

6518 N. Sheridan Rd.

Peoria Ill. 61614



 **ILLINOIS
VALLEY
WHEELMEN**

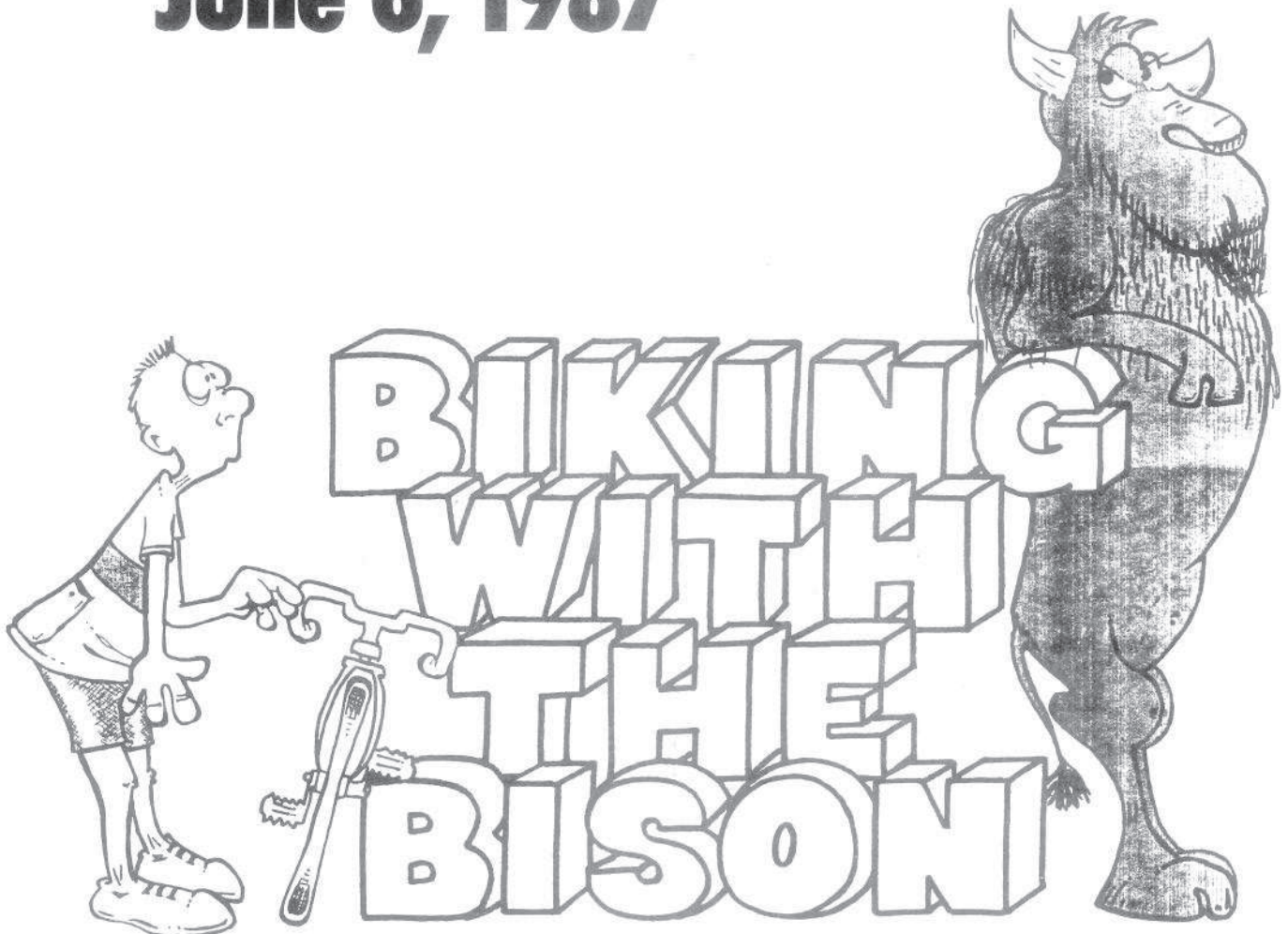
MAY 1987

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)

June 6, 1987



Monday, March 30, at 9:00 a.m., Charles T. Ruppman and Ron Matuska of the Bicycle Awareness Committee met with Peoria Police Chief Allen Andrews, Captain John Stenson, and Traffic Engineer, Jim Baumann.

