

JUNE 1994

ILLINOIS VALLEY WHEELM'N



greater peoria's bicycle club

NEW MEMBERS

Cheryl AbelPeoria
 David Van Dorpe &
 Jennifer StevensPeoria
 Carol, Charles, Doug,
 Kelley & Tracey Frank.....Lacon
 Bill Gard.....Peoria
 Robert GuentherPekin
 Ellie Hansen.....East Peoria
 Kevin HessonPeoria
 Maureen KellyPeoria
 Annette, Brian, Debbie &
 Erin KingWashington
 Frank Noyes.....Pekin
 Sheldon Schafer.....Peoria
 Dawn ShutterPeoria

RENEWING MEMBERS

Amy Buysee.....Peoria
 Gwen, Justin &
 Ron Chandler.....East Peoria
 Ann, Denise &
 Randy Cooksey.....Peoria
 Carol, Chris, Nick &
 Steve Daggs.....Washington
 Larry D. DavisPeoria
 Don Eberle.....East Peoria
 Alice FeldmanPeoria
 Aaron, Kenneth, Marc
 & Marcia KincaidEureka
 Mary & Robert ScroggsMorton
 Alan, James, Karen &
 Leslie Vonderhaar.....Pekin
 Larry VoylesMorton
 Andy, Ann, Jim, Mark &
 Tim WittmerPeoria



NOT QUITE SUMMER IN THE CITY Eric Hutchison led an enthusiastic bunch around Peoria over street, path and cemetery lane, May 1. In attendance at the Fabulous Peoria May Day Bike Tour were: Jennifer Hutchison, Cindy Matthias, Elizabeth Heuermann, George and Eileen Dudley, Jack Welch, Dave Schaufelberger, Samuel Joslin, Steve Grube, Sheila Hansen, Steve Weast, Maria Hietter, Michele Astle, Mike Smith, Russ Goin, Steve Meisner, Rob Alexander, Ken Beckler, Sheryl Hansen, Jeannie Gullett and Don Jacobs.

Rolling, Rolling, Rolling...

DISCOVER PEORIA RIDES We had so much fun, let's do it again. I'm leading a series of evening rides this season within the cities of Peoria and—thanks to the new Robert Michel Bridge—East Peoria. We'll visit parks, historic neighborhoods and maybe an ice cream shop or two. Rides will be about 15 miles long, easy pace. The fun of exploring Peoria's "roads less traveled" is the focus, but traffic-riding skills and courtesy will be stressed. Join me Mondays, June 6 and 20, at 6 p.m., in the parking lot behind the Glen Oak Park greenhouse. For more

information call me, Eric Hutchison, at 685-3921.

ANNUAL JUNK FOOD RIDE (JFR) The 1994 JFR will be held Wednesday, June 15 at 6 p.m., starting from Lake of the Woods Plaza (on Route 88 between Mossville Road and Cedar Hills Drive). Please bring your favorite junk food (cookies, chips, etc.) to share at Benning's after the ride. Drinks will be provided. If you can't make the ride, show up at about 7:15 p.m. to gain the weight needed to see you through the season. Questions? Call Gregg and Liz Benning at 243-5206.

Need a road bike for longer rides?

FOR SALE: 23" Fuji League.

Lightweight 12-speed
 w/Specialized Turbo 700x25c
 tires, alloy handlebar, crank and
 pedals. Silver. \$250 or best offer.
 Kathy Casper, (309) 693-3527.

ILLINOIS VALLEY WHEELM'N

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Computer users can send
e-mail to the editor at:
sjoslin@heartland.bradley.edu

DEADLINE IS THE 15TH OF EACH MONTH.

Tour de Prairie Gets Even Better

Have you ever been to one of those big out-of-town invitationals that ends with the possibility of a professional massage? If you've taken advantage of that, you know what a magical thing it is to have a pair of trained hands put the spring back in your step and the sparkle back in your eyes.

Well, those far-away places will have nothing on us come June 4. We will have Phil and Mary Kohl of Team Work, a cyclist-oriented massage business.

