



# 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

## SEPTEMBER 1982

**P**resident's notes...O.K. you newer bikers out there in the IVW, so you've somehow aquired a ten-speed, test ridden it and found that it goes, and ridden around the block a few times, stumbled onto a Ron Douglas Wed. night ride, or a Les Siegrist ride or especially an Andy Cowan Sunday afternoon F&F ride and things are getting pretty smooth by now. Your muscles are stronger and your weight is down?? and you and the bike are now on a friendly basis -- now what? Here's what-- On early Sunday morning, September 12, you'll be headed towards Springfield to an event called the Capitol City Century. For those of you who have ridden 15 or more miles, you will aim to ride the 25 mile loop. 50, 75, 100 loops are also available. The ride is flat and circles scenic Lake Springfield. Roads are lightly traveled and the food is plentiful. Sign up starts at 6:00 a.m. in front of B&J Coins in the Capitol City Shopping Center. This is in the southeast corner of Springfield. From Interstate 55 south, take Stephenson exit and turn right. The shopping center is right there. A massed start is planned for 7:00 a.m. This is the eighth of an increasingly popular central Illinois ride. IVW members have regularly attended this event. Let's make it a bigger and better turnout than ever. Ron Matuska (697-9009) will coordinate car pools. The club trailer is set up to hold 8 bicycles and can easily be pulled by any vehicle including mine-- J. Wellwood

**A**ugust Meeting takes place August 26 at 7:30 p.m. at Safetytown, 6518 N. Sheridan in Peoria. Two great cycling movies comprise the entertainment: a documentary of the 1981 Coors Classic; "The Peugeot Challenge" (obtained by Joe Russell of Russell's Cycle World) the doc. of John Marino's record breaking transcontinental ride the year previous to Lon Haldeman's number-crunching ride. Looks like Ron Anderson has assembled another good meeting.

**T**he popularity of Rod Myers' series of Tuesday night time trials continues to increase. The trials, starting at Caterpillar Mossville at 6:30 p.m., have nearly doubled their average nightly attendance during the past three sessions. For some reason, the trials are still struggling to attract the women and young riders in the club. However, this situation should surely change as our more liberated females will lose their fear of sweat, and the young get older.

### Mossville Time Trial Results

<u>July 20th</u>	
Jay Raupp	27:49
<u>July 27th</u>	
Brett Rickett	25:46
Jerry Boutelle	28:56
John Wellwood	27:15
Jim Wellwood	30:21
Mike O'Russa	31:22
Andy Danaph	flatted
Jay Raupp	25:50
<u>August 3rd</u>	
Phil England	29:10
Bill Stevens	32:30
Brett Rickett	24:28
Dave Julazadeh	27:01
Jerry Boutelle	28:25
Dan Briggs	29:22
<u>August 10</u>	
Jim Wellwood	30:34
Bill Stevens	31:21
Phil England	28:40
Jay Raupp	26:00
Konrad Linder	28:30

Brett Rickett now holds the course record at Mossville, with the time 24:28 recorded for the 10 mile course August 3rd.

**T**he Hilly Hundred registration forms will be out by early August. It's not too soon to plan to go. Dates this year are Oct. 16 and 17. The IVW is always well represented. Join us this year for a great time.



**The RM speaks:** The 1982 IVW picnic was super record fun. You're going to have to wait another year for the next if you missed it. This year we had great food, a variety of games, including pin the seat on the ordinary, and a dip in the lake to top off the evening. Your hosts Jeanie and Mark McMahon did a great job organizing the picnic. Hope to see you next year.

It looks like we are going to have to work up a long century ride next year if we want to visit one of our club members who is moving to the Kansas City, Kansas job market. It could have been things were getting too serious between (fill in appropriate blanks) and prompted the move.

