

6518 N. Sheridan Rd.

Peoria Ill. 61614



ILLINOIS VALLEY WHEELMEN

August 1987

AUG. 30, 1987

DIANE'S RIDE

Ride of the month

ANNUAL PICNIC SAME DAY! BE THERE!

The annual IVW Metric century and 100 mile ride. Also 38 miles. Starting from Lake Camelot clubhouse in Mapleton, Ill. with registration from 6-9 a.m.. \$8.00 until Aug. 15th, \$10 thereafter. All routes are hilly and the two centuries are very challenging. for entry forms: Jean Waycuilis, 202 S. Riverview, E. Peoria, Ill 61611

AUGUST MEETING

THUR. AUG. 27

Meeting

The August meeting of the I.V.W. will be held at Safeteytown, 6518 N. Sheridan, Peoria, Il. at 7:00 p.m. Ron Matuska will present slides and a talk on his travels to BAJA AT NEW YEARS and SUMMER IN THE NORTH, QUEBEC, CHIMAUGABAU AND NEW HAMPSHIRE. Ron traveled 4000 miles on his trusty bike this summer and will tell us all about it.

WE NEED YOUR HELP!

GET INVOLVED - SIGN UP TO WORK!

Workers are needed to help with Diane's Ride on August 30, 1987. We'll need some folks to help direct traffic, work with the food stops, the registration, the picnic and other things. Some of the jobs can be done before the ride so that you can actually participate in the ride. New members, this is a chance for you to meet the club and get involved. Call Ron Matuska (697-9009) if you desire to help.

UPDATE-Astoria to Peoria Ride

We arrived back in Peoria, Sat. July 25th, after 5½ weeks and 2554 miles. The trip was wonderful even though Glen had 5 flats, 6 broken spokes and minor crash. Marty's Terry performed flawlessly (must be her excellent bike handling skills.) Glen now wants to finish the U.S. from Peoria to the Atlantic, Marty will drive the sag!

We want to give a big THANKS to all who wrote us those encouraging notes and cards. A special THANKS to Liz, Gregg, Jean and Jim (the welcome home committee) and also to Marty's parents for maning the "Hotline" and for their love and support.

Marty and Glen

P.S. The wedding is still on!!!



Diane's Ride

AND ANNUAL PICNIC

LAKE CAMELOT CLUBHOUSE - MAPLETON, IL
SUNDAY - AUGUST 30, 1987

I.V.W. MEMBERS ARE TO BRING COVERED DISHES, SALADS, VEGGIES, DESSERTS, ETC. ENOUGH TO FEED MEMBERS AND DIANE'S RIDE RIDERS. THE CLUB WILL PROVIDE MEAT, NON-ALCOHOLIC DRINKS AND TABLE SERVICE. R.S.V.P. TO RON MATUSKA OR VAL JONES
697-9009 676-0166

\$2.00/ADULT FOR NON-RIDERS

\$6.00/FAMILY

NO CHARGE FOR RIDERS

BE THERE!

August Ride Schedule

TUESDAY EVENING NOVICE RIDES

PEGGY TRESENWITER 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.

AUG. 9, 1987 Lake of the Woods to Princeville 7:30 a.m.

Greg Benning will host this ride of 30 miles. 243-5206

AUG. 16, 1987 Charter Oak School to Brimfield 7:30 a.m.

Ron Matuska will lead this ride over western Peoria county for 30-35 miles. 697-9009

AUG. 23, 1987 Pekin Ins. to Mason City 7:30 a.m.