They and one of their associates have worked the last few Silver Springs 60 events at Yorkville. This year we talked as Phil did his magic on me. It turned out he had Saturday, June 4, open. Phil and Mary work the Udder Century on the 5th, so that must be a good ride, too.

Team Work doesn't work just local events for us weekend warriors. They have also worked the Race Across America (RAAM) for tandem record-holders, Lon Haldeman and Bob Breedlove. On those events, the riders were massaged as they enjoyed their scarce few hours of sleep. I asked how deep they can work those guys without disturbing them as they sleep.

Phil said, "We can work them quite a bit deeper than I'm doing on you now." At that point, I didn't feel he was missing anything of any depth at all! I guess if you ride 24 hours non-stop, there's nothing that will wake you. ST. LOUIS UPDATE Stoker Eileen and I absented ourselves from the local scene from Friday to Sunday, Mother's Day weekend. One of our daughter's bridesmaids was getting married in St. Louis. So we had a reunion and quite a lot of party time. But we managed a couple of bike shop visits and a look at the Katy Trail.

We also put some Tour de Prairie and Diane's Ride brochures in the shops. I wouldn't say we have the area saturated, but then again, no bait, no fish. The shops were in the posh Sunset Hills area and were displaying about 85 percent hybrid bikes. As is the case everywhere, the people were friendly and interested in our rides.

We got the wedding and reception out of the way Friday night. Saturday morning we did a little of the area science center. The current Omnimax presentation is on Antarctica. It was spectacular, even without bikes. There were even a couple of Cats there for me. And if you've never seen a lifeseize, fully animated, vocal T-Rex, that's the place to see one. I don't think we could lug enough

Halt to impress that guy, so I'm glad they're extinct.

The Katy Trail follows the former Missouri-Kansas-Texas Railroad right-of-way for roughly 100 miles [200 miles when completed —ed.]. The part we saw is in the Missouri River valley—the scene of last summer's devastating floods.

We were driving to meet up with the wedding gang at one of the area wineries. We stopped at the Defiance Inn in the hamlet by the same name for lunch. If the town had been Lake Wobegone, the Inn would have been the Sidetrack Tap. The room was complete with a mounted 105-pound catfish. The town was still partially sandbagged as the levies are not repaired. The river is still in charge. But the food was good,

and the people are there for the long pull.

The trail in this area has lost its surface, bridges and even its embankment. But it seemed to me that you could ride the usable portions of the trail and jump around the gaps on roads. The roads were two-lane and appeared quite rideable.

There's a wine-tasting room or two on the trail. At Marthasville, the wedding party busload of about 35, plus our chase car, pulled in to the Charrette Creek Winery. We gathered on the back patio to see how long past the 5 p.m. closing time they'd stay open.

Guess what? George Burrier . . . eat your heart out! There—right there—was a sorry-looking little abandoned depot. It was all boarded up, but I know a gem in the rough when I see one!

Well, anyway . . . here's an outing awaiting a group of IVW people who want to see something different. I've turned my info file on wineries, B&Bs, etc., over to Sam'l Joslin. All we need is a fat-tire organizer.

—G.D.



MO'
DUDLEY
BY GEORGE DUDLEY



Ride Reports

SUNDAY, MARCH 27 Jack Welch led seven cyclists on this 26-mile round trip from Groveland to East Peoria. 45°. NW wind @ 10–15 mph.

SUNDAY, APRIL 10 Two Sundays later, Don Eberle escorted 30 riders from Washington to Metamora. Interesting enough, only three riders had last names beginning with the letter "H." 46°. Light NW wind.

TUESDAY, APRIL 19 Bill Wright reports, "First Tuesday night ride of a new season. Thirty-three riders showed up. A beautiful evening to ride. Temp. was 70°, wind south about 10 mph. The route swung up from Dunlap up toward Edelstein and around west back to Dunlap. 20 miles." Twelve riders later showed up at the Olive Garden for pasta.

THURSDAY, APRIL 21 Bill Wright was the odd man out this night. "I rode 21 miles round trip to Princeville." Every mile counts, Bill.

SUNDAY, APRIL 24 Sue and Steve Weast led 19 riders over the roller coaster from Jubilee College to Brimfield for breakfast at the American Legion. 17 miles. Temperature increased from 59 to 74° during the ride. SW wind @ 15–20 mph. A few of the riders rode to the start from Peoria.

