



ILLINOIS VALLEY WHEELMEN

April 1987

Ride of the Month

RIDE OF THE MONTH FOR MAY

MEMORIAL DAY RIDE MAY 25, 1987 Freedom Hall in Morton at 1:00 p.m.
for a 15-20 mile ride. Dave Gardner is leader (263-0596)

According to a recent article in "Parade" magazine, the number two activity (swimming is number one) participated in by all U.S. citizens for exercise and recreation is Bicycling. Now that the Spring/Summer bicycling season is fast approaching, please help save some lives and prevent accidents by passing on the following to your readers:

(1) According to U.S. Government statistics, 75% of all deaths and serious head injuries due to bicycle accidents could be prevented by wearing a hard-shell bicycle helmet:

(2) These statistics also show that the major causes of bicycle accidents are as follows (in descending order):

(A) "Wrong-way" bicycle riding, that is, on the left side of the road, opposing the traffic flow.

(B) Not stopping at stop signs or traffic lights.

(C) Going too fast on downhills.

(D) Riding at night without lights.

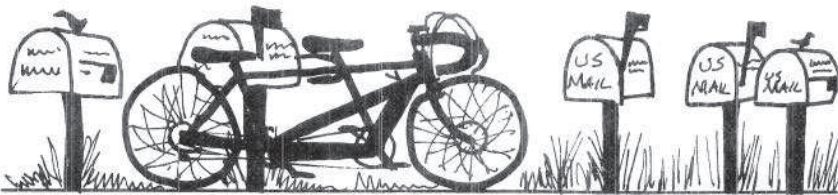
Please, also encourage your readers to wear eye protection, to avoid accidents due to loss of control caused by temporarily being blinded by sun, wind, bugs, or debris. To obey all traffic laws, and ride on the right side of the road with traffic (bicycles are vehicles!) To wear bright-colored clothing (orange or yellow best). And, if they must ride at night, to use proper lighting, both front and rear.

Yours for Better Bicycling,

Bob Soetebier

Bob Soetebier, Bicycle Advocate

St. Louis, Missouri



From the Mailbox

- RAGBRAI XV REGISTERS ANNUAL GREAT BICYCLE RIDE ACROSS IOWA JULY 19-25, 1987
- TOMRV TOUR OF THE MISSISSIPPI RIVER VALLEY JUNE 13-14, 1987
- TOKRV TOUR OF THE KICKAPOO RIVER VALLEY MAY 23-25
Southwest Wisconsin's 11th Annual ride sponsored by the Chicago Chapter of AYH has 3 days of riding (82-64-67 mile segments). \$50.00 fee
Contact: Carl Sand, Box 267, Fox Lake, Il. 60020

Any IWV member who needs information on any of the out-of-town rides the club hears of can obtain information at Vitesse Cycle Shop in Peoria, Hts. Il.

HILLY 100 The annual HILLY 100 in Bloomington, Ind. has set the dates of Oct. 17-18. The IWV has reserved a block of rooms at a Bloomington Hotel (Hampton Inn) for interested riders. If you'd like to go on a super hilly ride make plans for this one, we always have a large group going.

10th ANNUAL KEN ALRUTZ METRIC CENTURY Sunday, April 26, 1987
Registration from 8-9:30 at Lincoln College in Lincoln, Ill. \$5.00 after April 5th. Waiver and Indemnity Agreement and form is available at Vitesse and many club members. Sponsored by Springfield Bicycle Club.

APPLE CIDER CENTURY '87 September 27, 1987
25, 50, 75, 100 mile routes available---\$17.50 Fee plus optional shirts and hats, even all you can eat B'fast (optional) Entry forms are at Vitesse Bicycle shop in Peoria Hts. and several members have them too!

SHORELINE BICYCLE TOUR '87
Sponsored by the League of Michigan Bicyclists, honors Michigan's Sesquicentennial and will begin in Three Oaks, in the southwest corner of the lower Peninsula on August 1st. Seven days of riding brings you to Traverse City. Camping at schools, with sag for gear--50 mile avg. per day. Limit of 500 \$100.00 (not including return from T City. League of Mich. Bicyclists, Box 16201, Lansing, Mich. 48901

FRIENDS OF THE ROCK ISLAND TRAIL, INC. & THE ALLENDALE CONSERVATION CLUB
Present three days of entertainment & recreation

Fri. May 1, 1987 Live Blue Grass Music at Allendale Conservation club
8:00 p.m. till ????

