

# Illinois Valley WHEELM'N

1993

AUGUST

6518 NORTH SHERIDAN ROAD, PEORIA, ILLINOIS 61614

## BEST RIDE OF FALL—COMING SOON

DIANE'S RIDE WILL BE HERE BEFORE YOU KNOW IT! Start getting ready now if you haven't already.

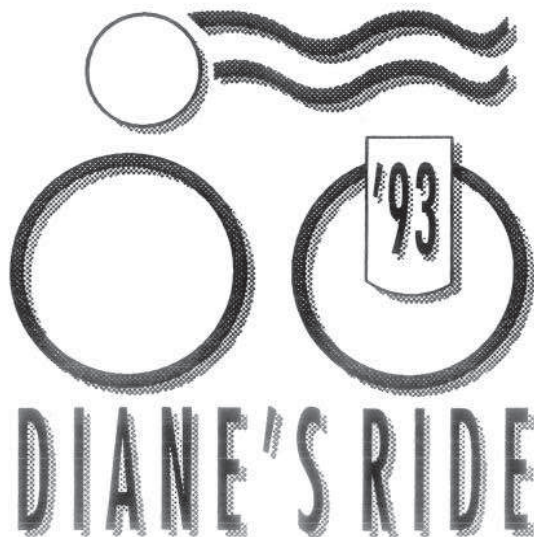
A new starting point has been selected. Diane's Ride kicks off at 7:00 a.m., September 18, from American Legion Post #35, located approximately 12.5 miles west of Bartonville on U.S. Route 24.

Accordingly, an all-new route will take you through some of the finest scenic areas central Illinois has to offer. Three loops of 35, 67 & 100 miles will be offered so all riders, regardless of their abilities, will be able to join in the fun. The 100-mile route will take riders through Canton and Fairview before returning to the start by way of Farmington.

We'll have another fine feast from Italo's at the conclusion of the ride. And the Spotted Cow will be at the end of the rainbow for those wishing to chase it.

This year's edition of Diane's Ride goes, in part, to benefit Mothers Against Drunk Driving (MADD), so plan to attend and support this worthwhile cause.

—Bill Clark, Diane's Ride chairperson, 309-347-4841



### NEW MEMBERS

Sharron Baird .....Chillicothe  
 Barbara Broadbear .....Washington  
 JoMay Chow .....Washington  
 Marsha Hausser .....Peoria  
 Denis, Franny & Charlie Klees .....East Peoria  
 Connie, David & Steve Klein .....Morton  
 Gregory E. Williams .....Peoria

### RENEWING MEMBERS

Judi & Rick Gentry .....Peoria  
 Christopher E. Glynn .....Morton  
 Sheryl Hansen .....Morton  
 Roger A. John .....Dunlap  
 Robert J. Kerner .....East Peoria  
 Brian, Jennifer, John & Lynn Thurman ...Peoria  
 Ken & Norreen Mettelmann .....Groveland  
 Brian, Carol, Kristen & Tom Romanowski ...Peoria  
 Ann, Eric, Leslie & Jack Wellauer .....Dunlap

### QUIET HEROES

FROM RON ANDERSON

IVW members continued to support the Quiet Hero Blood Donor Program during the second three months of '93.

Those members donating were:

Ron Anderson  
 Bryan Chumbley (new IVW Quiet Hero)  
 Roger German (2 donations)  
 Ken Pedigo (new IVW Quiet Hero)  
 Bill Semmens  
 Jack Welch (3 donations)

Thanks again IVW members! Additional Quiet Hero donors willing to donate regularly are most welcome. Simply mention our club number (000560) when you register to donate at the blood center or bloodmobile. Questions? Call 444-2018.

**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**  
Sheryl 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.

## ADVOCACY NEWS & VIEWS

BY ERIC HUTCHISON

### PEORIA COUNTY LEADS PELETON—BICYCLES GIVEN SPACE IN GROWING PEORIA.

**TRIGGER ROAD IMPROVEMENTS.** On its own initiative, the Peoria County Highway Department has applied for ISTEAs\* enhancement program funding to pave shoulders on Trigger Road between Route 150 and Grange Hall Road. The department thus becomes the current leader in attempting to improve road access for cyclists in the Tri-County.

