



Illinois Valley



Wheelmen

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

JULY 1983

July 28th-6:30 Annual IVW Picnic
This will be @ Fondulac Park, E. Peoria
(entrance by the school, near top of
the hill)

Pot Luck Picnic..IVW supplies lemonade
Bring your own service @ a covered dish
according to your last name(see below)
Main dish.....S-Z
Bread/chips.....M-R
Vegetables/salads.G-L
Desserts.....A-F
any questions call Diane 444-8142

Well the 9th Annual IVW Pedal-In is now
history, and like most rides this year
we had a little rain and alot of WIND &
132 crazy people who had a GOOD TIME!!
Putting on a ride like this takes alot
of time & some hard working people. The
persons who helped did a wonderful job
& I can't thank them enough. Here is a
list of those great helpers....

Registration:
June Cowan, Peg Tresenriter & her Tremont
Cheerleaders
Food Chairman?Head Chef:
Dave Danner
Hopedale Food Stop:
Gary Sams,Jim Stapleton,& Don Sta-lberg
Delavan Food Stop:
Bob & Kathy Muntz & June Cowan
Sag Wagons:
Russell's Cycle World
Vitesse Cycle Shop
Patch Design:
Mitzy Welch
Route Marking:
Mike Hagerty(He also gets SPECIAL
mention for his "Search & Rescue" job
of finding our two lost riders!)
Thanks also to all who donated Food..
ps: Thanks to Diane for the special
guidance from pres, Diane.

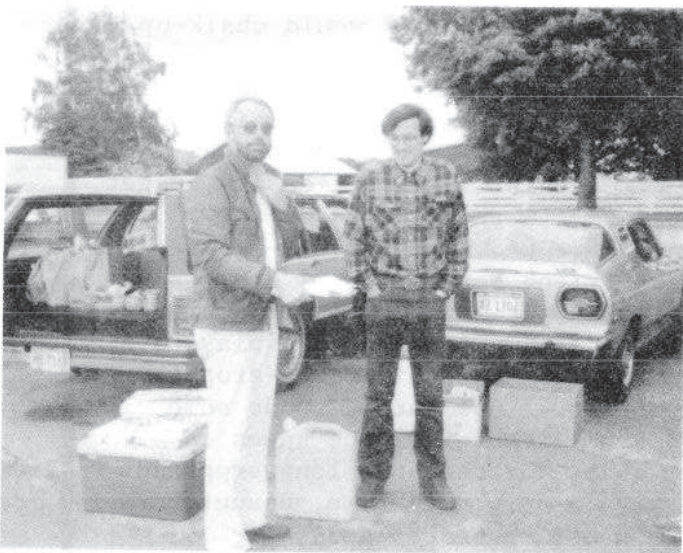
Chairman, Dennis Tresenriter *Dennis*

President.. Diane Ziegler...444-8142
Vice Pres.. Bob Jones.....676-0166
Treasurer.. June Cowan.....682-0861
Secretary.. Joan Wellwood...685-9348
Editor..... Ken Kiley.....691-8433

IVW Pedal-In - The day looked promising,
but started chilly with all kinds of IVW
members out riding their bikes (total
count 132 riders). By the time I left
the first food stop the clouds came in
and the wind was picking up out of the
West. We actually had a thrill of riding
on roads the IVW had never used before
(especially nice was the little road that
overlooked the flood plane of the Ill.
River on the otherside of Towerline Road.
After we left the second food stop we
were headed East and sailing in the tail
wind to Armington (Whew). On the last
leg home, the rain hit. I was stopped
putting my jacket on the the raindrops
were coming harder and we dashed under
the little planes at the Minier airstrip
for shelter. The squal passed, the sun
came out and we had a lovely dry ride
home. *Diane*

Well, I have recovered from my first try @
the PEDAL-In. I though I would chalk-up
the 100 miler, no problem. Well Dennis
gave us a great route, and because I was
some what slower I didn't get rained on.
The only thing I didn't count on was the
WIND. After this I will not easily forget
Toboggan Rd., & the wind in my face.
I should have known better, as I have
heard my friend Bernie Cahill M.D. talk
many times about "Pre-season Conditioning"
for athlete's,such as football players.
I did make to the 75 mile food-stop &
then gave in. I now intend to do some
(many) leg lifts to get the knees in
better shape for the next longggggg ride.
I did have a very good time, peanut butter
& jelly never tasted so good. *Ken*

Pedal-In '83



SMO-R

Please note: All Sunday rides during the season will now be 50 mi plus. You must be experienced & able to repair & maintain you bike for the trip.

