



ILLINOIS VALLEY WHEELMEN

P.O. Box 1523 · Peoria, Illinois

Pres.: Ron Matuska 688-2488

Treas.: Joe Mugavero 685-6608

V. Pres.: Mark Siegal 688-8866

Program: John Wellwood . 685-9348

Secy.: Joanne Fought 676-6849

Editor: Steve Meisner 692-9724

August 1981

NEXT MEETING: Wednesday August 26, 1981 at 7:30 p.m. at Safetytown 6815 N. Sheridan Road. The program will feature Diane Ziegler who will narrate a slide program of her recent tour of the Canadian Rockies. She started in Edmonton, Alberta and rode thru the Banff National Park and 700 miles and two weeks later ended in Calgary, Alberta.

PRESIDENT'S NOTES: If you received your newsletter late this month, the fault is mine. Due to personal conflicts I was late getting material to the editor. I apologize. The same conflicts caused me to cancel weekend rides to Per Marquette State Park and to Nauvoo. Some people may still want to go and I can provide all the information.*** It's time to start thinking about electing officers for next year. Our nominating committee consists of Ron Anderson, Ron Douglas (chair), Elaine Roth, and Diane Ziegler. If you think you can contribute to the future of IVW or would like to recommend someone, let them know. The election is held at our annual dinner, this year Saturday November 21 at Shady Oaks.*** At the annual dinner recognition is given to members for accomplishments and contributions to IVW. Let Ron Matuska know your mileage, major achievements, and the number of events you participated in this year. Ron

ATTENTION BEER DRINKERS: You are invited to a ride Wednesday September 2, 1981. Everybody is to meet at the Pabst Management parking lot at 6:00 for a 33 kilometer ride and then retire to the 33 room at Pabst. Bartender, potato chips and pretzels will be furnished. Special arrangements can be made for non-drinkers. Contact John Wellwood for more info at 685-9348.

R.A.C.E.R. III (Rut's Annual Chili Eaters Ride III): Rain or shine, ride starts at Lincoln Park Shelter, Galesburg, Ill. (come to Galesburg, ask directions) Sunday October 4 at 12:34 p.m. *** A short ride of 26 miles, longer ride of 40 miles, both rides with a stop at Knoxville, Ill. (flea markets, historical exhibits, etc.) Knoxville is on the Knox County Scenic Drive, open this weekend. Maps, cue sheets, chili, crackers and drink will be furnished.***BRING YOUR FAVORITE CHILI BOWL AND SPOON*** IMPORTANT To insure a good supply of chili, RSVP no later than Sept. 30 to Robert W. Rutledge, 1361 Harrison St. Galesburg, Ill 61401 ***NON RIDERS WELCOME***

BILL CLARK BIKES 520 MILES TO CHETEK WISCONSIN: Bill Clark of Washington rode his bike 520 miles from Washington to Chetek averaging 100 miles a day. He used the Wisconsin bikeways trails most of the way, but when they were not available he stayed on the back roads. His first night was spent at Dixon Ill, and the second night at Mazomanie, Wis., and the third night was spent at Sparta and the last night was at Osseo, Wis. Congratulations Bill, and we hope to hear from you on your trip. Information was supplied by his father-in-law Roland Defenbaugh who taught him everything he knew about cycling.

