



IYW

Illinois Valley Wheelmen's Newsletter

November 1991

1991 ANNUAL MEETING

NOVEMBER 16, 1991

Cash bar at 6:30 p.m. - Dinner at 7:00 p.m.

at **O'LEARY'S**

on **WILLOW KNOLLS Rd.**

NO NEWSLETTER IN DECEMBER

Due to the fact that we are changing editors of the newsletter coupled with the fact that ridership is usually down and the winter ride schedule is not quite as important as during the riding season the decision was made to follow past tradition and lay off for the December issue.

Dinner will be an all you can eat buffet with chicken, beef and ham and all the trimmings. Each member will be charged **\$4.00** to help defray the cost of the dinner (The club is paying \$7.00/person). We have made reservations for 60 people, so you'd better come on out and have a great time. Door prizes and globs of incredibly funny stuff are promised along with slides and other entertainment.

Annual Awards will be voted on and presented. We need your nominations for the following awards;

- Hub of the Club
- Most Improved Male
- Most Improved Female
- Broken Saddle (Most Club Miles)

Call in your nominations to Nick Paweski (691-8306) before November 12th.

NEW EDITOR OF THE IYW NEWSLETTER

It has been a long time since this editor has **not** done the newsletter. At least it seems that way. I feel that since my riding has slacked off in past years and that I'm just a little tired of doing it, I'm going to relinquish this wonderful job to someone who is eager and excited about doing it. So, it is with the slightest bit of sadness that I depart and with heartfelt joy I welcome in Sam Joslin as the new editor of the IYW Newsletter.

I would like to thank all of the generous people who have assisted me in the past years by sending in articles (especially Samuel J), stapling, collating and mailing (Bob & Val, Gary Hartzler, Eric Hutchison, George Dudley); and in general all of you for making this job easier. I would also like to thank Marty & Glen et al. for getting me the ride schedule early. Without you there would not have been a newsletter. Thanks! Sam, Good Luck!

SPRING BREAK 1992

Plan now for a Spring Break cycling trip to Daytona Beach, Florida, on March 13-22, 1992. Wandering Wheels, Inc. again will provide transportation, lodging and most meals. Watch the January Newsletter for more information, or call Gregg Benning (309) 243-5206.

THERE WILL NOT BE A MONTHLY IYW MEETING IN NOVEMBER OR DECEMBER

Want Ads in the IYW 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: **Samuel Joslin, 4436 N. Monroe St. Peoria, IL, 61614.**

My Apologies for the print quality of this newsletter. I was pressed for time in getting this out, and was not able to use the normal laser printer for output. Please forgive!

IYW MAP BOOKLETS

FOR SALE

Carnondale ST600, 1990 model with less than 500 miles, brand new condition, Red in color, with Cateye Solar computer (including light to keep battery charged), black seat bag, 23 inch frame, triple crank, purchased in March 1990 for over \$800 (with accessories), now it's only \$500 (Firm). Call 444-3360

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 IYW members for \$2.00 each, non-members fee is \$3.00. For mail order, send check or M.O. payable to the Illinois Valley Wheelmen, to: **Eric Hutchison, 209 W. Crestwood Dr., Peoria, IL, 61614.** The map booklets are also available at Vitesse Cycle Shop in Peoria Hts. and Russell's Cycle World in Washington, IL.

WEEKLY RIDES

Sunday Morning Ride - SEE NOTE BELOW

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. Meets all winter, weather permitting.

SUNDAY MORNING BREAKFAST MEETING RIDE

Note: Beginning in November the Sunday morning rides will return to the "winter phase". For those of you who are not familiar with our winter ride procedure, it works like this. We name a restaurant to meet at - you go to the restaurant and look around - if you see anyone you know who you think is in the Illinois Valley Wheel'n bicycle club, you walk up to them and ask, "are you here for the Wheel'n Sunday bicycle ride?" - if their answer is, "yes", then you have found the group - grab a chair and get something to eat, - if their answer is "no", or they act like they don't know you, you probably have them mistaken for someone else, excuse yourself, make rude loud vulgar utterances and go back to the lobby - wait for someone else to come in that you think is in the club and repeat the process. You'll know if you are the only one who has shown up, if by 10:00 a. m. no one has entered that you know, or the place is empty. Whatever, don't look for people with riding lights on because they may or may not be bicyclists. If you luck out and find the group, they sometimes ride after breakfast or later in the morning from some other meeting place. It may or may not ruin your Sunday football watching schedule. good luck!

