

# ILLINOIS VALLEY WHEELMEN

P.O. Box 1523, Peoria, Illinois 61601

JANUARY, 1978

Ron Anderson	President	283-2018
Bob Small	Vice President	565-4890
Rose Brewer	Secretary	685-7172
Jack Welch	Treasurer	346-9866
Carol Stiles	Ride Chairman	467-2617
Jo Wineke	Publicity	346-3962
Diane Ziegler	Bulletin	688-2714

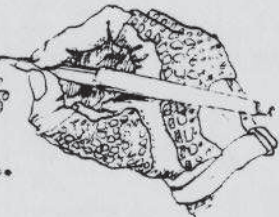
1978 ANNUAL DINNER MEETING 1/26/78 - 6:59 p.m.

### SECOND NOTICE: Reminder...

Don't forget the I.V.W. annual dinner, the night January 26 (Thursday), Beacon Buffet in East Peoria, U.S. Rt. 150, Meadows Avenue. All you can eat for Four (\$4.00) dollars, includes tax and tip. Dinner served at 6:59 p.m. SHARP

If you care to participate, please phone Don Eberle at 699-2790 on or before JANUARY 25th.

*from the  
president's  
pen ...*



Shortly, we'll be electing new officers and starting a new fiscal year. Looking back for a moment, I feel that we've had a pretty successful year! Thanks to all who have helped! You know who you are. You've done the paper work, kept the money, scheduled our rides, publicized our events, published our Bulletin, conducted a couple of successful tours, arranged meeting programs, completed the incorporation, got the trailer licensed and on the road, etc., etc., etc. And - we can't forget the racing section and its officers. With such enthusiasm and participation in the club, '78 should be even better!

I'm hoping that very many of you can make it to the dinner meeting on the 26th. Don is doing a great job on the arrangements. It ought to be a nice evening - lots of food, doorprizes, awards, entertainment - and, of course, the election. See you there!

Many of you remember Bill Hardrath. He's our enthusiastic cold-weather rider who moved to Virginia during the year. I got a note from him before Christmas. He sends his greetings. He's now the president of the Blacksburg Bike Club - a new club - small but active he says.

What was your cycling highlight of '77? I think mine was riding the Hilly Hundred for the first time. It's a great event. We'll be talking this up even more in '78! Hoping that we can get 50 of our members there - or more.

*Ron*



The I V W would like to welcome the following new members to our ranks:

- |               |                 |
|---------------|-----------------|
| Ken Beckler   | Kenneth Walters |
| Clay Kemmerer | Susan Bertram   |
| Ken Beckler   |                 |

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I would like to thank everyone who contributed to the Bulletin this past year. The articles submitted were, for the most part, timely and good. I didn't realize we had so many writers in this club. If we are to have a successful Bulletin this year, I encourage everyone to contribute articles. It doesn't matter if they are technical, humorous or just ride reports. The Bulletin needs everyones input.  
Diane Ziegler, Bulletin Editor



RIDE REPORTS:

12/4: Tailwind ride - This ride was a good idea but it was not held because the roads were covered with snow and ice.

12/11: Morton - The weather was bad for this ride also, so no one road.

12/18: Pekin - Don Eberle - The temperature was 40° - cloudy but a nice day for a ride. Four people road. Where were the rest of you?

12/25: Christmas Patch Ride - It was windy and cold - 9°. Very windy out of the west. Cold on the toes. Streets were pretty clean and dry. Because of the holiday everything was closed, therefore we came to Don Eberle's house for hot drinks and goodies. Thanks Irene. Three road six miles.

1/1: New Years Day came as all should for those who love skiing - 2.7 inches of snow. This still didn't dampen the spirit of 8 bikies who bundled up and were off for what they reported to be a beautiful ride down Grandview Drive. Meanwhile back at the clubhouse double that number were enjoying hot buttered rum, a roaring fire, conversation about bicycles, and the Denver-Oakland football game. When the frozen ones returned - all enjoyed more hot buttered rum, hot apple cider, food and a lot of socializing.

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Since Rose's Hot Buttered Rum was such a hit and she had so many requests for her recipe, Rose thought it best to publish it in the Bulletin.

