



Illinois Valley



Wheelmen

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

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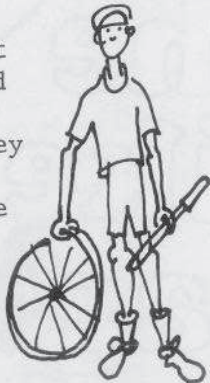
President.. Diane Ziegler...688-8993
 Vice Pres.. Bob Jones.....677-0166
 Treasurer.. June Cowan.....682-0861
 Secretary.. Joan Wellwood...685-9348

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Welcome to new members.....

Bill, Karen, & Amy Hickman	Pekin
Jack & Helen Fares	Peoria
Chris Berg	Pekin
Carl Marks	Peoria
Robert Scott	"
Mike Safford	"
Lisa Rhodes	"
Rolla Godfrey	Dunlap

Glad to have with us...



IVW RIDE REPORTS:

The Dust Storm Dirge. The IVW riders experienced a new type of adversity on the May 7 ride. The morning started out with a strong Southeast wind. Keeping with the IVW riding philosophy (ride into the wind and tailwind home), we started riding towards Morton. The wind was stiff and we were all drafting best we could to take advantage of the rider in front of us. Close to Morton, in the wide open, plowed fields the wind picked up considerably. The riders were broken apart in the cross and head winds. (Every man for himself.) Drafting in this type of gusty wind, was difficult. The riders were bent at a severe angle into the wind just to keep a seemingly straight riding line. On top of the gusty wind, the dust was rolling across the fields. You couldn't even see the rider in front of you. It was blowing so hard it stung your bare legs and eyes. Breathing was difficult, you knew you were beathing in a lot of dirt, but what else could you do. We finally get to Morton and the group had stopped under the I-74 overpass, out of the wind. First order was to take a mouth full of water and wash the dirt out of our mouths. Then we looked around to see the other riders covered with dirt. We laughed at our dirt covered faces, the mud running down the face from watering eyes and to top it off, mud in our teeth. If this sounds disgusting, you should have looked in our right ears. There was enough dirt inside to plant potatoes. After a leasurely breakfast stop (preceded by a trip to the washroom to clean our faces and hands) we pointed our bike Northeast and coasted back to Washington.

What is the latest state of the art of building time trial wheels for the USCF teams?

First they use 24 hole wheels, the front wheel is radial, & the rear is cross one on the drive side & radial on the other side. They use bladed spokes which create a reverse turbulence which virtually fills the spaces between spokes. The rims are heat treated & are about 300 grams. The tires are 90 grams & made by Element. They replace the air in the tires with helium to save about 120 grams. All the grease is removed from the hub & one bearing is eliminated from each side to further reduce friction & rolling resistance, then lubricated with a teflon based oil. This combination has proven to be durable & fast.

Steve Meisner

Classified Advertising

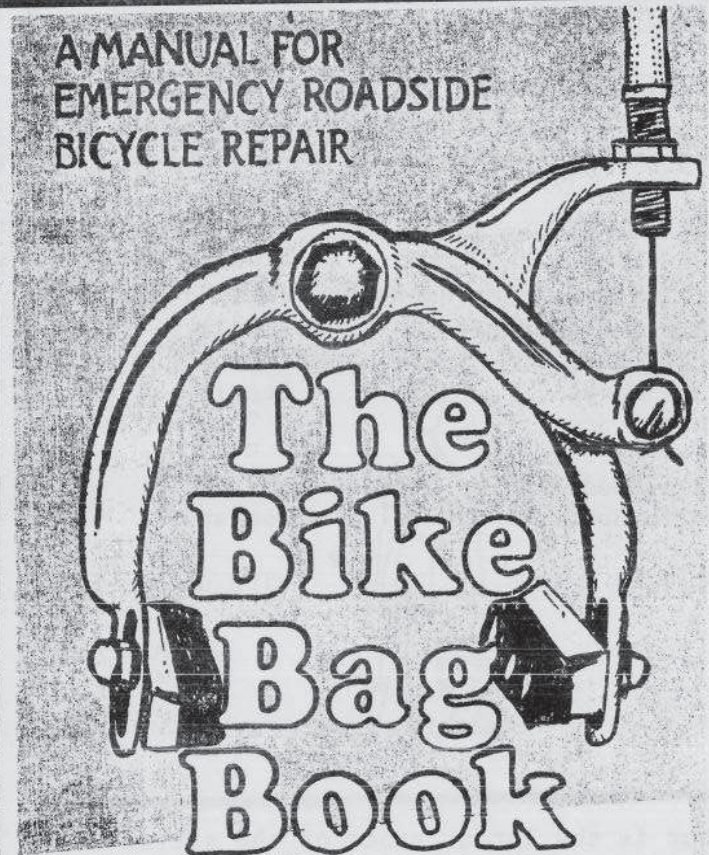
I.V.W. T-shirts Dark blue on light blue. Bob Jones, 677-0166-\$5.00

