



APR 90

Illinois Valley Wheelm'n

SWAP MEET

GRIPS, MIRRORS, BAGS, TOOLS,
RACKS, FENDERS, SPOKES, AND
OTHER GOOD JUNK BIKE STUFF.

BRING YOUR PARTS, BIKES,
HELMETS, PUMPS, WATER BOTTLES,
T-SHIRTS, DERAILLEURS, BRAKES,

APRIL 26th

SAFTYTOWN • 7:30 P.M.

FROM THE BACK OF THE PACK...

Spring, folks, is here! Disregard the fact that the forecast for this first weekend of the season is for temperatures in the 30's and possible snow flurries. Spring is here! We're done with the ice, the snow, the sub-zero temperatures. Winter is over! Put away the snow blower, get out the lawn mower. get off the couch, pump up those tires, and get ready to ride.

The season is upon us and things are beginning to fall into place. The ride committee is putting finishing touches upon the schedule. Thanks to all of you who have volunteered to lead rides this year. Many hands make light work.

We are busy making plans for the Ride From the Wild Side and Diane's Ride. We would like to have volunteers for these events before we institute our standard operating procedure---you know the one where we get down on our knees and beg.

The riding season is finally upon us. Let's keep in mind that as we begin to ride that our bodies are not the only things that need to be retuned for safe and enjoyable riding. Mentally we need to get used to watching the road and using common sense to protect ourselves from those out there who can do great bodily harm to us. Remember we are governed by the same rules as motor vehicles. We all know that some of us occasionally disregard some of these motor vehicle laws. When we do (and sometimes even if we are obeying the law), we put ourselves at risk. Early in the season is a good time to work on that mindset that focuses us on our surroundings so we become aware of the potential dangers that can and do happen.

Let's have a safe and enjoyable season!

...Neal

SUNDAY RIDE SCHEDULE

all rides start at 8:30 a.m.

- April 1 ICC tennis courts, to Metamora Amer. Legion for Breakfast and ride of 25 miles, Ride Committee is leader (694-2272) ABC
- April 8 Peoria Courthouse to Morton, for Breakfast at Barb's. Bob & Val Jones are leaders (698-3336), approx. 20 miles ABC
- April 15 Easter Sunday Show and Go, Departs from Field Shopping Center in Morton ABC
- April 22 Sterling Plaza to Wherever Glen wants to go, Glen Thompson leader, Will cover 20-40 miles and for breakfast. Glen's rides are always interesting, so join us for a good ride. (685-4571) ABC
- April 29 Southside Bank on West Rohmann in West Peoria to the Country Bee restaurant in Kickapoo for breakfast, Phil England ((674-3401) is leader and ride will be 30-40 miles in length. ABC
- May 6 "No Hills Ride" starts at Pekin Mall(Meet by Mall Sign) Susie Townsend, leader (347-3848) The ride will have a long and short route and will meet at Ernie's Restaurant on Derby St. in Pekin for Breakfast. Long route is 35 miles ABC
- May 13 Mother's Day Show and Go, Departs from Charter Oak School (west of I-74 & Rt. 6 on Timberridge) No leader ABC
- May 20 Jubilee Park to Brimfield Amer. Legion for Breakfast, Steve Weast. leader (639-2291) From Brimfield to Elmore and back to Jubilee on return trip. Roughly 40 miles ABC
- May 27 Departs ICC tennis courts for Wernsmanns in Metamora for B'fast Don Jacobs, leader (745-9001) Will be a fast and hilly ride of 40 miles, so is not recommended for beginners or casual riders. AB only
- May 28 There will be a ride, perhaps something interesting, but you'll have to wait for next month's newsletter. Memorial Day

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.

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!**

WEEKDAY RIDES

TUESDAY

Morton's Field Shopping Center at 5:00 p.m. by the sign. There will be a fast group that will be lead by a variety of people, and a slower group that will be lead by Susie Townsend starting in May. This slower group will start at 6:00 p.m. in May. Call Dalton Larson (694-2272) for info on the faster group and Susie (347-3848) for info on the slower group.

Peoria-Commercial National Bank (First of America) in Pioneer Park, 7901 N. University, 6:00 p.m. starting in May. This All level (ABC) ride will be lead by Bill Wright (685-8549).