RIDE SCHEDULE

- Sunday August 23 8:00 a.m. Ladies Ride Meet at Linda Carr's place in Norwood
ride to Wildlife Prairie Park and back 676-1453
- Sunday August 23 7:00 a.m. Pekin Mall to Delavan for breakfast 30 miles
- Sat & Sun. August 22 & 23 Tour Calhoun County, Pere Marquette State Park,
Illinois River Route. Tour cancelled but if you're still interested
call Ron Matuska.
- Sunday August 30 8:00 a.m. Limestone High School to Canton. Always a good
ride. 50 miles with hills
- Wednesday Sep 2 6:00 p.m. Pabst Brewery in Peoria Heights. The '33' ride.
We'll ride 33 kilometers and retire to the 33 room
at Pabst for more info call John Wellwood.
- Sunday Sep 6 Our annual chicken ride to Chillicothe. This ride had its
origins with the original Peoria Bicycle Club in the 1890's.
Leave from the Peoria Courthouse 9:00 a.m. or meet up at the
Mossville Grade School on the way to Chillicothe about 10:00 a.m.
Stop for lunch.
- Monday Sep 7 Labor Day Ride. 9:00 a.m. from Field Shopping Center in Morton
to Washington.
- Sep 5, 6, & 7 Labor Day Weekend. Ride to Nauvoo for Festival of Grapes.
Ride has been canceled but information is available from
Ron Matuska.
- Saturday Sep 12 Wildlife Prairie Park Energy Fair. 9:00 a.m. at upper entrance
to Bradley Park for ride to W.P.P Saturday and Sunday admission
to the Park will be $\frac{1}{2}$ the normal rate to anyone of a bicycle.
- Sunday Sep 13 9:00 a.m. Metamora Square to Eureka 30 miles.
- Sunday Sep 20 St Jude Bike-a-thon at ICC or 9:00 a.m. at Washington Square
to Carlock. You may collect pledges for either event.
- Sunday Sep 27 10:00 a.m. Mossville Grade School to Tanner's Orchard for cider,
apples, and fresh popcorn. 30 miles.
- Sunday Oct 4 R.A.C.E.R. III
For ride to Galesburg meet at 7:00 a.m. at Penny's Auto Center
in Northwoods Mall.
For carpool meet at 10:30 a.m. at Penny's Auto Center
Ron Matuska will volunteer to drive sag and trailer to Galesburg
if someone could provide the vehicle.
- Sat and Sun Oct 10 & 11 Hilly 100 Bloomington Ind. The IVW's favorite
ride. Beautiful country, good food, friendly people, hosted by
CIBA. Trophy to club with best turnout. Members on ride times
miles to Bloomington. For info call Rod Myers at 692-2975

RIDER'S CHOICE

- Washington - every Saturday 8:30 a.m. at the Square
every Wednesday 6:30 p.m. at the Square
- Peoria Several IVW members ride frequently in the evening. They meet at
the Pizza Hut on Sterling Ave for a quick exit from the city. For
more info call Ron Douglas 674-3454, or Bob Jones 676-0166
- Tourist Time Trials
Every Tuesday at 6:30 p.m. Cat Teck Center on Galena Road 10 miles
call Rod Myers 692-2975
- Velo Race Team Training rides
Every Thursday evening. For schedule contact Jay Manthey 686-0492

OUT OF TOWN RIDES

- Sep 13 Springfield Century
Sep 27 Apple Cider Century three Oaks MI
Oct 4 Jacksonville Century

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USCF events

30 July Ft. Madison, IA
Paul Hutinger competes in this open class event and with the SRC Team from Ames riding, Paul is set back yet rides very well to 15th.

1 Aug Circle city Crit.
Steve Meisner gets around a last lap mishap to take the 1st place after the breakaway. It is good for tenth position. Brett puts on a classic chase to the break, however the pack doesn't like the idea, chases him down, and dusts Brett in the sprint.

2 Aug Tourof Brookside.
Brett was anxious to make amends for Saturday, but perhaps too anxious, and chances a little too much in moving through the field. Oops! (he wasn't hurt much beyond superficial wounds) Steve M. Had tough luck at the start and chased until the break motored up and lapped the field.



This is to let everyone know that bicycle competition has a place for you. Racing has the type of race, and the category of riders to match your ability. Time Trials are especially good to start with.

IN MORTON . . .



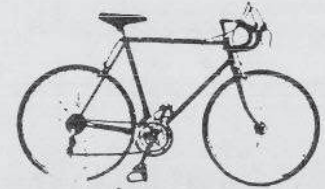
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Sustaining: \$35

Individual: \$15

Family: \$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 more

Members receive 12 issues of *American Wheelmen*, *Directory*, membership card, patch, bike and window decals, plus discounts on books, League rallies, and classified ads.

Please list me as a Hospitality Home

Please do not include my name when the League rents its mailing list

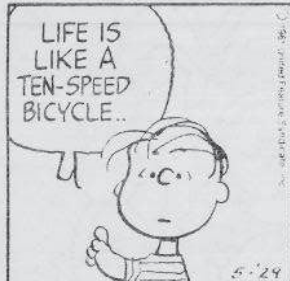
Please find in addition my contribution to help the League's legislative efforts:

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

Enclose check or money order payable to:

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P.O. Box 988, Baltimore, MD 21203



