

FEB 90

Illinois Valley Wheelm'n

FEBRUARY MONTHLY MEETING

February 22, 1990

SAFETYTOWN • 7:30 p.m.

The speaker for our February meeting is Chris Willis, a sports nutritionist. Hopefully we will learn what and what not to eat before going on that century, double century or RAAM ride. I'd like to know how to lose 50 lbs overnight, and I mean from today to tomorrow. Be there, and if you don't get an answer to your question, drop back 13.5 yards and punt. Let's have a big turn out for this requested speaker.

BE THERE!

BOARD MEETING MINUTES Jan. 10, 1990

from Ron Anderson, Sect.-Tres.

Attending: McMeekan, Hansen, Sally & Dalton Larson, Anderson, Weast, Hutchison, Grethey

Past Treasurer Steve Weast reported the IVW has \$1910.14 in Savings, and \$133.10 in the checking account. McMeekan confirmed our re-registration in the L.A.W. The Board decided not to affiliate with Bikecentennial and AYH.

The board decided not to participate in the Dist. 150/Kiwanis program for recognizing student achievement in the Peoria schools with awards of new bicycles. Other ideas were discussed.

McMeekan presented information on the Regional Trail Advisory Task Force. A club member will be sought to sit on the task force. Hutchison indicated an interest if no other is found.

Dalton Larson reported that the following are members of the ride committee: Dalton (chair), Randy Townsend, Steve Meisner, Ron Chandler, and Don Jacobs.

Dates for this year's major rides are: Pedal In (Ride on the Wild Side) Sat. June 2, 1990; Diane's Ride, Sunday August 26, 1990 (which will be secondarily referred to as "The State's Toughest Century" in promotional materials). McMeekan will confirm the date of the Pedal-In with Wildlife Prairie Park. Anderson will send info on both rides to the LAW and Bicycling magazine. Discussion indicated a desire to have registration forms for the Pedal-In out by April 1.

Board Member responsibilities will be as follows: Pres. McMeekan; VP. Hutchison; Sec./Tres. Anderson; Membership, Hutchison; Communication, Grethey; Social, Hansen and Hutchison; Rides, Larson.

A vacancy remains on the Board following the resignation of Mary Scroggs. Board responsibilities may change when the vacancy is filled. We discussed topics for monthly meetings.

The Board moved to spend approximately \$50 for a halftone screen for newsletter production.

IVW SUNDAY RIDE SCHEDULE

Continuing into 1990 we will meet at the restaurant listed below at 8:30 for breakfast and then decide about riding. So, if you don't want to ride you don't have to, you can just come and have breakfast with a bunch of nice bicycling people.

- Feb. 3rd** Steak n Shake, in East Peoria
 - Feb. 10th** Newell's in East Peoria (corner of Rt. 8 & 150)
 - Feb. 17th** Steak n Shake in Pekin (Rt. 9, east side)
 - Feb. 24th** Cummins Family Restaurant, North Knoxville, Peoria.
 - Mar. 3rd** Dixie Manor, Corner of Glen & War Memorial, Peoria
 - Mar. 10th** Country Bee, Kickapoo, Off Interstate 74
 - Mar. 17th** Pleasant Hill Antique Mall, off Rt. 150 E. Peoria on Pleasant Hill rd.
 - Mar. 24th** Dixie Manor, Corner of Glen & Mar Memorial, Peoria
 - Mar. 31st** Barb's Restaurant, Morton, Rt. 121 and Queenswood Ave.
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WEEKEND SHOW & GO RIDES

SATURDAY MORNING 8:30 a.m.--Washington Square as always, be there!

SUNDAY MORNING 11:00 a.m.--Groveland Elem. School, in Groveland, Il. The decision to ride is usually made at Breakfast earlier the morning of the ride.

SUNDAY AFTERNOON MOUNTAIN BIKE RIDE

The crew at Russell's Cycle World in Washington has a Mountain Bike Ride every Sunday afternoon during the winter months. The ride starts at 1:00 p.m. from Russell's (308 N. Main St., Washington) and usually lasts a couple of hours.

LEAP FROG RIDE III

Leap frog ride number 3 will take place on Sunday February 11, 1990 and will start at 11:00 a.m. from Groveland School in Groveland, Il. Get a partner and join the group for a tailwind ride you will thoroughly enjoy. (a leap frog ride is a tailwind ride where you alternate biking with car riding)

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! and it's COLD outside!**

FROM THE RIDE COMMITTEE "Leap Frog Ride III"

Because of the success of "Leap Frog Ride II", another ride is scheduled. This third "Leap Frog Ride" will take place on Sunday, February 11, 1990 at 11:00 a.m., and start at Groveland School in Groveland, IL. This will be in lieu of the normally scheduled 11:00 ride that starts from the same location.

