



# IVW

Illinois Valley Wheelm'n Newsletter

March 1991

## MARCH MONTHLY MEETING

### ANNUAL SWAP MEET

Bring all of your fabulous bike parts that you want to sell or trade to this gigantic extravaganza. Comb that garage, basement and attic for those custom parts and accessories that might bring you cold hard cash or simple peanuts.

**March 28, 1991  
Safetytown  
7:00 p.m.**

#### WELCOME NEW IVW MEMBERS

- Roger German, Peoria Heights.
- Kenneth, Georgia, & Anthony Pedigo, Dunlap.
- Karl & Jagada Kosey, Peoria.
- Bob, Markie, Shane, Brent, & Spencer Castle, Chillicothe.
- Tom Trainer, Edlestein.
- Nick Paweski, 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.

#### 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

1. Cannondale Bugger-\$150
2. 1986 Diamond Back Apex Mountain Bike, 19", Red, Like New, \$350.00
3. Fastab Custom Tandem, 22 1/2 - 21 1/2, \$950, Would sell frameset separately.
4. Old Shop repair stand - heavy duty, \$25  
Call Dave Gardner about any of the above items. (263-0596) evenings please!

## INSIDE DINO'S MIND

Oh my gosh, another month has slipped by and here we go again. It must have been busy because I sure don't remember very much about it. I rode the mountain bike one Sunday about 45 minutes and when I got home I sat down for my obligatory Sunday afternoon nap. When I woke up about halftime of the ball game, I found that my left knee was in a locked position and emitted loud screeches when I tried to bend it. Oh boy!, last year it was the damn ankle, now its the knee. You know it's hell to get to be old.

I've been working out with the weights for the past month and I thought that the workouts would help the start of the biking season, but I guess that my big ol' fat body is trying to tell me that it is overstressed and not quite ready for the rigors of biking. I'll lift some more weights, and then start riding a little bit at a time and then maybe I can work myself up to riding more than a block or two before my body cries out in pain.

I'm contemplating returning Tree to the lineup of characters mentioned in this rag. As some of you know, Tree has been recovering from an ailment and has been out of it for a few months. He's getting better, but you know how it goes, some wounds take a long time to heal. Watch for him in future issues.

It's nice to have the war over, but what will I watch on the Tube? I've become addicted to CNN. I guess I'll have to get my body outside and ride or work on some paintings or something constructive. Boy, is that a bummer!

Start baking cookies for the Pedal-In (Which has been labeled "The NO BOLOGNA RIDE"). It appears that the ride committee is sick and tired of having bologna sandwiches and has decided to have a high class cuisine this year. Bravo! Don't forget the Peanut Butter!

Dean Grethey

#### PEDAL-IN, JUNE 1ST

Be sure to mark your calendars to come out and help with a food stop or registration. Also, start making those delicious home-made cookies and freeze them! If you don't have room to store some, call one of the ride committee people. Call Bill and Julie Semmens (693-9388) for more info.

#### IVW BOARD NEEDS SOCIAL CHAIR

A vacancy on the board is open for a person to be the Social Chairperson. If you are interested in getting monthly meeting guests lined up and organizing social events, contact Eric Hutchison (685-3921).

## RIDE SCHEDULE

**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.

### MARCH SUNDAY BREAKFAST RIDES

- MAR. 3** Denny's Restaurant, N. Sterling Ave. , Peoria 8:30 a.m
- MAR. 10** Newell's Rest. East Peoria, Ill. 8:30 a.m.
- MAR. 17** Bob Evans Restaurant, Big Hollow Rd., Peoria 8:30 a.m.
- MAR. 24** American Legion in Delevan, Il. 8:30 a.m.
- MAR. 31** EASTER SUNDAY SHOW N GO. Morton Field Shopping Center

**SUNDAY'S THROUGHOUT THE WINTER** (or until further notice) **STARTING AT 11:00 A.M. AT GROVELAND GRADE SCHOOL THERE WILL BE A WINTER RIDE.** Usually it is decided at breakfast that day whether they will ride or not.

**Ok, Riders! - This is it!**

**The long awaited Spring ride schedule!**

**So, get out those helmets and lets get cycling!**

### WEEKLY RIDES

**Sunday Morning Ride** - Every ride is lead by a different person. Each leader picks the route and sets the pace. These rides tend to be a bit faster and farther than the other club rides. These rides often stop midway for eats. Early in the cycling season the Sunday AM ride might be 20-30 miles long on flat roads. As the season passes the routes get longer, often peaking in the fall with a 100 mile ride. Check the ride calender for the ride starting point and ride leader. Call the ride leader if you have any questions about a specific ride.