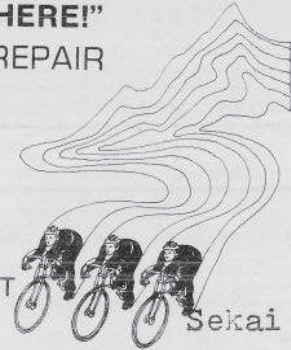
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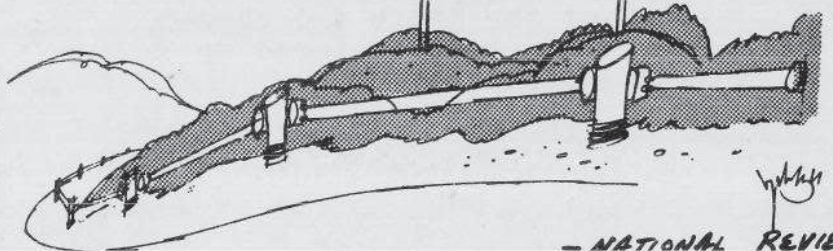
109 SOUTH MAIN STREET
CREVE COEUR, IL.



Sekai

CAUTION

CYCLISTS WHO PEDAL TO THE TOP OF THIS 4 MILE HILL MAY RESEMBLE A GARGOYLE AND SOUND LIKE A BAGPIPE.



- NATIONAL REVIEW

RACING SECTION TRAINING SCHEDULE

- Aug 27 6:00 Pioneer Park Handicap USCF gear restrictions
- Sep 3 6:00 Jubilee State Park Road Race gear restrictions
- Sep 10 6:00 Deer Creek Time Trial HANDICAP
- Sep 17 5:45 Cycle Cross
- Sep 24 5:45 Cycle Cross

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LADIES RIDE IN NORWOOD: On Sunday August 23 at 8:00 a.m. there will be a ride starting at Linda Carr's place in Norwood that will ride to the Wildlife Prairie Park and back. Go west on Farmington road, turn right onto Norwood road. (This is the intersection after Maxwell road). Go straight on Norwood road until you see the Village Hall fire dept. building and then turn left. Stay on this road following it around a curve and then you will come to a fork. Drive down the right fork. This is Boyd Avenue. Drive to the end of Boyd Avenue. Turn left onto the I3 Club property (ignore the no trespassing signs) Drive across the damn and turn into the first driveway on the right. Linda Carr's phone number is 763-3218.

Maturity is the ability to disagree without being disagreeable.

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MOUNTING SHOE CLEATS By Greg Wallach from "The Colorado Bicyclist"

Cleated cycling shoes, when set up and sized properly, can add much to cycling efficiency. Once upon a time cleated shoes were used exclusively by racers, but they are being adopted now by tourists and commuters. With cleats the cyclist can 'pedal round'; that is, he can apply force to the pedals throughout their entire circle of motion. Cleats provide a direct connection between cyclist and machine. If your're installing your first pair of cleats, a good idea is to use the adjustable ones so that you can experiment with their position. Pavarin of Italy makes a nice set of adjustable metal cleats. Metal ones last longer than plastic although they are more difficult to walk around on. The plastic cleats will break after a short time, so I recommend buying the metal ones. To position the cleat on your cycling shoe (use only shoes with leather soles), first examine the soles of your shoes. You will notice that your pedal has scored a pair of parallel lines on your sole at the point of contact. Position the cleat so that its groove will be slightly forward of the rear line on the sole. You will then have a small space between the toe of your shoe and the end of your toeclip, enabling you to slip your foot in and out more easily. About 1/8 to 1/4 inch of space is right, the deeper channeled cleats requiring the longer space. Toeclips should be sized so that the ball of your foot is over the pedal axle. Cleats should also be angled slightly on the shoe so that your toes are pointing in towards the frame. Pedaling slightly pigeon-toed will keep your ankles from hitting the crank arms and will bring your knees in toward the frame, a position which is not only more efficient, but also more aerodynamic. When you have located the right position for the cleat, trace around it with a felt-tip pen on the sole for a guide. Then support the inside of the shoe on something solid and drive in the nails. Most cycling shoes use a steel shank to stiffen the sole, making cleat nailing difficult. If your're trying to put a nail through an area where the steel shank is, put the nail in at an angle. You certainly can't nail through it. That's all there is to it. Now don't forget to loosen your toe straps before you come to a stop, or down you go.

