



ILLINOIS VALLEY WHEELM'N

6518 N. Sheridan Road, Peoria Il. 61614

PRES.: John Wellwood 685-9348
V.PRES.: Rod Myers 692-2975
SEC.: Jean McMahon 673-6139
TRES.: Joe Mugavero 685-6608
PROGRAM: Ron Anderson 444-2018
RIDES: Les Siegrist 444-4660

EDITOR: Sam Joslin 444-4278

JANUARY 1982

LEAGUE OF
AMERICAN
WHEELMEN



January meeting. Next meeting at Safetytown, 6518 N. Sheridan Rd. Peoria on January 28 at 7:30 p.m. This month's program will get you started thinking about the '82 cycling season in three areas: Equipment, out-of-town events, and local rides. Some highlights:

- 1) An equipment swap/sale will start at 6:30 p.m. Bring anything (wheels, seats, derailleurs, etc.) you want to sell - or come prepared to find what you need. Come and look if you have nothing to sell or buy. It's an education.
- 2) At about 7:30 p.m. - or after the business meeting - we will view an outstanding 20 minute 16mm film, shot at TOSRV '80 - one of the biggest out-of-town events. (Film recommended by Ron Matuska.)
- 3) Les and the ride committee want to discuss their ideas (and yours) for '82 local rides. Come prepared. Ideas and ride leaders needed. --Ron Anderson

President's notes As your new president, it's only fair that I should introduce myself. I have worked for Caterpillar for 29 years and am now in Product Safety--Engineering. I grew up in Oak Park, Il. but after 32 years in this area I guess you'd have to call me a Peorian. Joan and I live in the near north side of Peoria. Our two sons both live in California. We joined the IVW in October '79 after talking to a few IVW members about the Hilly 100 in Indiana. Jack Welch helped us register. Sharing this event with 1900 other bikers really opened our eyes to bicycling opportunities. We have been increasingly active ever since. In addition to the time and effort which I have committed in being your president, Joan and I are planning a ride filled '82, highlighted by a two-week tour of Nova Scotia. What is it I feel about biking? I guess number one with me is joining in healthful physical activity with people of a like purpose but different age and background. --John Wellwood

Lon Haldeman--current holder of the trans-continental cycling record is coming to the February meeting of the IVW. Read about Lon in Oct. '81 American Wheelman and Dec. '81 Bicycling. He will talk about his record-breaking ride and his plans for summer '82. More details in the February newsletter. You won't want to miss this program. --R.A.

Just a note on Haldeman's rides and times: New York-Santa Monica--12 days, 18 hours, 49 minutes. Santa Monica-New York--10 days, 23 hours, 27 minutes. Round trip--24 days, 2 hours, 34 minutes. This should be a good occasion to pick up some tips on endurance cycling. --ed.

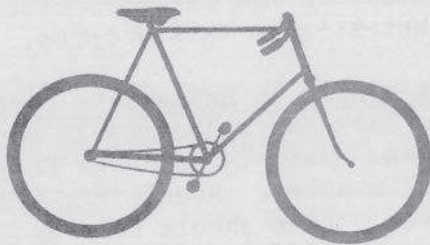
Northwoods' display time is fast approaching. On Jan. 30 and 31, the Wheelm'n will be talking to the public, displaying the different aspects of bicycling, and riding the rollers. We still need pictures and anything else you might think would display well. Here is another opportunity to spotlight cycling in Peoria; come on out and enjoy yourself. We will meet inside the Mall by Montgomery Ward's on the second floor at 9:00 a.m. Saturday. Sunday about 11:30. The display runs all day. Be there, be oblong.

display
(unplay?)

Seems like China is synonymous with bicycles. Dave Danner in Pekin sent a clipping from the Chicago Tribune, Dec. 20, 1981: "Chinese bikes have only one speed. They can be hazardous to your health as they don't use lights or reflectors at night. The rear brake didn't grip hard enough on the one I rode. They carry freight on a three-wheeler with a platform, and they've developed a bike tire that will stand up to 500 pounds. Bikes are priced at 168 yuan (\$100). A Chinese saves for six months to two years to buy one." Stan Delaplane wrote the article. He mentioned there are 2½ million bikes in Shanghai. Though it is hard to rent one, (sound familiar?) he borrowed one saying he might buy it. Does the aforementioned tire stand up to cinders?

