



I.V.W.

May 1991

Illinois Valley Wheelm'n Newsletter

MAY MONTHLY MEETING

May 23, 1991 • 7:30 p.m.

at **LEONARDO'S PIZZA**

on War Memorial Dr.

We will meet in their meeting room at the usual time for the quick business meeting and then see the 1989 Tour de France on the video. The usual Board Meeting will precede the regular meeting at 6:30 p.m.

Welcome New I.V.W. Members

| | |
|---------------------|------------|
| Jim Hooker & family | Peoria, IL |
| Del Rusher & family | Peoria, IL |
| Marc Herman | Eureka, IL |
| Mark Motter | Peoria, IL |
| Larry Davis | Peoria, 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.

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

Cinelli handlebars, model 63, old style engraving, \$10.00, Call Jack Welch (387-6117)

10, Yes, **ten nylon sew-ups**, 8 new at \$12.00 each, 2 used at \$6.00 each, Call Jack Welch (387-6177)

WANTED

Used Sun Tour Freewheels, any kind, any condition, Call Jack Welch (387-6117)

FOR SALE

24" Schwinn Sprint boy's bike, like new, \$80.00--
The Chandlers (698-8002)

CYCLING SKILLS SEMINAR IS ON !

Mark your calendars

TELL YOUR NEW CYCLING FRIENDS_

Dates: Sun, May 19 & Sat, June 8 1991.

(One day program offered on two dates).

Place: Peoria Park District Safety Town
(6518 N. Sheridan Rd., Peoria)

Time: 1:00 - 4:00 PM

Cost: \$FREE\$ \$FREE\$ \$FREE\$

THE GAME PLAN:

Teach novice riders some tips for safe & more enjoyable cycling in a one-day NON crash course.

Highlights will include:

1. BIKE CONTROL- Skills that will improve safety under all conditions, but especially in traffic.
2. GROUP RIDES - Skills required for safe & fun social cycling.
3. GETTING GOOD - How to achieve "50 miles and still all smiles".
4. EQUIPMENT BASICS - How to know what you're shopping for & keep it running smoothly when you get it. In addition to discussion, we'll also be doing a bit of "hands on" practice out in the Safety Town velodrome. Also, I'm planning a special group ride for the class which will probably meet on a separate date. Rumor has it that we'll probably accidentally stop at an ice cream stand..or two.

FREE GIVE - AWAY\$\$\$\$\$

- * IVW "Peoria Area Bicycle Routes" (map book)
- * "Street Smarts - Bicycling's Traffic Survival Guide" (40 page book to keep you upright & smiling.)
- * City of Peoria Bicycle Map - Route to 21 favorite local attractions (not sold in stores).
- * Refreshments & bicycle accessory prizes & discount coupons (I'm still working on this).

SIGNING UP:

Class is part of Peoria Park District Summer Recreation Program. Official mail-in & walk-in registration starts May 13. Walk-in registration at class time also welcome. For more info:

