



ILLINOIS VALLEY WHEELMEN

P.O. Box 1523 · Peoria, Illinois

Pres.: Ron Matuska 688-2488
V. Pres.: Mark Siegal 688-8866
Secy.: Joanne Fought 676-7398

Treas.: Joe Mugavero 685-6608
Program: John Wellwood . 685-9348
Editor: Steve Meisner 692-9724

March 1981

NEXT MEETING: Wednesday March 25, 1981 at 7:30 p.m. - Safetytown 6518 N. Sheridan Road, Peoria Illinois. The program for this month's meeting will be presented by the Velo Racing Team. Jim Roberts will conduct an informative discussion about bicycling racing with other members of the Velo Racing Team. Refreshments will be provided at the meeting.

PRESIDENT'S NOTES: We've been riding all winter and look forward to the Spring schedule which starts April 5th. A few changes are going to be tried this year and your comments will be appreciated. A lot of shorter rides are planned, but those of you who want longer rides shouldn't despair. Leave your cars at home and bike to the start or break off in the middle of a ride and get your miles in by riding further out.*** There are a number of breakfast rides to different American Legion or V.F.W. halls. They always have plenty of good food at reasonable prices. Overnight campouts are planned for May, August and September. If you'd like to go on any of the campouts, don't wait till the week before to contact the chairman. Call early and participate in the ride planning.*** The officers are trying to provide of program of activities that appeals to a broad section of the membership. A lot of planning and discussion takes place at the monthly officers meeting and all IVW members are welcome to attend. Ron

WOMEN'S BICYCLING CLINIC: The Illinois Valley Wheelmen are presenting a Women's Bicycling Clinic. This will be an informal lecture and question seminar dealing specifically with bicycling from a women's perspective. Topics to be discussed: (1) bicycling techniques, (2) equipment and its purposes, (3) clothing and accessories, (4) hazards of the road and how to overcome them, (5) touring (solo and group tours). The Women's Bicycling Clinic is free and open to any woman interested in bicycling. Date: Saturday April 4 Time: 1:00 p.m. - 3:00 p.m. Location: Forest Park Nature Center Peoria Heights
FOR MORE INFORMATION: Call Diane Ziegler, 688-8993.

PEDAL-IN PROGRESS REPORT: Information/registration sheets for the May 17 IVW Washington Square Pedal-In are now being sent to bike clubs and shops in the area. Dave Gardner has done a nice job for us on the layout of this information sheet. IVW members will receive a copy in the April Newsletter. Set your Pedal-In goal now: 25, 50, or 100 miles. (Don't forget the Patch Design Contest announced in last month's newsletter.) Ron & Les, Co-chairmen

NEW MEMBERS: We wish to welcome the following new members to the IVW:
 Marilyn Copp David Danner Daniel Wolland
 Steve Chance Dale E. Murrish Charles F. Dualey

1981 MEMBERSHIP DUES: Dues should be paid now. Members interested in racing should renew through the VRT treasurer.

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prices with this advertisement only thru April 10th Quantities ltd.

MILEAGE TOTALS FOR 1980: Last month we failed to mention that Diane Ziegler rode 5385 miles in 1980. Sorry for the slip up Diane.

IVW RIDES:

Most Saturdays at 8:30 a.m. meet at Washington Square riders who show determine length and destination. Call Les 444-4660 or Ron 444-2018 for more information

Sunday March 22 12:30 p.m. Mr. Donut on Sterling by the Mall 25 miles.

Sunday March 29 12:30 p.m. Holiday Inn in East Peoria 25 miles.

Saturday April 4 1:00 p.m. Women's Bicycling Clinic Forest Park Mature Center

Sunday April 5 10:00 a.m. Mossville Grade School on Old Galena Road to Chillicothe for Lunch 18 miles and very flat.

