



IVW

Illinois Valley Wheelmen's Newsletter

July 1991

JULY RIDE OF THE MONTH

Mark your calendars for July 20 & 21 - Bill Wright is opening his cabin on a lake near Avon, IL. for the first 18 IVW riders who sign up. We will ride approximately 60 miles to the cabin on Saturday, then enjoy boating, water fun and a cook-out. Bring your sleeping bag and overnite gear (sag for gear provided). Ride back to Peoria Sunday. Call Bill Wright to sign-up and more info (685-8549)

BIKE CLASS REPORT CARD

Our first ever bicycle skills/safety seminar (May 19 & June 8) attracted 19 smiling riders (my favorite kind of people). Eric Hutchison spent a couple of hours discussing basic biking essentials such as emergency handling techniques, riding in traffic (car and bike), and basic equipment (separating function from fashion). We all participated in several intense "energy labs" (biker food was served at breaks).

Murphy proved a formidable foe during one of the flat-tire repair demonstrations. Despite repeated blows from hammer & nail, the demo tire refused to go flat (I have witnesses). Eric finally resorted to puncturing the tube after removal from the rim. A definite prize-winner for home video entrepreneurs; probably worth big bucks if you know someone at Specialized. Anyway, I may not have convinced anyone that they will ever actually get a flat tire, but I did show them how to fix one.

Sunny skys accompanied us for our group "Tour-De-Peoria". We visited several parks, the new E.Peoria bike trail, and (of course) and ice cream stand. Eric also disclosed a few "secret sites" discovered during his many slow-speed tours of Peoria's back streets. Due to group enthusiasm, the planned 8 mile tour grew to a full 23. (Hey, these were supposed to be beginners.)

Many thanks to fellow IVW members for helping out: Bonnie Davis, for chasing loose ends at the Park District; Gary Hartzler, for riding tail gunner on the group ride; Jennifer Hutchison, for helping with food. Also hats off (but helmets on) to Russell's & Vitesse bike shops for donating prizes & discount coupons.

If we produced even one safer rider due to this program, all the work was worth it. I learned a lot as well. Hope to do it again next spring.

Eric Hutchison

JULY MONTHLY MEETING

July 25, 1991 • 7:30 p.m.

at **LEONARDO'S**

on War Memorial Dr.

Dinner is not paid for by the I.V.W. You pay!

We will meet in a room at the usual time for the quick business meeting and then do something interesting. The usual Board Meeting will precede the regular meeting at 6:30 p.m.

TUBULAR TALES

The Peoria Bicycle Club (Proctor Cycling Team) is burning up the pavement and anticipating another great year of racing—culminating of course with the Proctor Cycling Classic on August 18th. The Tour of Illinois, which began on March 30th and seemed to drag on forever (eight races—six weekends) was a good spring series to get the seasoned guys into shape and introduce some of the new racers to the wonderful world of Category 4!

As always, Memorial Day weekend proved to be one of the highlights of the early summer with three races in as many days. The competition was tough again this year, as anyone (spectator or racer) who went to Moline will attest to.

The state road race and the Starved Rock Classic are happening as I write. More next month on those races as well as results from the Governor's Cup in Springfield and the Kankakee Criterium.

—R.R. Senneff

COMMUTERS' CORNER

Ride a bike to work? You know, I've thought about that too. But man, the traffic at shift change is murder ...and how would I get cleaned up after the ride ...and I live so far away, it would take me forever ...and...and...and.

This is the common conversation I used to have with myself before last summer. The obstacles to bicycle commuting seemed huge, even though I felt the benefits would be equally large.

Then I found out that (a few) others were already riding to work daily (Cat Tech Center, Mossville). I also discovered several shower/locker rooms. My excuses dwindled to zippo. I plotted a few strategies, tried it out, and loved it (well, most of it).

