

# Illinois Valley WHEELM'N

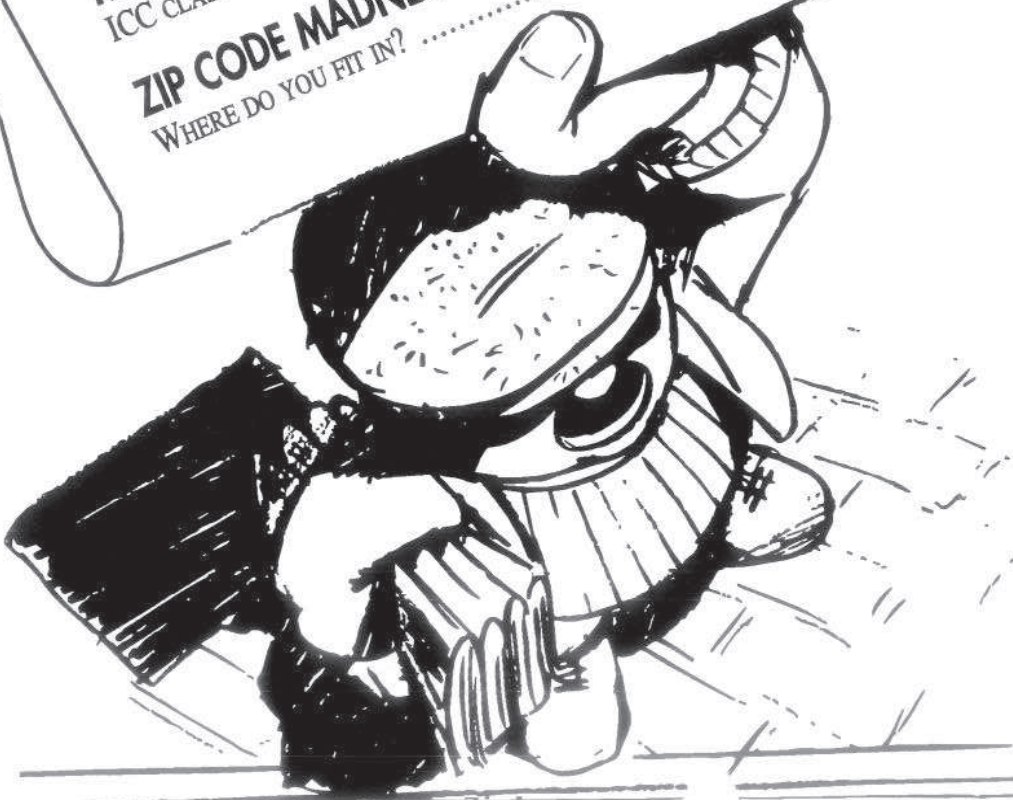
1993

JUNE

6518 NORTH SHERIDAN ROAD, PEORIA, ILLINOIS 61614

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### NEW MEMBERS:

|  |             |
|--|-------------|
| Bayo Adanri (TCRPC)                              | .....Morton |
| Gerard A. Brost                                  | .....Peoria |
| Ann, Denise &<br>Randal Cooksey                  | .....Peoria |
| Russ Goin  | .....Peoria |
| C.J. Harms                                       | .....Peoria |
| E. Paul Kaiser                                   | .....Peoria |
| Matt & Rhonda Rottman                            | .....Peoria |
| Lowell Schroeder                                 | .....Morton |
| Dennis, Jared, Makenzie,<br>Tracie & Tyler Utley | .....Peoria |

### RENEWING MEMBERS:

|  |                  |
|--|------------------|
| Steve, Matt & Rose Berger                | .....Peoria      |
| Nancy Buzan                              | .....Peoria      |
| Larry D. Davis                           | .....Peoria      |
| Darren, Denise, Dirk &<br>Sue DeDecker   | .....Peoria      |
| Sally Eakle                              | .....Havana      |
| Kim & Rich Huffman                       | .....Peoria      |
| Randall Senneff                          | .....Peoria      |
| Allan, Gail, Rhett, Seth &<br>Ty Silzer  | .....Peoria      |
| Marion Sword                             | .....Peoria      |
| Armand Tippet                            | .....Taylorville |
| Anne, Sarah, Susan &<br>Randall Townsend | .....Pekin       |
| Donald R. Washburn                       | .....Peoria      |

