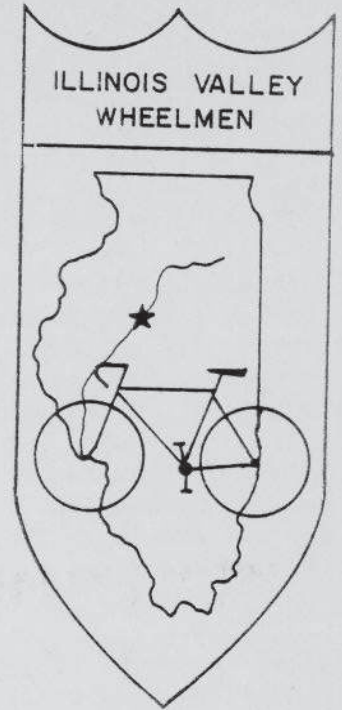


# ILLINOIS VALLEY WHEELMEN

P.O. BOX 1523, PEORIA, ILLINOIS 61601

MARCH, 1978

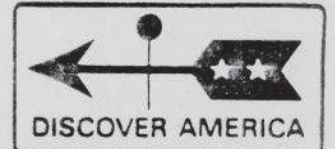
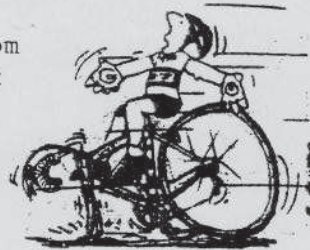
President	Ron Anderson	283-2018
Vice President	Jerry Selvo	673-4143
Secretary	Rose Brewer	685-7172
Treasurer	Steve Meisner	367-4686
Ride Chairman	Terry Beachler	688-0869
Bulletin Editor	Diane Ziegler	688-2715
Program Chairman	Cliff Brown	691-6435



MARCH MEETING - 3/23/78 - 7:30 P.M. C.O.R.D. Building  
6518 N. Sheridan Road, Peoria, Illinois.

"TIGER" Johnson the leading "cyclo-cross" racer from the Midwest will present a film and program on what the sport is and how he does it.

## presidents pen:



BEST BY BICYCLE

If you were at the February meeting you know that there was much discussion regarding the color of new club jackets which are needed soon (for new members, to replace worn jackets, etc.) A motion to order yellow jackets with blue trim (club colors) was defeated by a one vote margin. Some members feel that orange jackets have a safety advantage over yellow, others would just like to stick with what we have, etc. There are many opinions. The officers have met since that club meeting. We propose that new jackets be offered in either yellow or orange - whichever an individual member prefers. In spite of a few disadvantages of the idea (nonuniformity, extra work in ordering, etc.) it may be a solution to this issue. Doug Bertram will attempt to get jacket samples - in both colors - for inspection at an upcoming meeting when this matter will be reconsidered.

I introduces Dr. Cliff Brown to you at our February meeting as our Meeting Program Chairman. Cliff wants ideas from you as to speakers to invite, etc. Please jot down a couple before the March meeting.

Les Siegrist is looking for members interested in joining him on a one week tour during CAT vacation. Get in touch with Les if you're interested. Decide now to go and you'll be in on the early planning!

*Ron*



ILLINOIS VALLEY WHEELMEN  
1978 Application for Membership

MAIL TO: ILLINOIS VALLEY WHEELMEN  
P.O. BOX 1523  
Peoria, Illinois 61601

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)

## FEBRUARY MEETING MINUTES

Meeting called to order by President Ron Anderson. Secretary's report of the Executive Committee meeting approved as read. Steve Meisner reported a balance of \$300.53 for the beginning of our new year. February expenses left a balance of \$227.45.

Terry Beachler, ride chairman, reviewed up coming rides and announced the start of Wednesday morning rides. Plans have been made to meet the Quad-Cities B.C. in Galesburg June 25. Details will be announced later.

Doug Bertram reported a membership of 24 in the racing section. The club will host races on May 6th and 7th. The IVW team may again host the State Road Race.

Cliff Brown, new Program Chairman, asked everyone to submit ideas and areas of interest to him by the next meeting for possible programs.

It was decided to have the maintenance clinic on April 8 at Jack Welch's home in Pekin.

The new BROKEN SADDLE award was presented from the Racing Section to the club - who in turn awarded it to Les Siegrist, who had logged the most miles on club rides.

A new committee was formed - The Awards Committee with co-chairman Jack Faught and Carol Stiles.

The program for the evening was "Novice Joins Veterans for a 619 Mile Cycling Adventure." This was presented by new club member's Joan Richardson and Bob Rossback.