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JULY 1991

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: 7:30 a.m. Start on Sunday 1 Rides</p>	1	<p>2 Morton S & G 5:30 All riders</p>	<p>3 Charter Oak Sch. 6:00 p.m. Social Ride</p>	<p>4 Metamora Sq. 6:00 p.m. Morton S & G 5:30 p.m.</p>	5	<p>6 Washington Sq. Show & Go 8:30 a.m.</p>
<p>7 7:30 a.m. Charter Oak Sch. to ElmWood Bill & Julie Semmens (693-9388) 45 miles approx.</p>	8	<p>9 Morton S & G 5:30 p.m. All riders Wright Wride 6:00 p.m.</p>	<p>10 Charter Oak Sch. 6:00 p.m. Social Ride</p>	<p>11 Metamore Sq. 6:00 p.m. Morton S & G 5:30 p.m.</p>	12	<p>13 Washington Sq. Show & Go 8:30 a.m.</p>
<p>14 7:30 a.m. Germantown Gr. Sch. Intermediate Ride of hills- 35 miles Ron Chandler (698-8002)</p>	15	<p>16 Morton S & G 5:30 p.m. Wright Wride 6:00 p.m.</p>	<p>17 Charter Oak Sch. 6:00 p.m. Social Ride</p>	<p>18 Metamora Sq. 6:00 p.m. Morton S & G 5:30 p.m.</p>	19	<p>20 Washington Sq. Show & Go 8:30 a.m.</p>
<p>21 7:30 a.m. Fonduliac Park Adm. Bld. E. Peoria, across from Wendy's Don Eberle (699-2790) 50 miles to Delavan</p>	22	<p>23 Morton S & G 5:30 p.m. Wright Wride 6:00 p.m.</p>	<p>24 Charter Oak Sch. 6:00 p.m. Social Ride</p>	<p>25 Metamora Square 6:00 p.m. Morton S & G 5:30 p.m. I.V.W Meeting at Leonardo S</p>	26	<p>27 Washington Sq. Show & Go 8:30 a.m. Bill Wright's Ride to Cabin for one night. Sat-Sun.</p>
<p>28 7:30 a.m. Washington 1st Nat. Bank at CUMMINGS LANE to ?????? Dean Grethey (444-3360) "A Social Ride"</p>	29	<p>30 Morton S & G 5:30 p.m. Wright Wride 6:00 p.m.</p>	<p>31 Charter Oak Sch. 6:00 p.m. Social Ride</p>			

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 has been cancelled and will no longer be offered.

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 Wide - 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 - This ride has been cancelled indefinitely.

Thursday, Metamora Ride - Starting in May, this ride will start from the square in Metamora, IL, at 6 p.m. for a relaxed pace, social ride of approximately 10-12 miles. Call Gary Weiss (383-2329) for more information.

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.

JULY SUNDAY MORNING RIDES

NOTE: RIDES START AT 7:30 A.M.

- July 7, 7:30 a.m.** Bill and Julie Semmens (693-9388) will lead a fun ride from Charter Oak School to Elmwood. Distance anywhere from 45-100 miles. Bring a present for Julie as her 21st birthday is the next day.
- July 14, 7:30 a.m.** Ron Chandler (698-8002) will lead an intermediate ride of 30-35 miles with some memorable hills so get those granny gears oiled. Meet at Germantown Hills Grade School.
- July 21, 7:30 a.m.** Join Don Eberle (699-2790) for a ride leaving the Fondulac Park Building (across from Wendy's) in East Peoria, traversing the great midwest land to Delavan for a hearty breakfast. Distance in Approx. 50 miles.
- July 28, 7:30 a.m.** Meet at Washington's First National Bank-Cummings Lane branch (Across from Cherrytree) for an easy relaxed Social ride to ?????? for Breakfast. Upon returning to the bank, Dean Grethey (the leader, 444-3360) will have Ice Cold Watermelon on his veranda for those inclined. 30-40 miles. We just might have some other goodies too!

AUGUST SUNDAY MORNING RIDES

- Aug. 4, 7:30 a.m.** Join Meg & Jim Whitmer (691-7354) for a tour of the heartland starting at Mossville Grade School to Chillicothe for eats then on to the vast open prairie. Approximate distance is 45-50 miles.
- Aug. 11, 7:30 a.m.** Come take a trip to where you've never been before and meet Don Eberle n(699-2790) at the East Peoria Fondulac Park Building for a trip of surprise mileage and surprise ending. A word of caution---This Trip is intended for STRONG RIDERS.

