



# Illinois Valley



# Wheelmen

6518 n. Sheridan Rd. - Peoria, Il. 61614

President • Diane Ziegler	688-8993
Vice Pres • Bob Jones	677-0166
Treasurer • June Cowan	<del>682-0861</del> 693-2838
Secretary • Joan Wellwood	685-9348

## PRESIDENT'S NOTES:

In April the IVW will try to focus on commuting to work. I have been commuting for the past five years now and I really enjoy the early morning ride. The extra miles during the week really make a difference in your riding ability. You learn quickly to control your riding, ride a straight line and how to handle traffic around you. I commute seasonally, usually starting March 1 and ending when we switch the time in the fall. The winter hiatus also make me real excited about riding again in the spring.

I thought Ms. Dunn gave a splendid presentation on sports fitness at the last meeting. She spoke to us in words a common person can understand, but still was technical enough to answer specific questions. Our program in March will be on photography by a Journal Star photographer. I have a lot to learn, remember some of those slides from the Trans Am - and those were the good ones.

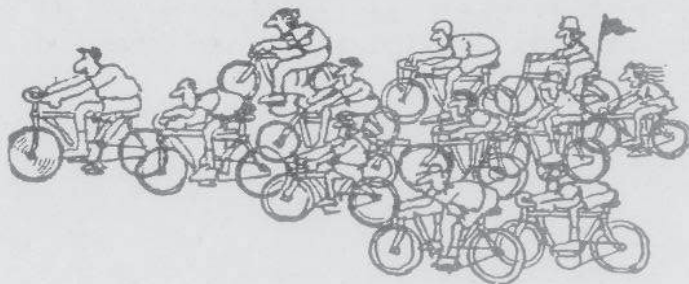
The IVW riding program is off to a good start with our early Illinois spring. The Illinois Valley Wheelmen has some of the finest cyclists in the country as members. If you are interested in learning how to ride effectively and efficiently, come to our rides, watch the other riders as you ride and observe their riding techniques. In future issues of the newsletter I hope to publish some riding tips for beginners. Ride your bike frequently. The more you ride the easier it becomes.

Continued:



Ever had a tire that wouldn't pop up on the rim evenly when you inflate it? This generally happens with cheaper tires. To solve this; deflate the tire, pinch the tire away from the rim, spray WD-40 on the tire bead in the areas where the tire won't seat right, in flate tire, repaet several times. If this doesn't work, use a tire seating tool or take it to a shop that has one. (Make sure you keep the WD-40 off the outside of the rim).

Editors note: This will become a regular column in the newsletter, starting with this issue. Be sure to save your newsletter when you need to remember these repair tips from Jack.



## DAY IN THE LIFE OF A COMMUTER:

My clock rings at 6:30 a.m. and I jump out of bed, put on my riding clothes, carefully fold my dress and place it every so gently in my packs, reset the odometer on my bike and out the door I go. My route takes me down Rt. 29 North of Peoria, with the grates and traffic and potholes to keeping me alert. The birds are chirping over the sound of the traffic, the sun is glowing over the river flowing under the bridge. My turns are all carefully signaled, my clothing bright so traffic has no trouble seeing me. In my rearview mirror I can see the big trucks and little economy cars pull out into the other lane and drive around me. Once in town I ride up a block to Madison St., I can relax a bit, there usually is no traffic here, until I have to drop down and ride back on Jefferson St. around the bus garage, then I turn up Abington to Monroe (I have to be careful about the Woodruff H.S. traffic, those kids never watch where they are going). The ride down Monroe Street to downtown is easy now with the stoplight on Spring Street. I take Monroe all the way to Hamilton and turn toward the river. Now that I am downtown, it's kind of fun to ride along with the traffic to Washington Street, then the trick is to ride between the Caterpillar people crossing the street, "excuse me folks, please let me through before the cars come." I gear down a little in advance before I enter the parking deck and making sure no cars are going to run me over on the up ramps and I ride to the second level of the parking deck and lock my bike with my Kryptonite U-Bolt lock to the guard railing along the ramps, out of the way of all the parked cars. I then remove my packs, water bottle and pump from the bike (I don't trust the Peoria thieves). I then go into the building, downstairs to the fitness center and shower and dress for work. After the day's end, I jump back into my riding clothes, unlock the bike, pack it up and cruise home on the same route I came to work on. Commuting to work brightens my day on the way in and relieves me of all the afterwork tension on the way home. I just love it!

*Diane*

# Bike Shop Directory:

## Greater Peoria Area Bicycle Dealers:

Adams Street Bicycle.....	637-3243
Bellevue Bicycle.....	673-2734
Bicycle Centre.....	698-7004
Brown's Sporting Goods.....	673-4561
(3 locations) 688-0435..	688-8211
Floyd's Hardware,Bikes.....	699-4615
Illinois Cycle.....	346-2816... 692-1656
Klein's Bicycle Shop.....	694-1755
Peddler's Palace.....	674-7724
Peoria Bicycle Supply.....	686-1895
Mobility Incorporated.....	263-2898
Russell's Cycle World.....	444-2098
Vitesse Cycle Shop.....	682-8777
Jack Welch Bike Shop.....	687-6282

## Classified Advertising

Motobecane Nomad 19" \$ 125.00  
John Wellwood 685-9348

BMX Se 20" racing bike \$200.00  
after 5, John 691-8433

This space FREE to members wanting to  
sell some junk/jem !!! call editor.

## The Magnificent Miles of Illinois

SOME REALLY GOOD READING!!!

The First official "GOOD TIMES" guide to Northern, Western, Southern, & Central Ill. This is actually 4 booklets, each explains the points of interest & list the camp grounds in that area of the state. Also included with the booklets is a calendar of events by date, showing what special things are happening throughout the state. Best of all, they are FREE!

