



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 444-4000

EDITOR: Sam Joslin 444-4278

MAY 1982

- P**resident's notes The President's New Year Resolutions, (four months late):
- 1) Remember to take cinder out of tire when installing new inner tube.
 - 2) Resist buying a tandem bicycle in 1982.
 - 3) Increase commuting to work to twice a week.
 - 4) Promote bicycle safety so that no injury occurs during an IVW sponsored event in 1982.
 - 5) Promote silver and red bicycles.
 - 6) Convince at least two more IVW members to attend the LAW convention in Dayton July 1 through the 5th.
 - 7) Make the proper choice between mowing the lawn and riding my bike; painting the house and riding my bike; and other non-rewarding activities and riding my bike.
 - 8) Convince my son's fiancée to change their wedding date so it doesn't conflict with the IVW metric ride.
 - 9) Sell two people on the hazards involved on riding on the wrong side of the road.
 - 10) I will not look down on people who ride recumbent bicycles.

--John Wellwood

April meeting is at Safetytown, 6518 N. Sheridan at 7:30 pm on April 22. Sam Joslin will talk about commuting to work using the bicycle, with emphasis on riding in traffic and preparing for night riding. Learn how to commit an act of utility by pedaling.

First there was the bike ride across Iowa. Then, bicycles spanned Missouri. Now there's Bicycle across Illinois, a week of cycling from Chicago to Alton, following the Illinois River. The ride, co-sponsored by the Chicago Area Bicycle Dealers Association and the Chicago Lung Association, takes place August 15-21. For more information -- John Binder, Chicago Lung Association, 1440 W. Washington, Chicago, Il. 60607. (312) 243-2000.

Fun and Frolic rides have begun. Andy Cowan gets a big hand for his interest and help to the club. The F²d rides are designed to help the novice rider learn about and ride the bike in the company of like-minded individuals. Check this month's ride schedule for Andy's rides.

Tips for the novice enthusiast. Several good books are now hitting the market--many aimed at the rider wishing to enhance his cycling enjoyment through a safer riding attitude. One I would recommend is The Complete Book of Bicycle Commuting by John S. Allen. It's a book for anyone who rides so don't let the title fool you. The best way to learn, of course, is to ride with experienced riders -- We have plenty of them. Here are a few guidelines:

- 1) Ride with traffic, not against it. According to the Department of Transportation, 14% of car-bicycle collisions occur when the cyclist is traveling against traffic. Only 4% of accidents involved cyclists being hit from behind. In other words, the wrong-way cyclist's chance of being hit by a car is more than three times that of the "go-with-the-flow" cyclist. Wrong-way cyclists argue they want to see the traffic in their lane, but they fail to see the danger in their position. When riding against traffic, the cyclist and driver are forced to pass each other, regardless of other traffic. Remember, bicyclists traveling with traffic do not have to be passed immediately. Drivers can wait until passing is safe. If vision is still a concern, try a helmet or glasses-mounted rear-view mirror. I use one all the time, to check traffic to the rear.
- 2) Be predictable. Ride a straight line in the traffic lane, not in and out of the parking lane. Keep eyes moving for car doors, turned wheels and pedestrians. Signal intentions and make all maneuvers efficiently and with confidence.
- 3) Use a helmet. Use a helmet. Use a helmet.

The scene is out of the Old West: A stage coach speeds along the base of a rocky system of bluffs, led by eight charging, rearing horses. The driver, looking suspiciously like General Lee, is attempting to reign in the beasts. And to the right of the lead horses -- a cyclist passing by. The oil painting was done by none other than Frederic Remington during 1900. Remington, it seems, was also a cyclist. Writing to a friend in 1897, he wrote, "I am riding bike--it's great fun. Everyone in America is riding bike. It makes the grease come out of a fellow and is the greatest thing to produce a thirst for beer..." Thanks to A. Cowan.

This is the season for bike-athons. Jerry Boutelle is looking for volunteers to help him with the May 15 Cancer Bike-athon. Volunteers would work three hour shifts as registrators and lap trackers. For more information call Jerry at 682-4178. Office phone is 685-5248.