*Note: On the Monthly Schedule, the usual Tuesday Show & Go in Morton now has one starting time for all riders. Also, that group has decided to have the same S & G ride on Thursday at the same time. See you there!
Another change: Wednesday ride is back at Charter Oak School!*

RENEW YOUR MEMBERSHIP TODAY!

TIRE TRACTS

Proctor Cycling Classic Update—The race courses were divided up. The call for race-day volunteers was trumpeted. And who responded? The Illinois Valley Striders will be taking up fully one-fourth of the course volunteer positions on August 18. Considering the great job they've done with Steamboat, the Striders are guaranteed to be a valuable asset to the Proctor Classic. Have you volunteered as a course marshal yet? Contact Myron Oesch at Vitesse Cycle Shop—682-8777.

PACRACC Propaganda—Circle Labor Day weekend on your calendar. That's when the best multi-day tour in Central Illinois returns to McLean County. That's right—The Tenth Annual Pantagraph Area Cyclist Ride Around Corn Country. As a cyclist who has attended all nine previous rides and ridden it on a tricycle, tandem, highwheeler and (almost forgot) regular 10-speed, I recommend PACRACC as a great ride from any perspective—especially if you begin a regular training schedule today. For more details on the ride, check the Out-Of-Town Ride Schedule.

Pizza Perfect—Napoleon (or some other notable quotable) said that an army marches on its stomach. In other words, good food is necessary to the success of any campaign, be it military or civilian. Not surprisingly, bicycle club meetings seem to thrive on fine dining as well. At least 30 members visited Leonardo's for the May meeting to relive Greg LeMond's amazing 1989 Tour de France victory over Laurent Fignon.

For those who were vacationing in Albania at the time, Lemond recorded a winning margin of eight seconds—after launching into the final 15.2-mile time trial 50 seconds behind the Frenchman on overall time. I'm not sure what I enjoyed more—listening to Phil Liggett talk about the various stage races or the murmurings in the crowd every time Liggett announced another 60-mph downhill.

Tip Of The Month—Recycle those plastic containers that tic tacs® come in. They make excellent containers for small nuts and bolts, cable end caps and spoke nipples.

Give That Clown A Bud—A clown had an act in which, after being blindfolded, he juggled items tossed to him by a friend. The objects included a bowling pin, 2 rubber chickens and a bicycle. Because of the danger involved, the assistant would warn the clown just before the bicycle was tossed.

Unfortunately, the clown's friend was often drunk. Sure enough, the day came when he failed to announce the bike and knocked the clown out cold. The moral?

Know When To Say Schwinn.

Tis A Fig, Fig Better Thing I Do—The Peoria Journal Star reports that the Fig Newton passed the 100-year-old mark in May (and it's still remarkably fresh!). It's a favorite of many club members. I know that our tandem is in for some serious mileage when Karen returns from the grocery store with several packages of the delectable cookie. You have to wonder whether the old-time highwheel riders might

have enjoyed them while riding along the Erie Canal's towpath.

Great Ride—No Baloney—You can't ask for a better riding partner than Dave Glackin. He's as comfortable riding at 10 mph as he is at 18. Dave understands that to ride with someone else, you make the effort to ride at their pace. Karen and I enjoyed his pleasant company on the morning 50-mile loop on the No Baloney Ride.

A former member of the IVW, Dave is now riding with the Driftwood Valley Wheelers and lives in Columbus, Indiana occupying his spare time as a design engineer for Cummins. Wife Terry was in town but opted out on the ride—baby's due on July 20.

Dave is still riding the Trek 720 (the last of the great earth-tone Treks, with chainstays two counties long) and mentions that "October 13 is the first anniversary of my 39th birthday."

The three of us were impressed with how easy it was to pass the Proctor racing team not once, but twice and before Brimfield. Okay, okay—so there were a few mechanical problems involved . . . crybabies.

The best part of the ride was finding newly paved roads so close to our usual training route. When did they pave Ford and Evans Mill roads? The last time I was on Ford, I thought I was in a gravel museum. And I've never ridden Evans Mill—figured you'd ride straight into a strip-mine pit.

