send these out after the influx of renewals that usually occurs in Jan. and Feb. If current members want rosters, they should contact Bill Semmens (685-9452) to obtain one. New members will be sent rosters upon joining the club.
2. Information packets will be sent to all new members of the club upon receipt of their dues. These packets will contain a greeting, ride schedule, latest newsletter, roster, and other pertinent info about club functions.
3. Diane's ride. We will be sending out flyers on Diane's ride ASAP, so watch for them in the mail.
4. Presenting awards to workers in the club. It was decided to give awards out for club workers who do outstanding jobs at the time of their dedicated service, rather than waiting to the end of the year at the annual meeting. Awards should be given at the monthly meetings and then recognition should be made at the annual meeting.
5. The annual meeting was discussed. We decided to try and have a DJ or band at the annual meeting and it was also heartily approved to try and have some skits. So all you folks out there who don't have stage fright, start thinking of something that you might like to do to make a fool of yourself in front of the club. Roger John will be in charge of the Annual meeting, so if you have any ideas, get in touch with him. (446-3992)



WANT ADS

WANTED

Don Eberle is interested in obtaining a front rack, he would prefer a Blackburn if possible. Call 699-2790 if you have one for sale.

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!

OUT OF TOWN RIDES

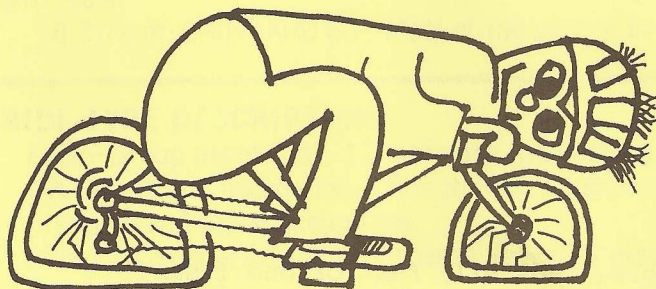
Remember that September is NATIONAL CENTURY MONTH. Included in this listing are a number of centuries to tweak your interests. So grab yer shorts and take a gander.

- Aug. 27, 1989 DIANE'S RIDE...our own special ride, which you should've received a brochure about recently.
- Sep. 3, 1989 TOUR OF HOG HEAVEN...Kewanee, Il. 25, 62, 100 miles. Flat...an excellent choice for your first century. Box 88, Kewanee, Il. 61443 309-852-3735
- Sep. 2-4, 1989 PACRACC/COMPACRACC...labor day weekend tour of the corn from Bloomington's Nestle-Beich candy plant....220 miles...camping. PACRACC 89, The Pantagraph, PO Box 2907, Bloomington, Il. 61702-2907
- Sep. 10, 1989 CAPITOL CITY CENTURY...Springfield, Il. A flatlander but the 7:00a.m. mass start ensures you companionship. Springfield Bicycle Club, Michael Becker, Box 2203, Springfield, 62705
- Sep. 16, 1989 AMISH COUNTRY RIDE-TO-EAT...Arthur, Il. A ride plus all you can eat lunch (remember this is amish farm country and lunch used to be called Dinner) Laura Bickers, Decatur Free-wheelers, 1335 Ravina Park Rd. Decatur, Il. 62526 217-877-7586
- Sep. 17, 1989 SPOON RIVER SCENIC CENTURY...A nice interesting ride put on by a small but involved club. Dick Casper, Box 353, Canton, Il. 61520 647-8891
- Sep. 17, 1989 QUAD CITIES BICYCLE CLUB CENTURY...Details to follow from one of the USA's biggest clubs.
- Sep 23-24 PEDAL TO BIG MUDDY...M/S fund raiser. Look for pamphlets in all bike shops.
- Sep. 24, 1989 16TH ANNUAL APPLE CIDER CENTURY...Three Oaks, Michigan. A super ride, especially if you want an easy century...good food...5000 riders. ACC '89, Box 5000, Three Oaks, Mi. 49128 616/756-3361 (A lot of IVW riders go to this one)
- Oct. 2, 1989 JACKSONVILLE CENTURY/KAMPSVILLE KOOKOUT. Tour of the Ill. River Valley and features a a ferry ride and homemade stew. Jacksonville Bicycle Club, 217/245-6603

There are several more rides lurking about and as info becomes available we'll let you know of them.

SIDE RIDE TO PROCTOR CYCLING CLASSIC

On August 20th, 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 to get back on time. Call 674-6001 for more information.



JUMPING CURBS IS COOL!

Daisey, Daisey-give me your answer true

I'm half crazy, all for the love of you

It won't be a stylish marriage,

I can't afford a carriage

But you'll look sweet

upon the seat

Of a bicycle built for Two!

This old song must be playing in Peoria this summer. On July 2nd, there were 4 tandem's out for the Sunday ride and that didn't begin to account for all the tandem's belonging to club members. So any of you who are tired of waiting on your spouse, who would rather not ride alone, or who can't "afford a carriage", check with some of the club members who have a tandem and see what the advantages are. I think you'll find that tandem riders enjoy the closeness and the miles they put on together on their "Bicycle built for Two." □

PEANUT BUTTER

Yeh!....Peanut Butter guys and gals! It is the greatest! RIGHT? Well, for those of you out there who love the stuff you know what I'm about to say. But for those of you who think this gooie fattening stuff is verboten, I'm going to try and change your attitude.