# ILLINOIS VALLEY WHEELM'N

**PRESIDENT**  
Steve Shaffer .....685-4726

**VICE PRESIDENT**  
George Dudley .....692-7076

**TREASURER**  
Steve Weast .....446-3413

**SECRETARY**  
Jagada Kosey .....676-1956

**ADVOCACY**  
Eric Hutchison .....685-3921

**SOCIAL**  
Bob Wilson .....579-3474

**MAILING**  
Terry Threw .....699-6956

**DATA PROCESSING**  
**DIANE'S RIDE**  
Bill Clark .....347-4841

**MEMBERSHIP**  
Eileen Dudley .....692-7076

**PEDAL-IN**  
Sheila Hansen .....263-2870  
Sue Weast .....446-3413

**RIDE COORDINATOR**  
Steve Grube .....699-6956

**EDITOR**  
Samuel Joslin .....688-0922

The Illinois Valley Wheelm'n is home to cyclists throughout Central Illinois. Newsletters are distributed each month through bulk third-class mail. Newsletters are not forwarded—please alert the membership chairperson one month in advance of your move. Contributions to the newsletter are welcome—send your articles to Samuel Joslin, 1318 W. MacQueen, Peoria, IL 61604. Members also may submit personal ads. All contributions must be received no later than the 15th of the month.

## ? OF BALANCE

BY STEVE SHAFFER

WHAT DOES BICYCLING MEAN to you? Is it a form of transportation, recreation, or is it simply exercise to be done because if you don't, Father Time takes his toll on your body? I ride for the last two reasons. It's just too easy to jump in the motorized vehicle to do the errands and besides, I'm a product of my environment. From the day I was born, I've been enamored with cars, and I still can't wait until the new models come out in the fall.

However, bicycling has brought some sense of balance back into my life. I now know that the cars I love are nothing more than vacuums that suck my wallet dry. That knowledge really takes the fun out of cars. The real question is how can I protect my children from an unreasoned love of cars? I suppose it's too late—they are already trying to save up for their first machines. They can barely afford the insurance, let alone all the other cost involved with ownership. But do they consider riding their bike to work, or walking, or public transportation? No, because it's not cool.

WHAT DOES BICYCLING MEAN to you? Is it a form of transportation, recreation,

The biggest challenge facing bicycle enthusiasts is how to convince car-indoctrinated people to bicycle instead of drive. One of these days even I hope to reach instinctively for by bicycle instead of the car keys.

What else can the IVW do besides promote recreation, advocacy, social gatherings, exercise and eating?

We can work to improve everyone's cycling ability: whether goals are measured in quiet, personal progress; or outright success in the bike leg of the triathlon. Triathletes, for example, ride the bicycle differently than the method I've learned over the past eight years. Maybe we could teach each other some of the tricks of our trades.

The IVW is a bicycle club in which the main focus is fun and effective cycling. Effective cycling is everything from riding in traffic to improving area riding conditions to improving group riding skills. This year there is only one day during the week that does not have an organized ride. For anyone who would like to ride with the IVW, there is a ride for you.

See ya on the road, —Steve

## RIDE REPORTS

IVW

**THURSDAY, APRIL 22.** Bill Wright's gang of seven finished their exploration of Dunlap-area gravel roads just in time to make the monthly meeting.

**TUESDAY, APRIL 27.** Team Dudley, on the "ancient and well-traveled tandem," came off the bench to lead 18 riders on the Wright ride. The

16-mile journey to Jubilee was capped by a post-ride regrouping at Leonardo's for pasta.

**SUNDAY, MAY 2.** While the temperature dropped and rain threatened the Peoria area, Sheila Hansen led 16 strong riders on this 36-mile Peoria-Brimfield roundtripper.

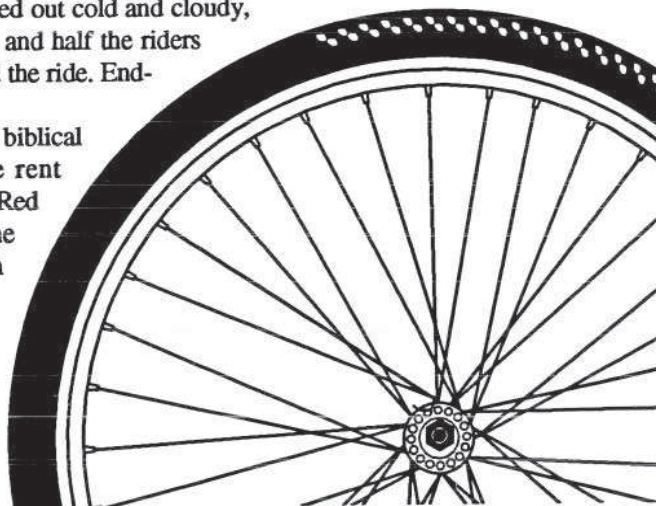
**SUNDAY, MAY 9.** Thirteen cyclists led by Steve and Sue Weast left Jubilee at 8:30 for breakfast in Princeville. The group decided to cut the ride short in the face of 15-20 mph SSE winds. 25 miles. (Hell hath no fury like a tailwind ignored.)