Even though the last part of the course had to be directed onto Route 8 sooner than expected (something about a missing bridge), traffic was light. I really enjoyed hitting a top speed of 46 mph on the tandem and watching Dave drift further and further back while both bikes were coasting. Of course Dave caught right up to us as we ascended the next hill at a steady seven mph. You ride with Dave and the phrase "climbs like a homesick angel" comes immediately to mind. He never climbs while out of the saddle, either.

We maintained a steady pace but we didn't ride non-stop. A mulberry bush on Cottonwood Road provided some welcome relief for a ten-minute rest. We sat and shook our heads over those poor misguided folks going out for another fifty miles in the heat of the day. Then we pedaled the last two and a-half miles and handed our little blue tickets to Marty Thompson who supplied us with the perfect ending to the perfect ride—Cookies 'n Cream from the Spotted Cow. Hey—Let's do it again next year!

Costner Conundrum—After being thoroughly entertained by the swashbuckling movie Robin Hood, I find myself troubled by one question. Why did Kevin Costner's single movie disaster have to be American Flyers? Come on, Kevin—give cycling another try. America would love a Field of Dreams movie about bicycling. You've made the big bucks, now it's time to get back on the bike.

—Samuel Joslin

GO THE DISTANCE

Back when *Bicycling* magazine was *Bicycling!* magazine there weren't nearly as many good bicycle books as there are today. In fact, there weren't many English speaking writers who also knew their bicycles (Keith Kingbay and Fred DeLong being two of the handful of exceptions).

Back then when writers wanted to talk about training, they often turned to the writings of Velocio, a French cyclist from the turn of the century who codified the original seven commandments of cycling. Here's some background for those of you new to the sport.

Velocio, legally known as Paul de Vivie, was a philosopher, inventor and writer who developed an early version of today's derailleur in 1906 (along with some amazing shifters requiring as many as four drive chains).

He was also known as France's premier long distance touring cyclist. In 1912, he rode 400 miles in 46 hours—at the age of 59. Today, thousands of French cyclists gather together on Velocio Day each year to celebrate his life and his sport. His timeless advice applies to any cyclist, whether riding across town or across the nation:

- Keep your rests short and rare to maintain your rhythm.
- Eat before you are hungry, drink before you are thirsty.
- Never ride to exhaustion when you can't eat or sleep.
- Cover up before you are cold, peel off before you are hot.
- Don't drink alcohol, smoke or eat meat on tour.
- Never force the pace, especially during the first hours.
- Never ride to show off.

The second point may be the most important. The human body requires a steady supply of fuel to run at its highest efficiency.

It is not enough to drink when you're thirsty and eat when you're hungry—you must anticipate the needs of the body.

As you dehydrate, your internal temperature increases, but you don't feel thirsty immediately. You can avoid dehydration in hot weather by drinking a little water every 15 to 20 minutes. If you wait to drink until you are thirsty, the damage is already done—the rise in your body's temperature and the resulting increase in internal friction will reduce your speed for the remainder of the ride.

In the same way, eating too late in the ride is a mistake. It takes time to break food down into useful energy. It follows that the first part of your early morning ride is powered by last night's supper, not this morning's breakfast.

Much of the food you eat during your ride helps you to physically recover after the ride, instead of providing immediately usable energy. If you wait to eat until you're hungry, you may end up pedaling under an energy deficit for the remainder of the ride. Cyclists call this condition the "bonk."

Ride to eat? Or eat to ride? In the final analysis, it's more important that you eat enough at the right times. Follow this and the rest of Velocio's advice, train at regular intervals (every other day, for example) and you'll soon find yourself completing longer rides with ease.

—Samuel Joslin

TANDEM TALK

We've just returned from the C.O.W.'s Rally in Door County, Wisconsin. Since the C.O.W.'s are hosting this year's Midwest Tandem Rally, stoker Eileen and I got some interesting preview information about that. We'll cover that later.

The rally rides covered many of the same routes as the Door County Century. But 30 tandems don't quite create the same effect as the mobs at the Door County Century. We rode each day from our motel in Fish Creek. Saturday's ride went more or less straight east, toward the lake, into stiff northeast wind. By the time we got to our rest stop at Jacksonport, the temperature was definitely down. This didn't thrill Eileen, who is a tropical flower and not into visible breath. She borrowed several jackets as we went along and ended up the ride looking like the Michelin Man in tights.