According to the Mayo Clinic Nutrition Letter, peanut butter is not all bad. In fact, it has less fat than does butter and margarine, and it has those good fats (if there is such a thing) polyunsaturated and mono-unsaturated. One tablespoon has 8 grams of those little devils. Natural peanut butters are better for you than the sweetened ones because they only have peanuts and salt, no sugars added. PB also has protein, and small amounts of vitamins B, iron and zinc. A tablespoon of the goo has about 100 calories, so if you

make an "average" peanut butter sandwich, you'll probably put about three tablespoons of it on your bread. Then you put the jelly on and you have about 500 calories. EXCEPT IF YOU ARE ME.

Now, first off let me tell you that I am a lover of Peanut Butter. I especially like the chunky kind and I'm very particular about the brand. I've watched a lot of TV and I know what's best! I'm going to give you one of my favorite recipes for sandwiches and let's see if you can appreciate my love for the "goo."

Take 2 slices of bread (any kind, although limp rye is by far the favorite), spread on about 1/4 jar of chunky, top with Miracle Whip in liberal quantity, add some sliced dill pickle, american cheese, salami, sliced ham, mustard and throw a slice or two of lettuce. GANGBUSTERS! I often will put grape-nuts and Miracle Whip on Peanut butter sandwiches, goooood! Now you know why I'm so slow on the hills and why I weigh 270 lbs. Hey, but I'm happyI think?

As the Tree Rides a continuing bicycle saga

Not long ago in a county far far away there was a young person who sat on the porch on a Sunday morning and wondered what was to be. This person, we'll call Tree, was about six foot three, and had knobby knees and would just sit on the front porch each Sunday and read the paper. He didn't have any hobbies other than picking his nose occasionally and reading the daily paper. Well, one Sunday he looked up from his paper and noticed about 20 or so bicyclers passing in front of his house just riding lickity split down the street. He had seen this before, but for some reason it didn't have the affect it had on this day. He thought for awhile and decided that by next Sunday he'd be ready and maybe try to ride with these people.

On Monday, he went to buy a bike at the Wal-Mart and found a real pretty green one with mud flaps, mirrors, reflectors and those really neat hot pink, hot yellow, hot blue and white streamers coming out of the yellow plastic handlebar grips. He'd had a bike like that when he was a kid and knew that it was the fastest on the block back then, so it ought to be the same now. All week Tree rode up and down the street in front of his house practicing riding the bike, so that when Sunday rolled around he'd be ready. Each day he'd ride a little farther and a little faster and by his Big Practice Ride on Saturday could do the three blocks in just under three minutes. HE WAS READY!

Sunday morning he got up, ate a big 4 egg, 8 bacon strip, 4 pieces of toast and quart of milk breakfast and was ready to get the MACHINE from the garage and

wait for the bicyclers to come by. He looked way down the road and thought he saw something but didn't recognize it as bicycles so he turned his back and walked toward the porch. All of a sudden he turned and there they were, about 30 of those bicyclers with there heads down they just flew by Tree's place. "Gosh, I almost missed them", he said, as he jumped on the Green Machine and commenced to ride after them. Within the next block, Tree looked up to see if he was gaining on them and they were nowhere to be seen for as far as he could see. He rode for another three or four blocks and then returned home disappointed but not discouraged. He'd try again next week!

The next Sunday, Tree ate a bigger breakfast and got his bike all ready by the side of the road and waited. Pretty soon he heard them coming, so he quick jumped on the Green Machine and started peddaling for all he was worth. The bikers overtook Tree almost immediately and WOOSH flew right on past him without saying a word. He pedalled and pedalled until he was out of breath and the other cyclists soon disappeared over the next hill so he just slowed down and returned home, this time he was even more disappointed. He picked his nose a couple of times while he sat on the porch reading the paper and wondering how he could get into this group of bicyclists and maybe be able to ride with them. He thought and thought, and came up with a brilliant plan. Next week he'd set up a lemonade stand and put a big sign up about 2 blocks away advertising the ice cold lemonade. Maybe that would stop them, he thought!

to be continued next month

ILLINOIS VALLEY WHEELM'N
MEMBERSHIP APPLICATION

DO NOT WRITE IN THIS AREA
EXPIRES _____
JOINED _____
PKSNT _____

NAME _____
childrens' names _____

ADDRESS _____ Zip _____

PHONE _____ - _____ - _____

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.

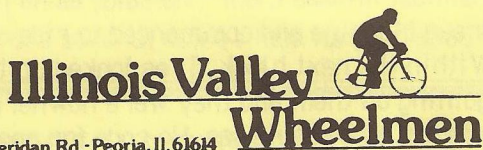
- Individual (\$10.00)
- Family (\$12.00)
- R.A.W. (Ride after work)
- New
- Renewal

Appl. sign. _____ Date _____ Make checks pay to Ill. Valley Wheelm'n

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

PRESIDENT: Neal McMeekan 694-7328
 VICE-PRES: Eric Hutchison 685-3921
 SECRETARY: Ron Anderson 444-2018
 TREASURER: Steve Weast 742-7141
 RIDES: Mary Scroggs 266-5790
 SOCIAL: Roger John 446-3992
 MEMBERSHIP: Eric Hutchison 685-3921
 COMMUNICATIONS: Dean Grethey 346-0645

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.



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

DIANE'S RIDE AUG. 27 BE THERE!