

ILLINOIS VALLEY WHEELM'N
MEMBERSHIP APPLICATION

DO NOT WRITE
IN THIS AREA

NAME _____

CHILDREN'S NAME (S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE () _____

EXPIRES _____

JOINED _____

PKSNT _____

- Individual (\$10)
- Family (\$12)
- Ride after work
- New
- Renew

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.

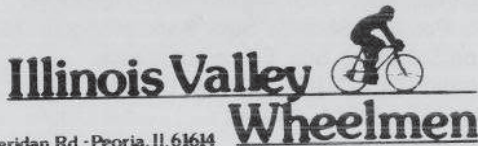
Applicant signature _____ Date _____

Make Checks payable to the Illinois 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 444-3360

The Illinois Valley Wheelm'n is an incorporated nonprofit 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 chairperson know if you are planning a move or are not getting your newsletter.



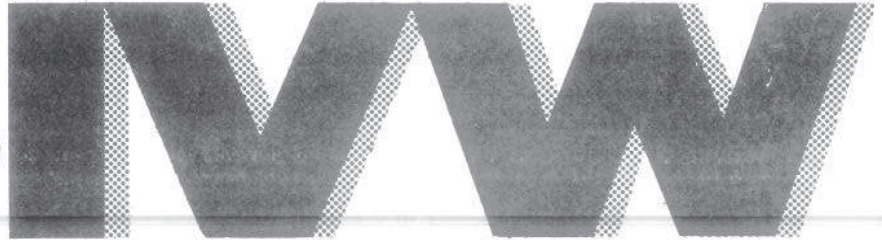
Bulk Rate
 U.S. Postage
PAID
 Permit No. 310
 Peoria, IL 61601

Ron ANDERSON
 203 LOCUST
 Washington, IL. 61571

**DIANE'S RIDE DATE CHANGED
 SEE PAGE 3
 VERY IMPORTANT**

12

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AUG 90

Illinois Valley Wheelm'n

WELCOME NEW MEMBERS

Rex Comerford
Thomas & Carol Romanowski
also, Brian and Kristen
Gretchen Strauch

Morton
Peoria

Peoria

We Welcome you to the Illinois Valley Wheelm'n and hope that you enjoy the companionship and that the wind will always be at your back.

**AUGUST MONTHLY MEETING
(AUG 23, 1990)**

The speaker for the August meeting will be Dan Becker who will talk to us about weight training. Dan works at the Village Courts club in Morton, and is very knowledgeable about this topic having just won 1st place as Jr. Light Heavyweight and Jr. Overall Winner at Jason's Port City Health Club. Dan also knows about nutrition and diet and I think you will find him to be an extremely informative, entertaining speaker. Mary Scroggs

DIANE'S RIDE UPDATE

**NEW DATE
SAT. SEPT 29, 1990**

We will need helpers to work food stops, sag, work registration, and help with the food at Lake Camelot. Call a Board Member today and volunteer. If you are interested in working a food stop, call Dean Grethey at 444-3360 or Eric Hutchison at 685-3921.

ATTENTION • ATTENTION • ATTENTION

**JULY
MONTHLY
MEETING
IS
CANCELLED**

**There will not be a meeting at
Safetytown in July**

RIDE ON THE WILD SIDE THANK YOU'S

I would like to thank the following people for their time and devotion to helping the IVW with the food stops at "Ride on the Wild Side" this year. Without these volunteers the ride would not have been what it was — A Great Ride. Thanks go to: Gil Schellenger, Gary Hartzler, Robert Kerner, George Parsons, Jack Scholbe, Brian Hoskins, Don & Nan Ward, Harry Bowen, Don Prohaska, Marion Sword, Dave Gardner, George Dudley, Steve Grube, Terry Threw, Bill Wright, Roger Jensen, Neal McMeekan and Eric Hutchison. If there is anyone that I missed, please accept my apology, we had a lot of people. My thanks to Eric Hutchison for recruiting most of these folks.

Dean Grethey

WE NEED:

1. WORKERS FOR DIANE'S RIDE
2. SLIDES FOR ANNUAL MTNG.
3. WILLING BOARD MEMBERS
4. PEOPLE TO ATTEND MONTHLY MTNGS.
5. MORE PEOPLE ON RIDES
6. MORE NEWS FOR OUR READERS!

