



# ILLINOIS VALLEY WHEELM'N

6518 N. Sheridan Road, Peoria Il. 61614

PRES.: John Wellwood 685-9348 TRES.: Joe Mugavero 685-6608  
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

## APRIL 1982

**M**arch meeting is at Safetytown, 6518 N. Sheridan at 7:30 pm on March 25. This month's program will feature two of our own members, Irene Kerwin and Colleen Byrnes, who will share with us their touring experiences from the summer of '81. They cycled in areas of Ohio and on the North-South Bikeway in Wisconsin. Many of us have enjoyed programs from these gals in past years and it's a pleasure to have them back again. -- Ron Anderson

**P**resident's notes Lon Haldeman-the name now trips easily off the tongue. His 6 foot plus, 185 pound frame can be pictured again. For those of us at the Feb. IVW meeting, the Haldeman presentation was an unforgettable blend of facts:

- the casual beginning in New York,
- the super effort,
- problems with headwinds, road construction, and city traffic.
- tactics of changing shoes and saddles to move pressure points; changing tires every 500 miles.
- friendly rider escorts,
- other problems -- arguments with various troopers; speed bumps on expressway shoulders that shook eyeteeth, and for the all time topper:

The Desert -- imagine drinking a water bottle every seven minutes all day (4 to 6 gallons) and not having to take a ----. Between each bottle down the hatch was one for a mini shower.

Here's the statistics of the double trans-continental records again: NY - Santa Monica 12 days, 18 hours, 49 minutes. Santa Monica to NY 10 days, 23 hours, 27 minutes. Round trip 24 days, 2 hours, 34 minutes. Average mileage was 250 miles a day. Average sleep a day was 4 hours.

(pres. notz continued p.2)

**F**un and Frolic Rides Feel like "kicking up your heels" with Spring? The IVW will be conducting rides each Sunday designed to get you into biking. Emphasis will be on safety, conditioning, building confidence, but mostly on having fun biking. Rides will start usually from Pioneer Bank at University and Pioneer Parkway where parking is available and convenient.

Rides will begin early in April starting first with easy 10 milers and building gradually to 15-20 miles. There will be some hills but experienced bikers will show you how to take them with grace and dignity. (Grace is my 80 year old aunt) We will ride as a group and take some time each week to talk about such things as safety. Rest stops will be scheduled as necessary.

We will also discuss: basic bicycling equipment, calories, cycling, weight control, history and lore of cycling, necessary maintenance, stretching, yoga and cycling for total fitness, riding in hot and cold weather, and commuting.

The most important thing on these rides is to have a good time; bring along a snack and meet some new people. You have no idea how delightful those soft spring breezes and warm sunshine can be, and we'll explore parts of the country you have never seen before.

Rides will be planned for about 2-3 hours and will start about 1:30 pm. Dates and starting points will be listed each month.

Remember any 3-10 speed in good condition will do. First ride is April 4th Sunday, at Pioneer Bank at 1:30 pm. Call Andy Cowan at 693-2838 for more info.

SATURDAY MORNING RIDES ARE ON! pg.2

(pres. notz continued)

I looked at the bike which started at Santa Monica for the way back. It's a blend of dependable Italian and practical Japanese components, with medium weight clincher rims, rustless spokes, and a classic leather saddle.

Facts and stats aside, did Lon show us the inside story? You bet. When asked, "Doesn't just riding mile after mile get boring?", his reply was, "There's the changing scenery and then a sunrise or sunset to view." He was asked his wheel preference he said, "I've tried double-butted, straight gauge, aero (broken 2), rustless (never broke one), and stainless spokes in every count and pattern in many wheels but, (pause) for improvement in performance, one should look first within oneself.

I have seen the humor, humanity and maturity that is Lon Haldeman, but try as hard as I can I still can't capture the size of this accomplishment. This summer, starting in late June, Lon will be riding transcontinental again, except he will be racing against other riders as well as the clock. His competition: Michael Sherman; John Howard (recent winner of Hawaii's famous Iron Man triathlon) and John Marino (the vegetarian rider and former holder of the West-East record. Hopefully, I will be keeping you up to date. --John Wellwood



FOR SALE: Campagnolo (Semi-Super Record) Crankset. 42/52 chainwheels; 170mm arms. Jack Welch -- 387-6282.

**J**erry Lis made the paper Feb. 28. He is one of the newer members of the IVW and Velo Racing Team, coming to Chillicothe last year from Wroclaw Poland. Perhaps the strongest rider on the team, Jerry was a national champion in the 15 year old age bracket. Now he is seventeen and looking forward to his first season in the U.S. Good luck.