New Year's ride A big thanks goes to Jack Welch for arranging the Northern Oaks clubhouse for first '82 event for the year. Actually not a ride, the happening brought together 35 members of the club for roller rides, eats, and fish stories. Brett Rickett braved the cold to ride to Groveland from Washington and back again.

The IWV may soon have its first recumbent riding member, according to rumor. Rod Myers has been seen walking about with a 20" front wheel with tubular tire and Hi-E hub however, the rumor of his purchase of Porsche side view mirrors is baseless.



Deadline for bulletin copy is the 5th of each month. Your news or sales items may get in shortly thereafter, but it might be difficult. Deadlines just make production a little easier. Thanks. --ed.

Renewal time has arrived. To renew or begin a new membership, cut out the form in this bulletin and send it in with your check to the address on the form. (same address as the banner) Your prompt renewal allows Joan Wellwood to put together the new membership list as soon as possible. The 1982 list will be available in a couple of months.

Saturday morning rides will continue through the remainder of the winter only on those days where the temperature is around 25 degrees F. Of course, if the winds are high, and freezing rain is making driving hard, it's a good bet that the ride won't be happening. Rides begin at 8:30 a.m. at Washington square. Other rides and a full ride schedule will be coming up as soon as moderate weather returns to Illinois. Racers have training rides Saturday at 2:00 p.m., under the same conditions. They meet at the ICC gym.

Mileages for the 1981 cycling season have been received from a few of our members. The IWV is becoming more visible in the Tri-County area every year.

Ron Anderson.....	2345
Ken Beckler.....	5161
Dave Diebel.....	1000
Joanne Fought.....	1000
Jack Fought.....	2000
Sam Joslin.....	7000
Rod Myers.....	3000
Jamie Pool.....	850
Les Siegrist.....	2500
Joan Wellwood.....	1800
John Wellwood.....	5128
Jack Welch.....	1750
Diane Ziegler.....	6185
Nancy Ziegler.....	5590

Any list would not be complete without the addition of East Peoria cyclist Don Eberle, 55 who amassed 20,496 miles in the last year.

Cold weather reminders

- 1) Wear wool, which insulates even when wet. Cotton is the worst insulator. Polypropylene is good but expensive.
- 2) Dress in layers, and regulate your body heat by adding or subtracting layers.
- 3) Drink plenty of fluids, including occasional hot drinks. Protein-rich diets (recommended) require more fluids than carbohydrate diets.
- 4) Stay dry. Be ready for rain.
- 5) Wear a hat under the helmet. Most body heat is lost through the head when stationary. A warm head does nothing for feet; use toe-clip covers and two pairs of thin wool socks.
- 6) Avoid the use of alcohol, coffee, or any caffeine-related drinks. These fluids are diuretics, causing loss of body fluids.
- 7) Remember freezing temperatures are not necessary for hypothermia (body heat below 95 degrees F., body becomes unable to generate its own heat.) Take more layers than necessary; you can take off unneeded layers.

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A typical training log

As the VRT trainer, there are times throughout the season when, to help you with your riding skills and performance, certain information is invaluable. To insure that this data is available, please do not trust it to memory. A riding log is easy to maintain and simple to keep if a few guidelines are kept. First, make it a habit to log your training daily, such as at dinner or before bed. Second, enter meaningful information. This includes a resting pulse, weight, miles or type of training, time spent exercising, and how you felt. Other possibilities include diet and hours slept. Do your log work consistently, and your riding and racing can be improved by spotting trends in your personal body cycles.

105	47	C
50 rollers		
:45 swim (easy)		
slept 8 hours		
Jan 3 Sun		



weight	resting pulse	condition (scale 1-10)
workout information		
Date		

--Jay Manthey

Next general racing meeting is 7:30p.m. February 16th at Steve Meisner's house. We had a good turn-out for the January meeting...Remember the Northwood's display, January 30 and 31. Show up in cycling outfits, ready to ride. Bring rollers and let me know of any pictures you might have.

