



IVW NEWSLETTER

6518 N. Sheridan Rd., Peoria, IL 61614



MARCH '92



? of Balance

by Steve Shaffer

HELLO FELLOW PEDALERS! I'm taking this opportunity to introduce myself as the newly appointed president of this fine club. I've been

cycling now for about 36 years (I got a late start) but only about seven years seriously. I enjoy riding fast but never finish first. On windy days I enjoy sucking anybody's wheel I can stay with! The majority of my riding miles are with fellow IVW members with an occasional solo Trek (no pun intended). If I can talk my wife into sagging for me, I love to ride point to point over a couple of days.

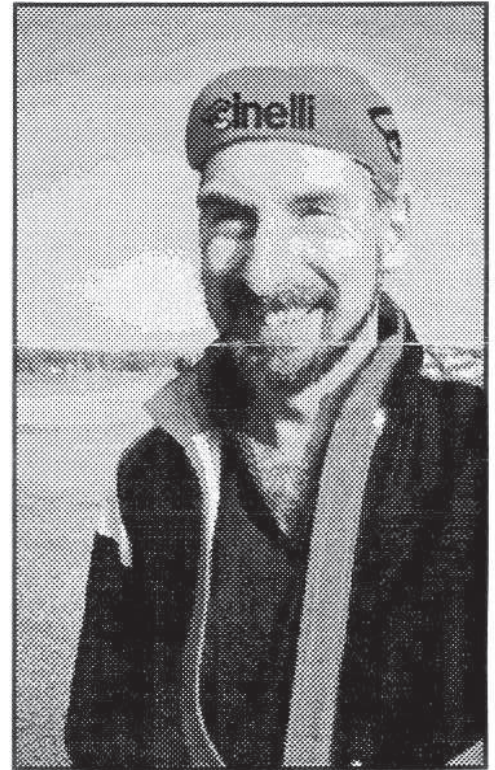
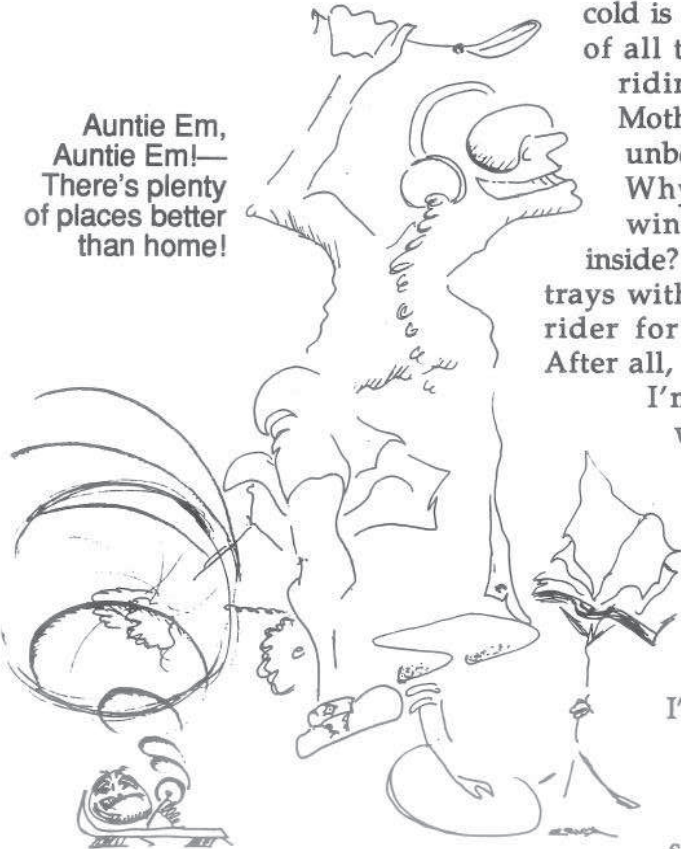
As I'm sitting here hammering on the keyboard it's 60° F outside and it's "F E B R U A R Y" 3rd! Too bad we don't have daylight savings time year round! I was listening to the weather report for the rest of the week with disgust because the cold is coming back. The point of all this is a way to enjoy riding with friends when Mother Nature makes it too unbearable to ride outside. Why not have group wintrainer/roller(?) rides inside? We could even have TV trays with FOOD between each rider for constant munching! After all, we ride to eat—right?