WEEKDAY RIDE SCHEDULE

- TUESDAY** 6:00 p.m. All level (ABC) meets at Morton Field Shopping Center parking lot. There will be a definite fast group at this ride as well as a more comfortable paced group. The fast group will have leaders as chosen among themselves week by week. The comfort group will be lead by Susie Townsend beginning in May. Call Susie Townsend, 347-3848 or Dalton Larson, 694-2272 for information.
- Beginning in May at 6:00 p.m., Bill Wright will lead an ABC ride from Commercial National Bank, Pioneer Park Branch (7901 N. University, Peoria). Call Bill at 685-8549 for information.
- WEDNESDAY** 5:00 p.m. and **6:00 p.m. (NEW TIME)** p.m. at Charter Oak School, 5221 W. Timberridge. The 5:00 p.m. ride is a show and go; the pace is generally brisk and a distance of about 30 miles ("AB rating"). The **6:00** ride is intended to be a social ride (BC rating), new riders are welcome. We usually meet for dinner to "refuel" after the social ride. Contact leaders Eric Hutchison (685-3921) or Bill Stevenson (688-7281) for more info about the **6:00** ride.
- 6:00 p.m. at Washington Square in Washington, Il. This is a show n go and will be for all level of riders with the group deciding on the distance and speed.
- THURSDAY** 5:30 p.m. at Field Shopping Center in Morton. This is a show and Go.
- FRIDAY** 6:00 p.m. at Metamora Court House in Metamora. Lead by Dave Diebel, this ride will be a mild ride with moderate distances. Call Dave at 367-4067 for information.
- SATURDAY** 8:30 a.m. at Washington Square in Washington. Show and Go with varying distances and speeds. Please park off of the square on side streets and back parking lots.

AUGUST SUNDAY RIDES

(rides start at 8:30 a.m. unless otherwise noted)

- Aug. 5th** Adrian Fulks will lead a ride from Pekin Insurance Parking lot in Pekin (Court St.) to Hopedale. The ride will be approx. 60 miles in length. There will be an A group leader (go as fast as you like), and a B group leader (casually paced). Food from the Casey's in Hopedale. Call 346-5106 for info. **RATING AB**
- Aug. 12th** Dave Gehrt will take us from Mossville Grade School to Bill's in Edelstein for Breakfast. 30 miles in length. **RATING: ABC**
- Aug. 19th** Show 'n Go starting at Alta-Rock Island Trail parking lot (Proctor Cycling Classic Race Day)
- Aug. 26th** Neal McMeekan will lead a ride from Metamora Square to Lacon for breakfast. Roughly 40 miles with a **ABC rating**. Call Neal for info at 694-7328.

SEPTEMBER SUNDAY RIDES

- Sep. 2nd** Meet at Walmart parking lot in East Peoria and travel to somewhere for breakfast. The ride will be 30-40 miles and will be hosted by Steve & Terry Grube (674-3175) **ABC Rating**
- Sep. 3rd** LABOR DAY (Monday) Show 'n Go leaving from Washington Square at 8:30 a.m.
- Sep. 9th** Eric Hutchison and Dean Grethey will host a ride starting at the Square/Park in Mackinaw and go to Normal for Breakfast. Distance is about 40 miles and the ride is **rated ABC**. Call Dean (444-3360), or Eric (685-3921) for info.
- Sep. 16th** Dalton Larson and Randy Townsend will host a ride starting at Field Shopping Center in Morton and ride to Carlock (Henhouse) for breakfast. 50 miles **Rating AB**
- Sep. 23rd** Pioneer Jr. High Sch., Dunlap to Brimfield, Breakfast at American Legion. 30-35 miles. Chuck Horn, Leader (243-2387) **Rating: ABC**



OUT OF TOWN RIDE CALENDAR

The IVW mailbox is busy filling with news of special cycling events. Forms available for those with #.
For more info, contact Eric Hutchison, 685-3921.