Sunday Morning 11:00 a.m. Ride - This ride will start at Groveland School in Groveland (presently is church school located one block west of main drag and one block south of Township bldg.). The group usually goes to the breakfast meeting place and plans the ride at that time. Then 11:00 rolls around and they ride.

Sunday Morning Breakfast Meeting Places (8:30 meeting time)

November 3rd - Newell's (East Peoria)

Nov. 10th - Denny's (Sterling Ave. Peoria)

Nov. 17th - Steak n Shake (East Peoria)

Nov. 24th - Grimm Truck Stop - (Morton)

December 1st - Washington Family Restaurant (Rt. 24, Washington)

Dec. 8th - Dixie Manor - (Peoria)

Dec. 15th - Steak n Shake - (Rt. 9 Pekin)

Dec. 22nd - Cummins Family Restaurant (Knoxville Ave., Peoria)

Dec. 29th - Bob Evans Restaurant - (Peoria)

January 5th - Newell's Restaurant - (East Peoria)

Jan. 12th - Steak n Shake - (East Peoria)

Jan. 19th - Denny's - (N. Sterling Ave., Peoria)

Jan. 26th - Washington Family Restaurant (Washington)

OTHER PEOPLE, OTHER PLACES

Another story about Missouri's Katy trail; this from the **Central Illinois Cyclists** (Maltoon): "The trail goes from St. Charles, located north of St. Louis, to Marthasville, a distance of 39 miles. We rode just a short section from Weldon Springs Wildlife Area to Augusta, a round trip of about 20 miles. The trail is an excellent surface of compacted limestone screenings on level terrain with numerous access parking areas. The town of Augusta includes *three groceries* (italics added) and it seems every store has a bike rack outside."

The **Quincy Bicycle Club** recently donated a *Bicycle Guide* subscription to the Quincy library.

The **League of American Wheelmen** announces its Great Eastern Rally, GEAR '92 North Country, will be held August 7-10 at St. Lawrence University in Canton, New York. Co-sponsored by the university and the Canton Bicycle Club, GEAR '92 will feature from 10 to 15 tours ranging in length from five to over 100 miles *each day*. All those rides in addition to the usual wide array of workshops, exhibits and activities. For more information contact: GEAR '92 North Country, St. Lawrence University, Canton, NY 13617. Telephone: (315) 379-5659.

Don't forget the 1992 **LAW** National Rally to be held in River Falls, Wisconsin June 30-July 5. Besides more workshops and rides, The National Congress of Bicyclists will convene June 30. (This is the group largely responsible for determining the future course of the LAW.) Not enough going on for you, bucko? Then start the excitement early with the 7th Great Annual Bicycle Adventure Along the Wisconsin River, a 500-mile tour starting at the Michigan border June 20 and finishing at the junction of the Wisconsin and Mississippi Rivers on June 27. That gives you a couple of days to ice down your fevered brain before the Rally.

One hundred and fifty two riders attended the 8th annual Spoon River Scenic Century according to the October issue of the **Spoon River Wheelmen** newsletter.

More news on the advocacy front from **Folks on Spokes Bicycle Club** (Homewood, IL): "Don Rerick and I (Barbara Sturges) attended a public hearing on planned improvements to Route 30. We learned that on 'strategic regional arterial' roads, such as Route 30, 'accommodating necessary bicycle and pedestrian traffic' is an objective—seventh of eight, but at least we're on the list! Our input went into the public record; we explained our concerns, and we found interest in our recommendation that traffic signal sensors be sensitive to bicycles."