**T**he Chicago Bicycle Show was held the weekend of March 6-7. The show took up five floors of the Hyatt; among other displays were a lever (as opposed to crank) driven bicycle; two different types of recumbent (the rider sits between instead of on top of the wheels) cycles; a booth for the beautiful new Indianapolis velodrome (as soon as its finished).

Here are the sunrise, sunset times as suggested by Jack Fought. Be sure to add one hour to the times on April 25 as Daylight Savings comes in.

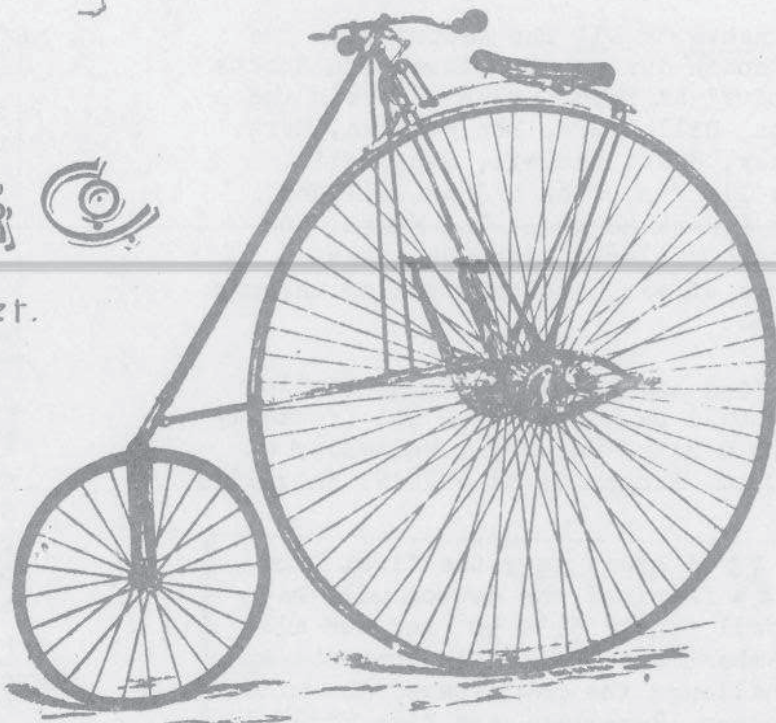
DAY	MAR.		APR.		MAY	
	Rise A.M.	Set P.M.	Rise A.M.	Set P.M.	Rise A.M.	Set P.M.
1	6 33	5 50	5 43	6 23	4 58	6 54
2	6 32	5 51	5 41	6 24	4 57	6 55
3	6 30	5 52	5 40	6 25	4 55	6 56
4	6 29	5 53	5 38	6 26	4 54	6 58
5	6 27	5 54	5 36	6 27	4 53	6 59
6	6 25	5 55	5 35	6 28	4 52	7 00
7	6 24	5 56	5 33	6 29	4 51	7 01
8	6 22	5 58	5 32	6 30	4 49	7 02
9	6 21	5 59	5 30	6 31	4 48	7 03
10	6 19	6 00	5 28	6 33	4 47	7 04
11	6 17	6 01	5 27	6 34	4 46	7 05
12	6 16	6 02	5 25	6 35	4 45	7 06
13	6 14	6 03	5 24	6 36	4 44	7 07
14	6 13	6 04	5 22	6 37	4 43	7 08
15	6 11	6 05	5 21	6 38	4 42	7 09
16	6 09	6 06	5 19	6 39	4 41	7 09
17	6 08	6 07	5 18	6 40	4 40	7 10
18	6 06	6 08	5 16	6 41	4 39	7 11
19	6 04	6 09	5 15	6 42	4 38	7 12
20	6 03	6 11	5 13	6 43	4 38	7 13
21	6 01	6 12	5 12	6 44	4 37	7 14
22	5 55	6 13	5 10	6 45	4 36	7 15
23	5 58	6 14	5 09	6 46	4 35	7 16
24	5 56	6 15	5 07	6 47	4 35	7 17
25	5 54	6 16	5 06	6 48	4 34	7 18
26	5 53	6 17	5 05	6 49	4 33	7 19
27	5 51	6 18	5 03	6 50	4 33	7 19
28	5 49	6 19	5 02	6 51	4 32	7 20
29	5 48	6 20	5 00	6 52	4 31	7 21
30	5 46	6 21	4 59	6 53	4 31	7 22
31	5 45	6 22			4 30	7 23