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ILLINOIS VALLEY WHEELMEN 1981 APPLICATION FOR MEMBERSHIP

Name _____ Phone _____ New _____

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

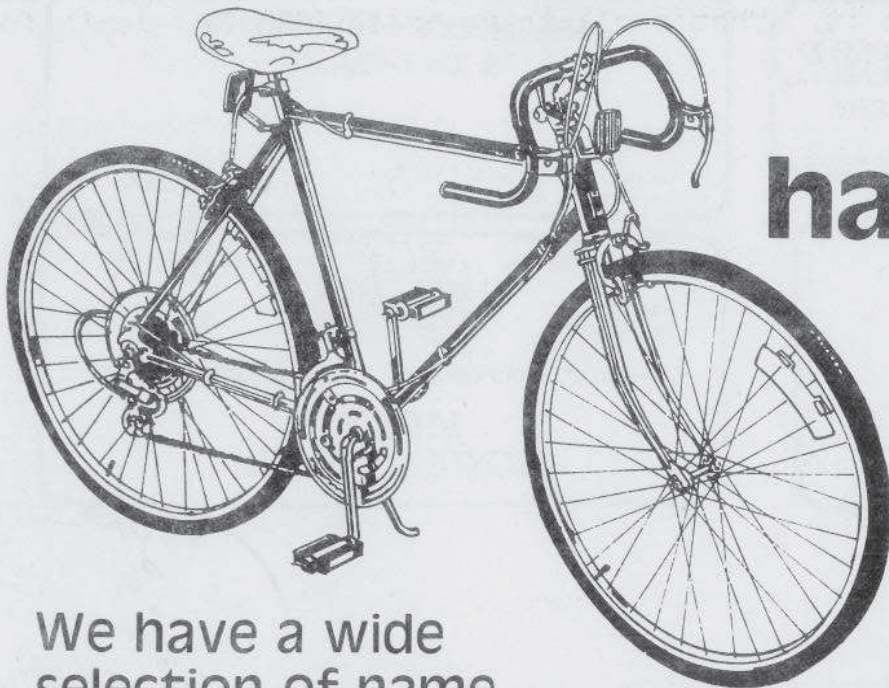
ON THE ROAD WITH THE BLUE STREAK: Scanning. In order to be secure a bicyclist has to know what's going on around and ahead. Avoid riding with tunnel vision. Keep scanning with your eyes, looking for clues as to what might happen ahead. Movement in a vehicle's front wheels, in the steering wheel itself, or actions of the driver will telegraph where the vehicle is headed long before it starts moving there.

VISITORS FROM THE QUAD-CITIES BICYCLE CLUB Carter Lebeau and John Keane of Q.C.B.C. are on a cross country bicycle tour from the west coast to Washington D.C. They passed through Pekin on August 3rd and invited Ron Matuska and Diane Ziegler to a local pub. More than 2/3 through their journey they were still searching for the prevailing Westerlies. They reported to having to pedal downhill. The two men are either dedicated or fanatics as they timed their tour to coincide with RAGBRAI, the annual tour of 5,000 bicyclists across the state of IOWA.

REPORT FROM TOSRV 81 One of the nice things about the Tour of the Sciota River Valley is the information package they send after the ride. This year they commented about excess baggage brought along by some of the participants. It seems someone (can you guess ?) even brought a large wood and canvas cot.

SEPTEMBER IS NATIONAL CENTURY MONTH

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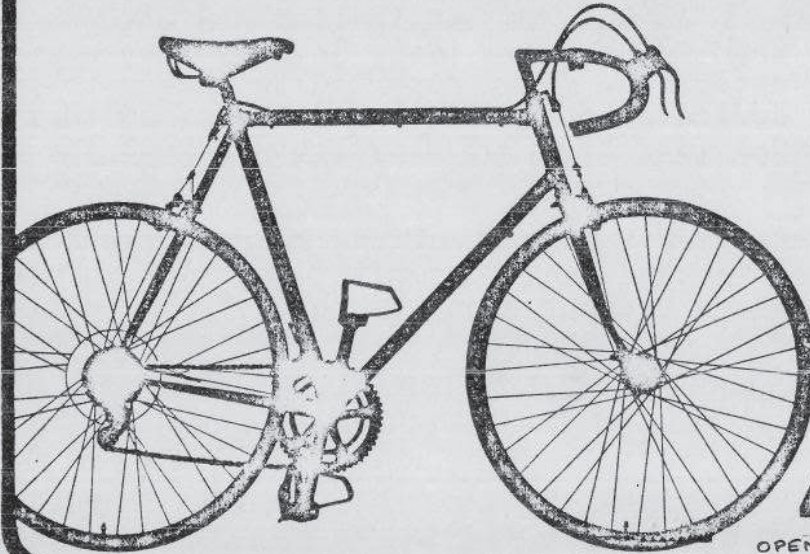
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Ron & Pam Anderson
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