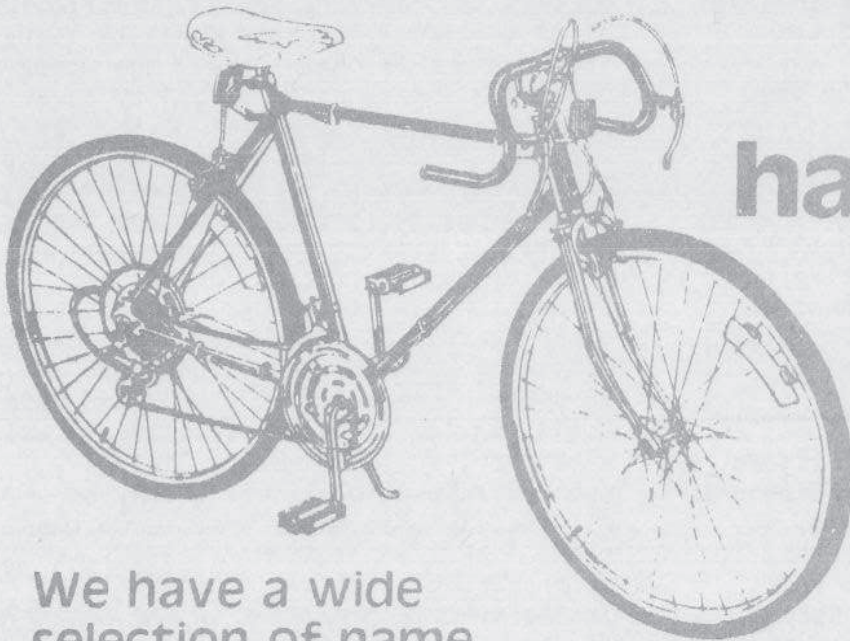
ODE to an Italian bicycle:
(in the key of B)
Kenny Beakler had a great bike,
Kenny Beckler, the road he did bite,
And all the mechanics
And all sundry cyclists,
Couldn't believe he had trashed
his bike.

A well-informed source tells our Rumor department that MX missiles are being deployed north of War Memorial Dr. from half-seats on the back of Schwinn Hollywoods. Sounds legit.

Rod Myers is looking good on his recumbent. That's the bike like a recliner without a TV -- so far.

An amendment to an old saying:
We have nothing to fear but fear itself -- and the weather, and the cinders. Wellwood just has to be responsible for April.

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ILLINOIS VALLEY WHEELM'N 1982 APPLICATION FOR MEMBERSHIP

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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
6518 N. Sheridan Rd. Family \$8.00
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How to use pulse rates. Four aspects of the heart rate are important to aerobic (with oxygen) exercises. These are the resting rate, or your pulse when you aren't doing anything; the maximum rate, which is the fastest your heart can beat without collapse; the training rate, or the rate your heart beats during exercise; and the recovery rate, which is a measure of how quickly your heart returns to normal after stress.

The recovery rate is considered by some experts to be the most important indicator of a healthy cardiovascular system; you are monitoring this rate when you check to see whether your pulse has gone below 120 bpm five minutes after exercise. By monitoring another heart rate, the training rate, you can check to see if you are training at the right pace.

There are many complex formulas for determining your ideal pulse rate during exercise; as a matter of fact, there is some disagreement among doctors over what the ideal rate is. But to get an approximate idea of the maximum training rate for you, simply subtract your age from 220. For example, if you are thirty-two, the maximum rate your heart should beat during exercise is 188 bpm. To determine your minimum training rate, subtract your age from 170. At age 32, the minimum rate your heart should beat during exercise is 138bpm. To see if you are exercising within your limits, stop running (insert coasting - ed.) and immediately count your pulse for six seconds. Add a zero to the total, and you will have an approximation of your heart rate per minute during exercise. (When you finish taking your pulse, either resume your exercise or begin warming down.) If your pulse is faster than the maximum for your age, then you should slow down until you have become more fit.

To take your pulse, use a watch with a second hand. Stop training and check your heartbeat either at your wrist or at your neck just below the angle of the jaw. Some authorities recommend taking a pulse for longer than six seconds, but heart rate declines so fast when exercise stops that six seconds is best. -Katheryn Lance, Running for Health, 1978. Submitted by Jay Manthey.

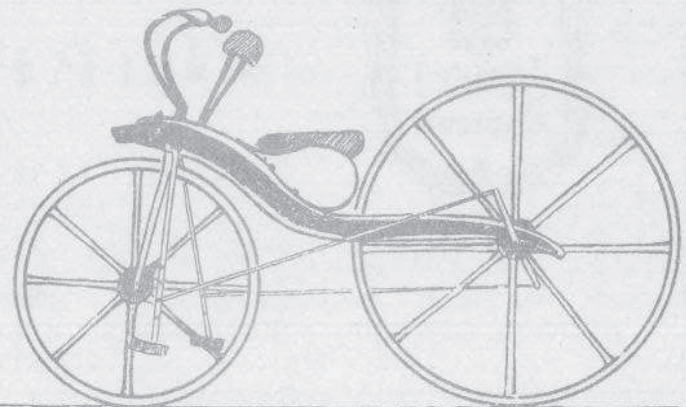
Where are all the Bicycle Commuters? Commuting means riding your bicycle to work. It takes a special commitment to do this type of riding. Mainly, it means getting up earlier to ride to work, but it's worth it. Do you realize that the birds are actually chirping at 7:00am? Traffic problems are virtually nonexistent. If you ride at the same time every day, the drivers expect to see you in the morning and wave as they pass. The motorists who share the road with you have only one concern - that is getting to work, unlike the sport drivers on Saturday afternoon, who try to run you off the road out of boredom.