TUESDAY, APRIL 26 What a difference a couple of days make. Carl Kosey led the 14-member group into a 25-mph south wind. 85°.

SUNDAY, MAY 1 Eric Hutchison led this group around Peoria and back to the start at Elizabeth Heuermann's house. Highlights included High Street, the River Front Trail, Averyville stonecutter's house, Springdale Cemetery and Grandview Drive. First IVW ride for Maria Hietter and Michele Astle. 35–50°. N wind @ 5–10 mph.

TUESDAY, MAY 3 Tonight's Bill Wright ride divided into two groups, fast and social. Twenty-five cyclists left Dunlap and headed north to Princeville before returning. 18 miles. 65°. SE wind @ 10 mph.

THURSDAY, MAY 5 Thursday rides are off to a slow start. Once again, Bill Wright was the only rider in attendance. Did everybody's fat tire bikes explode?

SUNDAY, MAY 8 Thirty people attended this Hanna City ride led by Tom Coogan and Russ Goin. 70°. Light wind.

THURSDAY, MAY 12 (Hey C. Kosey—what happened on May 10) Bill Wright finally attracted four other riders to his Thursday Night Trail and Gravel Roads ride. 18 miles. 75°. S wind @ 7 mph. The word is getting out that this is a great ride . . .

SUNDAY, MAY 15 Steve Meisner headed for Roanoke from Metamora for breakfast and took 10 other riders with him. Everybody enjoyed the challenging northwest wind (15–20 mph). 65–70°.

SATURDAY, APRIL 2 New! Saturday social breakfast ride! Good early spring weather brought out 25 riders for this 25-mile trip to Snyders in Princeville. The winds were tolerable and even at the riders' backs for part of the trip.

SATURDAY, APRIL 16 New! Saturday social breakfast ride! Normal April weather, cool with winds of 25–30 mph, reduced the breakfast ride to seven of us. However, this included John and Peggy from Racine for their second ride of the year. Since there were only two repeat riders the group rode to Princeville again. The wind proved a challenge, but made the blueberry pancakes taste all the better.

SATURDAY, APRIL 30 Rained out! Saturday social breakfast ride! Cold and rain kept the bikes home.

SATURDAY, MAY 14 Rained out again! Saturday social breakfast ride! Rain and a dismal forecast again kept the bikes home.

LOOKING BACK, JACK IVW treasurer in the late 70s B.D. ("Before Dirt"), president and then ride chair in the early 80s, and volunteer on the first



Ride, Jack Welch has pedaled down a long road in the club. And he has two Broken Saddle wins to prove it. The first in 1982, and the second in 1993 after he racked up 2,240 club miles. Jack keeps on going, too. Since mid-January, he's lost 20 pounds by taking much of the fat out of his diet and upping the frequency—but not the total mileage—of his training rides. Jack calls his new fitness regime his "New Year's Evolution."



ALONG FOR THE RIDE(S) Cindy Matthias has been an IVW member since 1977 and a proud owner of a Motobecane Jubilee Sport since 1982. An electronic production artist at Multi-Ad

Services in Peoria, Cindy's most memorable club events include "tunnels...t-shirts...hills...vistas...98-99-100!...spaghetti dinners...slide shows...tent city...apples, bananas, chocolate chip cookies...ice cream...maps...bikes everywhere."

Pekin Welcomes Bicyclists' Input

IVW TO HELP PLAN PEKIN BIKE ROUTES AND MAP On May 5, Bill Clark and I met with Public Works Director, Dennis Kief, to learn about Pekin's upcoming roadwork projects (especially those which could affect bicycle access). Mr Kief not only briefed us on the city's plans, but he asked about the IVW's activities to improve regional access. We discussed ongoing work with Peoria to develop a bicycle map/plan. Mr. Kief asked the club to help him create a similar program for Pekin and supplied us with some city maps to get started.