Hot Buttered Rum

- 1 lb. butter cream butter & brown sugar;
- 1 lb. brown sugar sift in powdered sugar;
- 1 lb. powdered sugar add softened ice cream,
- 1 qt. vanilla ice cream cinnamon & nutmeg;
- 1 tsp. cinnamon mix until smooth & creamy
- 1 tsp. nutmeg (store mixture in freezer)

to use: use 1-2 tblsp. mixture to 2-3 oz. dark rum - fill mug with hot water

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President Ron Anderson  
Jack Welch

Vice President Bill Perry  
Jerry Selvo

Treasurer Terry Beachler  
Steve Meisner  
Harold Moloney

Secretary Rose Brewer

ONE NOTE: Our By-Laws suggest that the Vice President also be Chairman of the Membership and Publicity Committee. This will be the case in 1978.

(The positions of Ride Committee Chairman, Program Committee Chairman, Bulletin Editor, etc. are appointed by the Pres.)

**VITESSE**  
Cycle Shop  
College & Linden  
Normal Illinois  
**RALEIGH**  
**SEKAI**  
BICYCLES  
TREK  
Telephone  
**454-1541**

5 LARGE IVW T-SHIRTS ARE LEFT. WOULD LIKE TO SELL BEFORE SPRING. Diane 688-2714

LAW RIDES OF POSSIBLE INTEREST

- Aurora Silver Springs 60 (20/40/60) 4/16/78
- Champaign Spring Century (PCC) 4/30/78
- Jacksonville Easy Riders 78 Metric 9/10/78
- Aurora Summer Century (30/60/100) 8/20/78
- Apple Cider Century, Three Oaks, Mich. 9/24/78
- Champaign Fall Century (PCC) 9/17/78
- Aurora Fall Century (20/40/60) 10/8/78
- Hilly Hundred (October, 1978)
- TOSRV, Columbus, Ohio (Mothers Day Weekend in May) Send a self-addressed large stamped envelope NOW for an early registration form, all forms are sent out 2/1/78: Mail to: TOSRV - Communications P.O. Box 2311 Columbus, Ohio 43223
- IVW MORTON PEDAL-IN (May, 1978)

ILLINOIS VALLEY WHEELMEN  
1978 Application for Membership

NAME \_\_\_\_\_, \_\_\_\_\_ Home Phone \_\_\_\_\_  
(Last) (First)

ADDRESS \_\_\_\_\_  
(Street) (City and State) (Zip Code)

CHECK ONE  Adult (\$4.00)  Family (\$5.00)  Student [under 18] (\$3.00)



# COMPETITION CYCLE

706 West Main Street • Peoria, Illinois 61606 • Phone: 309 676-9698

Alan Fishman  
Terrell Jones  
Roy Bossingham

WINTER SPECIALS - GOOD UNTIL MARCH 15

Mavic 700 C alloy clincher rims	\$5.50 ea.		<u>Bicycle Specials</u>
Weyless wool jersey & short	\$20.00 ea.	Legnano 21" blue 24 lbs. with sew up tires and Falk seamless tubing \$110.00	
Soyo 60 sewup tire	\$10.50	Falcon #70 23" yellow 28 lbs. Weinmann center pulls, well made frame \$105.00	
Soyo 50 sewup tire	\$10.50	Speedway 23" beige fingertip shifters Shimano der. Quick release alloy hubs Alloy cotterless crank, comparable to \$200 Fugi - \$140.00	
Cinelli racing helmets	\$9.50	Beacon 23" silver three speed lugged frame, Shimano gears, lightweight \$60.00	
Pavarin adjustable shoe cleats	\$4.50	Also, all regular priced bikes will be 5% off until February 15. This includes bikes ordered before this time.	
Campi plastic pump heads for Silca	\$3.00	*****	
Campi steel pump head 1030	\$3.00	Michelin Falco sew ups	\$7.50
Sun Tour ratcheted stem shifters	\$2.00	Vittoria Mondiale sew ups	\$9.75
Shimano down tube shifters	\$2.75	Fenders, Aluminum Alloy	\$5.50
Simplex down tube shifters w/cables	\$1.50	Assorted Calipers	\$1.50
Campi Gran Turismo derailleur	\$4.00	All Freewheels (except SunTour)	\$4.00
Campi Valentino front derailleur	\$3.00	Assorted Stems	\$2.00
Triplex rear derailleur	\$4.50	Assorted Brake Levers (except Weinmann & Dia Compe)	\$2.00 pr.
Triplex fr. & rear der. w/ levers	\$9.00	Campi Headsets (Fr. & It.)	\$17.00
Universal 61 center pull brakes	\$10.00	Tal May Jerseys	\$7.50
Sugino Mighty Competition Crank Set 44-54 British thread	\$42.00	Assorted Bars & Stems Levers \$2.00 extra	\$6.00
Campi Crank Set w/o BB	\$80.00	Tal May Shorts	\$12.00
Stronglight 99 Crank Set with all but cups	\$27.00	Gant Gloves (Small only)	\$5.00
Mafac Racer center pull brakes	\$9.00	All cloth tape (except black)	\$ .75
Anpi seat post 26.8 mm Campi copy	\$7.50		
Weyless seat post 26.8 mm	\$16.00		
Campi 500 gm grease	\$5.50		
Campi Tipo hubs front only	\$9.00		
Hutchinson Super Sprints sew ups	\$10.00		