**TUESDAY, MAY 11.** Two dozen good eggs showed up for this 20-mile Wright Ride led by substitute host Bob Wilson. (Bob, tell our lucky contestants what they've won...)

**THURSDAY, MAY 13.** Bill Wright, no doubt sensing disaster if three instances of the number 13 were courted in one ride, lengthened this gravel and dirt road ride—attended by 13 cyclists—to 17 miles.

**SUNDAY, MAY 16.** Thirteen cyclists—there's that number again—led by Steve Shaffer took advantage of a rare windless day to ride from Wilder Waite in Alta to Brimfield. Though the day started out cold and cloudy, the sun emerged during breakfast, and half the riders broke off from the group to extend the ride. End-of-ride temp: 80 degrees.

**SUNDAY, MAY 23.** It was a ride of biblical proportions: The heavens were rent asunder, as the equivalent of the Red Sea descended on the heads of the six cyclists in attendance; Tom Parr gave his new Franklin its first baptism; and "leader" Joslin, after assessing the high experience level of the group, opted out of traveling to the promised land o' pancakes.



## TIRE TRACTS

BY SAMUEL JOSLIN

**JOURNAL STAR STORY** It's just a guess, but did Sue Brown write the story

the Journal Star expected to receive for its May 7 issue?

While the majority of the article was about the IVW's efforts to expand road access for bicyclists, the accompanying map and photo—not under Brown's control—were about area multi-use trails.

Don't get me wrong—I love both the press and the trails movement—but why is it when bicyclists say "roads," everyone around us hears "trails," "paths" and "side-walks?" Ever feel like you're the only one who ever failed a word association test?

**MAIL CALL** What does it take to put the newsletter together? Well, it starts with a stack of paper consisting of 21 newsletters, a handful of ride brochures, an envelope full of stuff from the League of American Wheelmen, a couple of newspaper clippings and various contributions from IVW members including the ride schedule, an advocacy report, the president's notes and one or two other articles. It's not fun to cripple the mailman...but someone has to do it.

**ALL THINGS BEING NORMAL** Karen and I joined 210 riders on the McLean County Wheelers Spring Metric in mid-May. Windy? Suffice it to say that more than a couple of cyclists headed their bikes into the wind and quickly opted for the shorter course. Even Karen and I cut some hills off the long course to reward ourselves for our perseverance. The Wheelers have a beautiful figure-eight course down there north and west of Normal. Just wish they'd offer a vegetarian main dish for the after-ride meal. Karen hates to shell out that registration fee just to skip lunch.

**THANKS FOR ASKING, BUT WE NEED MO TIME** Got a letter from the Missouri Highway and Transportation Department (MHTD). The mailing announced the state's newest MHTD job title—Intermodal Planner—and gave a description of the job (the bicycle and pedestrian coordinator).

By golly, Missouri was asking for help in staffing the position! Just one problem—the letter was dated April 21 and the deadline was April 30. Nine days—hmm. Guess Missouri was worried about a flood of applicants (like when a new Wal-Mart is built). FYI: the position pays \$22,200 to \$30,804 per year.

**SIX MONTHS AND COUNTING** It just occurred to me—I haven't read *Bicycling* or *Bicycle Guide* since December. I'm sure I should've at least skimmed the table of contents each month, but I haven't. Information sources these days include *Bicycle USA*, *VeloNews* and the out-of-town newsletters in the IVW mailbag. Oh, and Beckler talks a lot.

**DON'T SHAVE ME WITH THAT ELECTRIC SHIFTER** Time was, riders would buy new bicycles and each bike would have five cogs on its rear hub. It was a year I like to call... 1977.

Riders would wear out the 14-tooth cog—the smallest one on the hub—because that was the only gear they rode in. They never shifted because they didn't know how.