Sat. May 2, 1987 5.3 Mile Canoe Paddle from A.C.C. 10:00a.m.
4 Mile ATB race 1:00 p.m.
4 Mile Run 2:00 p.m.

Sun. May 3, 1987 Blind Man's Tandem boat or canoe race 10:00a.m.
Tandem team boat or canoe relay 11:00 a.m.
White Elephant sale fund raiser 1:00 p.m.

For more info; George M. Burrier, Jr. Chairman, Friends of the RIT, Inc.
309-266-5085 (home) or 676-6113 (Work)

or Joe Russell at Russell's Cycle World in Washington, Ill. 309-444-2098

BIKE WITH THE BISON (IWV Pedal-In) JUNE 6-7, 1987 WILDLIFE PRAIRIE PARK (more later)

DIANE'S RIDE AUGUST 30, 1987 LAKE CAMELOT 35-65-100 miles (more later)

Sam sez

Iowan Carter LeBeau, speaker at the March meeting, mentioned we should feel grateful to the person who introduced us to cycling. One of my mentors was a cycling doctor who wrote for Bicycling! magazine in the early '70s. (This was back when the publishers were still fresh and excited enough to include an exclamation mark in the title). My Life on Two Wheels, by Clifford L. Graves has been out in first edition for at least a year.

From his cycling escape from advancing German tanks during World War Two, to his experiment with long distance time-trialing in France, Mr. Graves epitomizes the well-rounded cycle-tourist. After riding in the mountains for a day, he will don coat and tie for dinner and conversation with fellow cyclists and new acquaintances.

Graves himself mentioned that none of his outings lasted more than a couple of weeks -- the transcontinentals and round-the-world trips were left for others (who he nonetheless admired for their durability and courage); but he tells the story of many of his rides with simple grace and readability. Along the way he also speaks of his mentors -- Velocio, the mythic father of French cycling; and Thomas Stevens, the first transcontinental rider.

This is a classy book, with a classy price of course. But if you can drag yourself away from the book stalls @ K-Mart and plunk down the price, you'll learn more about what bicycling can and should be in one book than in thirty aerobic, lycra-clad, aerodynamic bicycle magazines.

It used to be complained that only the French could write about cycling. Mr. Graves has greatly enhanced the English cycling literature with his autobiography. Available from Manivelle Press P.O. Box 2220 LaJolla, Ca. 92038. Cost \$27.50, \$1.50 shipping and \$1.65 California state tax.

Many exciting improvements in bicycle technology are becoming more widespread in cycle shops today -- indexed "click" shifting; non-ferrous frames; 125 psi clincher tires; and teflon-smooth brake systems. Given these features, what bicycle seemed to attract the most attention in the shop during March? -- an early '50s Schwinn sold by the Voss brothers here in Peoria. Features? How 'bout knee-action front suspension, fender mounted headlight, and a horn mounted in the fake gas tank. More than a couple of gentlemen were reminded of first loves, and, for a time, overlooked the copious amounts of red hair dye and heavy makeup that keep the old girl going.

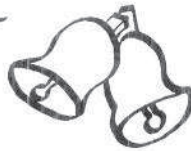
Time trials have started at Cat-Mossville Saturday mornings at 7 a.m. Everyone is welcome and times will be published monthly in this newsletter. Novice cyclists to die-hards have checked their time for 10 miles against the clock. Need more information? Call me at 682-8777. I could still use a couple of volunteers.

Have you renewed your membership? Check the expiration date on your mailing label and send the check in today. There are a lot a good rides this year, too many for you to miss getting information on. Renew today.

Either this month or next there will be a letter from the Illinois Department of Transportation in response to a letter published in the newsletter in March. I know these folks need your input. I also know that if they don't get your letters they will believe that there is not a problem with road design and maintenance. Are they right?

Hoping your quick-release is secure--
Samuel Joslin

Wedding Announcement

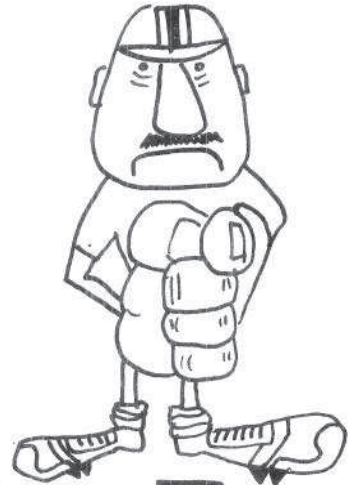


You are invited to the wedding of
Jeannie Holloway and
Tim Gullett
on the 2nd of May, 1987 at 5:00 p.m. at
St. Peter's Lutheran Church
at the corners of Cole and Everett streets.

