

6518 N. Sheridan Rd.

Peoria Ill. 61614



ILLINOIS VALLEY WHEELMEN

FEBRUARY 1988

RIDE OF THE MONTH FOR FEBRUARY

THE FEBRUARY RIDE OF THE MONTH WILL BE FROM WILDLIFE PRAIRIE PARK. YOU WILL HAVE BRUNCH AT THE PARK AND THEN WEATHER PERMITTING RIDE TO ALASKA AND BACK (all before noon). CONTACT JIM OR JEAN WAYCULLIS AT 822-0186 for INFORMATION AND TO MAKE A RESERVATION BY FEBRUARY 5th.

OOPS! I messed up in the last newsletter. IVW monthly meetings are held the 4th THURSDAY OF THE MONTH, not the third as was in the Jan. newsletter.

FROM THE PRESIDENT

The IVW is a volunteer organization which depends on its members to keep it going. I'd like to thank 2 of our members who have done a great deal for the IVW, mostly behind the scenes. Bill and Mary Overbey, our current and past membership chairpersons have spent many hours working for the IVW. They and their computer have organized our membership into the efficient system it is now. We really have come to depend on them, but may have forgotten our thanks. So, Thanks Bill and Mary for a job well done!

BOARD MEETING

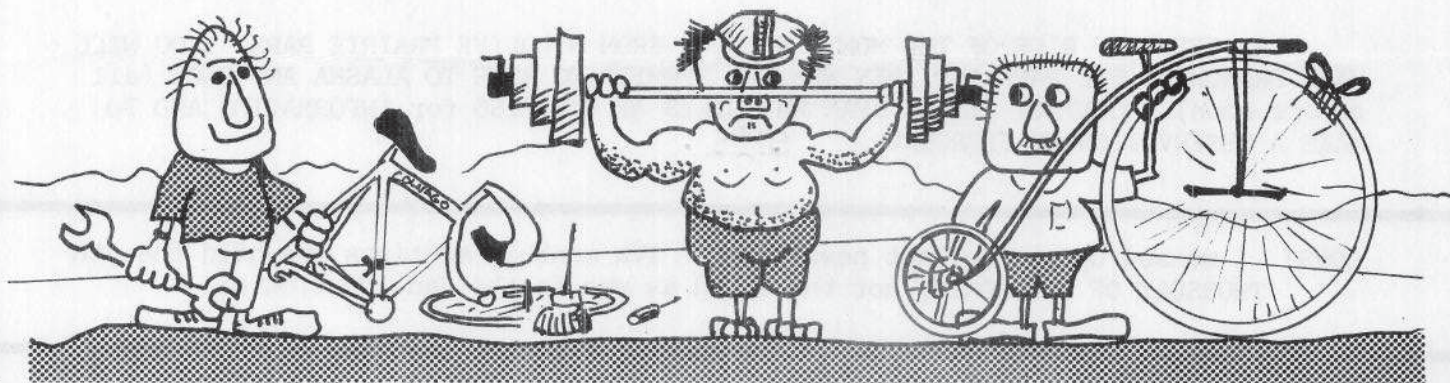
The next board meeting will be a planning meeting for rides this season. If you desire to have a ride or lead a new ride or old ride you ought to try to attend this meeting. As of this time the exact date of this meeting is unknown, however it is tentatively scheduled for either Feb. 9th or the 16th. If you are interested in attending or making some input into the 1988 ride schedule contact Jean Waycuilis(822-0186) before the 9th of Feb.

ABOUT TOURING

One thing this Editor would like to have for the newsletter is some type of ride report from not only club rides, but from rides that you members may go on that are not IVW rides. If you go to Ireland or Wisconsin the experiences you have may be interesting and a benefit to other riders who might be inclined to take a similar ride. If you would write a simple description of the ride, your itinerary, how many people were there, weather factors, lodging accommodations, and anything else that you feel are worthy of inclusion to this editor, then it can be put into the newsletter for the whole group to share.