The team is starting to shape up for the '82 season. Our first intermediate riders in several years are promising and enthusiastic. They are Sean Leman and Dennis Rude, both of Germantown...Start going over your logs with Jay. Whiz --Sam J.

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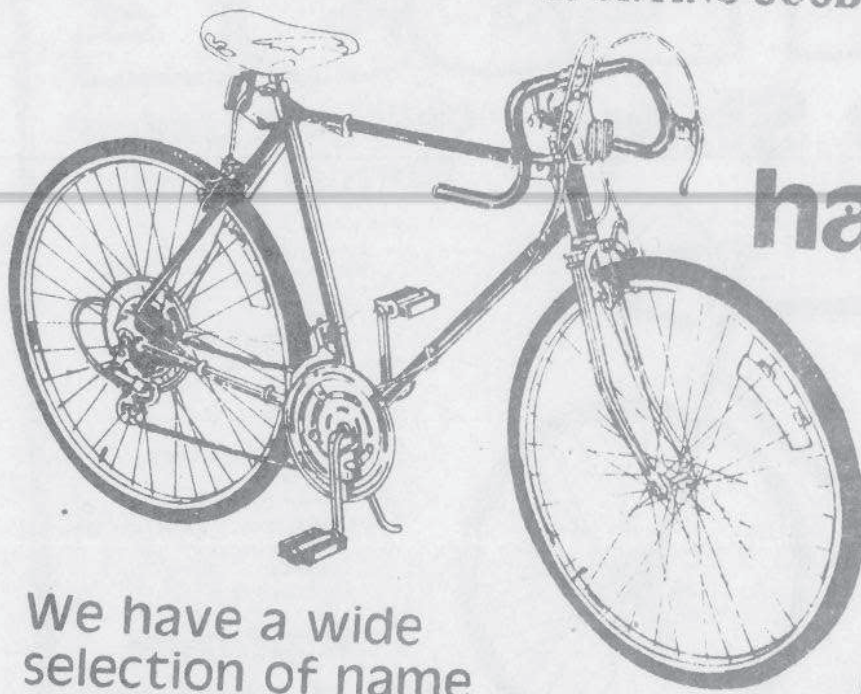
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Bicycling Interests: Short, slow-pace _____ Saturday rides _____ Sunday rides _____
Local rides _____ X-country tours _____ Racing _____

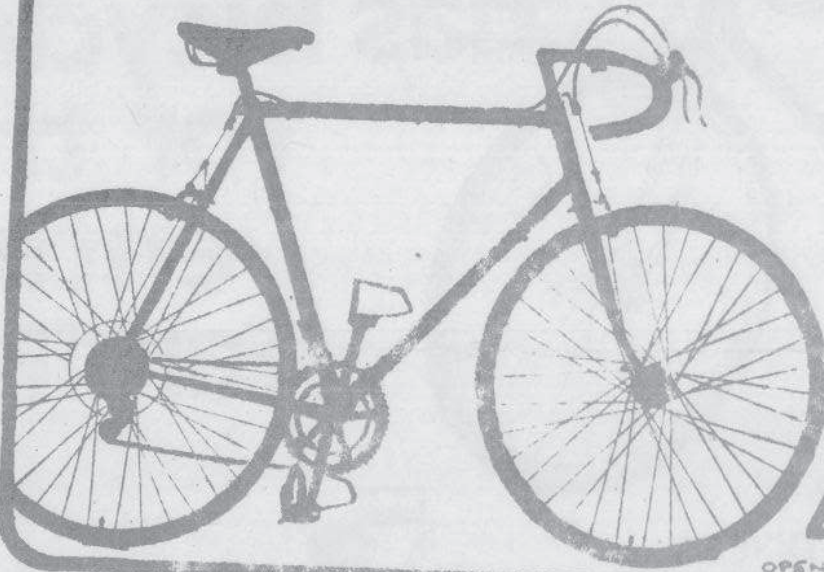
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