The commuting traffic is heavy, so I advise routing your ride as nearly as possible on the less traveled side streets. I have been commuting to work for the last few years and as of yet have not had even a close call in mingling with the traffic mix.

One thing I would like to stress is the wearing of a helmet. I feel that the helmet identifies you as a "serious cyclist" and offers excellent protection in case of a spill. Another point I would like to make is to be sure that you complete your ride in daylight with bright clothing so the motorists have every opportunity to see you on the road.

If you must ride at night, please wear reflective clothing and cover your bike and body with lights if possible. When commuting it is important to obey all traffic laws, riding as closely as practicable to the right side of the road. Keep a close eye on road hazards (glass, potholes, etc.) and also on traffic pulling out from side streets. The ride to work is exhilarating, and is the perfect way to start out your day. Besides you don't have to feel guilty eating that danish with your morning coffee at the office.

--Diane Ziegler



MAY 1982

ILLINOIS VALLEY WHEELMEN RIDE SCHEDULE

LES SIEGRIST

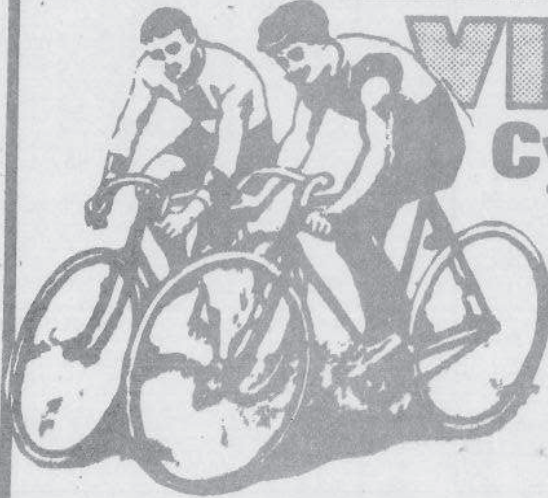
RIDE CHAIRMAN

DATE TIME

DESCRIPTION

RIDE LEADER

Every Sat.	8:30 a.m.	Meet at Washington Square for ride through country	Ron Anderson
Every Wed.	6:00 p.m.	Meet at PIZZA HUT (4749 N Sterling Ave. Peoria) Short ride	Ron Douglas
Every Wed.	6:30 p.m.	Meet at Washington Square (Washington, Il.) Short rides	Les Siegrist
SUNDAY APRIL 18	8:30 a.m.	SPRING BREAKOUT RIDE Meet at Peoria County Courthouse. Ride to American Legion Hall in Bartonville for breakfast (Cost \$2-3) 8 Miles. Will have longer ride for those who want it.	JOHN WELLMOOD 6859348
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 & SASSAGE Breakfast. All you can eat, around \$3 Will have 25 Mile ride after breakfast.	JACK WELCH 387-6282
SUNDAY APRIL 25	1:30 p.m.	Meet at Pioneer Park Bank Enjoyable 10-15 miles	ANDY COWAN 693-2838
SUNDAY MAY 2	7:30 a.m.	Meet at Pekin Mall for breakfast ride to Delavan. 30 Miles Cost \$2-3	
SUNDAY MAY 2	1:30 p.m.	Meet at WASHINGTON SQUARE (Washington Ill) Easy 10-15 miles	ANDY COWAN 693-2838
SAT. May 8	8:30 a.m.	Meet at Washington Square (Wash. Il.) Ride to Mackinaw and back, 40 Miles	LES SIEGRIST 444-4660
SUNDAY May 9	1:30 p.m.	Meet at CHARTER OAK SCHOOL (Out Big Hollow Rd. to Charter Oak Rd., go 1½ mile to Charter Oak Village, school on right.)	693-2838 ANDY COWAN
SUNDAY MAY 16	7:00 a.m.	PEORIA INN Grandview Park 15-50-75-100 miles Entry form will be mailed to all club members	BOB JONES 676-0166
SUNDAY MAY 16	1:30 p.m.	Meet at Glen Oak Park. Will ride out Grandview Drive Scenic 10-15 Miles.	ANDY COWAN 693-2838
SUNDAY MAY 23		McLean County Metric. Ash Park on College in Normal Il. It's right up the street from Vitesse Cycle. 10-48-62-100 Miles	RON MATUSKA 697-9009
SUNDAY MAY 23	1:30 p.m.	Meet at Washington Square (Wash. Il.) 10-15 Miles	ANDY COWAN 693-2838



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