



I V W

Illinois Valley Wheelm'n Newsletter

April 1991

MAY RIDE OF THE MONTH

Jumer's Ride - May 18th and 19th

Come ride to the Galesburg Jumers and enjoy a fun, social bike ride plus a get away weekend! We leave Peoria via Charter Oak School to ride the scenic backroads of West central Illinois. Approx. 50-55 miles each day. Breakfast and snack both days en route. Dinner in Galesburg on your own.

Limited to 15 double occupancy rooms. So, first come-first served. Call Marty Thompson (685-4571) to make your reservation. A non-refundable deposit of \$5.00 per person by April 20th is required. If only one spouse/significant other is willing to pedal, the other is welcome to drive over in their own car. Room Cost is \$60.00 (with tax) per dbl. occup. room. Sag provided for overnite gear only.

INSIDE DINO'S HELMET

Green Grass, man, Green grass--sunlight, man, ya know? I mean if you look in one ear you can see the sunlight shining on the green grass out the other. God, it's awesome! I used a mirror the other day and you know what--who's on first-- and the grass is real green.

The wheels need oiling--go to "Keewait" and ride down a road. The chain may get dirty though! Oh well, if the tires get too glopped up, it's the same as turning a high gear up hill. Good practice! Hey man--you wiggged out? Nawgh! Sweat, not sweet, but sweat -- it's 'bout time for criminy sakes. Tires all pumped? Tighten up the spokes a little--just a little now, just a little, ohhhhhhhh nooooooooooooo, sproinggggkk,.....bummer, back it off a little.....too late, better visit the shop and see if anyone needs a metal pretzel for Conan to chew on.

Speaking of chains, have you really looked at yours lately? I got down on my hands and knees and took the loupe to the filthy thing and decided to get out the gasoline. Poured some on it and lit the match--whole dern bike went up in flames.....but boy is that chain clean!

Dino

Welcome New I.V.W. Members

David Branyan Peoria, IL
Sheryl Hansen Morton, IL

We Welcome you to the Illinois Valley Wheelm'n and hope that you enjoy the companionship and that the wind will always be at your back.

PEDAL-IN PREPARATION

Wanted: Volunteers who just wanna have fun. Sign up now for your chance to join your fellow cyclers in putting on another great Pedal-In. And if that isn't enough, we'll throw in a free 1991 Pedal In T-shirt to the first 20 people who sign up before May 1st to man a food stop. Times and places are listed below. Two people are needed for each timeslot, so grab a friend and join the fun.

Rest Stop

Time Blocks

Wildlife Pr. Park 6-8 am, 8-10am, 10-12am, 12-2pm, 2-4pm
Brimfield 7:30-10am, 10-2pm
Farmington 11-1pm, 1-3pm
Smithville 8-10am, 10-12pm, 12-2pm, 2-4pm

To reserve your very own special time slot, Call Julie Semmens (693-9388). Also, remember to start baking those cookies. Marty and Glen (Fred too!) have been devouring their supply of frozen vegetables morning, noon, and night, in order to make room in the freezer for **your** cookies. Call Marty (685-4571) to place an order on space in their freezer for your home baked cookies. [I coughed my cookies last week, I wonder if they will have a place for them?] The person who bakes the most cookies will be the proud recipient of a free 1991 Pedal-In T-shirt.

Bicycling Skills Seminar

Plans are progressing for our first ever Bicycling Skills Program. The goal is to teach safe cycling techniques to new riders in the Peoria area.

Main Issues:

- How to handle your bike in emergency situations.
- How to ride safely in traffic.
- Common beginner mistakes to avoid.
- Basic equipment ins & outs, and such things as how to fix a flat, etc.

I hope to have a 1 - 2 hr. discussion immediately followed by some "hands on" demonstrations. Also, plan to have a short group ride the next day for further practice and to show off some scenic highlights of Peoria, which can be easily reached by bike.

Seminar will be only one session, but will be offered several times early in the riding season. Tentative dates are Sat., May 25th (discussion at Safetytown), with group ride on Sun., May 26th. Also, June 8th (discussion) and June 9th, ride.

I welcome all input from IVW members who would like to help make this program become reality.