**Sunday Afternoon Ride** - This ride is meant for the "Sunday Rider". This ride will be at a relaxed pace to allow for lots of laughing and scratching. Every ride will have a ride leader and a ride sweep to bring up the rear. If you are a social rider or just getting started in cycling this ride is for you. The ride leader and starting point will be listed on the ride calender. If you have questions, call the ride leader.

**Tuesday, Morton Show-n-go** - This ride starts in the parking lot of the Field Shopping Center. The group picks a route each night depending on the wind and the feelings of the group. The more "athletic" group, which has a very loyal following, departs at 5:30 p.m. The more social group leaves at 6:00 p.m. Both groups tend to return to the start at about the same time and often have time to visit with one another, or grab of bite to eat at that point. If you and your favorite riding partner are on different skill levels this is the night for both of you to ride.

**Tuesday, Wright Wride** - This ride meets in the parking lot of the First of America Bank at the corner of University and Pioneer Parkway. This ride has a friendly group of regulars lead by Bill Wright. They cover 15-35 miles depending on conditions at a moderate pace. New riders are more than welcome on this ride. *No one ever gets left behind!*

**Wednesday Evening Ride** - This is a SOCIAL RIDE!! That means we ride to have fun, gossip and enjoy each other's company. We will ride at a moderate pace with regrouping stops. Since our unofficial motto is "we ride to eat", we will go to dinner for dinner after the ride at a place to be determined that night. We will switch starting points each month, so **PAY ATTENTION TO THE NEWSLETTER!**

**Thursday, W.I.M.P.S. RIDE** - W.I.M.P.S. stands for Women In Motion Pedaling Slowly. This is a ride for women only. It will be at a leisurely, relaxed pace intended for fun and socializing. So, ladies, leave those husbands and/or lovers behind along the the dirty dishes and come join us. Beginners are VERY WELCOME! Call Marty (685-4571) or Liz (243-5626) for more info.

**Saturday, Morning Show-n-go** - Meet at Washington Square in Washington, IL at 8:30 a.m. for a Show-n-go. Rides are decided by the group with no designated leader or sweep, only a destination. This is not for faint of heart. Please do not park on the square. Use the back parking lots and side streets, please

# APRIL

| Sunday  | Monday | Tuesday   | Wednesday   | Thursday   | Friday | Saturday                                       |
|---|--------|---|---|--|--------|--|
|   | 1      | 2<br>Morton S & G<br>fast 5:30 p.m.<br>Social 6:00 p.m.<br>Wright Wride<br>5:30 p.m.  | 3<br>Charter Oak Sc.<br>6:00 p.m.<br>Social Ride  | 4<br>Mossville Grade<br>6:00 p.m.<br>WIMPS RIDE  | 5      | 6<br>Washington Sq.<br>Show & Go<br>8:30 a.m.  |
| 7<br>8:30 a.m. <b>SPRING BREAKOUT RIDE</b><br>Washington Sq.-Washington, IL<br>Bill and Julie Semmens-693-9388<br>1:30 Sterling Plaza-Smell the Roses<br>Glen Thompson 685-4571                     | 8      | 9<br>Morton S & G<br>fast 5:30 p.m.<br>Social 6:00 p.m.<br>Wright Wride<br>5:30 p.m.  | 10<br>Charter Oak Sc.<br>6:00 p.m.<br>Social Ride | 11<br>Mossville Grade<br>6:00 p.m.<br>WIMPS RIDE | 12     | 13<br>Washington Sq.<br>Show & Go<br>8:30 a.m. |
| 14<br>8:30 a.m. <b>Banner Grade Sch.</b><br>to Princeville<br>Gregg Benning 243-5206<br>1:30 p.m. <b>Meet at ICC Gym lot</b><br>G. Thompson 685-4571  | 15     | 16<br>Morton S & G<br>fast 5:30 p.m.<br>Social 6:00 p.m.<br>Wright Wride<br>5:30 p.m. | 17<br>Charter Oak Sc.<br>6:00 p.m.<br>Social Ride | 18<br>Mossville Grade<br>6:00 p.m.<br>WIMPS RIDE | 19     | 20<br>Washington Sq.<br>Show & Go<br>8:30 a.m. |
| 21<br>8:30 a.m. <b>Fondulac Adm. Bldg.</b><br>East Peoria, IL. across from Wendys<br>Bob & Val Jones 698-3336<br>1:30 p.m. <b>Peoria County Jail</b><br>G. Thompson 685-4571                        | 22     | 23<br>Morton S & G<br>fast 5:30 p.m.<br>Social 6:00 p.m.<br>Wright Wride<br>5:30 p.m. | 24<br>Charter Oak Sc.<br>6:00 p.m.<br>Social Ride | 25<br>Mossville Grade<br>6:00 p.m.<br>WIMPS RIDE | 26     | 27<br>Washington Sq.<br>Show & Go<br>8:30 a.m. |
| 28<br>8:30 a.m. <b>RIDE OF THE MONTH</b><br>"AS THE WIND BLOWS RIDE"<br>Starts at Field Shop Cent.-Morton<br>Dalton Larson 694-2272<br>1:30 p.m. <b>Peoria Courthouse</b><br>Glen Thompson 685-4571 | 29     | 30<br>Morton S & G<br>fast 5:30 p.m.<br>Social 6:00 p.m.<br>Wright Wride<br>5:30 p.m. |   |  |        |  |

