



# ILLINOIS VALLEY WHEELM'N

6518 N. Sheridan Road, Peoria Il. 61614

PRES.: John Wellwood	685-9348	TRES.: Joe Mugavero	685-6678
V. PRES.: Rod Myers	692-2975	PROGRAM: Ron Anderson	444-2018
SEC.: Jean McMahon	673-6139	RIDES: Les Siegrist	444-4660

EDITOR: Sam Joslin 444-4278

## FEB-MARCH 1982

7:30 pm Feb 25

**F**ebbruary meeting is at the Universalist Unitarian Church, 908 Hamilton Blvd., Peoria. This is a change in meeting location this month only, to gain more seating room. Lon Haldeman, current transcontinental cycling record holder, will talk about his record-setting 24 day round trip between New York and Santa Monica, Calif. (On the average, that's a phenomenal 250 miles of cycling a day.) Lon will show slides, answer questions about training, equipment, and tell his plans for summer '82. You've read about Lon in newspapers and cycling magazines. Now meet this extraordinary cyclist in person. Bring your friends. -- Ron Anderson

**I**nsurance special meeting Club members have talked about the possible need for insurance for a number of years. 'Till now, no specific action has ever been taken. The Executive Committee has decided to hold a special meeting, Wed., Feb. 17, at 7:30 p.m. at Safetytown (for the entire membership) to discuss and conclude the matter. We will first need to determine if we need insurance and if so, what kind of coverage. If coverage is favored, one of the proposals would require an expense of \$550 from the combined IVW and VRT treasuries. The League of American Wheelmen has also come up with an insurance proposal this year. Information will be available by the meeting date. If you have any questions before then, call Jay Manthey, 686-0492; or Ron Matuska, 697-9009. -- Ron Matuska

**P**resident's notes As part of the planning of '82 club activities, a local ride schedule working around major out-of-town rides, has been made by your IVW officers. The IVW sponsors:

- Pedal-In Ride -- May 16
- TOIRV/Steamboat Ride -- June 18-20
- Kentucky Fried Chicken Ride -- July 11
- IVW Metric Ride -- Aug. 15
- IVW Super Century Ride -- Sept. 26

This question is posed to each and every IVW member: What are you doing to work out your '82 ride schedule? How about getting out a calendar and doodling? Have you considered your bicycle as the center of your vacation activities? Bicycles can go on the top of, inside, or on the back end of your car. For those of you who don't travel far on vacation, the bike can take you to surrounding towns where motels or camping are available. For those of you who fly, airlines accept bicycles as luggage. Usual policy is \$15 extra for bike, though experience is that \$15 is not always collected. Successful trips require plans and imagination.--John W.

**N**orthwoods display was a modest success, both in terms of the club's visibility and the funds the roller-riding team garnered for the Arthritis Foundation. Despite the miserable driving conditions, enough people came through the Mall to net \$121 for the AF. The Journal Star also covered the event. Members of the 50mph sprint club are Rich Miller, Brett Rickett, Sam Joslin and Ken Beckler. Many thanks go to the people that helped us out. The IVW still needs someone to take care of the display articles. -- ed

**E**ditor's address is:  
 Sam Joslin  
 307 Gillman  
 Washington, Il. 61571

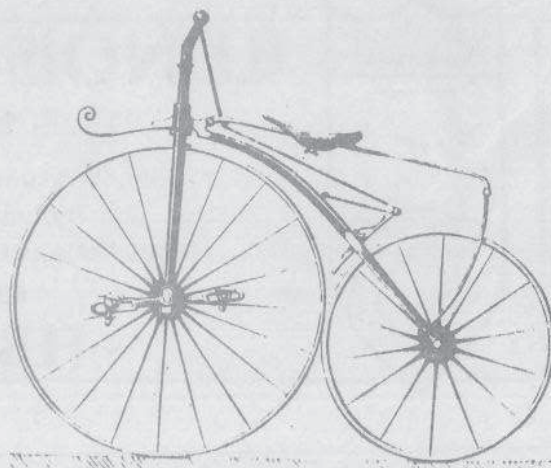
The bulletin can use all the new material it can get. The more material, the better informed a group the IVW can be. I picked up a couple more mileage counters from the '81 season:

Bob Jones.....	5000
Dave Danner.....	2166
John Wellwood.....	4000 (corrected)

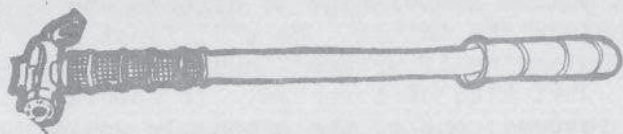


**L** league of American Wheelmen Invitational Rides Local clubs, such as the Illinois Valley Wheelm'n, host major rides throughout the year and invite other clubs and individuals to participate. (See the president's notes for the IVW's major rides -- ed) Well-known rides throughout the Midwest include TOSRV, TOMRV, Amishland and Lakes, Apple Cider Century and the Hilly Hundred. Most of the clubs in central Illinois put on at least one major event each year and several IVW members can usually be found attending.