WEDNESDAY

At Peoria, Charter Oak School, 5221 W. Timberridge Dr. This ride will start at 5:00 p.m. during April and be a casual ride lead by Eric Hutchison (685-3921) and Bill Stevenson (688-7281). In May, the casual ride will move to 6:00 p.m. and a Show-n-go will start at 5:00 p.m. for those wanting a faster ride.

At Washington, On Washington Square, there will be a Show-n-Go starting at 6:00 p.m. which will begin in May. Contact Dean Grethey (346-0645) for Info.

THURSDAY

Pekin, meet at Big Mall Sign near Bergner's, 6:00 p.m. starting in May. Will be a Show-n-go.

FRIDAY

We are looking for someone to lead an easy ride as Gary Weiss who lead the ride last year from Matamora is not able to do so this year. So come on and volunteer, you select the place and time. Call 694-2272 and we will get you underway.

SATURDAY

Washington, Il., Meet at the Washington Square at 8:30 a.m. for a usually big Show-n-go group. Please do not park on the square. Use Back parking lots and side streets please.

BEGINNER RIDES

For four Saturdays, May 19th, 26th, June 2nd, and 9th, the IVW will lead Beginner Rides from St. Patrick's School parking lot in Washington, Il. They will start at 1:00 p.m. each day. These rides are intended for the person who has just made the purchase of their first bike and are just getting started. The rides will be short and easy (8 to 10 miles) with stops as required by the participants. They will be informative and concentrate on becoming familiar with the bike safety, necessary items to have along on a ride and in general, the sport of bicycling.

We want you members to cone out and support these new people with your presence and yes we do need ride leaders. Call the Ride Committee at 694-2272 to offer your assistance. Thanks

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.

PILEUP ON POLECAT HILL- Mountain Bike ride, Sunday May 27, 1990 starts at Putman Park, (1 mile south of Cuba, Ill. on Il. Rt. 97) 20-30-55 miles, dirt, gravel and off-road terrain, \$7 fee before 5/20 \$10 after 5/20, includes map, cue sheet and marked Rt., limited sag, rest stops with snacks & water, cook-out at end of ride and free admission to Fall Colors ATB ride in Oct. For info or form: Spoon River Wheelmen, Box 353, Canton, Il. 61520 or call 309-647-8891 or 309-647-3801

McLean County Wheelers- Annual Metric Century, May 20th, 70K & 100K routes, Normal, Illinois, Starts at Maxwell Park on Normal's West side north of College Ave. \$8 until May 1st, \$12 after May 1st, includes map route markings, food and a good time, Flat with a few hills on 100K rt., T-shirts are \$8. For Entry form: McLean Cty. Wheelers, P.O. Box 947 Bloomington, Il. 61701

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.

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.

PEDAL IN or RIDE ON THE WILD SIDE NEWS

1. We need one or more persons to be the Chief, or Head Manager of this annual affair. Will one of you energetic members volunteer to be the ride leader? We already have someone to do the Food managing, route marking, Brochure & T-shirt design and production, and Registration, so if you want an easy ready-made-committee to run, get your hand on the phone and call Dalton Larson and volunteer to help. Dalton's phone is 694-2272.
2. The ride will take place on June 2nd, 1990, from the usual Wildlife Prairie Park. We will continue to have the good food, well marked 25, 50, 75 and 100 mile routes, sag service from Vitesse and Russell's, and T-shirts. This is the biggest IVW ride and our main source of income, so get involved, either by working, riding or both.
3. We need volunteers to help with registration, food stops, taking photos, and other tasks, so call up Dalton (694-2272) or contact any Board member and sign up to work. We are looking to have entry forms in the mail early in April.

SPRING BREAKOUT RIDE

On April 1st, a group of 14 riders departed the ICC Tennis Courts for the American Legion at Metamora for the first major Sunday ride of the season. The weather was not exactly great, although it wasn't really bad either, with a slight breeze from the west and about 50 degrees. We regrouped a couple of times on the way out and arrived at the legion with a hearty appetite for their delicious pancakes and homemade sausage. After the sumptuous breakfast we broke up into a few smaller groups and headed back for the cars. Most of the riders on this ride had been riding all winter so the pace was relatively fast. However, this writer was out on his first real ride since last July on a new steed and it was very reassuring to have folks who stayed back and rode alongside for the entire ride. Many thanks to Steve, Dalton, Phil, Ron, and Bob for the pleasant return to cycling after my long layoff. It was a little dissappointing to have such a small turnout, but I know that the future sunday rides will be more supported. Get out the trusty bike and join us for future sunday rides, will ya?