The reception is immediately following at
the V.F.W. Post 8662, 2919 W. Garden St.
Peoria, Illinois

A.S.V.P. by April 20, 1987 673-6139 after 6:00pm.

DOES YOUR MEMBERSHIP EXPIRE?



RENEW TODAY!

Racer Report

The racing season was officially started when Randy Senneff and I traveled to Louisville for two rainy days of racing on Feb. 28 and Mar. 1. On the first day, Randy won the pack sprint for 3rd place after a two man breakaway won his Sen. 2, 3 race. I finished 2nd in the Veteran race after initiating a two man break and then losing the up-hill sprint.

On the second day, Randy finished with his pack for 8th place in a very windy and hilly 42 mile road race. I broke away alone 4 miles into the Veteran event and soloed the next 24 miles to finish 4 minutes ahead of the pack.

The Vitesse racing team held a training race on our Eureka Road Course on March 8. Brett Rickett and I broke away on the second lap of five and Brett easily won the sprint. Eric Carlson led the pack in for 3rd place in the 18 mile event.

There was a 10 mile time trial held at Hampshire, Illinois on Mar. 22 and I took 1st and Mike Hagerty got 5th. Both of us were in the Vet. Category.

As a post script to last month's article, I collided with a dog on a Sat. A.M. ride in March. I called the Tazewell County Animal Control Board and was assured that they would talk to the owner. I've been by the same house twice since then and have not seen the dog, so I have to assume they did their job.

Next month is a busy one for the race team and I should have a lot of results. A popular race to attend for spectating is the Moline Criterium held this year on May 25. It is a National Prestige Classic and draws National caliber riders for it's large purse. Bring an umbrella, it is usually 50 and raining.

Until next month, keep on rolling!

WEDNESDAY EVENING RIDES

Ride Schedule

WILL BEGIN ON MAY 5, 1987

PEORIA--The Peoria ride will start at Charter Oak School at 6:00p.m. Join us after the ride for refreshments at Avanti's on Sterling.

WASHINGTON--The Washington ride on Wednesday will start from the square at 6:30p.m.

SATURDAY MORNING RIDE

This ride is for all types of bikers from the Novice to the Racer. We start from Washington Square at 8:30 a.m. and usually travel to a nearby town for breakfast. The length is usually around 25-30 miles. We will try to have both a leader and a "sweep" on these rides so the slower riders should not hesitate to attend these very enjoyable Saturday Morning affairs.

- 4/12/87 PALM SUNDAY RIDE 8:30 a.m.
Start at Field Shopping center in Morton, Il. and ride to Mackinaw.
20-25 miles Bob Jones, Leader

- 4/19/87 EASTER SUNDAY RIDE *****1:00p.m. *****
Start at Glen Oak Conservatory in Peoria for a 15-20 mile tour of the city.
Sam Joslin, Leader NOTE START TIME OF 1:00 p.m.

- 4/26/87 PEORIA COURTHOUSE TO WASHINGTON, ILL. 8:30 a.m.
We will ride to Washington Family Restaurant--25-30 miles (Bill & Julie)

- 5/3/87 PROGRESSIVE DINNER RIDE-- 10:30 a.m.
Meet at Pioneer Bank for an easy ride to various places for food and fun.
Call Greg Benning (243-5206) for information. NOTE 10:30 a.m. TIME.

- 5/10/87 MOTHER'S DAY RIDE 8:30 a.m.
Lake of the Woods to Chillicothe- 20 miles of rolling and flat terrain
led by Marty Trumpold. Call Marty for more info. (685-4571)

- 5/17/87 ANNUAL TRESENRITER TRIP TO BEAUTIFUL SOUTH PEKIN 8:30a.m.
Join Peggy T. for this fun filled excursion of scenic Tazewell County
beginning at Groveland Grade School. A fairly easy ride on good
Tax dollar roads.

- 5/24/87 O.N.G.A.S. I 8:30 a.m.
One nifty Grethey Assult Southeastward will begin at Dean Grethey's
house at 2302 Sheridan Rd. in Pekin, Il. and travel to Mackinaw, Il.
(40-45 miles) After the ride we will have a COOKOUT at Grethey's.
You will need to bring your own meat and a covered dish, or dessert.
Drinks, plates, table service WILL BE PROVIDED. (Assorted beverages
will be available) FUN AND GAMES WILL FOLLOW EATING AND DRINKING!
R.S.V.P. to D. Grethey by May 22, 1987

- 5/25/87 MEMORIAL DAY RIDE 1:00p.m. **RIDE OF THE MONTH**
MONDAY Meet at Freedom hall in Morton at 1:00p.m. for a 15-20 mile ride.
* Dave Gardner is in charge, call 263-0596 for info.