I'm sure that if anyone would like to provide the space for such an event, our ride chairman Jim Whitmer would be willing to advertise it in the newsletter.

I'm planning on writing this column each month and calling it "? of Balance." The title seemed to fit because of one of those laws of physics that says something to the effect that for

every action there is an equal and opposite reaction—voila! . . . balance! Therefore, since riding is so much fun, there must be a down side or the "moral obligation" side to cycling. More thoughts on this later. See ya on the road . . .

Auntie Em, Auntie Em!—There's plenty of places better than home!



Newly elected IVW president Steve Shaffer denies links to organized whine syndicate.

NEW MEMBERS

Bradley Bateman	Peoria
Kevin Christianson	Bloomington
Mike Walker	Chillicothe
John & Pat Plumber	Morton



THE EDITOR IS MOVING!



PEORIA HEIGHTS—Illinois Valley Wheelm'n members were stunned today to learn that their newsletter editor of only two months was moving to a new home.

Longtime member Dickie Lingenwieler worried that job stress was the cause of editor Samuel Joslin's surprise move.

"I was stunned," Lingenwieler said. "We all were. It says so in the first paragraph."

Joslin, reached while assembling the March issue of the club's newsletter was calm and apologetic.

"I'm only moving to 1318 W. MacQueen in Peoria," Joslin explained. "Members wishing to submit articles and ads for publication can reach me at my new address. The ZIP code is 61604. The phone number remains the same—688-0922."

Pressed for the reason for the move, Joslin's voice lowered and he mumbled something about the

potential for calamity if the giant woodpecker fell off the Peoria Heights water tower.

"Don't quote me," Joslin said. "But do you know how many Trek 5200 bicycles I could have grabbed if I hadn't bought a house?"

"Tire Tracts' will return in April," Joslin continued. "And I'll start writing it as soon as I finish painting, rewiring, refinishing, hanging doors, organizing my books, installing a ceiling fan . . ."

The Lament of a Web Foot

—George Dudley

WELL, THEY AREN'T REALLY webbed, but they may as well be when it comes to buying bike shoes. After some years of riding, what has brought about this conclusion?

Stoker Eileen and I went to Gear '91 at Williamsburg—a great even, but that's another story. At the start of one of the rides we decided to take advantage of the trial ride being offered by the Time pedal and shoe guys.

They had her size, but nothing for me. Maybe we were too close to the ride start time. The stoker half of the tandem got modernized for the ride. By the end of the 60 miles, stoker Eileen was ready

to abandon the toe clips forever, and I could tell a difference in our climbing ability.

So when we got home we sprang for two sets of Time Action shoes and pedals. At last, I could be clipless and slipless when landing. I've seen too many falls taken by tandem riders in conventional cleats to be interested in trying that myself.

However, I soon revisited my E-width bugaboo. It took a shoe about three sizes too long to get enough width. Apparently all European shoe designers believe all riders have A-width feet.

I wasn't gaining anything compared to being in toe clips. The length misfit was that bad. The Time shoes went back to the bike shop and the toe clips went back on the bike. I'm glad to have an understanding bike shop owner to work with.

So what's next? It will be a slow process, but I believe if all of us wide-foots deliver a message to the sellers of expensive, ill-fitting shoes we might get something to happen. We want fit or we'll have to do without. A few years ago Performance sold touring shoes in three widths. I wish I'd bought three pair, because they're no longer available.

Write some letters, make your needs known and vote with your feet—walk away from shoes that don't fit.

GENERAL MEMBERSHIP MEETING

January 23, 1992
7:30 p.m. at O'Leary's

The meeting was presided over by Nick Paweski.