The Capital City Century racked up some impressive numbers this year. Here are the stats as reported in *Quick Release*, the newsletter of the **Springfield (IL) Bicycle Club**:

Registrants:	Century	311
	Metric+	120
	Quarter	95
TOTAL		526 (a record)

The Springfield club fielded 108 riders for the event while the McLean County Wheelers grabbed top out-of-town honors with 18 members a-wheel. Next highest contingent was our own **Illinois Valley Wheelmen** (though no attendance figure is recorded), followed by the Clinton, Canton, Jacksonville, Decatur and Champaign clubs. (Followed by many more.)

Here's a security tip from the **Chicago Bicycle Federation**: "Many locks—including U locks—can be opened with a big hammer if the lock is propped against something solid. Locks are less prone to such attacks if thieves can't pull them to the ground or another broad surface." Cyclists are also reminded that their locks are only as good as the object to which they are attached. Many bicycles stolen in the Loop have been locked to removable signposts. A few words to the wise.

Cryptic observation from **BikeBurlington** (Burlington, IA): "Bad News/Good News: My bike crashed at 60 mph! wasn't on it! (It cost me \$125 to learn to make better knds.)" Only \$125?

Dave Holmes of the **Quad-Cities Bicycle Club** recently completed the 750-mile Paris-Brest-Paris ride in 62 hours and 42 minutes (and lived to write about it in the club's newsletter). The winner of the centennial edition of PBP was 1987 winner Scott Dicksons of Ames, IA who finished in 43 hours and 44 minutes—a new record.

They race farm dogs, don't they? Dave also reports on the 3rd Annual Across Iowa Ride held August 9 and 10. The new record holder, **Bob Cadwallader**, of Sioux City, IA rode 300 miles from Davenport to Council Bluffs in 14 hours and 35 minutes. The next day he rode back to Davenport in 15 hours and 13 minutes. Even the Energizer bunny gave up on this one.

TIRE TRACTS

To the intimates of rain, no day is dismal, and a dull sky is as plausible as any other . . . Now all we need is a meteorologist who has once been soaked to the skin without ill effect. No one can write knowingly of weather who walks bent over on wet days. —E.B. White

Our riding has tailed off—PACRACC marked the zenith of our mileage collecting for 1991 and the week of October 30th, the nadir. The weather plays its seasonal rde—we face the cold wind while the sun glares and stares us down and then abruptly abandons us. While looking at cycling logs from years past, we are reminded of the ebb and flow of the riding season and realize that while the rising tide of a warm, dry spring floats everyone's cycling hopes, the falling tide of fall now leaves many of us on the shore, content to repair our fishing nets and paint the bottoms of our boats in hopes of a more promising season next year.

Promises, promises—Have you already determined your New Year's resolutions? I know I have. They're the same old ones—train more diligently, lose some weight, save more money. However, I don't worry about keeping my resolutions longer than a day or two. After the news of Elizabeth Taylor's latest adventure in serial monogamy, I

figure the gratification is in the promising, not the promise itself.

PBC Me ASAP—The Peoria Bicycle Club has already begun working on the 1992 cycling season. Over 20 people attended the October 21 meeting to discuss the winter riding schedule and listen to a talk given by Steve Tippett, a sports physical therapist with Great Plains Sports Medicine and Rehabilitation.

Here's the bad news.

According to Steve, significant deconditioning can occur when periods of inactivity extend three to five days. To maintain your summer fitness, he recommends exercising at 60 to 90 percent of your maximum heart rate three to five times a week, thirty minutes at a time.

I guess that means that we're all doomed to forever read and take to heart (so to speak) the annual "How To Have Fun On Your Rollers/Windtrainer" article that *Bicycling* is so fond of.

Comments on Hilly Hundred—

- Great, I loved it! Especially the second day since there were fewer people.—Bob Scroggs
- Hell, I'm the one who fell down.—Randy Senneff
- Ahead, we still had to climb the longer and more difficult Toumalet, one of the hardest and steepest climbs in the world. As we climbed into a thick mist, Hinault visibly began to weaken. While Hinault continued to falter, I rode the best I could, matching a fast pace with Roche and Parra.—either Ken Beckler or Greg LeMond (who can tell?)

