



ILLINOIS VALLEY WHEELMEN

JUNE 1987

Ride of the Month

RIDE OF THE MONTH FOR JUNE WAS THE "BIKE WITH THE BISON" JUNE 6 & 7

RIDE OF THE MONTH FOR JULY IS THE JULY 4th "INDEPENDANCE DAY RIDE AND COOKOUT"

RIDE STARTS AT 10:30 a.m. AT TED AND ROSANNE GAMBOGI'S, 31 MAPLE RIDEGE DR. IN MORTON. BRING SWIM SUITS AND LAWN CHAIRS. R.S.V.P. BY JULY 1ST 25 MILES
DAY PHONE 263-2211 --EVENINGS 266-6816

Meetings

THE JUNE MONTHLY MEETING WILL HAVE KEN BARTMEN OF THE ST. FRANCIS HOSPITAL CARDIAC REHAB STAFF PRESENT A TALK ON HEALTH EMERGENCIES SUCH AS CARDIAC ARREST, CPR, INSULIN SHOCK AND MORE. JUNE 25TH 7:30 p.m. AT SAFTYTOWN BE THERE!

THERE IS NO REGULAR MONTHLY MEETING OF THE ILL. VALLEY WHEELMEN IN JULY

From the Editor

SEVERAL ITEMS HAVE BEEN BUBBLING IN THE OL' CRANIUM OF LATE:

1. BILL SEMMENS HAS TWO TICKETS AND A ROOM RESERVATION FOR T.O.M.R.V. HE WANTS TO SELL. IF INTERESTED CALL 686-9452
2. NEW MEMBER PACKETS WILL BE COMING OUT SOON NOW--I'VE GOT ALL THE GOODIIES, NOW JUST GIVE ME THE TIME TO COLLATE AND MAIL.
3. IF YOU NEED A ROSTER, LET ME KNOW AND I'LL SEND YOU ONE. (We make new rosters each month from the active membership computer data)
4. "SCHOOL'S OUT FOR SUMMER" SING IT OUT ALICE BABY! GOD, ITS ABOUT TIME, I WAS STARTING TO BUBBLE OVER THERE THAT LAST WEEK!
5. NIKKIE, WE'RE GONNA MISS YA! YOU HAVE DONE AN EXCELLENT JOB WITH THE MONTHLY MEETINGS AND WILL BE HARD TO REPLACE. WE WISH YOU THE VERY BEST WITH YOUR NEW JOB IN OREGON. DON'T FORGET US WHEN YOU ARE CYCLING THE GREAT NORTHWEST!
6. RON--MAY THE WIND BE AT YOUR BACK AND THE HILLS SMALL AND ALL DOWNHILLS BE LONG. HAVE A SAFE AND ENJOYABLE RIDE, WE'LL RUN THE SHIP SMOOTHLY WHILE YOU'RE TOURING.
7. MARTY AND GLEN--GOOD LUCK! I'M ENVIOUS: CAN I FIT IN THE PANNIERS--YOU'LL HAVE GREAT FAST DOWNHILLS? ARE WEDDING BELLS IN THE FUTURE? PRE-HONEYMOON!
8. WHEN ASKED TO R.S.V.P. FOR A RIDE, BE COURTEOUS AND CALL THE RIDE LEADERS UP AND LET THEM KNOW YOU'RE COMING! THIS MONTH YOU'LL NEED TO GIVE ROSANNE A CALL BY JULY 1ST IF YOU ARE GOING ON THE JULY 4TH RIDE. IT CAN BE VERY EMBARRASSING IF YOU PREPARE FOR 12 AND 35 SHOW UP. SO IWV'RS ---CALL AHEAD, IT'S ONLY COMMON COURTESY!
9. CONGRATS! TO BILL AND HIS COMMITTEE FOR A GREAT "BIKE WITH THE BISON" RIDE
10. DIANE'S RIDE IS RAPIDLY APPROACHING. MANY PEOPLE WILL BE NEEDED FOR THIS RIDE. AS A RELATIVE NEW MEMBER OF THE IVW, I CAN ATTEST TO THE FUN IT IS TO HELP AND GET INVOLVED. SIGN-UP TO HELP! IT WILL BE WELL WORTH YOUR TIME AND EFFORT!