Eric Hutchison (685-3921)

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 5:30 p.m.	3 Charter Oak Sc. 6:00 p.m. Social Ride	4 Mossville Grade 6:00 p.m. WIMPS RIDE	5	6 Washington Sq. Show & Go 8:30 a.m.
7 8:30 a.m. SPRING BREAKOUT RIDE Washington Sq.-Washington, IL Bill and Julie Semmens-693-9388 1:30 Sterling Plaza-Smell the Roses Glen Thompson 685-4571	8	9 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 5:30 p.m.	10 Charter Oak Sc. 6:00 p.m. Social Ride	11 Mossville Grade 6:00 p.m. WIMPS RIDE	12	13 Washington Sq. Show & Go 8:30 a.m.
14 8:30 a.m. Banner Grade Sch. to Princeville Gregg Benning 243-5206 1:30 p.m. Meet at ICC Gym lot G. Thompson 685-4571	15	16 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 5:30 p.m.	17 Charter Oak Sc. 6:00 p.m. Social Ride	18 Mossville Grade 6:00 p.m. WIMPS RIDE	19	20 Washington Sq. Show & Go 8:30 a.m.
21 8:30 a.m. Fondulac Adm. Bldg. East Peoria, IL. across from Wendys Bob & Val Jones 698-3336 1:30 p.m. Peoria County Jail G. Thompson 685-4571	22	23 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 5:30 p.m.	24 Charter Oak Sc. 6:00 p.m. Social Ride	25 IVW MEETING 7:30 p.m. SAFETYTOWN Board Mtng. at 6:30 p.m.	26	27 Washington Sq. Show & Go 8:30 a.m.
28 8:30 a.m. RIDE OF THE MONTH "AS THE WIND BLOWS RIDE" Starts at Field Shop Cent.-Morton Dalton Larson 694-2272 1:30 p.m. Peoria Courthouse Glen Thompson 685-4571	29	30 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 5:30 p.m.				

BIKE, HIKE OR SHOP

JUNE 22, 1991

Depart: 6:30 p.m. Return: 9:30 p.m.

Depart Geneva 5:30 p.m.

Fee: \$22.00

The Fox River Trail offers 23 miles of PAVED PATHS stretching from Aurora to Algonquin. Starting from Geneva you can peddle or walk North to St. Charles - You will want to take some time to smell the flowers in the "Beautiful" flower garden in the Pottowatomi Park. Then continue to Elgin and the Blackhawk Forest Preserve - I've heard they have "Wild Animals" in the forest preserve, but I didn't see any when I went through. Traveling to Algonquin you will be ready to enjoy the favorite hand dipped ice cream at the Old Ice Cream Parlour.

Or travel South through Batavia - You will want to stop to visit the train museum or watch the river pass you by on the benches along the Fox River. In Aurora you can cross the wooden foot bridge and stop at the Clark Island Park in the middle of the river.

If you want to rent a bicycle for the day from the Mill Race Cyclery. Fees are \$7.00 /1st hour and \$5.00 for each additional hour with all-day fee of \$25.00. Please let us know when registering if you are interested in renting a bicycle, and/or you are bringing your own bike. We will need to make the necessary reservations.

For the Shopper, Geneva offers: Antique shops, turn of the century Victorian homes, historical museums, summer repertory theatre, 100 independent distinctive shops and restaurants

LUNCH WILL BE ON YOUR OWN

Each town offers a variety of restaurants ranging from formal dining to sidewalk cafes and the burger places.

To make your reservation call Peoria Park District at 688-3667. Let us know if you need to rent a bicycle or if you are bringing your own.

Fee includes transportation and escort service only.

Juice and rolls will be provided in the morning.

Bikers and shoppers will want to plan to have your dinner before departing from Geneva.

Bonnie Davis

IVW MAP BOOKLETS

Members of the ride committee have completed the first ever two-wheeled guide to the Greater Peoria Area. This humble collection of 9 bicycling route maps offers an assortment of ride lengths and starting locations around the Peoria area. Several maps contain more than one marked route. The map booklets will be sold to IVW members for \$2.00 each, non-members fee is \$3.00. For mail order, send check or M.O. payable to the Illinois Valley Wheelm'n, to; Eric Hutchison, 918 W. Wilcox, Peoria, IL 61604. The map booklets are also available at Vitesse Cycle Shop in Peoria Hts. and Russell's Cycle World in Washington, IL.