Steve Shaffer and George Dudley were elected to the board of directors by the membership present. Steve Shaffer agreed to accept the duties of president.

Samuel Joslin presented a credit application from Kinko's Printing for the club's printing needs. It was then signed by President Shaffer and Treasurer Weast.

The members enjoyed watching a video of a cable TV program about Diane's Ride. Starring were: Neil McMeekan, Eric Hutchison, Nick Paweski, Ron Anderson and others who cycled Diane's Ride.

Next board meeting, Feb. 27, 6:30

IVW BOARD MEETING

January 23, 1992
6:30 p.m. at O'Leary's

Attending: Davis, Paweski, Whitmer, Weast

PRESIDENT Steve Shaffer	685-4726
AT LARGE George Dudley	692-7076
SECRETARY/TREASURER Steve Weast	446-3413
RIDE COORDINATOR Jim Whitmer	691-7354
SOCIAL Nick Paweski	691-8306
MEMBERSHIP Bonnie Davis	694-6604
GONE FISHIN' Myron Oesch	
EDITOR Samuel Joslin	688-0922
MAILING Steve Grube Terry Threw	699-6956
DATA PROCESSING Bill Semmens	693-9388

The Illinois Valley Wheelm'n is home to cyclists throughout Central Illinois. Newsletters are distributed each month (except December) through bulk third-class mail. Newsletters are not forwarded, so alert the membership chairperson one month in advance of your move. Membership contributions to the newsletter are welcome—send your articles and personal ads to: Samuel Joslin, 1318 W. MacQueen, Peoria, IL 61604. All contributions must be received (not postmarked) no later than the 15th of the month.

The treasury balance was \$302 checking, \$2,093 savings.

The minutes of the Dec. 9 meeting were approved.

It was agreed that Nick Paweski would also sign the signature card for the checking account so that another board member could fill in for the treasurer in the event of vacations, etc.

It was suggested that the Club support Rails to Trails.

The subject of insurance and the Club's lack of it was discussed. It was stated that insurance was dropped in the past because it became cost prohibitive. It was suggested that ride leaders and board members carry enough personal liability insurance to protect them in the event of alleged negligence.

There was discussion of plans for next year's annual meeting. It was suggested that monthly meetings having video programs be held at Safety Town to avoid the problem of arranging for TV and VCR.

There was discussion of ways to boost ridership on Diane's Ride, including: get brochures out early, advertise food and scheduling to avoid conflicts with other rides.

It was suggested that the Board establish an awards committee to recognize the efforts by volunteers and merits of club members, guest speakers, etc.

Davis stated that contacts have been made to make radio and newspaper announcements of club events.

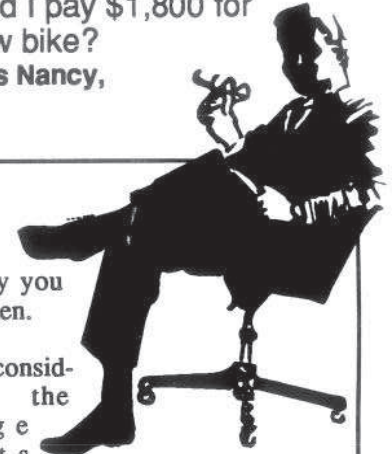
Meeting adjourned.

Steve Weast, Secretary

Dear Dr. Derailleur,

I read somewhere that the average bicycle sold today, when reduced to its raw materials, is worth only about 39¢. Why did I pay \$1,800 for my new bike?

**Nervous Nancy,
El Paso**



I'd say you got taken.

Even considering the large costs involved in tooling and training, manufacturers can still produce a common garden-variety bicycle quite inexpensively when compared to the B-2 bomber or the space shuttle.

Of course, lightweight bicycles go through additional manufacturing steps to reduce weight. One of these involves a huge drill press which produces today's hollow frame tubing.

However, even lightweight bicycles cost the maker only about \$1.50 to complete (\$20 if shipped with a chain—chains take a long time to put together by hand). So I figure the dealer's markup at over 2,000 percent.