The Mission Statement and Objectives were presented and discussed. We had unanimous agreement on their willingness to continue to meet and work toward our objectives. There was some discussion regarding the advisability of continuing bicycle registration and the Peoria bike route. We also discussed some of the difficulties of enforcement and the continuing budget restrictions under which the city people have had to operate.

Ron Matuska and I felt encouraged by the active interest in what we are trying to do. Ron and Sam Joslin are scheduling an additional meeting with Jim Baumann and John Stinsen to further our goals.

We would appreciate input and encouragement of a general nature, but specific ideas would be especially helpful.

Thank you.

Charles T. Ruppman

Success sometimes brings small problems with it. The Saturday morning rides from Washington Square are so popular that a few changes are needed.

Most of the small cafe's we use for breakfast can't easily seat 30 people or more at once. Usually this can be avoided by dividing up into smaller groups. Today members of the Vitesse Racing Team, there for their regular training ride, went to Roanoke. The rest of us, except for Don Eberle, Gary Mort, and one unknown female, went to Grimm's in Norton. Breaking up along these lines will probably work out best.

The other problem will require a little more cooperation from all of us. Parking space around Washington Square is limited and the merchants are getting a few complaints from their customers. This can be alleviated by following a few simple guidelines. We want to be welcome back there each week.

1. Under no circumstance should you park in front of any shop around the Square or in any other space reserved for a particular store.
2. Ride to the start from home. At least from a location away from the Square. For only one example, Washington High School.
3. Park on one of the numerous side streets near the Square.
4. There are several public lots around the Square. Until now, we've only used the N.E. side. Use some of the others, and whichever lot you use, park as far from the stores as possible. In addition, the N.E. lot does have a gravelled area near the back alley. Use it!
5. Every once in a while, stop in one of the shops and buy something. Flowers for your spouse or best friend, lunch, a beer, or something a little different from one of the specialty shops. Thank the merchants

Remember, the ride starts at the Square. Don't park as close as possible. See you at Washington Square this Saturday, 8:30 a.m.

RIDE SCHEDULE continued

6/14/87 LAKE OF THE WOODS TO KICKAPOO 8:30 a.m.
MEET AT LAKE OF THE WOODS MALL FOR A 20-25 MILE RIDE TO THE COUNTRY BEE RESTAURANT FOR BREAKFAST. ROLLA GODFREY WILL LEAD THE CHARGE OF THE LIGHT BRIGADE. (243-5691)

6/21/87 PEKIN MALL TO DELAVAN ****7:30 a.m.*****
NOTE THE EARLIER STARTING TIME FOR THIS SUPER RIDE TO A GREAT BREAKFAST AT THE FOUR STAR RATED AMERICAN LEGION POST IN DELAVAN. THE RIDE IS ABOUT 25 MILES IN LENGTH AND WILL BE LEAD BY THE ONE AND ONLY LES SIEGRIST (444-4660)

6/24/87 ANNUAL JUNK FOOD RIDE ****6:00p.m. ****
LIZ AND GREG'S ANNUAL AFFAIR WILL BEGIN AT LAKE OF THE WOODS PLAZA AND PROCEED TO ?????????????? IT IS SAID TO BE AN EASY RIDE SO DON'T HESITATE TO BRINK JOURK JUNNK FOOD STUFFS LIKE TWINKIES AND HO-HO'S AND GREASY CHIPS AND STUFF FOR EATING DELIGHT AFTER THE RIDE. THE BENNINGS ARE YOUR LEADERS (243-5206)