Want Ads in the IVW Newsletter

Members may submit want ads in this newsletter free of charge for one month at a time. If you desire longer than one month, please resubmit the ad each month or call the editor. Ads should be bicycle related items, and be sure to include a name, address and phone when submitting your want ad. Submit ads to: **Dean Grethey, 1907 Canterbury Apt. D, Washington, IL, 61571 or Phone 444-3360.**

FOR SALE

1. Cannondale Bugger-\$150
2. 1986 Diamond Back Apex Mountain Bike, 19", Red, Like New, \$350.00
3. Fastab Custom Tandem, 22 1/2 - 21 1/2, \$950, Would sell frameset separately.
4. Old Shop repair stand - heavy duty, \$25
Call Dave Gardner about any of the above items. (263-0596) evenings please!

FOR SALE

27" Nashbar S13 Rims with IRC Kevlar tires (27 x 1") like new--\$45.00. Phone Steve Miller (674-4578)

FOR SALE

Roof Rack, Holds 1-4 bikes upright. For cars with a "gutter" \$55.00, Call Gregg (243-5206)

MEET NICK PAWESKI OUR NEW SOCIAL CHAIRPERSON

I am the newly volunteered Social Chair for the IVW. I'm pretty sure that I volunteered, but it seemed that Eric H. did most of the talking. My concept of the job is to retain the status quo, with a few minor changes as to the meeting place. I'm looking at holding a meeting at Leonardo's and possibly the Pizza Works in the near future. Keep your eyes on this newsletter for the sites of future monthly meetings.

All of my cycling has been in the Bay area, so this winter weather has been killing my riding. I have a trainer, but I'm holding out for the weather I guess. I've done a couple centuries, but mostly I like 45 mile rides. I'm an Illinois native who grew up in Chicago and lived in DeKalb through college and after. I was only in California for the past two years when I started riding. It seems like Peoria is a good riding area with the bluffs and all, so I'm looking forward to riding in this area. If any of you are wondering why I left California to move to Illinois, ask me at the next monthly meeting or ride. It's a great way to break the ice!

APRIL MONTHLY MEETING April 25, 1991 • 7:30 p.m. • Safetytown

Bill and Julie Semmens will present slides and spirited, jovial, heartwarming, colorful and definitely entertaining dialog about their bicycle vacation to France.

RENEW YOUR MEMBERSHIP TODAY!

WEEKLY RIDES

Sunday Morning Ride - Every ride is lead by a different person. Each leader picks the route and sets the pace. These rides tend to be a bit faster and farther than the other club rides. These rides often stop midway for eats. Early in the cycling season the Sunday AM ride might be 20-30 miles long on flat roads. As the season passes the routes get longer, often peaking in the fall with a 100 mile ride. Check the ride calender for the ride starting point and ride leader. Call the ride leader if you have any questions about a specific ride.

Sunday Afternoon Ride - This ride is meant for the "Sunday Rider". This ride will be at a relaxed pace to allow for lots of laughing and scratching. Every ride will have a ride leader and a ride sweep to bring up the rear. If you are a social rider or just getting started in cycling this ride is for you. The ride leader and starting point will be listed on the ride calender. If you have questions, call the ride leader.

Tuesday, Morton Show-n-go - This ride starts in the parking lot of the Field Shopping Center. The group picks a route each night depending on the wind and the feelings of the group. The more "athletic" group, which has a very loyal following, departs at 5:30 p.m. The more social group leaves at 6:00 p.m. Both groups tend to return to the start at about the same time and often have time to visit with one another, or grab of bite to eat at that point. If you and your favorite riding partner are on different skill levels this is the night for both of you to ride.

Tuesday, Wright Ride - This ride meets in the parking lot of the First of America Bank at the corner of University and Pioneer Parkway. This ride has a friendly group of regulars lead by Bill Wright. They cover 15-35 miles depending on conditions at a moderate pace. New riders are more than welcome on this ride. *No one ever gets left behind!*

Wednesday Evening Ride - This is a SOCIAL RIDE!! That means we ride to have fun, gossip and enjoy each other's company. We will ride at a moderate pace with regrouping stops. Since our unofficial motto is "we ride to eat", we will go to dinner for dinner after the ride at a place to be determined that night. We will switch starting points each month, so PAY ATTENTION TO THE NEWSLETTER!