Or they needed a 16-tooth cog (probably because that was the one that never came with the stock stack of cogs).

Or they needed a 36-tooth cog because 1) they heard that SunTour had just come out with one, 2) they heard and believed that the Prairie State was going to develop a mountain range, or 3) they were Caterpillar engineers.

Hey, you wanna coga? No problem. Alla just walka over to da coga board here and sella you one coga—Here you go.

Life was simple, slow paced...affordable.

Then the Japanese discovered Detroit marketing and the magic words **NEW!**, **IMPROVED!**, **EXCLAMATION MARKS!** In short order came six, seven and eight cogs; cassettes, SIS, SLR, Hyperglide, Accushift, special chain pins and special chain tools. And yes—planned obsolescence.

Cog board? Don't make me laugh.

But now its 1993. Even the Japanese are a little tired of good old **NEW!** and **IMPROVED!** They've heard from too many people who are getting a little tired of not finding parts for two-year-old drivetrains.

Good news, eh?

Look out—the French are coming.

**NEW!** and **IMPROVED!** for '93: electronic shifting. Honest to gosh—no more cables to oil or teflonize—instead, an electric wire runs from a battery stored inside the handlebar, through a two-way switch on the handlebars and then across the frame to what looks like a rear derailleur. Price is in the Campy and Dura-Ace range. I read about it in *VeloNews*—and so did the Shimano brothers.

Coaster brake, anyone?

## ASK DR. DERAILLEUR

Any hints on how to stick to the straight and narrow? Just last week I took the road not taken, and I got lost.

—Dizzy Dean,  
Bartonville



**H**ere's a quick thought: Who was looking for you?

But seriously, just sit down on the big idea couch, and I'll let you in on a theory of mine: If you were meant to suffer a pre-determined existence marked by planning, organization and, need I say, quiet desperation, you'd never have taken up cycling in the first place.

So don't worry about losing your way—instead, create your own map. Vespucci did it—and they named most of the Western hemisphere after him.

—D.D.

# ADVOCACY NEWS & VIEWS

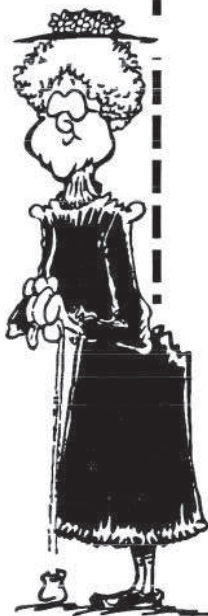
BY ERIC HUTCHISON



**NO,**  
I don't want to belong to your crummy left-wing, right-wing, fascist, commy, conservative, middle-of-the-road elitist club.

You fools think you're the center of the universe. In Peoria? You gotta be kiddin'. I've been to Indiana, Oregon and foreign countries like Wisconsin, and all you've got are some overpriced carbon-fiber framesets and a five-and-dime newsletter. Hey, if I wanted a bird cage liner, I'd subscribe to the Chicago Tribune and use the Tempo section. At least the dang bird would have pictures to look at.

**Yes,** I would like to join the Illinois Valley Wheelm'n. I especially like that nice boy, Eric Hutchison. How much money do you need?



To join the club, or to renew your membership, please use the attractive application form on page 7.

## FLASH! BRANDYWINE/WEST-AIRE CONNECTOR COMPLETED

The city of Peoria, responding to the cards and letters of club members, has reopened the Brandywine/West-Aire intersection to pedestrian and bicycle traffic. The intersection, long blocked by landscaping and a steel guard beam, represents the first of 22 IVW-proposed projects to be completed.

Members should now thank the city by letter (write to city hall—address next page) and remind the mayor and council members that the Forrest Hill/Gale widening project—affecting roads which form the only continuous route across central Peoria from Prospect Avenue to Route 8—represents another opportunity to open the city to non-polluting, neighborhood-friendly bicycle use.

## ACCESS THROUGH CEMETERY DISCUSSED—OWNER SAYS BICYCLISTS, RUNNERS, PEDESTRIANS WELCOME

In preparation for our Memorial Day ride through Peoria, we asked to pass through historic Springdale Cemetery (and tunnel under War Memorial Drive) from its new owner, Larry Leach. Mr. Leach not only said okay to our one-day request, he encourage future use of the cemetery by all forms of non-motorized traffic.