GETTING READY FOR SPRING

SPRING.....does that sound good? That means you can get off the couch and get "on the road again" with the trusty ol' steed. However, is that ol' trusty steed ready to ride? If you did not take care of your wheels at the end of last season (assuming you are a seasonal rider) you will need to probably do some things before you begin riding this year. Check the chain for wear or rust--replace or oil if needed (a worn chain may affect shifting), Check the bearings for lubrication--lube as needed, check the tires for worn spots, cuts, etc. and replace if necessary, and how about the brake pads, are they worn and need to be replaced? The last thing you should check is yourself. Are you going to be ready to ride? If you've taken to the couch potatoe route this winter you'll need to get those muscles ready for the road. Do some sit-ups, walking or running, push-ups, and some of those other good things for yer old bod to get it ready for the new riding season rapidly approaching.



New Members

WELCOME NEW MEMBERS

Roberta Goodwin	East Peoria
Alex Ertz	Germantown, Tennessee
Joe Sauer	Peoria
Don Washburn	Peoria
Steve Weast	Dahinda, IL
Rachel Shull	Peoria
Lee Nugent	Peoria
Darlene Campbell	Washington, IL
Dave and Ardis Diebel	Metamora, IL.
Rick Lavaux & Family	Washington, IL.
Brian Downs	Metamora, IL.

Upcoming L.A.W. Rallies

GEAR Down '88

February 12-14, 1988

Lakeside Inn

Mount Dora, Florida

Contact: Florida AYH, P.O. Box 1108, Tallahassee, FL 32302,
(904) 878-2042

GEAR Up '88

June 3-5, 1988

Millersville State University

Lancaster, Pennsylvania

Contact: Bob Carson, 205 E. Joppa Rd. #607, Baltimore, MD
21204

L.A.W. National Rally

June 29-July 3, 1988

Northern Arizona University

Flagstaff, Arizona

Contact: L.A.W. Rally '88, P.O. Box 2657, Scottsdale, AZ
85252

GEAR Up '89

June 16-19, 1989

Skidmore College

Saratoga Springs, New York

Contact: Mohawk-Hudson Wheelmen, P.O. Box 5230, Albany,
NY 12205

—BICYCLE USA News

Ride Calendar

SATURDAY MORNING RIDES

These rides start at 8:30 a.m. at the square in Washington, Ill. and usually travel to one of the nearby towns for breakfast and then return to the square. This ride is for all abilities of riders and often go to two different locations depending on the number who show up for the ride. We suggest that you do not park directly on the square, but find places in the off-square parking lots or side streets. The length of the ride is usually 20 to 30 miles.

WINTER RIDE SCHEDULE FOR SUNDAY RIDES

During the winter months the IVW rides on Sunday morning are EAT FIRST and then ride if the weather permits or if the riders present desire to brave the elements.

SUN JAN. 31	DIXIE MANOR (Glen @ Rt. 150, Peoria)	8:30 a.m.
SUN FEB. 7	PEKIN STEAK N SHAKE (Court St. - East side)	8:30 a.m.
SUN FEB. 14	COUNTRY BUFFET-EVERGREEN SQUARE (Lake & Sheridan, Peoria)	8:30 a.m.
SUN FEB. 21	RIDE OF THE MONTH WILDLIFE PRAIRIE PARK For info and reservations call Jim & Jean Waycuilis (822-0186) by Feb. 5th.	11:00 a.m.
SUN FEB. 28	WASHINGTON FAMILY RESTAURANT Rt. 24, Washington, Il.	8:30 a.m.
SUN MAR. 6	CUMMINS FAMILY RESTAURANT 7929 N. Knoxville, Peoria	8:30 a.m.
SUN MAR. 13	BRIMFIELD AMERICAN LEGION	8:30 a.m.