I just hope you kept the receipt.

Dr. Derailleur is one of the few independent thinkers in the bicycle press today. Believing that all research on cycling is inevitably tainted by prejudice and opinion, he relies only on the unique power of his trained intellect to arrive at the correct answers to all his readers' questions. Please direct your cycling-oriented questions to: Dr. Derailleur c/o Illinois Valley Wheelm'n, 6518 N. Sheridan, Peoria, IL 61614

Other People, Other Places

Nineteen members of the **Folks on Spokes Bicycle Club** (Homewood, IL) decided to give bicycle commuting a try during 1991. They surpassed their collective 20,000-mile goal by pedaling (instead of driving)

21,427+ miles during 1,450+ round trips.

Name	Round Trips	Year-To-Date Mileage
Bill Yapp	128	3840
Sallie Vloedman	120	3163
Bill Lang	76	1900
Elaine Martin	57+	1881+
Kendall Parish	150	1800

By commuting on bikes instead of their cars FOS members saved 714 gallons of gas during 1991 (assuming cars getting 30 mpg; at 25 mpg, riding saved 857 gallons).

Considering using your bicycle for commuting? If you ride an average of three times a week, 40 weeks a year and your one-way distance to work is four miles, you'll pile up 960 pollution-free miles and save 32 gallons of gasoline (30 mpg car).

More sun, more *Other People* next month!

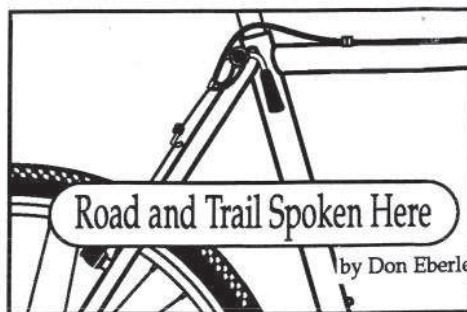
Best of all, you'll be protecting your car from many of the trips which wear it out quickest—stop-and-go journeys of less than five miles.

FOS also recognized members achieving personal mileage goals in the following groups:

No Couch Potatoes (500 miles)
Medieval Cyclists (1066 miles)
Columbus Division (1492 miles)



Eric Hutchison, local cycling commuter and troubled artist (see page 1) enjoys the sunshine on Groundhog's Day.



No, they do not plow the snow off the River Trail. But with enough snow, you can cross-country ski on it...

TOGIR bicycle tours will not operate this year due to high insurance state-side. They have one tour going to Europe this year. They hope to run again in 1993...

Riding in the city will not help build up your endurance—you must ride out in the country where you can go a longer distance and avoid stop signs. It all depends on how strong you want to get as to how often you ride. Riding one day a week will not help much. Riding is just like anything else—the more you put in it, the more you get out of it. You gotta have heart...

How about this? Shimano says they have an 80 percent share of the worldwide mountain bike components market. They say they have no serious competitors right now.

Any Town USA has a coffee shop. Our country starts the day on coffee and donuts so most shops open between 5:00–6:00 a.m. and close at 2:00 p.m. Some of these are open even on Sundays.

With so many Casey's and the like, this may soon change. But, in any case, stay away from the Interstate—you'll find better and cheaper food.

When Route 121 from Morton to Lincoln is completed, you won't be able to ride on it. There are access roads now open which run parallel to it—some of this route is new and some is old. It's a good north-south ride. On it, you can get down to Hopedale (more on this later). This is a better ride than the River Trail for people like us.

This past January I rode more miles than any previous January. The longest day was 61 miles.

Remember, in our state the bicycle is a vehicle and as such is subject to the rules of the road. The cars and trucks are faster than you are. Don't be dead right.

Rides Of Interest

APRIL

SUN 12 11th Annual Easter Ride. 25-, 37-, 45- and 62-mile flat to rolling routes. Includes map, patch, sag, marked route. Registration \$10 before April 1; \$15 thereafter. For application write: Folks on Spokes, c/o Rick Steele, Box 824, Homewood, IL 60430. Info: (708) 748-0123.

