



DEC 1989

Illinois Valley Wheelm'n



FROM THE BACK OF THE PACK...

As I sit here, Thanksgiving is nearly upon us. I am sure each of us has many of our own reasons to be thankful. I missed the annual meeting this year but one does not often celebrate one's parent's 60th wedding anniversary. I am thankful for each one of those beautiful days we were able to ride and for the companionship we were able to share. I never had a day where I did not have someone special with whom to ride (and that includes the days I rode alone).

The club owes some special gratitude to some of its members. Without their contributions it would be extremely difficult to function. Dean Grethey edits our newsletter. Val and Bob Jones see to its mailings. Bill Semmens maintains our membership lists. Dalton Larson did a fine job this year as ride chairman. Mary Scroggs put in many hours helping the club. The list goes on and on. Those who baked cookies for a ride or a meeting, those who manned a food stop, those who modeled in the bike show, even those who just rode, helped make the club what it is. To all of you a big THANKS!

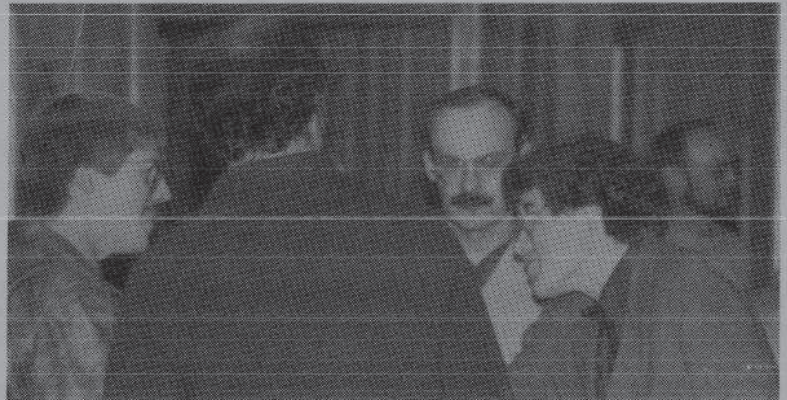
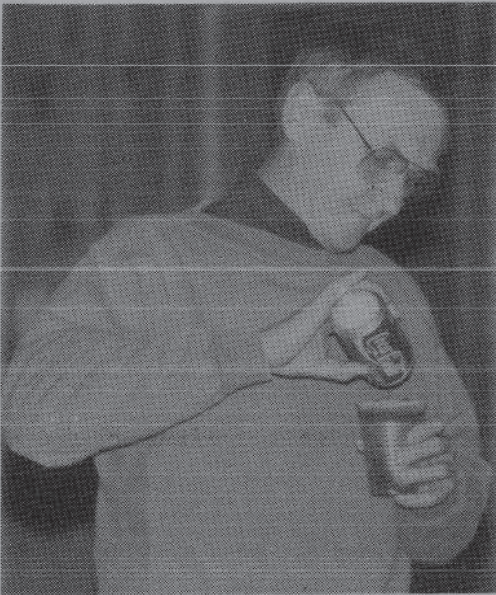
Also our thanks should be given to the local bicycle shops for their assistance. Russell's Cycle World, Vitesse Cycle Shop, Peoria Bicycle, and others kept us on the road and in some cases, even enabled us to finish, thanks to their sag support of the Ride from the Wild Side and Diane's Ride.

Our thanks also goes out to some of our neighboring clubs as many of us ventured out on some of their rides. IVW members were seen on McLean County, Champaign, Springfield, Canton, Kewanee, and other rides around and about the area.

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Our thanks should also go out to those outside the club who caused us to re-evaluate our riding skills and manners. Some of those who wrote letters to the editor genuinely have our safety in mind. (Of course, there were the others...) And I personally owe a major debt of gratitude to several persons of questionable ancestry because, although they came close, they did not actually hit me. May their gifts be returned to them a thousandfold.

