



# Illinois Valley



# Wheelmen

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

.....  
 President.. Diane Ziegler...688-8993  
 Vice Pres.. Bob Jones.....677-0166  
 Treasurer.. June Cowan.....682-0861  
 Secretary.. Joan Wellwood...685-9348  
 .....

### PRESIDENT'S MESSAGE:

Thanks go to Linda Henson, Journal Star photographer and her fine presentation.

April is the month when the centuries start in full force. We are lucky living in Central Illinois because so many surrounding bike clubs put on centuries and metric centuries. Organized rides allow you to be able to ride in different parts of the country without getting lost. Usually you are fed and you ride through some of the most scenic areas of the midwest.

*Continued* →

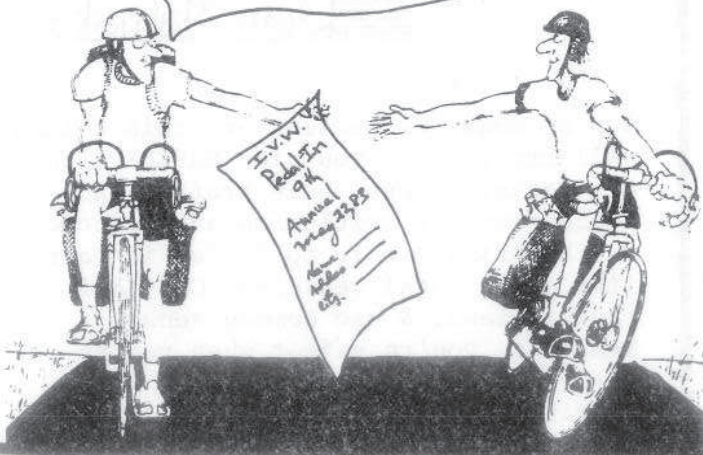
These rides will help you get in condition to ride the IW Pedal-In, May 22. This is the IW's annual spring century. Also offered are 25 and 50 mile routes to complement the 100 mi. route.

Do plan to attend many of our club rides this year. In doing so you can see for yourself the special comradarie that exists among bicyclists.

The rain in March has put a damper on commuting to work. I finally gave up and started riding in the rain, it isn't so bad if you can shower the mud off before going to work. Not meaning to be a prophet of doom, but I understand that if it rains on Palm Sunday it will rain for the next seven Sundays. I always hope this doesn't come true, perhaps this year will prove this old adage wrong.

*Continued page\* 2*

Got your "PEDAL-IN" application sent in?  
Do it NOW!



Make check payable to: Illinois Valley Wheelmen

Mail to: Dennis Tresenriter

7 Norman St. RR#1

Pekin, Il. 61554

309/387-6617

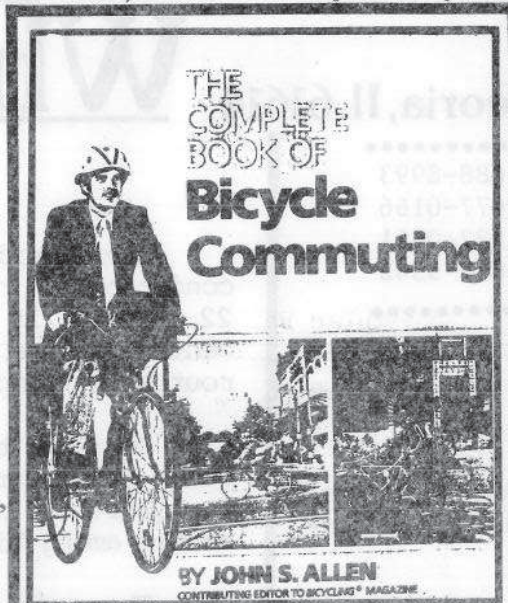
Remember, 100 & 50 mile \$5.00 in advance  
 (after May 15) \$6.00  
 25 mile ride \$4.00 anytime

Starting time 7:00 - 9:00 am  
 Field Shopping Center, with ride map,  
 patch, sag service, (food stops 50,100)



