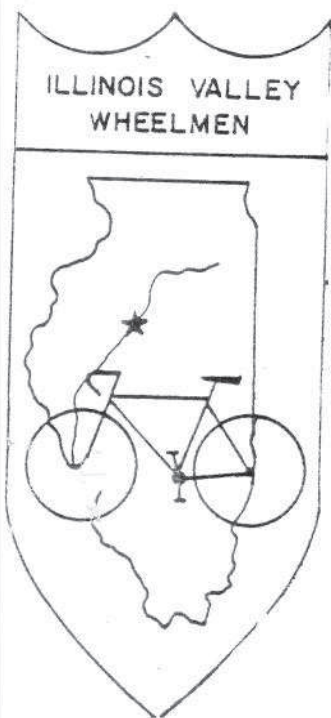


ILLINOIS VALLEY WHEELMEN

P.O. Box 1523, Peoria, Illinois

SEPTEMBER, 1978



President	Ron Anderson	283-2018
Vice President	Jerry Selvo	673-4143
Secretary	Rose Brewer	685-7172
Treasurer	Steve Meisner	367-4686

SEPTEMBER MEETING - 9/28/78 - 7:30 P.M. - C.O.R.D. 6518 N. Sheridan Road, Peoria, Illinois. Our own IVW member, Dr. Jack Allen, will present a lecture on the physical aspect of bicycling, i.e., bicycle related injuries, causes, cures, etc. I'm sure Dr. Allen will entertain questions afterwards. This is one program that many members have been asking for and promises to be of interest to all.

PRESIDENT'S NOTES: There is still time to get your Hilly 100 registration in. The date is October 7-8. It's a fine two day event over in Bloomington, Indiana and the IVW is shooting for the attendance award. Come with us even if you think that maybe just one day of hills will be enough. You'll not regret it. (Final travel plans will be made at or after our September meeting, car pools are in order for this ride.)

We were pleased with the 21 member turnout at our "easier" club ride last month (see report elsewhere). We will do it again. Watch the schedule!

September is L.A.W. National Century Month. There are a lot of out-of-town tours that will be ridden by many of our most active members. If attendance at our local rides is lower than usual you will know why. Out-of-town rides are fun - new routes, new faces, etc. I encourage you to try one. Along with the centuries, most clubs sponsor 1/2 centuries or 25/50/75/100 mile routes, you choose your own pace and distance, whatever is comfortable for your type of touring.

In my opinion fall is the nicest season for cycling. It's cool, the leaves are turning, etc. Unfortunately, it's also the season when so many other activities "pick up." I hope you all find time to get out on the bike in the crisp fall air. (Also beware of the fuzzy caterpillars on the road, they are cute, harmless creatures and just die at the thought of having a bicycle tire end their lives, miss them if you can!)

President Ron Anderson (Ed. notes by Diane)

IVW PROFILE:

Steve Berger joined the Illinois Valley Wheelmen in 1976, that same year he also started racing his bike. Steve entered 27 races last year and placed 13 times. Over all he rode an estimated 3000 miles in 1977. Of the 3 bikes he owns he rides his Youngs the most. Steve went to Bradley University, lives and works in Peoria as an electronics repairman for A.A. Color TV Service. Steve is 27 years old and is Treasurer of the race section. He rides his bike because he likes the competition in racing. His other hobbies are bowling, skiing, auto racing and book collecting.

* To get miles and miles out of the legs
* every day, day in and day out on a long
* tour, there's no substitute for condi-
* tioning. You are just going to have
* to get out there and ride more miles
* every day and every week until your
* legs will deliver what ever distance
* you want. With sufficient conditioning,
* even middle-aged, non-athletes can ride
* 100 or more miles a day. Short rides
* around town, no matter how hard you
* ride just won't produce the endurance
* capacity necessary.

Don Eberle



FALL CYCLING FUN!

Start it out right with **SCHWINN®**

*** SUPERIOR.**

A TRULY FINE TOURING BICYCLE WITH QUALITY AND REPUTATION TO MATCH

ONLY **\$229.95**

SEE THEM ALL AT

ILLINOIS CYCLE

PEORIA
PEKIN



Minutes continued...

The only new business was a By-Laws change! Delete from present By-Laws the present racing section By-Laws Change to: Racing members of the club shall constitute an autonomous group and shall have the authority to promulgate their own By-Laws. Steve Meismer moved that these changes be accepted. Diane Ziegler seconded the motion. Motion carried.

A committee was formed to organize the Annual Dinner Meeting: Jay Manthey, Chairman, Steve Meismer, Gerry Selvo, and Peggy Sullivan.

Don Eberle listed the upcoming out-of-town LAW rides see bulletin for details. Ron Anderson alerted everyone that volunteers will be needed this fall to help repair and paint the trailer.

Having no other business - meeting adjourned.

A file by the "Wandering Wheels" was shown.

Respectfully submitted, Rose Brewer, Secy.