Does it seem like you are always riding into the wind? You are more often than you think, according to an article in the April 1987 issue of BIKE TECH. Author Lee Norris said that some types of tailwinds can actually slow you down. A marginal tailwind (100 to 140 degrees away from the direction of travel) can be beneficial or detrimental, depending on your speed and wind speed, he said.

Other findings:

The most beneficial wind is not a direct tailwind, but a quartering tailwind which blows at about 30 degrees from behind.

The wind that will slow you down the most is not a direct headwind, but one which blows from about 45 degrees to your direction of travel.

Crosswinds are not harmless. A wind blowing at 90 degrees from your direction of travel slows you down almost as much as a direct headwind.

"Velo-News" May issue

Happy "CYCLING"
Stephen Meisner

BECOME A QUIET HERO

THE ILLINOIS VALLEY WHEELMEN IS NOW A "QUIET HERO" DONOR CLUB". THIS MEANS THAT AS A CLUB WE ARE COMMITTED TO SEND A BLOOD DONOR TO THE RED CROSS WEEKLY. WE NEED EVERYONE'S HELP TO FULLFILL THIS COMMITMENT!

THE RED CROSS DEPENDS ON VOLUNTEER BLOOD DONERS TO ASSURE A SAFE AND ADEQUATE BLOOD SUPPLY. A HEALTHY PERSON AGED 17-65 MAY DONATE BLOOD EVERY 8 WEEKS. THIS MAY BE DONE AT THE RED CROSS CENTER OR AT A LOCAL BLOODMOBILE VISIT.

TO PARTICIPATE, OR FOR INFORMATION, CONTACT JEAN WAYCULIS (699-1089). SHE IS SCHEDULING THE APPOINTMENTS AND RECRUITING VOLUNTEERS. COM'ON IVW MEMBERS, CONTRIBUTE TO THIS EFFORT!

WELCOME NEW MEMBERS

Brian Slater Tremont
Jalayne Morrison Peoria
Ruth Greenblatt Peoria
Robert Kidd Gilman,
PamHaugens Peoria
Ron Jaegle Mapleton
Pamela Schwalm Peoria
Gene Short Peoria
Paul Strobe Mapleton
Jit and Tina Bunjaratapan Peoria
Karen Carberry Peoria
Don Eberle E. Peoria
Don Fry Peoria
Joe Adams Morton
Brad Boeker Metamora
Tom Fenelon Peoria
Debbie Greenacre & Family Peoria
Stephen Grube & Family Washington
Karl & Marilyn Henry Peoria
Don Jacobs Washington

Dalton & Sally Larson & Fam. E. Peoria
Jim Maroon Peoria
Russell Meals Peoria
Tami Morse Peoria
Gary Mort Morton
Ken Moss Elmhurst
Gary Neuhaus Peoria
Jim Roberts E. Peoria
Marty Robison Tremont
Randall Townsend Peoria
Theresa Wallace Peoria
Roger Wasson Glasford
David Wirsching Peoria

WELCOME!!!!!!!!

W.H.A.L.E. RETURNS

"WHEELING AROUND LAKE EVERGREEN" IS RAPIDLY APPROACHING--AUGUST 1st & 2nd TO BE SPECIFIC. THIS RIDE WILL TRAVERSE FROM THE I.C.C. INTERIM CAMPUS PARKING LOT VIA A PLEASANT COUNTRY ROUTE TO LAKE EVERGREEN (North of Bloomington) FOR A NIGHT OF GREAT EATING (steaks, corn and other goodies or solid and liquid substance), CAMPING (tent and sleep bag), CAMPFIRE SONGS AND STORIES AND OTHER FRIVOLITIES. ON SUNDAY, WE'LL RIDE TO NORMAL FOR BREAKFAST AND THEN RETURN TO THE I.C.C. LOT VIA ROLLING HILLS AND FLATS OF EASTERN TAZEWELL COUNTY. THE RIDE IS LIMITED TO 40 PEOPLE, IS SAGGED, COSTS \$17.00 (payable to Julie Otten by July 11, 1987) AND IS A GREAT TIME. CALL BILL SEMMENS (685-9452) or JULIE OTTEN (674-4773) for reservations.