Thursday, W.I.M.P.S. RIDE - W.I.M.P.S. stands for Women In Motion Pedaling Slowly. This is a ride for women only. It will be at a leisurely, relaxed pace intended for fun and socializing. So, ladies, leave those husbands and/or lovers behind along the the dirty dishes and come join us. Beginners are VERY WELCOME! (Held every Thursday except the fourth Thursday of each month when the IVW monthly meeting is held). Call Marty (685-4571) or Liz (243-5626) for more info.

Thursday, Metamora Ride - Starting in May, this ride will start from the square in Metamora, IL, at 6 p.m. for a relaxed pace, social ride of approximately 10-12 miles. Call Gary Weiss (383-2329) for more information.

Saturday, Morning Show-n-go - Meet at Washington Square in Washington, IL, at 8:30 a.m., for a Show-n-go. Rides are decided by the group with no designated leader or sweep, only a destination. This is not for faint of heart. Please do not park on the square. Use the back parking lots and side streets, please.

APRIL SUNDAY MORNING/AFTERNOON RIDES

- April 7, 8:30 a.m.** **SPRING BREAKOUT RIDE** - Meet at Washington Square for an easy ride to Metamora American Legion for a great Pancake & Sausage Breakfast. Approximately 20 miles. Call Bill & Julie Semmens (693-9388) for info.
- 1:30 p.m.** **SMELL THE ROSES RIDE** - The first of these new Sunday Afternoon rides will start from Sterling Plaza, and be led by Glen Thompson (685-4571). Call if you need info.

- April 14, 8:30 a.m.** Leave **Banner Grade School** for a Super breakfast at our favorite eatery in the metropolis of Princeville. Approx. 25-30 miles. Leader is Gregg Benning (243-5206).
- 1:30 p.m.** Meet at the parking lot at ICC Gym Leader is Glen Thompson (685-4571).

- April 21, 8:30 a.m.** Meet at the **Fondulac Administration bldg.** in East Peoria (across from Wendy's) for a ride on the trail to Morton. About 20-25 miles round trip. Leaders are Bob and Val Jones (698-3336).
- 1:30 p.m.** Meet at the Peoria County Jail. Leader is Glen Thompson (685-4571).

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- April 28, 8:30 a.m.** **RIDE OF THE MONTH "As the Wind Blows"** Meet at Field Shopping Center to see which way the wind blows and then the destination will be determined. It's a surprise until then. Approx. 30 miles. Leader is Dalton Larson (694-2272).

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- 1:30 p.m.** Meet at Peoria Courthouse in downtown Peoria. Leader: Glen Thompson (685-4571)
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MAY SUNDAY MORNING /AFTERNOON RIDES

- May 5, 8:30 a.m.** Meet at the I.C.C. Tennis Courts for a ride to Eureka. Approximate distance is 30-40 miles. Leaders are Bob & Val Jones (698-3336).
- 1:30 p.m.** Meet at the new East Peoria Library parking Lot (near Krogers) at City Center. Leader is Glen Thompson (685-4571).
- May 12, 8:30 a.m.** Meet at Metamora Square for a 35-40 mile round trip ride to Roanoke for Breakfast. Leader is Eric Hutchison (685-3921).
- 1:30 p.m.** Meet at First of America Bank, corner of Piioneer and University-Glen Thompson is the leader (685-4571).

TIRE TRACTS

Two For The Road—America's favorite fun couple are now married! Ken Beckler and Beth Bausman tied the knot March 23 in a ceremony held in the bride's hometown of Elizabeth, IL. Honeymoon was spent on a very small island off the coast of Mexico. The couple's immediate family was not present—cat and greyhounds were vacationing in an undisclosed location.

They're in The Money—The richest day in Peoria cycling since the turn of the century will be August 18 when the Proctor 100 road race and the Proctor Cycling Classic Criterium are held in downtown Peoria. Top USCF and professional competitors on the road course will be gunning for \$12,000 while criterium participants hunt for more than \$5,000 in prize winnings. Citizen racing is also scheduled for the morning on the criterium circuit. Proctor Hospital, Proctor First Care, Matsushita (Panasonic), AT&T, True Value Hardware, Ruppman Marketing and Jefferson Bank are the sponsors lined up so far. Watch for updates in future newsletters.