Gary Sams will lead this ride of 70-75 miles. Eat a hearty B'fast and bring along a snack or 6 or 8 and prepare to go 40 miles before the first food stop. FUN! FUN! FUN! 346-2008

AUG. 26, 1987 HEALTH FOOD RIDE 6:00 p.m. *INSTEAD OF REGULAR WED. EVE RIDE*
WEDNESDAY

Meet at Lake of the Woods Plaza at 6:00 p.m. and ride around the parking lot a few times and then take to the roads for a few times and then go back to the Bennings's place for to eat the Health food you have broughten to this hear ride and then go home and puke! Greg and Liz Benning (243-5206)

SEPT. 6, 1987 DANNER'S LUNCH RIDE 10:00 a.m. *SEPT. RIDE OF THE MONTH

*

↑ One of the IVW's great rides will start at 10:00 a.m. from Pekin Insurance parking lot in Pekin, Il. and travel leisurly through 16 miles of Tazewell County and then return to the Danner residence for a tremendous luncheon put on by the Danner family. The ride is for all abilities and is over gentle terrain with little regard for speed. R.S.V.P. to the Danner's by September 1st. (346-6916) New Members, this is a ride for you to get acquainted with the club!

SEPT. 13, 1987 MORTON TO NORMAL 7:30 a.m.

Starting from the Field Shopping Center in Morton, Il. this ride will venture to the Fabulous Falcon Restaurant in Normal, Il.. Although relatively flat terrain, the route is 60-65 miles long and it is recommended that seasoned riders would be more likely to enjoy the ride. Sam Joslin is the leader and can be reached at 682-8777 for more info.

SEPT. 20, 1987 PEKIN MALL TO DELAVAN 7:30 a.m.

"BACK BY POPULAR DEMAND" this fantastic ride to the Legion in Delavan will commence at Pekin Mall at 7:30 a.m. and travel 30-38 miles. Led once again by the able Les Segrist who can be reasoned with at 444-4660. Great Breakfast at the Legion Post.

*AUG-27th MONTHLY MEETING- AT SAFETYTOWN 7:00 PM.
Ron MATUSKA'S TRIPS TO BASA & CANADA ARE FEATURED!*



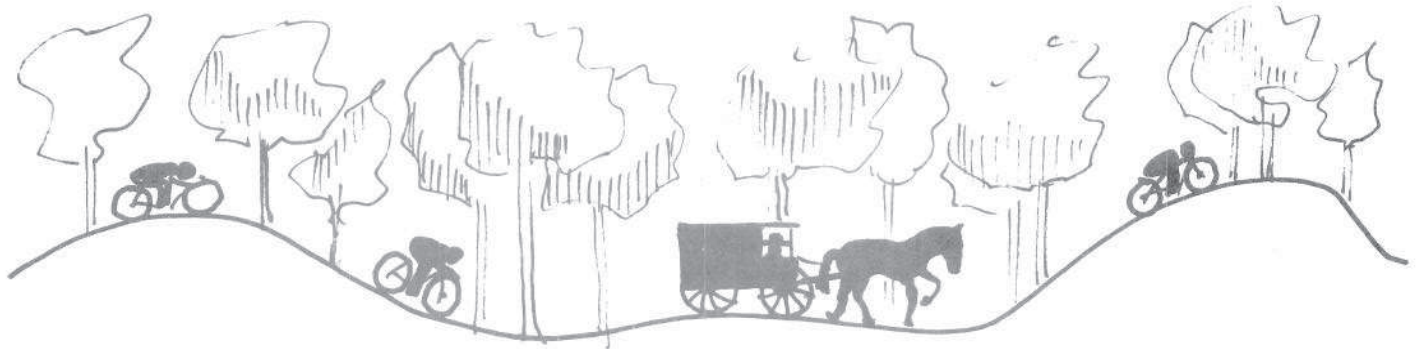
From the Mailbox

SEPT. 5,6,7 1987 PACRACC AND MINI-PACRACC

The Bloomington, Illinois Daily Pantagraph and the McLean Cty. Wheelers Annual labor day journey through the cornfields of central Illinois is rapidly approaching. Entry forms have been sent out and if you didn't get yours contact Vitesse Cycle shop in Peo. Hts for yours. 220 miles over 3 days, tent camping, good food and a very enjoyable time or you can select to do the compac-race of 90 miles over 2 days (also tent camp and good food) \$35.00 before Aug. 1 or \$45.00 thereafter for the big ride or \$15.00 before Aug. 1 or \$25.00 thereafter for the Compac-Racc. For Entry forms; The Pantagraph, box 2907, Bloomington, Ill. 61702-2907
PACRACC '87