**SIGNIFICANCE:** Trigger Road links Peoria west-side residential areas to Jubilee Park, heavily used by recreational riders. Plus, the Route 150 corridor on Peoria's west side will continue to see development followed by heavier traffic (recent developments include L.R. Nelson company and the Willow Knolls complex).

It is important that bicycle access be preserved and improved as roads in this new-growth area are upgraded. Not only to preserve today's bicycle routes including Jubilee, but to allow access to new businesses and homes in this area. New residential areas should have low-traffic through streets suitable for bicycle use, not the broad selection of dead-ends that are standard equipment with other subdivisions in Peoria's north end.

**PEORIA COUNTY PHILOSOPHY.** Peoria County says it will routinely seek additional width as its roadways are modernized. The decision to improve bicycle access with paved (as opposed to gravel) shoulders will be made on a case-by-case basis.

**IDOT HOLDS OUT ON ROUTE 150.** At IVW request, Peoria County asked the Illinois Department of Transportation to participate in the Trigger Road improvement by extending paved shoulders on Route 150 between Orange Prairie and Trigger roads. To date, IDOT has declined to eliminate this "bicycle bottleneck." According to IDOT, additional right-of-way would be required in order to construct paved shoulders.

### BICYCLE LANES PROPOSED ON ROHMANN

**ON-STREET PARKING TO BE ELIMINATED.** If Illinois approves funding, Peoria County will create bicycle lanes on Rohmann Avenue from Sterling to Western avenues in West Peoria. The County Board voted to eliminate on-street parking as part of the reconstruction project.

### IDOT To HOLD OPEN HOUSE

With federal money comes federal strings. For the Illinois Department of Transportation, one big string attached to ISTEAs\* is the requirement "that states provide a reasonable opportunity for public review and comment on statewide transportation planning and programming processes and the transportation programs."†

In other words, we're invited to attend an IDOT open house and comment on the state's transportation program. Here's the info:

Tuesday, August 3  
Peoria District Office, 401 Main

Call me at 685-3921 for more information. Your attendance is important.

**AUTOMOTIVE ADVERTISING QUOTE OF THE MONTH.** As seen in Scientific American magazine, from Nissan: "It's not a car—it's an aphrodisiac" (who says there's no honesty left in advertising?)

**MEET THE LEAGUE.** The League of Illinois Bicyclists will meet Saturday, August 21, at 1400 Crimm in Lincoln, IL. Topics at the 12:45 p.m., meeting include:

- Working with the Illinois Department of Transportation—*Craig Williams, Illinois bicycle/pedestrian coordinator*
- Working with Metropolitan Planning Organizations—*Speaker to be announced*
- Illinois Valley Wheelm'n's Experiences—*Eric Hutchison, IVW advocacy chairperson (hey, that's me!)*
- Presentation of How-To and Resource Notebook—*Al Sturges and Ted Sanders*

A ride with two routes—of 30 and 60 miles—will take place before the meeting. For more information, give me a ring.

*\*Intermodal Surface Transportation and Efficiency Act of 1991—a.k.a. the federal transportation budget.*

*†From an IDOT letter.*

# KEWANEE, NOT QUICKLY

BY TERRY MUNDY DICKERSON

Saturday, June 19, 1993. Six a.m. found this person in Alta, ready to ride to Kewanee—first destination: Lloyd's Bar. I arrived in Princeville at 7:10 a.m., where I was met by Darren and Sue DeDecker, Bill Semmens, Gregg Benning and Glen Thompson (alias Bandana Man). After breakfast we were on our way. We took the roads, and we had to out run a storm, which looked rather nasty but it did have a pretty rainbow. This person is not into speed on a bike; I am your typical sightseeing kind. I managed to keep up with them. We went on hills and more hills. We took roads I never knew existed during a steady drizzle. Everybody had drip-dry clothes on. The fronts dried rather quickly, though my shoes still squished an hour or two later. Bandana Man and Bill had the maps. One was the size of a postage stamp! We arrived at Lloyd's around 10:30 a.m. We had a nice lunch. We met the owner, Lloyd, and Robbie the cook who let us fill our water bottles with ice. I took a picture of everyone out in front of the bar, for the non-believers. I should mention that along with thousands and thousands of hills and more hills, we had a rather nasty head wind, which seemed to be the direction that we needed to go. I thought that I was in halfway decent shape . . . Wrong; I was dying and begging to be buried every time we passed a cemetery. We were headed for Francis Park and Woodland Palace. We finally found it after we had a few flat tires on a gravel road.