REPORT ON MARCH MONTHLY MEETING and APRIL MONTHLY MEETING

The IVW was treated to an informative presentation for the March meeting put on by a young lady from the Red Cross. About 20 members attended the session where we learned how to perform the Heimlich maneuver, tend to a major cut, shock, heat exhaustion, hypothermia and a few other maladies. It was all appropriate for bicyclists and hopefully will come in handy some day.

Our meetings so far this year have been very beneficial to cyclists, it is unfortunate that so few of you members out there take advantage of these programs. Sheila Hansen has been doing an excellent job with arranging these presentations and more are planned for the upcoming months. Grab your partner and come on out to the next IVW monthly meeting, which will be held at SafetyTown, 6518 N. Sheridan on April 26th. The Topic of that meeting is the ANNUAL SWAP MEET AND CYCLE MAINTENANCE with Joe Russell and Kevin Thieme for Russell's Cycle World in Washington, putting on the program.

As Tree Rides...

a continuing saga.

The weather was slowly but surely turning for the better and Tree had thoughts of rolling down the country roads dodging the June bugs and other critters of the summer, when he suddenly awoke from his daydream to discover the smell of burnt bacon. As he rushed for the stove and hoisted the skillet off the burner, the smoke was wafting toward the smoke detector and "SCREEEEEECH" it went. The day was starting off in the worst way.

Tree finished breakfast and went to the garage to search for his trusty bicycle to see if he could wipe off the cobwebs, dust and other encrustations that had accumulated during the winter months. Ah!, there it was, under the tarp, boards and old apple crates, still just as rusty as always. He threw off the junk and slowly brought the creature to light. His heart pounded, as he studied the old beast, thinking of the last ride he'd been on with Betty and the gang from his Christmas cookout. Boy, that seemed like a long way back. It had been a mild but long winter and the time seemed to pass so slowly. Tree picked up some rags and a bucket of water and washed down his old buddy. It was starting to look like something again, but he wasn't sure what. As he jumped on the saddle and started down the driveway, he thought that it might just be the right time to get a new bike and be one of the gang who always rides the latest in high tech wheels. But on second thought, no way José, not this guy, we're not going to cheapen ourselves by riding chrome, we're going to ride style and comfort. His old buddy would survive another season with a little tender and loving care. "I'm not going to part with character for the brilliance of new chrome and superduper click shifting, high-tech self-energizing doublewhatyamaycallit brakes, and all that other new stuff, No way"! Anyway, "I'll be a lot richer in the long run". Just then the chain went "KERCHUNK" and fell in the street, the rear wheel ran over it and suddenly went "SphittttBuum" and Tree was looking square in the eye with his front axle. Maybe it was time to get a new steed, or maybe he better get the ol'bud back home and do some needed repairs and maintenance before the riding season hits its full stride. Back to the garage they went... thinking of Betty on the way!

SWAP MEET & MINOR BIKE

MAINTENANCE

MONTHLY MEETING
APRIL 26, 1990

BY KEVIN & JOE
RUSSELL'S CYCLE WORLD
WASHINGTON, ILLINOIS

7:30 P.M. AT SAFTYTOWN • N. SHERIDAN

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

FOR SALE

Red Diamond Back "Apex" model, low miles, excellent condition, one owner (Dave Gardner) Call after 5:30 263-0596

Santana Tandem-21"-19", 21 speed, Computer, Bar-end Shifters, Excellent condition, asking \$1199.00 for this beauty, Call Bob Scroggs (309-2665790)

FOR SALE

Fuji Espree, Anthracite grey, 23 inch frame, Mountech derailleur, (Front), 18 speed 28-42-52, with mirror, seat bag. Excellent Cond. Avocet Touring I saddle, Spenco bar covers, New spokes. Call: 346-0645 after 6:00 p.m.

**ILLINOIS VALLEY WHEELM'N
MEMBERSHIP APPLICATION**

DO NOT WRITE IN THIS AREA
EXPIRES _____

JOINED _____

PKSNT _____

NAME _____
childrens' names _____

ADDRESS _____

CITY & STATE _____ 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: 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.



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

MEMBERSHIP EXPIRES: 01/31/90

RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571