



MAR 90

Illinois Valley Wheelm'n

MARCH MONTHLY MEETING

The March monthly meeting of the I.V.W. will be held on Thursday evening March 22nd at 7:30 pm. This meeting will feature an instructor from the American Red Cross, who will present a program on basic first aid. The board feels that all IVW members should be knowledgeable of these basic skills, so if you feel you need to "bone up" then you need to attend. We had a pretty fair turnout for the last meeting so grab your partner and make it to the next Monthly meeting. All IVW monthly meetings are held at SafetyTown on north Sheridan, with a Board meeting preceding the regular meeting at 6:30. The April meeting has tentatively been planned as the Annual Swap Meet, so be collecting your Sale suitable bike items for the APRIL SWAP MEET.

RIDING SEASON RAPIDLY APPROACHES

BE A SAFE RIDER

1. Keep your bicycle in good repair, Check it before each ride.
2. Wear light colored clothing or bright colors so you can be seen by motorists.
3. Keep clothing out of bicycle parts, wear clips for pants if tights are not worn.
4. Ride with the flow of traffic, not against the flow.
5. OBEY TRAFFIC LAWS, such as stop signs, signaling turns and lane changes, etc.
6. Stay as near to the right side of the lane, don't ride down the center of the road.
7. Walk you bike across dangerous railroad tracks or intersections.
8. Never hold onto another moving vehicle while riding.
9. When riding with other cyclists, ride in a single file line or double line, but do not ever ride three abreast. Watch for traffic from behind and ahead and when traffic approaches, ride single file.
10. Speak out to your riding partners and tell them your passing or braking, etc.
11. When riding with a pack of cyclists, yell "Car Up" for forward approaching vehicles and "Car Back" for vehicles approaching from the rear.
12. Watch out for the other guy, don't depend on the other guy watching out for you.
13. When riding at night or dusk, always use a light and make sure you have reflectors on your bike or clothing.
14. Know how to do simple repairs to your bike "on the road". Always carry a tire patch kit or spare tube/tire, tire changing tools and other wrenches, screwdrivers, etc. and other tools for that emergency situation out in the boonies. Put them in a small seat bag or similar. Carry spare spokes taped to the seat tube or chainstay.
15. Carry adequate water supply for the length of ride and weather conditions.
16. If riding alone, tell someone where you are going and when you plan to return.
17. When riding with a group, don't hog the road, bunch up and block intersections or inhibit the regular flow of traffic on the road. "Don't antagonize the motorist"!

If each and every member of this club would practice the above courtesies, we could set a good example for all cyclists and prevent accidents. We all have been guilty of violating some of these simple rules, so let's make the 1990 season one of safe riding. **DO IT!**

RENEW YOUR MEMBERSHIP PROMPTLY

WE NEED A CHAIRPERSON FOR THE Ride on the Wild Side and Diane's Ride, if interested, contact Dalton or Sally Larson 694-2272.

SUNDAY MORNING RIDE SCHEDULE

NOTE: all rides start at 8:30 a.m.

DATE	START LOCATION, DESTINATION, MILES, ETC.	RATING
Mar. 4th	Dixie Manor, Corner of Glen & War Memorial, Peoria 8:30 a.m.	
Mar. 11th	Country Bee, Kickapoo, Off Interstate 74 8:30 a.m.	
Mar. 18th	Pleasant Hill Antique Mall, Off Rt. 150 in East Peoria on Pleasant Hill Rd.	
Mar. 25th	Dixie Manor, Corner of Glen & War Memorial, Peoria, 8:30 a.m.	
Apr. 1st	ICC Tennis Courts, to Metamora to the Amer. Legion for Breakfast 25 miles, Ride Committee will lead Ph. 694-2272	ABC
Apr. 8th	Peoria Courthouse to Morton, for breakfast at Barb's, Bob & Val Jones are leaders (698-3336), 20 miles	ABC
Apr. 15th	Easter Sunday Show-n-go, departs from Field Shopping Center in Morton	ABC
Apr. 22nd	Sterling Plaza to Wherever Glen wants to go, Glen Thompson, leader Will cover between 20-40 miles and go somewhere for breakfast. Glen's rides are always interesting, so come on over and ride! (685-4571)	ABC
Apr. 29th	Southside Bank branch on West Rohmann in West Peoria to the Country Bee restaurant in Kickapoo for breakfast, Leader; Phil England (674-3401) 30 to 40 miles	ABC
May 6th	Pekin Mall, "No Hills ride" Susie Townsend, Leader. The ride will have a long and short route and will stop at "Ernie's" in Pekin for Breakfast, Long route is approx. 35 miles (347-3848)	ABC
May 13th	Mother's Day Show n Go, No leader, Departs from Charter Oak School	ABC
May 20th	Jubilee Park to Brimfield for Breakfast, Steve Weast, Leader (742- 7141), Through the hills near Jubilee to Brimfield Amer. Legion and to Elmore and back to Jubilee, 40 miles or so.	ABC
May 27th	ICC Tennis Court to Wernsmans, in Germantown Hills for Breakfast Don Jacobs will lead this Quick Hilly ride (745-9001) This ride is not recommended for beginners or novices (See Rating System information elsewhere in this newsletter) 40 miles	AB

WEEKEND SHOW AND GO RIDES

SATURDAY MORNING 8:30 a.m.--Washington Square, Washington, Il. Don't park on the Square.