Contacts made last year in Pekin (not by the IVW) indicated that Pekin was not interested in joining a regional effort to improve bicycle access. What made the difference this time? Pekin resident/IVW member Bill Clark decided to help his city engineer plan for better bicycling. It's that simple. ISTEAs* says that if citizens let their local government know that they want better bicycle access, federal dollars are available to make it happen.

Bill Clark will be creating the IVW's version of the Pekin bicycle map/plan over the next few weeks. Please contact him with your help/suggestions.

**ISTEA stands for the Intermodal Surface Transportation Efficiency Act. Signed by President Bush in 1991, ISTEAs recognizes bicyclists and pedestrians as part of the nation's*

transportation mix. ISTEAs funds are distributed by the states to qualifying transportation enhancement projects.

Bicycles leap the first hurdle toward the long-range plan. Plans are the first step to leadership, and bicycles are in Peoria's transportation plans. On May 12, the Transportation Coordination Committee (TCC) of the Tri-County Regional Planning Commission (TCRPC)† discussed the Bicycle/Pedestrian portion of the Long Range Transportation Plan for the greater Peoria area. The TCRPC gathered input for a draft version of the plan at a January workshop attended by the IVW. In its present form, the plan includes the following goals:

- 1) A selected bicycle and pedestrian road network providing connections between destinations normally served by motorized transportation.
- 2) Routine accommodation for traffic-tolerant bicyclists in new road construction. Accommodations would include wide outside lanes, bike-safe grates and bicycle-sensitive traffic signals.
- 3) Street system planning for a network of secondary roads in new growth areas instead of isolated subdivisions through the application of improved subdivision codes.

The TCC has the opportunity to provide further input to the long-range plan before taking the next step of recommending it to the

Technical Committee composed of local transportation engineers. No objections to the draft plan were raised at the May 12 meeting. The finished plan is due in December 1994.

†TCRPC is the Metropolitan Planning Organization (MPO) for the Tri-County area. MPOs are regional bodies which serve as clearinghouses and monitoring agencies for ISTEAs projects within urbanized areas.

Fighting the battles, or winning the war? Normally I don't like to equate bicycle advocacy with battle because confront-and-attack methods burn bridges between us and public officials, but in one sense the analogy does apply.

At the May 12 meeting mentioned earlier, Peoria City Engineer Jim Baumann said that a large portion of Peoria's plan to improve bicycle access is to create better bicycle and pedestrian links between adjacent subdivisions. (This may refer to a more continuous network of residential streets.) I asked Mr. Baumann what specific mechanism would turn this plan into pavement. He replied that Peoria's Comprehensive Plan now calls for this type of development. City staff will now judge plans for new subdivisions—as outlined on "platt" maps—based on the policies contained within the Comprehensive Plan.

In other words, change the constitution (as we have tried through persistent effort), and you're faced with fewer battles. And you may find a few unexpected allies.

Roger On The Rides

BY ROGER JENSEN

SILVER SPRINGS 60 On April 24, the Aurora Bicycle Club sponsored the Silver Springs 60 in Yorkville, IL. It was a beautiful day for riding and 1,250 of the 1,300 registered riders showed up to ride. There was more wind than this old man wanted, but the rest stops and spaghetti dinner afterward made up for it. Sandy, Janis and I rode the 60-mile loop and saw that the IVW was represented quite well.

LARACOL—LENORE'S ALDA RIDE, A CYCLE OF LOVE Saturday, May 14, Janis, Sandy and I rode 45 miles out of Huntley, IL, to Union and vicinity. This ride was a fund raiser for the Association of Late Deafened Adults (ALDA). Lenore Goldman and her husband,

Jerry, founded Pedal Across Wisconsin (PAW), and she was hit and killed on one of the PAW trips.

This memorial ride had a very neat format because everybody rode 12 miles to a food stop in Union, IL, and then there were two loops of 19 and 23 miles which returned to Union, and then 11 miles back to the starting point, where a super meal was provided. There was chicken, meat or vegetable lasagna, potato salad, macaroni salad, cole slaw, fruit salad, pudding, Jello gelatin, cookies, two kinds of ice cream, soda, iced tea, and another table I didn't even get to.