MAPS, MAPS, MAPS, AND MORE MAPS

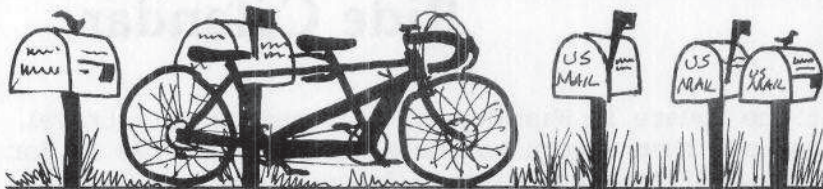
For those of you who would like to have a map of Peoria, Tazewell or Woodford counties there is a source. In fact, you could get a map of virtually any county in the United States. To get the source for the U.S. you would need to have a copy of the L.A.W. ALMANAC which lists sources for every state. If you are interested in obtaining maps of Illinois counties, you can write to:

Map Sales
200A Administration Bldg.
Illinois Dept. of Transportation
2300 S. Dirksen Pkwy.
Springfield, Ill. 62764
Phone; (217) 782-0834

County Maps; $\frac{1}{2}$ "=1 mile \$1/each 1"=1 mile \$1.50 each
Traffic volume maps are available also

There is no tax or postage; make checks out to State Treas. of Ill.

The L.A.W. ALMANAC also includes numerous sources of publications of bike trails and systems throughout the state and country. Join the L.A.W. and get the annual ALMANAC or see an I.V.W. member who belongs to the L.A.W. and get the information.



From the Mailbox

Below are listed some of the more prominent midwestern rides that the IVW members sometimes travel on. When the dates of these events reach the editor of this newsletter they will be included in the out-of-town mailbox section. WATCH FOR THEM!

Carter LeBeau's group of Iowa rides;

- T.O.G.I.R. VII (The Other Great Iowa Ride) June 18-24, 1988
T.I.G.E.R. V (Tour Iowa's Great Eastern Region) August 13-14, 1988
L.I.O.N. IV (Loop Iowa's Outstanding Northeast) July 9-10, 1988
B.E.A.R. III (Bicycle Early Agricultural Roads) July 29-31, 1988

If you seek to have the brochures sent to you for these rides, contact;
TOGIR TOURS, 2325 Fulton Ave., Davenport, Iowa 52803

RACE REPORT DENNIS TRESERITER

There's not much racing this time of year, but there is a lot of training going on. Winter training is important for all of us, not just racers. How many of you have gone to an early spring ride and found it less than enjoyable due to lack of fitness? Or who has put that great jersey on in the spring and found lots of bulges that shouldn't be there? (Guilty here!) For better health, weight control, and more enjoyable riding, winter should not be a season of complete rest or gastronomical decadence.

Contrary to popular belief, one can ride through the winter. However, it has been pointed out to me (though I find it hard to imagine!) by others, that not everyone shares my passion or single-mindedness for bicycle riding regardless of the weather. There are alternatives. Aerobic classes are a good idea as is indoor swimming, racquetball, or basketball. As long as it's aerobic, that is all that matters. There also exists, as we all know, wind load or magnetic load trainers and rollers. These are great for exercising bicycle specific muscles though they leave a lot to be desired mentally. I have spent many hours on one or the other when the ice or snow is really bad. Then, of course, one can cross-country ski or ice skate.

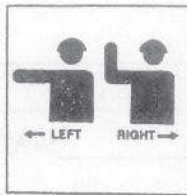
That brings us to road riding. As many IVW riders have proven this winter at the weekend rides, one can ride with windchills near 10 degrees below zero. It is all a matter of clothing fabrics and layering. Riding in the rain can be done by properly dressing in waterproof materials, but always be aware of hypothermia. I generally try to ride loops that never carry me far from my house or from towns with open businesses. High winds have even been thwarted by some IVW riders this winter by riding tailwind rides with prearranged sags.

It's very important to keep exercising all winter for your health and well-being. Personally, I will suffer just about any weather condition before coming indoors. I still believe that the wind trainer is really a modified 13th century torture device. Stay fit and I'll see you on the road.

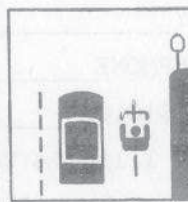
RIDE LIKE A PRO



Follow lane markings. Don't turn left from the right lane. Don't go straight in a lane marked right-turn-only.