Following the program a motion to change the club jackets from organ to our club colors of gold & blue was defeated.

Respectfully submitted, Rose Brewer

## RIDE REPORT

2/19/78 - Field Shopping Center, Morton, IL Rode to Mackinaw. Went down long hill across Mackinaw River into Mackinaw on Deer Creek blacktop. Went out of Mackinaw to the west across our favorite bridge on the old blacktop beside the railroad. Present on ride - Doug, Fred, Sam, Les, Ron and myself. Doug rode over from Peoria and then when we were done rode back again. As usual, Doug, Fred and Sam were continually racing for the next stop sign. Lovely sunny day with temperatures around 18°. Very little breeze. Covered about 22 miles. Doug covered more than that need- less to say. Harold Moloney, Ride Chairman

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2/26/78 - Six attended this beautiful 32 km. early, early morning ride from Dixie Manor Restaurant to Dunlap and return. Max Koehl, the ride sponsor had this one so well planned that we watched the sun rise over the horizon at our turn around in Dunlap. An unusual injury was reported. Fred Carrick's beard froze and broke as a result of the extreme (-13°c) cold. Bill Perry went to the ride with the suspicion that someone was having some kind of a bicycle snipe hunt, complete with a person hiding in the weeds with a camera to photograph the fool who showed up. Other fools riding were Diane, Doug and Terry. The ride ended with a minor crash ten feet from our parking area by our ride leader (no name mentioned and no harm done) and a good breakfast complete with bicycle war stores. A map of this ride is included in this Bulletin. (Save your maps!) - TB

3/5/78 - Jubilee Park-Princeville - This cold weather was attended by nine. We encountered some ice and snow patches (I'll bet the last ones this year) and closed restaurants and bakery in Princeville. The hard cors (sew-up bikies) had five flats thanks to a plentiful supply of cinders on the roads. Anyone for an IVW sewing circle? Some 90 club members missed this beauty! TB





March, 1978

**RIDE SCHEDULE**

April, 1978

DATE	TIME	DESCRIPTION	RIDE CHAIRMAN
Wednesday morning	9:00 A.M.	Meet at Field Shopping Center, Morton. Second & third shift people, housewives, and retirees.	Don Eberle 699-2790
Saturday morning	9:00 A.M.	Washington Square (20 miles of less)	Ron - 283-2018 Les - 282-4660
Mar. 19 Sunday	1:30 P.M.	Meet at Washington Square. LAST WINTER RIDE! Tail Wind Ride! LET RON KNOW IF YOU ARE COMING!	Ron Anderson 283-2018
Mar. 19 Sunday	1:30 P.M.	Racing Training Ride. Meet at above scheduled club ride for Long-Slow distance (40 to 50 miles)	Rich White 688-4799
Mar. 23 Thursday	7:30 P.M.	IVW MONTHLY MEETING, C.O.R.D. 6518 N. Sheridan Rd. Peoria, Illinois	Ron Anderson 283-2018
Mar. 26 Sunday	9:00 A.M.	Easter Sunday. Meet at Farmer's Insurance, Pekin	Jack Welch 346-9866
Mar. 26 Sunday	9:00 A.M.	Racing Training Ride. Meet at above schedule club ride for Long-Slow distance. (40 to 50 miles)	Rich White 688-4799
Mar. 29 Wed.	6:00 P.M.	TRAINING RACE CRITERIUM - Pioneer Park 10-15 miles	Rich White
Apr. 2 Sunday	9:00 A.M.	Meet at Northwoods by Penney's Auto Center for a short morning ride before the Mall opens	Terry Beachler 688-0869
Apr. 1&2 Sat.&Sun.	Mall hours	HELP PROMOTE THE IVW AT THE MALL DISPLAY, come and show you expertise on the rollers, wear your IVW T-shirts, jackets, and/or jerseys. BE THERE!	Diane Ziegler 688-2714
Apr. 5	6:00 P.M.	TRAINING RACE Individual TT - Grange at Trigger. (Wednesday)	Rich - 688-4799
Apr. 9 Sunday	9:00 A.M.	Peoria Courthouse, to Glen Oak Tower, Grandview Drive & Bradley Park.	Diane Ziegler 688-2714
Apr. 12	6:00 P.M.	Training Race - Road Race Handicap. - Pine Lakes 15-20 mi (Wednesday)	Rich - 688-4799
Apr. 16 Sunday	9:00 A.M.	Meet at Limestone H.S. - Slightly hilly.	Bob Small 565-4890
Apr. 19	6:30 P.M.	TRAINING RACE - Criterium Handicap - Pioneer Park 15 miles	Rich - 688-4799
Apr. 23 Sunday	9:00 A.M.	Peoria Courthouse to Morton.	Les Siegrist 283-4660

SCHEDULE CONTINUED ON BACK SIDE!