Before our next newsletter gets to you, Christmas, Hanukkah, and New Year's will probably have come and gone. May you have a happy and joyous holiday season and may next year bring you peace, good health, prosperity, warm sun, gentle tailwinds, and another season of safe riding. ...NEAL



MORE ANNUAL Mtng. PICS!
LATER IN THIS ISSUE

SUNDAY SOCIAL RIDE

Bill Stevenson is willing and able to sponsor and lead a regular **SOCIAL** ride each **Sunday** afternoon at 2:00 on the **ROCK ISLAND TRAIL**. This ride is for any type bicycle and will be at casual pace, not a race in any way shape or form. If you want to ride fast go somewhere else. Meet at the parking lot west of Alta at the start of the Rock Island Trail. Come out and have some **fun fun fun** on a **FRIENDLY CASUAL RIDE**.



Baby Info -

Jean & Jim Waycuilus - Baby Girl - Anne Elizabeth
8 lbs, 4 oz, 20 1/2", born Monday 11/6/89

Rosanne & Ted Gambogi - Baby girl, Angela Marie
7 lb, 12 oz, 20", born Friday 11/17/89



Note - Ted completed Iron Man Contest - September 9th in New Hampshire, Swim 2.4 miles 68 degree water, 112 mile bike 88 degree heat, 26.2 mile run - might be cute lead in to baby girl

IVW SUNDAY RIDE SCHEDULE

Continuing thru 1989 and into 1990 we will meet at the restaurant listed below at 8:30 am for breakfast - we will decide at breakfast about riding. So - even if you don't want to ride - come join us for breakfast!

Dec 3rd - Country Bee, RR1, Kickapoo
Dec 10th - Doc's Mt Holly Inn, 8412 N. Mt Hawley Rd
Dec 17th - Barb's Restaurant, 128 E Queenswood, Morton
Dec 24th - Cummins Family Restaurant, 7929 N. Knoxville
Jan 7th - Steak & Shake, E. Peoria
Jan 14th - Dixie Manor, Corner of Glen & War Memorial
Jan 21st - Barb's Restaurant, 128 E. Queenswood, Morton
Jan 28th - American Legion, Delevan



NEW YEAR'S DAY RIDE

As always, IVW will kick off the New Year with a ride - this year Denny & Peggy Tresenriter have kindly volunteered their home as a meeting place - Come at 12:00, decision on riding will be made then. Please bring a covered dish for pot luck after the ride - 7 Norman Street, Groveland, Illinois. Please RSVP 387-6617. If you don't think you want to ride but would like to start off the New Year with fellow cyclists please feel free to join us!

Weekend Show & Go's

Saturday Morning 8:30 am - Washington Square
As always this ride will continue year round!

FONDULAC TRAIL RIDE ON WED. AT 6:30 IS CANCELLED

Sunday Mid Morning 11:00 am - Groveland Elementary School
This ride began informally last year by a handful of us who were willing to brave the cold but wanted to let it warm up first. Your best way to keep informed on this ride is to come to breakfast where decisions regarding this ride will be made.

FROM THE RIDE COMMITTEE "Leap Frog Ride"

Something new for the winter blues. Ever heard of a "Leap Frog Ride"? Well, we're going to try one. A "Leap Frog Ride" is a tailwind ride except you have a partner in a car, and every so often the driver and the rider swap places. You go as far as you desire and let the wind be your friend for a change.

The first "Leap Frog Ride" will take place at the Field Shopping Center in Morton on Sunday, Dec. 10th, at 11 a.m. The direction will be decided by looking at the flag flying and be agreed upon by those in attendance. How far can be decided before or during the ride.

So, get a partner, a car, and your road bike ready to go. Don't forget, a thermos of hot chocolate or coffee might be real good along the way.

If we get a good response, and everyone has a good time, we will schedule a "Leap Frog ride" each month of the winter. So come on out and let's give this a try. The Wind Will Always be at Your Back!

Dalton Larson (694-2272)



the rangers CORNER

As some of you may know - Cyclocross racing began in the fall - and we are proud to report that our contender, Denny Tresenriter has been out there in the woods doing his best - he has done a super job as reflected below -

USCF VETS - Denny Tresenriter
10/22 - 1st Place Vets, Caldwell Woods, Chicago
10/29 - 3rd Place Vets, Caldwell Woods, Chicago
11/05 - 2nd Place Vets, Caldwell Woods, Chicago
11/11 - 17th Place - Nationals in Milwaukee



As many of us joined together to enjoy the banquet on Saturday 11/18 Denny is once again out in the cold making his place in the State Championship. Be sure to congratulate Denny when you stop by on January 1st!!