Darren and Sue were the first flat tire on their tandem, then Bill followed with his flat. Of course, Darren and Sue had to have the last one. Let me tell you, these people are pros at changing a flat tire in record time. I have all the gear for changing a flat tire, but isn't that why you guys are out there? To help a woman like me? Just kidding, guys. We took a tour of the house; it only cost a dollar. Very impressive. If you ever get up that way, it is a must-see.

Then it was time to study the maps and decide which way back was best. I wanted to get back to my beloved trail. But I had no idea where in the heck I was. So I was at the

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*It was a fun trip  
with Bandana Man  
trying to run down the  
poor chipmunks.*

---

mercy of Bandana Man and Bill. We ended up going through Neponset and of course, more hills and wind. And we had frequent breaks because of me dragging at the rear of the group. I appreciated the generous pushes on numerous occasions by Bandana Man up those hills. Sue and Darren were also generous: even giving me a tow from time to time. Sue even pushed me up a few hills and of course, I walked a few (I lost count after awhile). After all day of doing Dolly Parton bodacious hills with a wind of at least 20 mph, one does tend to get exhausted. It was a fun trip with Bandana Man trying to run

down the poor chipmunks. We even saw one snake slithering across the road. I eventually got left behind again. I walked up this big hill because the wind was so strong. I finally came to a farmer; I asked him how far to Wyoming, and he said just down this road, then turn right and head into town. I asked for a ride into town because I was totally wiped out. He declined; I then even offered him money. Still no; he just repeated how to get there. So I asked if I could fill my water bottles, and his wife did this for me. It sure was cold water. Then I headed back to my bike where I spotted Bill headed my way. He said it was looking like another wicked storm, so I managed to find the strength to get to Casey's in Wyoming. Everyone had put their bikes under an alcove by the post office. I did the same then headed inside to get something to drink and eat. Boy, did a Suzy-Q taste good along with a Gatorade. It was windy, thundering and lightning. We all had called someone to come and pick us up. All except Darren and Sue who were going to try to make it to Princeville, then call for someone to come and get them. It was an adventure I would not have missed for the world; we had a lot of fun, and there was never a dull moment. Thanks to those who went. We rode approximately 84 miles in about six hours.

*Darren and Sue had their last flat four miles south of Wyoming. Because of a frame pump failure, they walked three miles to end the day at 100 (point-two according to Sue) miles—Ed.*

## RIDE REPORT

IVW

**TUESDAY, JUNE 15.** George Dudley, filling in for Bill Wright, led 23 IVW members on this popular weeknight ride.

**SUNDAY, JUNE 20.** According to Jack Welch "Don Jacobs demonstrated his new dismount technique—run into the bike in front of you and fall over. No video yet, but a book deal is reported to be in the works." Pekin to Delavan. 14 riders, 75°, southwest wind at 10–15 mph.

**SUNDAY, JUNE 27.** The Track Inn crowd was back in force after May's rainout. Samuel Joslin led 17 riders to Chillicothe, including Randy Green of Joliet.

**TUESDAY, JUNE 29.** Bill Wright led 30 cyclists into a 10 mph northeast wind on this 80° day. After the ride, a regroup at Leonardo's for pasta.

**THURSDAY, JULY 1.** Rain went away. For once, Bill didn't have to go to the car wash after this 9-rider, 23-mile gravel road and trail ride. 85°.

**SUNDAY, JULY 4.** While most folks celebrated their freedom by escaping from the area, seven riders attended Steve Grube's ride from ICC to Woody's in Groveland. 75°.

**TUESDAY, JULY 6.** Despite the treat of rain, Bill Wright led 28 riders on this weeknight spin. Like most Tuesdays, this outing split in two: some people riding 34 miles, others 22.

**THURSDAY, JULY 8.** Bill headed for the Rock Island Trail with ten other riders and came back with 23 miles. 85°, south wind at 10 mph.

**SUNDAY, JULY 11.** Who says people don't come out for afternoon rides? Eighteen riders, starting at 1:00 p.m., under the direction of Bob Alexander, rode 31 miles on this Washington/Morton trip.