Sunday April 12 10:00 a.m. Sterling Plazasterling Ave. at Gale and Reservoir to Jubilee Park 25 miles some hills. Pizza and liquid refreshments afterwards at the Pizza Inn in the Sterling Plaza.

Saturday April 18 10:00 a.m. Cherry Tree Shopping Center in Washington to Eureka 28 flat miles. Lunch in Eureka.

Sunday April 19 Easter Sunday no IVW ride.

Sunday April 26 Breakout ride at Peoria Courthouse detail later

MAJOR IVW RIDES FOR 1981:

May 17 Pedal-In Washington Square

May 30 & 31 Campout to area of Lee County Conservation Area

June 19-20-21 Steamboat Days

August 22 & 23 Campout at Pere Marquette State Park

OTHER CLUB RIDES FOR 1981:

May 9 & 10 TOSRV

May 23 & 24 & 25 Gear-Down, Blackhawk Metric

June 13 & 14 TOMRV


July 10 & 11 LAW Convention Ames, Iowa

RIDE REPORT: Eight riders including a new member Dave Danner started from Mr. Donut and headed out to Rt. 8 to Pottstown. We went up Johnson Road into Norwood, a route seldom used by IVW. Hanna City was a welcome rest stop but the variety of food was very limited. After Hanna City Rod Myers and Ron Matuska rode on to Oak Hill and more food at the Farmer's Table. On the way back in, Ron caught up to Ron Douglas who was out by himself.

FOR SALE: Motobecane Nomade 16" frame with 18" wheels & 6 speed in excellent condition for enthusiastic 5-8 year old child. Call Ron Matuska 688-2488

SPECIAL NOTE: Special thanks to Dave Gardner for the layout of the Newsletter's letterhead.

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Address _____ City/Zip _____ Renewal _____

Bicycling Interests: Short, slow-pace _____ Saturday rides _____ Sunday rides _____
Local rides _____ X-Country Tours _____ Racing _____

Mail application and dues to: Illinois Valley Wheelmen Individual \$6.00
P.O. Box 1523 Family \$8.00
Peoria, Illinois 61655

LEAGUE OF AMERICAN WHEELMEN MEMBERSHIP APPLICATION

(Please print or type) ILLINOIS VALLEY WHEELMEN Renewal

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NAME(S) _____

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CHECK TYPE OF MEMBERSHIP DESIRED

Sustaining Membership: \$35 Individual Membership: \$15 (Age 14 and up) Family Membership: \$20 (Two adults and unmarried children to age 21 living at same address.) Life Membership: \$250 (Installment: \$37.50 every 3 months) Public or School Library: \$10

Note: Foreign memberships \$3 additional

Please also list me as a Hospitality Home Please do not include my name when the League rents its mailing list to businesses providing services of interest to bicyclists.

Please find my additional contribution as indicated, to help the League's legislative efforts:

\$50 \$25 \$ _____ \$15 \$10

Enclose check or money order payable to:
LEAGUE OF AMERICAN WHEELMEN, P.O. Box 988, Baltimore, MD 21203

BIKE TALK

Like most sports, bicycle racing has a language all its own. To better understand the strategies behind this exciting activity, we offer you a glossary of racing terms.

ANKLING: Dropping and raising the heels in an alternate fashion. This is done to increase racing efficiency.

ATTACK: A sudden attempt to get away from another rider or a group of riders.

BLOCKING: When one rider or riders gets in the way of other riders. Usually used as a team strategy.

