

NOTE TO NEW RIDERS...don't give up yet, remember that the first attempt helped more than you realize. We will have short and long loops on some rides, like the Tremont ride on April 11. Don't let anyone rush you, set your own pace. Riding is supposed to be fun and not a torturous effort to keep up with the crowd. You will find other riders will be glad you slowed down and will be riding with you at your pace. The faster, more experienced riders can take advantage of the long loop rides and get in extra miles by riding to and from the rides. Keep cranking!

SAFETY TIPS: Here are two areas of concern to work on!

1. Regard for other traffic.
2. Regard for other cyclists.

1. Shout signals for cars "car down" (car behind); "car up" (car ahead). These calls are to narrow down the pack. Single file for "car down" especially on two lane country roads. "Brake" means just that!! Use it for emergencies, road hazards, etc. We try to deter the flow of traffic as little as possible, and this is possible most of the time. We need the cooperation from motorists and we must develop the best riding habits we can.

2. We have had two bicycle to bicycle mishaps on two rides this year. No one was hurt, but some of the bikes were pretty mangled. We would like to suggest that racing tactics be better controlled on club rides. Freedom of choice on how to ride is a "two-way street."

EQUATION: FREEDOM = RESPONSIBILITY.

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- - - John Wineke, Pres.

THE ROCK ISLAND TRAIL... The Tri-County Planning Commission has in the past publicly supported the Rock Island Trail.

In a recent meeting I attended, of the Tri-County Planning Commission, The Rock Island Trail Property Owners Association presented their views on the Rock Island Trail, and asked the Commission to publicly withdraw their support.

After allowing this group fifteen minutes to argue against the trail, they allowed Alex Ciegler of the Sierra Club to present the pro-trail view. In my opinion, the debate was no contest. Although the property owners put on a good presentation, they had few facts to work with. Alex was allowed to show his slides and present his facts and histories of other trails and generally was very convincing.

After both sides were presented, the real issues were brought up. Mr. Raymond Neumiller reminded the Commission that they get a large amount of funds to operate the commission from the rural areas where the objectives are strong and a vote to continue to support the trail could be costly. The Commission voted to study the matter for ninety days and vote on it in the July meeting.

It is apparent that the trail is not being allowed to stand or fall on its merit but is subject to all kinds of pressures from groups that have more power than the one vote per person to which we are all entitled.

With the nomination and probably election of Mary Lou Sumner to the State legislature, those of us who support the trail have their work cut out for them. Write your senator and representatives and make your views known.

There will be a Public Hearing on the Rock Island Trail on May 4, 1976, at Peoria Central High School, at 7:30 P.M. conducted by the Illinois Department of Conservation on whether to continue with the Rock Island Trail. Let's pack that meeting to show our support. I'm sure the opposition will.

- - - Bill Overbey

From the RIDE COMMITTEE:

Wednesday evening rides will be starting May 5 at three different locations. They are listed below along with the persons in charge. Rides will start at 6:30 P.M. These rides are intended to be leisurely with families in mind.

McClure Library in Peoria	Dorothy Belke	682-4155
	George Smith	637-9679
The "Square" in Downtown Washington	Les Siegrist	283-4660
	Ron Anderson	283-2018
Mineral Springs Park (near staduim) in Pekin	John Wineke	346-3962

Our early Spring rides have gotten off to a great start with good weather and attendance. On March 14 we have 17 riders who faced a pretty good head wind riding back to Washington, but struggling, most riders made it.

Dorothy Belke's March 28 ride around Peoria surprised the donut shop when 36 riders stopped by for a break. Dorothy's Peoria ride answered the question, "What ever happened to Joe Mugavero?" --- he is alive and riding all around Peoria.

Bill Perry had ²⁶17 riders turn out for the Mossville-Chilli ride on April 4. It was a good ride, despite the chilly morning wind. Because of the wind, Bill decided it best to ride backwards and run north on Rome road and then sail back with a super tail wind. (Special thanks to Mr. Miller for sag service.)

The Ride Committee met recently to plan rides for June and July. You will get a preview of the schedule at the April 15 meeting. Please let the Committee know if they are scheduling what you want.

We mentioned in last months newsletter that Don Eberle had ridden nearly 400 miles in January. He did much better in February. Don rode 525 miles. (He only missed one day due to snow.) Can anyone top that?

Out-of-town rides which may be of interest are:

April 24-25	Silver Springs 40/60, Aurora, Illinois.
April 25	Prairie Spring Century (100 or 60 miles), Champaign, Illinois.
May 1-2	Dekalb Windy 60, Dekalb, Illinois.
May 2	Weldon Springs Mild Metric 100 KM, Decatur, Illinois.