RIDE REPORT:

8/26 - Lake Camelot Club House to Shad Hill in Farmington. Seven riders saw the promise of a beautiful day go down the drain during a down pour. Lucky riders were able to find shelter and wait out the worst. Has anyone ever been lost in a down pour? This ride leader found two riders easily and then after a few hours, many questions asked and several miles of driving found the other five - finally on course and headed for Farmington. By this time the sun was out, riders dry but a little dirty. After lunch all headed back for Lake Camelot except Terry who headed for Peoria. This time excellent directions were given. Irene & Colleen managed to stay on course, but the wandering four, Don, Ron A., Jim and Rose did it again - LOST. Finally found back on course, rising temperatures, the talk turned to beer and hopefully the ride ended without getting lost again. Having finally found the club house, the lost ones did get a beer. Ride Chairman was Ron Matuska.

IVW - August Meeting Minutes 8/24/78

Meeting called to order by Pres. Ron. Minutes of Aug. E.C. meeting approved. Steve Meismer reported a balance of \$419.31 with only one outstanding bill of approximately \$140.00

Steve Berger announced tentative dates for upcoming races and that Boul-Mich will be 9/4

Terry Beachler review upcoming ride sched.

Cliff Brown announced that Dr. John Allen, an IVW member, will be the speaker for September. He will discuss injuries related to cycling.

Publicity - no report.

Bulletin - no report.

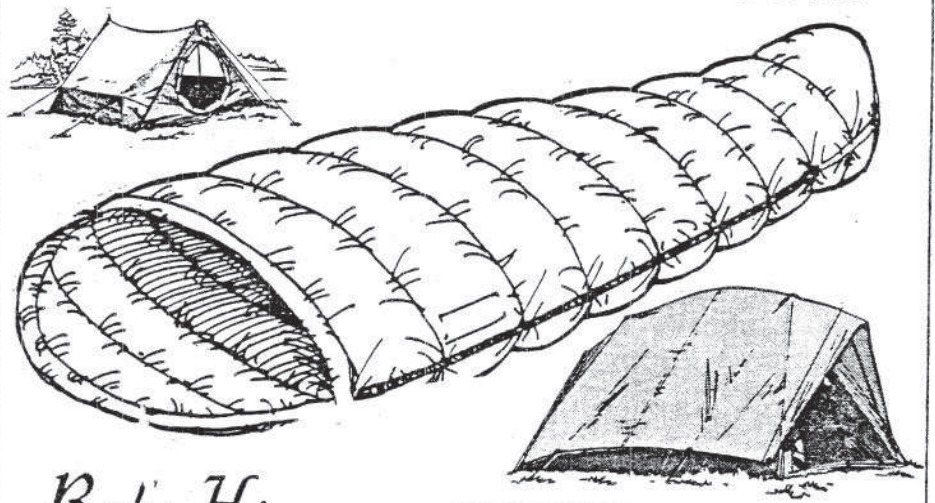
Don Eberle gave a brief report on the Metic Ride. Again the club was able to make a small profit. Patches have been ordered, and Don wished to thank everybody that helped him out.

Diane Ziegler reported that club jackets can still be ordered, must have at least 10 before an order will be placed. T-shirts will be ordered soon and available before October - cost \$3.50.

Jim Roberts stated that the Clean Air Seminar that was being planned died due to complications.

Get your gear for the 'HILLY HUNDRED'

LIGHTWEIGHT TENTS AND SLEEPING BAGS



Bob Hinman

1217 W. Glen, Phone 691-8132

September, 1978

ILLINOIS VALLEY WHEELMEN RIDE SCHEDULE

October, 1978

DATE	TIME	DESCRIPTION	CHAIRMAN
Saturday morning	8:00 A.M.	9/16 - East Peoria YMCA 9/23 - Morton - Field Shopping Center (Saturday a.m. rides approx. 20 miles) 9/30 - Pekin - Pekin Insurance 10/7 - none - Hilly Hundred 10/14- Washington - Washington Square	Don 699-2790 Harold 264-0725 Jim 347 - 2836 Ron 283-2018
Wednesday evening		CANCELLED UNTIL NEXT SUMMER DUE TO LACK OF DAYLIGHT	
Sept. 17 Sunday	8:00 A.M.	Eureka Courthouse to Bloomington (60 miles)	Rich Miller 692-1656
Sept. 24 Sunday	8:00 A.M.	Mineral Springs Pool, Pekin. Show & go (mileage and destination by popular vote)	Jack Welch 346-9866
Oct. 1 Sunday	6:15 A.M.	Ride the ROCKET to Bureau - Meet at Rock Island Depot, foot of Morton St. Fare \$2.60. Sag provided, call if you are going - 55 miles - no hills.	Terry Beachler 688-0869
Oct. 8		HILLY HUNDRED WEEKEND - no club ride locally SEE YOU IN BLOOMINGTON, INDIANA	
Oct. 22 Sunday	8:00 A.M.	ANNUAL "CHICKEN RIDE" Peoria Courthouse to Michael's Restaurant in Chillicothe for chicken - 45 miles.	Jay Manthey 676-2011
Oct. 29 Sunday	1:00 P.M.	HALLOWEEN RIDE- Date and place will be announced in the October Bulletin, tentatively Jubilee Park	Diane Ziegler 688-0869

*Riders under 16 must be accompanied by a Responsible Adult.
**IVW assumes no responsibility for accident, injury or damage.
***Call listed Ride Chairman for additional details.