SUNRISE AND SUNSET AT PEORIA, ILLINOIS  
CENTRAL STANDARD TIME

**S**aturday 8:30 am Rides Underway. Saturday rides from the square in Washington were held both February 20 and 27. Six riders traveled through the water to Metamora on the 20th. The 27th brought out 13 riders for a trip over to Eureka. These rides will continue right through the early Spring months if the weather is favorable. Come on out. Now's the time to start getting back into condition. -Les and Ron

**F**rom the Jan. '82 issue of BICYCLE DEALER SHOWCASE: "...the bike commuters are a Different Breed, the Marines of the cycling world...Vanguards of cycling, bicycle commuters are so badly outnumbered and outgunned by motorists that they develop intense esprit de corps. Heroes in their own eyes and fools in the eyes of others they learn to scorn the common herd, both enemy and friend."

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Is this your idea  
 of getting high?

Rouse, Hazard & Co. was a large bicycle distributor which operated out of Peoria from 1864 until shortly after the turn of the century. I am offering good quality 40pp catalog reprints which Rouse originally handed out for the 1889-1890 model year. The catalog has detailed descriptions of Rouse's offerings, plus information on second-hand bicycles, easy payments, ordinaries vs. safties, and how to ride your bike. Send \$3.00 to Sam Joslin 307 Gillman Washington, Il. 61571 for your copy.

**T**he Wheelmen (not the LAW) was formed in 1967 and recreate the LAW as it was in the years before the turn of the century and shortly after. An article from their Jan.'82 bulletin says that after the ordinary (high-wheeler) bicycle's sales began to slip around 1888 because of the safety cycle, their prices were cut \$5. This had no effect on sales and Col. Pope (THE bicycle manufacturer) buried 200 to 300 high wheelers in a plot of land now known as Pope Park in Hartford Connecticut.

**L**ooking for books on bicycling but having problems finding anything new? I have ordered books from this company with fine results:

Midvale Books  
 155 S.W. Midvale Rd.  
 Portland Ore. 97219

Write and ask for their free bike catalog.

**I** saw in the paper the other day where Robert Rodale has banned smoking at work for his 800 employees. Among other health-related mags, Rodale Press publishes BICYCLING magazine. The prohibition only covers smoking at work; job applicants won't be asked whether they smoke. Rodale is worried about his firm's image to visitors. -ed

**F**rom 91 years ago: "The Peoria (Ill.) Bicycle Club held a century run October 11. 32 men started and 27 finished, making 110 miles. Among the riders was Mrs. F. H. Hennig, who made the distance in 14 hours and 45 minutes. Bert Myers finished first in 11.09."  
 --from BICYCLING WORLD AND LAW BULLETIN  
 30 Oct. 1891. Copies were 5¢ ; \$1.00 a year. F.H. Hennig finished behind Mrs. H.

**T**hanks to all who helped with the booth during the Midwestern Sports Festival at Expo Gardens. Here's the list: Bill Clark, Ron Matuska, Mark Decker, Brett Rickett, Sam Joslin, Dave Glackin, John & Joan Wellwood, Jean & Mark McMahon, Rod Myers, and Richard Miller. Although a last minute affair, the crew pulled through again.

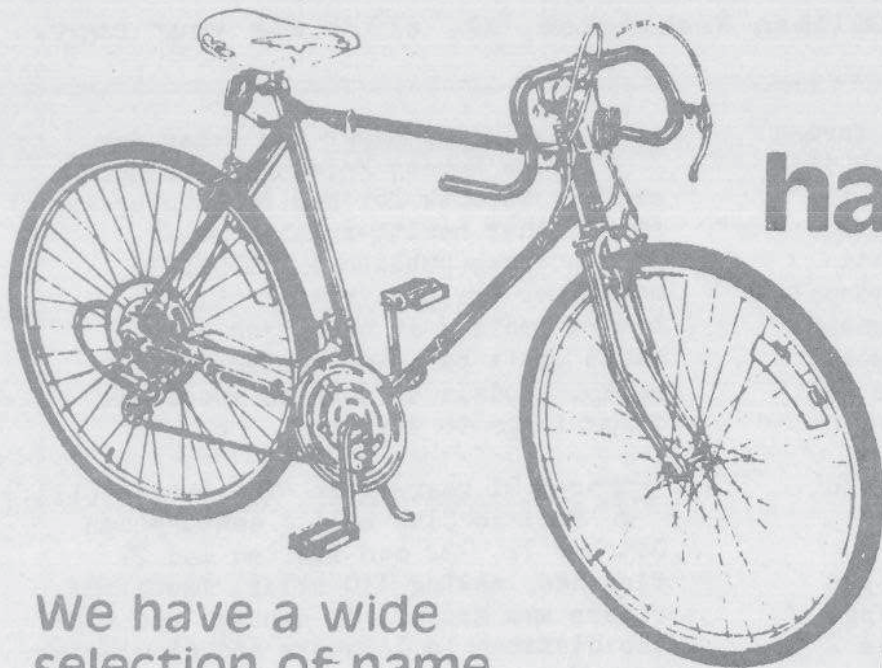
**N**ext Executive Committee meeting will be at Sanger & Co. (formerly Steak & Bake) March 31, Wednesday at 7:00 pm. Sanger is at 5720 N. Knoxville.