Happy Trails To You

As '89 winds down and we enter the holiday season & the start of a new year - let's pause to reflect, smile and make a promise to **PUT THE FUN BACK INTO THE IVW IN 1990.**

In looking back over old news letters it was interesting to note the changes that had transpired over the years - it was also interesting to note that the same problems, & frustrations written about then are still with us today.

But - it seemed that over the last few years we let the fun die out - We forgot that people of different levels and abilities CAN ride together - can work together and can enjoy the joys cycling offers - Together!

I truly believe that we can all learn to enjoy the IVW more if we would focus on having fun and enjoying ourselves instead of trying to segregate ourselves into clicks - but this is something that ALL of us need to work on -

And not a problem any 1 person can fix - and this 1 person is going to have to step down from a steady commitment to the IVW - No, it's not burn out - but a career move at work has caused me to re-evaluate my commitments (I hung up my Super Woman Cape long ago).

I plan to take time to add fun write ups - like about TOMROV (Yes, Susie - we're going back!!), PACRAC (this time we know how to get to the hotel) and the Hilly 100 (hopefully the same great weather but no crashes - and hopefully all the scars are healed!). Plus do want to help with the Peddle In and Diane's Ride and yes there will be a 3rd annual Scrogg's football ride (watching football - sorry Jacob!).

So - this is my letter of resignation from the Executive Committee - I will be helping to brainstorm for 1990 and then have to say

See you on the trails.....

Mary M. Scroggs



ANNUAL MEETING

The sixty-five people who attended the annual meeting at Fairview Farms Restaurant were treated to an excellent buffet meal of Beef, Chicken and Ham with Fritters, mashed potatoes, green beans, rolls, etc. It was a delicious dinner enjoyed by all.

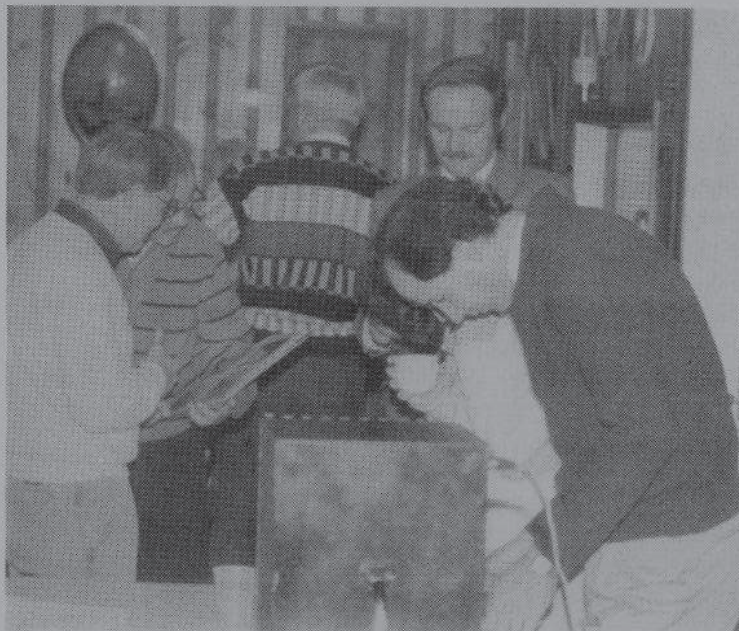
Eric Hutchison presided in the absence of (President) Neal McMeekan. The following awards were presented by Mary Scroggs: "Bike Junkie" to Dalton and Sally Larson for taking over the award from the Scroggs' for purchasing the most bicycles in the past year, and "Most Creative Ride Leader" award to Glen Thompson for leading some very enjoyable and creative rides during the year.

Eric presented the following awards: "Interim President '88-'89" to Steve Weast, "Social Chairman '89" to Roger John, "Special Friend of IYW" to Bill Semmens, "Food Chairman-Pedal-in and Diane's Ride" to Roger Jensen ("The Supply Guy"), "Pedal-In Chairman '89" to Dalton Larson, and "Diane's Ride Chairman '89" to Carol and Jack Huggins. "Most Improved Female '89" went to Sally Larson, "Most Improved Male '89" went to Bob Scroggs, "Broken Saddle" went to Bob Scroggs and the "HUB OF THE CLUB" went to Glen Thompson.