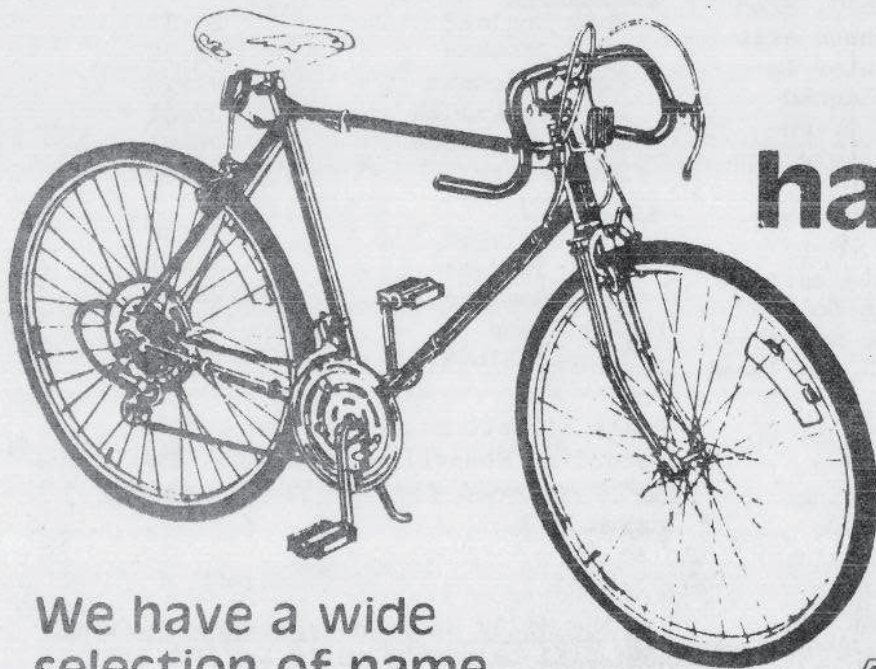
Lately we've had great turn-outs at the club time trials on Tuesday nights. Thanks for the support. Keep it up.

**From Mr. Myers:** Interest is mounting about the most beautiful century ride around -- the Apple Cider Century in Three Oaks Michigan. The second half of the century goes through beautiful Dunes State Park on Lake Michigan where you can watch the hang gliders sail off the dunes into the lake. For those of you who would like to go up the night before, (which is better than getting up at 1:00 a.m.) We are meeting at McDonalds at 3:00 in Washington, Il. for car pooling. Sleeping bag space is available on a first come basis at the High School. Also free camping available. For more info (deadline Aug 31st or 3500 members) call Rod Myers 692-2975.

Brett Rickett won his first race, only after a hotly contended run-off in Richton Park, August 1.

## Report Treasurer s

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(From the Aug. 1, 1982 issue of the Sunday Herald, Roanoke Rapids, N.C.)

By MARK KELLY

"We're really sold on America because of the wonderful people we've met."

Those are not the words of a visitor from a foreign country. The speaker is a 32-year old high school math teacher from Cincinnati, Ohio who had just travelled 3,800 miles through 12 states to arrive in Roanoke Rapids late Friday afternoon.

Not so amazing really, but Nancy Ziegler and her sister Diane, a 30-year old from Peoria, Ill., didn't do it by car or jet. They went on bicycles, for crying out loud!

Ten speed bicycles, laden with panniers (those are the bags that straddle the rear wheel) and handlebar packs, each festooned with miniature American flags.

"I'm not 'yay yay, rah-rah' for America, but this is a great country," Nancy says. "We've basically gone through small towns and the people have been so gracious to us, giving us free meals and places to stay when we've been desperate."

Diane, who took two months off from her job in an attorney's office in Peoria, calls the trip "the grand tour," adding that both she and her sister have taken smaller trips in previous years.

The Zieglers flew to Portland, Ore., biked to the coast at Cape Lookout, Ore. and

headed east on June 15. For six and half weeks they pedaled, averaging 80 miles per day in the mountainous regions and 100 miles per day on the flats.

They say they've never taken a day off either, even when it was "freezing cold and raining" as they came out of Yellowstone National Park. Their destinations were carefully plotted before the trip, but only twice have they stayed in the towns on the itinerary. Mostly they've played it by ear.

Each carries a tent and one change of clothes, a cook stove, some pots and pans and basic tools for the road. Nancy does most of the work on the bikes because Diane doesn't like to do it and readily admits it.