July 2 Sat	8:30 am	Washington Sq. 25 mi. plus
3 Sun	7:30 am	Groveland grade school-Delavan then breakfast
4 Mon	8:30 am	Chillicothe grade school-north
6 Wed	6:30 pm	Pekin Ins, short easy ride
	6:30 pm	Washington Sq-
9 Sat	am	3rd annual March of Dimes ride 15 mi/30 mi/60 mi(fund raiser)
10 Sun	8:30 am	Morton (freedom hall)- Carlock Il eat at Hen House
13 Wed	6:30 pm	Pekin Ins slow and easy ride
	6:30 pm	Washington Sq
16 Sat	8:30 am	Washington Sq
17 Sun	8:30 am	Lower Grandview Pk to Bureau Il eat at Ranch House & sag back call Ron Matuska wk/688-2488 hm/697-9009 for sag service
20 Wed	6:30 pm	Pekin Ins short & easy
	6:30 pm	Washington Sq
23 Sat	8:30 am	Washington Sq
24 Sun	8:30 am	Sterling Plaza-Elmwood, Il
27 Wed	6:30 pm	Pekin Ins short & easy
	6:30 pm	Washington Sq
30 Sat	8:30 am	Washington Sq
31 Sun	8:30 am	Morton (freedom hall)- Bloomington-Normal

Any questions call: Jack Welch 387-6282

JULY						
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						

4-Independence Day

Special rides :

16 members were in Galesburg Sun June 12 for r.r. Days. New members Duke & Pat Butler did a century- Congratulations-Kevin's wife, Roberta made 86 mi in 89°. Bill Stevenson was a big encouragement to Kevin & Roberta. Also a streak flew but the rest of the bikers at Galesburg, it might have been Shiela Young Ochowicz, one of the ranked women racers, she wasn't even sweating...


Betty Harper & Wellwood enjoyed Covered bridges & scenic roads in Parke County, Indiana on Memorial Week-end. Little country stores, a deer running across the road, a man and his daughter out on their annual Memorial Day ride were among the memorable highlights of the week-end.



I.V.W. T-shirts Dark blue on light blue: Bob Jones 676-0166 \$5.00

Welcome to new members:

- | | |
|------------------------|--------|
| Susan Halferty & son | Peoria |
| Randall Senneff family | Peoria |
| Mark Kelly | Peoria |
| Larry Niebuhr | Peoria |
| Garry Spires | Peoria |
| Robert King Family | Pekin |



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9-5 Sat
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3 RALEIGH..SEKAI..MOTOCANE..FUJI..TREK..

Remember the June meeting will be by Myron Oesch, of the Bloomington Panagraph. His program will be on the up-coming (Sept 3,4,5) PACRAC

SPECIAL NOTICE:

Be sure to mark this on your Calendar as the October monthly meeting will be WEDNESDAY Oct 26th, not Thursday as the 27th.

Just this one time as there is a conflict with the meeting room on that date. (we'll tell ya again)



PRESIDENT'S MESSAGE:

I welcome the warm, sunny days of June will happiness and glee. It feels so good to ride with the birds are chirping, the flowers blooming and the river shimmering in the early morning sunrise.

Just a quick note to thank all those who worked at the Pedal-In. I really did get a thrill from seeing all the IWV members who participated in the ride. It's encouraging to see the IWV riders out on the road at last.

Some of our cyclists have been touring the country on their vacations already (see later article). The June meeting will give you a glimpse at a Labor Day weekend tour that you might want to include on your riding schedule. The folks from the Pantagraph and the McLean County Wheelers will present a slide show on PACRAC this month.

Bob Jones, Vice President, will conduct the June meeting while I am away on a fishing trip in the North woods. (I hope I don't miss my bikes too much.)
Diane

CAMELOT to CANTON: Oh, so many riders rode their bikes in to Camelot for the start of the ride, hooray! The route is a favorite of mine, through the roller-coaster hills West of Peoria. Up and down, zooming over the hills. Breathless downhills to gain momentum and then a couple of good hard pedal strokes and you are up over the top of the next hill. The group split up into riders of varying levels (I think everyone had someone to ride with) and we all met in Canton for coffee etc. The sun was shining and the winds were with us going home, via the Canton/Glasford blacktop. The route was complete with a bit a cyclo-cross as we carried our bikes over the bridge that was being worked on (reminded me of the Canton Ride a couple years ago where we carried the bikes and waded through the creek a another time few years back when I carried my bike and tightrope walked across a steel beam on the Spoon River going to Galesburg). This bridge crossing was easy compared to those other two.

Upon return to Camelot, the coals were already hot (thanks to June Cowan for lighting the charcoal early) and hotdogs, chips, cupcakes and lemonade were on the menu. A kiddie ride was held after lunch for those who brought their kids (we have some good potential in the youngsters coming along). Andy Cowan held his afternoon ride (approx. 15 miles and eight riders) after lunch also. I hope everyone had a good ride and enjoyed the lunch afterwards.