6/28/87 "TAKE A RIDE IN BEAUTIFUL WOODFORD COUNTY" 8:30 a.m.
STEVE MEISMER WILL LEAD THE ONSLAUGHT FROM THE HISTORIC METAMORA COURTHOUSE FOR A 20-25 MILE TRIP THROUGH WOODFORD COUNTY. (692-9724)

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

SAG DRIVERS NEEDED

From time to time the IVW offers short weekend bike and camping trips. Two of the trips that we have lined up so far this year are the WRIGHT RIDE (June 27 & 28) and WHALE (Aug 1 & 2). Well, we need volunteers to drive the Sag Wagon on those rides. The work is easy, just load the gear and then drive along the route and offer assistance when someone has a problem. You really don't need to drive the Sag the whole way either, you might volunteer to drive half way and bike the other half. Call Bill Semmens for more info about doing this. (685-9452)

Did you hear about the 7 year old kid in Can Carlos, Calif. that is being sued by the city for \$13,000 because he rode into the side of a city pickup truck and the driver suffered a strained back. The boy suffered abrasions. The truck left 20 skid marks and he said "he was only doing 18 mph." Boy, they have some interesting laws in California don't they.?????? Is your insurance paid up?

Hey, are saturday morning rides pulling in the riders? YES MAAM! The last two saturdays have had 30 people show up. The racer group takes to the front and vanishes over the rolling countryside as the more conservative riders steadily rack up those miles before the great breakfast treats that lay ahead. Unmmmmmmmmmm Boy! You ought to try this ride if you haven't yet cause they're fun. 8:30 a.m. start at Washington Square in the lovely town of Washington, Ill. P.S. don't park on the square. (See letter elsewhere in this newsletter about parking problem)

MAY Ride Schedule

TUESDAY EVENING NOVICE RIDES

Starting April 21st, PEGGY TRESENWRITER 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. 387-6617

WEDNESDAY EVENING RIDES

WILL BEGIN MAY 5, 1987

PEORIA---MEET AT CHARTER OAK SCHOOL AT 6:00 p.m. Refreshments at Avanti's after.

WASHINGTON---STARTS ON THE SQUARE AT 6:30 p.m.

PEKIN---IF INTERESTED CONTACT D. GRETHEY AT 346-0645

SATURDAY MORNING RIDES

A ride for all types of riders begins at the square in Washington, Ill. at 8:30 a.m. The ride is usually 20-30 miles to a nearby town (s) for breakfast.

**See accompanying story about parking for this ride.

- 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 TRESENWRITER 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.

6/6/87 BIKE WITH THE BISON



The 1987 version of the annual IVW Pedal-In will originate at Wildlife Prairie Park. See details about ride in this newsletter.

6/7/87 RIDE AROUND PEORIA TOWN WITH PHIL ENGLAND 8:30 a.m.



MEET AT WEST BLUFF BRANCH OF SOUTH SIDE BANK, 2427 ROHMAN IN WEST PEORIA FOR A 15-20 MILE JAUNT THROUGH THE COUNTRYSIDE WITH PHIL ENGLAND (674-3401)

MAY MEETING MAY 28, 1987 7:30 p.m. Safetytown

Featured speaker will be Mr. Rod Rogers who will speak on Triathalons and the IRONMAN in particular.

"BIKING WITH THE BISON"

Wildlife Prairie Park
Peoria, IL

Pedal-In '87

Sponsored by the
Illinois Valley Wheelmen

Tell me about the rides

The theme of our event this year is "Biking with the Bison." All rides start and end at Wildlife Prairie Park, located just a few miles west of Peoria (more on that later). Rides consist of 25, 50, 75 and 100-mile routes, laid out in a figure-8 pattern throughout the gently rolling countryside. Experienced riders will appreciate some of the hillier areas we've included.

