



IVW

August 1991

Illinois Valley Wheelmen's Newsletter

AUGUST MONTHLY MEETING

August 22, 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 have a presentation by George Burrier. The usual Board Meeting will precede the regular meeting at 6:30 p.m.

ADDITIONAL SATURDAY MORNING RIDE

A second Saturday Morning Ride has been started for riders who want to:

1. Start earlier
2. Finish earlier
3. Eat at other restaurants
4. Beat the Heat
5. All of the above

The rides will begin at 7:30 a.m. from Banner School (Cedar Hills & Allen Road) during August & September. A destination & route will be chosen by those who show up each week.

To the IVW

You've been great to ride with! Thanks for making being "stuck" in Peoria on business for 6+ weeks a lot of fun! I've enjoyed the routes, rides, heat and humidity, training, corn fields, wide open vistas, and especially the people. If any of you get to Seattle, please get in touch. I like having company and can show you a lot of good bicycling. Come see why it's called the number one city for cycling. You might miss the corn fields, but you can check out our roadside blackberries.

L. McLaughlin

PROCTOR CYCLING CLASSIC

August 18, 1991

Downtown Peoria

Criterium at 9:00 a.m.

Road Race at 1:00p.m.

Pro Racers, Category 1 & 2, 100 Miles

DON'T MISS IT!

IVW MAKES CONTRIBUTIONS

At the June 27, 1991 meeting, the IVW Board of Directors took action to make several donations on behalf of the club membership.

In appreciation for use of their facilities for the 1991 Pedal-In, the IVW has contributed \$100.00 to Wildlife Prairie Park and \$50.00 each to the Brimfield American Legion and the Smithville Bible Church. (The success of the Pedal-In has made these contributions possible!)

An additional special \$50 contribution has been made to the Brimfield American Legion in the Memory of Bill Archibald. Mr. Archibald was a member of the Brimfield Legion and in past years made it possible for us to use their facilities and was instrumental and quite helpful in our using Wildlife Prairie Park for the Pedal-In. Bill died only a week or so prior to this year's Pedal-In.

Finally, in appreciation for nearly 15 years of IVW use of the Washington Square as a starting point for the Saturday Morning rides, and other club rides, a contribution of \$100.00 has been made to the Washington Downtown Business Assn. for the Fountain and Square Improvement Project.

DIANE'S RIDE UPDATE

Diane's Ride is rapidly approaching (Sept. 21st) and I'll be soliciting help from members to work at the food stops along the routes. I'd like to see the new members help out with these duties. A lot of the old members have been involved in the past and they still are offering ideas and support, but it's time for some new people to pitch in. I'll be making some phone calls in the next few weeks in hopes some of you will take your turn at helping with the ride.

Recently I have been more involved with the IVW as the Social Chair and Chairperson of Diane's Ride. I have had a lot of positive experiences in working with individuals within the club. Once you get more involved, by working food stops for example, I'm sure you'll also enjoy meeting the members and working with us.

Nick Paweski, Diane's Ride Chairperson

CLUB JACKETS AVAILABLE

Fifty bright gold nylon windbreakers with club logo on front and back have been purchased for resale to club members at cost. The jackets are available in adult sizes S to XXL (the cost is \$16.50 for the S-XL, and \$19.00 for the XXL). When these are gone, we'll take orders for as many more as are needed. Jackets will be at the August Meeting.