American Cyclists is a touring magazine for the touring cyclists as well as racers and recreationalists. Stories on small and large tours are promoted in this publication. If you are interested please complete the subscription form and forward to the IVW since we will get a \$1.00 rebate for each subscription sold by our club. This is a magazine published in Milwaukee Wisconsin. For more info on this magazine contact Ron Matuska

YES, I WOULD LOVE TO SUBSCRIBE TO AMERICAN CYCLIST. SEND ME A SUBSCRIPTION FOR:

- 12 issues \$11.88 (save \$6.12 — a full 34% off the \$18.00 newsstand price). This offer includes one free bonus issue.
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- My check is enclosed

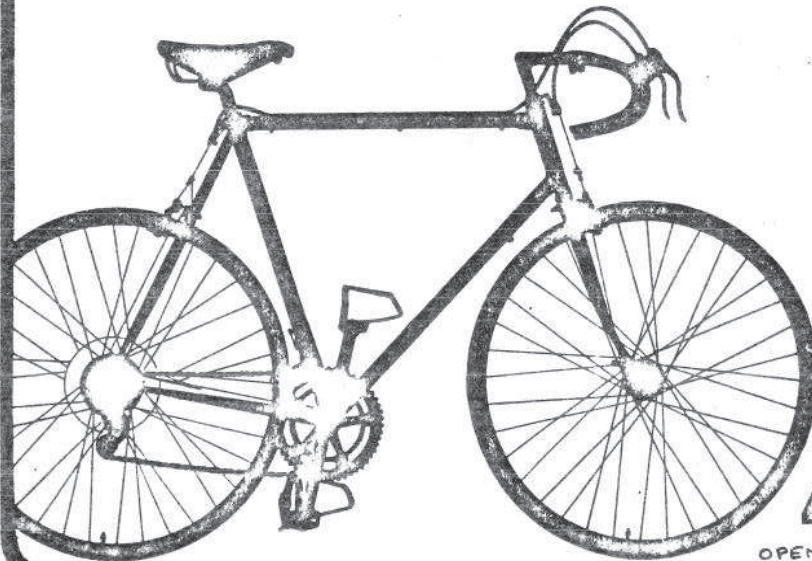
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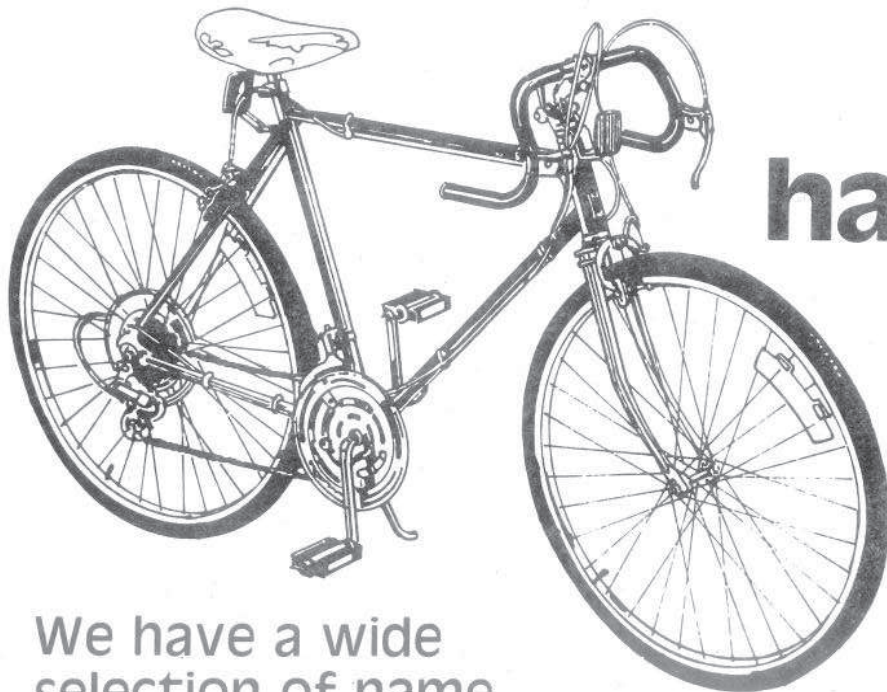
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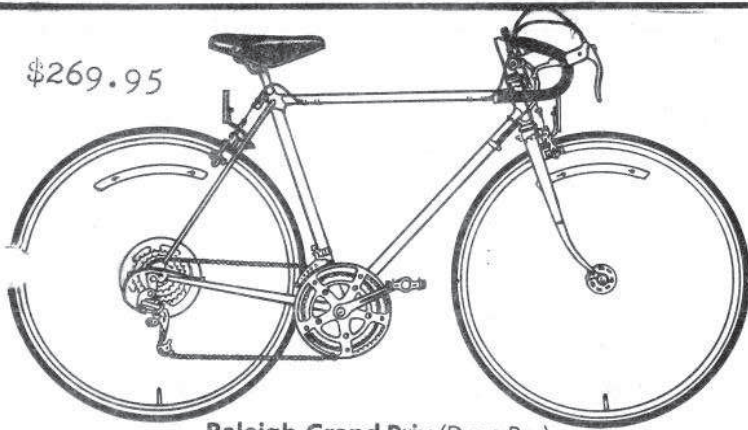