JUNE Ride Schedule

TUESDAY EVENING NOVICE RIDES

PEGGY TRESERITER will lead these rides for the beginner and novice rider which start at 6:00 p.m. from the FIELD SHOPPING CENTER IN MORTON, IL. 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. This ride is usually 30-40 miles to a nearby town for breakfast. Please do not park on the square and use side street parking as much as possible.

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)

NOTICE!!! NOTICE!!! NOTICE!!!

THE SUNDAY MORNING RIDES WILL BEGIN AT 7:30 a.m. DURING THE MONTHS OF JULY AND AUGUST UNLESS OTHERWISE NOTED. BEAT THE HEAT-----GET UP AN HOUR EARLIER!!!

JULY 4, 1987
SATURDAY

INDEPENDANCE DAY RIDE AND COOKOUT

"RIDE OF THE MONTH"



TED AND ROSANNE GAMBOGI WILL AGAIN SPONSOR A WILD AND CRAZY JULY 4TH BASH AND RIDE AT THEIR HOME IN MORTON. MEET AT 10:30 a.m. AND BRING YOUR SWIM TRUNKS AND LAWN CHAIRS. R.S.V.P. TO ROSANNE BY WED. JULY 1st DAY PHONE 263-2211 or EVENINGS AT 266-6816 25miles

JULY 5, 1987
SUNDAY

TREMONT PARK TO HOPEDALE AND MACKINAW 7:30 a.m.
Bob and Val Jones will lead this cycling adventure to cover 35 miles of beautiful Tazewell landscape. Meet at 7:30 a.m. 676-0166

JULY 12, 1987
SUNDAY

MAPLETON TO GLASFORD 7:30 a.m.
Ron Chandler will host the 30 mile ride starting from the Cat Foundry Parking Lot at 7:30 a.m. It could be hilly folks! 698-8002

The first three-speed bicycle I rode was black, had skinny 26 x 1 3/8 tires and hand brakes. It weighed 10 pounds less than the red Sears coaster and was the fastest bicycle I had ridden. The hand brakes became more important after I wasted the garbage can in the back of the garage while pedaling backwards.

Hand brakes started me on the road to being an equipment freak. I've also noticed the more miles I ride at any particular time, the less I worry about the name on the derailleur. Winter is the equipment freak's hour of deepest status quo discontent. These are exciting times for parts praisers: in the past ten years virtually everything connected with the bicycle has been improved tremendously. Look at just three items: helmets, lycra shorts and derailleurs.

In the early to mid 70s helmets were either leather strap things that racers wore or variations of hockey helmets. When MSR and Bell introduced their original hardshell bicycle helmets, riders did not immediately snap them up although nowadays it is impossible to view an IVW ride where the majority of riders are bareheaded. As far as leather strap helmets, it is to the USCF's (racing sanctioning body) credit that riders are no longer allowed to use the bicycling equivalent of 1930's football helmets. As a result of the USCF's ruling, lighter, better fitting helmets are available for any rider. It should be added that the USCF did not arrive at their ruling due to concern for the racer as much as problems with insurance availability.

Bicycle clothing was virtually non-existent when I used to work at Competition Cycle on North Main in Peoria (now defunct). The main reason for this was everything was made out of wool. I still have old magazines which highly praise wool shorts for their durability and breathability. In comparison to cut off Levis, wool shorts did have an edge, but during the late 70s manufacturers discovered alternative materials and today it is a rare shop that doesn't offer lycra cycling shorts. Why is cycling clothing more popular today? Ease of care. Just throw those skin shorts in the laundry after that long, comfortable ride and they'll soon be ready for tomorrow. Just tell me that doesn't beat smearing animal fat on a leather chamois to keep it from drying out. I know that there is that occasional rare bird that enjoys a Woolite workout--to each their own.

Talk about revolution. Between 1986 and 87 indexed (click) shifting has taken over. In 86 just a few models (mostly in the high price range) came with the click. Now nearly every model bicycle over \$250 has indexing. Not since the introduction of pneumatic tires during the last century has a single component changed so radically in a years time. Novice riders in particular, have had another obstacle removed from their progress to experience. Yes, you may have no problem shifting gears, but many people have been intimidated and turned off with imagined complexities connected with derailleurs (Do you use All Ten Gears?) Both Sun Tour and Shimano have revamped already good lines to accept indexing. Even with regular (friction) shifting your next replacement derailer will be a more reliable unit because of this change. Again, innovation in derailleurs means some of the less expensive units shift better and last longer than top dollar derailleur systems from the 70s.