Ron Anderson

AUGUST 1991

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: 7:30 a.m. Start on Sunday Rides</p>				<p>1 Metamora Sq. 6:00 p.m. Morton S & G 5:30 p.m.</p>	2	<p>3 Washington Sq. Show & Go 8:30 a.m. Banner School 7:30 a.m.</p>
<p>4 7:30 a.m. Mossville Gr. School to Chillicothe and beyond Meg & Jim Whitmer (691-7354) 45-50 miles approx.</p>	5	<p>6 Morton S & G 5:30 p.m. All riders Wright Wride 6:00 p.m.</p>	<p>7 Mossville Gr. Sc. 6:00 p.m. Social Ride</p>	<p>8 Metamore Sq. 6:00 p.m. Morton S & G 5:30 p.m.</p>	9	<p>10 Washington Sq. Show & Go 8:30 a.m. Banner School 7:30 a.m.</p>
<p>11 7:30 a.m. Fondulac Adm. Bldg Don Eberle's Mystery Ride Strong Riders only Don Eberle (699-2790)</p>	12	<p>13 Morton S & G 5:30 p.m. Wright Wride 6:00 p.m.</p>	<p>14 Mossville Gr. Sc. 6:00 p.m. Social Ride</p>	<p>15 Metamora Sq. 6:00 p.m. Morton S & G 5:30 p.m.</p>	16	<p>17 Washington Sq. Show & Go 8:30 a.m. Banner School 7:30 a.m.</p>
<p>18 Proctor Cycling Classic. Downtown Peoria- ride down to watch</p>	19	<p>20 Morton S & G 5:30 p.m. Wright Wride 6:00 p.m.</p>	<p>21 Mossville Gr. Sc. 6:00 p.m. "Health Food Ride"</p>	<p>22 I.V.W Meeting at Leonardo's</p>	23	<p>24 Washington Sq. Show & Go 8:30 a.m. Banner School 7:30 a.m.</p>
<p>25 7:30 a.m. Fondulac Adm. Bldg E. Peoria to Pekin Bob & Val Jones (698-3336)</p>	26	<p>27 Morton S & G 5:30 p.m. Wright Wride 6:00 p.m.</p>	<p>28 Mossville Gr. Sc. 6:00 p.m. Social Ride</p>	<p>29 Metamora Square 6:00 p.m. Morton S & G 5:30 p.m.</p>	30	<p>31 Washington Sq. Show n Go 8:30 a.m. Banner School 7:30 a.m.</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 calendar 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 group departs at 5:30 p.m.

Tuesday, Wright Ride - 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, Morton Show n Go Same as Tuesday ride.

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. Please do not park on the square or the back parking lots just off the square, please use the side streets away from the square.

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.
- Aug. 18,** Proctor Cycling Classic- For this mornings ride, pedal to downtown Peoria and join the festivities. to work, enter the criterium race, or just cheer on the local IVW folks.
- Aug. 25, 7:30 a.m.** Start at Fondulac Administration Bldg. in East Peoria (across from Wendy's) for a 30 mile ride to Pekin. Bob and Val Jones will lead this ride of approximately 30 miles. (698-3336)

SEPTEMBER SUNDAY RIDES

- Sept. 1, 1991**
Labor Day
- There are several options for this weekend;
- A. PACCRAC or CompAC-RAC, sponsored by the Pantagraph in Bloomington (Call 839-9411 for info.)
 - B. Midwest Tandem Rally, Contact George Dudley (692-7076 for info).
 - C. IVW Show-n-Go starting at Field Shopping Center in Morton at 7:30 a.m.

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 Mossville Grade School!*

A NOTE ABOUT SATURDAY MORNING WASHINGTON SHOW N GO

It seems that some of the merchants on or near the square in Washington do not want the IVW riders parking in the back parking lots off the square. So, if you are one of the regulars or are a new person to join the Saturday morning ride starting at Washington square, park on a side street away from the square and bike in please!

TIRE TRACTS

Top Ten Most Frequently Overheard Snatches Of Conversation At The Bike Shop—With apologies to David Letterman:

10. What's the biggest bike you've got?
9. I don't need a helmet. I'm just riding around town.
8. My kid doesn't need a really good bike. He'll be driving a car next year.
7. It can't cost \$80 to fix! I only spent \$70 for it in the first place!
6. I don't want to spend a lot of money on a bicycle—it'll only get stolen anyway.
5. So, if it's not a pig and it's not a rodent, what kind of animal *is* a guinea pig?
4. Don't fix the shifters. I never use the gears anyway.
3. I was just riding it down the road and the forks bent.
2. You could buy a car for that kind of money!

(And now the most frequently overheard snatch of conversation at the bicycle shop . . . drumroll, please . . .)