Sag vehicles (for breakdowns and emergencies) and rest stops (with good food, homemade cookies and drinks) will be provided. Food is also available at the Park.

A 25-mile tour of Peoria will be scheduled for Sunday. For more information about the Sunday ride, please ask at the registration table.

How do I register?

If you wish to pre-register, fill out the registration form attached and mail it in. (If you mail it before May 16 you receive a \$2.00 fee discount.) Then pick up your registration packet at the registration table the day of the ride. You may elect to wait and register on ride day. The registration table opens Saturday morning at 6:30 a.m. at Wildlife Prairie Park. It will be located just inside the park entrance by the train depot. All 100-mile riders should be on the road by 9:00 a.m. All riders are requested to complete the ride by 6:00 p.m. Any rider not in by 5:30 will be offered sag service back to the Park.

June 6, 1987

CALL Bill Semmens for more info (685-9452)

Are souvenirs available for this great event?

Yes, we are offering our special, limited edition "Biking with the Bison" 100%-cotton T-shirt to all participants. They will be offered by advance sale only or as available the day of the ride. (See registration form to order yours.) League of American Wheelmen Sanctioned Ride patches will also be available for purchase. And again this year we will be giving each rider a souvenir photo. We'll photograph you with your trusty mount prior to departing on the route of your choice and hope to have it framed and ready when you check in later Saturday.

What is included in the registration fee?

- Well-marked routes
- Personal maps
- Souvenir photo
- Fanny flags
- Great food and drinks at the food stops
- Some of the best roads in central Illinois
- Support vehicle service provided by Russell's Cycle World and Vitesse Cycle Shop

Special thanks to the following Peoria area businesses for their contributions:

Russell's Cycle World 308 N. Main St. Washington, IL 71571	Wildlife Prairie Park R.R. 2, Taylor Rd. Hanna City, IL 61536
Vitesse Cycle Shop 4609 N. Prospect Peoria Heights, IL 61614	Illinois Valley Printing 3206 N.E. Adams Peoria, IL 61603
Peoria Area Amateur Radio Club	

What is Wildlife Prairie Park and what does it offer?

Non-riders and those finishing early will be able to enjoy the many trails and exhibits at Wildlife Prairie Park. The Park consists of 1,855 acres of lakes, land and forests. Visitors have the unique opportunity to view native Illinois' plants and animals in all natural habitats along 10 miles of walking trails (sorry, bikes not allowed on trails). Bobcats, Cougars, Black Bears, Elk and River Otters are some of the many animals found at this wildlife preserve. In addition to the animals, the Park has a museum, train, country store, gift shop, slide presentation, naturalist programs and many special events. Wildlife Prairie Park strives to maintain the look of the Prairie as it appeared over 200 years ago. Those wishing to tour the Park will be asked to pay the regular entrance fee.

Lodging on the Prairie is a real experience. Guests can stay in one of four completely renovated railway cabooses or a pine log cabin. The cabooses come complete with a jiggler mechanism to simulate an actual train ride! Both the cabooses and cabin are equipped with showers and restroom facilities. They also have small refrigerators and hot pots. "Roughing it" is easy at Wildlife Prairie Park. Cabin and Coosue rental reservations can be made at (309) 676-7787.

The Park is famous for its Sunday Brunch and weekday luncheons at Mignon's In The Park. Both are open year round and reservations are suggested.

Wildlife Prairie Park is located 10 miles west of downtown Peoria via I-74, Exit 82 (Kickapoo-Edwards).

PEDAL-IN SPECIAL MEMBERS ONLY!