(See L.A.W. Bulletin for details.)

HALT! (dog repellent) is now available locally at Illinois Cycle locations.

- - - George, Don and Ron

RIDE SCHEDULE - MAY, 1976 - ILLINOIS VALLEY WHEELM'N

DATE	TIME	DESCRIPTION	LENGTH	RIDE CHAIRMAN
MAY 2 SUNDAY	9:00 A.M.	Ride from Pioneer Bank to Jubilee Park for break-fast cook-out. Bring your own food and equipment. Sag wagon will haul. (Those not interested in cook-out may choose to ride to Princeville and back for an additional 20 miles.)	20 Miles	George Smith 637-9679
MAY 9 SUNDAY	9:00 A.M.	Meet at Field Shopping Center south of Morton. Route will take us through Morton to the rural area northeast of the city before returning to a snack-stop of Houser's Cafe. Route has a couple good hills.	20 Miles	Don Eberle 699-2790
MAY 16 SUNDAY	9:00 A.M.	Get in shape for the MPI with this longer ride. Meet at Hanna City State Bank. Cycle to Canton and back. This is a beautiful tour route!	40 Miles	Bob & Mike Small 565-4890
MAY 23 SUNDAY	7:30 A.M.	Second Annual MORTON PEDAL-IN Century or Half Century Tour. See details on attached information sheet.	100 Miles or 50 Miles	-----
MAY 30 SUNDAY	9:00 A.M.	You will have no problems with this longer ride from Pekin to Prairie Trails Inn if you have ridden the MPI. Leave from Herget Bank, brunch at Prairie Trails Inn before return trip. I.A.W. Memorial Day Patch will be available.	44 Miles	Jack Welch 346-9866

Please call the listed ride chairman if you have any questions. Riders under 16 years of age must be accompanied by a parent. Sag wagon will accompany all rides.

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THE RACING SECTION:

The Will County Handicap was held on March 17. Jay finished but could not feel his feet when he got off his bike because of the cold weather. Rich White, Ted Snyder, and Mark Williams were a little more sensible. They didn't get quite as cold as they forsook their bikes for the car.

At the April 4 Rockford Criterium held in Anna Page Forest, Ted Snyder took off at the start and led the race for a lap but then died. Jay aggressively broke up the field of 70 riders but then lost a deserving win by faulty tactics. He placed 4th. Mark Williams and Rich White also were at Rockford.

Rumor has it that two of our racers headed South for two Olympic Development Races during Easter Break to get in some extensive training.

Race Results:

March 7, 2:00 p.m. (9 mile Individual Time Trial)
Start-finish at Grange & Trigger

	finishing time	points	accum. points
1 Jay Manthey -	24.19	9	15
2 Ted Snyder -	27.58	8	14
3 Mark Williams -	28.13	7	14
4 Steve Meisner -	28.66	6	9
5 Rich White -	28.84	5	5
6 Rich Miller -	30.73	4	4
7 Jim Nelson -	30.86	3	6
8 Bob Lipka -	31.36	2	2
9 Ray Schafer -	31.44	1	1
	Dale Ireland		4
	Gerry Ireland		1

Winning time just over 22 mph.

	Start	Finish
Team 1		
Mike		
Rich M.	000.00	25.70
Steve		
Mark		
Team 2		
Jay		
Rick W.	3.00	30.54
Jim		Act. 27.54
Joe		

Classified

FOR SALE! Schwimm LeTour 23" Frame (Red) NEVER RIDDEN - \$135.00
call Jay at 688-5958 between 6 - 8 p.m.

CUSTOM Wheel building - - price by job - - by Jay
call 688-5958 between 6 - 8 p.m.

I. V. W. TRAINING RACES

<u>Date</u>	<u>Location</u>	<u>Type of Race</u>	<u>Time*</u>
April 14	Bradley Park	Handicap 20 mile	5:30
April 21	I C C	Handicap 15 mile	5:00
April 28	Glen Oak Park	Hill Climb - 2 stages	6:00
May 5	Grange at Trigger	Time Trial	6:00
May 12	Detweiller Park	Matched Sprints	6:00
May 19	Pioneer Park	Points Race 20 mile	6:00
May 26	Pine Lakes	Handicap 20 mile	6:00

* Final Start Times posted at Competition Cycle

April 10 & 11 Two day weekend in Carbondale, Ill. for Road Races and Criterium.