SUN 19 Prairie Spring Metric. Prairie Cycle Club
SUN 26 Ken Alrutz Memorial Metric. Springfield Bicycle Club

SUN 26 19th Annual Silver Springs 60. 25-, 45-, 60-mile routes on flat to rolling terrain in the Fox River Valley. Starts in Yorkville, IL (10 miles SW of Aurora). Preregistration only by March 30—\$14. Includes sag, rest stops, spaghetti dinner, waterbottle and patch. Send SASE (business size) for **REQUIRED** registration form to: Aurora Bicycle Club, P.O. Box 972, Aurora, IL 60507. 1300 rider limit.

MAY

SAT 9 Sudden Century. Joliet Bicycle Club

FRI 22-MON 25 GEAR in the Bluegrass (NOTE: **REGISTRATION FORM IN LAW ALMANAC IS INCORRECT, DO NOT USE**) This national LAW rally includes: over 30 rides in Central Kentucky; exhibits of bicycle-related items and; workshops on all aspects of cycling. **GEAR in the Bluegrass**, P.O. Box 8044, Lexington, KY 40533.

SUN 17 Spring Metric. McLean County Wheelers
SAT 23, SUN 24 Blackhawk Metric. Blackhawk Bicycle Club

JUNE

SAT 6 Udder Century. McHenry County Bicycle Club
→ **SAT 6** Pedal-In. Illinois Valley Wheelm'n. Bill and Julie Semmons—organizers (693-9388). Volunteer to help today!

SAT 6, SUN 7 Hoosier Hills. Sat: 25, 60, 100 miles. Sun: 25, 50 miles. Both days rolling to hilly. Includes map, patch, sag, marked route, food (including lunch and entertainment Saturday). Registration \$10.50 until May 17; \$12.50 thereafter. For application write: Bloomington Bicycle Club, c/o Barbara Anderson, P.O. Box 463, Bloomington, IN 47402.

SAT 13, SUN 14 15th Annual Tour of Mississippi River Valley (TOMRV). Saturday: 106 miles from Bettendorf, IA through Galena, IL to Dubuque IA. Sunday: 86 miles return. Challenging terrain. Short course available. Includes: baggage transfer, Saturday night dinner, T-shirt, water bottle, fanny flag, map, cue sheets, marked route, sag. Overnight accommodations not included in fee. Non-refundable registration: \$40 before March 31; \$45 before April 30; \$50 before May 31. TOMRV 15, c/o Susie LaForce, 2023 East 45th St., Davenport, IA 52807. For info, call (319) 355-5530.

SUN 14-FRI 19 Ride Around Wyoming (RAW). 6-day, 447-mile journey around the Wind River Mountains begins and ends in Jackson, WY. Includes: sag, baggage transport, aid stations, repair van, medical support, sovenir, overnights in five towns (outdoor camping; limited indoor space also available), maps, cue sheets, marked route and certificate of completion. Meals are each rider's responsibility. Registration: \$90 before April 13. Limit 200 riders. Confirmation via SASE. For application write: Ride Around Wyoming, Inc., c/o Bob Faurot, 18 Paradise Drive, Sheridan, WY 82801. For more info, call (307) 672-6323.

SAT 20-SAT 27 7th Great Annual Bicycle Adventure Along the Wisconsin River (GRABAAWR). 500-mile route (or any of seven legs) mainly follows low-traffic, county and town roads from Boulder Junction to Prairie Du Chien, WI. Helmets mandatory. 1,000 rider limit. Non-refundable registration: \$140 before June 1, \$175 thereafter. Includes transport from Prairie Du Chien to start (not guaranteed with late fee); seven overnights; baggage transport; sag; map and cues; commemorative jersey and patch. GRABAAWR, P.O. Box 6148, Madison, WI 53716-0184. For info, call: (608) 256-2686.