Sept. 19, 1987 AMISH COUNTRY RIDE-TO-EAT

Sponsored by the Decatur Freewheelers Bicycle Club of Decatur, Ill. This ride is of varying lengths and starts and ends at Eberhardt Park on the southwest corner of Arthur, Ill on Rt. 133. Starting time is from 6:30 a.m. and the culminating event is a home cooked meal at "Mrs. Miller's" "The famous Amish cook" at 4:30 p.m. Dinner cost is \$7.50 and must be received by August 15th. A \$2.50 fee for maps, snacks, sag, etc. is due the day of the ride. (Dinner fee is not refundable unless a replacement person is secured) Children (6 and under) dinner fee is \$3.75. For entry contact: Decatur Freewheelers Bicycle Club, 1335 Ravina Park Road, Decatur, Ill. 62526



SEPT. 26 & 27, 1987 SPOON RIVER AUTUMN BIKE TREK FOR THE AMERICAN LUNG ASSOC.

The American Lung Association of Central Illinois is sponsoring this event on Sat. and Sun. Sept. 26 & 27 in Fulton County. Bikers interested in a beginners route will travel less than 75 miles and cyclists with more experience are offered a trip from 135 to 150 miles. Travel at your own pace, enjoy the scenery.

We begin Saturday morning at 8:30 a.m. in Farmington, travel to London Mills for camping, dinner, entertainment and lots of fun at Camp Ingersoll that evening. Sunday, after breakfast, we move out through the country and end up through Canton and back in Farmington to end the ride Sunday Afternoon.

The American Lung Association provides all support systems such as Sag Wagon, medical back up, secure parking arrangements, etc.

Look for our flyer at your favorite bike shops, health spa and other spots. For more information, Call Louise at the American Lung Association at 688-8212. This is a fund raising event where you get sponsors to pledge money for your riding. The goal of this year's ride is \$17,500. Contact; Louise Hakkenberg A.L.A. 688-8212

TIME TRIAL RESULTS

Time trials are held each Saturday at 7:00 a.m. at the intersection of Cedar Hills Drive and Old Galena Rd. No drafting, wear a helmet, and test your abilities!

	7/4 68° NE @ 5mph	7/11 75° S @ 10mph	7/18 72° S @ 12mph	7/25 75° calm
Jacob Tresenriter	41:30			
Marty Robison	30:37			
Peggy Tresenriter	29:05			
Sam Joslin	26:48			
Don McCollum	26:50			
Jim Smith	26:40			25:33
Eric Kumpf	24:45			24:11
Denny Tresenriter	23:42			
Doug Balvanz		25:09		
Albert Tony			28:40	
Jeff Eshelman			32:15	
Matt McGrew			30:19	31:12
David Wood			27:34	26:50
Karen Austin			33:17	
Daryl Johnson			24:15	
Ken Brassie			30:30	
Debbie Kumpf				30:37
Jason Ribando				27:20

← RECORDED

COURSE RECORDS: 1985 Daryl Johnson 22:48
 1987 Denny Tresenriter 23:42 (Set on bumpier, slightly longer course.)

MAINTENANCE TIPS

For whom the chain squeaks -- so you've figured the chain could use some oil, so far, so good. Be sure to execute step two--wipe the chain off after oiling as the oil only attracts grit and creates more damaging friction--the situation you want to escape in the first place.

Get the most out of the new higher pressure (105psi and up) tires by investing in a high quality floor pump, and frequently top off the air in those low rolling resistance wonders. Save your frame pump for flats on the road. High pressures mean those new tires will naturally lose air faster than older gum-walls.