As with the first and second ride, you'll need to find a partner to Leap with, so call up someone and join us on Sunday Feb. 11th.

* A "Leap Frog Ride" is a ride with a tailwind only, and you need to have a partner to alternate riding with who will drive the car while you ride, and then switch off, while you drive-they ride, etc. As stated, it is a tailwind ride, which will make it a little warmer if the weather is cold. Bundle up and be prepared to ride in any kind of weather and road condition.



FROM THE RIDE COMMITTEE

The second Leap Frog Ride was even better than the first. It may not have been as colorful being that the riders and the cars didn't get seperated in different towns nor did the snow attack to cut things short, but the wind was stronger, and we went farther.

So once again the saga unfolds as ten hardy souls face the elements and the bleak wilds of the Illinois prairie in mid January. The departure point this month was from Groveland Grade School. The wind was a brisk 20 mph southwest gail. The riders headed toward Washington via Morton where the first switch would be made between drivers and riders. From Washington the group headed to Eureka and then on to Roanoke where the switch took place again. After a pow wow at Roanoke it was decided to go to Toluca for a lunch at Mona's. Half way there another switch was made to even the miles out. The total distance was about 55 miles.

Since the wind was brisk to say the least, the speeds were almost always over 20 mph and often certain parties just had to have sprints well over 30 mph just to show off. But it was great and all I can say is you should have been there if you weren't. Next Leap Frog Ride is on the 11th of February, 11 am, at Groveland Grade School. So get a partner, come on out and remember that the wind will be at your back.

WELCOME NEW MEMBERS

Monica Acosta	Peoria
William & Carol Haycraft	Peoria
Ralph & Connie Heineke	Lowpoint
Ken & Cheryl Hofbauer and Sarah,	Peoria
Tom Lowder	Morton
Christine Rittenhouse	

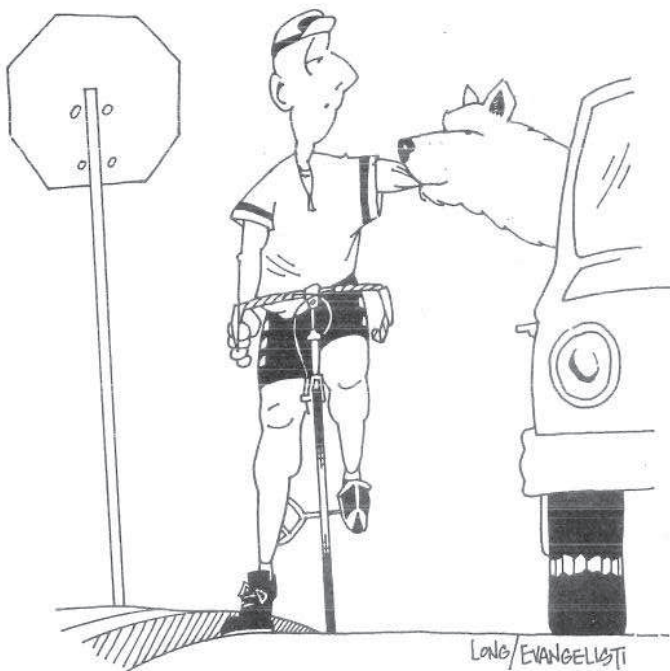
May the wind be at your back and the ride a pleasant experience.





MEMBER OF THE MONTH

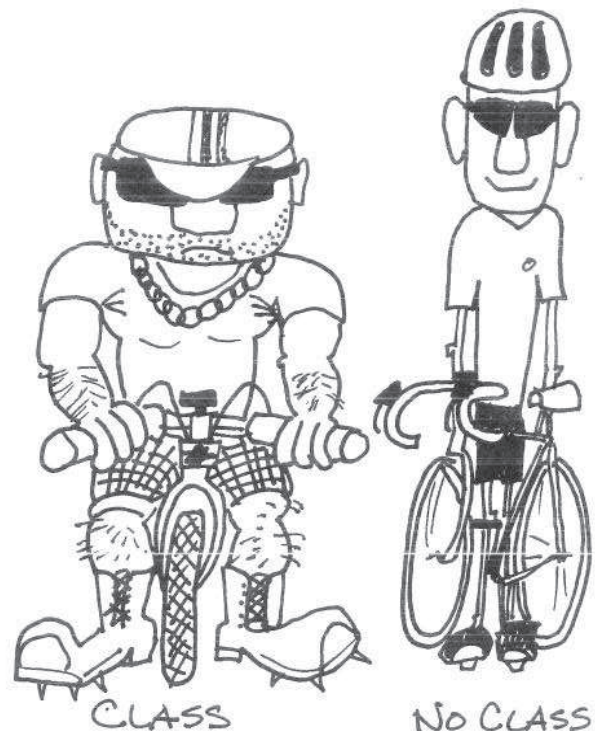
The Feb. member is Sheila Hansen, who has been with the IVW for a year and a half. Sheila was a member of the Springfield (Il.) Bicycle Club for 3 years prior to moving to Peoria with her husband, who is a doctor. Sheila is a nurse anesthetist, likes to ride for the exercise and companionship; and enjoys traveling and sewing as her hobbies. Sheila's favorite IVW ride is the Pedal-In, she has been a ride leader and helped with last years Style Show. Sheila is presently serving on the IVW Board as the Social Chairperson. We are very lucky and proud to have Sheila Hansen as an active member of the Wheelm'n. The next time you see Sheila's always smiling face, say "thanks" for being such an asset to the IVW and bicycling.



