

6518 N. Sheridan Rd.

Peoria Ill. 61614



# ILLINOIS VALLEY WHEELMEN

December 1987

## Ride of the Month

AT JEWEL + DEBBIE MOYERS - 1101 GLASFORD RD. - HANNA CITY, IL  
R.S.V.P. 656-7389 BRING<sup>a</sup> SNACK! CHILI + BAR-B-Q  
12:00 NOON NEW YEARS DAY PROVIDED

## ANNUAL MEETING REPORT

Nov. 21st, the annual meeting was held at Lake Camelot Clubhouse. Over 80 members attended and ate massive amounts of Avanti's food, along with great ice cream from Mr. Steak. Awards were given as follows:

Hub of the club - Bill Semmens

Most Improved Male - Dave Gerht

Most Improved Female - Marty Trumpold-Thompson

Broken Saddle - Peggy Tresenriter

After food, awards, and fun, music was provided for listening and dancing. A big THANK YOU to Jeannie Gullett and all her helpers for the great job they did!!!! And another THANKS to Dean Grethey for the wonderful slide show as our pre-dinner entertainment!!

At the Annual Dinner, we "elected" a new Executive Board--President is Jean Waycuilis, Vice-President is Liz Benning, Treasurer is Bill Semmens and Secretary is Marty Thompson.

For those who don't know me, I'm Jean Waycuilis. I live with my husband, Jim, and our cat near Spring Bay. We have an East Peoria address and a Spring Bay phone number. I am an RN and I currently work at St. Francis. We have been riding with the IVW for 4 years now, usually on Wednesday night and Sunday rides. Working weekends really can mess up a good ridw schedule!

We are really looking forward to bicycling with the IVW in 1988 and beyond, of course. We really hope to increase attendance at our monthly meetings so keep your eyes open for some changes there. In the past we have had some excellent programs which were enjoyed by only a small part of our membership. Let's all plan to attend more meetings this year.

Don't forget the New Year's Day ride at the Moyers'. Let's all get together and start the year out right

## RACE REPORT

With Thanksgiving just past and the end of the year nearing, it's time to give a little thanks of my own. First of all, thanks to my family who gave up a lot of their own riding to sit curbside at races all across the midwest. Any racer will testify that family support is crucial due to the extreme amount of training time, money, and stress (mental and physical).

While on the subject of money, I can't forget the sponsors who helped out with expenses, equipment, and clothing. Thanks go to Mitchell Fabrics, Nishiki Bicycle Corporation, and Vitesse Bicycle Shop. There is absolutely no possible way that I could have raced 47 races this year without their support.

Thanks go to Darrell Johnson and Sam Joslin who made numerous last minute adjustments and repairs to my bicycles. They often worked overtime or on tight schedules to make sure my equipment was ready for the next race. Also, thanks to Sam for keeping the Saturday time trials alive. Being at Mossville a 7 A.M. every Saturday throughout the summer goes beyond the call of duty.

Lastly, thanks to the IVW, especially the Saturday A.M. Washington crowd, who put up with the racers every Saturday morning. I know at times we are often loud and noisy, not to mention pompous and obnoxious. We do appreciate the rides and have enjoyed the chance to get together with the touring club, even if it's just before, during, or after breakfast. Thank you.

MERRY CHRISTMAS AND HAPPY NEW YEAR,

DENNY TRESENITER

### FOR SALE:

150 cm waxless cross-country skis  
100 cm poles, 35 cm boots  
\$70.00 (purchased for a 4'3" child)  
Phone 387-6617 for either

53 cm Gianni Motta Frame  
TriColor  
2001 Personal Series  
\$400.00

### IVW OFFICIAL CLUB T-SHIRTS

Have you finished all your holiday shopping yet? NO! Than how about getting your favorite biker a colorful IVW T-shirt. Peoria Bicycle Supply, Vitesse Cycle, and Russell's Cycle all have a selection of colors, sizes and styles. While you're there, check out the latest winter cycling clothes and the newest equipment.