## Tire Tracks

Entry into the cycling community comes in two stages—learning to ride in a group and learning the language: i.e., derailleurs, chainstay, echelon, etc. Even those of us who have ridden for a number of years often come across new words and phrases. For veteran cyclists, expert guidance is needed to deal with this rapidly expanding vocabulary.

Recently, I spoke with Dr. Ernst Höchradder, perhaps the country's premier researcher in the field of language psychology. A professor at the Üpgefallen Institute of Circular Reasoning, his reputation as a master of linguistic symbolism was established at an early age. Often quoted by his peers, he is best known for his observation concerning the communal human condition: "All people live similiar lives—they are born, they die, and in between, they watch a lot of bad TV."

For the past five years, Höchradder has studied a unique sub-language among a certain class of urban cyclists. These cyclists are known for habits including riding against traffic and traveling the center lane of University Street at night without lights.

Höchradder has agreed to allow the IVW to publish a few entrees from his as-yet-unpublished dictionary. Many of you may recognize such urban cycling lingo as—double truck (tandem), **drag bars** (short, straight handlebars) and **stretchers** (bungee cords).

Besides such established urban cycling terms, he has also documented terms which his co-researchers had believed to be apocryphal, including:

|                         |   |
|-------------------------|---|
| <b>Basic tool kit</b>   | Vise-grips  |
| <b>Candy wrapper</b>    | Bicycle lock  |
| <b>Converse carivan</b> | A group of riders whose bikes are unequipped with brakes. |
| <b>Highboy</b>          | A bicycle much too large for its rider                    |
| <b>Spin cycle</b>       | <b>Stolen bicycle</b>                                     |
| <b>Spoolies</b>         | <b>Pedals reduced to mere axles</b>                       |
| <b>Steelies</b>         | <b>Riding on a flat tire</b>                              |
| <b>Taking the L</b>     | Riding the sidewalk                                       |

His dictionary finally compiled, Dr. Höchradder is now applying for various government grants to study the hidden meanings behind ingredient labels on canned foods.

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Spring is almost here and the commuting members of the Wheelmen are taking stock of their bicycles, some building new wheels and overhauling bearings, while others prepare to buy entirely new machines. This activity raises a question. What makes the perfect bicycle for riding to work?

In my case, the perfect commuting vehicle is an ancient, red two-wheeler. Besides the required fenders, lights and rack, this is a bicycle with the ultimate advantage—a good history.

Back in the 50s, the original owner of my bike had decided on a Frejus. Imagine owning a foreign bike (with derailleurs!) in a time dominated by fat-tired newsboy specials. Certainly, this was a man who marched to his own drummer.

One of his outstanding characteristics was patience. He was prepared for a wait to own the bicycle of his dreams. He waited and waited. Then he waited some more. Finally, he went to the dealer and inquired after his machine. The dealer suggested he make another choice as the Frejus was incredibly delayed.

His patience mastered by his desire, the gentleman chose a bright-red Olmo from Italy. He was happy with his second choice. The Olmo was the exotic equal to the Frejus and he proceeded to ride it through college. Unfortunately, he became a person of consequence after college and the Olmo gathered dust. Last year, he brought the bicycle out of his garage and after deciding the rusty hulk would cost way too much to fix, sold it to me for \$10.

And the tardy Frejus? Like the man from Boston, it never arrived. Seems it was part of the cargo lost when the Andrea Doria made its last commute accross the ocean and capsized.

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As cyclists consider upgrading their equipment, they usually view as inferior those components which they seek to replace. Examples include a coaster brake rejected for a three-speed hub; and non-indexed derailleurs dumped for indexed systems.

