

APRIL 84



Illinois Valley



Wheelmen

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

Illinois Valley Wheelmen

Meets:

Peoria Park District Safety Town

6518 n. Sheridan Road Peoria 61614

7:30pm The fourth Thursday of each month

PRESIDENT: Phil England 674-3401

VICE PRES: Roberta & Kevin Duke 692-0416

SECRETARY: Linda Carr 676-1453

TREASURER: June Cowan 682-0861

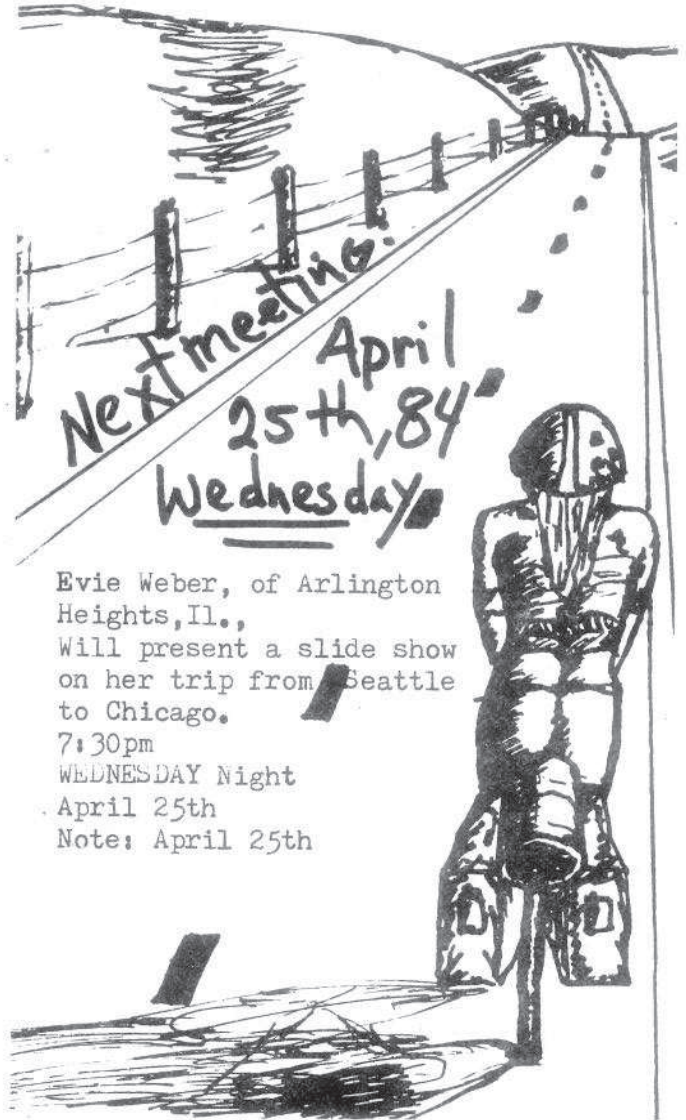
EDITOR: Ken Kiley 691-8433



I.V.W. 6518 N. Sheridan Rd. Peoria, Il 61614

Name..... address..... city..... zip..... ph#..... individual \$8 family \$10

You'll be glad you did!



Evie Weber, of Arlington Heights, Il., will present a slide show on her trip from Seattle to Chicago. 7:30pm WEDNESDAY Night April 25th Note: April 25th

Dues are Due

Thanks to: Dr. E.R. Cahill, for his presentation on sports injuries as related to the biker. (We do appreciate his time spent with us and his coments.

Editor:

Running & FitNews (and good info for Bikers Too)

HEALTH FOOD STORES NO BARGAIN: Researchers with the New York City Department of Consumer Affairs recently compared food prices and selections at 23 health food stores to those at regular grocery stores. They concluded that health foods are generally much more expensive, often costing twice as much. Furthermore, "health foods are in no way demonstrably superior to their cheaper conventional counterparts." According to the researchers, health foods are indistinguishable from conventional foods in terms of nutritional composition, appearance, and taste. The Commission compared levels of pesticide residue in both types of products and could not detect traces in either conventional or health foods. Also, health food stores sell more expensive vitamins, along with many nutritionally worthless or dangerous pseudo-vitamins, diet aids, and other nonfood items that can be ingested. Researchers concluded that health foods are no "healthier" than conventional foods, and that consumers should be wary of paying premium prices for nonexistent advantages. (Journal of the American Dietetic Association, September 1983, pp. 285-90) from B.R. Cahill M.D.