We were surprised to learn that the cemetery's main problem is not vandalism of monuments, but trash-dumping. Mr. Leach sees bicyclists/runners as conscientious users who will help promote and preserve Springdale as an historic and scenic attraction.

We (IVW) mentioned the need to modify Springdale's north and south entrance gates to allow full-time bicycle/pedestrian access. We also suggested a possible joint project between the

cemetery and the IVW to help renovate the gates. Mr. Leach saw this as a win-win arrangement.

NOTE: Until more permanent access is established, please contact Mr. Leach at the Springdale office prior to taking a bike/running group through the cemetery.

## TCRPC TO SURVEY AREA BICYCLE ACCESS NEEDS

The Tri-County Regional Planning Commission (TCRPC) is preparing a survey to measure the amount and extent of bicycle use in the Peoria area. The survey is also expected to gauge support for bicycle-related facilities improvement, including roads and parking.

Interest in creating the survey was sparked by the federal transportation budget passed in 1991 (ISTEA\*). The enhancement program within that budget represents a potential source of funding for projects that increase utilitarian (rather than purely recreational) bicycle use.

The bicycle survey will be the first tangible product of the new Bicycle Access Task Force\*\* headed by the TCRPC. Thanks to all IVW members who participated in the survey's creation.

## IVW BRAINSTORMS BICYCLE ACCESS WITH TCRPC

A special meeting held April 28—and announced by a postcard and flyer campaign—was used to formally present the IVW's 22-project road improvement plan to members of the Tri-County Regional Planning Commission.

Copies of a map and a list outlining the proposals were handed to members of the audience which included IVW members, members of the public and TCRPC members.

Special emphasis was placed on the need for people to communicate with city leaders on the Forrest Hill/Gale avenues project. The audience was encouraged to fill out postcards asking the Mayor Maloof and Peoria city council members to support the "pro-bike" 14-foot outside lane proposal (see flyer on next page).

\* INTERMODAL SURFACE TRANSPORTATION EFFICIENCY ACT OF 1991. (Federal dollars for transportation projects—allows budget space for non-motorized vehicles).

\*\* Members of the task force include the IVW and city, county and state road engineers.



## Sign of the times? it doesn't have to be...

FORREST HILL AND GALE AVENUES in Peoria—important east-west roadways for cyclists—are slated for major construction. Your support is needed for a modern road design that allows shared bicycle/car access. Two plans are on the table:

- **PRO-BICYCLE:** Two inside 11-foot lanes, center turn lane and two outside 14-foot lanes.
- **ANTI-BICYCLE:** Four 11-foot lanes and center turn lane.

The IVW-sponsored 14-foot lane concept promotes and enhances bicycle use. Bicycles are good for the environment, neighborhoods and quality of life.

**Write today and ask that the Peoria city council approve wide outside lanes on the Forrest Hill/Gale avenues project.**

Tell the decision-makers the future is too important for business-as-usual transportation planning.

*Write to:*  
**Mayor James A. Maloof**  
Peoria City Hall  
419 Fulton  
Peoria, IL 61602

**I V W**  
GREATER PEORIA'S BICYCLE CLUB



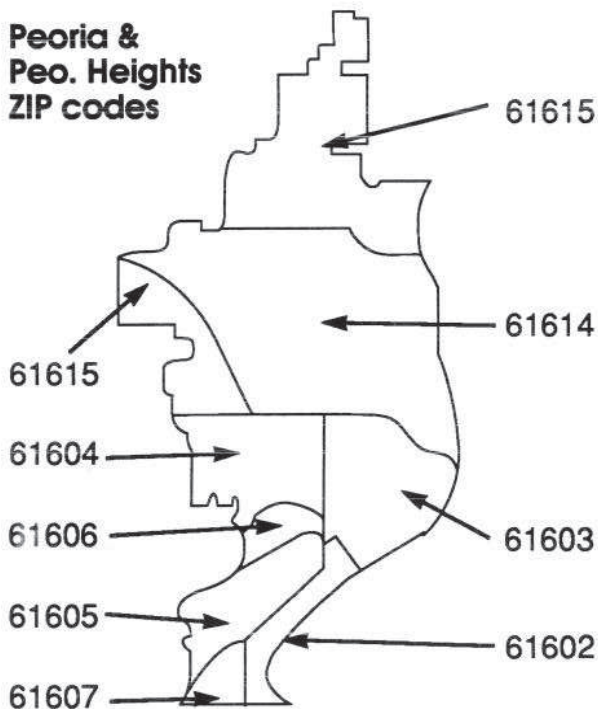
For information on other road plans for a better Peoria, call Eric Hutchison at (309) 685-3921.

