



June 1991

JUNE MONTHLY MEETING

June 27, 1991 • 7:30 p.m.

at **Peoria Pizza Works**

N. Prospect Ave.

Dinner is not paid for by the I.V.W. You pay!

We will meet in a room at the usual time for the quick business meeting and then see the **1986 R.A.A.M.** The usual Board Meeting will precede the regular meeting at 6:30 p.m.

JUNK FOOD RIDE

June 19th (Wed.) meet at Banner Grade School (corner of Cedar Hills Dr. & Allen Rd.) for a short ride then adjourn to the Benning residence (12226 Lake Forest - in Lake of the Woods Subdivision) with your favorite Junk Food to share for eating and talking. If you need info call Gregg or Liz at 243-5206.

JULY RIDE OF THE MONTH

Mark your calendars for July 20 & 21 - Bill Wright is opening his cabin on a lake near Avon, IL. for the first 18 IVW riders who sign up. We will ride approximately 60 miles to the cabin on Saturday, then enjoy boating, water fun and a cook-out. Bring your sleeping bag and overnite gear (sag for gear provided). Ride back to Peoria Sunday. Call Bill Wright to sign-up and more info (685-8549)

Welcome New I.V.W. Members

Weldon Phelps	Dunlap, IL
Rick and Judy Gentry	Peoria, IL
The Bernardi Family	Pekin, IL
Daryl and Deborah Johnson	Morton, IL

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

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.

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 - ALWAYS\$\$\$\$\$

* 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

BE SAFE, WEAR YOUR HELMET!

JUNE 1991

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Washington Sq. Show & Go 8:30 a.m. Pedal In at Wildlife Pr. Park
2 8:30 a.m. Field Shopping Center to Deer Creek Amer. Legion Don Eberle (699-2790)	3	4 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m.	5 Banner Gr. Sc. 6:00 p.m. Social Ride	6 Metamore Sq. 6:00 p.m.	7	8 Washington Sq. Show & Go 8:30 a.m.
9 8:30 a.m. Simplex Parking Lot in East Peoria - 30-35 miles Steve Grube & Terry Threw (699-6956)	10	11 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m.	12 Banner Gr. Sc. 6:00 p.m. Social Ride	13 Metamora Sq. 6:00 p.m.	14	15 Washington Sq. Show & Go 8:30 a.m.
16 8:30 a.m. Rock Island Trail Parking Lot to Kickapoo 30-35 miles George Dudley (692-7076) or Steve Shaffer (685-4726)	17	18 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m.	19 Banner Gr. Sc. 6:00 p.m. Social Ride	20 Metamora Square 6:00 p.m.	21	22 Washington Sq. Show & Go 8:30 a.m.
23 8:30 a.m. Washington Square to Roanoke - 35-40 miles Phil England (674-3401) 30 8:30 a.m. Banner Grade School to Princeville 25-30 miles Gregg & Liz Benning (243-5206)	24	25 Morton S & G fast 5:30 p.m. Social 6:00 p.m. Wright Wride 6:00 p.m.	26 Banner Gr. Sc. 6:00 p.m. Social Ride	27 IVW Mtng. 7:30 p.m. at Pizza Works Board Mtng. at 6:30 p.m.	28	29 Washington Sq. Show 'n go 8:30 a.m.

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 has been cancelled and will no longer be offered.

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 - This ride has been cancelled indefinitely.

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.

JUNE SUNDAY MORNING RIDES

- 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)
- 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.
- June 16, 8:30 a.m.** Come to the George and/or Steve ride! Meet at the Rock Island Trail Parking area (just west of Alta) for a 30-35 mile trip to Kickapoo. George Dudley (692-7076) or Steve Shaffer (685-4726) will lead.
- June 23, 8:30 a.m.** Phil England (674-3401) will lead a social ride from Washington Square to Roanoke of 35-40 miles.
- June 30, 8:30 a.m.** Gregg and Liz Benning will lead a social ride from Banner Grade School (corner of Cedar Hills Dr. & Allen Rd. to Princeville for breakfast. Distance of 25-30 miles. (243-5206)

JULY SUNDAY MORNING RIDES

NOTE: RIDES START AT 7:30 A.M.