SUNDAY MORNING 11:00 a.m. --Groveland Elementary School, in Groveland, Il. The decision to ride is usually made at Breakfast on the given day.

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!**

Well, here we go! It's Time to once again organize the upcoming season's riding schedule. Fortunately, the IWV ride committee members, wise, omnipotent planners that we are, have designed a perfect schedule. Now all we need are some perfect riders to show up and we will all have a perfect time.

Unfortunately, we are not all perfect performing this sport. In fact, each of us has our own style and speed at which we feel comfortable. So how do we organize groups of people to ride together who are each different in their riding ability? "THE SYSTEM !!!"

That's right, "THE SYSTEM." We make rules and guidelines for each ride and let the individual rider decide where he/she fits in. So here is the "THE SYSTEM":

1. All IWV scheduled rides will be assigned a rating based upon the intended riding difficulty as determined by the ride leader.
2. Rides may have more than one rating if there are sufficient ride leaders to manage each group.
3. There are three levels of rides:
 - CATEGORY A...Aggressive rider - capable of going long distances at above average pace. Capable of riding alone if lost or dropped. Knowledgeable of high speed group riding techniques such as pace lining.
 - CATEGORY B...Intermediate rider - capable of long distance rides at a reasonable rate (15 to 18 mph ave). Knowledgeable of group riding techniques.
 - CATEGORY C...Social rider - not interested in vigorous exercise. This also could be someone unfamiliar with group riding, the route, or their equipment. This rider can expect assistance from the group if necessary.
4. The ride leader will determine the category of the ride. If people attend a ride for which they are not qualified, they must be warned that assistance cannot be guaranteed should they become lost or dropped.
5. The purpose of the organized ride schedule is to provide an opportunity for all levels of riders to ride in a group environment. Advanced riders should not attend lower categories of rides unless they are prepared to ride within the constraints of the ride as determined by the ride leader.
6. The types of rides offered will be determined by the persons willing to volunteer to lead those rides. If someone feels that the schedule is inadequate in a particular category then he/she should recruit leaders to provide additional rides. Spaces in the ride schedule have been left for such additions.

So that is "THE SYSTEM." The Ride Committee cannot decide for every member where they should ride, that can only be each person's own decision. This is a sport and, like most sports, the more you do it, the better you get. So if you want to get good, get out there and do it!

Ron Chandler
Ride Committee Member

UPCOMING RIDES AND OUT OF TOWN RIDES

UPCOMING IVW RIDES OF NOTE

"The ride on the Wild Side" (Pedal-In) is scheduled for June 2nd 1990 at Wildlife Prairie Park as usual. We'll need plenty of IVW people to help with this ride so put it on your schedule to either work or ride or both. We need a Ride Chairperson!

"Diane's Ride" (Illinois' Toughest Century) will be held on August 26th, at Lake Camelot as usual. Again, we'll need a ride leader, workers and riders, so put it on your schedule now and plan to participate.

OTHER RIDES OF NOTE

We are planning some beginner instructional rides. More will come out in the Newsletter in the next issue concerning this series of rides.

WANT ADS IN THE IVW NEWSLETTER

Members may submit want ads in this newsletter free of charge for one month at a time. If you desire longer than one month, please resubmit the ad each month. Ads should be bicycle related items, and be sure to include a name, address and phone when submitting your want ad. Submit ads to; Dean Grethey, 2302 Sheridan Rd. Pekin, IL 61554

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.

ABOUT MEMBERSHIP ROSTERS

Membership rosters will be printed and distributed to all members of the club as of April 1, 1990. If you want your name in the 1990 roster, you'll need to pay your 1990 dues before then. Likewise, if you don't want a telephone number distributed to the membership, you'll need to inform Bill Semmens of that prior to April 1, 1990.

IF YOU HAVEN'T PAID YOUR 1990 DUES, DO SO RIGHT AWAY!

Bill Semmens phone is 685-9452. New Members joining after 4/1/90 will be included in newsletters published after that date, unless you disire not to have your name included.