Rooms For Rent With River View—What did I hear? Listening to WCBU on March 15, I believe I heard that the Illinois Department of Transportation had signed a \$4-million, 5-year lease for two and a half floors of Ray Becker's new 20-story downtown marvel. The abandoned Knoxville digs (which are paid for) would then be leased or sold by the state. Keep this transaction in mind the next time a state official tells you that there's no money for cycling programs and infrastructure.

The Winds Of Change—What a difference a day or two makes. Between Tuesday night and Wednesday, March 12 and 13, winter revisited Central Illinois with a vengeance. Northern Peoria was hit particularly hard—a snowfall of 6.9 inches combined with gusty winds shut down most outlying school districts. Travel on Peoria city streets was equally treacherous with snow masking the ice-covered roads. Even mild grades such as Knoxville south of Prospect were slow going with poor traction.

But nothing lasts forever and the snow didn't even last a week. Saturday March 16, under the influence of 55-degree temperatures, Karen and I took the tandem out for the first time this year. As we turned north toward Grange Hall road, the road was completely dry and the formerly huge snow drifts had pulled back to occupy only the ditches—the same roads that had been impassable only a couple of days before.

Just north of 150 were the largest remaining drifts. East winds had spread the snow out, making long sweeping driftettes that looked like flippers on a sea turtle. A half-mile further, the driftettes had retreated, taking on the appearance of a stack of white vertebrae. Finally the snow abandoned the ditch completely, occupying only the lowest spots in the roadside fields.

The fickle weather controlled more than the snow melt that day. When we initially lifted the tandem onto the Volkswagen, the wind was bearing warmth from the south. But when we took the bike down and started to pedal, it was obvious that the breeze was rising out of the north-north east. The sunshine that had ruled most of the day was in full retreat and the temperature was yo-yoing with the passage of each arriving cloud.

We reached our destination—the first gravel pit on the road to Jubilee State Park. A half-turn on the empty roadway and we entered the headwind. Fortunately, we enjoyed a tailwind for the final four miles. Back home, we soon had the stove heating up water for strawberry tea.

Now this 14-mile ride was certainly no trial of endurance, but the warmth of the teacup in my hands reminded me that of all my past rides, the most memorable were the journeys taken in weather that was less than perfect. Reaching home in the rain, or ahead of a thunderstorm or riding through the perfect quiet of a new snowfall makes for some great memories.

So here's hoping for a riding season filled with miles (but not too hard) and good weather (but not too boring) and without a single flat (no, not a single one).

—Samuel Joslin

OTHER PEOPLE, OTHER PLACES

Cyclists are encouraged to become experts with \$25 scholarships handed out by the **Quad-Cities** Bicycle Club. The first eight club members to sign up for the Davenport Community School District's Effective Cycling course receive the money to apply toward the \$75 dollar tuition. The course consists of three-hour classes held twice a week for four weeks. Participants spend two hours of each class on the bike and one in the classroom.

Training indoors during the cold weather can be fun, insists **BikeBurlington** member Mike Wood. Particularly important is the correct attire. Mike suggests pedaling in house shoes. Because the feet are the only part of the body that doesn't get fat during the winter, there's no need to punish them "by stuffing them into those goofy bike shoes at least until spring."

Also from **BikeBurlington's** newsletter—Helen Jack thinks a serious rider is someone who got rid of the banana seat, tassels and baskets. Nick Moraniec says it's someone whose water bottle freezes before they do.

The Illinois Department of Conservation has published a new and improved Illinois Bicycling Guide, according to the **Elmhurst** newsletter. Besides information on 40 bicycle trails, plus eight favorites, the guide includes safety tips and laws, a maintenance check list and touring information. Get your copy from: Department of Conservation, Public Information, 524 South Second Street, Springfield, IL.

Mike Bullis of the **McHenry County** Bicycle Club recently qualified as an Effective Cycling Instructor—one of five in Illinois. He has guided several fellow club members through the ten-week course recommended by the League of American Wheelmen.

