

2/86



Illinois Valley



Wheelmen

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

PRESIDENT'S NOTES

I'm writing these notes on Groundhog Day. According to what I saw, we will have six more weeks of winter; however six more weeks of the previous three weeks could end up being fishing weather. I knew that if I bought new cross-country skis, the weather would let me down. But of course all the idiot weathermen are congratulating themselves on the mild weather.

Great New Year's ride. 8.6 miles to start 86. Twenty one people pedaled the glory of Peoria Heights and 34 traded lies at the Party. Same time next year, ok? I'll make sure Ken brings his picture of his handshake with Eddy Merckx.

Daryl Johnson announces his new and improved wind trainer. That's right, the wind-trainer with the variable speed pothole system built right in. Yes, now you the public can enjoy peddling the entire road system of Peoria in the convenience of your own abode. Of course, watching the correct TV program is important for the right mood. My suggestion would either be the supercool Elliot Ness on 43 or David Letterman for the late night set. And be sure to be watching for the Letterman program which includes "stupid bicycle tricks."

This being the February newsletter for the month of March, I should try to motivate you the member to get out the bike and ride. And motivation isn't difficult; the does chasing me and the song birds remind me of music (woofers and tweeters).

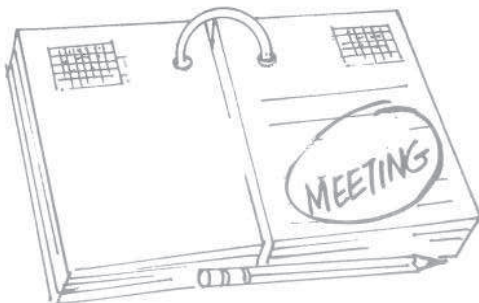
New information out on aluminum frames. They're light, they're different and itinerant magnet throwers have to go elsewhere for their kicks; however new research has indicated a possibly insoluble defect with aluminum in frame tubes. Some riders have been found in a haze of confusion during rides because aluminum does not automatically track lines of longitude according to the earth's magnetic field. However the addition of three Kryptonite locks to the bicycle seems to eliminate the problem.

Ken Beckler was in tears the other day when he discovered his name was not in my Rolodex file. Remember, don't this happen to you. If you think you should be in the file, call 682-8777 and I'll make sure you're added to it. You may already be a winner, but call today!

You may have already guessed that January was a slow news month. Well (ah, well, Nancy) the season has just begun. Your new newsletter editor needs your input as well as my drivel. Write today.

I had a few other bicycle related topics (cattle, espresso, esperanto as the language for the equipment freaks, etc.) but, hey, you've had enough for one month. Just get on that bike, (and enjoy it!) or I'll get my Rolodex out and start calling you up, one by one....

See you on the road,
Samuel, (a good friend of the
master of space, time and dimension.)



Plan now to attend the March meeting featuring Dr. Clark Rians from the Center for Sports Medicine and Health Fitness, a multi-disciplinary clinic which addresses issues related to health, injury and sports medicine. The meeting will be at safety town, March 27th at 7:30 pm.

The February meeting's program has been changed. Dennis Kruse from Normal will give a slide show on his recent trip through Europe.

(remember meetings are the fourth Thursday of the month, 7:30 PM)

Rides and Events

RIDE SCHEDULE

<u>DATE</u>	<u>PLACE</u>
2/23	Peoria 1st Pancake House (on University)
3/2	Washington Family Restaurant
3/9	Wright's Restaurant (106 SW Monroe)
3/16*(1:00 PM)	Katie McButts(for refreshments) 2440 N.Knoxville -St. Pat's Ride
3/23	Fosco's Restaurant 716 S.Western
3/30*(1:30 PM)	Easter Lily Ride Glen Oak Park(behind conservatory) 20 miles - leader Sam Joslin

Unless otherwise specified the above breakfast rides will meet at 8:30 AM. We will eat first and then ride (those who wish-weather permitting.)

* Patch Rides

Don't forget to mark your calendar for these upcoming club rides.

April 6 The Spring BREAK OUT
20-30 miles
7:30 Breakfast
8:30 Ride
Ride Leader Diane Matuska

June 21-22 PEDAL-IN

Aug. 17 Summer Metric

Look for more information about these rides in future newsletters.



Ride Calendar

Out of Town Rides

McLean County Wheelers Spring Metric - May 18
(we will supply you with more information as it becomes available)

The Ninth Annual Tour of the Mississippi Valley (TOMRV)

June 7-8
Quad Cities Bicycle Club
a 2 day tour along the banks of the Mississippi...a challenging course is promised.(average distance is 90miles per day).
TOMRV 9 is limited to the first 1,000 riders applying.
Applications will be available at the February meeting.

Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI)

July 20-26
The Register will only allow 7,500 riders this year. Participants are selected through a drawing. The register will try to give special consideration to clubs or groups of ten or more. Registration deadline is April 1st.

For more information and/or to register as part of the IVW group going to the ride call JIM HOGAN. (243-9313)



IVW ice skating party. Come enjoy the fun, at Owen's Recreation Center. Sunday March 9th at 2 to 5 p.m. (after the IVW ride, of course) Cost is a mere \$1, which includes skate rental. Call 682-8777 and let us know you're coming. Don't forget the Sam Joslin/ Dave Peterson birthday extravaganza, Feb. 16. A ride, including a stop for breakfast starts and ends at 1006 W. Russell, where the soon to be famous N. Beck cookies will be available in abundance.

IVW members are entitled to a 10% discount at Color Fast Photo Lab on Sheridan. (Don't forget to say hello to Eric Carlson.)



FROM THE MAILBOX

The McLean County Wheelers will hold a swap meet after their business meeting March 12th at Bloomington Federal Savings & Loan 115 E. Washington St. Starts about 8 p.m. and any bicycle related items are o.k. for sale or trade. The Wheelers are rerouting part of their Spring Metric to avoid the new construction of the Diamond Star car factory. The Metric is May 18th with registration from 7 to 10 a.m. Put the date on your calendar now, and more information will come out as available. The folks down in Bloomington/Normal always put on an enjoyable ride.

Out of town ideas--The Springfield Bicycle Club has developed a group blood plan at their local blood bank. All members may receive blood when needed for only the processing charges if 10% of the members donate blood. 28 members gave blood through the program in 1985. Members of the Blackhawk Bicycle Club are eligible for mileage patches if they amass at least 1000 miles during the year. Patches are given in 500 mile increments, with exact mileage given on any patch over 5000 miles.

From the Macomb newsletter-- The Mid-America Triathletes promotes the sport of triathlons through their home base in St. Louis. They publish a monthly newsletter containing a calendar of upcoming "local" events. For more info contact-- Mid-America Triathletes, Inc., P.O. Box 9162, St. Louis Mo. 63117.

Latest issue of the Des Moines Cycle Club Draftlines (Iowa) contained the mileage log of the Illinois Valley Wheelm'n, created by no other than our very own Denny Tresenriter.

Riders who participated in the Joliet Bicycle Club's Summer Finale Century need to call Dom Chellino at (815) 744-6810 and give him your address so he can send your patch out. Seems the mailing list was lost and needs to be recreated.

Membership applications for the Ultra-Marathon Cycling Association XXXXXXXXXXXX are available. These are the folks who put on the Race Across America each year. They are now branching out and running a National Points Challenge in which riders earn mileage points for completing 200 miles (or more) in a 24 hour period. If you're interested in long-distance riding as either a participant or spectator or both--this should be one of the better information sources. For an application or more info, contact Sam at 682-8777 and he'll send you what he has.



Here's your chance to get on the 10 best dressed list. Join the likes of Joan Collins, Elizabeth Taylor, Don Johnson and Robert Redford..... Be a trend setter.

ORDER YOUR IVY DOUBLE EWE T-SHIRT NOW !!!!!

The shirts are white with green (ivy) and black logos on the back and a smaller logo on the front lapel.

We will be placing the order at the end of March. Orders must be pre-paid. Drop order off at Vitesse on Prospect or Mail to : Jeannie Holloway 2310 Heading West Peoria, IL 61604

NAME: _____
ADDRESS: _____

	Small	Med.	Large	XL	TOTAL
Short Sleeve (\$7.00)	_____	_____	_____	_____	_____
Long Sleeve (\$9.00)	_____	_____	_____	_____	_____
Special Colors (If you don't want white) (\$1.50)	_____	_____	_____	_____	_____
Color _____					

Amount Due _____

Camp Wewa : Is This Anyway to Spend a Vacation ?

by Ted Gambogi

Kids always enjoy going to camp, so why not an adult? Especially this adult who now has a working wife with no vacation for a year. So off to sunny Orlando, Florida, January 25th and Camp Wewa.

Thanks to explicit instructions from Sam Joslin and a bike box from Vitesse, my Team Fuji arrived in perfect condition. By 4 p.m. on the 25th (Saturday), I was on the road with Dan Holt of Southern Illinois and Richard Gellen of North Carolina in SHORTS! It was the last day I was to wear bike shorts. Sunday, it rained and temperatures dropped to as low as 18° F by Tuesday.