1. This repair is way too much. Do we have to fix the brakes?

Will There Be Lemonade, Too?—So many invitational rides offer the same services that it takes a special effort to make any one ride stand out from the crowd. For many of us, the success of a ride depends on the quality of its food stops. Here's an old recipe sure to make any food stop a memorable one:

ELEPHANT STEW (serves 3,850 cyclists)

1 medium size elephant
6 barrels of Bourbon
2 rabbits, optional
Salt & pepper

Cut elephant into small, bite sized pieces. Add enough bourbon to cover. Cook over a kerosene fire for five weeks at 465 degrees.

Note: If an unexpected number of cyclists register on the day of the ride, the two rabbits may be added.

Think Your Rear End Hurts? Ken Beckler was overheard talking to one of his long-time riding companions the other day. Ken asked, "Remember the time I lost my saddle at the top of Grandview Drive and had to ride back to Sunnyland without it?" "No, I don't think so," replied his companion. Then his friend added, "Of course it would have made a greater impression upon you than me."

You Shoulda Been There—Karen and I spent a four-day Fourth of July weekend in Columbia, MO. We had arranged to check out the Katy Trail (built on the abandoned Missouri-Kansas-Texas Railroad right of way) Saturday with my sister, Jane.

More specifically, we were going to see the part of the trail open between Rocheport and Hartsburg in the central part

of the state. Much of the proposed 200-mile long trail has yet to be opened, though the Katy Trail Coalition is hopeful that an unbroken path will reach from St. Charles (near St. Louis) to Sedalia sometime in 1992.

But first, we wanted to get in a few road miles while vacationing in the Show-Me state:

Thursday—I went to school in Columbia, but I rarely cycled the roads north of town. We took a map with us, but it didn't show gravel. Guess what? We were tandeming on gravel roads within two miles. I didn't really care to turn around, because we had already descended two precipitous hills.

I figured that pavement would have to turn up sooner or later. It did—after about eight miles. Karen asked me later, "Did you know the road was going to turn to gravel?" "Nope," I replied. "Not until I saw the 10-by 14-inch sign off to the side that said 'City Maintenance Ends'." Ironically, the smoothest stretch of pavement we came across was marked on the map as Oakland Gravel Road. 18 miles. We'd both had enough.

Friday—Familiar territory south of town today. I decided to show Karen the old road-race training course. We took Rock Quarry Road out of town, all the way down to Rock Bridge State Park (hike in and visit the Devil's Icebox—it's the coolest place around in the summer).

As we navigated Route K and the equally hilly Route KK, I couldn't find my pig farm landmark at the half-way point. Turns out it had been replaced by a new mega-buck subdivision called Harper's Pointe (go figure). While I was griping about that, Karen interrupted to let me know in no uncertain terms that she was fed up with hills. I was trying to figure out how to explain the final climb to the football stadium (imagine looking at a little longer, little steeper Kerfoot Hill).

Fortunately, I noticed that Columbia's MKT trail was right along our course. The MKT is not formerly a part of the Katy trail, but plans are for it to connect someday. We sailed straight into Columbia on the old, flat railroad bed. An added plus on a hot day—Virtually the entire eight-mile length of the trail was sheltered by a green ceiling of overhanging trees.

Saturday—Today was Katy Day for us. Karen and I opted to ride our singles. What a resource Missouri has in this trail! Karen, Jane, Paula (friend of Jane's) and I started at Rocheport, about 20 miles west of Columbia, and rode to McBaine, a little over nine miles to the southeast. To our right, the glassy Missouri River meandered in and out of view.

Tall limestone bluffs rose up immediately on the opposite side of the path, providing excellent shelter from the hot morning sun. Not only was the scenery great, there were few roads which intersected the trail. In fact, the only paved road we came near crossed 75 feet above our heads as it connected with a bridge to cross the river.