Peoria Park Dist - 688-3667

Eric Hutchison (I'm teaching) 685-3921

MAY 1991

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|---|--|--------|--|
| | | | 1 Mossville Gr. Sc. 6:00 p.m. Social Ride | 2 Metamora Sq. 6:00 p.m. Mossville Gr. Sch 6:00 p.m. Social WIMPS RIDE 6:00 p.m. | 3 | 4 Washington Sq. Show & Go 8:30 a.m. |
| 5 8:30 a.m. I.C.C. Tennis Courts to Eureka, 30 miles Bob & Val Jones (698-3339) 1:30 E. Peoria-Library (near city cent.) Glen Thompson 685-4571 | 6 | 7 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m. | 8 Mossville Gr. Sc. 6:00 p.m. Social Ride | 9 Metamore Sq. 6:00 p.m. Mossville Gr. Sc. 6:00 p.m. Social WIMPS RIDE 6:00 P.M. | 10 | 11 Washington Sq. Show & Go 8:30 a.m. |
| 12 8:30 a.m. METAMORA SQUARE To Roanoke 35-40 miles Eric Hutchison (685-3921) 1:30 p.m. First of America Bank University and Pioneer Prkwy. G. Thompson 685-4571 | 13 | 14 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m. | 15 Mossville Gr. Sc. 6:00 p.m. Social Ride | 16 Metamora Sq. 6:00 p.m. Mossville Gr. Sch. 6:00 p.m. Social WIMPS RIDE 6:00 p.m. | 17 | 18 Washington Sq. Show & Go 8:30 a.m. |
| 19 McLean County Spring Metric Cent 7:00-9:00 a.m. Maxwell Park-Normal, Illinois--45 or 60 miles-- \$15.00 fee No IVW rides scheduled | 20 | 21 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m. | 22 Mossville Gr. Sc. 6:00 p.m. Social Ride | 23 IVW MEETING 7:30 p.m. LEONARDO'S Board Mtng. at 6:30 p.m. | 24 | 25 Washington Sq. Show & Go 8:30 a.m. |
| 26 8:30 a.m. I.C.C. Tennis Courts to E. Peoria Antique Mall-30-35 miles Don Jacobs 745-9001 | 27 | 28 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m. | 29 Mossville Gr. Sc. 6:00 p.m. Social Ride | 30 Metamora Sq. 6:00 p.m. Mossville Gr. Sc. 6:00 p.m. Social WIMPS RIDE 6:00 p.m. | 31 | |

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 Wride - 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 IWV monthly meeting is held). Call Marty (685-4571) or Liz (243-5206) 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.

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 Pioneer and University-Glen Thompson is the leader (685-4571).
- May 19,** No I.V.W. ride is scheduled. You have the McLean County Metric Century, The Peddle to big Muddy, and the Jumer's ride to partake of.
- May 26, 8:30 a.m.** Meet at the I.C.C. Tennis Courts on the I.C.C. Campus. Don Jacobs will lead a ride through a few hills with breakfast at the Pleasant Hills Antique Mall. Come and browse for that treasured antique, but remember if you buy it, you have to get it home.
- 1:30 p.m.** Meet at Limestone High School for a friendly but hilly ride of about 20 miles around southeast Peoria County. Call Glen Thompson 685-4571 for info.
- June 2, 8:30 a.m.** Don Eberle has a good "loosen-up" ride for all of you that did your first century of the year on the "No Baloney ride". Meet at Field Shopping center in Morton and ride to the Deer Creek American Legion for breakfast. Call Don Eberle for more info. (699-2790)
- 1:30 p.m.** To be Anounced later.
- June 9, 8:30 a.m.** Ride starts in the Simplex parking lot on north Main St. in East Peoria. Parking lot is on the east side of U.S. 150 - Rt. 116 (also called Caterpillar Trail) about 1 mile north of I-74. Steve "Crash" Grube and Terry Threw are planning a ride with a suprise. It will cover 30-35 miles. Come on over for the suprise.
- 1:30 p.m.** To be Anounced later.

TIRE TRACTS

Fresh Faces—Ah, Spring. The birds are singing, flowers blooming and, all over Central Illinois, otherwise rational men are shaving their legs after the winter layoff. Reminds me of what used to be said of Europe: It's the only continent in the world where the women don't shave their legs and the men do.

And legs aren't all that are getting shaved. One veteran IVWer was amazed at how many new cyclists had showed up for the April 16th evening ride. That is until he realized that several of the fresh faces were old faces newly shorn of beards and mustaches. Must be aerodynamic concerns that motivate the formerly hirsute riders.

Redneck Identification—One of my favorite roadside birds is the Redwing Blackbird. Sometimes it seems as though blackbirds are occupying every other fence pole along my favorite route. However, the bird of concern for many cyclists has to be the American Redneck. Here are some tips that will allow you to quickly identify this less-than-exotic creature:

- If his porch roof collapses and more than three dogs are killed.
- If his house doesn't have curtains, but his pickup truck does.
- If he thinks his license plate is personalized because his dad made them in Pontiac.
- If his wife's hairdo has ever been ruined by a ceiling fan.
- If both his dog and his wallet are on a chain.

There are some other telling attributes of the American Redneck, but since this is a family publication, those traits are best left unwritten.

