



# Illinois Valley

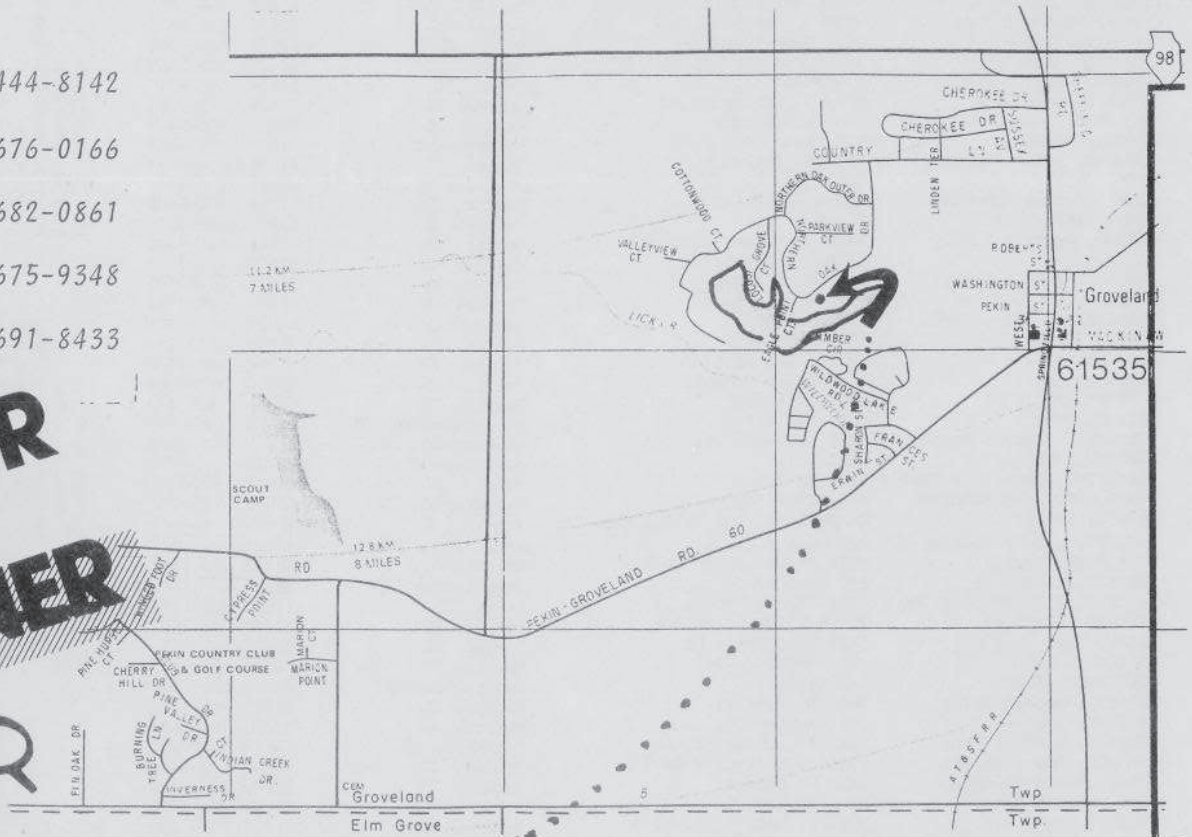


# Wheelmen

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

President:  
Diane Ziegler 444-8142  
Vice Pres:  
Bob Jones.....676-0166  
Treasurer:  
June Cowan....682-0861  
Secretary:  
Joan Wellwood 675-9348  
Editor:  
Ken Kiley.....691-8433

**HONOR  
THY  
RUNNER  
BIKER**



**SPECIAL NOTICE:: CALL June Cowan to make Reservations(pay at the door) Ph# 682-0861**

Annual Dinner Meeting, Nov 19, 83  
Northern Oaks Clubhouse  
Groveland, Il.

•• Social Hour...6:00 (beer & wine, furnished  
by Russell's Cycle World)Thanks!!!  
Dinner to be 6:30  
COST.....\$2.00 per person

This is the last meeting of the 83 fiscal year. An election of the new 1984 officers will be held. Each member gets ONE vote, except FAMILY MEMBERSHIPS get two votes. Also to be decided at this meeting will be the 1984 DUES. The Executive Committee propose that the dues remain constant. NOMINATING COMMITTEE, Ron Anderson & Rolla Godfrey present the slate of persons for the following offices:

President.....Phil England  
Vice President....Kevin/Roberta Duke  
Secretary.....Linda Carr  
Treasurer.....June Cowan  
Nominations from the floor will also be possible.