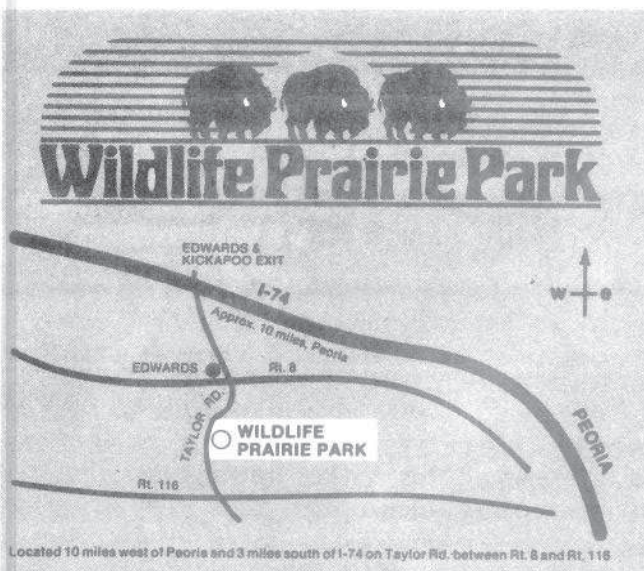
*****FREE OFFER*****

Get 5 NON-MEMBERS to do the Pedal-In and we'll let you ride for FREE or you'll get a FREE T-Shirt. There are two ways to qualify:

1. In one envelope, mail in your pre-registration form with 5 forms from paying non-members.
2. On the day of the ride, turn in a list of the 5 non-members that you "recommended". Then if you pre-registered, we'll refund your fee for the ride or give you a free shirt, whichever you choose.

NOTICE: All "recommended" rider registration forms must have your name on the bottom of their forms.

**This offer is for IWV members in good standing only.



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) *THEY WON'T BE READING- THIS WILL THEY?*
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.

RIDE THE RIGHT RIDE TO THE WRIGHT PLACE

Bill Wright has invited a few hardy souls to ride over to his weekend retreat home on Little Swan Lake near Avon, Ill. We'll ride over early Saturday morning June 27, 1987 and return the next afternoon. The ride over will be about 60 miles and the ride back whould be about the same. (A definite route has not been decided upon at this time) Sag service will be available. Volunteer drivers are welcome. Costs have not been determined yet, but they should be about \$15-20 per person.

The Wright place is on the lake, so swimming, boating and water skiing will be available. Sleeping bag space will be available in their basement or on a very large balcony.

For more information and to reserve your spot on this trip call Bill Semmens at 685-9452 or Bill Wright at 685-8549. Reserve your spot soon as we want to keep the group down to about 15-20 riders.

MAY MEETING

MAY 28, 1987

The May meeting will hopefully feature Rod Rogers from Magnolia, Ill. I say hopefully because Rod had a rather serious accident on his bike and hurt himself a lot. He is presently recovering from his injuries and we hope he is well for the meeting. 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 Triathalon in Hawaii. His presentation will be on Triathalon competitions. We wish Rod the best in his recovery.

IVW MEETING REPORT-APRIL 23rd

Did you know that there is an IRONMAN in our bike club?? The person of honor is none other than Dean Grethey. Are you shocked and surprised at that fact?? I know I was!! Seriously, if you missed the last meeting you missed a great photo info session. Dean had lots of hot tips for biking and photoing although not always at the same time.

We sincerly wish Rod Rogers a fast and healthful recovery from his bike crash-up. Hopefully Rod will be doing his program in the not too distant future.

Meanwhile, remember Dean's training schedule of riding 2½ miles / per week, swimming 300 yards, and never run... *AND EAT A LOT!*



From the Mailbox

MAY 23 & 24 BLACKHAWK BICYCLE CLUB METRIC CENTURY RIDE

REGISTRATION 7-10 a.m. AT ATWOOD HOMESTEAD FOREST PRESERVE, 8900 OLD RIVER ROAD, NORTH OF ROCKFORD. 50 or 100 KILOMETER ROUTES (SAME BOTH DAYS.) FOR INFO AND FORMS: BLACKHAWK BICYCLE CLUB Attn: METRIC CENTURY P.O. BOX 6443, ROCKFORD, IL. 61125 or MIKE BURTON (815-877-4274)
Information also from D. Grethey (346-0645)

TIME TRIALS---

7 a.m. Saturdays at Caterpillar/ Mossville. Starts just north of Cedar Hills Drive and Old Galena Rd. 10 miles against the clock.