Ron Matuska is riding to the Hilly Hundred - if interested in accompanying him call 697-9009.

Attn: Rich Miller - I have been trying to contact you regarding the 9/17 ride. If you are unable to ride as planned call me.
Terry Beachler - 688-0869

RACING SECTION REPORT:

CycloCross location at Farmdale Park - see last months Bulletin.

Results: From USCF Racing

John Schuller has continued to ride impressively with a placing of 36th in the National Time Trials and consistent high placings (top 10) in his last 5 or 6 races. He rode well at Boul-Mich. Riding in several breakaways but was dropped from contention due to a crash. Steve Berger, Steve Meisner, Bob Pattison, Rich White, Ken Beckler and Jay Manthey have been racing regularly and made a great team showing at a Chicago Time Trial with 5 of the 6 entered placing.

RIDE REPORT:

The IVW was well-represented at one of the close-neighboring LAW centuries again this year, that century being the Capital City Centuring held at Springfield. The day was extremely warm, but with a new course from last year and lakes and wooded roadsides to ride through and by, it was a big improvement over last years tour. The Springfield Bicycle Club did a super job with the tour.

NOTE TO SATURDAY MORNING RIDE LEADERS. You have been picked at ride chairmen for the rides at the discretion of the President and his advisors because of your location and also the fact that you have been coming to the various Sat. A.M. rides in the past. Mostly we wanted to post in the Bulletin a local phone number from the place of start so newcomers could have a reference to call if questions. One of the officers usually Ron, appears at the a.m. rides if you can't make it. Also the different locations provide a variety to the routes.

"THE BIKE SHOP IN A GARAGE"
 RUSSELL'S CYCLE WORLD
 602 S. Elm
 Washington, Illinois 61571
 283-2098

RIDE REPORT:

Washington Square - 8/27/78 - 1:30 P.M.

Despite the warm, humid day and the threat of rain, twenty-one people rode a slower-paced 12 mile ride on Washington area roads. Several of the IVW members brought children who turned out to be harder riders than most others there. Since there was a good turnout, maybe more slower-paced, shorter rides could be offered in the future.

Pam Anderson, Ride Chairman

Jay Manthey is looking for slides and pictures of 1978 IVW activities. Contact him at 676-2011 if you can help.

<u>Tubulars</u>	Nat'l Nylon, 230 gr.	13.65
	Nat'l Nylon, 300-330 gr.	13.65
<u>Clinchers</u>	Nat'l, 27 x 1 1/8, 300 gr.	5.86
	Nat'l, 700 c., 270 gr.	5.86
	Carideng, 27x1 1/8, foldable	4.25
<u>Tubes</u>	27x1 1/8, Carideng(Schrader)	1.49
	700 C., Michelin (Presta)	2.25
	ALL OTHER SIZES	1.19
<u>Deraileurs</u>		
	Campy Nuovo Record Rear	29.45
	Campy Nuovo Record Front	19.35
	Sun Tour Cyclone GT Rear	19.95
	Sun Tour Cyclone Rear	18.95
	Sun Tour Cyclone Front	13.95
	Sun Tour Cyclone Controls D.T.	11.95
	Shimano Uniglide Chain	7.50
	Shimano #600 Uniglide Freewheel 14 X 24	9.95
	Shimano #600 Uniglide Freewheel 14 X 28	9.95
	" 6-speed sliver 13-15-17-19-21-23	16.95
	Shimano #600 Uniglide Freewheel 14 X 22	15.95
	Shimano - Gold - " 14 X 28	8.95
	Cyclo Freewheel 13X19	7.95
	Sun Tour Perfect Freewheel 14 X 21	7.95
	Campy Cables 118 cm.	.69
	Campy Cables 70 cm.	.59
	Campy Small Oval Stickers	.29
	Motobecane Caps	2.29
	Tubasti Rim Cement	.79
	Climent Rim Cement	.79

FOR SALE - CHEAP!

Bumper bike rack, used one year but sparingly.

Cottered crank set, used 3 years.

Mafac "Competition" brake set, over 7,000 miles of use.

Will sell the stuff dirt cheap to get rid of it. Call Diane [redacted] during the day.

Anyone interested in going to the "Apple Cider Century" in Three Oaks, Michigan on September 24, contact Diane for ride... [redacted]

Illinois Valley Wheelmen
 P.O. Box 1523
 Peoria, Illinois 61601



Ron and Pam Anderson
 203 Locust Street
 Washington, Illinois 61571