FRIED CHICKEN will be the main item with you bringing something according to your last name. (i.e.)  
A-G Salads  
H-N Vegetables/or casserole  
O-Z Deserts

Coffee & drink, rolls, butter & service will be furnished.

There will be Door Prizes & presentation of certificates to those who worked in behalf of the I.V.W.



January

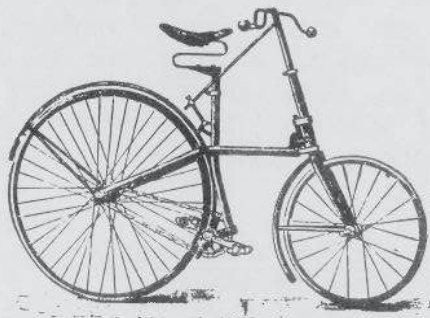
New Years Day Ride and potluck. The day was sunny and from the number of riders who went riding, the new year promised to be a good one.

The January meeting resolved the left-over 1982 issue of the racing section; followed Harvey Lyon relating his experiences in riding his bicycle in Eastern Europe.

February

The Sunday rides have been good considering the weather, and the participation at the Sunday morning breakfasts was encouraging on the days the snow was too deep. Even deep snow didn't discourage some of our riders.

The speaker for this months meeting was Susan Dunn of the Sports Fitness Foundation.



Pioneer 1885

March

St. Patrick's Day Ride was snowed out, but a few of us managed to fill the afternoon with suds instead of snow.

Linda Henson, Journal Star staff photojournalist gave a splendid program on sports photography.

IWW T-Shirts are on sale (they are light blue this year)!

April

On the Saturday morning rides the we notice the grass turning green and the ducks and geese flying Northward. Spring has sprung.

A panel discussion and video tape on commuting was shown at the meeting to encourage more of our riders to use their bikes in a utilitarian method.

*Continued* ↗

# EFFICIENT.....



May

The IWW is insured, at last. The IWW owns an insurance policy to protect is officers and members from law suits resulting from third party accidents that may occur on our rides and events.

The Pedal-In was held on a cold, windy and rainy day, but still participation from the IWW members and out-of-town guests was good. This was a well-organized ride.

The program for the meeting was TOGIR presented by the Wellwoods. This is the IWW's effort to encourage bicycling your vacation in 1983.

June

The days are warm, the weather is finally terrific after a rainy cold spring. Our members are participating in big rides like TOMRV and ILLIAMO and various centuries.

To be a good neighbor, our program at this meeting was a slide show from the McLean County Wheelers on PACRACC.

IWW Jacket orders were taken.

\$1.00 BUYS THE  
**Burdick Cyclometer.**

The rider's trusty friend.  
New principle in manufacture.  
Simple, accurate, beautiful. You  
can rely on it. Registers 10,000  
miles. Weight 1 oz. Guaranteed  
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July

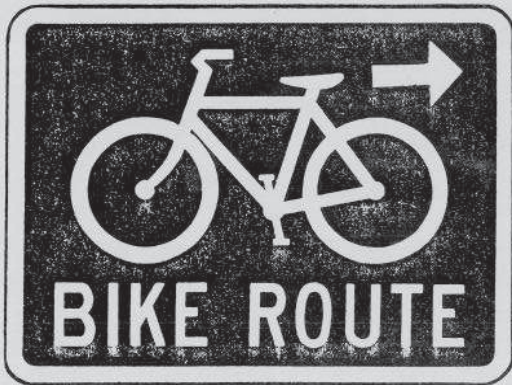
The midwest is plagued with 100° heat. But the hearty IWW bicyclists are still out riding, many with two water-bottles.

The July meeting is forfeited for a picnic, this year at Fon du lac Park in East Peoria. The IWW jackets were distributed (now we will have to wait until the weather cools off a bit to wear them).



*Continued* ↘





## November

Annual Meeting.