JACK'S BICYCLE REPAIR

Jack Welch

Parts/
Service



2

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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



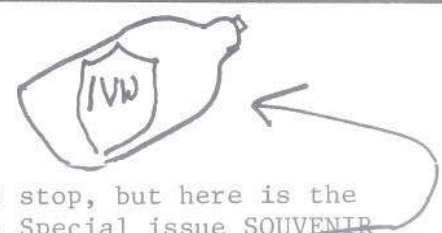
What the hell is a 4130? It's the SAE number for chrome-Molybdenum steel. The first number indicates which class of steel it is. #4 is for molybdenum steels, #1 carbon steels, #3 nickel chrome steels. While there are lots of others, these are the ones used primarily in bicycles. The second number indicates the approximate percentage of the predominant alloying element, (for alloy steels only) in points, or hundredths of 1%. The last two numbers represent the average carbon content in points.

- | | |
|--------------------|----------------|
| 4-molybdenum steel | 1-carbon steel |
| 1-.1% chrome | 0-no alloy |
| 3- | 3- |
| -.3% carbon | -.3% carbon |
| 0- | 0- |

Don't ask me about Raleigh's 2030 steel as I haven't been able to find it.

Next month: Upside down derailleurs adjust.

I.V.W. Metric ... Aug 21



Just like most other rides, the fee includes, a map & food stop, but here is the BIG difference. NO PATCH for this ride. You will receive a Special issue SOUVENIR IVW water bottle. This can replace the old beat-up bottle you are carrying, and each time you take a drink you will be reminded of the Great Metric IVW ride of 1983. Now you won't want to miss this so make a special note of that date. More information will be coming next newsletter.

WHY YOU NEED THAT WATER BOTTLE!!!!!!!!!!!!!!!!!!!!

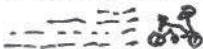
Now that Summer is upon us, it's important to take a look at the danger of HEAT INJURY. This is a problem of cycling in the hot & humid weather. Your body always produces heat & with heavy exercise the production increases. Evaporation is the body's method of cooling so sweat is very important. The rate of this depends on humidity & wind velocity. As you sweat the water is lost & dehydration can occur, compounding the heat problem. Fluids combat this, so drink often. The thirst mechanism does not keep up with the fluid loss. So drink BEFORE you get thirsty, if you wait to get thirsty then you are already TOO late, dehydration has already begun & you will probably not catch-up during this ride. So carry sufficient water & DRINK!!!

Thanks to:

Steve Meisner

Velo-News 27, May 83

Thirsty cyclists certainly can- & should- drink a lot of fluids. I also encourage you to quench your thirst with a wise choice for fluid replacement. I consider soft drinks to be a nutritional "Zero". They are high in sugar calories, about 150 per can, but insignificant amounts of protein, vitamins, minerals, & electrolytes. Each can contains the equivalent of ten teaspoons of sugar, almost 1/4 cup. You could have 12 oz of orange juice which contains 2 times daily requirement of vitamin C, enough potassium to replace what you lost in three hours of heavy sweating.



- If you want to reduce your soft drink intake, consider these:
- *Carry two bottles, one with crushed ice
- *Dilute juice with club soda. Carbonated O.J. is a great thirst quencher
- *Enjoy sparkling water with a wedge of lemon. Many cyclists add lemon wedge to their water bottle.
- * Make decaffeinated iced coffee or herbal tea with crushed ice.

Below is a chart on the amounts of sugar calories, sodium (salt) & caffeine in the various soft drinks. Choose wisely but remember DO DRINK often.

COMPARING POPULAR BEVERAGES - per 8 ounce serving

Beverage	Calories	Sodium (mg)	Potassium (mg)	Caffeine (mg)
A&W Root Beer	115	41	2	0
A&W Root Beer, Diet	1	53	2	0
Canada Dry Ginger Ale	90	0	0	0
Canada Dry Ginger Ale, Diet	2	29	0	0
Coke	96	13	3	37
Fresca	3	24	0	0
Mellow Yellow	115	20	6	35
Pepsi	105	6	9	26
Pepsi, Diet	1	42	8	24
Seven-Up	95	22	0	0
Seven-Up, Diet	3	32	0	0
Beer	105	8	95	0
Gatorade	55	128	24	0
Milk, low-fat	105	120	390	0
Orange Juice	110	2	415	0

(Information based on manufacturers data, as reported in "Nutrition Today," Nov/Dec '82.)

BikeReport/Bikecentennial May/June 83
by Nancy Clark M.S., R.D.
Nancy works at Sports Medicine Resource in Boston, she is also a biker.

Illinois Valley  Wheelmen
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