# Z i P C I T I E S

| ZIP CODE | # IVW | CRTY              |
|----------|-------|-------------------|
| 46240    | 1     | Indianapolis (IN) |
| 53406    | 1     | Racine (WI)       |
| 61273    | 1     | Orion             |
| 61401    | 1     | Galesburg         |
| 61410    | 1     | Abingdon          |
| 61451    | 1     | Laura             |
| 61479    | 1     | Speer             |
| 61483    | 1     | Toulon            |
| 61517    | 1     | Brimfield         |
| 61520    | 1     | Canton            |
| 61523    | 9     | Chillicothe       |
| 61525    | 10    | Dunlap            |
| 61528    | 1     | Edwards           |
| 61530    | 3     | Eureka            |
| 61531    | 1     | Farmington        |
| 61535    | 3     | Groveland         |
| 61536    | 1     | Hanna City        |
| 61548    | 4     | Metamora          |
| 61550    | 19    | Morton            |
| 61554    | 11    | Pekin             |
| 61568    | 1     | Tremont           |
| 61570    | 1     | Washburn          |
| 61571    | 17    | Washington        |
| 61603    | 8     | Peoria            |
| 61603    | 1     | Peoria Heights    |
| 61604    | 18    | Peoria            |
| 61605    | 2     | Peoria            |
| 61606    | 1     | Peoria            |
| 61607    | 2     | Peoria            |
| 61611    | 14    | East Peoria       |
| 61614    | 46    | Peoria            |
| 61614    | 2     | Peoria Heights    |
| 61615    | 22    | Peoria            |
| 61702    | 1     | Bloomington       |
| 61704    | 1     | Bloomington       |
| 61732    | 1     | Danvers           |
| 61755    | 1     | Mackinaw          |
| 61761    | 1     | Normal            |
| 62568    | 1     | Taylorville       |
| 64844    | 1     | Granby (MO)       |

**214 MEMBERS (5/15/93)**

**Peoria & Peo. Heights ZIP codes**



**MARCH IVW NEWSLETTER "MAKEOVERS" (L-R)  
PRODUCED BY PAT LANGDON, SUSAN HAMILTON AND KATHY OLTSMANN.**

## CLUB NEWSLETTER CLASS PROJECT

IVW

THERE ARE MORE VERSIONS of the March 1993 IVW newsletter than there are donuts in a baker's dozen. A total of 19 different layouts as a matter of fact.

Illinois Central College students taking Graphic Arts 240—an advanced graphics class with its focus on desktop publishing—were asked to redesign the newsletter for their final class project.

Instructor Sharon Conley said the students liked the project because it required more creativity than the more technical subjects covered during the semester. "I asked them to improve the newsletter, to jazz it up. They liked the project because it was different than the other assignments—it was connected to the world outside the classroom."

March artwork and articles were sup-

plied on floppy disc for the Macintosh computer-using class. In addition, copies of the club's "gab rag" were distributed to everyone.

Required in the redesign were page numbers, a mailing label, an events calendar and an application. While the name of the club couldn't be changed, several students created different versions of the newsletter's front page banner. And virtually all 18 people either created or scanned additional artwork.

In addition, class versions of the newsletter were printed in two colors (black and a color chosen by the student).

Half of the group was made up of graphic arts majors and half of design majors. At least six students already worked in the printing industry.

Conley was impressed with the results, and awarded eight people with A's on the project. "They're bright people," Conley said. "And everyone said a newsletter redesign should be assigned the next time the class is offered."

## FOR SALE

50 cm Trek 2300 road frame/fork, excellent condition w/new headset. \$400 firm.

Call (309) 682-8777. Ask for Alan.

# EVENTS OF INTEREST

All information should be confirmed by the rider before attending any ride. All rides require a release form; do not send money without filling one out. The editor has entry forms for several of these rides. Call Samuel Joslin at 309-688-0922.

## JUNE

**SAT 5, SUN 6 Hoosier Hills Tour.** 25/60/100 km Sat., 20/50 miles Sun. Moderately hilly. Frank Southern Center. Includes map, patch, sag, marked route, snacks, Saturday lunch. Helmets strongly recommended. Registration \$11 before May 18, \$13 thereafter. Bloomington Bicycle Club, Barbara L. Anderson. P.O. Box 463, Bloomington, IN 47402. Call 812-332-6028.