- July 7, 7:30 a.m.** Bill and Julie Semmens (693-9388) will lead a fun ride from Charter Oak School to Elmwood. Distance anywhere from 45-100 miles. Bring a present for Julie as her 21st birthday is the next day.
- July 14, 7:30 a.m.** Ron Chandler (698-8002) will lead an intermediate ride of 30-35 miles with some memorable hills so get those granny gears oiled. Meet at Germantown Hills Grade School.

NOTE: THE SUNDAY AFTERNOON RIDE AND THE W.I.M.P.S. THURSDAY RIDE HAVE BOTH BEEN CANCELLED

June monthly meeting at Pizza Works!

TIRE TRACTS

Isn't This Where I Came In? When Don Eberle told me that two years ago he had dug up the last of his prize-winning rose bushes, I knew he was back on the bike with a vengeance. A rule of thumb: The magnificence of rose blooms is inversely related to the number of miles Don amasses during the year. When I began riding with the club nearly 15 years ago, I remember being thoroughly worn out after attempting to keep up with Don's unvarying pace. Then, I went to college and the roses made a revival. Now that he's in his mid-60s, Don reminds me of the new Nixon, "tanned, rested and ready." He can still outrun me any day. I usually end up rationalizing the difference in our abilities by noting that we don't exactly fight in the same weight class. Don weighs 144 pounds and I weigh ... well, the scale is broken right now, so I'm not sure.

The Paper Race—There's a brand new bicycling newsletter in town. *Tire Tracks* (where'd they get that name?) is published by Proctor Hospital and updates readers on the August 18th Proctor Cycling Classic. The newsletter goes out to East Bluff residents and IVW members (if you haven't received your free copy, contact Beth Gehring at 691-1070).

Get Excited, Join The Race! The Proctor Cycling Classic is looking for volunteers to serve as course marshalls along both the road and criterium courses and to help with race-day set-up and tear-down. Volunteers will receive a **FREE** Cycling Classic "Race Official" T-shirt and entry to the volunteer cook-out at Glen Oak Park. In addition, IVW members who help out will receive \$10 gift certificates from one of the race sponsors—Vitesse Cycle Shop.

Looking For A Good Ride? Go on any ride led by our own Eric Hutchison. Besides greeting each rider and spelling out the rules of the road before the ride, he provided everyone on the May 12th ride with a great map of the course. Warning riders of the condition of one stretch of road, the map stated "road shoulders are generous, but the motorists may not be." Fortunately, the few drivers we came across seemed to be in a pretty good mood. Other ride highlights:

- Julie and Bill Semmens were lauded for their quite visible and matching pink socks.
- The french toast at Bechtel's Family Dining in Roanoke comes highly recommended. And the six, dripping with sugar, dark brown, enormous cinnamon rolls that I managed not to eat, certainly looked delicious.
- Roanoke is pretty flat. I spilled a full glass of water and none of its contents reached the intended (just kiddin') victims. The table seemed to hold its own.
- Japanese parts used to be promoted as "indistinguishable from Campy at three feet. Sorry Steve, but that buckled down tube on the Italavega is indistinguishable from an accident at a distance greater than that.

East Peoria Trail—The East Branch River Trail is now open. The 5.3-mile trail features a fully paved width of 10 to 12 feet. It runs from the north edge of Morton to near the East Peoria Wal-Mart. Future plans include hooking up with the new Robert Michael bridge. Myron Oesch points out that at the same time a new trail emerges in East Peoria, the Rock Island trail's operating budget is down some 40% this year. You could almost say that East Peoria is paving a reputation as the city that gets things done (yes, even with a Wal-Mart).