**R**od Myers says the first Time Trial of the season will be April 6th at 5:30 pm. Any and all members are invited to come out and challenge the newly-paved, ten-mile course. Remember, the Time Trial is a race against no one but yourself. This is an excellent way to gauge your improvement and a good method to add to your fitness. Time Trials will start at Mossville Caterpillar (right at the lights). Beginning April 27th, the Tuesday Night Time Trials will begin at 6:30 pm.

**C**ontributions to the newsletter are welcome. Send your item of interest before the 5th of each month to:  
Sam Joslin  
307 Gillman  
Washington, Il. 61571  
Members may also have items for sale. Those ads are free. We also like to sell ads to commercial firms. Costs available on demand.

**W**hat is a Time Trial? Well, it is most assuredly not a small pink elephant, nor has it anything to do with tectonic plates. A Time Trial in its purest form is a solo cyclist, a bicycle, a set distance on a flat course, and a stop watch. Get from point A to point A via point B as fast as possible while riding a bicycle. That's all — there are no enormous packs of underfed racers to contend with, nor rapid inclines of truly alpine stature. The speed involved varies from grandmotherly to a female adjective of considerably speedier portent. Enjoy yourself. What with the Time Trial and other weekly rides, members can ride in club fashion nearly every day.

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# VRT INFO

Certain characteristics can be developed in each of us to vastly improve our own athletic prowess. Experts in physiology who are acquainted with the mental aspects of athletic performance, agree that the following characteristics make the average athlete one step better:

- 1) RELAXATION-lack of excess tension.
- 2) LACK OF ANXIETY-knowing your fears.
- 3) IMAGERY AND MENTAL REHEARSAL-visual the desired results (and the means to that end).
- 4) SELF-IMAGE-a good self-concept and positive thinking.
- 5) CONCENTRATION-focus on the true task at hand, instead of distractions such as: "If I miss this shot, we'll lose the game".
- 6) MOTIVATION-believing the activity is fulfilling.
- 7) RYTHM-fuse all parts into a smooth coordinated move.
- 8) ATTRIBUTION OF FAILURE-blame yourself for failure to put forth the effort, (if such is the case) rather than blaming failures to bad luck, other people or other outside causes.
- 9) QUALITY TRAINING-focus on a single flaw or weakness you want to perfect.
- 10) PERSISTENCE-dig in and practice harder, rather than giving up.
- 11) ANTICIPATION-develop awareness of various situations that might arise in your sport.

What this means is all of us have the potential to excell in our sport. Those people we feel are "natural athletes" are simply those who minimize mental blocks that prevent them from realizing their potential.

Yes, I know the myth of the "natural athlete" will continue. Why? Just because it is easier to believe that something is a gift, something we are born with or without, rather than facing up to the unsettling task of improving, and sometimes changing, ourselves.

--condensed exerpts from  
SUCCESS, Feb. 1982

## UPCOMING USCF RACES

- March 27 Freeport Criterium (Il)  
28 Rockford Criterium (Il)
- April 10 Road Race (Columbus City) (Iowa)  
11 race somewhere between Columbus and Peoria  
24 Bradley Park Criterium (Peoria)  
25 Glen Oak Criterium (Peoria)
- May 6 PEORIA RACE (at this point-  
9 PEORIA RACE both are generic)

This article stresses the same points I preach to every competitor who will lend an ear. These are the parts of training, that I as a trainer can do little about. They have to do with your mental preparedness. Every opponent you meet will try to break you. However, if you win the mental war, your physical battles will be so much more simple.

"Racing is 90% mental, and only 10% physical." This does not mean that you can neglect you training and expect to win, but that even your daily regimen of riding and workouts will become ever so much easier with a properly prepared self-image and mental attitude.

--Jay Manthey (Coach)

p.s. training diaries current?