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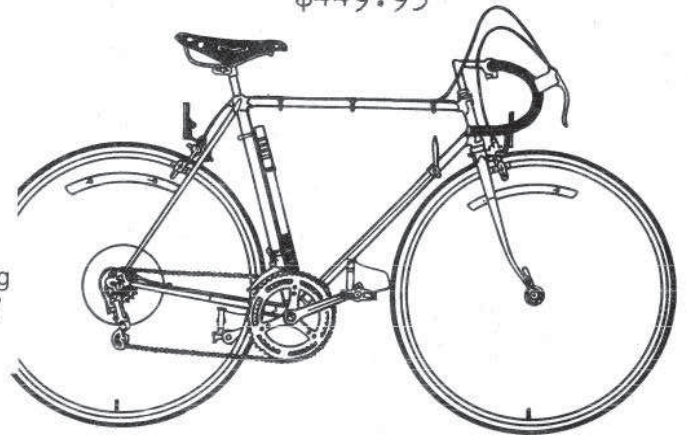
One of our most popular models. An excellent recreational 10-speed with outstanding appearance. The Grand Prix gives you top-of-the-line styling and lightweight maneuverability, at a popular price. Equipped with light alloy equipment and comfortable, soft padded saddle.

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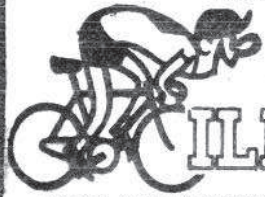
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VELO RACING TEAM NEWS: March 1st began the training ride schedule. Anyone who has not received a schedule please drop me a line. The Morton race and the Glen Oak Park race are set to go, however our funds are still a quite a bit short. Any contributions would be very much appreciated. Anyone who does will be duly recognized. On the training race and ride schedule you will note that we have listed gear restrictions on many of the rides. Please come to the rides with your bike adjusted to meet the gearing requirements. We have quite a few races on the Mid-west calendar this year. If you plan on racing regularly, it is possible to compete in more than fifty events. With this in mind, please keep accurate records as to when and where you enter and race any events. Be sure to note the entry fees and your finishing position. Failing to apply for your sponsorship funds with the above information could possibly forfeit your eligibility. In any case, keep on riding and for this early in the season, spin.

Jay M. Manthey VP-Trainer

New Flash:

The Morton Criterium May 2, 1981, is listed on the national calendar as a Central Region BAR event, and as a qualifying race for the National Sports Festival in Syracuse, NY. The Nat. Sport Fest is sponsored by the Olympic House. The Glen Oak Criterium is listed as Central BAR, a qualifying event for the Nat. Sports Fest., and a Junior O.D. (Olympic Development) race.

FOR SALE: HI-E pedals \$25.00***Silver Silca Frame pump for 23 to 24 inch frame without chuck \$3.00 with chuck \$4.00*** Regina chain \$2.00*** Adjust-a-portor Bike carrier \$15.00*** Regina 13-24 5 speed freewheel \$10.00 Call Rod Myers 692-2975 after 6 p.m.

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