Ride Schedule Continued.....

Apr. 26	6:30 P.M.	TRAINING RACE - Individual TT - Grange at Trigger Roads	Rich - 688-4799
Apr. 29 Saturday		Ride to Champaign for PCC Prairie Spring Century (Call Don for lodging reservations and times)	Don Eberle 699-2790
Apr. 30		PRAIRIE SPRING CENTURY, Champaign, Illinois (See LAW Bulletin for more details)	
Apr. 30 Sunday	9:00 A.M.	THE LOCAL CLUB RIDE NEEDS A RIDE SPONSOR. If you want to volunteer call Terry Beachler (688-0869) DON'T FORGET TO SET YOUR CLOCKS FORWARD ONE HOUR.	

\*\*\* Riders under 16 must be accompanied by a Responsible Adult.

\*\*\* I.V.W. Assumes No Responsibility for Accident, Injury or Damage.

\*\*\* Call listed Ride Chairman for any additional information.

\*\*\* Winter Ride Length determined by who show, weather conditions, and by ride chairman.

**I.V.W. PEDAL-IN**

MAY 21, 1978 - 7:00 a.m. - Jubilee College  
This year the Pedal-In will be starting at historic Jubilee College State Park, just West of Peoria, off of Rt. 150. There is camping available for a fee at the park. Registration is at 7:00 a.m. for \$4.00 (in advance) \$5.00 on the day. The route will be marked for 25/50/100 miles. You choose your distance. Rose Brewer, Chairman

I need volunteers to sponsor 3 rides in May.  
May 7 to Heritage Lake to help with race.  
May 28 from your favorite restaurant.  
May 28 long ride of your choice.  
Call Terry Beachler 688-0869 if interested.

An anonymous club member who uses corn starch in his bike shorts to keep the moving parts moving mistakenly substituted baking soda. He says it definitely does not work!

He who rides the fastest rests the most (on some club rides)!

HAPPY BIRTHDAY Lou Luthans! Lou will be 80 years old this month and is still going strong. Look for him out on his bike in the Metamora area this spring.



Is anyone interested in a jersey for the tourers in the IWV?

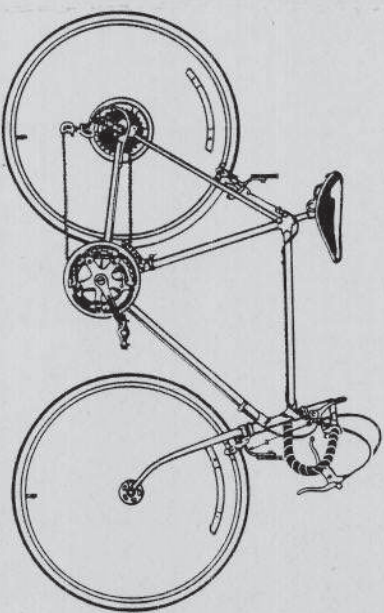
Included in this month's Bulletin is a Personal log for a Presidential Sports Award. I understand some IWV members carry the Awards around in a briefcase (well almost). Then there are others of us who don't have even one. Let's work on them and if you receive a P.S.A. let me know. TB

iddle: What is the hardest thing about earning to ride a bike (or rollers)?  
no flay noy guiyht ehl.A

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## Qualifying Standards and Personal Log

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The qualifying standards of the Presidential Sports Award are designed to assure regularity of participation and an investment of time and effort conducive to physical fitness for those fifteen years or older. Qualification is based on 50 hours of participation, spread over at least 50 activity sessions, within a period of four months. Concessions will be made only in sports where seasons may be short or access to facilities limited. In such cases, the 50 hours of required activity may be accomplished in fewer than 50 sessions.

Before undertaking any physical activity program, you should have a thorough medical examination. This is especially important for persons over 40, or for anyone who has not been physically active on a regular basis.



### QUALIFYING STANDARDS

(In each sport, requirements must be fulfilled within a period of four months.)

#### ARCHERY

1. Shoot a minimum of 3,000 arrows.
2. No more than 60 arrows in any one day may be credited to total.
3. Minimum target distance is 15 yards. In field or roving archery, there should be 14 different targets, each at 15 or more yards.

#### BACK PACKING

1. Back pack for a minimum of 50 hours.
2. No more than three (3) hours in any one day may be credited to total.
3. Weight of pack must be at least 10 percent of body weight.