	4/4 28 deg NW 2-3 mph	4/11 41 deg S 3 mph fog	4/18 50 deg NE 3 mph fog	4/25 43 deg calm
Max Koehl	32:50	32:14	30:16	
Eric Kumpf		26:49		26:25
Bob Carroll			30:13	
Jim Carroll			34:52	
Dan Gilbert			27:19	
Ken Beckler			28:00	
Doug Balvanz			26:54	
Daryl Johnson			25:45	
Gary Neuhaus				29:57
Dave L. Gehrt				33:53
Dave M. Gehrt				DNF
Mike Hagerty				26:33
Brett Rickett				25:22

Another month of time trials will take place at the old course on Galena Rd. So, like always, meet us at the visitors parking lot at the Tech Center. The course has been corrected in length (Yes, we know it's longer!) the pavement is a little rougher, and the start time is the same as always. If enough trialers whine, we'll move the course to Grange Hall Road. Watch this space for further developments.

An early look at the season: Max Koehl should be a steady improver over the season. He already holds the record for coldest official time trial run. Remember Mr. Beckler, half of 28 is 14. Dave L. Gehrt proves that not all cycling is done in cowboy boots while Nancy B. is still waiting for his son to show up at the turn-around.

All IWV members are welcome, whether as participants or spectators. For more information call 682-8777.

Racer Report

The racing team has been busy traveling over three states just to race and I have a lot of results to report. I apologize for any mistakes or inaccuracies. If anyone has any results from citizen races or would like to see results from outside of our area, just give me a call at 387-6617. Here are the latest results available:

<u>DATE</u>	<u>EVENT/LOCATION</u>	<u>CATEGORY</u>	<u>PLACE</u>	<u>NAME</u>
3-29-87	Johnson Mound R.R.-Aurora	Veteran	7	Mike Hagerty
"	"	"	8	Denny Tresenriter
4-4-87	Illini Classic-Champaign	Citizen	3	Matt Scott
"	"	"	7	Don McCollum
"	"	Veteran	3	Denny Tresenriter
"	"	Senior 4	2	Jim Smith
"	"	"	9	Eric Kumpf
"	"	Senior 2	5	Bob Sanarelli
"	"	Senior 2	11	Brett Rickett
4-5-87	Johnson Mound R.R.-Aurora	Veteran	2	Denny Tresenriter
"	"	"	11	Mike Hagerty
"	"	Senior 3	6	Brett Rickett
4-12-87	Johnson Mound R.R.-Aurora	Veteran	6	Mike Hagerty
4-12-87	Ball State Crit.-Muncie, In.	Veteran	6	Denny Tresenriter
4-18-87	Purdue Crit.-Lafayette, In.	Veteran	3	Denny Tresenriter
"	"	Junior	3	Josh Favus
"	"	Senior 2	14	Chris Hayes
4-26-87	Iowa City Crit.-Iowa	Jr.12-15	3	Curtis Jarand
"	"	Jr.16-17	3	Josh Favus
"	"	Senior 4	11	Phil Schen?????????
"	"	Senior 3	8	Mark Kelley
"	"	Veteran	2	Denny Tresenriter
"	"	Senior 2	1	Chris Hayes
"	"	"	18	Bob Sanarelli

Also this month, I wanted to plug the time trials that Sam is running on Saturdays at 7 AM. This is a great way for the aspiring racer or beginner or anyone to get in touch with his body and his bicycle. It is just you, your machine, and the road against the clock. Give it a try and I think you will find it rewarding as your times fall over the summer as your strength and abilities become greater.