MEDIA REPORT

WMBD covers the Tour de France----Observer newspaper covers local bike racers-- Peoria Journal Star covers the "Tour", local bike racers and produces articles on dangerous grades and pea gravel road cover. Are you writing those letters of thanks to these folks today? Sound and information do not exist in a vacuum! Thanks!!!!

1987 I.V.W. ANNUAL MEETING

Plan now for the 1987 Annual meeting to be held again at the Lake Camelot club House on the evening of November 21, 1987. We are again planning a stupendous night of glutenous eating and frivolity. The "Slide Show", Annual Awards, Club History and Trivia, and much much more are in store (whatever that means). We are presently planning on spaghetti, salad and other goodies to eat. Jeannie Gullett is chairperson. (673-6139)

NEW MEMBERS

During the past two months the I.V.W. has acquired many new members. We welcome you to the joys of cycling and the friendship of the club and hope that you will have an enjoyable experience with us. May the wind always be at your back and the hills be gentle AND that you find the fellowship and rides pleasant!

Beth Simonton	Peoria, Il.
Linda Fischer	"
Lisa Freitag	"
Ralph & Shirley Greene	"
Brenda Woods	"
Rhonda Diggs	"
Jefferey & Diane May	"
Susie Meredith	"
Steve Berger & Family	"
Dr. John Wood & Family	"
Janet Bedore	"
Randall Fussner	"
Louise Hakkenberg	"
Tyler Comer	"
Banks & Lynn Griffith	"
Mike Bowling & Family	Chillicothe, Il.
Roger John	Brimfield, Il.
Larry Custer & Family	Washington, Il.
Sheila Maroney	Peoria Hts., Il.
David & Deborah Ringland	Metamora, Il.



CURRENT MEMBERS!

Please make these new people feel welcome to the club by introducing yourself and helping out if the need arises.

Quitting Bicycling

by James Brooks

I know, you're probably like me. You've tried to quit bicycling but you couldn't do it. You know you should. You have good intentions. You're concerned about your family life (or lack thereof). You tried. You've no doubt asked yourself, "What went wrong?" Well, I can tell you. Bicycling is a lot like dieting. Basically, the same rules apply. Have you ever known someone who was bent on losing weight? Just try to remember: how did they go about it? Did they just quit eating all of the good things, cold turkey? No more cream pies? No more chocolate malts? And then, after a few days, they went on an eating binge and gained about fifty pounds? I'll bet that's what happened.

Well, the same thing happens to bicyclists who try to quit pedalling. I know from personal experience, and examples are all around us. Lon Haldeman? Sure, he tries to quit bicycling—all of the time. But with what success? As you know, he isn't obeying his body's biorhythms. He denies them. And with what result? Binge city, that's what! That's why he rides clear across the continent. Just like the dieter who falls off the wagon and eats everything in sight, the bicyclist who tries to quit gets a compulsion to ride every road in sight. He just can't ride enough. That's the real explanation for ultra-marathon riding. We marathonists really don't want to ride. We don't like to ride. We want to quit. But we can't. We just keep falling off the wagon because we're going about it all wrong.

So, what's the solution? It's simple. Indulge yourself. Go ahead: ride around the block when you get the urge. Go to

the store. Ride downtown. Don't repress it: ride a little, give in to your body's demands. Obey those biorhythms! And think about the alternative if *you* fall off the wagon. Do you really want to ride from California to New York in ten days?

Bicycle Maladies

Bob Patton

Fort Worth Bicycling Association newsletter

I was struck one day by the simultaneous occurrence of a broke spoke, wheel squeal, and derailleur failure. Was there rhyme or reason for this? Was it poetic justice?

A careful analysis has revealed that something strange is going on, perhaps due to a bilaterally symmetrical creature operating a two-wheel deal. At any rate, one who rides is in for double trouble.