# Bicycle Commuting: April 28th

- ① Wear brightly colored clothing. ② Wear a helmet. ③ Wear riding shoes, or suitable shoes (no high heels or slick soles).
- ④ Wear riding gloves to brush off glass or cinders from your tires & prevent skinned palms in case of a crash. ⑤ Ride a smooth straight line, use a "rock dodging" technique for riding around pot holes & watch those grates.
- ⑥ Signal ALL turns & movements in traffic, be predictable. Catch the eye of the motorist at intersections so they know your intentions. ⑦ Be alert to all sounds surrounding you, i.e., dogs, cars, sirens, etc.
- ⑧ Watch the cars parked along the curb, they may pull out in front of you or open their car door in your path. ⑨ Use lightly-traveled side streets when possible. ⑩ Obey traffic laws & signals. ⑪ Use a rearview mirror to reflect the traffic behind you, so you will be able to see if the vehicles pull out & give you room.
- ⑫ Use rear packs to carry your belongings as a handle-bar bag affects your steering capability & commuting is a time when you need quick, responsive steering. ⑬ Be polite to the motorists even if they are not to you. ⑭ Always LOCK your bike well & remove all accessories when parked.
- ⑮ Have your I.D. engraved on your bike & know the serial number of the bike. ⑯ Wear glasses or goggles to prevent eye injury due to flying rocks. ⑰ Carry a patch kit, spare tube & pump in case of a flat tire.
- ⑱ Fenders keep the dirty & wet road stuff off your body & packs. ⑲ Pack all the gear in plastic bags in case it rains on the way. ⑳ If there is a designated area to park bikes, use it. Otherwise park them in an out-of-the-way place.
- ㉑ But also remember to enjoy yourself on the ride as this is like a bonus ride. Know that your fellow workers MUST envy you or maybe think that your NUTS.



"A really GOOD BOOK !!!!  
 The Complete Book of Bicycle Commuting "  
 By John S. Allen, & published by Rodale Press  
 This book sells for \$9.95, & gives many good tips and also demonstrates in photos & diagrams. It covers all the many skills needed to cycle in traffic.

Diane-

Our April program will be on commuting to work. We have a video tape on commuting put out by the Environmental Protection Agency of the U.S. Government. The League of American Wheelmen have endorsed this program. It depicts commuting in a realistic and informative manner. Along with the video we will try to hold an open rap session on commuting, perhaps answering your questions on the methods we commuters use.

*Diane L.*

## on the road

*Ron Matuska*

In the next few newsletters this column will try to help you ride SAFELY alone, with other bikers, & in traffic. Any suggestions or criticisms are welcome.

The primary rule to follow is - act like other legal vehicles. Obey all traffic laws, & use common sense. Remember, you're safest when you're able to blend in with other vehicles. Go With The Flow.....

Ron Matuska ,697-9009



# WELLWOOD'S - J&J

May 26<sup>th</sup>

Program



May 26, 7:30 program will be by our own John & Joan Wellwood. They will be giving a slide show on their TO GIR ride 1982 through Iowa. TO GIR is broken into two separate weeks, for "83" it will be July 9-15 & July 16-22

June will be a SPECIAL program on the Bloomington (PACRAG) coming Sept 3,4,5,,83

July program will be a PICNIC, at Fondulac Park East Peoria, near the elementary school. This will be a filling program you will not want to miss.

Welcome to NEW member:  
Chris Berg, 150 n. Capitol  
Pekin, IL 61554

TREASURER'S REPORT:  
Mar 25 balance \$493.31  
Income..... \$133.00  
Expences..... \$ 27.80  
Balance Apr 7. \$590.51

Up-Coming Out of Town  
Rides, Rides, Rides, Rides...

- 4/17 Urbana
- Prarie Spring Century
- 4/24 Lincoln
- K. Alrutz Memorial Metric
- 5/1 Danville
- May Days Metric Century
- 5/7 DeKalb
- DeKalb "Windy" 60
- 5/15 Normal
- Spring Metric Century
- 5/22 Morton
- IVW Pedal-In

See I.A.W. American Wheelmen magazine for details



## A WHEEL OF A DEAL

For as little as \$18, the League of American Wheelmen brings you a world of cycling at your door. As a member of the oldest, most active bicycling organization in the country, you'll enjoy: 12 information-packed issues of "American Wheelmen" magazine with its in-depth cycling events calendar • A Directory of Members and Services • touring information • national legislative support • discounts and more! JOIN TODAY.

Yes, I'd like to take advantage of this "wheel of a deal."