Lastly, I wanted to mention that Brett Rickett goes into the Army on 4-29-87 for four long years. It came as kind of a shock to me and I will miss having him around. He was the senior member on our team starting way back shortly after Ken Beckler, Sam Joslin, Steve Meister, Jim Roberts, and Jay Manthey just to name a few. Good luck on your new way of life, Brett, and please don't forget to write!

Don't forget the Moline Criterium on May 25th for some excellent racing to watch. The team can always use the support. See ya next month.

Denny Tresenriter



When you work in a shop that offers a life-time warranty on the frame of any bicycle sold there, you start to wonder why you have never managed to hold onto a bicycle for that long.

In making the following list, I deleted some entries such as the recumbent that never recovered from its three-mile maiden voyage; the three-wheeled Schwinn I owned in high school (ask Ken Beckler about the midnight basket rides); or the trashy coaster brake bike I used to ride stairs at ICC. Also not listed are the bicycles I forgot about.

A Semi-complete list of Sam's Bicycles

- 1) weird 20" solid tire bicycle (approx. 1964 [after tricycle])
- 2) John Deere pedal tractor (backed over by baby-sitter)
- 3) 1967 Sears coaster brake with fake gas tank (broken rear axle led to current career as bicycle mechanic)
- 4) 1974 Schwinn Collegiate 5 speed (hand brakes and five gears! Sold to high school speech coach)
- 5) 75/76 Motobecane Grand Touring (Ten gears and Vitus tubing! French!)
- 6) used Motobecane Champion Team (bought from Doug Bertram. French! full Campy!)
- 7) used Raleigh International (Don Eberle put 3 zillion miles on this one. Still have the crank to show to amazed bikies. Not French!)
- 8) College transportation--
 - a) Peugeot 4 speed (first and worst experience with cantilever brakes. Sold to another mechanic who should have known better.)
 - b) Schwinn 3-speed (\$30. best campus transportation. Sold for \$50. Only bicycle I made money on.)
 - c) Schwinn 2-speed kick back (shifted gears by pedaling backwards. Gave it to Mother.)
 - d) cast-off Peace Corps coaster brake (one piece crank arm - arms not in line with each other. In Sister's basement)
- 9) Guercotti the first (bought while have pretensions of big bicycle racer man. Fabulously Italian. Super light. Ken uses the brakes off this bike on his Viner.
- 10) Guercotti the second (warranty replacement for Guercotti the first [cracked frame] BMW blue. Full Super Record. now turning Japanese. clickclickclick)
- 11) Raysport (weird silver bike, probably made in Windsor factory. used as fixed gear. Bought during stay in St. Louis. Lost track of during last romantic interlude)
- 12) Trek 720 (chainstays as long as the last freight train from Abaline. A true American luxu-cruiser. Gets the lights, fenders, racks, etc.)
- 13) Other Stuff --
 - a) 50" Kennedy Ordinary (reproduction of a 1891 highwheeler. taken out for PACRACC each year)
 - b) Paisley tricycle (last year's insanity)
 - c) Peoria King Schwinn (early 50s boy-breaker)

And of course I forgot the Raleigh Twenty Folder I sold to the big lady who wanted to come to a stop with both feet firmly (and flatly) planted on terra firma. The next bike I get, I'm gonna hang on to it. Say, anybody know of a Moulton folder for sale?

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

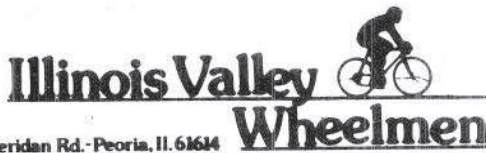
The ILLINOIS VALLEY WHEELMEN is an incorporated non-profit organization of more than 20 but less than 300 members in the tri-county area.