After the awards were given out, approximately \$500 worth of door prizes donated by Russell's Cycle World and Yitesse Cycle Shop were given to numerous lucky members and guests. Dean Grethey then showed slides of the current and past years rides and events.

Business Items. A motion was made by Steve Weast and seconded by Dalton Larson to maintain the annual dues at \$10 for individuals and \$12 for a family membership. Motion approved by voice vote. Eric Hutchison presented the following nominees to serve ?? year terms on the Board of Directors: Sheila Hansen, Sally Larson and Neal McMeekan. All were elected without dissent.

Ron Anderson, Secretary



AS THE TREE RIDES. . .

a continuing bicycle saga. . .

As we left Tree last month he was happy as a lark in a huckleberrry hound bush with his biking buddy "Spoke" riding down the roads of central Nerk Nerk land enjoying the sights, sounds and tasty treats of cycling. So the story continues...

Tree and Spoke met each Saturday and Sunday and rode to their hearts content, they were both in heaven. Little did they know that eventually that heaven would not last. The weeks went by and it seemed that each week they would run across someone new to ride with them until all of a sudden they realized that they had the makings of a rather large group to contend with. There was Slim, then Tiny, then Bobby Lou, then Billy Bob, then Suzzie, then Millie, then ...

A WHOLE BUNCH OF PEOPLE were there each and every day they tried to ride. It was becoming an uncontrollable group of humanity. One person wanted to go here for breakfast, one wanted to go there, and then one wanted to go fast and others wanted to go slow, and my gosh it seemed to Tree that his nice little enjoyable ride was being threatened by all these "outsiders" wanting to inflict their wants and it was screwing up a good thing. Well, Tree and Spoke got together one evening and tried to figure out what they could do to remain happy and yet not mess up the group of bicyclists that had taken over their "peaceful ride". They came to the conclusion that they would just continue on and let the chips fall where they may, and if their ride became so unbearable, they would just secretly find another route and go off on their own again.

The weeks flew by and winter was upon them. Tree and Spoke decided that they had had enough with the interlopers in their nice peaceful rides, so the next Saturday they would go somewhere else to ride and maybe escape the hassle of the big group. Saturday morn came and Tree got on his trusty behemouth and motored down the road to meet Spoke for their newfound venue. He saw Spoke ahead at the meeting place and smiled from ear to ear. . . they had outsmarted those hotdogs and were going to be off on their own again. Happiness again, at last! *DC*

THE UNSUNG HERO

(Who doesn't sing, but tells great stories.)

The danger of trying to list everyone who helped the IVW throughout the year is that someone important may be overlooked. Sometimes we unintentionally take certain things for granted -- such as our IVW newsletter which dependably appears each month to keep us informed of upcoming club rides and activities. An all-too-often thankless job, the newsletter editor has an ongoing time commitment to the club every month of the year. Also, the newsletter tends to have very high visibility among club members. Unfortunately, sometimes our criticism outweighs our praise -- even though we've never sat at the editor's desk.



As editor, Dean Grethey has kept our newsletter on schedule and well formatted. In addition, he often injects his own unique touches to keep things entertaining. (Did you all bring you're bun wads to the weenie roast?) His "Adventures of Tree" saga has given us all food for thought about the ups & downs of club riding. Incidentally, Tree proved to be a fairly popular guy -- he is now riding his way across the pages of some other clubs' newsletters. In addition to newsletter, Dean has also helped on numerous Pedal-Ins and Diane's Rides. In between running food stops, you'll probably see him with a camera to his eye shooting for an upcoming newsletter or for our annual slide show. With his member of the month newsletter feature, Dean has created an ongoing platform to recognize those members who go the extra mile for the IVW.

We tend to wait until someone is leaving the board to tell them what a good job they did. Well in this case, we hope that Dean isn't going anyplace (except down the road on two wheels). Under his guidance, our newsletter has become a model which other area clubs are now using to structure their own publications. Dean has put a lot of effort this year into heaping praise on others. The next time you see him, take a moment to say thanks.