### ANNUAL SWAP MEET & USED EQUIPMENT SALE

Don't like what you won for a door prize at the annual meeting? Do you have too many bike parts for too few frames? Are you looking for an obsolete part? The regular club meeting on January 28 will be the place to be. Come early and get first choice on the best stuff or to set up your own little parts store. Refreshments served. Also in store for that night will be discussion on the survey. Get the new year off to a good start.

## December Ride Schedule

### 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.

### WINTER RIDE SCHEDULE

Starting in November the Sunday rides will be EAT & RIDE events. This means that you go to a restaurant and eat breakfast and then ride if the weather permits. All winter rides meet at 8:30 for breakfast and ride afterwards.

December 13, 1987	Steak n Shake Rt. 9 Court St. Pekin	8:30
December 20, 1987	Washington Family Rest. Rt. 24, Washington, Il.	8:30
December 27, 1987	Dixie Manor Glen & Rt. 150, Peoria	8:30

JAN. 1, 1988

NEW YEARS DAY RIDE 12:00 noon  
Ride into '88 with the Moyers, The annual New Years Day ride will begin at noon. We will provide chili and Bar-B-Que sandwiches. Please bring one snack. See ya at 1101 Glasford Rd., Hanna City, Il. 656-7389. R.S.V.P.. B.Y.O.T. (bring your own towel!)

January 3, 1988	Bob Evans Restaurant Glen & Rt. 150 in Peoria	8:30
January 10, 1988	<del>Wright's Restaurant</del> <b>CLOSED ?</b> 106 St. Moors, Peoria	8:30
January 17, 1988	Newell's Restaurant East Peoria, Ill Rt. 8 & 150	8:30

TIME TO  
RENEW YOUR  
MEMBERSHIP?

the buzzer sounds  
the sleeping-no-longer frowns,  
and rolls on his softer side

a foot shoots out  
toes wriggle about,  
yes the Room is cold

one minute passes  
the sleeper relapses,  
the covers reclaim the leg

the Alarm rings twice  
but the blanket is nice,  
and the pillow a warm fjord

the mind is a Mystery  
for sleep is now history,  
sinister stasis is Mocked

the coveted covers come off  
the soon-to-stand stifles a cough,  
heels tounge-and-groove over the floor

the bathroom approaches  
Underfoot, nervous roaches  
skitter and dodge and escape

a splash of cold water  
a Shudder, he oughter  
get dressed and ready to pedal

the Bike in the hall  
two inches too tall,  
is wheeled through open doors

clouds Overhead  
the weatherman said,  
but rain will not fall to-day

though to-day is not venice  
the sun filters Through fences,  
thomas mann urges he pedal in circles

the first stroke is taken  
the ride Not forsaken,  
he'll warm up in no time at all

franklin emerson and thoreau  
will soon pedal with him in snow,  
their tires filled with Ice.

does The World rotate or resolve?  
what does a sound in a forest Involve?  
interior conversation  
makes a mockery of decision;  
our hero Departs with a sigh...

#### MEMBERSHIP RENEWALS

Many of you have memberships that expire with this issue of the newsletter. No other notice will be given. Since we switched over to the computer mailing labels last year, your name goes off the list automatically when the expiration date is reached. If your label reads 12/87 or anytime in the next few months, than now is the time to send in your application and dues today.

#### EFFECTIVE CYCLING & YOU

What is EC? It's driver's ed for bicyclists. Bicycling is an acquired skill that usually takes many years and thousands of miles of riding to master. That skill can be learned faster and easier by taking an EC course or through self-study of the manual. Several IVW members have passed their EC test, a combination of multiple choice questions and a road test given by a certified EC instructor. Developed by John Forester and offered through a few organizations, including the League of American Wheelmen, the EC program should be considered by every bicyclist.

The IVW would like to offer an EC course to its members and to the general public. This fall we were even approached by the Peoria Park District to offer a course in bicycling. But we had to back out because of the lack of an instructor. If you would like to teach EC, either alone or as part of an IVW team than let us know. Requirements are not too severe and there are a number of you that could easily qualify. For more details on the EC program contact Ron Matuska.