There were about 200 riders because the morning was so nice, but as it got later the wind came up, and we got some cold rain. We decided to call it a day after 45 miles, and as we were driving back to St. Charles, we ran into some serious rain and wind (good thing I gave into their women's intuition).

We certainly plan to go to this ride again and enjoy some nice routes with good marking and very little traffic, good food and a small friendly group. All the food was donated, and all the registration proceeds go to a Gallaudet University scholarship fund.



ADVOCACY
NEWS & VIEWS
BY ERIC HUTCHISON

So, if the legal equivalent of "we'll plan for bikes on all future road projects" appears in all local comprehensive plans, we can all just sit back and let it happen, right? Well, not quite.

When they plan new projects, road engineers face a broad spectrum of groups and requirements that demand satisfaction. For example, a wider road may be designed to handle more traffic including, hopefully,

bicycles, but neighbors may be reluctant (and rightfully so) to surrender their front yards. When such situations arise, we need to be creative and offer alternative ideas and solutions. We need to remain engaged.

The IVW needs to push forward on two fronts: policy planning and individual project planning. Pro-bicycle policies built into local and state codes give us strong tools to use when requesting bicycle accommodations on

upcoming road construction or improvement projects.



Sunday
JUNE 12, 1994
PEORIA, ILLINOIS


Proctor Cycling
CLASSIC

\$10,000 Cash & Prizes

Category	Start Time	Time/Laps	Places	Prizes	Entry Fee
USCF Juniors	8:30 a.m.	25 min + 3 Laps	3	Medals	\$10
USCF Women Novice	9:10 a.m.	20 min + 3 Laps	7	\$250	\$20
USCF Masters 50+	9:40 a.m.	25 min + 3 Laps	5	\$200	\$20
Beginner Men 19-29	10:20 a.m.	15 min + 3 Laps	3	Medals	\$15
Beg. Jr. 13-18 & Women	10:45 a.m.	10 min + 3 Laps	3	Medals	\$15
Beginner Men 30+	11:05 a.m.	15 min + 3 Laps	3	Medals	\$15
USCF Masters 40-49	11:30 a.m.	30 min + 3 Laps	10	\$450	\$20
USCF Women Open	12:45 p.m.	30 min + 3 Laps	12	\$675	\$20
USCF Pro/Elite/Expert	1:30 p.m.	60 min + 3 Laps	25	\$5,000	\$35
USCF Masters 30-39	2:45 p.m.	30 min + 3 Laps	15	\$675	\$20
USCF Senior Men Sport	3:30 p.m.	45 min + 3 Laps	25	\$1,500	\$25
USCF Senior Men Novice	4:30 p.m.	35 min + 3 Laps	25	\$1,250	\$25

Directions: Eastbound on I-74, take the Washington Street exit (93), turn right on Hamilton and go one block. Westbound on I-74, take the Jefferson Street exit, go south two blocks to Hamilton. The start/finish is at Hamilton & Jefferson.

Criterion Course: Located in downtown Peoria, this fast, .85 mile L-shaped course has wide corners, five left turns and one right turn. The free lap rule will be in effect. There will be primes for all races.

Registration: The fees listed above are for pre-reg-

istration only and include USCF and ICA surcharges. Entries must be received on or before June 6th to avoid a \$6.00 late entry fee (does not apply to Beginners events). Unlicensed riders may participate in Beginners events by purchasing a one-day license, the fee for which is included in the entry fee. Fields are limited to the first 100 riders registered and may be staged in the order registration was received. You must submit a legible standard release form and entry fee to pre-register. Race day registration will close 20 minutes prior to each event. **NO REFUNDS!!**

Make checks payable to: Peoria Bicycle Club
Send release form and entry fee to:
Jeff Tate
2315 W. Madera Court
Peoria, Illinois 61614
For information call:
Steve Daggs, Race Committee Chairman
(309)676-1311 extension 310 (days), or
(309)444-3458 (evenings)

USCF PERMIT APPLIED FOR

PROCTOR CYCLING CLASSIC
VOLUNTEERS NEEDED
WHERE: DOWNTOWN PEORIA
WHEN: SUNDAY, JUNE 12
TIME: 8 A.M.-5:30 P.M.