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

FOR SALE

1984 FUJI ESPREE
19" frame 27" wheels
Granny Gear & extras
Reasonable Price
Call Marty Trumpold
685-4571



17

Bulk Rate
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Ron Anderson
& Family
203 Locust
Washington IL 61571

Member
Through
12/87



SEE YOU ON THE ROAD!

Racer Report

Lately, a lot of people have been asking me or other team members how they can get started in racing. There are several things people can and should do to prepare themselves for racing.

First of all, U.S.C.F. racing is a year long commitment. Racers start overall body conditioning in early winter and then start compiling road miles in January. By March or April, racing has begun and by now the season is nearly half over. So, if an individual is considering licensed racing, one should really be looking at citizen racing, time trials, or triathlons this year as a preparation to next year's U.S.C.F. season. All of the local shops have flyers or information on these types of events. Russell's in Washington sponsor's one of the best citizen races in the area in September--try that one.

What about training? Obviously one needs to train hard to race, however, the biggest deficiency in beginning racers is not their power but their lack of finesse. Most people, with the proper training will achieve roughly the same physical ability; however, when it comes to handling a bike in a group, experience really counts. A racer has to be comfortable in a group riding at very close quarters. Therefore, one should do a lot of group riding. Get used to riding with others, holding a good line, and learning to control the bike predictably with no sharp movements or excessive braking. Remember that a person should always strive to become one with his machine, working as a unit. Ride smart....Learn to rest on the bike and conserve energy while still maintaining a good speed. Try to be efficient, always looking for a good draft. Hard serious training should also be tempered with easy relaxing rides. Bicycle racing should be enjoyable, not a chore. I've seen too many racers hammer every day and then fall flat on race day, only to hammer more the next week. Don't let racing be an excuse to train hard and flog yourself. Get your rewards from racing well and doing your best, not from exhausting yourself with everyday training.

Every racer you talk to will have different views on what's best in training and conditioning. Numerous books and magazine articles exist on training and race tactics. If you're like me, you'll read them all. Just sift through and pick out what works for you. Good Luck! And maybe someday I'll see you on the starting line.

Dennis Tresenriter

RACE RESULTS

DATE	EVENT	CAT	PLACE	NAME
5-3-87	Walnut TT	Vet	2	Denny Tresenriter
5-10-87	Indianapolis	Vet	3	Denny Tresenriter
5-16-87	Fort Sheridan	Jr.	17	Matt Scott
		Sr3	15	Mark Kelly
		Vet	2	Denny Tresenriter
5-23-87	Burlington, IA	Sr4	10	Jim Smith
		Vet	4	Denny Tresenriter
5-25-87	Moline, Il.	Sr4	5	Phil Shankwitz
		Vet	2	Denny Tresenriter
5-31-87	State TT	Srs.	15	Daryl Johnson
		Vet	6	Denny Tresenriter

UPCOMING EVENTS: STATE ROAD CHAMPIONSHIPS 6-14-87 COLETA, IL.
LE ROY CRITERIUM (includes citizen event) 6-27-87 LE ROY, IL.

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

FOR SALE: 25" GITANO FIXED GEAR
 PURPLE, GOOD CONDITION
 CLINCHERS, ANY COMBO OF
 GEARS, GOOD WINTER OR
 TRAINING BIKE, MANY, MANY
 EXTRAS--\$125.00
 PHONE 686-2569 Ken

FOR SALE: SIZE 12 AVOCET MODEL 20
 SHOES--GOOD COND. \$8.00
 PH. 346-0645 Dean

SIZE 12 1987 NIKE GREY
 CYCLING SHOE--LOW MILES
 ONE OWNER--NO MUNG-----
 RIDER NEEDS DIFFERENT SHOE
 TO ATTAIN WORLD CLASS
 ATTENTION. \$18.00 *or Best offer*
 346-0645 Dean

*Ridden
 ONLY
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 Times
 100mi.*

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
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Ron Anderson
 & Family
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Member
 Through
 12/87

HAVE FUN - GET INVOLVED!