SAT 20 Do It On The Double. Vitesse Cycle Shop, Peoria
SAT 20 Sangamon County Fair Metric. Springfield Bicycle Club

SUN 21 Boulevard Lakefront Tour. Chicago Bicycle Federation

SUN 21-SAT 27 Touring Ride In Rural Indiana (TRIRI). 435 miles, flat to very hilly. Includes amp, patch, sag, marked route, food, camping, baggage transport and t-shirt. Registration \$160 until June 14. For application write: Bloomington Bicycle Club, c/o Barbara Anderson, P.O. Box 463, Bloomington, IN 47402.

SAT 27, SUN 28 MCBC Little Trouble. McHenry County Bicycle Club
SUN 28 Swedish Days. Fox Valley Bicycle Club

TUES 30-SUN, JULY 5 Tour de St. Croix/1992 League of American Wheelmen National Rally, River Falls WI. Workshops and rides each day. Sponsored by LAW, Minnesota Coalition of Bicyclists, Eco Tourism Council, Inc. For registration packet, contact Jerry Waller, 1992 National Rally Coordinator, 102 N. 9th St., River Falls, WI 54022. For more info, call (715) 425-1009 or (715) 425-4484.

JULY

SAT 18 Ride Across Indiana (RAIN). 160 miles, from Illinois-Indiana state line to Richmond, IN, rolling terrain. Includes map, sag, marked route, food, t-shirt. Registration \$20. For application write Bloomington Bicycle Club, c/o Steve Merry, P.O. Box 463, Bloomington, IN 47402. For more info, call (812) 339-4717.

AUGUST

SAT 1-TUES 4 1-4 Across Illinois. Joliet Bicycle Club
SUN 9 Bike Psychos Century. Bike Psychos
13 Harmon 100. Wheeling Wheelmen
20 Lon Haldeman 100. Blackhawk Bicycle Club

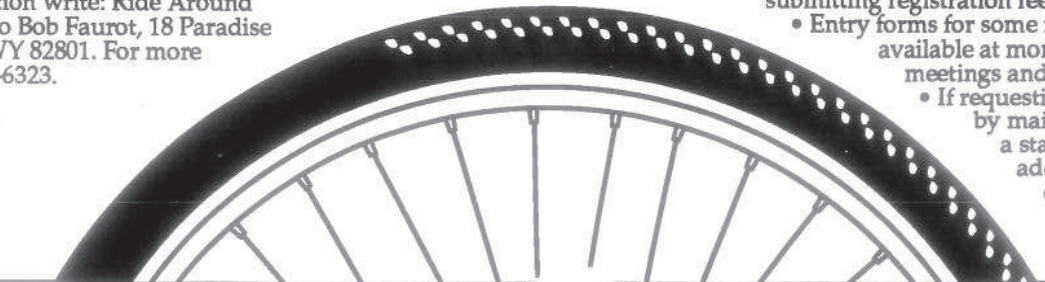
SEPTEMBER

→ **SUN 13** Capital City Century. Springfield Bicycle Club.
→ **SAT 19** Diane's Ride. Illinois Valley Wheelm'n

SUN 27 19th Annual Apple Cider Century®, 25, 50, 75, 100 miles. Three Oaks, MI. Includes marked route, map, fanny flag, sag, food stops, certificate of recognition and spaghetti dinner. Limited to 7000 riders. Registration \$20 by July 31st. No late registration. ACC '92, P.O. Box 7000, Three Oaks, MI 49128. Info hotline: (616) 756-3361. Include SASE (business size) with application fee. Sponsored by Three Oaks Spokes Bicycle Club.

• Most formal rides require signed liability form. Please request complete entry form from sponsor before submitting registration fee.

- Entry forms for some rides are available at monthly IVW meetings and from the editor.
- If requesting information by mail, please include a stamped, self-addressed envelope.



Sunday Riders

March 1 Mike and Susan McCabe start off the month with a ride from the Steak & Shake on Route 9 in Pekin (just west of the Pekin Mall). Everyone will meet at 9:00 a.m. for breakfast to discuss all the possible routes available on the lightly traveled roads of western Tazewell County. For additional details, give either Mike or Susan a call at 353-1531.