Learned a couple of things on that ride:

1. This old team can't stay with the front group past 6 miles.
2. It doesn't matter because the conversation and flower spotting are better when you're not staring at the wheel ahead.

At the Saturday main feeding of the herd, several of us non-Wisconsinites raised our right hoof to be sworn in as honorary C.O.W.'s. We will uphold the herd, so help us moo!

Midwest Tandem Rally plans were discussed and volunteers were found for a number of needs. The cookie needs will be about 3 times that of Pedal In, as things look now. Did you know the MTR was held in Springfield, IL. in 1988? John and Marcey Werthwein hosted it and were on hand for the planning session in Door County.

If we haven't gotten to you with a copy of the information request card, please contact me at (309-692-7076), or pick up a copy at Russell's Cycle World in Washington.

And to make it even better, the winds were down, the temperature was up and the sky was blue on Sunday. After the brunch ride, stoker Eileen and I jumped on our fat tires for a tour of Peninsula State Park. The wildflowers were at their peak, we nearly rode into a group of deer, and generally had a great time.

One last note: At the MTR, Saturday night banquet, there's a prize for the best costumed group. If we're going to try to participate as a downstate Illinois group, we need a theme. Since my last appeal came to naught, permit a proposal: P.A.T.T.S. (Peoria Area Tandem Tigers. It's not as good as the C.O.W.'s (Couples on Wheels), but it might have to do unless a better idea is offered. Group or no group, you'll be the loser if you miss the MTR.

George Dudley

BE SAFE, WEAR YOUR HELMET!

July monthly meeting at Leonardo's!

OTHER PEOPLE, OTHER PLACES

Columbia Manufacturing Co. has filed for protection under Chapter 11 of the federal code for bankruptcy, according to a recent issue of The Wheelmen's newsletter (a national antique bicycle club, not the L.A.W. or I.V.W.). The oldest manufacturer of bicycles in the United States, Columbia cited "a myriad of problems" including increased foreign competition and the recent recession.

Also from The Wheelmen: Wheelmen members Fred C. Fisk and Marlin W. Todd have written "The Wright Brothers From Bicycle To Biplane." Book contains 270 photos, 11 drawings and the entire Wright 1900 bicycle catalog. 128 pages printed on acid-free paper. \$19.95. Order from: ToddFisk, 2815 Moraine Ave., Dayton, Ohio 45406.

Drive the racers crazy with this one. How about a slow race? The Springfield Bicycle Club just held one. Four-member teams compete against each other on courses 100 feet long and 4 feet wide. Rules are simple: Riders are sent off one at a time; putting a foot down, backtracking or going out of bounds starts the next rider. The last team to finish wins! The club takes this slow and steady stuff to heart—it marked its 20th anniversary in June.

The Joliet Bicycle Club newsletter urges readers to continue pushing for a proposed bike trail from Manhattan to Custer Park. It also reports that a coalition called "Recycle Railroads for Recreation" is being organized.

Craig Jorgensen of the Wheeling Wheelmen (Wheeling, IL) only needed a 7mm allen wrench to tighten his left crank arm. He was 55 miles into a 90 mile ride. The only problem was that he hadn't brought one and neither had anyone else. So he improvised. He ruined the bolt but managed to tighten the crank enough to get home. Now he suggests that club riders avoid depending on others for specialized bicycle tools. Here are Craig's tool suggestions:

- Chain tool
- Duct tape (six inches wrapped around a tire lever, to boot a torn sidewall)
- A crank bolt wrench
- Allen wrenches to fit ALL bolts on your bike
- Presta valve adapter
- Pump, patch kit, spare tube

Note to above: The Blackhawk Bicycle and Ski Club's newsletter Spoke Signals suggests that you make sure your frame pump is set up correctly (Presta or Schrader) to match the extra tube you are carrying.

Bev Roland reports in the BikeBurlington newsletter that the Macomb Bicycle Club has disbanded. Seems no one would volunteer to be an officer.

Also from BikeBurlington: Why is it that dogs think of cyclists as "meals on wheels"?