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Memberships:  Family—\$24  Individual—\$18

Check or money order enclosed.

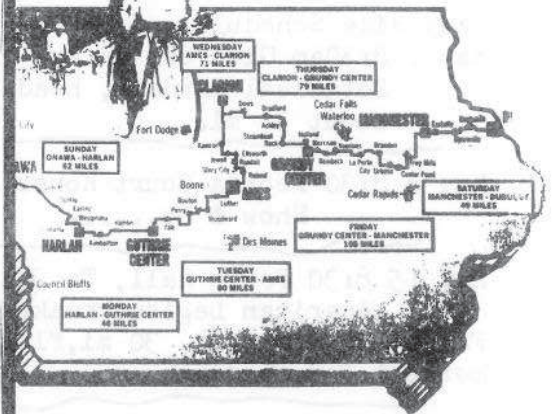
Charge:  Master Card  VISA

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

**League of American Wheelmen**  
P.O. Box 988, Baltimore, MD 21203  
301-727-2022

RAGBRAI 11  
July 24-30, 83



The Des Moines Register annual ride across Iowa will be coming at the end of July.

Anyone going on the ride that might have room for a rider over to Iowa? If so, please contact Jerry or Alan Eisele @ 5625 N. Monterey Ct 692-4091, Alan needs a ride.....

Tour Israel  
by Bike



The way to go  
or Call  
(414) 437-2139

Sept 16-Oct 3

for information  
Kip Detry  
484 Collette Av.  
Green Bay, Wis.  
54304

18 Days





# RACE ACROSS AMERICA



## RAAM BULLETIN:

Watch the ABC Wide World of Sports for last years race. The race will be shown in two parts.  
 Part #1 Sunday April 17  
 Part #2 Saturday " 23  
 Check newspaper for time. Be sure to watch/tell others to watch.  
 Write to: ABC Sports  
 1330 Avenue of the Americas  
 New York, NY 10019  
 Thank Them for the Really BIG SHOW !!!!

# RIDES

- May Ride Schedule:  
 May 1 8:30am Glen Oak Park Botanical Gardens, head NW about 30 mi.
- 
- May 8 8:30 Peoria Court House, Show & Go.....
- 
- May 15 8:30 Pekin Mall, To Delevan American Legion, breakfast. Family tandem ride, 30 mi, flat & perfect for tandems.
- 
- May 22 PEDAL-In Morton, Field Shopping center/25/50/100 mi
- 
- May 29 8:30 Pekin, Il Pekin Farmers Ins. co. Ride to Makinaw, 30-50 mi.
- 
- May 30 8:30 Morton, Il Freedom Hall, corner rt 98 & Detroit Ave, to Eureka, 30-50 mi.

Every Saturday 8:30 am Washington Sq. Year-round, weather permitting. This is 15-50 mi. Brisk Pace.

Every Wednesday 6:00pm (starting, May) Barnicle Billy's , end of Poplar Ln. Washington Square 6:30 , direction to be decided then.

Pekin, Il. Mineral Spgs Pk Pool direction/distance to be decided

ANDY'S Easy Going Added Attractions  
 May 1 1:30 Charter Oak School May Day Ride, 15 mi.

May 8th Washington Square 1:30 Flat-land ride Through PIK Country 15-20 mi

May 15th Pioneer Pk Bank lot. Direction & distance to be decided

May 29th Charter Oak School Easy "FUN RIDE", 15

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
8—Mother's Day 21—Armed Forces Day 30—Memorial Day						

Rides Chairman:  
 Jack Welch 387-6282

# Buying a Bike?

Be sure to PATRONIZE our advertisers. They are helping to sponsor the activities of the I.V.W. Let them know that you are a member & you do appreciate their help.....





All Styles  
and  
All Makes

# JACK'S BICYCLE REPAIR



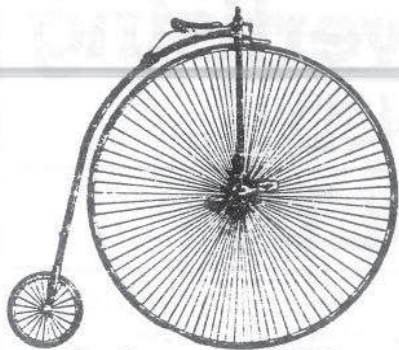
Parkview Ct.  
Northern Oaks  
RR#1 Pekin  
387-6282



Parts and Service

Membership Roster  
Compliments of  
Jack Welch





Ordinary, 1870

# Illinois Valley Wheelmen

Ph.....