There were two camps being conducted during that week. A bike camp headed by Butch Martin, former US Olympic coach, and a triathlon camp headed by Marshall Randell, a professional triathlete.

Martin and some aspiring national team riders took us out for a total of 226 miles that week. (It would have been 256 except for a mishap in a pace line.) Butch was a warm and compassionate person. I learned a lot about biking from Butch. He changed my seat height, angle, moved it back and lowered my handle bars-- all designed to put more power in my stroke.

Marshall Randell is the closest thing I've come to the "Terminator". This guy just doesn't tire! I spent the entire week running 330's and 440's on the track or running fartleks in the Florida sand. Then we would ride with the bikers, eat lunch and while the bikers siesta'd, we'd swim.

It was a humbling but rewarding experience. People came from all over the United States: Elaine (third in the Race Across America) from California; John (Flanders team coach) from Minnesota, Jim from Connecticut, and, ah yes, the La Vie Claire brothers... Greg and Bernard... complete with La Vie Claire jerseys, spare bikes, heart monitors and portable TVs.

Unfortunately these guys don't know how to ride a pace line resulting in one bike crash. Elaine landed on her head (a tribute to the V1 Pro) and I did a 360 in the Florida sand. Well at least we had one more hour of intimate conversation with Butch.

Now that's my idea of a vacation!!!

PRESIDENT: Sam Joslin 682-8777 VICE-PRESIDENT: Rosanne Gambogi 266-6816
SECRETARY: Jean Waycullis 699-1089 TREASURER: Bill Semmens 685-9452
RIDE CHAIRMAN: Greg Benning 243-5206 EDITOR: Mo Kelly 691-4010
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SOCIAL CHAIRMAN: Nancy Beck 263-7187

Have you Renewed your membership for 1986?

WINTER TUNE-UP SPECIALS!!

BASIC TUNE-UP

ADJUST BRAKES & GEARS
TRUE WHEELS; CHECK
HEADSET & CRANKS,
LUBE GEARS, BRAKES,
CHAIN & WRAP BARS
WITH NEW TAPE

ONLY \$39.95 + PARTS

MODIFIED OVERHAUL

ALL ADJUSTMENTS;
TRUE WHEELS; DEGRASS
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COMPONENTS; WAX & POLISH
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MAKE ALL ADJUSTMENTS
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RE-WRAP BARS W/NEW TAPE.

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Vitesse Cycle Shop
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Peoria Heights

10% of each tune-up done for a member
goes into the IWV's general fund.

Banking on the Japanese Business Cycle

By JOHN JEFFREY

TOKYO—It is 9 a.m. and a typical two-billion-yen loan begins its life in Marunouchi, Tokyo's financial district. To do this, banks A, B and C, which are participating in the loan, must transfer their shares—500 million yen each—to Bank D, which then must transfer these funds plus its own 500 million to another bank designated by the borrower, Bank E. The funds must be fully credited to the account at Bank E the same day. (For the sake of simplicity, these sums exclude service fees and the value of the complimentary packets of tissues that accompany every significant banking transaction in Japan.)

In New York and London, where bankers believe they are hopelessly behind the Japanese in computerization, a transaction like this would be done with several phone calls, a few computer entries and a couple of telexes.

But in Tokyo, how is such a transaction completed? Indeed, how are billions of dollars transferred among banks every day? What is the high-tech device that is the very lifeblood of the world's second-biggest free economy?

Bicycles. Hundreds of them.

Digital displays and fiber optics may run the Japanese home (thank heaven for the talking rice cooker), but when it comes to running matters of high finance, the two-wheeler stands supreme.

And so, at 9:05 dispatchers from Banks A, B and C hand checks drawn on the Bank of Japan (the only instrument acceptable for same-day value) for 500 million yen to their bike riders, who put them into their black bags, walk out to their bikes, put the bags in the bicycles' baskets, and start off on their wobbly trek to Bank D. Bank D will then send its own check to Bank E in the same way, but, of course, using its own cyclist.

You might think that these bearers of

kings' ransoms would at least be riding the absolute state-of-the-art in velocipede technology. You would also be dead wrong. If MacArthur ever rode a bicycle in Tokyo, it probably would still be in service in Marunouchi today. Start with a plain steel frame, add two wheels, two pedals and handlebars, a basket and the all-important bell and you have a Tokyo bank bicycle.



No gear levers, please. Most of them are your basic black, although blue and red models have begun to appear—no doubt a key part of Japan's efforts to liberalize its banking system.