It starts with all those funny little noises our machines are subject to—usually a hint of something more to come. In addition to the aforementioned wheel squeal, there is link clink, crank clank, rack clack, bottom bracket racket, and the more disturbing cone groan. Sometimes a simple application of a lubricant will end these problems, but beware of over-application which may result in grease release.

Some ills are mostly cosmetic. Among these are bag sag, bar tar, light blight, water bottle mottle, grim rim, and tool kit grit.

The serious difficulties include such things as bad pad, pump slump, lame frame, sew-up blow up, queer gear, the automotive look-alike fender bender, and most serious of all, the dreaded tire fire.

RACE REPORT

As the racing season enters the last couple of months, I'd like to talk about a few of the more important events coming up. On Aug.9 is the Illinois State Criterium Championships which are held in Chicago on Michigan Ave. in front of the Buckingham Fountain. This is a race that I have been looking forward to and I hope to do well in it. Also, coming up is a criterium in Champaign on Aug.16 and will be run around the Krannert Performing Arts Center on the U of I campus. One of the best run races in the state is the Bloomington Criterium held on August 30. New this year will be the addition of a road race at Danvers, Ill. on August 29. This course has been designed to take in many of the local "walls" near Danvers and Spin Lake. An interesting feature of the criteriums listed here is that they have at least one citizen event included. So if you want to see thrills and spills, come out and watch. It's the fastest game around. Remember to hug a racer today!

RESULTS:

Date	event	cat.	place	name
6-27	LeRoy Criterium	Sen.2	6	Daryl Johnson
6-28	Aurora Criterium	Vet	1	Denny Tresenriter
7-4	Walnut Criterium	Sen.3	6	Eric Carlson
"	"	"	7	Randy Senneff
"	"	Jr.	5	Jason (?)
"	Hennipen Citizen Race	Sen.	1	Tim Meagher
"	"	"	4	Jim Deeds
"	"	"	7	John Reynolds
"	"	"	9	Doug Balvanz
"	"	Jr.	1	Tim Wiese
7-5	St. Louis Criterium	Vet	1	Denny Tresenriter
7-11	Waterloo Criterium	Vet	10	Mike Hagerty
"	"	"	12	Denny Tresenriter
7-12	Cedar Rapids Crit.	Vet	13	Mike Hagerty
7-19	Wanamaker Criterium	Vet	4	Denny Tresenriter
"	"	Sen 2	12	Daryl Johnson

See you next month,

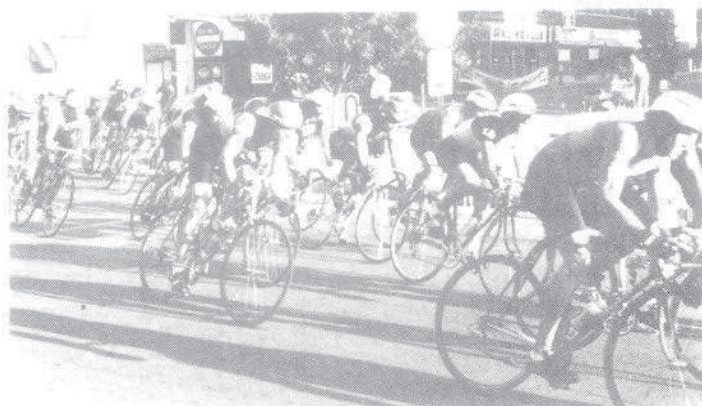
Denny Tresenriter



Eric Carlson
1986 Criterium



1986
Bloomington
Criterium



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



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Make check payable and mail to: BICYCLE USA, Suite 209 BR, 6707
 Whitestone Road, Baltimore, MD 21207

Allow 6-8 weeks for receipt of FREE Almanac and first magazine. Offer good through December 31, 1987.

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 822-0186
 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

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DIANE'S RIDE PLUS
 ANNUAL PKNIC AUG-30th