What could be worse than a confirmed bike tech-head? A bike tech-head who's also a computer nut. The **Springfield** Bicycle Club suggests the perfect gift for your BTHCN—a very complete, IBM-compatible cycling log program. This home-grown shareware is the product of R. Wolfgang Koch of Tremont. Call Mike Becker at 528-3405 for more information.

Statistics from the **Joliet** Bicycle Club's winter 1990 newsletter—The JBC offered 481 rides in 1990 totaling 156,652 miles. 248 fast (18 mph +) rides were offered, along with 136 moderate (13–17 mph) and 97 easy (10–12 mph) rides. The club's 4th of July ride was an attendance first with over 500 riders.

OUT-OF-TOWN RIDE SCHEDULE

APRIL

SUN 14 10th Annual Folks On Spokes Easter Ride. 25, 37, 45 and 62 miles. Lightly traveled roads, gently rolling countryside in Illinois and Indiana. Registration \$8 by April 1, \$10 thereafter. Folks On Spokes Bicycle Club, P.O. Box 824, Homewood, IL 60430. For more info call Rick Steele (708) 748-0123 evenings or weekends.

SUN 21 Prairie Cycle Club Spring Metric Century. 35 and 65 miles. Starts at Lake of the Woods near Mahomet. Registration \$8 before April 7, \$10 thereafter. Prairie Cycle Club, P.O. Box 115, Urbana, IL 61801.

SUN 28 Aurora Bike Club Silver Springs 60, 25, 50 and 62 miles. Includes sag, map, waterbottle, patch and spaghetti dinner. Registration \$12 by April 7. ADVANCE REGISTRATION ONLY. Aurora Bicycle Club, P.O. Box 972, Aurora, IL 60507. Include SASE.

MAY

SUN 19 Decatur Freewheelers Spring Metric. Contact Laura Bickers, 1334 Ravina Pk. Rd., Decatur, IL 62526.

SUN 19 Think Spring Metric. 70 and 100 kilometers. Includes routing, sag, map, food and patch. Well marked, lightly traveled country roads. Generally flat to rolling terrain with a few hills to prove they exist. Registration \$10 until May 1, \$15 thereafter. Family fee \$20, \$30 after May 1. McLean County Wheelers, P.O. Box 947, Bloomington, IL 61701.

JUNE

SAT 1 NO BALONEY RIDE (This is us, folks) 25, 50, 75, 100 miles. Starts at Wildlife Prairie Park, west of Peoria. Rolling to challenging terrain. Includes food stops, sag, colorful maps and a surprise treat at the end of the ride. Registration \$10 before May 15, \$12 thereafter. Julie Semmens, 10214 N. Forrest, Peoria, IL 61615.

SAT 8—SUN 9 TOMRV XIV, Tour of Mississippi River Valley. Bettendorf to Dubuque, IA. 106 miles Saturday, 86 miles Sunday. Shorter option from Preston, IA (65 & 42 miles). Quad Cities Bicycle Club c/o Susie LaForce, 2023 E 45th St., Davenport, IA 52807. (319) 355-5530.

SAT 8 Central Double Century. 100, 200, 300, 400, 500 miles (no kiddin'). Watch for more information in upcoming newsletters. Tour (no kiddin') leader is the indefatigable Bob Harting. For more info call 532-1165 after 8:30 p.m. Sunday–Thursday.

SAT 15 Flag Day Mountain Bike Tour. 25, 50, 100 kilometers. Dirt, gravel and rough secondary roads in Michigan and Indiana. Registration \$15 to May 31, \$18 thereafter. Include SASE (business size). FDF '91, P.O. Box 5000, Three Oaks, MI 49128. Info Hotline (616) 756-3361.

SUN 16—SAT 22 TOGIR X, The Other Great Iowa Ride. Davenport start, seven-day loop in northeast Iowa with overnights at colleges (rooms available). TOGIR Tours, 513-23rd Ave., East Moline, IL 61244. (309) 755-8812.

SUN 16 Tour de Loops. 25, 50, 75 or 100 miles. Four 25-mile loops begin and end at 4-H Center. Come Saturday and camp on the grounds. Restrooms and showers available. Registration \$8 by June 1, \$12 thereafter. Whitley County 4-H Bicycle Club, 5270N 550W, Columbia City, IN 46725.