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

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



May Day Ride This ride started at the Botanical Gardens in Glen Oak Park to celebrate May Day in the flower beds. The sky looked threatening, but a few hearty bicyclists show up anyway. Someone suggested we ride out to MaryGolds in Pioneer Park for breakfast. Sounded good to everyone, but we took the long way there (the scenic route). First of all we rode downtown to the Civic Center to view Sonor Tide the new work of art. After that we headed up Main Street to Bradley Park and took the Park Road hill up to Nebraska, cutting across and over to Lehman which wiggles around to Reservoir and then past the Mall, crossing over by Dixie Manor to Hamilton, through the subdivision to Northmoor, down to Allen, out to Pioneer Parkway and finally to MaryGolds. After a croissant and coffee was served and enjoyed we listened to the tunes on someone's wristwatch (three different songs it played). We noticed few sprinkles on the window and quickly headed for home. I understand most everyone made it home without getting too terribly wet and everyone was home before the deluge.



"The Bike Bag Book"
by T. Cuthbertson, R. Morrall
This is the best little book for \$2.95. It explains many important tips to the novice biker with clear drawings to show & name the parts of the bike. This will show a tire iron & its use as well as tell about the power train, & many other parts too. It is really great for someone not versed on how to repair on the road. It's only 4x6½", so it fits well in the smallest of bags. A real must for roadside emergency repairs.
It's available at stores in Peoria area....

Give BICYCLING a spin...

WELLWOOD'S - J&J

May 26th

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 (PACRAC) 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.

JUNE						
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		

14—Flag Day
19—Father's Day



June 5 8:30 Camelot to Canton, Il.
1:30 Lake Camelot, kiddie ride

& picnic, hot dogs, cup cakes, chips
lemonade, club furnished,

June 12 8:30 Tremont Pk to Hopedale

June 19 8:30 Junction City Haagen-Dazs
ice cream shop—Northwest of Peoria

June 26 8:30 Washington Sq to Lacon, back

Every Saturday 8:30 Washington Sq. weather permitting. This is 15-25 mi., Brisk Pace ride.

Every Wednesday 6:30 Washington sq, direction to be decided then.
Peoria—Phil's Pizza Hut ride 6:00 Wednesday (sterlingave).



RIDES

LEAGUE OF AMERICAN WHEELMEN



SPRING 1983

Three GEARs in '83

In 1983 the League of American Wheelmen is sponsoring three major rallies—expected to draw from 500 to 2,000 participants to enjoy three or four days of rides, workshops, exhibits, friendliness and good food. The schedule of 1983 League rallies is:

May 27-30, GEAR Up, Slippery Rock, Pa., hosted by the Out Spokin' Wheelmen and the Western Pennsylvania Wheelmen.

June 16-19, GEAR South, Athens, Ga., hosted by the Southern Bicycle League.

July 28-August 1, GEAR West, Seattle, Wash., the 1983 L.A.W. National Rally (known in previous years as the L.A.W. Convention), hosted by four bike clubs—Boeing, Highline, Cascade and the Northwest Bicycle Touring Society.