March 8 Steve Shaffer leads a "Contingency Ride" from Banner Grade School. The ride is contingent upon the weather, Steve's mood and upon whether anyone shows up. Meet at Banner Grade School (Allen Road & Cedar Hills Drive) at 1:00 a.m. Any questions? Call Steve at 685-4726.

March 15 Goin' to Chill'i coth'e, Chillicothe, here we come. Join Samuel Joslin and a few of his more reputable friends for an easy 20-mile breakfast jaunt from Mossville Grade School to the Trackside Inn in Chilli. Don't plan on bustin' a gut unless you're laughing. Leaves at 8:26 a.m. Talk to Samuel at 688-0922.

March 22 Meet at Washington Square for a trek (the journey, not the bicycle) to Roanoke led by Phil England. The group will take off at 8:30 a.m. Remember not to park on the square. Give Phil a call if you have any questions. 674-3401.

March 29 Dalton Larson leads the last ride of the month from the Field Shopping Center in Morton. Unknown length and destination. Meet at 11:00 a.m. for a ride to who-knows-where. If you have any questions other than ride destination or length, give Dalton a call at 694-2272.

The Sunday Morning Eleven-Hundred Club

This 11:00 a.m. ride starts at Groveland School in Groveland (presently is church school located one block west of main drag and one block south of township building). Group usually attends 8:30 a.m. breakfast and plans the day's ride at that time.

Saturday Morning Show-n-go

Washington Square, Washington at 8:30 a.m. Just like it says—ride destination is determined by the group. There's no leader or sweep. Don't park on the square or the back parking lots just off the square. Use side streets away from the square. Meets all year, weather permitting.

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

NAME(S) _____

CHILDREN'S NAME(S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE () _____ AGE(S) (OPTIONAL) _____

Individual (\$10) Family (\$12) New Renew

Applicant Signature _____ Date _____

Make checks payable to the Illinois Valley Wheelm'n,
Send to: Bill Semmens, 10214 N. Forrest, Peoria, IL 61615

DO NOT WRITE
IN THIS AREA

EXPIRES _____
JOINED _____
PKSNT _____

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.

LEAGUE OF AMERICAN WHEELMEN MEMBERSHIP APPLICATION

I want to join the national organization of bicyclists. Please start my subscription to *Bicycle USA* magazine. Also send my membership materials, including bike and window decals, membership card, and a L.A.W. patch.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE () _____

CLUB _____

L.A.W. Membership Categories

(Pay by check or money order)

- Individual: \$25 Family Life: \$525
 Family: \$30 Sustaining: \$50
 Individual Life: \$350 Public Library: \$15
 Please add me to the Hospitality Homes

League of American Wheelmen, 190 W. Ostend St., Suite 120, Baltimore, MD 21230



More L.A.W.
news next
month!

Chicago's Premier Consumer Bike Show is Here!

On Saturday, March 7 and Sunday, March 8 from 9am to 6pm be the first to see and test NEW 1992 bikes, components and accessories.