**TUESDAY, JULY 13.** Wright Wraind Out.

**THURSDAY, JULY 15.** Can rain threaten if it is inevitable? However, Bill's group of seven braved the threat and enjoyed the treat—ice cream in Princeville.

**SUNDAY, JULY 18.** Steve Shaffer led 18 riders from Wilder Waite Grade School.

**SUNDAY, JULY 25.** It was one of those step-out-the-back-door-every-five-minutes-is-it-going-to-rain-or-not-mornings. But the sun came out—on its way to temps in the 90s and humidity not far behind. 12 riders. Special highlight: rare appearance by mezzo soprano Karen Austin-Joslin. New riders in attendance: Denise Chisholm of Peoria and Bob Daugherty of Mapleton.

**AUG. 22**

# WHAT IS THE PROCTOR CYCLING CLASSIC?

—SAMUEL JOSLIN

- SIX HUNDRED CYCLISTS FROM U.S. AND EUROPE
- 8,000 SPECTATORS

The Proctor Classic is a day full of bicycle racing in and around downtown Peoria. Now in its sixth year, the Classic actually runs on two courses: a short lap (.85) criterium course on which riders will race from eight to 30 laps, and a road race course that stretches from downtown to Glen Oak Park and back.

Cyclists will lap the longer course until they cross the finish line with 100 miles under their wheels. You'll find the nation's best riders including the Coors Light team with '91 Proctor champ Roy Knickman and his team's hottest competitor, Saturn.

Why should you watch the Proctor or perhaps even compete in one of the citizen-class events? Because this is your chance to see the world's finest cyclists compete. When it comes down to it—there's no better school of bicycle handling and grace-on-wheels than nose-to-bars racing. Don't miss it.

And don't forget the bottom line: cyclists will be competing for more than \$18,000 in cash and prizes.



# EVERY VOLUNTEER COUNTS!

—FROM PROCTOR

**SIGN UP NOW, AND HELP CONTINUE THE FINE CYCLING TRADITION IN PEORIA**

You've heard it before and you'll probably hear it again: The Proctor Cycling Classic would never happen without the fine work of our volunteers. Every person makes a difference. If you're willing to work you'll be rewarded with the companionship of some of the best people around, some of the most exciting professional cycling in the nation, and an overall enjoyable day. If you helped out last year we need your experience again! If you want to be a first time volunteer, we'll gladly welcome you. We need men and women to serve as course marshals along the road race and criterium courses. We need people to keep outside traffic off the

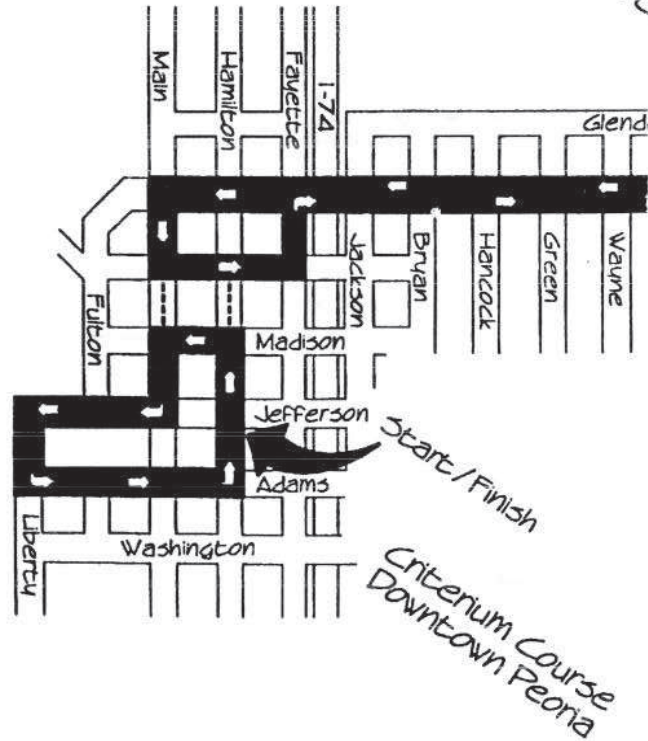
race course. We need people to help set up and tear down the course. And that's just the beginning. Give us your name and we'll find a place for you on the volunteer team. Below is a simple sign-up form. Please complete and mail it to us as soon as possible. If you have any questions in the meantime, call Dave Branyan at 691-1062 or 686-4873(pager). See you at the races!