You Don't Have To Be A Weatherman To Tell Which Way The Wind Blows—Virtually any topic of conversation can be the subject of a rating scale. For instance, earthquake intensity is recorded in terms of the Richter scale. Music used to be rated according to Dick Clark (Well Dick, I'll have to give it a four—it's got a good beat, but I can't dance to it without getting pimples), but now it's rated according to marketing sense (Hey, I've got it; she doesn't even have to sing, just have her wear underwear *over* her clothes!).

Like these other examples, the power of the wind is rated according to the Beaufort Wind Force scale. This scale ranges from force 0 (calm) to force 12 (hurricane).

May 7 is the birthday of the scale's creator, Sir Francis Beaufort. Born in Ireland in 1774, Beaufort grew up to become a British naval officer. He developed his scale in 1805 to help mariners and others more accurately describe wind conditions. As the intervening years passed, other students of the wind added to and further refined the Beaufort scale.

Today's cyclists require more bicycle-specific information than Beaufort or his followers have so far provided in order to describe wind force. So, in the anniversary spirit of Sir Francis' birth, the following entries are suggested:

- 0 Kickstand-equipped bicycles fall over.
- 2 IVW schedules tailwind ride.
- 3 Disc wheels become propulsion devices.
- 4 Bonnie Davis blown uphill.
- 5 Participants in tail-wind ride never seen again.
- 6 Illinois River flows.
- 8 Illinois River flows backwards.
- 11 Scroggs enjoy leisurely ride to breakfast.

And Now, A Word From Our Sponsor—Send no money! Won't corrode, rust or discolor. No spokes to readjust. No computer wires ruining your bicycle's appearance. No tedious hours deciphering instructions written in Japanese. No batteries required. There's absolutely nothing to assemble!

Words can't begin to describe this offer. *No weight will be added to your bicycle.* And even more surprising—this offer is unavailable from bicycle shops and mail order catalogs. So don't delay—this offer may never be repeated. This may be your only opportunity. Why take the chance? It's simple and safe. And, your name won't be sold to annoying direct mail firms. Remember, send no money.

Requires no maintenance! NONE! Impossible? Impractical? NO! Just ask your friends. But hurry. *The deadline for this offer is only days away.* It's easy. You won't be required to fill out a warranty slip, or a time-consuming application. No salesperson will call. Make the right decision. Act today!

—Samuel Joslin

Other People, Other Places

The **Prairie Cycle Club** (Champaign) announced a weekend tailwind ride in its April newsletter. Interested riders were put on a "to-call" list so that they could be contacted when conditions were right. Participants were also expected to drive sag for 30 of the 200-mile route.

Elmhurst Bicycle Club members are being encouraged to write Commonwealth Edison and DuPage County Board officials to protest the planned installation of high-tension lines along the Illinois Prairie Path. According to its newsletter, 75–85 foot poles spaced 300–600 feet apart would require an area 44 feet wide and seven miles long to be cleared of all brush and trees.

The Decatur Freewheelers newsletter announced that Clinton cyclists have formed a new club—the Clinton Area Cyclers. We'll be keeping a lookout for more information.

The Winnebago County Board and the Winnebago County Highway Department are studying the financial feasibility of a new bridge over the Rock River according to the

Blackhawk Bicycle and Ski Club. Representatives of the club, and the Rockford Road Runners Club are strongly urging a separated facility for bicyclists and pedestrians. Club members are urged to call and write all county board members to push for bicycle and pedestrian facilities in the final bridge design.

The **Folks on Spokes Bicycle Club** in Homewood is distributing bicycle safety video tapes. So far, 17 Illinois police departments will use the tape and six Indiana communities have responded positively. Their newsletter goes on to say that bicycle safety education will be distributed in this "upbeat, appealing medium" to at least 23 communities in the area.

One of the most watchable races in Illinois has to be the Moline Criterium. The course is short enough to walk around and the race always attracts a huge crowd of spectators. The **Quad Cities Bicycle Club** newsletter points out that this year marks the 25th anniversary of the contest. To celebrate the occasion, the club will be holding a Founder's ride May 26. By the way, the race has a \$10,000 purse this year.