WELCOME NEW MEMBERS

The ILL. Valley Wheelm'n would like to welcome the following folks into our club and hope that your stay with us is enjoyable and rewarding.

Gary J. Audi	Roanoake, Il.
Gene Brandt	Lebanon, Il.
Stephen & Carol Daggs	Washington, Il.
Joel M. Gerrits	Morton, Il.
Richard Kinser	Pekin, Il.
Thomas J. Pilat	Peoria, Il.
Harold & Henrietta Hosewater	Peoria, Il.
Fred Unes	East Peoria, Il.

May the Wind Always be at Your Back!

As Tree rides...

a continuing saga

As we last left Tree, he and the group of riders were having a whale of a time with the wind at their backs pedaling off into the sunset after having a splended Christmas gathering. Well, it is a new year and Tree and his buddies will be circumnavigating the roads of central Illinois again, and will be running into good and bad things that are just a simple fact of life. So . . .

Tree's trusty behemoth bike had been laying in the basement since the Christmas ride gathering rust and dust and all sorts of other critters of the deep when he looked outdoors and decided that the weather had turned sufficiently warm enough that he could ride again. He called Betty Bush (one of his Christmas Party crowd, who he had taken a liking to) and asked her if she would like to go for a ride. Well, Betty was not real receptive to Tree's advances during the Christmas Party, especially when Tree would ride directly behind her and breath heavily and drool on his handlebar bag, so she decided that it was still a little too chilly for her to ride and declined the invitation. Tree was temporarily hurt but his drive to get out was stronger so he grabbed the hunk of rust and rode off down the road for a little while until his sinuses started throbbing, his mouth froze shut, and he had three icicles hanging from his nose. He realized that it was a tad chilly for riding, so he turned around and headed home. By the time he arrived home he was stiffer'n a new racing frame made of cast iron, so he quickly threw the bike up side the garage and headed for the tub. He drew a hot tub full of water and jumped in only to jump right back out with a scream you could hear over in Keokuk. Jeeessch! exclaimed Tree, that #@*\$¢ water was hot, and he looked around on the floor to see if any parts had broken off during his haste to exit the tub. Nothing was on the floor, so he figured that he was still altogether and proceeded to put a little cold water in the tub and try it again. Ahhhhhhhh! at last, a soothing warm bath to heat up those chilly bones. As he lay in the tub he was thinking of Betty and how he wanted to go for a ride with her. He'd call her next weekend if the weather was right...

MAY 1990 TRAIL APPRECIATION EVENTS

sponsored by the Friends of the Rock Island Trail, Inc.

Events contact person: George M. Burrier, 711 First National Bank Bldg. Peoria, Il 61602
Phone: 309-676-6113 (work) or 309-266-5085 (home)

I&M CANAL TRAIL BICYCLE RIDE May 5, 1990-----10:00 a.m.

A 30 mile round trip bike ride from Morris to Channahon and return. Park at Gebhard Woods State Park in Morris. Festivities have been scheduled on the I&M Canal that day.

MOTHER'S DAY BRUNCH ON THE SPOON RIVER BRIDGE May 13, 1990-----11:30 a.m.

3 mile bike/hike from the Rock Island Trail Department of Conservation Parking lot in Toulon to the Spoon River bridge for brunch. Donations for a sumptuous brunch with all the trimmings is suggested. All proceeds go to the continued restoration of the Chicago, Burlington & Quincy Depot built in 1871 that hopefully will become the visitors center for the trail in Wyoming, Il this year after final work is completed. Depot will be open at 2:00 p.m. for a tour. Bring your bike and ride to the depot which is at mile marker 20 on the trail

FIFTH ANNUAL ROCK ISLAND TRAIL TIE-"ATHLON" May 19, 1990-----7:00 a.m.

Registration at 7:00 am at the Department of Conservation Parking Lot in Alta on West Alta Lane (Rt. 91)

First Event--8:00 am is a 4 mile run from Alto to Dunlap on the R.I. Trail

Second Event 10:00 am is a 10 mile Bicycle Race from South Park in Princeville to Alta on the R.I. Trail

**This is a rain or shine event. Entry forms are available from Geo. Burrier (see above for address) Donations of \$5 are suggested. There are Prizes for top 3 male, female and children, plus T-shirts and patches are available for purchase. Food & refreshments are available.

**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.

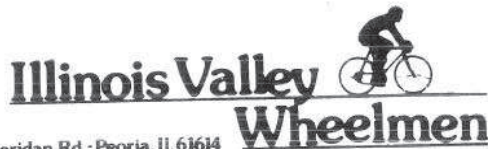
- Individual (\$10.00) New
 Family (\$12.00) Renewal
 R.A.W. (Ride after work)

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.



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