### Recap

As you can see by this little review of 1983, the IWV has been very active with something to please each and every type of bicyclist that is a member of our club. We have had, in addition to the events listed above, slow and easy Sunday afternoon rides, moonlight rides, family oriented children's rides, picnic rides, swimming rides and some pretty good Sunday morning rides. This past year we even had a ride with a tail wind both coming and going and this is truly unusual. We have ridden on roads in every direction N S E W from Peoria. Always the company has been good.

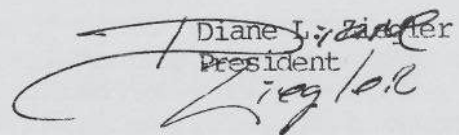
I now want to express my thanks so all of my officers and committee chairman in 1983 who sat on the Executive Committee. The EC was the major planning force for the club events, we meet once a month to keep the club moving between the monthly meetings, as per our by-laws. These people have worked hard and have cooperated with me to a degree that I cannot express. I owe IWV's success in 1983 to them.

### Members of the Executive Committee:

Bob Jones, Vice President  
Joan Wellwood, Secretary  
June Cowan, Treasurer  
Jack Welch, Ride Chairman, LAW TIC  
Ken Kiley, Newsletter Editor  
Ron Matuska, LAW Liason  
Les Siegrist, Refreshments  
\*Denny Tresenriter, Pedal-In Chairman  
\*Bill Stevenson, Metric Chairman

\* during planning of their event

I also want to thank all the members who contributed by riding the rides and attending the meetings and showing their support of the IWV.

  
Diane J. Zander  
President

**BICYCLING**  
THE WAY TO GO!

## August

Still 100° heat and wind. The Metric Century was the top ride of the month. IWV participation was terrific. IWV water bottles were distributed instead of patches for this ride and we managed to sell the remaining IWV T-shirts.

The monthly meeting was a slide show on bicycling in Arizona (I wasn't satisfied with the 100° heat in Illinois, I had to ride in AZ where it was 106°). I hope I make bike-packing look easy and enjoyable as it really is a wonderful way to not only see but feel the country.

## September

This is L.A.W. National Century Month and many of our riders took advantage of all the close-by Midwestern centuries. For those of us who stayed home, we all earned out pancakes in Delevan after we fought the headwinds to ride down there.

The September program was presented by Bill Semmens with a video tape and slide show about his vacation with Vermont Bicycle Touring as he sported a t-shirt was read "Vermont Ain't Flat." This is another type of bicycling vacation, where someone else organized the entire thing, you just ride and enjoy.

## October

The IWV was in full show at RACER V in Galesburg to start the month off with a pretty ride and good chilli afterwards.

The month ended with a Halloween ride with pumpkin bread and cider at my house.

The October meeting was concluded with a splendid program by Ron Matuska on his tandem tour with his daughter Grace in Washington state. The mountains and islands looked like a terrific place to ride a bicycle built for two. *Continued* →





### League of American Wheelmen

The League of American Wheelmen is the national organization of bicyclists. The League protects the rights and promotes the interests of bicyclists, provides information about bicycling for its members and others, fosters and serves a nationwide network of affiliated cycling clubs and organizations, and sponsors bicycle rallies and other bicycling activities.

Founded in 1880, the League is a non-profit organization, as is the Bicyclists' Educational and Legal Foundation. The Foundation accepts tax-deductible donations and grants to further League objectives through educational and legal programs.

#### League and Foundation Offices:

10 East Read Street  
301/727-2022

Mailing address:  
P.O. Box 988

Baltimore, MD 21203

#### Staff

Don J. Trantow, *Executive Director*  
Ralph Hirsch, *Legislative Director*  
Jim Fremont, *Information Services*  
Sam Mosca, *Membership Services*  
Karen McClaskey, *Merchandise Services*  
Sharon Bruck, *Bookkeeper*

#### Governmental Relations

Ralph Hirsch, *Legislative Director*  
112 South 16th Street  
Philadelphia, PA 19102 215/564-0855

## 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

### I.V.W. WINTER RIDE SCHEDULE:

Saturday Morning, 8:30, Washington Sq.. These rides are approximately 20-35 miles. Usually ride out to a cafe for breakfast & then back to the square about 11:30. These rides will continue until toes & fingers get TOO COLD or the snow gets TOO DEEP.

### SUNDAY MORNING REGULAR RIDES:

We'll meet at 8:30 & EAT, then around 9:30 take a short 15-30 miles ride, weather permitting. If the weather is TOO BAD, we will meet for breakfast & talk about the weather & upcoming 1984 rides.