Each GEAR has a variety of enjoyable rides each day, usually from about 15 to 100 miles long, and they go to places of scenic, historic and cultural interest.

There's also a series of workshops at each rally. At workshops, you can learn more about such topics as bicycle camping, commuting, cycling and nutrition, orthopedics, frame or wheel building, how to put out a high quality newsletter and other subjects of interest to both new and veteran cyclists. In addition to rides and workshops, each rally features a special cycling program or well-known keynote speaker. At the exhibits, you can see, touch and often buy a selection of cycling and outdoor equipment, bike art and related items.

The rallies are held on college campuses, accommodations are in dormitories and food service is usually handled by the dorm's cafeteria or the student union. The League-affiliated bicycle clubs which host rallies make each one unique, so you can capture the flavor of the region, and enjoy such special touches as a swap meet or square dance.

GEAR offers something of interest for all

cyclists. You can meet and enjoy the companionship of people of all ages and backgrounds who share your interest—the fun of bicycling. There are always activities for non-cyclists too.

If you sign up for a pre or post-rally tour, you can also turn a great long weekend into a full-fledged vacation. Some clubs also plan rides from their hometown to the event.

If you're not already a League member, you might want to take advantage of the lower rally registration fee for members. L.A.W. members also receive the monthly *American Wheelmen* magazine, plus other benefits such as help in planning bicycle tours. For registration forms and additional information about GEAR Up, GEAR South and GEAR West, send a self-addressed stamped envelope to L.A.W., P.O. Box 988, Baltimore, MD 21203.

IW SAFETY MESSAGE:

(1) All members are encouraged to wear helmets when riding with the IW. This is not mandatory, but is merely a precaution taken to prevent head injuries.

(2) All minors (under the age of 18) should be accompanied by a parent or responsible adult on the IW club rides.

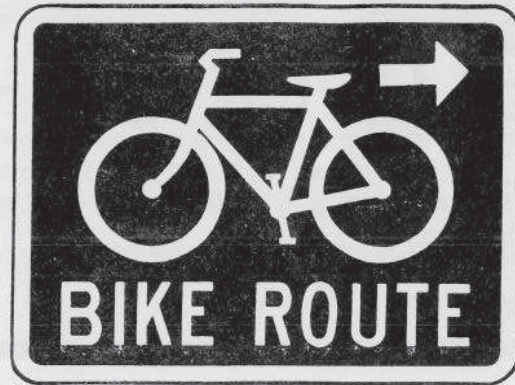
(3) Rules of the road should be followed at all times. Bicycles should be ridden as near to the right hand side of the road as practicable. On busy streets and highways, please ride single file.

When riding in the late evening or darkness, please equip your bike with proper reflectors, a red rear light and a white head light.

(4) To prevent theft, please lock your bikes when you walk away from them. The IW will not be responsible for stolen bikes on the club rides.

(5) If you ride with a radio in your ears, please have it tuned down low enough to allow you to hear traffic sounds and pay attention to the road. Radio riding is pleasant on the long, lonesome country roads when traveling alone. If you are the type of person who gets totally engrossed in the music and cannot pay attention to your road while riding, I encourage you to leave the radio at home.

(6) While riding, always verbally announce your intentions to the other riders on the ride, e.g., "Passing" or "Brake" or "Stopping." Tell the traffic your intentions with hand signals. Point out any potholes or road obstructions, physically point to them and verbally call out "Hole" or "Gravel." Announce to the riders any traffic situation, the standard calls are, "Car Back" and "Car Up." When motor vehicles are on the road, move from the double riding position to single file as soon as possible to give the cars an easier time passing the group.



Peoria Court House to Lester's Donuts.