The two women will go to Nags Head or Kitty Hawk via U.S. 158 after leaving here. At least that's what they've tentatively planned. Originally they were going to the coast of Delaware through Washington, D.C. Then it was changed to Virginia Beach, Va. until they saw the conglomerate of highways leading in and decided there would be too much traffic.

Regardless of where they end up, the Zieglers' "once in a lifetime trip" will conclude with a plane flight home and a return to the more sedate working life

## Racing report

5 JUNE, '82 - GALESBURG, IL.

RAILROAD DAYS CRITERIUM - Brett Rickett and Scott Weimer tried to help themselves to a portion of \$5,000 cash prizes, but a couple hundred other competitors had the same idea and thwarted their efforts. Jim R. and Steve M. served as officials as Jay M. helped as a co-announcer.

6 JUNE, '82 - SPRINGFIELD, IL.

Brett was a moving force in the breakaway and came up with a fifth place on this 1 mile course with a ¼ mi. climb to the finish. Scott found the course was a little faster than he anticipated. Jim R. assisted referee Rich Weiss.

26 JUNE, '82 - LEROY, IL.

Jay Manthey and Scott Weimer didn't quite handle the pace, Brett had a poor start and Sean Leman crashed while warming up but Jerry Lis hung in there to capture 10th place in the final rush to the line. Jim R. & Steve M. assisted refereeing.

27 JUNE, '82 - CHAMPAIGN, IL.

Brett and Jerry find the pace very fast. Brett managed an 8th place.

4 JULY, '82 - EVANSVILLE, IN.

Sean Leman helped form the break, but with only 7 miles to go hits a rather unexpected pothole, jamming his chain. After repairing the problem, Sean started his chase. He closed the gap to less than ¼ lap when he misjudged a wheel, causing him a spectacular spill in front of the crowds at the start-finish line. He is recovering well. Let's all wish Sean better luck for future races.

5 JULY, '82 - WARRENSBURG, IL.

Mike Gray finishes with a respectable 14th, Scott Weimer with a 19th, but Brett gets the prize for the fastest junior rider and 7th overall in the senior & junior event. Jay M. & Jim R. officiated at this well organized road race in the middle of this flat farming community. This was Mike's first USCF race with the juniors and Scott's best finish of the year in the senior ranks.

THURSDAY NIGHT TRAINING RACE CALENDAR  
HELD EVERY THURSDAY, 6:30 P.M. AT  
PICNEER PARK APPLIANCE DISTRIBUTORS

## THURSDAY TRAINING RACES

10 JUNE - The race was called because Jay took to the pavement in a nasty spill.

- |                  |                  |
|------------------|------------------|
| 1. Brett Rickett | 3. Jim Roberts   |
| 2. Jay Manthey   | 4. Steve Meisner |

1 JULY - Brett shows a little of his stuff and Steve Meisner and Dave Kemmerer fight it out for 2nd. Dave, it's good to see you!



# Training for a century

**SUTER HUDSON**  
Lancaster Bicycle Club  
Lancaster, Pennsylvania

By following this schedule and these tips, you can complete the metric century fairly easily. You will enjoy your ride and will be ready to move on to longer distances, possibly a full, 100-mile century. Just follow a similar program of increasing your weekly mileage. Body conditioning is lost fairly rapidly during periods of abstinence from riding, so keep at it to maintain your fitness level.

## National Century Month

National Century Month—already? No, actually it is not until September, but to have a successful event, your club's planning should get under way now.

And if you as an individual want to do a challenging full, half, quarter or metric century, you'll want to plan ahead so you'll be in shape.

September is the month when thousands of cyclists across the country ride 100



miles in under 12 hours, 50 miles in under 6 hours, 25 miles in under 3 hours, or 100 kilometers (62 miles) in under 7.5 hours.

Why is it necessary for a club to plan so far ahead? If you want to attract cyclists from other towns, you should list the National Century in *American Wheelmen's* Cycling Calendar, and believe it or not, the deadline for September listings is July 1! Use the Cycling Calendar information form found in each issue of the magazine, and provide as much of the asked-for information as possible. Really it's good planning anyway to have your fees, starting place, dates and other information for a calendar listing decided by the end of June.