Human-Powered Stuff—I had no idea who Carol Hallock was, or why she had left a message on my answering machine. Turns out it was long-time member Carol "formerly Stiles" Hallock, now newsletter editor for the Pimiteoui Trail Association. When you go for a walk in the woods or along the river near Peoria, chances are good you'll be on some part of the Pimiteoui system. A \$5 membership per year entitles you to several newsletters which inform you of upcoming hikes and outings as well as progress on the newer parts of the trail. For more info, call Carol at 688-1165.

More Human Power—What is quality of life? Anymore, it may be yet another abused and overused phrase. But, if there is quality to community life, it is due to the contributions of human-powered activists like Steve Shostrom. I know, I know, he's a *runner* for gosh sakes. But runners put one foot in front of the other, just like the rest of us. Even Doug Bertram used to say "runners make great bikies." Both the converted and committed runners of this area have at least one thing in common with us cyclists—they believe that roads are made for people, not just their machines. Steve will be filling Peoria streets with people on the move at 7 a.m. June 15. Why not ride downtown and cheer on Peoria's premier running event—the 18th Annual Steamboat Classic? I'll bet Steve would like that.

—Samuel Joslin



OTHER PEOPLE, OTHER PLACES

A mile here, a mile there—pretty soon you're talking about a real trip. The **Joliet Bicycle Club** reports a total of 177 family, 306 individual and 31 new memberships as of April 3, 1991. Also by that date, club members had piled up 16,514 miles during 77 club rides.

Looking for more good information on how to train for those long invitational rides? Look no further than the **BikeBurlington** newsletter. More tips on how to train for RAGBRAI; these as supplied by Mike Wood:

- Put rocks in your conventional bed or let the water out of your water bed and practice trying to go to sleep. Oh yes, get a tape of people talking in a crowd and play that, too.
- When it's time to go to the restroom, walk in the usual way until you get to the door. Then, look at your watch and stand there for a full five minutes before entering.
- Cook all your food on the grill and sit in the grass in your yard to eat. This will familiarize you with the creatures of the ground who so desperately want to help you.
- Oh yes, ride your bike some . . .

Sometimes, it *is* how fast you go. Steve Winn, member of the **Blackhawk Bicycle and Ski Club** (Rockford) is again offering the 11-mile S.I.T.T. (Self Improvement Time Trial) once a month, according to the club's newsletter *Spoke Signals*. Time trials are held on the second Tuesday of each month around a rectangular course. The series is promoted as a gauge of riding improvement for all members (not just racers).

Scheduled speakers at the **Quad-Cities Bicycle Club's** May meeting were Susan and Lon Haldeman, the best known and most influential endurance cyclists the Midwest has produced. The couple organizes events including qualifying brevets for Paris-Brest-Paris and qualifying rides for the Race Across America (RAAM). Susan still holds the women's PBP (750 miles) record of 54 hours, 40 minutes set in 1985. Lon, along with Pete Penseyere, established a transcontinental tandem record in 1989. Both Lon and Sue have won their categories in RAAM twice in record times.

More **Quad-Cities**. The club not only puts out one of the best-produced Illinois newsletters each month, its members are generous with their writing contributions. A brief glance at the May edition revealed at least 13 contributing writers.

Cyclists in Illinois are promoting their clubs through their volunteerism. One example: The **Elmhurst Bicycle Club** newsletter expressed thanks to its members for contributing to the clean-up of the Prairie Path during Trail Day.

What the city doesn't know, *can* hurt you. Dave Clark with the Decatur City Development Department was the speaker at the **Decatur Freewheeler's** April meeting. He discussed future area road projects as well as possible bike trails running from Rock Springs Center to Lake Decatur and continuing around the lake. Dave also mentioned that cyclists must speak up if they want to influence the city. He stated that in five years in Decatur, he had not heard from a single biker. As a result of this news, club member Tom Stowell is starting a list of club members interested in making their opinions count.