December 4th Pekin Ins. ride to Delavan Amer Legion  
December 11 Denny's on Sterling to Jubilee park  
December 18 Brimfield Amer Legion to Elmwood  
December 25 Christmas, Santa is riding his sleigh  
All riding tentative, depending on weather conditions.  
The Delavan ride we will car pool if it's TOO cold.

### LEAGUE OF AMERICAN WHEELMEN MEMBERSHIP APPLICATION

(Please print or type)

New       Renewal

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Telephone \_\_\_\_\_

#### Check type of membership desired:

- Individual: \$18
- Family: \$24 (two adults and unmarried children to age 21 living at same address)
- Sustaining: \$40
- Life membership: \$300 (Installment: \$30 every three months)
- Family Life: \$450 (Installment: \$45 every three months)
- Public or school library subscription \$15
- Bicycle Dealer: \$40 (Details furnished on request)

Note: Outside North America add \$4.00.

Members receive 12 issues of *American Wheelmen*, annual *Directory*, membership card, patch, bike and window decals, plus discounts on books, League rallies and classified ads.

- Please list me as a Hospitality Home
- Please do not include my name when the League rents its mailing list.


Please find in addition my contribution to help the League's legislative efforts:

- \$50    \$25    \$\_\_\_\_\_    \$15    \$10

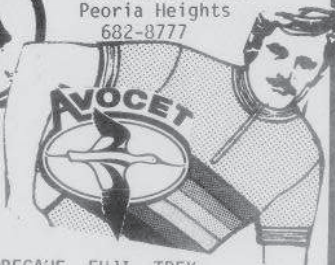
Enclose check or money order payable to:  
**LEAGUE OF AMERICAN WHEELMEN**  
P.O. Box 988, Baltimore, MD 21203



## VITESSE Cycle Shop



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

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





Pedaling down the road on your "Century" have you had the feeling of your foot going asleep from the ball of the foot forward? You now have the new medical condition called "Wheelperson's Foot."

This condition can be caused by one of two problems- cutting off circulation or pressure on the nerve endings of the feet.

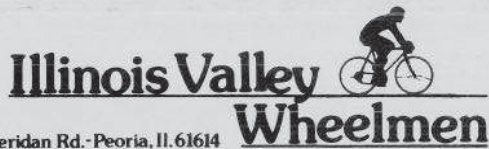
Both of these causes can be corrected by doing two simple things. The easiest solution is to conscientiously THINK about your pedal pushers & relax your toes & wiggle them. This relaxes the structures of your foot to allow the blood to flow easier & eliminates the gripping of the toes which causes severe pressure of the nerve ends which causes numbness (pressure anesthesia).

The other solution to the problem is wearing a GOOD biking shoe with rigid sole. The flexible shoe allows TOO much direct pressure on the ball of your foot.

Remember to prevent that numb feeling while biking, wear good shoes & wiggle those little "piggies".

Richard G. Macdonald DPM

*Dr. Macdonald is a podiatrist with offices in Peoria.*

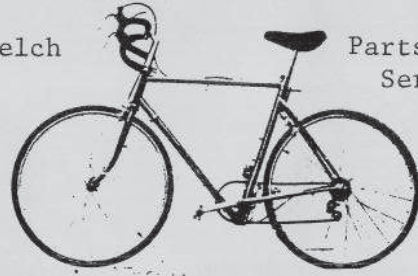


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JACK'S BICYCLE REPAIR

Jack Welch

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Rut's Annual Chili Eaters Ride V is now history. It is time to give Thanks to those who made it possible. To our Son Andy & Sally Indelicato for handing out water. To our Daughter-in-law Judy & Granddaughter Katy. Also very important to YOU riders & eaters who came to spend part of a day with us. We're Glad U came.  
*Bob and Kate Rutledge*

- \* Cannondale Casey handlebar bag w/shoulder strap & map case \$15.00
- \* Pair capagnolo bar end shifter \$15.00 (no cables)
- \* Schwinn Varsity frame & fork \$10.00
- \* Needed: Broken huret-multito for parts
- \* Helmet for 10yr old Gary Spires.....688-7384

For Sale:

- \* Olympus XA w/flash f/2.8 \$75.00
- Ron Matuska ..... 697-9009

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