SUN 16—SAT 22 CAMP, Cycle Across Missouri Parks, sponsored by Missouri Department of Natural Resources and AYH. St. Charles to western Missouri. Camping and B&Bs. For info call 1-800-334-6946.

JULY

WED 3—SUN 7 League of American Wheelmen National Rally. Contact Capital Bicycling Club, P.O. Box 642, Olympia, WA 98507. For more info call (206) 956-3321.

SUN 21—SAT 27 RAGBRAI XIX. Annual huge crossing of Iowa sponsored by the Des Moines Register. Riders of all ages, abilities and inclinations ride from town to town in search of available porta-potties. Registration limited, conducted by lottery. Contact Des Moines Register.

AUGUST

SAT 3—SAT 10 Shoreline Bicycle Tour '91. 350-mile tour along Michigan's coastline. A WEST ROUTE is open to 500 riders and an EAST ROUTE is open to 275 riders. For more info, contact the League of Michigan Bicyclists, P.O. Box 16201, Lansing, Michigan 48901.

SEPTEMBER

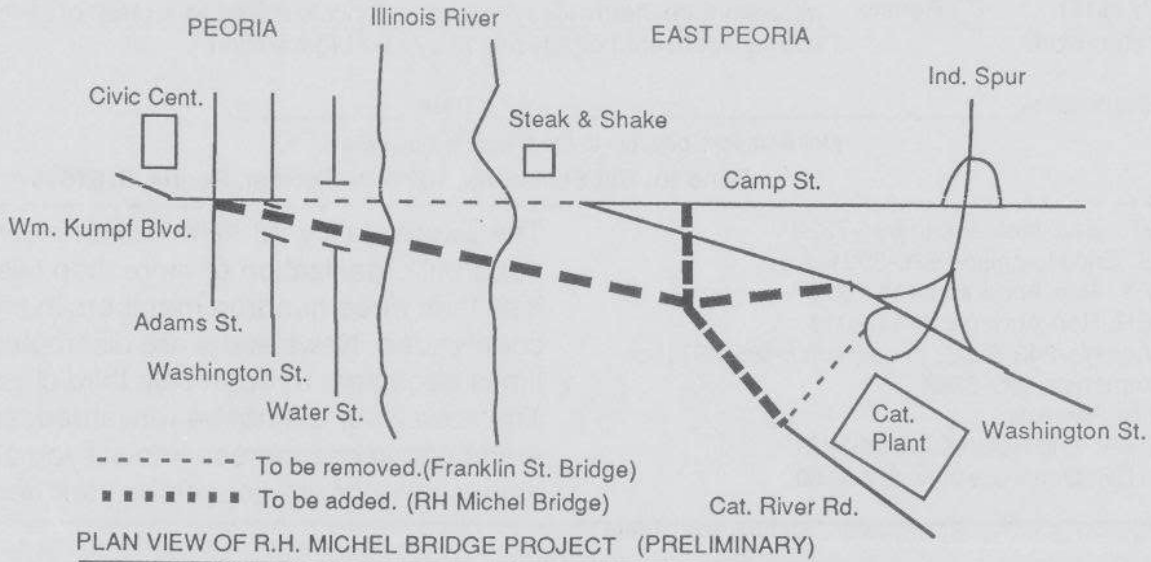
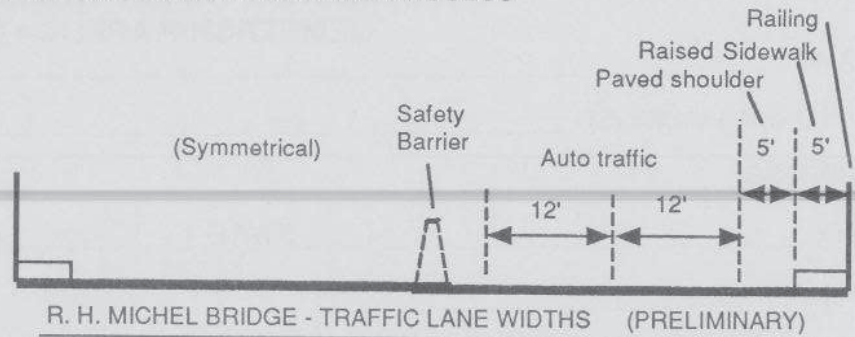
SAT 21 Diane's Ride. The IVW fall invitational. Planned start is Lake Camelot clubhouse. Volunteers needed.