But is the newest equipment *always* better? Do cyclists ever reconsider their equipment choices?

Take pedals. Your first bicycle probably had rubber-block pedals. Push forward to go, backward to stop. Nothing simpler—and, as long as you balanced the bike at the same time you pedaled, you were fine.

Then came the first ten-speed. Rat-trap pedals. As far as is known, rats have never been captured in rat-trap pedals. But those same pedals have been known to skin a calf or two.

Soon you learned about the magic of toe-clips. Racers had them, so you had to have them too. Today, an entire generation of American cyclists is more familiar with clips for their toes than clips for their ties.

Fast-forward to today's pedal choices. Toe clips are now beneath contempt. Instead, the hip cyclist has moved to clipless pedals. We now have an entire class of pedals defined by what they lack. But they really do work. Easy in, easy out. Pedals made by Look, Time and others make quill pedals with toe clips look positively anachronistic.

So what pedals have I chosen for my latest bicycle? Well, I'm happy to report that my go-to-town Raleigh sports the ultimate equipment choice for retro-grouches—rubber block pedals. Just right for a spin down to the grocery store. No need for a dedicated shoe—the standard rubber-block will accept footwear from tennis shoes to boots. And they're economical, costing less than \$10 with tax.

Just don't look for my newest pedal choice on my Trek—I can't ignore my investment in the latest clipless pedals and shoes, can I?

—Samuel W. Joslin

## APRIL SUNDAY MORNING RIDES

**April 7, 8:30 a.m. SPRING BREAKOUT RIDE** - Meet at Washington Square for an easy ride to Metamora American Legion for a great Pancake & Sausage Breakfast. Approximately 20 miles. Call Bill & Julie Semmens (693-9388) for info.

**1:30 p.m. SMELL THE ROSES RIDE** - The first of these new Sunday Afternoon rides will start from Sterling Plaza, and be led by Glen Thompson (685-4571). Call if you need info.

**April 14, 8:30 a.m.** Leave **Banner Grade School** for a Super breakfast at our favorite eatery in the metropolis of Princeville. Approx. 25-30 miles. Leader is Gregg Benning (243-5206).

**1:30 p.m.** Meet at the parking lot at ICC Gym. Leader is Glen Thompson (685-4571).

**April 21, 8:30 a.m.** Meet at the **Fondulac Administration bldg.** in East Peoria (across from Wendy's) for a ride on the trail to Morton. About 20-25 miles round trip. Leaders are Bob and Val Jones (698-3336).

**1:30 p.m.** Meet at the Peoria County Jail. Leader is Glen Thompson (685-4571)

**April 28, 8:30 a.m. RIDE OF THE MONTH "As the Wind Blows"** Meet at Field Shopping Center to see which way the wind blows and then the destination will be determined. It's a surprise until then. Approx. 30 miles. Leader is Dalton Larson (694-2272).

**1:30 p.m.** Meet at Peoria Courthouse in beautiful downtown Peoria. Leader: Glen Thompson (685-4571)

### MAY RIDE OF THE MONTH

#### Jumer's Ride - May 18th and 19th

Come ride to the Galesburg Jumer's and enjoy a fun, social bike ride plus a get away weekend! We leave Peoria via Charter Oak School to ride the scenic backroads of West central Illinois. Approx. 50-55 miles each day. Breakfast and snack both days en route. Dinner in Galesburg on your own.

Limited to 15 double occupancy rooms. So, first come-first served. Call Marty Thompson (685-4571) to make your reservation. A non-refundable deposit of \$5.00 per person by April 20th is required. If only one spouse/significant other is willing to pedal, the other is welcome to drive over in their own car. Room Cost is \$60.00 (with tax) per dbl. occup. room. Sag provided for overnite gear only.

### PEORIA'S BICYCLING HISTORY

The book **BICYCLE FEVER** written by Steven Streight has just been published by Ruppman Marketing Services, Inc. in Peoria. This book, complete with rare photos, paints an excellent picture of bicycling in the "Central City" during cycling's early heyday (1800's). In those days, Peoria was a nationally recognized bicycling center complete with 8 cycling clubs, 5 cycle manufacturers, and a 1/2 mile race track (complete with large grandstands) in Lakeview Park. Informative and entertaining, copies are on sale now at Vitesse & Russell's Bike Shops and Junction City Book Store.