**SAT 5, SUN 6 Ride to the River.** Two-day ride starting in Macomb with overnight in Nauvoo. 62 miles each day. Includes showers, continental breakfast Sunday, water stops, Sunday lunch, maps, marked route, baggage carry, and sag. For information, call Arlene Harhen at 309-833-1968 or 309-833-4551 (wk).

**SAT 13, SUN 14 Eighteenth Annual Honeysuckle Hundred.** 25-, 62-, 100-mile routes (SAT); 34-, 55-mile routes (SUN) in southern Indiana. Routes available from flat to challengingly hilly. T-shirts available. Registration \$10 before June 1; \$12 thereafter; one-day fee \$7 and \$9. Driftwood Valley Wheelers, Box 1552, Columbus, IN 47202.

**SUN 20 5th Annual Chicago Boulevard Lakefront Tour.** 35 miles along Chicago's historic treelined boulevard system. Includes food stops, map, sag, marked route, post-ride party. Registration: \$15 before May 31; \$12 for CBF members. Sponsored by Chicago Bicycle Federation. Write Chicago Boulevard Lakefront Tour, 343 S. Dearborn St., #1017, Chicago, IL 60604-3808. For information, call 312-42-PEDAL.

**SUN 20-SAT 26 Touring Ride In Rural Indiana (TRIRI).** 465 miles. Flat to very hilly. Includes map, patch, fanny flag, T-shirt, sag, marked route, six campsites, baggage transport, evening and breakfast meals (12 total). 500 rider limit. Helmet required. Registration \$170 until June 10. Bloomington Bicycle Club, Barbara L. Anderson. P.O. Box 463, Bloomington, IN 47402. Call 812-332-6028.

**SUN 27 Twenty-Fourth Annual Swedish Days Ride.** 25-, 50-, 75-, 100-mile routes in Kane County, IL. Starts American Legion Hall, Wasco (3 miles east of St. Charles). Includes map, cue sheet, marked route, sag, rest stops; watermelon and world famous Oberweis ice cream at ride's end. T-shirt available. PRE-REGISTRATION ONLY before June 20—\$10 individual, \$22 family. Fox Valley Bicycle Club, P.O. Box 1073, St. Charles, IL 60174-1073. Call for information: 708-584-SELF or Dennis at 708-584-1414.

**SUN 27 Quincy-Keokuk Century.** 30,45,62, 100 miles. Starts at Keokuk or Quincy. Contact Mark Esneault, chairman, at 217-224-8977.

## JULY

**SUN 11 Friends of the Parks' After-Midnight Bicycle Ride.** 25 moonstruck miles through downtown and North Side Chicago neighborhoods. 3,000 riders in '92. Includes: rest stop, repair assistance, sag, sunrise breakfast at Buckingham Fountain, T-shirt. Registration: \$15 before June 25; \$20 thereafter. Ride starts 1:30 a.m. Sunday morning. Required: helmet, headlight and reflectors. For more information, call Friends of the Parks at 312-922-3307.

**SAT 17 Ride Across INdiana (RAIN).** 162 flat to rolling miles. 6 a.m., Indiana/Illinois border, access road next to Route 40. Includes map, marked route, snacks, T-shirt, souvenir for first 300 entrants. Registration \$22 until June 30, \$27 thereafter. Bloomington Bicycle Club, Steve Merry, 3836 Woodmere Way, Bloomington, IN 47403. Call 812-339-4717.

**SUN 18 Melon Metric VIII—Ride With The Pharaohs.** 34-, 62-, 100-mile routes in DeKalb, LaSalle and Kendall counties. Mostly flat with a few rolling hills. Helmets strongly recommended. No headset radios. Food stops at 15 to 20 mile intervals, sag, map, marked course. T-shirt available. Riders under 18 must be accompanied by a responsible adult. Registration: \$8 before June 20; \$12 day of ride. Sponsored by Naperville Bicycle Club (and others). For more information, call: 708-357-9000, ext. 191 or ext. 616.

**SUN 25 Thirteenth Annual MetroMetric XIII.** 22-, 40-, 62- and 100-mile routes in Will and Kendall (IL) counties. Includes rest stops with home-made baked goods (every 10 to 15 miles), marked route, map and cue sheet, fanny flag. Registration \$12 (free T-shirt to those registered before July 11, 1993). Elmhurst Bicycle Club—MetroMetric XIII, P.O. Box 902, Elmhurst, IL 60126-0902. For information, call 708-530-BIKE.