Last September about 14,000 L.A.W. National Century, quarter, half and metric century patches were awarded to cyclists who completed a distance within the specified time. About 160 clubs participated. Cyclists unable to participate in a club-sponsored National Century Month event can earn their patches individually and order them directly from the League headquarters in Baltimore (\$1.25 postpaid).

Whatever your cycling abilities, proper conditioning will help make your first century more enjoyable. It is just not good sense, physiologically or psychologically, to undertake a century without conditioning yourself over a long period of time by riding increasingly long rides. Assuming you are in good health and have been riding 10 to 15 miles or less per week, a good five-month training program for a metric century (62 miles) might look like this:

First month—Increase your weekly mileage to 30 miles per week. Build up until you are riding three 10-mile rides in a week's time by the end of the month.

Second month—Increase your weekly mileage to 40 miles and by the end of the month plan to ride at least 20 miles in one day.

Third month—Increase weekly mileage to 50 miles and ride at least one 30-mile ride in one day by the end of the month.

Fourth month—Increase weekly mileage to 70 miles and ride at least one 50-mile ride in one day by the end of the month.

Last two weeks before the metric century—Plan to take two 40- to 50-mile, one-day rides. Plan to rest (no long or hard rides) five or six days before the century. This is a good time to make sure your bike is in good mechanical condition.

As you go through this program of conditioning, keep in mind that you should:

1. Use your gears to keep crank revolutions per minute (rpm) up to 80 or 90, shifting down as necessary to maintain this spin rate. It is more efficient than a slow rpm with high pedal pressure.
2. Pace yourself by riding at a steady, comfortable pace. 10 to 12 mph will get you through 62 miles in about six hours. Do not try to keep up with cyclists of more developed abilities. You will tire out, and this will make the last few miles difficult, possibly more than you can imagine.
3. Drink frequently before you become thirsty, especially if the weather is warm. Water is probably the best fluid.
4. Eat high carbohydrate snacks in small quantities while riding but do not stuff yourself all at once (possibly causing cramping or nausea). Fruit and fruit juices are good sources of quick energy carbs.

This information courtesy of the League of American Wheelmen, the national organization of touring cyclists.



**LEAD-OUT:** An intentional sacrificing tactic in which one rider sprints to give a head start or advantage to the rider on his wheel. That rider then comes around the lead rider at even a faster speed.

**OMNIUM:** A group of several events at a track meet.

**PACE LINE:** A single file of riders who take turns riding in the front.

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**HONKING:** To stand up and pedal; especially used in hill climbing.

**KICK:** A final burst of speed which provides the main acceleration for a sprint.

**Definitions**  
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**HANG IN:** To stay with a group of riders but not take a turn at the front.

**HEAT:** A preliminary event that qualifies competitors for the main race.

**JAMMING:** Also called HAMMERING: Very strenuous pedaling.

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**THE BONK:** When a racer completely runs out of energy. Also known as "hitting the wall." Most riders "bonk" on long, mountainous road races.

**BOXING:** When a team works together to encircle a rider or riders so they can't get by.

**BREAKAWAY:** A rider or group of riders ahead of the main bunch.

**SN P:** Quick acceleration used in the jump.

**SPRINT:** Both a specific 1000 meter event on the track and the finish of a road race.

**SQUIRELLY:** An unstable rider. A front tire that's loose. Generally, a nervous rider.





# Application

## 9th Annual Apple Cider Century

SEPTEMBER 26, 1982

PREVIOUS ACC RIDES ATTENDED (CIRCLE) 74 75 76 77 78 79 80 81 none

### ACC T-SHIRT

Indicate the size and number of T-shirts desired  
in the box opposite the rider's name.