Nevertheless, these bicycles are dignified machines, for in Japan, age equals status. Perhaps this explains why there appears to be an unwritten rule that one must never, ever replace the brake pads on these bikes. The total absence of any stopping material whatsoever on these brakes is proof of the bike's true veteran status. Indeed, it must give a rider a certain amount of pride to slow down his bike with a piercing shriek of metal desperately scraping against metal. The louder and more deafening the noise, the more senior must be his ranking.

You might also think that, because these cyclists are responsible for the safe arrival of billions of yen in checks, letters of credit and more, they must be carefully chosen men of strength and courage. The samurai answer to Brink's, perhaps?

Wrong again. It may be true that many of them used to be policemen, but they are not hired right off the force. They are generally hired right out of retirement.

Aren't these banks afraid they will be robbed? Well, not exactly. Remember this is the country where 1985's most notorious subway crime was a band of unruly teenagers who jostled and spoke rudely to an elderly man. Not exactly Bernhard Goetz.

The biggest risk these riders probably face is colliding with one of the hundreds of other cyclists careening around the streets. Think of the consequences if, say, Nippon Steel's payroll crashed into Sanyo Electronics' dividend funds on Hibiya Road and both went tumbling into the Imperial Palace moat.

Foreign bankers are also in the bicycle racket and have even set up their own special system for handling U.S. dollar transactions. At 4 p.m. every banking day, bicycles from 15 foreign banks converge at the Tokyo Kaijo Building, their riders bearing that day's U.S. dollar checks from their banks. In a small room in the basement, the 15 messengers furiously swap envelopes in a procedure that looks like a cross between a tobacco auction and a drug connection. The checks are then taken back to the respective banks where they are "cleared." (Actually, the value of the transactions among banks is settled that night in New York. But without the bicycles.)

The rest of the world need not lose heart yet. Japan still has one or two things to catch up on, at least in the financial world. And if worse comes to worst, it would be a very simple matter for a clever group of terrorists to bring Japan's banking system crashing to the ground. All it would take is a few well-placed thumbtacks.

Mr. Jeffrey rides a motorcycle, never a bicycle, to work in Tokyo.

Bicycling



is fun, healthy, sensible...
Transportation

This article on biking and banking appeared in the Wall Street Journal in late December.

Thanks to Don Wendt for submitting it to the editor.

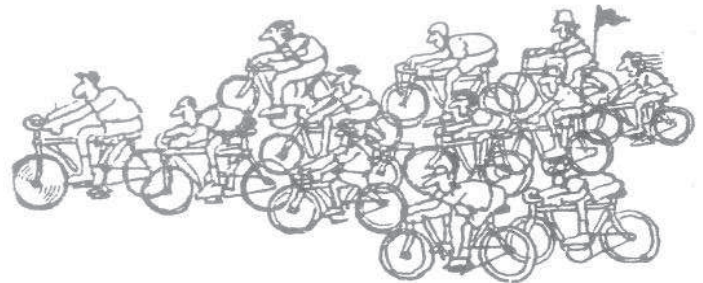
Ron Johnson will be offering a bicycle repair school at Vitesse in March. The class meets each Monday in March at 7 p.m. for 1 to 2 hours. The five classes include everything from flat tires to complete overhauls. For more information, contact Ron at Vitesse -- 682-8777. Reserve your space today.

PUBLIC EDUCATION PRESENTATION

Dr. Peter Van Handel will present a lecture on "The Winning Edge: Nutrition in Athletic Performance" to a general public audience on Friday evening, March 7, 1986, beginning at 7 pm at the University of Illinois College of Medicine at Peoria. Ample time will be allotted for questions from the audience.

The registration fee of \$2 per adult should be made by check (payable to the UNIVERSITY OF ILLINOIS) and mailed with the Registration Form to: Business Office, UICOMP, Box 1649, Peoria, Illinois 61656. Children through high-school age attending with adults will be admitted free; please indicate on the Registration Form the number of children you will bring. Telephone reservations may be made by calling the Program Secretary, Rose Couri Holcomb, at 309/671-3034. Free parking is available in College lots where the parking gate is raised.

Advanced registration is not required but would be appreciated.



I will attend the public program "The Winning Edge: Nutrition in Athletic Performance" on Friday evening March 7, 1986.

Number of Adults _____ at \$2 each.

Number of Children _____ (free of charge).

NAME _____

ADDRESS _____

CITY _____ ZIP _____

TELEPHONE DURING DAY _____

1986 IVW MEMBERSHIP

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REMEMBER: No charge for ads in the IVW newsletter for members. Send your ad to-- Illinois Valley Wheelm'n 6518 N. Sheridan Rd. Peoria, Il. 61614

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