Write to:

Illinois Travel Information Center  
208 N. Michigan Ave.  
Chicago, IL 60601

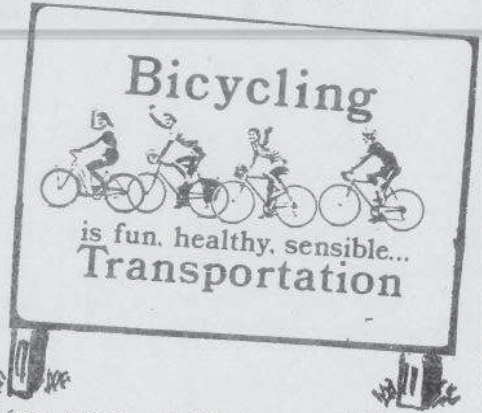
This is part of the Magnificent Miles of Ill.

# SPORTS PHOTOS

March 24th regular membership meeting. The program will be Sports Photography, by Linda Henson, staff photographer with the Journal Star. Be sure to bring your camera and or your past results with the camera...

## Commuting ~ Work ~ Home ~ Work

April 28th Meeting will be on Commuting. There is SO MUCH we can learn to improve our idea of commuting. Also be prepared to share your experience in commuting to work, etc. Please call program chairman, Betty Harper with some tips on what you have done commuting. Hm 682-9092 Wk 692-1931, Call her now!!!



The LEAGUE OF AMERICAN WHEELMEN has requested that each club fill two positions, one being L.A.W. Club Rep. (Ron Matuska) and an L.A.W. Touring Information Contact [TIC] (Jack Welch). The Club Rep. will act as a liason with our club and the L.A.W. and the TIC will provide information for use by touring cyclists visiting our area. Thanks guys for volunteering.

- Welcome to the NEW members...
- |                         |             |
|-------------------------|-------------|
| Karen Rose              | Creve Coeur |
| Mike Hagerty            | Armington   |
| Tom Fiorentino & family | Hanna City  |
| Nancy Ziegler           | Cincinnati  |
| Kevin Carrigan          | Peoria      |
| Jewel Moyers            | Hanna City  |
| Pat Butler & family     | Peoria      |
| Ron Chandler            | Peoria      |
| Dan Briggs              | East Peoria |
| Sally Eakle             | Peoria      |
| Ron & Cindy Johnson     | Peoria      |
| Gene Martin & family    | Dunlap      |

The IVW has a new secretary, hooray! JOAN WELLWOOD has volunteered to take over the duties of secretary. I feel very good now that all the positions are filled on the Executive Committee. Thanks so much.

We still need a chairman for the Metric Century in August - any volunteers?

# pedal-in...

9th Annual Pedal-In Sunday May 22, 83

Your "Pedal-In" application is enclosed, get this filled out and returned to:  
Dennis Tresenriter  
#7 Norman St. RR# 1  
Pekin, IL. 61554



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

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

Renewal \_\_\_\_\_

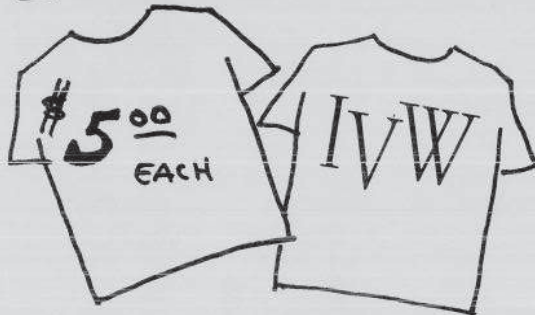
Bicycling Interests: Short, slow-pace \_\_\_\_\_ Saturday rides \_\_\_\_\_  
Local Sunday a.m. rides \_\_\_\_\_ Weekend tours \_\_\_\_\_ Racing \_\_\_\_\_  
Other \_\_\_\_\_

Mail Application and dues to:	Illinois Valley Wheelm'n 6518 N. Sheridan Road Peoria, Illinois 61614	Individual \$8.00 Family \$10.00
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# for rent!

This space for rent...**AND MORE**.....  
Advertising space will be available for items of interest to bikers. This space is 3¼"high x 3½ wide . I will help make your material fit this space & be effective. Please call for more information, editor Ken Kiley 691-8433.

# T-shirts



Bring \$5 & go home with a nice NEW, T-shirt. Dark blue on light blue.. or call Bob Jones 676-0166

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**Wheelmen**  
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# RIDES

## APRIL SCHEDULE:

- April 3/8:30 Peoria Court House show & go....
- April 10/8:30 Breakout Ride Peoria Court House to Bartonville & back. Eat @ American Legion, Bartonville...
- April 17/8:30 Metamora, American Legion Post, NE corner of Square. All you can eat, pancake & sausage, then 25 mi ride...
- April 24/8:30 Meet @ Sterling Plaza, ride to Jubilee Pk. & back...  
(Ride Chairman Jack Welch, 387-6282)

## ANDY'S (Cowan) ADDED ATTRACTIONS:

- April 3/1:30 Meet @ Bradley Pk-12 mi. Easter Sundy, give a good egg a break. ( this is easy conditioning...)
- April 10/1:30 Charteroak Village School An invigorating ride to Jubilee Pk. 18 mi....
- April 17/1:30 Pioneer Park Bank, 15 mi, Through Alta & around...
- April 24/1:30 Washington on the Square, Spinning 18 mi. Deek Creek..

( Note: Andy's rides are EASY GOING ! )  
Andy Cowan 682-0861

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U.S. Postage  
PAID  
Permit no. 310  
Peoria, Il. 61601

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ANDERSON, Ron & Family  
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Washington, IL  
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