Ron Matuska will have information and registration forms for most of these events. Let him know if you are going to any of the rides or would like to go. We are going to try to do a better job of co-ordinating car-pools and use of the IVW's bicycle trailer. -- RM

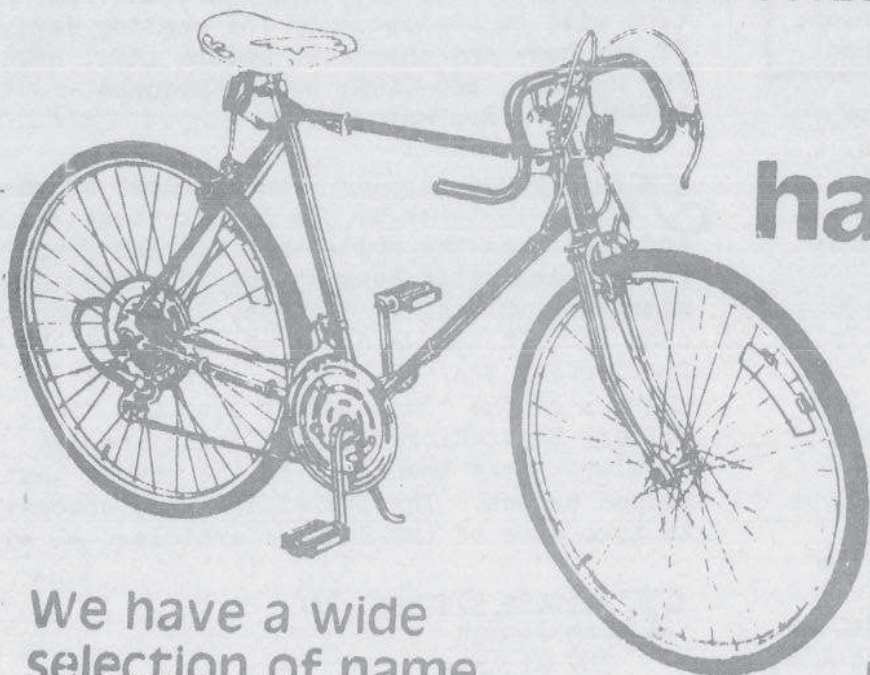


**T**his is the last bulletin for those who have not yet renewed their memberships for the '82 season. Just a couple of notes. This bulletin goes out to about 130 members, several local bicycle shops, our advertisers, and state bicycle clubs, as well as the L.A.W. offices. Any suggestions are welcome.




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\*\*\*\*\*

All dope tests at the world championships in Prague were negative, said doctors there. There were no tests for anabolic steroids.

The Soviets reportedly will not return to compete in the Coors Classic. The coach of the Soviet cycling team is upset that motorcyclists belonging to publicity firms were a little too friendly to the American LeMond, who captured the overall victory from Soviet Yuri Kashirin by nearly five minutes.

Amateurs and professionals will have licenses of the same color from 1983 onward according to the UCI. Colors will be: '83 yellow, '84 blue, '85 red, '86 green, '87 white.

Relaxation, or the lack of excess tension has a lot to do with an individual's own athletic success, according to Dr. L. Morehouse, physiologist in the dept. of kinesiology at UCLA. "Some tension is essential, but too much is a tremendous hinderance. Any number of techniques can help, including yoga, autogenic training, progressive relaxation, biofeedback, and systematic desensitization."

IW (VRT) training races will again be open to everyone interested. The emphasis in 1982 will be toward time trials to reflect individual progress and toward handicap events to promote team growth. There has been no fees assessed to participate in the past two years. As the season progresses, the training races will stabilize to 6:00pm on Thursdays. See below for the opening schedule.

Natural athlete? No way, say experts. There is mounting evidence that the difference between the so-called "natch" athlete and the mortal klutz like you and me is more likely whats in side his head. This should come as good news to anyone who would like to improve his or her level of play in any sport; in a certain sense, it looks as if we are all potential champions. Sports specialists have found that there is no such thing as "general athletic ability." The fact is that the differences between us are in the way we use our genes, not genetic but behavioral. Julius Erving, Bruce Jenner, and Tia Babilonia all attribute their success to the love of what they were doing and "a lot of hard work," after putting aside the myth of being natural athletes.-- Jay Manthey (Coach)

- \*\*\*\*\*
- \* IW TRAINING RACE SCHEDULE \*
- \* March 7 2p.m. ICC (meet by gym) TT \*
  - \* 14 2p.m. ICC TT \*
  - \* 20 12Noon Deer Creek TT \*
  - \* April 1 5:30p.m. Pioneer Park, handicap \*
  - \* 8 6:00p.m. Pioneer Park, handicap \*