The editor of the **BikeBurlington** newsletter, Cindy Owsley, printed a RAGBRAI primer for the April edition. Here are a few tips IVW members might want to keep in mind for any ride, invitational or otherwise:

- Drink lots of fluids. Beer doesn't count
- Properly inflate your tires for every ride. I know your bike came with air in the tires, but it doesn't stay there.
- Learn to ride properly. The easiest way to do this is to go on club rides and proclaim loudly that you don't have a clue about how to ride this new bike.
- Keep in mind that everyone who has ridden a portion of this ride considers themselves to be an expert.

OUT-OF-TOWN RIDE SCHEDULE

MAY

SUN 5 20th Annual Windy 60. 40 and 60 mile routes. Flat to rolling terrain in northern Illinois. Includes marked route, map, cue sheet, sag, food stops, T-shirt. Dekalb Bicycle Club, P.O. Box 192, DeKalb, IL 60115. Info: Lance or Kathy Farris (815) 758-8879.

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.

SAT 25—SUN 26 Blackhawk Metric Century. 50 and 100 kilometer routes. Well-marked country roads in northern Illinois and southern Wisconsin. Choose either day (same route, extra fee required for both days). Map, cue sheet, sag, rest stops, patch and hot lunch at end of ride. Registration \$8.00 before May 18, \$10 thereafter (family registration also available). Blackhawk Bicycle and Ski Club, Attn: Metric Century, P.O. Box 6443, Rockford, IL 61125. Info: Lynn Barton (815) 397-9667.

JUNE

SAT 1 NO BALONEY RIDE (This is us, folks) 25, 50, 75, 100 miles. 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 1 Udder Century. 31, 50, 62 or 100 miles. Flat to slightly rolling. Includes marked route with map, emergency sag, food stops, patch and postride spaghetti dinner for first 600 registered. Registration \$12 before April 30, \$14 thereafter. McHenry County Bicycle Club (MCBC) Udder Century, P.O. Box 917, Crystal Lake, IL 60014.

SAT 1—SUN 2 Ride To The River. Double metric century. Macomb—Nauvoo—Macomb. Includes continental breakfast, shower, sag and baggage transportation. Registration \$10 (outside camping), \$18 (room), after May 20—\$12 and \$20. Ride To The River Committee, P.O. Box 45, Macomb, IL 61455.

SUN 2 Liberty Metric Bicycle Ride. 38 or 62 miles. Lightly traveled country route includes historical Wauconda Apple Orchard. Two rest stops on 38 mile course. Three stops on 62. Includes map, sag, route marking and free souvenir to first 300 riders. No preregistration required. Sponsored by Mt. Prospect Bike Club. Info: (708) 253-0216.

SAT 8—SUN 9 Little Trouble. 90 miles each day. Harvard, IL—New Glarus, WI and return. Includes marked route, map and cue sheets, snacks at start and finish, baggage, showers and sleeping space in gym. \$22 before May 1st, \$28 thereafter. SASE to: Little Trouble, P.O. Box 917, Harvard, IL 60033.

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.

May monthly meeting at Leonardo's Pizza!

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.

SAT 15—SUN 16 9th Annual Michigan National 24-Hour Challenge. Course includes a daylight 115-mile course as well as 24- and 6-mile loops for night riding. ANSI/Snell helmet required. Night lighting requirement. Single and tandem bicycles. Registration \$25.00 before May 15, \$35 thereafter. Michigan National 24-Hour Challenge, 2212 College Ave SE, Grand Rapids, MI 49507-3106. Info: (616) 241-1969.

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.

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 23 22nd Annual Swedish Days Ride. 25, 50, 75 or 100 miles. Map, cue sheet, sag, marked route, rest stops. Watermelon and world famous Oberweis ice cream served at end of ride. Registration \$9 (\$12 day of ride), Family \$22 (\$26 day of ride). Info: Dennis (708)584-1414. Fox Valley Bicycle Club, P.O. Box 1073, St. Charles, IL 60174-1073.