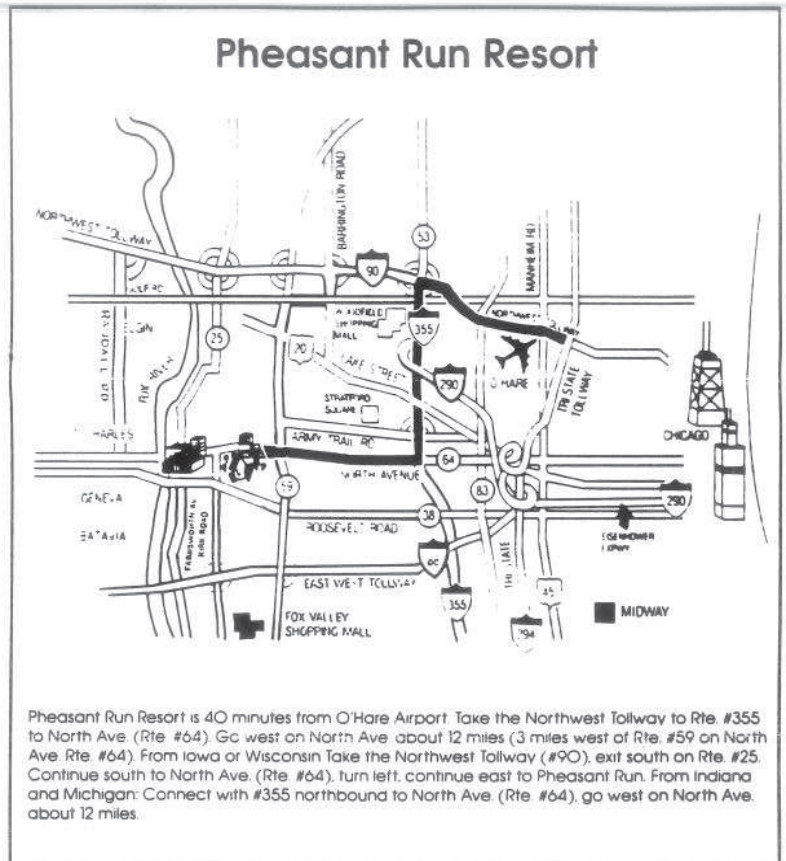
During this weekend - long festival of cycling hundreds of exhibitors will showcase their newest products including: full suspension bikes, micro drive component systems, car racks, aero bars, clothing, eyewear, and much more.

Learn how and where to join or start your own bike club. Find out where the best touring and travel is. Get the best trail maps and leisure bicycling information available.

Participate in pre - show mountain bike trail rides. See freestyle and stunt riding demonstrations.

Raffles and drawings will be held throughout the show. Each day one bike will be given away every hour. Other prizes include bike vacations, accessories and gift certificates.

For complete event schedule see the January/February Yearbook issue of Windy City Sports magazine.



DISCOUNT ADMISSION

With this coupon receive **\$2.00 OFF** these regular admission prices

Adults	\$7.00
Children (6 -15)	\$5.00
Children under 6	FREE with adult

One coupon per person



SWAP 'TIL YOU DROP!

IVW SWAP MEET
7:30 P.M. THURS. MARCH 26
SAFETYTOWN
6518 N. SHERIDAN

Buy, sell or swap bicycles, parts and accessories at the Not-So-Sure-How-Many-Years-It's-Been-Going-On IVW SWAP MEET!

Tired of your old stuff?
Turn it into somebody else's stuff!

There might even be cookies . . .

BACK BY SEASONAL DEMAND . . .

SPRING BREAKOUT RIDE APRIL 5 WASHINGTON SQUARE 8:30 A.M.

SINCE this will be my first year attending the official kick-off ride of the season, I must rely on the experience of others with a few more years, and miles, in the saddle than I. Who else comes to mind but Don Eberle? In years past I understand the traditional ride has started at Washington Square with a destination of the American Legion Hall in Metamora for its annual Pancake and Sausage Breakfast. Not wanting to break tradition, at least not right away, I've asked Don to assist me in leading the annual affair. In talking to Don he stated he would like to see 100 people attend this year . . . not an unobtainable goal—we'll have to see what the weather brings.

As in years past, this is a ride to bring EVERYBODY out regardless of their mileage. So, start out the 1992 riding season with several of your season-long riding companions on a social ride. Don't hesitate to come out. We'll make sure everyone makes it back to the square. Who knows? Maybe you'll even beat Don back.

—Jim Whitmer



Illinois Valley Wheelm'n
6518 North Sheridan Road
Peoria, IL 61614

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

MEMBERSHIP EXPIRES: 10/03/92

RON & SHELLY ANDERSON
203 LOCUST
WASHINGTON, IL 61571

MARCH MEETING—MARCH 26—7:30 P.M.

Turn your old bicycle items into cash (or turn your cash into some really neat stuff) . . . at **Safetytown**