AUGUST

- 4-5 TIGER VII, TOUR IOWA'S GREAT EASTERN REGION: 157 miles Mt. Vernon, IA area. For info, contact TOGIR (+++ below).
- 4-5 HEARTLAND 24-HOUR CHALLENGE: 24 hour ultra marathon endurance event. 150 mile day loop, 25 mile night loop. Contact OAC/AYH (++below).
- 4-7 AIBR: Across Illinois Bike Ride: 4 days, 320 miles from Moline to Joliet. For info: Joliet BC, C/O Nancy Fister, 803 E Washington St, Morris, IL 60450; 815)942-6525.
- 5 ICE AGE CENTURY: 32,64,100 miles near Manitowoc, WI. Lakeshore Pedalers, Sharon Ely, 1309 S. 18th St., Manitowoc, WI 54220; 414)684-7750.
- 10-12 BEAR V, BICYCLE EARLY AGRICULTURAL ROADS: Round trip from Pella to Indianola, IA. For info, contact TOGIR (+++ below).
- 11-12 AMISHLAND AND LAKES: 53 km near Howe, IN. Michiana Bicycling Assn., John Gardner, 56085 Cedar Rd., Mishawaka, IN 46545 ;219)256-6735.
- 12 MOONLIGHT RAMBLE: World's largest nighttime bicycle ride. Starts at 2AM downtown St. Louis. For info, contact OAC/AYH (++below).
- 12 THE NEXT 1/2 CENTURY: 40, 60, 80, 100 mile road routes, 36 mile trail route (ATB only) near the I&M Canal National Heritage Corridor (Morris to Mathiessen State Park, IL). Registration at Morris High School or by mail to Oak Lawn Bike Psychos, PO Box 652, Oak Lawn, IL 60454. \$8 till Aug 1, \$10 thereafter.
- 19 WOLF RIVER CENTURY: 50, 100 miles near Hortonville, WI. Fox Valley Wheelmen, Kevin Hillegas, 507 Nicolet Blvd., Nenah, WI 54956; 414)729-5912.
- 19 FESTIVAL OF THE LITTLE HILLS RIDE: From St. Charles (near St. Louis). Held in conjunction with historic craftsmans' festival Aug17-19. For info contact OAC / AYH (++below).
- 25 CREAM CITY CYCLE CLUB CENTURY: 50, 65, 100 miles near Milwaukee, WI. Cream City Cycle Club, Wally Oestreich, 4820 Sussex Ln., Greendale, WI 53129;414)421-2818.
- #29-Sep2 DALMAC: Lansing to Mackinaw City, MI. 4 & 5 day options, 60-80 miles / day. For info: DALMAC, PO Box 17088, Lansing, MI 48901. Fees: \$70-\$90.
- 31-3 Sep: MIDWEST TANDEM RALLEY '90: 35-100 mile routes for tendems only near Minneapolis, MN. Twin Cities Tandem Club, Doug and Sara Laird, PO Box 1012, Minnetonka, MN 55345; 612)925-5185.