SUN 30—SAT, JULY 6 Great Annual Bicycle Adventure Along The Wisconsin River (GRABAAR-VI). 500 miles or any of seven legs. Ride from upper Michigan border to Iowa border. ANSI/Snell approved helmets required. 750 rider limit. Includes overnight stops, baggage, sag, maps, T-shirt and patch. May also include bus transportation to start. \$95 to \$125 before June 1. \$120 to \$150 thereafter. GRABAAR, Common Cause, 16 N. Carrol St. (310), Madison, WI 53703. Info: (608) 256-2686.

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).

- *Some entry forms for these rides are available at the monthly IVW meetings.*
- *If requesting information by mail, please include a stamped, self-addressed envelope.*

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

CONT. Pg. 7

BE SAFE, WEAR YOUR HELMET!

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

INSIDE DINO'S HELMET

Would you believe it? the guy who types up the ride schedule for this excellent publication was all fired up to get out on the Spring Breakout ride. I got the bike down from the hooks, wiped off the rims (you just got to have shiny rims), plunked the spooks (d#), tried to pull back the bar tape to cover the chrome, whisked out the cobwebs from the cycle shoes (only to remember they don't fit right and they hurt my feet somethin fierce after a few miles), checked the seat bag for the necessary goodies, put a different color cover on the helmet (got to be color coordinated ya'know), pumped up the tires (wheezing all the time), loaded the bike on the back of the truck and drove to the wrong starting point. By the time I got back home to check where the ride started, which was only 5 minutes away, and then went there, they had already left. Should you ever admit something that stupid?

You know you have to burn up 3500 calories to lose a pound of fat? Biking burns up 300 calories per hour (avg.) , unless of course you ride the Saturday Morning or Tuesday evening rides (they do more like 800 calories per hour), or ride like I do (which burns up 20-30 calories per hour). At that rate, I could ride from here to San Francisco and back without eating and still be an average size person in the end.

Speakin of shiny spokes...have you checked yours lately? Plunk 'em now and then to see if you might have a loose one. It'll save you some time on the road, and you won't hear that awful PLUNKPLUMING sound after you go over a small bump or two.

Hey sam! I got an addition to your wind chart--- if the wind is strong enough to stop me from rolling down hill, I'd give it a force 20.

The other day I made the big decision to ride to work. It was a nice day and I thought there is no better time to start than now, so I did it. Hey, it felt GREAT! Why don't more of you folks out there do it too! Cheap...good for you....saves oil...it's just a good thing to do.

Did you know that May is National Bike Month? **Tuesday, May 21st is National Bike to Work Day?** Saturday and Sunday May 18-19 are National Bike Ride Days? May 13 to May 19 is National Bicycle Helmet Promotion Week? Well, you do now!

Dino

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.

I.V.W. ROSTER DISTRIBUTION

The Club plans to distribute the membership roster with names, addresses and telephone numbers of all club members some time in June. The roster is a handy way to find riding partners, etc. If your membership is about to expire, it is time to renew **PRONTO!** If you prefer not to have your name, address or phone listed, please contact Eric Hutchison very soon. Eric's phone is 685-3921.

Preview of May 12 Sunday Ride

Just a brief note to let you know the "game plan" for this sunday morning ride. We'll meet on the square at Metamora at 8:30 a.m. and ride to Roanoke for breakfast. The basic route is 38 miles, fairly flat, and return via Eureka lake. A shorter 33 mile cut-off is available. I prefer to lead rides from the back of the pack. Fast riders will be self-navigated; route maps will be available. We had a great ride last year and hope you all will come out for an even better ride this year.

Eric Hutchison

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.

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

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.

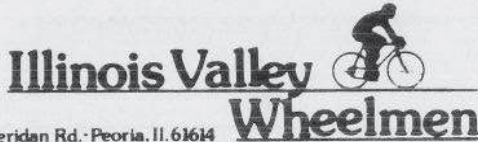
Applicant signature _____ Date _____

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 691-8306
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.



6518 n. Sheridan Rd. Peoria, IL 61614

Bulk Rate
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RON & SHELLY ANDERSON
203 LOCUST
WASHINGTON, IL 61571

BE SAFE, WEAR YOUR HELMET!
May monthly meeting at Leonardo's Pizza!