Soon we arrived in McBaine for liquid refreshments—handed over the bar by a Marlboro-smoking woman wearing a yellow T-shirt advertising Wilson's Total Fitness

store. Jane told us about a little natural phenomena to keep an eye out for on the way back. So, on the return, we spent most of our time looking for a little stream of water which had been issuing from the bluff nearly since time began.

We found it, but not before Karen squealed as she accidentally ran over a black snake relaxing in the center of the trail. Needless to say, Karen didn't return to check on the snake's well-being. I watched as the snake, apparently no worse for the wear, slithered off the path. As I rode by, the critter stuck his tongue out at me—like I had something to do with its discomfort.

Sunday—Just Karen and I, back on the tandem. Today was kind of a race. We wanted to snap up the free continental breakfast at the Drury, ride another stretch of the Katy trail and get back in time to shower and sign out before noon. No problem, no crowds on the path that day. We averaged 16 mph from McBaine to Hartsburg and back (about 33 miles).

The trail was alive with birds of every size, rabbits, ground squirrels, even a fox. We tackled the only hill we had seen on the trail, a 10-foot rise that crosses a levy, shortly before the turn-around point. At the cafe in Hartsburg (only open on Friday, Saturday and Sunday), I picked up a souvenir—a brown, eight-inch high bottle of Sioux City Sarsaparilla (the bottle which pictures a cowboy striding through the swinging doors of a saloon).

After downing the contents and resting, we headed back and came across the only dog we'd seen in two days—a dirty yellow beast reclining in the middle of the trail. Looked like he had seen way too many cyclists in his day. He only raised his head a bit, as though to let us know he was paying attention. Later on, Jane described the dog to us exactly. Evidently, he's a well-known citizen of the trail.

Should the Katy Trail be your next vacation destination? Definitely. In fact, the only nit I'll pick with this fabulous trail are the nine narrow, gravel-road crossing gates we had to thread our way through on Sunday. After the fifth set of gates on the way out, Karen asked me, "How much are we missing those gates by?" I simply replied, "I don't know. I've got my eyes shut."

—Samuel Joslin

[This letter appeared in the June edition of the McHenry County Bicycle Club. It is reprinted in the hope that each member of the IVW will respond with at least one phone call and one letter—an investment of no more than 30 minutes of time.]

We're Asking For Assistance:

I am writing on behalf of the League of Illinois Bicyclists, a newly formed statewide bicycling advocacy group affiliated with the League of American Wheelmen. We are hoping to enlist the assistance of you and your club members in accomplishing our common goals.

As you may be aware, the State of Illinois has recently published its long awaited "Report of the Interagency Bikeway Council Working Group." The text of the report is an outline of proposed bicycle-related projects in Illinois, including a statewide bicycling map.

We are coordinating a statewide effort to encourage the Illinois Department of Transportation (IDOT), and the other interagency members to follow through on their own recommendations.

There are two concrete ways to help in this effort. First, we are asking each bicycle club to request a copy of the report. The second request is to have club members write or call IDOT specifically about the availability of the statewide map.

The person to call and write is:

Mr. Richard Nowak
Bicycle Coordinator
Illinois Department of Transportation
2300 S. Dirkson Parkway
Springfield, IL 62764
(217) 785-2937

Please encourage club members to call, even more than once! These efforts will then send a strong message to IDOT that cycling issues are popular.

Thank you for your cooperation in this effort. Please feel free to contact me or other LIB enthusiasts if you have any questions or wish to become more active in statewide bicycling issues. Interested club members may also contact me.

Stuart Dick
5826 N. Magnolia
Chicago, IL 60660
(312) 334-7316

OTHER PEOPLE, OTHER PLACES

The tenth PACRACC will take place over Labor Day weekend (see ride schedule) and the training rides are well underway, according to *Wheelers*, the newsletter of the McLean County **Wheelers** (Bloomington, IL). Led by Vitesse employees on Tuesdays and the *Wheelers* on Thursday and Sunday, the rides regularly attract from 40 to 60 cyclists. Rides build in length gradually: the first ride held July 9 was *eight* miles long. By the end of the month cyclists were riding 25 miles at a time.