Always use proper hand signals.

FREE BIKE RACKS (2)

Two racks, one car top and one trunk/hatch rack. Each holds two bikes. Call Sue at 682-0320



AS THE TREE RIDES...

a continuing bicycle saga...

When we last heard from Tree, he was with Spoke and they were on their own riding off into the sunset or sunrise, whichever it was. The story continues...

It was late fall and rapidly approaching those cold winter months as Tree and Spoke rode their rather lonely trail. The foliage was thinning quickly and the geese were honking loudly as they headed south. Tree was thinking that it would be nice to have some more riders on their excursions, as Spoke was getting on his nerves with all the cackle about having to ride with heavy clothes on and bitchin about the wind, and all that other distasteful stuff. Tree decided to invite some other riders on his rides and maybe Spoke would get the message or at least there would be someone else to talk to while they rode, so he went back to the monthly meeting of the local club and mentioned that he and Spoke were riding on such an' such days at such an' such time, if anyone wanted to join them they were welcome. Little did Tree know that there would be eighteen people show up who were all friendly and some even brought treats, and juices for everyone. My Gosh!, Tree exclaimed, was this going to be neat. He not only solved the problem with motormouth Spoke, but he had overkill. Was this going to end up like the other time? or, was this the start of something very good? Well the group quietly and without squabble decided to ride about 15 miles to Billy Bob's Gulch and have their treats and then ride back. They even decided to ride together as everyone was interested in visiting with each other, comparing bikes and all that other stuff that bicyclists talk about. Tree was astonished, no one even mentioned that he was riding this big department store clunker complete with streamers, mud flaps, etc. They had a ball, the cookies and muffins were great, the juice was cold and Tree had successfully avoided a confrontation with Spoke.

These people got together rain or shine, snow or wind, dogs or cats, or whatever to ride each and every week, and Tree was elated. He had found happiness at last and was looking forward to each week's rides as he was to getting a new pocket knife for Christmas. Things were going Great! Tree decided to have a Christmas Party and invite all his new biking friends over which he did. It was super!, everyone brought a covered dish and Tree cooked burgers outside in the cold on his grill. The people all stood around the Christmas Tree and said "Thanks" for their being bicycles, friends to ride with, roads to ride on, trees and birds to see, and in general, all the beautiful senses that are treated while riding. And then they all went outside in 20 degree weather, jumped on their bikes and rode off into the distance...with the wind at their backs!

D.G.

Welcoming in the 90's

On Monday 1/1/90 IVW welcomed in the New Year at Denny & Peggy Tresenriter's. Despite the cold weather 14 of us bundled up and braved a short winter ride just to start the New Year off right! Another 12-14 people stayed inside or dropped by to share plenty of good food and stories of cycling!

For those of you who don't know Denny & Peggy, they are the best/fastest cyclists in the club - Denny is a licensed racer who not only raced all spring and summer but was brave enough to race cycle cross this fall which is indeed a challenge few undertake! Peggy started the spring with some citizen races but come summer she was licensed as an official and spent the remainder of the year working at the races (but always taking time to cheer on friends & family during a race!). Peggy is responsible for starting the Tuesday night Morton ride and has been an inspiration for many of us, I know she's encouraged me more than once or twice when I was down about my cycling.

But in addition to being two of our strongest cyclist they are also two of our best ride leaders - they stop and regroup and never lose a person. They wait up for you and the best part is that they NEVER make you feel badly about it, believe me I know!

So - a special Thank you for a special couple who opened their homes and their hearts to start the 90's off with a smile!

Mary M. Scroggs

**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) ☐ New
☐ Family (\$12.00) ☐ Renewal
☐ R.A.W. (Ride after work)

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: Ron Anderson 444-2018
RIDES: Sally Larson 694-2272
SOCIAL: Sheila Hansen 693-9807
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 twelve 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

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