## TRAINING RACES

March 20	TT	Deer Creek	12 N
April 1	H	Pioneer Park	5:30pm
8	H	Pioneer Park	6pm
15	TT	Deer Creek	6pm
22	R	Jubilee	6pm
29	CH	Pioneer Park	6pm
May 6	TT	Pioneer Park	6pm
13	TT	Deer Creek	6pm

TT -- Time Trial  
H -- Handicap  
R -- Road Race  
CH -- Criterium Handicap

The 29-31 of May contains some of the best racing in the Midwest. The locations are Burlington and Muscatine Iowa, and Moline Illinois. Be sure to plan for this weekend. Hopefully, the bulletin will carry a bare-bones USCF schedule each month. However, there are more races than the few at right. For more information, and to discuss transportation, contact Jay Manthey.

ILLINOIS VALLEY WHEELM'N 1982 APPLICATION FOR MEMBERSHIP

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Renewal \_\_\_\_\_

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

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ILLINOIS VALLEY WHEELMEN RIDE SCHEDULE

APRIL 1982

LESIEGRIST RIDE CHAIRMAN

DATE TIME DESCRIPTION RIDE LEADER

Every Sat. 8:30 A.M. Meet at Washington Square for ride through countryside. RON ANDERSON

SUNDAY APRIL 4 8:30 A.M. Meet at Mossville Grade School (Clc Glens Rd) Ride to Chillicothe for snack at local restaurant and return to school FILL PERRY

SUNDAY APRIL 4 1:30 P.M. Meet at Pioneer Park Bank (Corner of University & Pioneer Parkway) 10 - 15 Easy Miles ANDY COWAN 693-2838

SATURDAY APRIL 10 8:30 A.M. Meet at Washington Square (Wash. Il.) Ride to Eureka, take snack break at restaurant. Then return to Washington. 25 Miles LESIEGRIST 444-4660

SUNDAY APRIL 11 1:30 P.M. Meet at Pioneer Park Bank. Liesurely 10-15 Miles ANDY COWAN 693-2838

SUNDAY APRIL 18 8:30 A.M. SPRING BREAKOUT RIDE Meet at Peoria County Courthouse. Ride to American Legion Hall 685-9348 JOHN WELLMOOD in Bartonville for Breakfast (cost \$ 2-3) 8 Miles Will have longer ride for those who want it.

APRIL 18 SUNDAY 1:30 P.M. Meet at Pioneer Park Bank Scenic 10-15 Miles ANDY COWAN 693-2838

SUNDAY APRIL 25 8:30 A.M. Meet at Metamora Courthouse (Metamora Il.) Have Pancake & Sausage Breakfast. All you can eat, around \$3 JACK WELGH Will Have 25 Mile after breakfast.. 387-6282

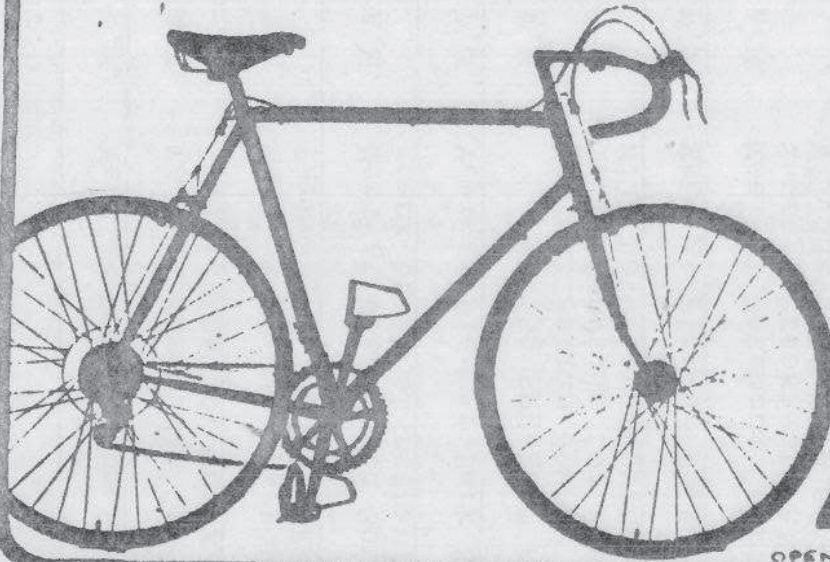
April 25 SUNDAY 1:30P.M. Meet at Pioneer Park Bank. Enjoyable 10-15 miles ANDY COWAN 693-2838

OUT OF TOWN RIDES  
 CHAMPAGNE SPRING CENTURY Ron Matuska 697-9009  
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 AURORA CENTURY  
 MORE INFORMATION IN NEXT NEWSLETTER

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