Mothers Day, we didn't expect a big crowd, however, about ten riders attended. The wind today was from the North, so we headed up Adams Street all the way out to Detweiller Park, moving along at a nice, brisk pace. At the park we stopped by the big tree trunk and relaxed and chatted before ascending the hill to Knoxville. That's a big hill and doesn't seem to get easier. I thought the Earth was eroding, but I think it is going to be a long time before we see a significant decrease in the size of Detweiller Hill. Moving right along we cruise over to the donut shop in Pioneer Park for a cup of coffee and a bear claw. After this second break, we ride down University to Glen with the tailwind and then cut through a wiggly subdivision and eventually ending up back downtown with the riders dropping off as we approached their homes.

JACK'S BICYCLE REPAIR

Jack Welch

Parts/
Service

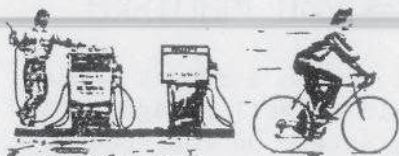


Parkview Ct. Northern Oaks RR#1, Pekin, IL

309/387-6282

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.....



Passing Gas!

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

May 14/15 World Record Try,Failed.....
 Lon Haldeman,Harvard,Ill & Sue Notorangelo,
 of St.Louis, attempted a worlds record 24
 hour Tandem ride. They had terrible wind &
 rain & traveled 431 mi in 24hrs. The record
 is492 mi. They are engaged to be married
 & this will not stop them.

SHOP
 Jack Welch
TALK

Ever try cramming a tubular or folding clincher into a tight bag? Because of the nature of rubber,it does not slide very well at all. A veryeffective solution to this problem is to take women's knee-high nylons & wrap the tire in one of them after it has been folded. Simply slip the nylon over the folded tire,twist the open end,slide back over the tire & repeat until you run out of nylon. This not only makes the tire slide into the bag easier, but it also protects the tire & it weights virtually nothing.(They fell kinda NEET too) This also works well with spare tires too.

Next month: Whatthehellisa 4130????

RUN RED LIGHTS



RUN THE RISKS

Run a traffic light. And you could get where you're going a few seconds sooner.
 Or never.
 Because, you can look as carefully as you want. And there's always a chance you didn't see something coming.
 A lot of cold statistics say that chance isn't worth taking.
 Sure. In these energy-conscious days, biking makes great sense. If you bike with good sense.
 For more safety information, call us at Transportation Alternatives.
 And stop running risks.



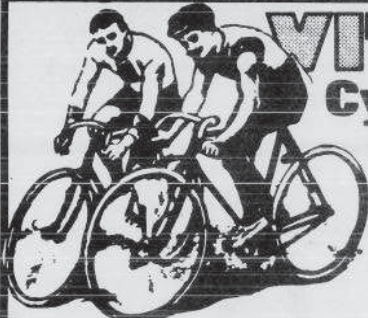
transportation alternatives (212) 799-6024
 2121 Broadway, 2nd floor, New York, N.Y. 10023 Transportation Alternatives is a not-for-profit, tax-exempt, citizens action group working to develop alternative forms of transportation in the New York City area.

for rent!

This space is available for advertisers with items of interest to Bikers. Ad space is available in three(3) sizes 1½x3½ @ \$20 , 3½x3½ @ \$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
traveled, personal and trip
elapsed time, and more. Fits any
size bike.
removable
SW 12 oz



\$42.95

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

2

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

Illinois Valley Wheelmen

6518 n. Sheridan Rd. - Peoria, IL 61614



on the road

Ron Matuska

Judging from what I saw on a recent Sunday ride, this club would do well to again view the film "Bicycling Safely On the Road". Even some of our most experienced riders ran RED lights, blocked turning lanes, & just showed a lack of knowledge about proper position on the road.

Since your bicycle is a vehicle, ride it as you would your car. If you are going straight ahead through an intersection, don't block the right turn lane. Allow other traffic room to pass on your right. When turning left, give yourself enough time and space to move over to the left side of the traffic lane.

It is important to be alert to all that is going on around you. Don't be timid; Ride like you belong there and like you know what you're doing.



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