Whine, whine, whine—You ever notice how everybody seems to bring their own agendas to a conversation? I'll start at the beginning.

I broke a spoke in the rear wheel of the tandem. I know, I know—there's 47 other spokes, why worry about a single deserter? Simply because I'm that kind of guy. Unfortunately, what seemed to be a simple fix turned out to be the repair from hell.

To replace a broken spoke, the freewheel has to be removed. The four-prongs of the freewheel tool index with four recesses in the SunTour freewheel. To keep the tool from breaking the thin walls of the freewheel, I fastened a nut onto the axle to hold the tool and freewheel together. Didn't matter, the freewheel broke anyway. I had to disassemble the freewheel body, clamp its innards in a vise and remove it while simultaneously destroying it.

Of course, having gone to that trouble, I decided to go ahead and completely respoke the wheel so I wouldn't have to take off another freewheel for a long, long time. Then I had to replace the freewheel and the drive chain (old chain was worn to the old freewheel) and reattach the wheel to the bike.

Expected elapsed time of original repair: 10 minutes. Final ETR: 1 hour 15 minutes. Oh yes, and I rebrazed a cantilever stud that had broken loose. That's good for another hour.

Anyway, about agendas and conversations: Here I was, halfway through this heart-wrenching story when my good friend interrupted, saying "I don't mean to change the subject, but did you hear I was laid off and my apartment was broken into, just this past week?"

That's just like him—ruining a great story just because he's got something on his mind. I'll bet you know people just like him.

—Samuel Joslin

LEAD OR BE LED

This is the time of year in which most clubs attempt to secure officers for the following cycling season. Pleas for leadership usually start with something like the following phrase: "Please, please, please, huh wotchta please?" However, there are exceptions to the rule. The most outstanding is this example from Freewheeler, the newsletter of the Driftwood Valley Wheelers (Columbus, IN):

Ginny, our illustrious secretary, has moved to Philadelphia to pursue a more academic career and left a vacancy. I bring this up because this is but a forerunner of many more vacancies to come. (What?! Is there a mass exodus of the executive branch?) In fact, there is. It's called "the end of their term of office." But to paraphrase a well known snack food commercial, "Don't worry, we'll elect more." There is just one little problem. First, we have to find some suckers . . . er, qualified candidates to run.

There are two sets of opportunities here. First, **YOU**, yes you your very self, can be an elected official of this club with all the honors, rights and privileges accorded to those lucky individuals. All you have to do is throw your hat into the ring. You don't have to make campaign speeches or promises. You don't have to kiss babies. You don't even have to sling mud at your opponent, because, in all probability, you'll run unopposed. (Don't say that too loud, the Democrats will hear.)

Second, if you don't crave the white-hot intensity of the spotlight of public office, if you feel more of the type to bethe power behind the throne, or if you're simply good at intimidation, volunteer for the nominating committee. In the unlikely event that there are not hundreds of club members falling all over themselves to run for office, the nominating committee will use its powers of persuasion (I think I heard the words baseball bats and kneecaps or something like that) to encourage civic minded members to take the reins of office.

So hey, it sounds like a fun time. Come out to the next meeting (Monday, October 14, usual time and place) and stand up and be counted.