- 5/31/87 HANNA CITY TO ELMWOOD 8:30 a.m.
Jewell Moyer's will lead a challenging ride with a few hills for 30-35
miles. Meet at the Moyer's Home (about a mile south of Rte. 116 on
Hanna City-Glasford blacktop) at 8:30 a.m. 565-7389 for info.

TUESDAY EVENING NOVICE RIDE STARTS 4/21/87 AT 6:00p.m. FIELD SHOP CENTER-MORTON

LON HALDEMAN AND SUSAN NOTORANGELO

On Saturday evening March 28th the club heard Lon and Susan present an overview of their past few years accomplishments. We heard about the RAAM rides of Lon and Sue and their recent tandem ride across the ol US of A. About 120 people attended the meeting held in the 700 room of St. Francis Hospital. An interesting slide/music show graphically presented some of the trials and tribulations of these cross country rides. Another event of the evening was a television production by an Arizona TV station on the Haldeman's and their big rides.

Earlier in the day a small band of IWV riders including the Tresenriters, Dave Gehert, Glen and Marty, Les Segrist, Ron Matuska and Dean Grethey greeted the Red McDonald's van with Lon and Sue aboard at Dillon. All but Marty and Dean rode back to Peoria with Lon, while Susan and Marty sagged and Dean went ahead to Photograph the riders.

A very big thanks goes out to Joe Russell of Russell's Cycle World in Washington and the others who so graciously made donations to help with the cost of bringing Lon and Susan to Peoria. Also, thanks to Ken Kiley and Marty Trumpold and others who worked hard to put on a good show for the IWV.

WELCOME NEW MEMBERS

During the past few weeks we have acquired the following new members. We welcome you to the Illinois Valley Wheelmen and hope you will join us for the many enjoyable rides, social outings and fellowship the club has to offer.

Randall Black and Family	Peoria
Renee DuBoff	Peoria
Kevin and Cindy Eack	Peoria
Jack Huggins	Pekin
Gary A. Jacobs	Peoria
Joseph & Suzanne Kaminski	Peoria
Jan Ketchmark	Pekin
Raymond Linnerman & Ralene	Henry
Scott Losey	Tremont
Jill A. Maeder	Peoria Hts.
Bruce Portschteller	Peoria
Sue Salrin	Laura
Roger Wasson	Glasford
Patrick Westefer	Wyoming
William J. Wright	Peoria

"Available from Bob Soetebier, former BICYCLE USA Missouri Bicycle Touring Information Director and Bicycling Advocacy Coordinator:"

"FOR BICYCLING INFORMATION ON -- Physical Conditioning & Helpful Hints, "How-To" Bicycle Touring & Maintenance Books and Bicycle Magazine List, Detailed 20 to 50-Mile Scenic & Historic Missouri Bicycle Tours Bicycle Clubs & Bicycle Tour Maps Sources (Local & Nationwide) ---

SEND: A long, self-addressed, stamped envelope to: Bob Soetebier,
Bicycle Advocate, 1942 B Western Cape, St. Louis, MO 63146."

From the Editor

A note about the NEW MEMBERSHIP POLICY.

1. If you have not renewed your membership since December of 1986, you will need to before April 1st. At that time we will be cutting off mailing newsletters for the 1987 season. (to non-members)
2. When you renew or join initially you will receive a full 12 months of membership. The expiration date of your membership will be on the label of your newsletter. If you have any questions or disagree with your expiration date please contact the membership chairperson. We hope this new system works well for everyone.
3. Membership applications and renewals should be sent to: Wm. Overbey, 6415 N. Imperial Dr. Peoria, IL 61614 Please make all checks payable to the Ill. Valley Wheelmen.
4. We will not be mailing out rosters for the members this yr. If you desire a current roster, they will be available at monthly meetings and by sending a SASE to: Dean Grethey, 2302 Sheridan Rd., Pekin, IL 61554
5. New members should be receiving a packet containing the constitution, bylaws, a patch, milage log and should be getting newsletters each month (we try to mail the newsletter out by the 8th, so you should be receiving them a day or two later). If you fail to receive the packet or you newsletter, contact D. Grethey.