*INCENTIVE. Work the Proctor race and receive 200 club miles to add to your log for the IVW's Broken Saddle Award. Watch the race and get 50 miles.—IVW*

*(The Proctor 100 Road Race) is a good event, it's a hard event, it's demanding...it has all the elements that are needed.*

—Roy Knickman, Coors Light Cycling Team, '91 Proctor Road Race winner

Road Race



AUGUST '93 IVW

# CALLING ALL KIDS

—FROM PROCTOR

Kids get a special opportunity to be a part of the cycling action on August 22 at the Pee Wee Pedal Fest. Co-sponsored by the Peoria Historical Society and Proctor Hospital, the Pee Wee Pedal Fest will be run in conjunction with the Proctor Cycling Classic, and have two categories for both boys and girls: Under five, and five to seven. Each child will receive a ribbon for their participation. The Pee Wee Pedal Fest will be run immediately after the VIP Race in downtown Peoria. Children are encouraged to bring their own bicycles and tricycles, Big Wheels, kiddie cars and other wheeled vehicles. Bikes will be available to use if needed. Children can register to win a free cycling helmet, Proctor water bottles and other great prizes. For information, contact Martha Yates-Newton

at the Pettengill-Morrison House, 674-4745, or Lesley Matuszak at 673-8191.

# VOLUNTEER PICNIC AUGUST 19

—FROM PROCTOR

Mark your calendar for an evening of great food and fun with Proctor Cycling Classic volunteers. The annual picnic and cookout is scheduled for Aug. 19 at the Glen Oak Park shelter from 6 p.m. to 8 p.m. All food and drink will be provided. This is our way of saying thanks for the good work our volunteers do on behalf of the Cycling Classic. Official T-shirts will be handed out, race day assignments will be given out and important instructions will be discussed. Don't miss it!

PROCTOR 100 ROAD RACE			
CATEGORY	START TIME	LAP/DIST.	PRIZES
USCF Pro/Cat I/Cat II	12:45 p.m.	100 Miles	\$11,000

PROCTOR CYCLING CLASSIC CRITERIUM			
CATEGORY	START TIME	LAP/DIST.	PRIZES
Citizen Jr. 13-18/Women	9:00 a.m.	8 Laps	Medals
Citizen Men 30+	9:30 a.m.	8 Laps	Medals
Citizen Men 19-29	10:00 a.m.	10 Laps	Medals
USCF Women	10:30 a.m.	20 Laps	\$500
USCF Masters 50+	10:31 a.m.	15 Laps	\$200
USCF Juniors	11:15 a.m.	20 Laps	\$300
USCF Senior Men IV/V	1:00 p.m.	20 Laps	\$1,250
USCF Masters 40-49	2:00 p.m.	20 Laps	\$500
USCF Masters 30-39	2:45 p.m.	25 Laps	\$750
USCF Senior Men III	3:45 p.m.	30 Laps	\$1,500

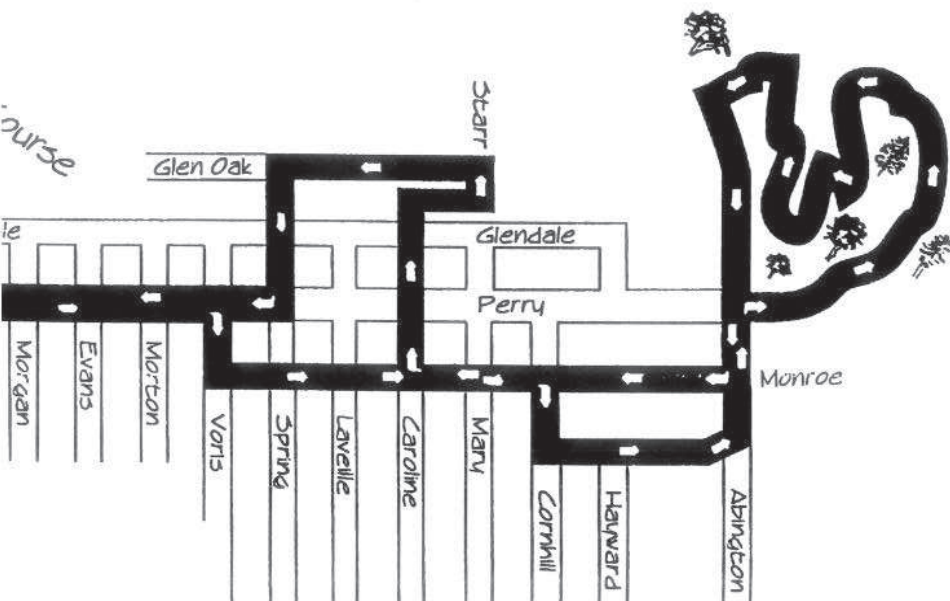
EXHIBITION RACES			
VIP Race	12:00 p.m.	2 Laps	
Pee Wee Pedal Fest	12:15 p.m.	Prizes for all participants	