SEPTEMBER

- 1-3 BICYCLE ACROSS MISSOURI (BAM) : Ultra marathon event. St. Louis to Kansas City (&back), 540 miles. For info, contact OAC/AYH (++below).
- 1-3 PACRACC (Pantagraph Area Cyclist Ride Around Corn Country): A regional favorite, the three day ride is 220 miles, a two day ride available. Registration fee (\$40 till 7/24, \$50 7/25 till 8/24, \$60 thereafter) includes breakfasts, dinners, baggage transport, and more. For info: PACRACC, c/o The Pantagraph, PO Box 2907, Bloomington, IL 61702-2907. Ph:800)747-7323 or 829-9411.
- 8-9 MULTIPLE SCLEROSIS PEDAL THE BIG MUDDY: 150 miles from Jubilee College State Park (Peoria) to Palisades State Park (Savanna) IL. Registration (\$35 plus \$150 pledges minimum) includes baggage transport and return bus trip. Multiple Sclerosis Society, Greater Illinois Chapter, 1703-B W. Candletree Dr., Peoria, IL 61614. Phone: 800)423-5774 or 309)693-0600.
- 15 THE BOB GALLOWAY MEMORIAL AMISH COUNTRY RIDE-TO-EAT: 25, 40, 60 mile loops through Amish farmland and near Rockome Gardens starting at Arthur, IL. All-you-can eat lunch homecooked by Mennonite School mothers available. Decatur Freewheelers, C/O Laura Bickers 1335 Ravina Park Rd., Decatur, IL 62526. Phone: 217) 877 - 7586.
- 16 SPOON RIVER SCENIC CENTURY: 35,70,100 miles from Canton YMCA. For info, contact Spoon River Wheelmen, PO Box 353, Canton, IL 61520. Phone:309)647-8891.
- 16 HALDEMAN HUNDRED: 100 miles from Rockford through southern Wisconsin. Contact Virgil Castelli 815)645-2707.
- 16 BICYCLE ACROSS THE BOOTHEEL (BAB): More liesurely version of BAM. 65 miles between Mississippi and St. Francis Rivers in Southeastern Missouri. For info, OAC/AYH (++).
- 22 AUTUMN APPLE RIDE : 3 Liesurely routes from Mills Apple Farm near Edwardsville, Missouri. For info contact OAC / AYH (++below).
- 23 NATALIE G. KEKEISEN MEMORIAL FALL FLAT AS A PANCAKE CENTURY: 100 miles. For info, contact OAC / AYH (++below).
- ++ OAC / AYH : Ozark Area Council of American Youth Hostels, 7187 Manchester, St. Louis, Missouri 63143. Ph: 314) 644 - 4660
- +++ TOGIR Tours, 2011 Ridgeview, Davenport, IA 52806.

Our club is an affiliate of the
**League of American
Wheelmen**

For a limited time, the League is offering
a trial membership...
to club members only.

For three dollars, you will receive:

- Two issues of *BICYCLE USA*, the League membership magazine.
- Informative bicycling articles.
- Product reviews.
- Bicycle action information.
- Health and legal advice.
- National ride calendar.

Try League membership for two months.
It's only **three dollars**. It's good for
you, for your club and for bicycling.
**Here's my three dollars. I want to try the
League for two months.**

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Club _____

Send application and three dollars to:

League of American Wheelmen
6707 Whitestone Road
Suite 209S
Baltimore, MD 21207-4106
(301)944-3399

this trial membership offer is good through October, 1990
Please allow time for processing.

REQUEST FROM WILDLIFE PRAIRIE PARK

It seems that a number of bicyclists in our area have been abusing a privilege by getting into Wildlife Prairie Park to use the Restrooms and then staying for a longer period of time than is legit. The Administration of Wildlife Prairie Park has had to make the following policy: when bicyclists desire to use the restroom facilities at Wildlife Prairie Park they present their drivers license to the gatekeeper and they have 15 minutes to use the facilities and vacate the park. If the cyclist does not vacate the park in that time, they will be charged the usual fee to enter the park upon getting their license back. If you don't carry your license with you, you will not be allowed to use the facilities. Let's hope no one from the IVW is abusing this privilege, it could ruin our good relationship with Wildlife and the need to continue this relationship for the future of the "Ride on the Wild Side". Let's support W.P.P. not abuse it!

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 each, non-members fee is \$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 are also available at Vitesse Cycle Shop in Peoria Hts. and Russell's Cycle World in Washington, IL.

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 or call the editor. 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, 1907 Canterbury Apt. D, Washington, IL, 61571 or Phone 444-3360.

FOR SALE

Fuju Espree, Anthracite Grey, 23" frame, Mountech derailleur, 18 speed, with mirror, seat bag, pump, Avocet saddle, new spokes, in excellent condition. Call 444-3360 after 6:00 for outstanding deal.

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.

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MEMBERSHIP APPLICATION

DO NOT WRITE
IN THIS AREA

NAME _____
CHILDREN'S NAME (S) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE () _____

EXPIRES _____
JOINED _____
PKSNT _____

- Individual (\$10)
- Family (\$12)
- Ride after work
- New
- Renew

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Applicant signature _____ Date _____

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

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

Ron Anderson
203 Locust
Washington
Il.

61571



JULY MTNG / NEW DATE FOR DIANE'S RIDE
CANCELLED / SAT. SEPT. 29, 1990

(11)