Tom Clayton, owner of The Cyclery in Burlington, IA, provides the **BikeBurlington** (Burlington, IA) newsletter with news of the latest in frame designs: "We have come up with a system of mechanically bonding 1" natural gas tubing using cast lugs or couplings with 1/8" tube threads, then submitting the joints to a fine saline mist spray intermittently over a period of 30 days thus oxidizically bonding the tube and lug. This not only increases the tightness of the joints, but also gives the frame a beautiful orange patina which is not available on any other frame, except

BE SAFE, WEAR YOUR HELMET!

maybe one of Tom Schneider's old Peugeots."

The **McHenry County Bicycle Club** (Crystal Lake, IL) reports 800 riders participated in the Udder Century, held June 1. "It was hot, it got a little breezy, there were a few breakdowns (both people and bikes), opinions of the food varied, but in general we heard lots of praise for a ride well run." One page of the newsletter lists the numerous ride volunteers and thanked them for great performances.

The **Dubuque (IA) Bicycle Club** reports that the floodwall bike paths will be repaved this summer.

Also from **D.B.C.:** Tips for a more enjoyable RAGBRAI:

- Bring a bicycle, it sure beats walking 500 miles.
- Bring a tent, just in case you don't spend the night in jail.
- Clothes—No naked bikers this year!
- Helmet!!! There's enough vegetables at the roadside stands along the way.
- Bring only one duffle bag. By the end of the week you'll probably lose it anyway.

Joliet (IL) Bicycle Club members are being encourage to write their state representative, state senator and Will County Forest Preserve member in support of the Manhattan-Custer Park trail. Included in the newsletter are four letter and two postcard examples to be referred to when registering approval of the project.

Bicycle path activism and support of cyclists' rights to the road don't always go hand in hand. Al Sturges, editor of *The Spokin' Word*, newsletter of the **Folks On Spokes Bicycle Club** (Homewood, IL) talks about the unfortunate tactics of the nation's leading bike path advocacy group: "Rails-to-Trails recently solicited new members with an account of a bicycle commuter who was killed by an auto—as if there could be trails between everyone's house and their place of work. . . . In addition to having an inflated notion of the dangers of riding on roads and streets, these people are apparently unaware that cyclists are 2.6 times more likely to have an accident riding on a bike path than on the roads. That's right, statistics from a study of League of American Wheelmen riders found that you're safer riding on the roads."

No comment: The August 7 ride for the **Elmhurst (IL) Bicycle Club** is called the Decorative Sludge Ride.

From the *freewheeler*, newsletter for the **Driftwood Valley Wheelers** (Columbus, IN): "Ever talk to an old Blues singer? They know about paying dues. See, before they paid their dues, they didn't get no newsletter. That made them mighty blue. But they learned, through hard times, sufferin without any ride schedule, informative reporting, 'n pithy commentary, they led a mighty rough life. So they paid their dues, jes' like you should too. Jes' fill out the enclosed membership application an send 'er rite on in. Don't you be singing the blues, pay your dues today."

August monthly meeting at Leonardo's!

RENEW YOUR MEMBERSHIP TODAY!

OUT-OF-TOWN RIDE SCHEDULE

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.

SAT 10 Sixth Annual Sugarloaf Classic Bicycle Tour. 23,63,104 miles. 1,3 or 5 STEEP hills. Helmets required. Includes rest stops, refreshments, sag. Registration \$8 by August 1, \$10 thereafter. Options at additional cost: T-shirt, Friday night spaghetti supper, Saturday breakfast buffet, Sunday riverboat/bike brunch and afternoon historic Winona tour. Sugarloaf Classic Bicycle Tour, P.O. Box 1157, Winona, MN 55987. Sponsored by Big River Bicycle Club.

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 7 Lena Fallfestival Bike Tour. 10,40,70 miles. Begins at Lena-Winslow High School in Lena, Illinois. Morning starts with country breakfast at 8 a.m.—tour begins at 9 sharp. Includes breakfast, rest stops, sag wagon and after-ride showers. Registration \$10 by August 17, \$12 thereafter. Le-Win Jaycees, P.O. Box 394, Lena, IL 61048. Information: Dennis Robinson at (815) 235-6088 or Tim Aurand at (815) 232-3565. EXTRA: Optional, informal ride to Galena on Sunday (challenging 80-mile route, no sag or tour-provided rest stops).