The Peoria Bicycle Club, Peoria's bicycle racing organization, needs volunteers to watch corners for its annual criterium race. Each volunteer is given a T-shirt and invited to a cookout at Saturn of Peoria in Pioneer Park on June 11, the Saturday before the race. To sign up, stop by Vitesse Cycle Shop in Peoria Heights or mail this form to: **Jeff Tate, 2315 W. Madera Ct., Peoria, IL 61614.** Questions? Call Jeff at 692-2316.

NAME _____

ADDRESS _____

PHONE () _____

Times Available (morning, afternoon, all day) _____

Preferred Shift Length (in hours) _____

Have you volunteered on the criterium course before? Yes No

T-shirt size (circle one): S M L XL

Good News, Bad News & Tips

LOOK FOR DIANE'S RIDE BROCHURES with next month's newsletter. This year's event, like last year's, leaves from the American Legion hall in Glasford, IL, September 17. Riders will enjoy homemade cookies, well-marked and mapped routes and a hot meal (with vegetarian option) afterward. For more information or to volunteer to help out with a food stop, call Bill Clark at 347-4841.

IF YOU DIDN'T MAKE THE PREREGISTRATION CUT-OFF for this year's Tour de Prairie, come to the ride anyway! Even with the modest late fee, the level of rider support and quality of food make this one of central Illinois great cycling bargains. For more information or to volunteer your services, call Sheryl Hansen at 263-2870.

EN PASSANT It used to be that you weren't a true cyclist unless your apartment or home was plastered with bicycle posters. My first poster was of Luis Ocana, 1973 Tour de France winner, astride a bright orange Motobecane Champion Team—just like the one I use to have.

Motobecane the company, the bike and poster disappeared years ago, and now, so has Ocana. According to news wires relayed over the Internet, Ocana, 48, reportedly committed suicide at his home in France. He suffered from cancer for many years.

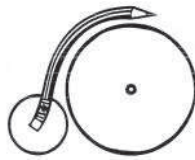
Ocana was the second Spaniard to win the Tour (Federico Bahamontes won it in 1959). Known as a great climber, Ocana took one particularly mountainous stage of the '72 Tour 20 minutes ahead of his closest competitor. If Ocana could be compared to an Indy car, his competitors that day were VW Bugs—and not the 1600cc VWs either.

He spent his

retirement in the wine business and providing racing support, from chauffeur to television commentator.

Wish I still had my poster.

THE LEAGUE OF ILLINOIS BICYCLISTS, the statewide voice for bicyclists rights to the road, has a new brochure—written, designed and printed right here in Peoria. And they have a special offer. When cyclists join the LIB, they also receive membership in the League of American Bicyclists. The brochure sums it up this way: "Join the League of Illinois Bicyclists today . . . and we'll throw in the rest of the country at no extra charge." To get a copy, call me at (309) 688-0922.



TIRE TRACTS
BY SAMUEL JOSLIN

LOW-TECH TIP Oil your chain from a drip applicator to avoid overspray; then, follow up by wiping off the chain with a rag. Oil is only necessary on the inside, unseen parts of the chain—not on the outside. In addition, most drip

applicators come with a screw-on top, making them secure enough to carry in your tool bag.