LEAVE BLANK	NAMES (PLEASE PRINT)	SIGNATURE OF RIDERS *	YOUTH			ADULT				
			S	M	L	S	M	L	XL	

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ DATE \_\_\_\_\_

**RELEASE OF ORGANIZERS AND SPONSORS:** In signing this form for myself\* or the above named participant (if he or she is under 18), I understand and agree to absolve all of the sponsors and organizers, be they individuals or organizations singly and collectively of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in the APPLE CIDER CENTURY or in any of the activities associated with said event.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_  
(If participant(s) above are under 18)

Name of Responsible Adult \_\_\_\_\_  
(If participant is under 13 and not accompanied by cycling parent)

**NO LATE REGISTRATION (AFTER AUGUST 31 OR 3500 ENTRIES)**

**EACH X NUMBER = TOTAL**

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SEPTEMBER 1982 ILLINOIS VALLEY WHEELM'N RIDE SCHEDULE \*\* LES SIEGRIST, RIDE CHAIRM'N 444-4660

Every Sat. 8:30 a.m. Meet at Washington Square for ride through country Ron Anderson 444-2018

Every Wed. 6:00 p.m. Meet at Pizza Works @ 3921 N. Prospect, short ride Ron Douglas 674-3454  
 6:30 p.m. Meet at Washington Square (Washington) short ride Les Siegrist \*\*

SUNDAY 8:30 a.m. Meet at Peoria County Courthouse, ride to Tremont (Emerald City) and return on Yellow Brick Road. 30 miles \*\*  
 AUG 29

SUNDAY 1:30 p.m. F&F RIDE. Meet at Washington Square for easy 15 mile ride in tremendously terrific Tazewell County. Whizz. Andy Cowan 693-2838  
 AUG 29

SUNDAY CHICKEN RIDE TO CHILLICOTHE  
 SEPT 5 Ride begins from either of two locations. Our annual ride has its origins with the original Peoria Bicycle Club in the 1890's. The ride became the focal point for the PBC after it formally dissolved in 1900 and became (more or less) a "last man" group. Lunch & Sag service

9:00 a.m. Peoria Courthouse. 40 miles John Wellwood  
 10:00 a.m. Mossville Grade School. 20 miles 685-9348

SUNDAY 8:30 a.m. Start at Pekin Insurance (Pekin, Il.) for uplifting ride to Morton and back. 30 miles. \*\*  
 SEPT 12

SUNDAY 1:30 p.m. F&F RIDE. Meet at Washington Square for leisurely 15-20 mile ride through earth-like Central Illinois Sam Joslin 444-4278  
 SEPT 12

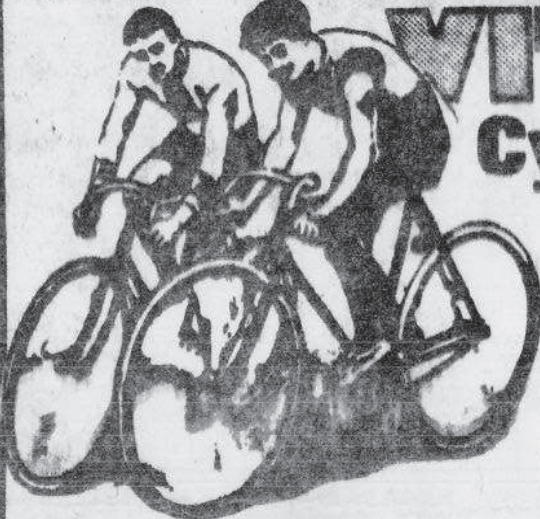
SUNDAY OUT-OF-TOWN RIDE FOR LIKE-MINDED RIDERS... SPRINGFIELD CENTURY  
 SEPT 12 Registration. Meet at Capital City Shopping Center - off Stevenson Dr. John Wellwood  
 7:00 a.m. Start of ride. 25-50-75-100 miles 695-9348

SUNDAY 8:00 a.m. Meet at Washington Square for exhilarating experiment in esprit de corps. To Eureka for breakfast at American Legion Hall (\$) 18 miles \*\*  
 SEPT 19

SUNDAY 8:30 a.m. Meet at Limestone High School (Bartonville, Il.) Ride to Canton and back. 50 miles. Sag service \*\*  
 SEPT 26

F&F rides are neither fast and furious, nor fairly flatout. These are new rides for new riders. Where's the annual run to Katmandu? Call Les Siegrist to find out.






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