## THE OUT OF TOWN RIDE SCHEDULE

### MARCH

#SUN 17 Saint Patrick's Day Ride: 28 miles starting at Wauconda Apple Orchards, 1201 Gossell Rd., Wauconda, IL. Registration \$2 day of ride only. Wheeling Wheelmen, for info call Rideline 312)989-7373 or Jerry Rice 708)870-8127.

### APRIL

SUN 28 Aurora Bike Club Silver Springs 60: 25, 50, 62 miles. **ADVANCE REGISTRATION ONLY - DUE BY APRIL 7.** \$12 includes sag, map, waterbottle, patch, and spaghetti dinner. Aurora Bicycle Club, PO Box 972, Aurora, IL 60507 (send SASE).

### MAY

SUN 19 Decatur Freewheelers Spring Metric: Contact Laura Bickers, 1335 Ravina Pk. Rd., Decatur, IL 62526.

### JUNE

SAT 1 **RIDE ON THE WILD SIDE:** (This is us, gang) We will again be sponsoring our gala at Wildlife Prairie Park. The otter is this year's theme animal.

#SAT 8 - SUN 9 **TOMRV XIV**, Tour of Mississippi River Valley. Bettendorf to Dubuque, IA. 106 miles Sat, 86 miles Sun. Shorter option from Preston, IA (65 & 42 miles). Quad Cities Bicycle Club, c/o Susie LaForce, 2023 E 45th St., Davenport, IA 52807. 319)355-5530.

#SAT 15 Flag Day Mountain Bike Tour: 25, 50, 100 KM at Three Oaks, Michigan. Registration \$15 to May 31, \$18 thereafter includes T-shirt. FDF '91, PO Box 5000, Three Oaks, MI 49128.

#SUN 16 - SAT 22 **TOGIR X: The Other Great Iowa Ride.** Davenport start, 7 day loop in NE Iowa with overnights at Colleges (rooms available). Contact TOGIR tours 513 - 23rd Ave., East Moline, IL 61244. 309)755-8812.

SUN 16 - SAT 22 **Cycle Across Missouri Parks**, sponsored by Missouri Dept. of Natural Resources and AYH. St. Charles to Western MO, camping & B&B's. For info call 1-800-334-6946.

### JULY

#WED 3 - SUN 7 **League of American Wheelmen National Rally**, Olympia, Washington. Contact Capital Bicycling Club, PO Box 642, Olympia, WA 98507. 206)956-3321.

SUN 21 - SAT 27 **RAGBRAI XIX**, annual huge bicycle crossing of Iowa sponsored by the Des Moines Register. Described by some as the world's largest mobile party, by others as the annual two-wheeled locust invasion. Registration is limited, held by lottery, contact Des Moines Register.

### SEPTEMBER

SAT 21 **DIANE'S RIDE:** By popular vote at annual meeting, we decided to keep our fall ride in Sep. this year. Planned location is Lake Camelot Clubhouse.  
**IWW RIDE COMMITTEE NEEDED.**

#SUN 29 **APPLE CIDER CENTURY:** 25,50,75,100 mile routes near eastern shores of Lake Michigan. For info: ACC '90, PO Box 5000, Three Oaks, MI 49128. Regis: \$20 (includes spaghetti dinner), limited to 6500 riders, **DEADLINE JULY 31.**

**BE SAFE, WEAR YOUR HELMET!**

**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)     New  
 Family (\$12)     Renew  
 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.

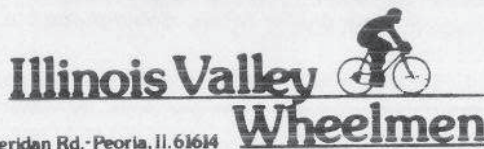
Applicant signature \_\_\_\_\_ Date \_\_\_\_\_

Make Checks payable to the Illinois Valley Wheelm'n,

Send to: **Bill Semmens, 10214 N. Forrest, Peoria, IL 61615**

PRESIDENT: Neal McMeekan 694-7328  
VICE-PRES: Eric Hutchison 685-3921  
SECRETARY: Ron Anderson 444-2018  
TREASURER: Ron Anderson 444-2018  
RIDES: Benning's-243-5206, Thompson's-685-4571, or  
Semmens's-693-9388  
SOCIAL:  
MEMBERSHIP: Eric Hutchison 685-3921  
NEWSLETTER: 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.



6518 n. Sheridan Rd. Peoria, IL 61614

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

MEMBERSHIP EXPIRES: 10/03/91  
RON & SHELLY ANDERSON  
203 LOCUST  
WASHINGTON, IL 61571

**RENEW YOUR MEMBERSHIP TODAY!**  
SPRING BREAKOUT RIDE is APRIL 7th