#### BADMINTON

1. Play badminton a minimum of 50 hours.
2. No more than one and one-half (1½) hours in any one day may be credited to total.
3. Play must include at least 25 matches (best two of three games) of singles and/or doubles.

#### BASKETBALL

1. Play basketball and/or practice basketball skills a minimum of 50 hours.
2. At least 15 of the 50 hours must be in organized league or tournament games.

3. No more than one (1) hour in any one day may be credited to total.

#### BIATHLON

1. Run a minimum of 150 miles (cross-country skis or on foot), either on a track or hill and dale.
2. Fire a minimum of 330 rounds, either small bore at 50 meters or big bore at 150 meters.
3. No more than five (5) miles or 30 rounds in any one day may be credited to totals.
4. There must be at least 25 miles and 100 rounds of combined running-shooting. Rule 3 applies.
5. All shooting practice must be under safe, supervised conditions.

#### BICYCLING

1. Bicycle a minimum of 600 miles (more than five gears); or, bicycle a minimum of 400 miles (five or fewer gears).
2. No more than 12 miles in any one day may be credited to total (more than five gears); no more than 8 miles in any one day may be credited to total (five or fewer gears).

#### BOWLING

1. Bowl a minimum of 150 games.
2. No more than five (5) games in any one day may be credited to total.
3. The total of 150 games must be bowled on not less than 34 different days.

#### CANOE-KAYAK

1. Paddle a minimum of 200 miles.
2. No more than seven (7) miles in any one day may be credited to total.

#### CLIMBING

1. Climb under Alpine-type conditions a minimum of 50 hours.
2. No more than three (3) hours in any one day may be credited to total.

#### EQUITATION

1. Ride horseback a minimum of 50 hours.
2. No more than one (1) hour in any one day may be credited to total.

#### FENCING

1. Practice fencing skills a minimum of 50 hours.
2. No more than one (1) hour in any one day may be credited to total.
3. At least 30 of the 50 hours must be under the supervision of an instructor.

#### FIGURE SKATING

1. Skate a minimum of 50 hours.
2. No more than one and one-half (1½) hours in any one day may be credited to total.
3. Skating should include these elements: (a) figure-eight work (patch); (b) free skating; (c) ice dancing.

#### FITNESS WALKING

1. Walk a minimum of 125 miles.

THE WHITE HOUSE

WASHINGTON

February 1, 1977

Regular participation in sports activities can supply the vigorous exercise and physical challenge that too often are missing in today's hectic modern life. Such participation is well known to have a positive impact on the general health and well-being of society.

I salute the Presidential Sports Award Program for encouraging older youth and adults to keep physically fit by remaining physically active. This program emphasizes regular exercise rather than outstanding performance. It maximizes fitness benefits and enjoyment of sports.

Not all of us can be champions, but each of us can be a winner. I invite more Americans to become involved in this worthwhile endeavor.

A Program of the President's Council on Physical Fitness & Sports

(over)

2. Each walk must be continuous, without pauses for rest, and the pace must be at least four (4) m.p.h. (15 minutes per mile).
3. No more than two and one-half (2½) miles in any one day may be credited to total.

#### GOLF

1. Play a minimum of 30 rounds of golf (18 holes).
2. No more than one 18-hole round a day may be credited to total.
3. No motorized carts may be used.

#### GYMNASTICS

1. Practice gymnastics skills and/or compete in gymnastics a minimum of 50 hours.
2. No more than two (2) hours in any one day may be credited to total.
3. Practice must include work in at least one-half of the recognized events (two of four for women and girls; three of six for men and boys).
4. Participate in at least four (4) organized competitions.

#### HANDBALL

1. Play a minimum of 150 games.
2. No more than four (4) games in any one day may be credited to total.

#### ICE SKATING

1. Skate a minimum of 200 miles.
2. No more than six (6) miles in any one day may be credited to total.

#### JOGGING

1. Jog a minimum of 125 miles.
2. No more than two and one-half (2½) miles in any one day may be credited to total.

#### JUDO

1. Practice judo skills a minimum of 50 hours.
2. At least 30 of the 50 hours must be under the supervision of a qualified teacher.
3. No more than one (1) hour in any one day may be credited to total.

#### KARATE

1. Practice karate skills a minimum of 50 hours.
2. At least 30 of the 50 hours must be under the supervision of a qualified instructor.
3. No more than one (1) hour in any one day may be credited to total.

#### ORIENTEERING

1. Run a minimum of 100 miles, with no more than two and one-half (2½) miles in any one day being credited to total.
2. Participate in at least four (4) orienteering events and locate at least 25 checkpoints within the time allotted.