ERIC ZH

Read this Survey and Send it In!

1990 IWV Planning Survey

Just a friendly reminder that YOU are a member of the IWV and as such we care about what you think - but in order to know that you must tell us! So - please take a moment and complete this Survey -

1) Types of Meetings I would attend in 1990 -

- SWAP MEET - January
- Travel log - Personal experience by an IWV member
- Bicycle road maintenance
- Health - First Aid
- Health - CPR
- Weight Training - discussion
- Weight Training - exhibition
- Nutrition
- Prairie Land Trail Update/Information
- Rock Island Trail Update/Information
- LAW Representative
- Speaker's from other clubs

Other topics you'd like to see _____

2) Rides you plan to support in 1990 -

- Monday Night Social 6:15 pm Commercial National Bank, Peoria
Begins in May and runs until early October
Plan to Attend
 Would be willing to help lead
- Tuesday Night - All Level Ride - Field Shopping Center in Morton
Begins at 5:00 in April, 6:00 in May and continues until late fall
Plan to Attend
 Would be willing to help lead
- Note - this ride got divided into 2 groups this past year and may yet break into 3 groups in 1990 to allow people of the same level to enjoy cycling together - however, after we all regroup & share dinner!
- Tuesday Nite - 6:00 pm Easy ride Commercial National Bank, Peoria
Begins in May and runs until early October
Plan to Attend
 Would be willing to help lead

- Wednesday Nite - 5:00 pm Show & Go, Charter Oak School
Begins in April and runs as long as daylight permits
- Last year this ride divided into two rides - one leaving at 5:00 allowing for a longer, more brisk ride and a 2nd leaving at 6:00
Plan to Attend
 Would be willing to help lead

2) Rides you plan to support in 1990 cont -

- Thursday Nite - 5:00 Eureka - Athletic Ride - Intended to develop hill climbing, pace-lining and interval skills
Plan to Attend
 Would be willing to help lead

Thursday Nite - 5:00 Social - this ride began in Pekin but did not receive enough support to sustain it there and was unofficially moved to Deer Creek, unless survey results prove otherwise it will officially move to Deer Creek

- Will Attend in Pekin
- Will Attend in Deer Creek
- Would be willing to help lead

- Friday Nite - 5:30 pm Easy - Metamora
Plan to Attend
 Would be willing to help lead

Saturday Morning - Show & Go

As always there will be a 8:30 am Saturday Show & Go in Washington Square - this ride does continue year round for those who want to brave the cold. If you have any comments regarding this ride please feel free to submit them but it should be noted that this is a show and go and riders unfamiliar with the area or riders concerned about keeping with the pace set on this ride should bring someone of their level with them!

Sunday Morning - 8:30 am

During the winter we will meet for breakfast at various locations around the Peoria area - in early spring we would like to set up a few unique breakfasts (like Wildlife Prairie Park) - The ride committee will be looking for ride leaders - please let us know if you are interested.

Please let us know any thoughts, concerns, recommendations for Sunday rides - It should be noted that the ride leader is responsible for seeing that all riders return safely on Sunday rides.

Comment: _____

3) As you know the IWV sponsors 2 rides each year - these rides need support - people to mark the ride, organize the ride, work food stops, register riders.....lots of various activities all of which can be worked around allowing you to get some cycling in - without your support these rides will die out - please sign up to help - now!!

- Help on Peddle In
- Help on Diane's Ride

Ways in which you are willing to help _____

4) Social Events - what type of social events would you like to see

- Summer Picnic
- Swimming Party
- Spirit of Peoria Cruise
- Joint Rides w/other Clubs
- Leap Frog Ride

Do you want to see social events Separate from _____
 Part of Sunday's Ride

5) Weekend/overnight trips - _____
 Ideas for destinations _____
 Preferred accommodations _____

- Camping w/Sag
- Bed & Breakfast
- Motel/Lodge
- Any/all of the above

6) Community Project Suggestions - we feel that IWV should help others as well as provide rides - We are a Quiet Hero of Red Cross and if you are willing to donate blood you should notify them that you are a member - do you have other ideas you'd like to share/be willing to support -

7) In Spring of 1989 we had our first Fashion Show, over 80 people attended and we had a good time looking at bikes and clothes - Please let us know your thoughts on a 1990 Fashion Show -

- Would Attend
- Would like to Model
- Would Be Willing to Help

8) There were several local races during 1988 and although IWV does NOT sponsor races we have several members who participate both as licensed racers and as citizens - help is always needed at these activities - and it is exciting to watch - so please consider this in your '90 plans!