# SPONSORS

Without sponsors, little racing would ever happen. Sponsors of this year's races in Peoria are:

- Proctor Hospital
- AT&T
- Illinois Heart Institute
- Caterpillar
- Saturn of Peoria
- Panasonic
- Matsushita
- WMBD Stereo 1470
- WMBD TV Channel 31
- KZ93
- Central Illinois Light Company (CILCO)
- Multi-Ad Services, Inc.
- C&H Printing, Inc.
- Vitesse Cycle Shop
- Peoria Park District
- Best Western Mark Twain Hotel
- Peoria Historical Society
- Ruppman Marketing Technologies
- Adams Outdoor Advertising
- GP Transit
- Budget Host Country Inn
- Holiday Inn City Centre
- Jumer's Castle Lodge
- Signature Inn

Another important part of the race is course control. Volunteers and police (and some volunteering police) control traffic, sweep corners and provide a good, safe competitive environment.



**AUGUST  
22!**

# TRY TO RIDE WITH THE WIND, NOT AGAINST IT

BY ROGER JENSEN

Sandy and I enjoyed a two-week vacation in June, during which we did a lot of driving and a lot of riding. It was also a case of good luck/bad luck. Despite predictions of rain almost every day of riding, we never got wet—but we had three days of unbelievable wind.

Left Friday, June 11 and stopped at Danville to see the hot air balloons, then went on to Crawfordsville, Indiana. We met our friends Bob and Jean Childers from St. Louis and Bruce from Dayton, Ohio. Saturday we rode the first day of the Strawberry 100 (55 miles), and then we went to the Strawberry Festival and looked at antiques, crafts, talent shows and food stands. Of course we had to see the antique tractor show with about 50 tractors from 1910 to 1950.

Then we said goodbye to our friends because we were leaving early for Gatlinburg, Tennessee where Sandy had a convention. We rode our bikes on the Cade's Cove tour and around the Great Smoky National Park area, visited factory outlet malls and other assorted tourist traps before leaving for Chicago, Thursday noon. We stopped at lots of Cracker Barrel general stores, and I ate a lot of country ham, black-eyed peas, fried okra and grits. Visited my son Eric, daughter Janis and her fiancé Kwas. Then, went up to Watertown, Wisconsin on Saturday night for the POW-WOW bike tour.

POWWOW (Pedal Over Wisconsin Week On Wheels, or Week of Wind as it turned out) is a six-day, 380-mile bike trip from Watertown to Ripon to Oshkosh, DePere, Appleton, Ripon and Watertown. We stayed in college dorms and had all-you-can-eat

breakfasts and suppers. For lunch we stopped at places like Edith's Cafe, the Cozy Inn, Good Guys Pub, Fin-Feather and assorted grocery stores and convenience markets. The rains never came as predicted, or came at night. Several times the water was covering one lane, but it was the wind that got us. The third day ended with a 9.5-mile journey into a 20 mph wind, and the fourth day started with 12.5 of 14 miles into the same wind at 15 mph and up a two percent grade. But at least we got to turn around and enjoy the tailwind for most of the return—at least before the wind shifted. The fifth day we rode 46 miles almost directly into a 20- to 30-mph wind and a big storm. We sat out the storm in a cow barn watching 1 1/4 inches of rain come down in 20 minutes. After the rain stopped, we rode three miles in dead calm and the last three to the dorm in a rising wind. Out of 125 riders, several were given rides to the end by locals, while over 100 sat out the rain in sheds, garages, barns and houses. Those who didn't sit it out had decided they could beat the storm or they didn't care if they got wet.