Name.....

Address.....Renewal...New...

City.....Zip.....

Bicycling Interests: Short,slow-pace.....

Saturday rides,am....pm....

Sunday rides,am....pm....

Week-end tours.....

Other.....

\$8 Individual

\$10 Family



Everyone, at some point in their life has wondered about ball bearings. Here then, is everything you ever wanted to know, (and then some). Ball bearings are made from chrome steel, stainless steel, brass & aluminum bronze. The majority are made from chrome steel (more about chrome steel later). All grades are ground from the same steel. The grading is done solely on dimensional accuracy. Here is a list of the grades of chrome steel loose balls (& Desi Arnez) taken from the pages & pages of specs on loose balls, roller, axial, thrust, double row, singlerow, needle, tapered, etc, etc. types of bearings

Grade 1000 is the one generally obtained through bicycle parts sources (except campy), bearing companies usually stock grade #25, considering the cost of grade #25 bearings (\$3.50 per box 100, 1/4"), I feel that grade #25 is the logical choice for use in quality bikes.

NEXT MONTH: Neat things to do with women's hose.

Jack Welch 387-6282

new afbma grade	dia. total	translation
5	.000005	5 millionths/in
10	.000010	1 one hundred thos
15	.000015	1 1/2 " " "
25	.000025	2 1/2 " " "
50	.00005	5 " " "
200	.0002	2 ten thousandths/in
500	.0005	5 " " "
1000	.001	1 one thousandth/in

Anti-friction bearing manufactures assoc.

Campagnolo balls 1/1000 millimeter 3.937 one/hund/thous/in

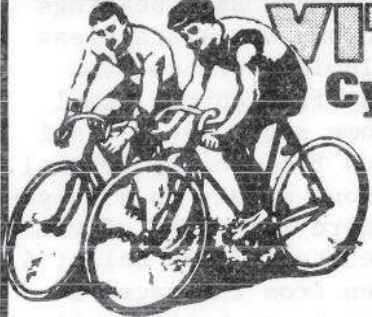


# for rent!

This space is available for advertisers with items of interest to Bikers. Ad space is available in three(3) sizes 1½x3½ @ \$20, 3¼x3½ @ \$40, 7½x3½ @ \$80 This gives the advertiser 12 issues with their ad running. The items listed in each ad may be changed at no extra cost. Please call editor Ken Kiley 691-8433

## Bike Shop Directory






### VITESSE Cycle Shop

4609 N. Prospect  
Peoria Heights  
682-8777

**Cyclocomputer by Cat-Eye**  
6 function computer, controlled  
Avg speed, current speed, distance  
travelled, average speed, distance  
traveled, time, and more. Fits any  
size bike.  
removable  
SW 12 or



\$42.95

HOURS 10-8 Tues-Fri  
9-5 Sat  
Closed Sun & Mon

1

RALEIGH..SEKAI..MOTOBECANE..FUJI..TREK..

## Illinois Valley Wheelmen

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



# Classified Advertising

Motobecane Nomo 19" \$125  
John Wellwood 685-9348

**SOLD**

BMX Se 2" r... \$200.00  
John 691-8433

**SOLD**

6-LAW magazine binders \$10.00  
1-pr Universal center pull brakes  
model #61 \$10.00  
1-Cinelli suede saddle, #2 \$10.00  
1-Kucharik super helmet, 71/8" \$27.00  
(never used)  
1-Emily-K warm-up suit 100% \$25.00  
wool, dark blue (small)  
Call Gary Sams 346-2008

I.V.W. T-shirts Dark blue on  
light blue. Bob Jones, 677-0166-\$5.00

This space FREE to members wanting to  
sell some junk/gen...  
call editor, Ken Kiley 691-8433

Universal bike rack, for rear of car  
or van. \$10.00  
WANTED: 1 pair small panniers  
Ron Matuska, 697-9009

Puegot U019C, Red 20" mixteframe \$175  
may be seen @ Russell's Cycle World  
Ron Anderson, 444-2018



ANDERSON, Ron & Family  
203 Locust  
Washington, IL 61571