They ain't playing possum. The **Jacksonville Bicycle Club** newsletter reports on the efforts of the citizens of Arcadia, LA to form a support group for one of their favorite local animals. Possum's Unlimited (PU) states in its membership kit "road kills were taking a terrible toll on our only native marsupial. An animal that had walked between the legs of dinosaurs was getting no respect." The efforts of PU have spawned the Annual Possum Fest held on the last Saturday in June. Reportedly, the event is a "good place to hang out."

OUT-OF-TOWN RIDE SCHEDULE

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.

SAT 15 Sangamon County Metric Century. 25 and 62 mile routes. Includes free entry to Sangamon County Fair and T-shirt to those pre-registering. Also includes food and water stops, lunch, sag and end-of-ride showers. Registration \$10 before June 8, \$12 thereafter. Springfield Bicycle Club, Attn: SCSMC Registration, P.O. Box 2203, Springfield, IL 62705. Info: Paul Sweet at (217) 488-6149.

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 23 5th Annual Un Tour des Femmes (a bicycle tour for women only). 50 mile route. Well-marked and mapped country roads. Includes routing, map, sag, food, and a commemorative souvenir. Registration \$13 before June 1, \$20 thereafter. T-shirt \$10 (T-shirt orders can't be guaranteed after June 1st). Helmet required. Vitesse Cycle Shop, P.O. Box 668, Normal, IL 61761. Info: Dale Kruse, (309) 452-4005.



SUN 30—SAT, JULY 6 Great Annual Bicycle Adventure Along The Wisconsin River (GRABAAWR-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. GRABAAWR, 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.

SAT 6 4th Annual Duneland Double 24-Hour Challenge. 200, 300, 400 mile routes. 152-mile day loop, 14- and 1.7-mile night loops. Bicycle lights required. Free water bottle to first 100 paid registrations. Door prize drawing. "Pirate Bob" Friend, 433 Lafayette Ave., Griffith, IN 46319. Info: "Pirate Bob" (219) 924-3767 (weekends only) or Steve Zabrecky (219) 924-5877.

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.

- **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.**

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.

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

Our club is an affiliate of the
League of American Wheelmen

Affiliation with the League means:

- | | |
|--|---|
| <input type="checkbox"/> Special publications | <input type="checkbox"/> Free club event advertising |
| <input type="checkbox"/> BICYCLE USA magazine | <input type="checkbox"/> Advocacy in Washington and the state capital |
| <input type="checkbox"/> Support for our local advocacy efforts. | <input type="checkbox"/> 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

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.**



INSIDE DINO'S HELMET

There's a head. Har! Har! Oh Yeh? Says Who? The doctor who reattached it, that's who!

How many times do you ride without a helmet? How many times have you seen riders of bicycles (as opposed to bicyclists) going the wrong way on the streets and not wearing a helmet? I was happy today to see an elderly man riding down northeast Jefferson on his Monarch wearing a helmet. Maybe that's why he was elderly! Hell, even Tree wore his helmet. Have you noticed that you can tell how long someone has been cycling by the style of their helmet. Except there are those vain folks who have purchased the new foam or ultralight helmets with 20 or so different color covers to go with their multitude of bikes or tights. They are a little hard to identify until you look at the rest of their gear. Why is it that we all must keep up with the Jones's? Some just don't conform - more power to em!

This weather is something isn't it? Every time I get up and plan to ride to work its raining. This would not usually be a hindrance except that ones appearance on the job is sometimes crucial to maintaining that job. Looking like a drowned rat is not cool.

A big thanks goes out to Gary Hartzler for his excellent folding, stapling and mailing of this newsletter the past few months. Way to go Gary! You did the job superbly!

Well, the liner is tired and the strap is sagging, so I'll take this thing off for now. We'll be talking to ya again next month.

Dino

**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.



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RENEW YOUR MEMBERSHIP TODAY!

June monthly meeting at Pizza Works!