Same old rides getting you down? Looking for something a little different? Here are some suggested rides from the Prairie Cycle Club (Champaign, IL):

- Leaderless Mystery Ride. Ride leader calls in sick, stays home. Sends substitute without cue sheet.
- Agatha Christie Ride. One rider, unknown to others, has the cue sheet. Riders must decide who to follow.
- Central Jersey Psychic Club Ride. (led by Madam Olga) "I see . . . water. I see a covered bridge. You will travel a great distance . . . four, no . . . forty miles."
- Centreline Invitational Rallye. For people who don't know the meaning of the phrase "car back." Riders will be nominated for this event by leaders of previous rides. Time: after sunset. No bright clothing or lights allowed.
- Techno-Yuppie "D" Ride. Requirements: custom bike (valued at \$2,000 or more), aero helmet and disk wheels. Features organized breakaways at predetermined intervals.

The International Bicycle Fund reports that in the past three years over 100 federal, state, county, university, park and military police departments have started bicycle patrols, including: Boston (MA), Chicago (IL), Columbus (OH), Las Vegas (NV), Lubbock (TX), Miami Beach (FL), Ottawa (ON), Salt Lake City (UT), Santa Barbara (CA), Seattle (WA), Tulsa (OK), Tucson (AZ), Victoria (BC) and Virginia Beach (VA).

Jim Deal, editor of the Quad Cities Bicycle Club: "Just remember—skinny person who laughs at fat guy going up hills will be pursued by large, hostile object going down hills."



To beat the traffic, I ride in 1 hour earlier than normal. I basically climb out of bed and on to the bike (I haven't figured out how to sleep in that saddle yet). I shower after arriving at work (the birds and rabbits I meet in-route don't seem bothered by appearances). I eat some before leaving the house, but carry food to eat after arrival. The size of my "lunch" has basically doubled. The main problem I've discovered is finding time for normal weekly errands as well as getting enough sleep. To catch up on things in general, I usually drive or ride the bus 1-2 days a week.

I commute by bike because I feel it's a more enjoyable and productive way to get to work. Besides making the trip to work an adventure instead of the usual brain-dead car trip, a 5 day commute basically doubles my normal weekly training mileage. I would also much rather buy ice-cream than gasoline (it has a much better flavor). I've discussed some of the tricks I've picked up which made bike commuting a reality for me. I would like to make this column an on-going open forum for all IVW members to share their commuting experiences (good and not-so-good). Hopefully, we can all learn from each other & encourage others to leave their cars parked in the driveway more often. Please send me your ideas.

Eric Hutchison

RENEW YOUR MEMBERSHIP TODAY!

OUT-OF-TOWN RIDE SCHEDULE

SUN JUNE 30—SAT, JULY 6 Great Annual Bicycle Adventure Along The Wisconsin River (GRABAAWR-VI). 500 miles or any of seven legs. Ride from upper Michigan border to Iowa border. ANSI/Snell approved helmets required. 750 rider limit. Includes overnight stops, baggage, sag, maps, T-shirt and patch. May also include bus transportation to start. \$95 to \$125 before June 1. \$120 to \$150 thereafter. GRABAAWR, Common Cause, 16 N. Carrol St. (310), Madison, WI 53703. Info: (608) 256-2686.

JULY

WED 3—SUN 7 League of American Wheelmen National Rally. Contact Capital Bicycling Club, P.O. Box 642, Olympia, WA 98507. For more info call (206) 956-3321.

SAT 6—4th Annual Duneland Double 24-Hour Challenge. 200, 300, 400 mile routes. 152-mile day loop, 14- and 1.7-mile night loops. Bicycle lights required. Free water bottle to first 100 paid registrations. Door prize drawing. "Pirate Bob" Friend, 433 Lafayette Ave., Griffith, IN 46319. Info: "Pirate Bob" (219) 924-3767 (weekends only) or Steve Zabrecky (219) 924-5877.

SUN 7—Twentieth Annual Windy 60. 40 and 60 mile routes. Flat and rolling terrain in Northern Illinois. Begins at 8 a.m. from Evans Fieldhouse on the campus of Northern Illinois University. Registration from 7–10 a.m. Includes marked route, map, cue sheet, sag wagon, food and T-shirt. Registration \$8.50 day of ride. DeKalb County Bicycle Club, P.O. Box 192, DeKalb, Illinois 60115. Info: Lance or Kathy Farris (815) 758-8879.