Would be willing to help

If you do nothing else with this survey - please - let us know who you are and why you are a member - we have a large membership that is not active and we'd like to know if there is anything we can do to bring you out -

Name _____
 Address _____
 Phone _____
 Membership Objective _____

Thank you for your time - hope to see you soon!!

Please complete this form, donate a stamp to the club and either carry, mail or better yet ride this survey to:

Neal McKeekan
 209 Shady Knolls Dr
 E.Peoria, IL 61611

Thanks!

THE SAGA OF THE 5PM MIDNIGHT RIDER

Like me, you've probably been enjoying the fine fall afternoons of riding. This time of year, my enthusiasm peaks at the same point of the day where the temperature does the same. Also like me, you've perhaps discovered the rather astonishing phenomena - - this time of year, the sun sets at really bizarre hours... like 5PM. This subtle fact usually dawns on me at a very inconvenient time -- like when the peaceful twilight starts descending and the car headlights begin popping on.... and I am still 10 miles away from home (pedaling like a madman).

Alas my friends, the panic stricken (and very dangerous) "twilight dash" can be easily avoided with a few simple precautions. First off, if my day's ride begins at any time past NOON. I take some simple night riding equipment along. Day or night, visibility is a bicyclists' greatest ally. Personally, I prefer to dress as much as possible like a road construction sign. (Fashion was never my forte'.) But seriously, when the sun sinks low, I can whip out my REFLECTIVE VEST and snap on my BLINKING FANNY LIGHT to complete my last few miles with some peace of mind. It's quite amazing how much space passing motorists give me when they think I'm a major chuck-hole.

If you find the idea of the day-glow vest distasteful, at least dress in you're brightest (some would say obnoxious) jersey and tights. The minimum you MUST use is some lights on your person and/or bike. Don't let the short days confine you to your wind trainer, but please be prepared for early sunsets.

Happy (and safe) trails,

Eric Hutchinson

THE 5PM MIDNIGHT RIDER GLIDES ON...

The short bit below describes some good reasons I've found for venturing out when the days are short.

These days, I often find myself
accompanied by that late fall shadow rider.
He sits high at my side
astride that crazy whirring machine --
His figure swimming across the earth ocean
of this years plowed-under harvest.

The headlights reluctantly begin
to flicker on about me.
Flapping wings in V formation overhead
honk warning of shorter days ahead.
With deep breath of heavy fall air
shadow and I reluctantly pick up the pace.
Away from the crimson sky
towards the afternoon ghost moon.
Crisp autumn breeze
blow me home.

Eric



WANTED

To borrow rear pannier bags for short trip
in January. Sue Adams 692-1840



GIVE AWAY

Will give away older bike carrier for truck.
Call 699-2790 Don Eberle

WANT ADS

FOR SALE

Blackburn Sports Rack (for minor tune ups) excellent shape &
Schwinn Wind Trainer - Call Bob Scroggs, 266-3659 during the day
(if no answer - leave message)



FOR SALE

YETTA dual cage wind trainer NOW \$50 • TUNTURI rowing machine
in excellent condition NOW \$150 • Great Xmas gift!
346-0645 Dean Grethey



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 _____
PKSNT _____

NAME _____
childrens' names _____

ADDRESS _____ Zip _____

PHONE _____ - _____ - _____

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

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.

Illinois Valley 
Wheelmen

6518 n. Sheridan Rd. - Peoria, IL 61614

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

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

REMEMBER--NO DECEMBER IVW MEETING •
LOOK FOR THE SWAP MEET AT SAFETY TOWN IN JANUARY •
MERRY CHRISTMAS • HAPPY HANUKKAH • HAPPY NEW YEAR