SUN 22 Prairie Cycle Club Fall Century. Look for details in upcoming newsletters. Prairie Cycle Club, P.O. Box 115, Urbana, IL 61801.

SUN 29 Apple Cider Century, 25, 50, 75, 100 miles. Near eastern shores of Lake Michigan. Includes spaghetti dinner, limited to 6500 riders. Registration \$20 by July 31st. ACC '91, P.O. Box 5000, Three Oaks, MI 49128. Info hotline: (616) 756-3361. Included SASE (business size).

NEW PEORIA - E. PEORIA BRIDGE BICYCLE & PEDESTRIAN ACCESS

The new RH Michel Bridge (planned completion OCT '92) will offer better bicycle access than the Franklin St. Bridge it will replace. The following diagrams support the article which appeared in last month's IVW newsletter. Eric H.



For a limited time, the League of American Wheelmen is offering a **trial** membership. For **four dollars**, you will receive: two issues of BICYCLE USA, the League membership magazine which contains informative articles, product reviews, bicycle action information, health and legal advice, and a national ride calendar. Please send three dollars to: L.A.W., 6707 Whitestone Rd., Suite 209T, Baltimore, MD, 21207-4106.

TRIAL MEMBERSHIP OFFER

For a limited time, the League of American Wheelmen is offering a **trial** membership. For **four dollars**, you will receive: two issues of BICYCLE USA, the League membership magazine which contains informative articles, product reviews, bicycle action information, health and legal advice, and a national ride calendar.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Club _____

send application and three dollars to:

League of American Wheelmen
6707 Whitestone Rd.
Suite 209T
Baltimore, MD 21207-4106

this trial membership offer is good through September, 1991. Please allow time for processing.

Our club is an affiliate of the League of American Wheelmen

Affiliation with the League means:

- Special publications
- Free club event advertising
- BICYCLE USA magazine
- Advocacy in Washington and the state capital.
- Support for our local advocacy efforts.
- Low cost club insurance

The club encourages all members to join the League, band together with bicyclists around the nation and add to our treasury. . .

League of American Wheelmen
 6707 Whitestone Road
 Suite 209C1
 Baltimore, MD 21207-4106
 (301)944-3399

GET THE MOST FROM BICYCLING...JOIN L.A.W.!

**ILLINOIS VALLEY WHEELM'N
MEMBERSHIP APPLICATION**

**DO NOT WRITE
IN THIS AREA**

NAME _____
CHILDREN'S NAME (S) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE () _____

EXPIRES _____
JOINED _____
PKSNT _____

- Individual (\$10) New
 Family (\$12) Renew
 Ride after work

DISCLAIMER: In signing this form, I understand and agree to absolve the officers and members of the Illinois Valley Wheelm'n bicycle club of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any activity sponsored or advertised by said organization.

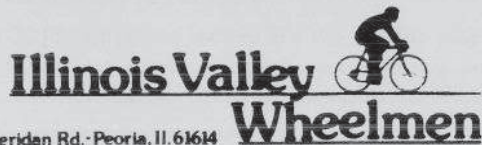
Applicant signature _____ Date _____

Make Checks payable to the Illinois Valley Wheelm'n,

Send to: Bill Semmens, 10214 N. Forrest, Peoria, IL 61615

PRESIDENT: Neal McMeekan 694-7328
VICE-PRES: Eric Hutchison 685-3921
SECRETARY: Ron Anderson 444-2018
TREASURER: Ron Anderson 444-2018
RIDES: Benning's-243-5206, Thompson's-685-4571, or
Semmens's-693-9388
SOCIAL: Nick Paweski
MEMBERSHIP: Eric Hutchison 685-3921
NEWSLETTER: Dean Grethey 444-3360

The Illinois Valley Wheelm'n is an incorporated nonprofit organization of more than twenty, but less than three hundred members in the tri-county area. Newsletters are distributed eleven times each year through bulk third class mail. The newsletter will not be forwarded, so let the membership chairperson know if you are planning a move or are not getting your newsletter.



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MEMBERSHIP EXPIRES: 10/03/91
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BE SAFE, WEAR YOUR HELMET!
SPRING BREAKOUT RIDE is APRIL 7th