**RACING IS ...!**

*becklerisms*



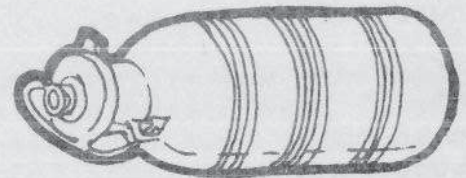
Just a few thoughts on winter and bicycling. It's been really cold this year. Old Man Winter is continuing to dump the glacier revenge upon the central Illinois valley. I remember years when we could ride in January, and I also remember a year we had 60 degrees on Valentines' Day and a good turnout for that ride. So all we can do is stay warm and hope for the weather to break. A lot of the bicyclists I have talked to recently are pursuing winter riding by riding the rollers of other forms of stationary indoor bikes. I applaud their efforts. However, for me that is just too much like exercise and the thought of actually training indoors makes me shudder. So, next spring you will see me, out there struggling and working just to ride slow for the first few weeks. Never fear, for those of you who are also in my position. You really don't lose it all. In a few weeks you can be as good as you ever were. Riding on the roads is what it is all about. It's so much fun to roll across the countryside. We get to see things that others miss. I just love it.

This summer is going to be the greatest bicycle experience I have ever had. I will be riding from Sea to Shining Sea. A cross-country tour from West coast up in Oregon to the East coast. I will be leaving in June and returning in August. Currently, I am in the process of collecting maps and researching routes to travel on. I can hardly wait to get back in the mountains again.

## notes & such stuff

Also on my list of activities for this year is to seek the nomination and election as Regional Director of the League of American Wheelmen. I have received word from the nomination committee of the LAW, and they will send a form to be filled out for publication in the LAW bulletin. Along with this publicity, I hope to get some IVW help in sending out flyers for a campaign. I understand I will be in for heavy competition from the Chicago area. But with a little work, perhaps I have a chance. This would mean bringing the LAW a little closer to home. The first time for a downstate regional director. I hope I can count on your support. And I also hope all of you will join the LAW and vote for me. -- Diane L Ziegler

(Diane has been an active member in the IVW for several years; being a former IVW bulletin editor, and tour leader. -- ed)



### LEAGUE OF AMERICAN WHEELMEN MEMBERSHIP APPLICATION

(Please print or type)

New

Illinois Valley Wheelm'n

6518 N. Sheridan Rd. Peoria, Il 61614

Renewal

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

#### 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

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

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

Club supplying this application form \_\_\_\_\_

Enclose check or money order payable to:

LEAGUE OF AMERICAN WHEELMEN, P.O. Box 968, Baltimore, MD 21203

\*5

Beginner's rides will be started this season by Andy Cowan. Looks like the rides will start early Sunday mornings, in order to avoid traffic. Such rides would be geared toward families as well as novices. To ensure the success of this new program, Andy will need the help of members interested in expanding the practical scope of the club. The idea is a good one and deserves attention. Andy's phone number is 693-2838.



ILLINOIS VALLEY WHEELM'N 1982 APPLICATION FOR MEMBERSHIP

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
New \_\_\_\_\_  
Renewal \_\_\_\_\_

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

Mail application and dues to: Illinois Valley Wheelm'n Individual \$6.00  
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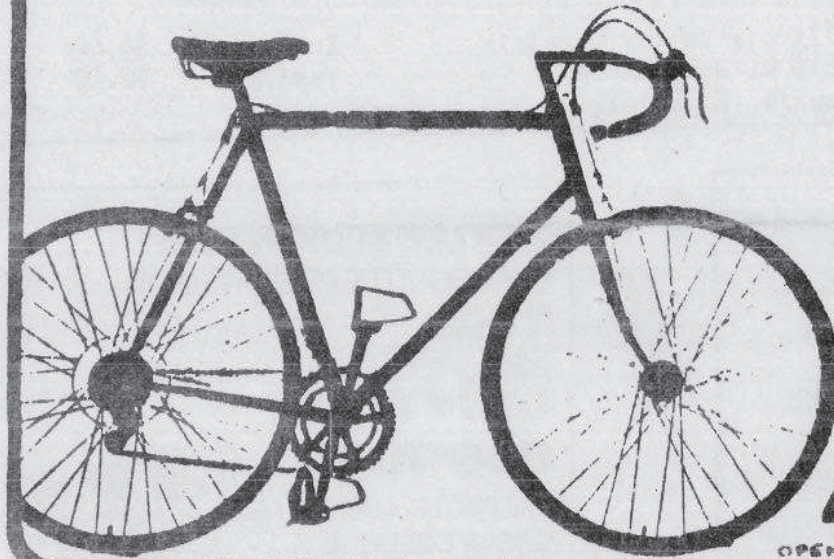
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