This is a wonderful ride put on by Dennard Corp. Peggy and Dennis offer great sag service, organization and absolutely the best, most complete cue sheets I've ever seen. The dorms are great with soap, towels and linen supplied. Scenery was varied, traffic light and the roads were great. The campuses are beautiful and we rode or walked around most of the towns.

A great vacation. Drove 2,000 miles (boo), rode 500 miles (yeah!), got lots of funny tan lines, ate a lot of good food, and met lots of people. Already have plans to meet some of them at Tour de Witt, Apple Cider and Michigan Shore Line Tours. Gave my new Cannondale and Sandy's old Fuji a good workout, but Joe Russell had serviced them right because they did the job.

Just please . . . please, no more wind.

## Annual Health Food Ride (HFR)

The 1993 HFR will be held Wednesday, August 25 at 6:00 p.m., starting from Lake of the Woods Plaza (Route 88 between Mossville Road and Cedar Hills Drive). Please bring some healthy food—fruit, salad, bread, veggies—to share at Benning's after the ride. Drinks will be provided. The ride will be at your pace. Everyone is welcome; if you cannot be there for the ride, show up at about 7:15 for the chow. For more information, call Gregg or Liz at 243-5206.

## READY, RAINING, ROGER

BY ROGER JOHN

Although the rain shortened our weekend, the fifteen riders who ventured to Wisconsin's Elroy-Sparta Trail got in one good day of riding. The Dudleys and the Wilsons got a jump on the rest of us by riding the south end of the trail before noon. We all met at Wilton's Lone Star Bar and Grill (first bar I've ever seen with a bike rack) for lunch. The two tandems headed north and the rest of us went south vowing to meet later at Tunnel Trails Campground. The easy pace plus Marion's frequent adjusting of Elaine's seat . . . bicycle seat, allowed us to really take in the beauty of this Wisconsin trail. In addition to the tunnels, there are ponds and abundant wildflowers along the trail all of which make it a unique riding experience.

Saturday evening we gathered at the Dudley's

campsite to a feast of assorted appetizers, gourmet chili and a variety of desserts. By accident Paula Wilson now knows why there are always fewer shrimp when Bob prepares dinner . . . you'll have to ask her to explain.

Sometime during the night, the skies opened and dumped a fair amount of that wet stuff on us. We scrapped the outside breakfast at Wilton in favor of the indoor comforts of the Lone Star. A hearty breakfast with lots of coffee and conversation, but by late morning, the rain and dark sky remained. The decision to "call it" on account of rain was almost unanimous; Larry Volyes wanted to do the two other tunnels. Larry can now relate to two other sports he's never participated in—mud wrestling and mud volleyball.

There were rumors that a repeat may have to be planned for next year.

# 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.

## AUGUST

**SUN 8** Bike Psychos Century. Coal City, IL. 40,70,100 miles. Registration \$12 by 7/29; \$15 thereafter. Oak Lawn Bike Psychos, P.O. Box 652 Oak Lawn, IL 60454. Call Mike Rossiter for info: 312-239-8772.

**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.

**SUN 22** Dog Daze Doubles. Big Rock, IL. 31,62,100 and 124 miles on quiet roads with rest stops and sag support. Generally flat with a few gentle hills. Registration \$10 by July 31; \$14 thereafter. For more info, call 708-910-3553. Oak Park Cycle Club.

**SUN 22** Capitol City Biathlon. Jefferson City, MO. Event features an 8:00 a.m. start time, 3-mile run and 21-mile bike route (featuring a couple of "gasps"). Registration \$20 individual before 8/15; \$25 thereafter. Team member registration \$15/\$20. To benefit the March of Dimes. Capitol City Cycling Club, P.O. Box 105151, Jefferson City, MO 65110—attn: Biathlon. For info, call John Thompson at 314-634-3395.

## SEPTEMBER

**SAT 4** Fourth Annual Blueberry Bicycle Cruise. Plymouth, IN. 25-, 35-, 45-, 62-mile routes. Special 15-mile family tour. In association with Marshall County Blueberry Festival. Includes map, sag, rest stops, souvenir. Registration \$8 before 8/6; \$10 thereafter. Maximum fee for families \$16/20. Blueberry Bicycle Cruise, P.O. Box 387, Plymouth, IN 46563-0387. Call 219-936-7214 or 219-936-5706. Plymouth Pedal Pushers.