ILLINOIS VALLEY WHEELMEN VELO RACING TEAM

Comments from the Coaches Couch:

Now that spring has arrived it is time to start thinking about getting the bike out and training.....

No that comment is not several months early to a bike racer "spring" is only a state of mind that should arrive early in January. If you are independently wealthy now is the time to go south. If you haven't left for the warm places yet what type of things can we do. After looking outside, my first thought is to build a snowman and put him on the bike. A better idea would be something like this, riding some on the weekends, 50 to 100 miles in two days, the exercises and indoor riding during the week. Two important things to remember when riding in the cold is to keep warm and do not push hard. Now is the time for long slow distance (LSD). Some of our clubs winter riding experts are Steve, Jay and Doug. If you need help in choosing clothes give them a call at 676-2011. You might also consider using a "fixed gear," track type, in the range of 70-75 inches. For exercises some of the areas you should consider working on are ankles, thoracic, spinal column, abdominal and back muscles, weight training (low weight, high repetition), also diaphragm and breathing exercises.

To make getting into condition easier we will try doing it by sections. We will start with the section between the soles of the feet and the ears. If you want help with training, give me a call at 688-4799. I'll try to help anyone from Catagory I racers to flower pickers.

Head Coach, Rich White

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NEWS FLASH!!!

Orders for Illinois Valley Wheelmen Velo Racing Team jerseys are now being taken. The cost of the jersey is \$20.00 plus \$3.20 for lettering. The club will pay for \$10 of the first jersey for each IVW racer until the Jersey Fund is depleted. Payment in full must accompany all orders.

To insure delivery by April, order your jersey now.

Contact: Rich White 688-4799  
1118 E. Hines Ave., Apt. A  
Peoria, Heights, IL 61614

NOTE: Blue/Gold VITESSE jerseys must be worn at all USCF races to comply with sponsorship requirement.

RACING SECTION MEETING:

January 22, 1978 - 7:30 p.m. - 900 Bourland  
Peoria, Illinois 61606 (Sunday)

ATTENTION ALL U.S.C.F. RACERS:

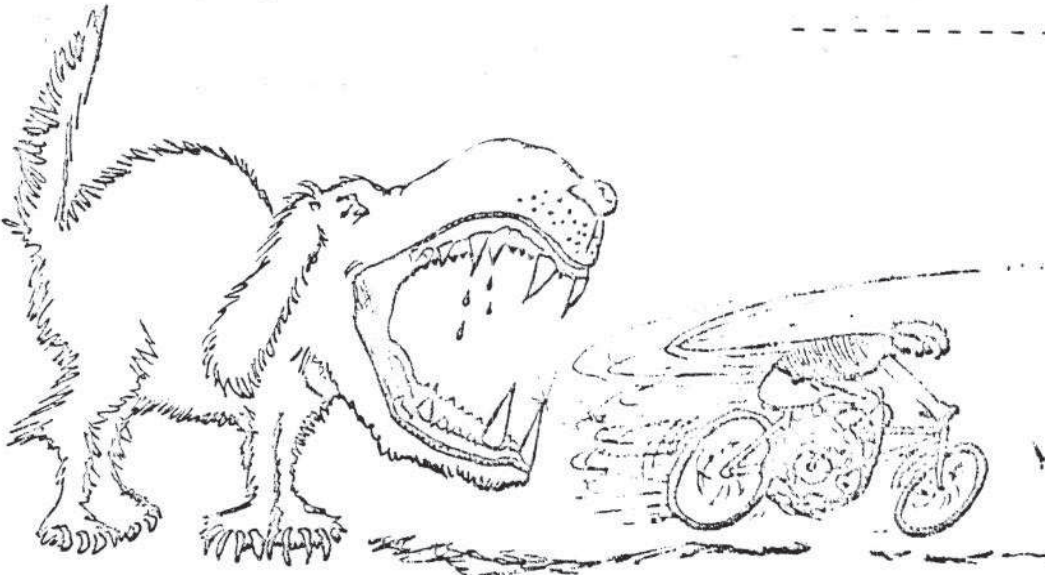
On your renewal application you will notice the name of our club is listed as:

Illinois Velo Racing Team

This should be deleted and changed to:

ILLINOIS VALLEY WHEELMEN V.R.T.

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Rich, is this what you mean by helping us with spring training?!\*#%?



ILLINOIS VALLEY WHEELMEN RIDE SCHEDULE

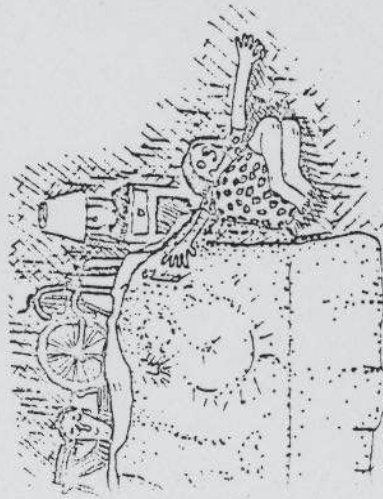
Late January and February, 1978

DATE	TIME	DESCRIPTION	RIDE CHAIRMAN
Saturday Morning	9:00 a.m.	Washington Square (20 miles or less)	Ron - 283-2018 Les - 282-4660
Jan. 15 Sunday	1:30 p.m.	Meet at Washington Square, Washington, Illinois	Ron Anderson 283-4660
Jan. 22 Sunday	7:30 p.m.	Racing Section Meeting, 900 Bourland, Peoria, Illinois 61606	Doug Bertram 676-2011
Jan. 26 Thursday	6:59 p.m.	ANNUAL DINNER MEETING, Beacon Buffet, U.S. 150, Meadows Avenue, East Peoria Business Meeting will start at 8:00 p.m. - Call Don Eberle for reservation	Don Eberle 699-2790
Jan. 29 Sunday	1:30 p.m.	Meet at Field Shopping Center, Morton, Illinois	Don Eberle 699-2790
Feb. 5 Sunday	1:30 p.m.	Meet at Washington Square, Washington, Illinois	Ron Anderson 283-2018
Feb. 12 Sunday	1:30 p.m.	Meet at Pekin Farmers Insurance Co., Pekin, Illinois Valentines Day Patch Ride	Jack Welch 346-9866
Feb. 19 Sunday	1:30 p.m.	Meet at Field Shopping Center, Morton, Illinois	Don Eberle

\*\*\*RIDERS UNDER 16 MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT.  
 \*\*\*I.V.W. ASSUMES NO RESPONSIBILITY FOR ACCIDENT, INJURY, OR DAMAGE TO BODIES OR BIKES.  
 \*\*\*CALL THE LISTED RIDE CHAIRMAN FOR ANY ADDITIONAL INFORMATION OR DIRECTIONS TO THE RIDE STARTS.  
 \*\*\*RIDE LENGTH FOR THE WINTER RIDES WILL BE DETERMINED BY WHO SHOWS, IF CONDITIONS ARE TOO BAD, ROLLERS WILL BE USED (BRING OWN BIKE FOR ROLLER RIDING).

DO YOU HAVE COLD TOES WHEN YOU RIDE: try this remedy

One pair of socks, riding shoes, aluminum foil wrapped around the toes of the riding shoes, secured with tape, then another pair of socks on top with a small slit cut underneath for the cleat.



Why did I buy him that bike for Christmas?

Ron and Pam Anderson  
203 Locust Street  
Washington, IL 61571