SUN 8 10th Annual Crank Country Century. 25,50,62,100 miles. Country roads passing through parks in Lake County, Indiana. Terrain—flat to rolling, with a few challenging hills on longer routes. Starts at Deep River County Park between Valparaiso and Merrillville, IN. Registration

begins at 7:30 a.m. Includes route map, marked course, fanny flag, patch, emergency sag and light meal at ride's end. Registration \$9 before August 15, \$12 thereafter. T-shirt available. Calumet Crank Club, P.O. Box 216, Valparaiso, Indiana 46384. EXTRA: Classic bicycle exhibition at start/finish, run by Jim Hurd, curator of Schwinn History Center, Chicago.

SUN 15 Spoon River Scenic Century. 30,65,100 miles. Lightly traveled roads with stretches of challenging hills. Starts at YMCA, 1325 East Ash Street, Canton, IL. Registration time from 6:30 to 8:30 a.m. Maps w/cue sheets, marked routes, official and "semi-official" sag service (no idea), food stops w/fresh apple cider. Showers available after ride (BYOT). Registration \$10 before September 3, \$12 thereafter. Spoon River Wheelmen c/o Dan Corey, 165 Van Dyke Dr., Canton, IL 61520.

SAT 21 Diane's Ride. 37,64,100 miles. The IVW fall invitational. Planned start is Lake Camelot clubhouse. Volunteer help welcome—call ride chair, Nick Paweski (309) 691-8306. Includes maps, marked routes, sag, food stops and after-ride lunch. Registration \$10 before September 7, \$12 thereafter. Illinois Valley Wheelm'n c/o Jeannie Gullet, 2310 W. Heading Ave., West Peoria 61604. Information: (309) 673-6139.

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 Heartland's Annual Weekend Of Centuries. 25,50,62,100,125 miles. Includes long-sleeve T-shirt, all you can eat spaghetti dinner with Whitey's Ice Cream, water bottle, patch, Coca-Cola products, fresh cookies, fruit, four repair vehicles, volunteer "sweepers", up to six sag stops, cue sheet, map and routes (marked every mile!). Registration \$13 before September 1, \$20 thereafter. Quad Cities Bicycle Club. Info: Bill Langan, 2720 West 37th Street, Davenport, IA 52806. Phone: (319) 386-3058.

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, please call 688-0922 and leave a message. Includes sag, food and showers at end of ride (towels extra). T-shirts and other ride propaganda available. Features outdoor bicycle consumer tent. Camping. P.S. If you don't already have a motel room, don't bother trying.

- **Most formal rides require signed liability form. Please request complete entry form from sponsor before submitting registration fee.**
- **Entry forms for some of these rides are available at the monthly IVW meetings.**
- **If requesting information by mail, please include a stamped, self-addressed envelope.**

HEALTH FOOD RIDE

A health food ride will be held on Wednesday Aug. 21st. Please bring any vegetables, fruit, salad, homemade bread, etc. over to Benning's after the regular Wednesday night ride. Everyone is invited; if you can't ride, show up at about 7:30 p.m. to partake of this terrific feast. Call Gregg or Liz Benning (243-5206) for more info. or directions.

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.

RENEW YOUR MEMBERSHIP TODAY!

BE SAFE, WEAR YOUR HELMET!



Cartoon by local artist Greg Volkert

**ILLINOIS VALLEY WHEELM'N
MEMBERSHIP APPLICATION**

**DO NOT WRITE
IN THIS AREA**

NAME _____

EXPIRES _____

CHILDREN'S NAME (S) _____

JOINED _____

ADDRESS _____

PKSNT _____

CITY _____ STATE _____ ZIP _____

PHONE () _____

- 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

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SECRETARY: Ron Anderson 444-2018
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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.



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