**SAT 4-MON 6** Pantagraph Annual Cyclists Ride Around Corn Country (PACRACC). Bloomington, IL. 220 miles/3 days (COMPAC•RACC is 100 miles/2 days). Includes marked course, maps, sag, evening repair service (Vitesse), all-you-can-eat breakfasts and suppers, showers and overnight camping. Registration before 7/20 is \$45. Between 7/21 & 8/20 is \$55; \$75 thereafter. COMPAC•RACC is \$25/35/55. Call The Pantagraph Marketing Services Department at 309-829-9411 or 1-800-747-7323, ext. 354.

**SUN 12** Twelfth Annual Crank Country Century. Valparaiso, IN. 25, 50,62,100 miles. Flat to rolling terrain with a few challenging hills. Includes map, marked course, sag, food stops, fanny flag, light end-of-ride meal. Registration \$9 before 8/20; \$12 thereafter. Calumet Crank Club, Inc., P.O. Box 336, Valparaiso, IN 46384-0336. Call Lynda for more info: 219-462-1803.

**SAT 18** Diane's Ride. Illinois Valley Wheelm'n. Peoria, IL Call Bill Clark at 309-347-4841.

**SAT 18, SUN 19** Eleventh Annual Chequamegon Fat Tire Festival. Cable, WI. Sponsored by Trek and Telemark Resort. Orienteering, off-road, criterium and cyclo-cross racing and tours on mountain bikes. Over \$15,000 in merchandise awards. Registration \$40 for both days. Registration limited to 2,500—No entries taken after limit is reached or 9/1, whichever comes first. P.O. Box 267, Cable, WI 54821. For more info, call 715-798-3811, ext. 644.

**SUN 19** Haldeman 100. Stillman Valley, Illinois. 25,50,75,100 miles. Includes full service plus post-ride spaghetti dinner. First 500 riders receive free water bottle. Registration \$10 by 9/3; \$12 thereafter. Family registration (3 members) is \$25/30. Blackhawk Bicycle & Ski Club. For more info, call Tim Castelli at 815-636-2627.

## OCTOBER

**SAT 2** Fall Color Tour IV. Sturgis, MI. 15,30,62 miles on the border of MI & IN. Includes map, marked course, sag, rest stops, fanny flag, door prizes, post-ride meal, showers. Friday night camping available. Registration \$13 individual/\$25 family before 9/17; \$18/30 thereafter. Sponsored by the Sturgis Chamber of Commerce to benefit development and substance abuse programs. Call 9-5 p.m., Mon-Fri—616-651-5758.

### 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?

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.

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

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

August General Meeting, a.k.a.,

# New Member Cookout & Swap Meet Plus Mountain Bike Tour Of Glen Oak Park

**Thursday, August 26**

Bike ride from 6:00 to 7:00 p.m.

Swap meet and cookout from 6:30 to 8:30 p.m.

Glen Oak Park Pavillion  
(behind Administration building)

*I remember NMCSMPMBTOGOP;  
I knew NMCSMPMBTOGOP,  
And you're no NMCSMPMBTOGOP.*

No, we won't be cooking new members (or trading them, for that matter). Instead, we'll have a picnic. And for those of you with bike parts and accessories to unload (or pick up), we'll have a swap meet.

The club will supply hot dogs, buns, lemonade, tea and condiments. You're requested to bring a covered dish to pass.

Best of all, it'll be fun! Call George or Eileen Dudley for more information: 692-7076.

## INSIDE AUGUST...

DIANE'S RIDE IS COMING—ARE YOU? .....	1
ALL-DAY RACING FUN .....	4,5
THE COURAGE OF THE COUNTY .....	2
ROGER, ROGER .....	6
HEALTH FOOD? .....	6
EVENTS .....	7

HAVE YOU RENEWED YOUR MEMBERSHIP?

## COMING IN SEPTEMBER...

Or rather, coming back in September: ? of *Balance* author and IVW president Steve Shaffer talks about touring Northern Illinois; editor Samuel Joslin talks about odds and ends; and Dr. Deraillieur gets downright cranky. Don't touch that dial . . .

**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

## AUGUST MEETING...

...August 26, Glen Oak Park