Use hand signals. Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy, and of self protection.



Obey traffic signs and signals. Bicycles must behave like other vehicles if they are to be taken seriously by motorists.

DIAGRAMS COURTESY OF THE
PORTLAND, ORE. BICYCLE PROGRAM

IVW GETS TELEVISION COVERAGE

Hey, did you catch it? The Saturday morning ride on Jan. 16th was covered by Channel 19 WHOI NEWS. They did a nice report on the cold weather riders going from Washington square to Morton. The Tresenriters, Randy Townsend, Eric Carlson, Jack Huggins, Doug Balvanz, Glen and Marty Thompson, Jean Waycuilis and Ron Matuska "made it" on the video. Word has it that a couple of the riders got to Guth road and made a quick about face because of the 30 mph winds and the chill in the air. What was the temp? Those reporters were bewildered that people of sound mind would get out in very cold weather to ride one of those two wheeled contraptions just for the exercise and fun of it. Oh well!..... Thanks for the air time WHOI..... WE APPRECIATE IT.



R.A.G.B.R.A.I. XVI (Register's Annual Great Bicycle Ride Across Iowa)
Is set for July 24-30. Map and data coming later.
Fee is 25.00, and April 1st is the deadline for entry.
contact; RAGBRAI, P.O. Box 622, DesMoines, Iowa 50303

McLean County Wheelers Annual Spring Metric is scheduled for May 15, 1988

1988 ILLINOIS VALLEY WHEELMEN MEMBERSHIP

DATE _____ NAME(S) _____
 STREET _____
 NEW _____ CITY _____ STATE _____ ZIP _____
 RENEWAL _____ TELEPHONE _____

DUES CATAGORY: INDIVIDUAL \$10.00 _____ FAMILY \$12.00 _____

Please make check payable to the Illinois Valley Wheelmen and mail to;
 Wm. Overbey, 6415 N. Imperial Dr. Peoria, Il. 61614



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*Our membership magazine, BICYCLE USA, has the biggest calendar of events and the best feature articles and departments. Besides our regular issues, members receive the BICYCLE USA TourFinder and the Race Across America Official Program.

*BICYCLE USA Almanac—your guide to everything about bicycling: clubs, rallies, books magazines, organizations, events, dealers, and many sources of help and information. It's available only to L.A.W. members.

SIGN ME UP! I want to join
 THE LEAGUE OF AMERICAN WHEELMEN!

Name _____ Phone _____
 Address _____
 City _____ State _____ Zip _____

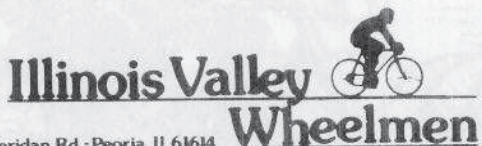
Individual annual membership \$80 \$18 introductory rate
 Family annual membership \$97 \$12 introductory rate (outside North America, add \$5)

Make check payable and mail to: BICYCLE USA, Suite 209 BR, 8707 Whitestone Road, Baltimore, MD 21207
 Allow 4-8 weeks for receipt of FREE Almanac and first magazine. Offer good through December 31, 1987.

The ILLINOIS VALLEY WHEELMEN is an incorporated non-profit organization of more than 20 but less than 300 members in the tri-county area.

Newsletters are distributed about 11 times each year through bulk third class mail. The newsletter will not be forwarded so let the membership chairperson know if you plan to move or are not getting your newsletter.

- PRESIDENT: JEAN WAYCULIS 822-0186
- VICE PRESIDENT: LIZ BENNING 243-5206
- SECRETARY: MARTY THOMPSON 685-4571
- TREASURER: BILL SEMMENS 685-9452
- RIDE CHAIRPERSONS: GWEN & RON CHANDLER 698-8002
- SOCIAL CHAIRPERSON: SUZIE WOODWARD 688-2972
- MEMBERSHIP CHAIRPERSON: WM. OVERBEY 691-0040
- NEWSLETTER: DEAN GRETHEY 346-0645



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THINK SPRING!