respectfully submitted,
D. Glackin

CLUB JACKETS AVAILABLE

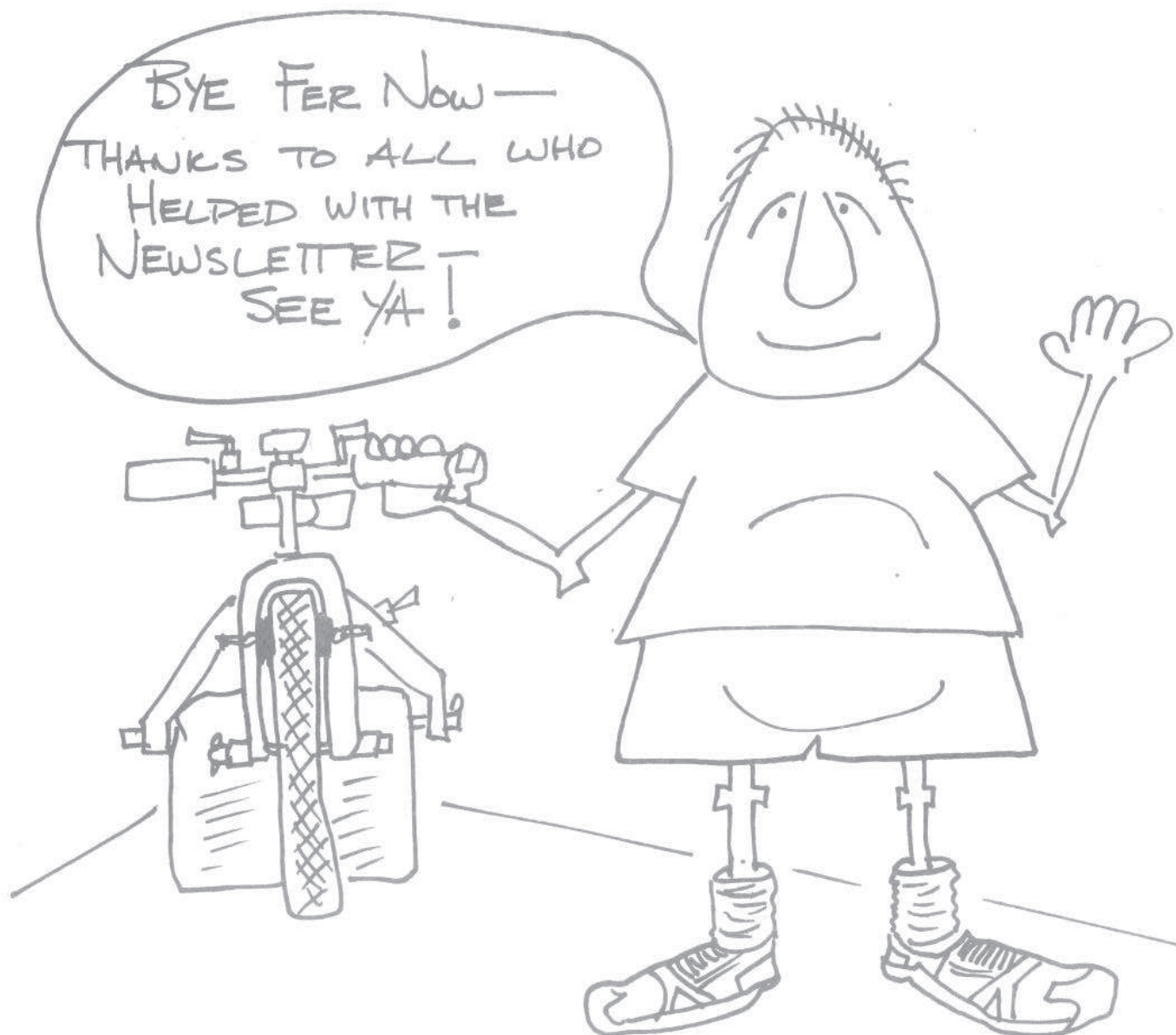
Fifty bright gold nylon windbreakers with club logo on front and back have been purchased for resale to club members at cost. The jackets are available in adult sizes S to XXL (the cost is \$16.50 for the S-XL, and \$19.00 for the XXL). When these are gone, we'll take orders for as many more as are needed.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

Ron Anderson

WANT TO STORE COOLERS?

Would someone like to take the responsibility of storing the IYW coolers? If so, contact Dean Grethey (444-3360) as soon as possible.

RENEW YOUR MEMBERSHIP TODAY!



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

Affiliation with the League means:

- Special publications
- Free club event advertising
- BICYCLE USA magazine
- Advocacy in Washington and the state capital
- Support for our local advocacy efforts.
- Low cost club insurance

The club encourages all members to join the League, band together with bicyclists around the nation and add to our treasury.

League of American Wheelmen
6707 Whitestone Road Suite 209C1
Baltimore, MD 21207-4106
(301)944-3399

**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, 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.



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

Annual Meeting at O'Leary's, November 16th!