**SAT 31-TUE, AUG 3 12th Annual Across Illinois Bike Ride (AIBR).** Between 275 and 300 flat to rolling miles. Leisurely, fully supported four-day tour of northern Illinois. Two day option also available. Limited number of applications available at Vitesse Cycle Shop and Russell's Cycle World. Sponsored by the Joliet Bike Club. For more information, contact Nancy Fister at 815-942-6525 or Gregg Benning, [IVW member] at 309-243-5206.

## AUGUST

**SUN 22 Sixth Annual Proctor Cycling Classic.** Peoria, IL. United States Cycling Federation event. Criteriums, 100-mile road race. Proctor Hospital primary sponsor. \$20,000 prize list. More than 600 professional and amateur cyclists and 6,000 spectators attended in 1992. Great spectator event. Racers needing registration form, write: Peoria Cycling Classic, c/o Peoria Bicycle Club, 1406 Fayette St., Washington, IL 61571.

### ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

INDIVIDUAL (\$10)

NEW?

FAMILY (\$12)

RENEWAL?

MEMBER OF THE ILLINOIS VALLEY STRIDERS?

APPLICANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Make check to: Illinois Valley Wheelm'n, 6518 N. Sheridan Rd., Peoria, IL 61614

DO NOT WRITE  
IN THIS AREA

EXPIRES \_\_\_\_\_

JOINED \_\_\_\_\_

PKSNT \_\_\_\_\_

**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.

**NOTE: THIS MONTH'S ILLINOIS VALLEY WHEELM'N NEWSLETTER  
WAS MAILED TO 540 ILLINOIS VALLEY STRIDERS MEMBERS.**

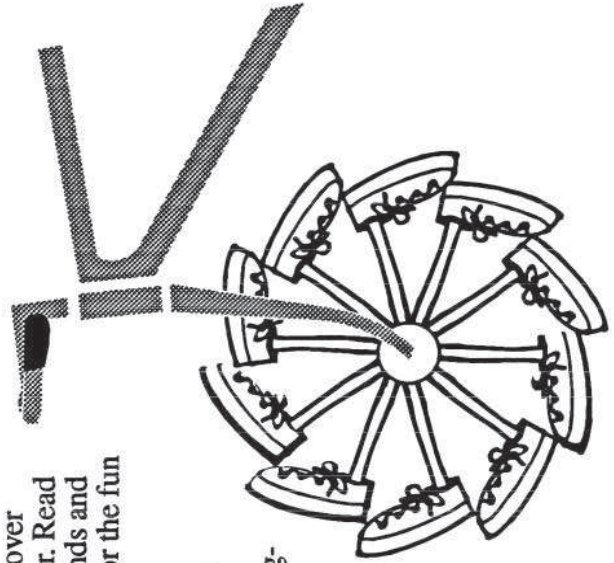
## HEY, RUNNER TYPES!

Here are SIX good reasons for runners who also ride bicycles to join the Illinois Valley Wheelm'n, Greater Peoria's bicycle club:

- It's only \$10 for an individual membership, for gosh sakes.
- You'll be supporting the club's efforts to guide the Tri-County area toward a "human-scale" road system (good news for runners as well as cyclists).
- In a word: breakfast rides (okay, that's two words).
- You'll receive the club's monthly newsletter—a rich source of news and views on cycling and a veritable font of typographical errors.
- Cycling (an excellent addition to any cross-training program, by the way) is even more fun with a group.
- We know what "gorp" is—some of us even enjoy it.

We invite you to look over this month's newsletter. Read it, show it to your friends and then, join the club—for the fun of it.

P.S. Whether you ride only "once in a while," or on a regular basis, club membership is a great idea. You'll find an application on page 7.



**Illinois Valley Wheelm'n**  
6518 North Sheridan Road  
Peoria, IL 61614

Bulk Rate  
U. S. Postage  
**PAID**  
Permit No.310  
Peoria IL 61601

MEMBERSHIP EXPIRES: 10/03/93  
\*  
RON & SHELLY ANDERSON  
203 LOCUST  
WASHINGTON, IL 61571

### GENERAL MEETING—JUNE 24

Dudleys & Hawaii at Doc's Mt. Hawley, Peoria

Dinner: 6:30 p.m. .... Meeting: 7:30 p.m.