Future developments concerning the bicycle involve many seemingly disconnected factors: The impact of a stronger yen on exports to the U.S.; road design and traffic law; oil supplies; and the continued popularity of bicycle racing in Europe among numerous items. The future is bound to be interesting if nothing else.

DIANE'S RIDE SUNDAY AUGUST 30

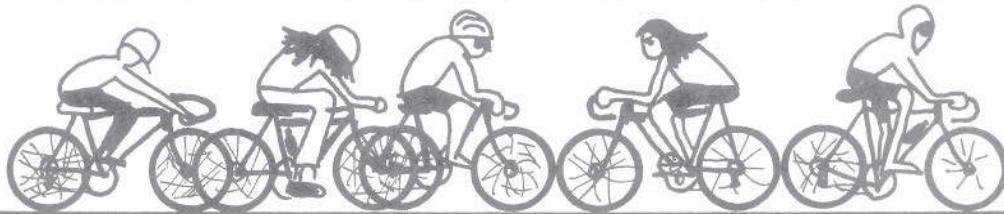
Applications to Diane's Ride have already been mailed to members and riders on previous IVW rides. A ride like this takes a lot of work to put on and we need your help. A sign up sheet was passed around at the May meeting, but we still need lots of volunteers. If you are new to the club, here is your chance to become acquainted with more of the other members. Some of the jobs are quite simple though still very important. Running a food stop requires only making sure everyone gets enough to eat and drink and keeping the coolers filled with water or punch. All you have to do is show up early the morning of the ride and go to your assigned stop. We'll supply all the food and equipment. Other jobs require completing tasks long before the ride. You could be a 'worker' and still ride. Please take the time to put back something into the club and into bicycling.

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 would 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.



Ride Reports

SATURDAY MAY 23 BREAKFAST RIDE REPORT

This morning brought another fine day although the wind was brisk from the northwest and it stayed cool most of the day. Over 30 riders showed up and it was good to see everyone cooperating to solve the parking problem we had. The Vitesse racers went off to Eureka (I think) and the rest of us headed for Metamora. For some reason everyone seemed in a rush and we were quickly strung out. Everyone had someone to ride with. As predicted at the start of the ride, the cafe was full and we split up into several groups to find a place to eat. About half went back to Washington and the others to Eureka. Ron M., Harold M., and the Jones's found a new way from Metamora to Eureka that included a nice stretch of gravel. There were quite a few members that I didn't recognize. I wish they would slow up long enough to introduce themselves.

FREE! EXTRA! FREE! BONUS!

Saturday August 29, 1987

The weekends' events include our regular Saturday breakfast ride. It was Diane's favorite local ride. We leave promptly at 8:30 a.m. from the Square in Washington IL. It is on Rt. 24 just east of Peoria and the Illinois River. Nearby parking is available but please avoid the Square itself and look for IVW members to assist you. We ride to one of the many small town cafe's in the area. Enjoy a plate of blueberry or buckwheat pancakes. Perhaps you would prefer waffles, biscuits and gravy, or just eggs and toast. The round trip will be 30 to 40 miles, depending on which cafe we choose that morning. If enough riders show up we will use more than one destination. No sag, no maps, no cost except your breakfast. All we promise is good company, good roads, and good food. Join us


HOSPITALITY HOMES

A number of IVW members have offered their homes for overnight accommodations. These will be sleeping bag spaces, but a few have beds. Space is for Friday, Saturday, and/or Sunday night. Please indicate on your registration form your needs and include a S.A.S.E. for confirmation and directions to your guest home. Meals are your own responsibility.

INFORMATION

Please call for additional information.

Jean Waycuilis:	309-699-1089
Peoria Bicycle Supply:	309-673-5475
Russell's Cycle World:	309-444-2098
Vitesse Cycle Shop:	309-682-8777

Illinois Valley 
Wheelmen
6518 n. Sheridan Rd. - Peoria, IL 61614

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SEE YOU ON THE ROAD!