R.M.



# 1988 IVW MILAGE LOG

	M	T	W	T	F	S	S	WEEKLY TOTAL	CUMULATIVE TOTAL
JANUARY	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
FEBRUARY	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
MARCH	29	30	31						
	1	2	3	4	5	6			
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
APRIL	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
MAY	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
JUNE	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
	6	7	8	9	10	11	12		
JUNE	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30					
6 MONTHS TOTAL									



# 1988 IVW MILEAGE LOG

	M	T	W	T	F	S	S	WEEKLY TOTAL	CUMULATIVE TOTAL
JULY	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
AUGUST	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
SEPTEMBER	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	1	2		
	3	4	5	6	7	8	9		
OCTOBER	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
NOVEMBER	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	1	2	3	4		
DECEMBER	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31		YEARLY TOTAL	

# Upcoming L.A.W. Rallies

## **GEAR Down '88**

February 12-14, 1988

Lakeside Inn

Mount Dora, Florida

Contact: Florida AYH, P.O. Box 1108, Tallahassee, FL 32302, (904) 878-2042

## **GEAR Up '88**

June 3-5, 1988

Millersville State University

Lancaster, Pennsylvania

Contact: Bob Carson, 205 E. Joppa Rd. #607, Baltimore, MD 21204

## **L.A.W. National Rally**

June 29-July 3, 1988

Northern Arizona University

Flagstaff, Arizona

Contact: L.A.W. Rally '88, P.O. Box 2657, Scottsdale, AZ 85252

## **GEAR Up '89**

June 16-19, 1989

Skidmore College

Saratoga Springs, New York

Contact: Mohawk-Hudson Wheelmen, P.O. Box 5230, Albany, NY 12205

—BICYCLE USA News

## Bicycle Investments

by John Cornelison

L.A.W. Administrator

Bicycling is inherently a sport for individualists. Because cyclists are self-sufficient and solely responsible for making it to their destinations, they do not feel compelled to belong to a team.

Cyclists, however, find reasons to work together: to educate, to train and ride together, to defend and advance our right to the road, and to socialize. This helps explain our country's healthy structure of over 1,000 bicycle clubs.

Yet, to make it tick requires volunteers. Think of your first days of cycling. Who helped you? Those who had the support of a well-organized club undoubtedly appreciate the help they received. Today, consider volunteering to help your local club.

The task can be as simple as helping a few friends get into bicycling. Give them a few brochures and let them know about the resources offered by your club and the League of American Wheelmen. Having done that, you've already volunteered and helped bicycling!

Many think volunteering requires special expertise and a formal commitment of time. Some positions certainly do, but there are many ways to help even without making major time commitments. If you have an afternoon or evening free, give your local club a call, or take your own initiative and propose a manageable project to the club. Start out small to see if you enjoy it and can find more time for it.

Never feel guilty for not doing enough, though. Just carrying those brochures around and gently recommending us to your friends is an easy task that does not require much time, but is still very valuable.

—BICYCLE USA News

## Liability Insurance

To better serve and protect affiliated clubs, ride leaders, volunteers, and officers, the L.A.W. board of directors has been looking at proposals to supply liability insurance. After investigating the issue for several years, contacting many insurance companies, and reviewing several proposals, the board considered the best proposal to date at the annual meeting in July. Coverage would consist of \$1,000,000 per incident with a \$5,000 deductible to be held in trust by the league. Included with that is \$5,000 of medical coverage with \$100 deductible and \$5,000 of accidental death coverage.

Every member of a participating club would automatically be covered for activities performed while acting for the club. The club premium would be based on a per-member fee of approximately \$6.50, which would drop by 50 percent in subsequent years. It is expected that many clubs will not add the insurance cost to membership dues, but rather charge participants of events where such insurance is needed. For instance, a club of 100 members would have quarterly payments of \$150; this might be raised by adding an insurance surcharge of 25 percent to the fee for club rides or by increasing the charge to students in an Effective Cycling class.