VITESSE Cycle Shop

LeCog
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Regular \$ 32.95
Special \$ 19.95
Save Now



Selected Panniers

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4609 N. Prospect, Peoria Heights
682-8777

Special Events

Fon du land YMCA
Centennial Bike Ride will be held
JUNE 30th. This will be a 50 mi
ride.
For complete information on
this contact:
Lynn Kracht at 694-6488
111 Oakwood Rd.
East Peoria, IL YMCA



For Sale

Raleigh/Rampar Mixte Frame
Childs 10 speed, 3 piece crank,
flush bolted alloy stem, in
excellent condition:
Call Max Koehl...692-1529

Homemade Rollers:
Rather noisey BUT they
work fine..\$25
Call Dave Gardner 263-0596

Univega LandRover 10
20" frame, Burgundy, like new
You have got to see this \$----
Sally Eakle 672-2150 wk
688-3200 hm

Welcome to the NEW members :

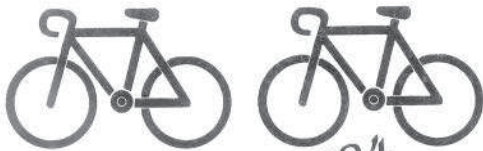
Peoria.....
Clifford A. Brown
Darren DeDecker
Eric & John Elwood
Max Koehl Family
John Ringham Family
Debbie Rude
Don & Janet Wendt
Bloomington.....
Ann Davis
Dunlap.....
Gregg Benning Family
Mackinaw.....
John A. King
Metamora.....
Keith Ehley
Washington.....
Bruce Martin
L. Scott Rendleman

STEAMBOAT DAYS

10th Annual



PEDAL-IN



Saturday, June 16, 1984
Sunday, June 17, 1984
PEORIA, IL

Join in the Fun!!!

We are in NEED of persons to WORK during this annual ride. This will be a SPECIAL week-end. There will be a SPECIAL CLUB RIDE over the same route so club members will get a chance to make this ride (June 3rd) so YOU can come forward and Volunteer for one of the MANY jobs during Sat or Sun.

I will ask for your help at the meeting. You need NOT wait, call me @ 691-8433

Ken Kiley

Racing News

John Wellwood finished 6th in the Masters category a race in Port Charlotte, Fla. on Mar 25th & 4th place in Tallahassee on March 18th.

Upcoming Race dates are:

- April 22 Will County road race
- " 29 Iowa City, Criterium
- May 6 Crystal Lake Criterium
- " 25 Moline-Muscatine road race

PEORIA BICYCLE SUPPLY

720 W. Main, Peoria, IL 61606
(309) 673-5475

PARTS-SERVICE-SALES-ACCESSORIES-ETAL

We Service all Bicycles!

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Send it to:
June Cowan
2535 N. Rockwood Dr
Peoria IL 61604 682-0861



Diane L. Ziegler

and

Ronald A. Matuska

would like you to share

the joyous occasion

of their marriage

Saturday, April twenty-eighth

at eleven o'clock

St. Anthony's Church

Bartonville, Illinois

Reception immediately following
Lake Camelot Clubhouse



IWV RIDE SCHEDULE

Every Saturday Morning; 8:30 A.M.; Washington Square; Washington, IL. The IWV bicyclists have been known to ride in blizzards, lightning storms, dust storms and deluges, so come on over and someone will be riding.

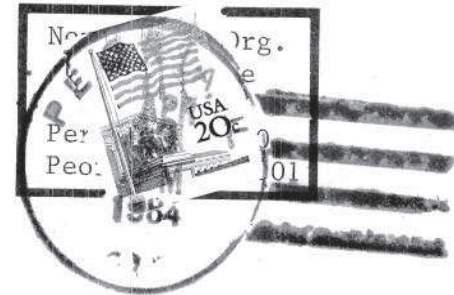
Sunday Morning Ride Schedule. All rides will be at a moderate pace, starting at 8:30 p.m.

- May 6 Bradley Park (near tennis courts) to Brimfield - approximately 35 miles. We will ride out Rt. 8 to Oak Hill and then into Brimfield (with a probable stop in Brimfield for a snack (feel free to bring your own snack instead of buying on the road).
- May 13 Mother's Day Ride - Peoria Courthouse to Morton (20 miles), an old favorite of the IWV (it's all downhill on the homeward route).
- May 20 Pekin Insurance to Tremont (20 miles) (this is Gary Sams favorite route through the wandering roads south of Rt. 9)
- May 27 Hanna City (near bank) to Glasford (25 miles) - This ride is the designated ride for the 25 mile IAW club patch program. Over the summer we will offer a 50 mile, 75 mile and a 100 mile patch ride and after the completion of all the rides you will receive a commemorative patch that join together (see IAW Almanac).
- May 28 Memorial Day Ride - Freedom Hall in Morton (corner of Rt. 98 and Detroit Ave) to Pekin. This ride starts and ends under the U.S. Flag (our way of celebrating the holiday).

Patch Ride



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RON ANDERSON FAMILY
203 LOCUST
WASHINGTON IL 61571