#### PENTATHLON

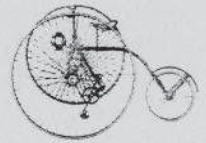
1. Practice Modern Pentathlon skills a minimum of 50 hours, with no more than one (1) hour in any one day being credited to total.
2. At least 30 of the 50 hours must be under the supervision of a coach.
3. Spend at least three (3) hours practicing each of these skills: (a) running; (b) swimming; (c) epee fencing; (d) pistol shooting; and, (3) horseback riding.
4. All shooting practice must be under safe, supervised conditions.







# Vitesse racing team report



## COMMENTS FROM THE CRAZY COACH'S CRUMBY COUNCIL!

## RACING SECTION PROFILE #1

The last time I discussed the starting of your physical training. This time lets look at the most important type of training. The most important part of your body to get into condition is the section above the ears. If you get this section in shape the rest of your body will fall in line. No one can help very much in this conditioning. It is something you have to do. A good place to start is to pick a few long range goals. These shouldn't be unattainable but should not be too easy. If you are new at racing or need a quick boost some short range goals will help your confidence. Some ideas here might be improving a time trial time or adding a few miles to your training rides. Don't get too carried away here over training can be as bad if not worse then under training. If you have a change you might want to read "Grooming Mental Dedication" in the March/April, 1978, Bike World.

Five minues with Rich White who is in the race section. Rich joined the Illinois Valley Wheelmen in 1970 and began racing in 1975. He is now the head coach of the Velo team.

Rich was in about 20 races last year, but he did not place in any of them; (rough year). He estimates that he rode 4,000 miles in 1977.

Rich is 26 years old. He comes from Toulon, Illinois. He received his higher education at Southern Illinois University. He is now an electronics technician. He lives and rides out of Peoria Heights, and of the four bikes he owns he rides his Bartlett the most.

Don Eberle, Profile Person

Since my last writing I have received several comments on my choice of gearing. At this time let me say, the low 70s is a good gear if you are riding with other people on multigeared bikes. If you ride alone, in town, or with other people with similar gears you might want to try something in the 60s. This will depend on where, with whom, and how you ride. At this point in your training you should enjoy the ride if you don't try changing it.

Rich White, head coach

BELL HELMET - In cold weather simply plug the rear holes with newspaper for warmth-add or remove newspaper as needed.

NOTICE the Training Rides and Races on the IVW Ride Schedule. The Long-Slow distance will be worked in with the Sunday rides. All entries which are listed as training races will count in club racing points standings. We are going to try to revive the 5:30 Kroger training rides. Anyone interested in these rides or in help planning a training schedule for racing or touring contact me at 688-4799. Sometimes I'm hard to find so drop a note to 1118 E. Hines Ave. Apt. A, Peoria Hts. IL 61614

IVE VELO RACING TEAM HEAD COACH

*Rich White*

Sad News! The jersey material has been backordered at the factory. However, if you don't have your order in do so now at the next meeting or call Rich White.

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- ALL OTHER TUBES Reg. \$1.49 Sale \$1.19
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## HELPFUL TIRE TIPS

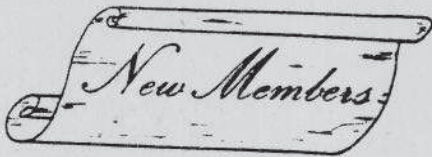
Since there are a few individuals in the club who use tubular tires, I thought it would be useful to discuss ways to prolong the life of these tires.

Tubulars, like good wine, need aging. So it is advisable to anticipate your need for tubular tires during the coming season and put them through the aging or curing process. The curing process will take about 6 to 8 months. This includes stretching the tubulars onto rims and inflate them to 50 PSI air pressure and store them in an airy room. You will find the curing process toughens up the fabric and the rubber road strip, making the tubular tire faster and more durable.

Another area to consider is keeping punctures to a minimum. After passing over debris, immediately wipe tires with your gloved hand as you ride. Also after every ride check tires for glass or any sharp particles which are attempting to work into the tread. For casing protection use latex solution on the sidewalls. This is especially helpful on tubulars with worn or deteriorating sidewalls.

My final tip is to suggest trying to lower tire pressure in your tubulars which will normally lengthen the life of these sensitive tires.

Steve Meisner



Kevin Carrigan  
Roger Jeremiah  
Joan Richardson  
Bob & Valerie Jones

Thomas Plummer  
Bob Rossback  
Paul Thilking

# VITESSE

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