The board decided to further investigate liability insurance rather than accept the proposal at this time. An information packet will be developed and sent to all affiliated clubs, and L.A.W. will ascertain club interest in the proposed liability policy.

—BICYCLE USA News

## Women Cyclists Weekend

Women cyclists, from interested beginners to champion racers, will ride together and share bicycling information at the Women's Cycling Network's Santa Barbara Weekend in southern California on November 7 and 8. The weekend will offer afternoon workshops and discussions covering topics ranging from mountain biking and USCF racing to nutrition and ultra-marathon cycling. Morning and evening rides of various lengths will take in the beautiful scenery along the Pacific coast. The cost of the weekend will be \$25 per day. Non-members must also pay the membership fee of \$10 to join the Women's Cycling Network.

Susan Notorangelo, winner of the Race Across America in 1985 and co-founder of the Network, will be a workshop leader. She helped start the Network because of her frustration with the media's poor and inaccurate coverage of women's cycling. "Especially in magazine stories, men's races get full coverage, but the parallel women's races are confined to one or two finishing sentences," says Notorangelo.

For more information on the Women's Cycling Network and the Santa Barbara Weekend send a self-addressed stamped envelope to the Women's Cycling Network, P.O. Box 73, Harvard, IL 60033.

—BICYCLE USA News

1988 ILLINOIS VALLEY WHEELMEN MEMBERSHIP

DATE \_\_\_\_\_ NAME(S) \_\_\_\_\_  
 NEW \_\_\_\_\_ STREET \_\_\_\_\_  
 RENEWAL \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 DUES: \_\_\_\_\_ \$10.00 INDIVIDUAL TELEPHONE \_\_\_\_\_  
 \_\_\_\_\_ \$12.00 FAMILY

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

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



**THE LEAGUE OF AMERICAN WHEELMEN**

The national organization of bicyclists, that makes a difference in your bicycling.

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**BICYCLE USA** Almanac

★ THE LEAGUE OF AMERICAN WHEELMEN operates the only national legislative program that defends your right to the road, provides the only nationwide course in effective cycling, offers the most complete network of Hospitality Homes for touring bicyclists, and sponsors the annual L.A.W. National Rally and GEAR.

★ Our membership magazine, **BICYCLE USA**, has the biggest calendar of events and the best feature articles and departments. Besides our regular issues, members receive the **BICYCLE USA TourFinder** and the **Race Across America Official Program**.

★ **BICYCLE USA Almanac**—your guide to everything about bicycling: clubs, rallies, books, magazines, organizations, events, dealers, and many sources of help and information. It's available only to L.A.W. members.

SIGN ME UP! I want to join

THE LEAGUE OF AMERICAN WHEELMEN

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Individual annual membership \$98 \$18 introductory rate  
 Family annual membership \$248 \$22 introductory rate  
 (outside North America, add \$5)

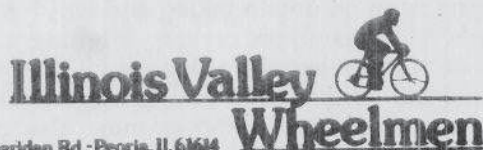
Make check payable and mail to: **BICYCLE USA**, Suite 209 BR, 6707  
 Whitestone Road, Baltimore, MD 21207.

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. The newsletter will not be forwarded, so notify the membership chairperson of any address changes as soon as possible.

- PRESIDENT: JEAN WAYCULLIS 822-0186  
 Vice PRESIDENT: LIZ BENNING 243-5206  
 SECRETARY: MARTY TRUMPOLD-THOMPSON 685-4571  
 TREASURER: BILL SEMMENS 685-9452  
 RIDE CHAIRPERSON:  
 SOCIAL CHAIRPERSON:  
 MEMBERSHIP: BILL OVERBEY 691-0040  
 NEWSLETTER: DEAN GRETHEY 346-0645



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 EXPIRED

IS IT TIME TO RENEW YOUR  
 MEMBERSHIP?