SAT 20—North Country 100. 25, 62 and 100 mile routes. Starts at Indianhead Mountain Resort in Wakefield, MI. Includes T-shirts, maps, route markings, fresh fruit, refreshments and sag. Camping and special room rates available. Helmets mandatory. Registration \$15 before July 1, \$20 thereafter. Connie Loden, c/o Indianhead Mountain Resort, 500 Indianhead Rd., Wakefield, MI. 49968. Info: 1-800-3-INDIAN.

SUN 21—SAT 27 RAGBRAI XIX. Annual huge crossing of Iowa sponsored by the Des Moines Register. Riders of all ages, abilities and inclinations ride from town to town in search of available porta-potties. Registration limited, conducted by lottery. Contact Des Moines Register.

AUGUST

SAT 3—SAT 10 Shoreline Bicycle Tour '91. 350-mile tour along Michigan's coastline. A WEST ROUTE is open to 500 riders and an EAST ROUTE is open to 275 riders. For more info, contact the League of Michigan Bicyclists, P.O. Box 16201, Lansing, Michigan 48901.

SUN 11—The Bike Psycho Century (formerly the Next 1/2 Century). 40, 60, 80 and 100 mile routes plus 35 mile off-road (ATB only) route. Mostly rural, rolling to flat with some hilly stretches along the Illinois River. Begins at Morris and

passes through Marseilles, Ottawa and Seneca. Off road route closely follow Illinois & Michigan Canal tow path. ANSI or Snell approved helmet required. Water bottle to first 600 riders. Includes marked routes, map, food stops and watermelon at end of ride. Registration \$8 before August 1, \$10 day of ride. Oak Lawn Bike Psychos, P.O. Box 652, Oak Lawn, IL 60454.

SAT 31—MON, SEPT 2—10th Annual Pantagraph Area Cyclist Ride Around Corn Country (PACRACC). Three days, 220 miles or two days, 100 miles (COMPAC-RACC). Lightly traveled roads pass through five Central Illinois counties and ten towns and villages. Over 1000 riders expected in 1991. Includes breakfasts and dinners plus a big welcome home chicken dinner (most meals include non-meat entrees). Also includes sag, camping, maps, marked route, baggage transport and evening repair services. Registration for PACRACC: \$40 before July 23, \$50 between July 24 and Aug. 23, \$60 thereafter. Registration for COMPAC-RACC: \$20, \$30 and \$40. Send completed form and fees to: PACRACC, The Pantagraph, P.O. Box 2907, Bloomington, IL 61702-2907. Info: (309) 829-9411 or 1-800-747-READ—ask for the marketing services department. Forms also available at Vitesse Cycle Shop.

SEPTEMBER

SAT 21 Diane's Ride. The IVW fall invitational. Planned start is Lake Camelot clubhouse. Volunteers needed.

SUN 22 Prairie Cycle Club Fall Century. Look for details in upcoming newsletters. Prairie Cycle Club, P.O. Box 115, Urbana, IL 61801.

SUN 29 Apple Cider Century, 25,50,75,100 miles. Near eastern shores of Lake Michigan. Includes spaghetti dinner, limited to 6500 riders. Registration \$20 by July 31st. ACC '91, P.O. Box 5000, Three Oaks, MI 49128. Info hotline: (616) 756-3361. Included SASE (business size).

OCTOBER

SAT 19, SUN 20—Hilly Hundred. 50 mile routes each day. Bloomington, IN. Beautiful, crowded, hilly (see name). Anyone with a sign-up sheet call 688-0933 and leave a message. Includes sag, food and showers at end of ride (towels extra). T-shirts and other ride propoganda available. Features outdoor bicycle consumer tent. Camping. P.S. If you don't already have a motel room, don't bother trying.

- Some entry forms for these rides are available at the monthly IVW meetings.
- If requesting information by mail, please include a stamped, self-addressed envelope.

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.**

**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: Nick Paweski 691-8306
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 eleven 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

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MEMBERSHIP EXPIRES: 10/03/91

RON & SHELLY ANDERSON
203 LOCUST
WASHINGTON, IL 61571

July monthly meeting at Leonardo's!
BE SAFE, WEAR YOUR HELMET!