Meetings

APRIL MEETING

APRIL 23, 1987

The April meeting will feature Rod Rogers from Magnolia, IL. He is the track coach for Eureka College. His achievements are varied including competing in the Boston Marathon 4 times, 1500 meter champion in last year's National Masters Track competition and in 1982 and 1983 he competed in the Ironman Triathlon in Hawaii. His presentation will explore the fastest growing sport in the world, "The Ironman".

TUESDAY EVENING NOVICE RIDES

Starting April 21st, Peggy Tresenriter will lead rides for the beginner and anyone desiring a slower pace. The rides will begin at the FIELD SHOPPING CENTER IN MORTON at 6:00 p.m. Call Peggy for info. at 387-6617

ILLINOIS VALLEY WHEELMEN "IVY DOUBLE FWE" T-SHIRTS

SHORT SLEEVE	(white, beige, lt. blue, gold, scarlet, kelly green, roval blue, grey, pink, yellow or lavender)	Sizes: S,M,L,XL	\$7.00
LONG SLEEVE	(All of above colors except: pink, yellow and lavender)	Sizes: S,M,L,XL	\$9.00

Deadline for ordering is May 1, 1987

NAME	ADDRESS	ZIP
SHORT SLEEVE	QUANTITY _____ COLOR _____ SIZE _____	@ \$7.00 = _____
LONG SLEEVE	QUANTITY _____ COLOR _____ SIZE _____	@ \$9.00 = _____

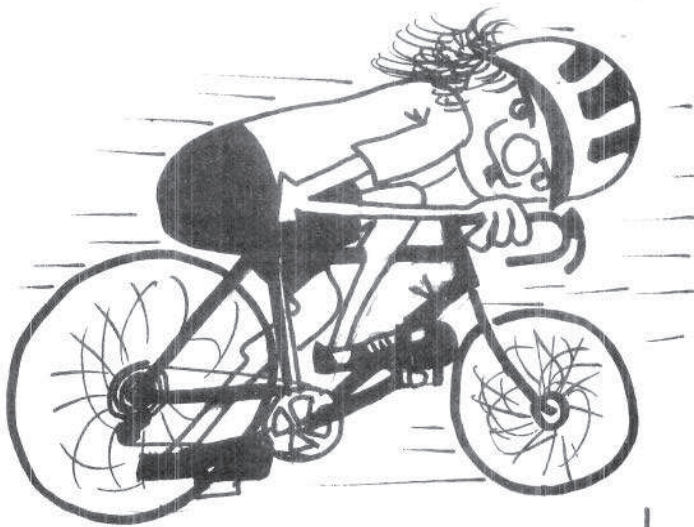
**Make check payable to Ill. Valley Wheelmen and send to: 6815 N. Sheridan, Peoria, IL 61614

1987 ILLINOIS VALLEY WHEELMEN MEMBERSHIP

DATE _____ NAME(S) _____
NEW _____ STREET _____
RENEWAL _____ CITY _____ STATE _____ ZIP _____
DUES: \$10/INDIVIDUAL, TELEPHONE _____
\$12/FAMILY

Please make check payable to Illinois Valley Wheelmen and mail to:

William Overbey, 6415 N. Imperial Dr., Peoria, ILL. 61614



WIND IS A BUMMER!

The ILLINOIS VALLEY WHEELMEN is an incorporated non-profit organization of more than 20 but less than 300 members in the tri-county area.

Newsletters are distributed about 11 times a year through bulk third class mail. This won't be forwarded, so please notify the membership people if you change abodes.

PRESIDENT: Ron Matuska 697-9009
VICE PRESIDENT: Jean Waycuilis 699-1089
SECRETARY: Marty Trumpold 685-4571
TREASURER: Bill Semmens 685-9452
RIDE CHAIRPERSONS: Bob & Val Jones 676-0166
SOCIAL CHAIR: Nancy Beckler 686-2569
MEMBERSHIP: Wm. & Mary Overbey 691-0040
NEWSLETTER: Dean Grethey 346-0645
PROGRAM CHAIR: Nickie Smith 274-2005
EX OFFICIO Samuel Joslin 682-8777

Illinois Valley 
Wheelmen
18 n. Sheridan Rd. - Peoria, IL 61614

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

Ron Anderson
203 Locust
Washington IL 61571

Member
Through
12/87

RENEW YOUR MEMBERSHIP TODAY!