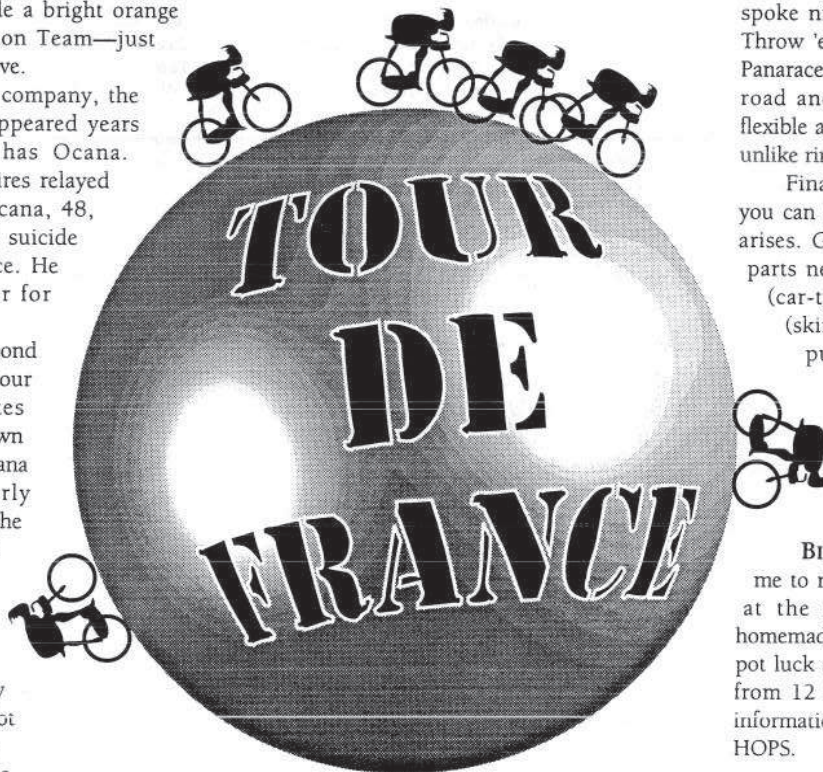
KEEP THE RUBBER SIDE DOWN When was the last time you checked your tires for wear? For safety's sake, you should give them a once-over before every ride. Check for cuts in the tread and sidewall. Slowly spin the wheel and look for bulges in the sidewall; these could indicate a weakened casing. Don't try to squeeze mileage out of questionable tires; like a good helmet, new tires are cheap insurance.

If you decide to replace your tires, you may wish to pop for Kevlar-belted (generic name: aramid) tires for extra durability. Some tire models have complete casings made of this or equally-tough material. Yes, I know people who still have flats with these more expensive tires, but all in all, if you're going to invest in performance and safety, Kevlar's still your best bet.

If you're having problems with flats that seem to be caused by the rim, first check for rough spots. After eliminating obvious rim defects, look at your rimstrip. Rim-generated flats often come about because of cheesy rubber rimstrips that are supposed to cover spoke nipple holes in double-walled rims. Throw 'em out and invest in rimstrips from Panaracer. These orange bands—available in road and mountain bike sizes—aren't as flexible as rubber, yet they too can be reused, unlike rim tape.

Finally, before you roll off, make sure you can help out a fellow cyclist if the need arises. Good frame pumps come with the parts needed to switch between Shraeder (car-type) inner tube valves and Presta (skinny metal) valves. Make sure your pump is ready for your valves, and then carry the spare parts (if any) for the other type of valve inside your patch kit. Got it? Great—now you're ready to be a hero to any cyclist in distress.

BIKE AND BREW PICNIC Tim asked me to mention this, so here it is. The folks at the Bike Bus, purveyors of bikes, homemade beer and pottery, are sponsoring a pot luck at Jubilee College, Sunday, June 26, from 12 noon until everybody leaves. For information, call Mike or Tim at (309) 676-HOPS.



NOW I CAN PARK MY CAR ANYWHERE BECAUSE...



Everyone joined the
Illinois Valley Wheelm'n!

Secrets to safe membership renewal revealed . . .

I recently intercepted this letter to the membership chair. Those of you with dreaded "numb-hand" syndrome or polydigitaldiscomfiture (as I refer to it) may find this story interesting:

Sorry this [membership renewal] is late; but I have a good excuse. My physician, Dr. Derailleur, diagnosed a problem with my hand that made it very difficult to write renewing membership checks. His brilliant diagnosis was "writer's cramp"—probably from paying bills. Of course, I sought a second opinion from my orthopedist, Dr. Parvoid I. Kneebreak, who said I was just a plain, ordinary deadbeat . . . so I put lard on his brake pads!
—Steve Daggs, Washington



Ask **DR. DERAILLEUR**
HE'S ONLY HERE TO HELP

Careful readers will best avoid writer's cramp by writing club renewal checks first (and common bills thereafter, as the fancy allows). And least anyone suggest to the contrary, Dr. Derailleur does not advocate the use of lard on brake pads (if you really wish to do someone harm, I'd advocate the use of Phil Tenacious Oil instead).

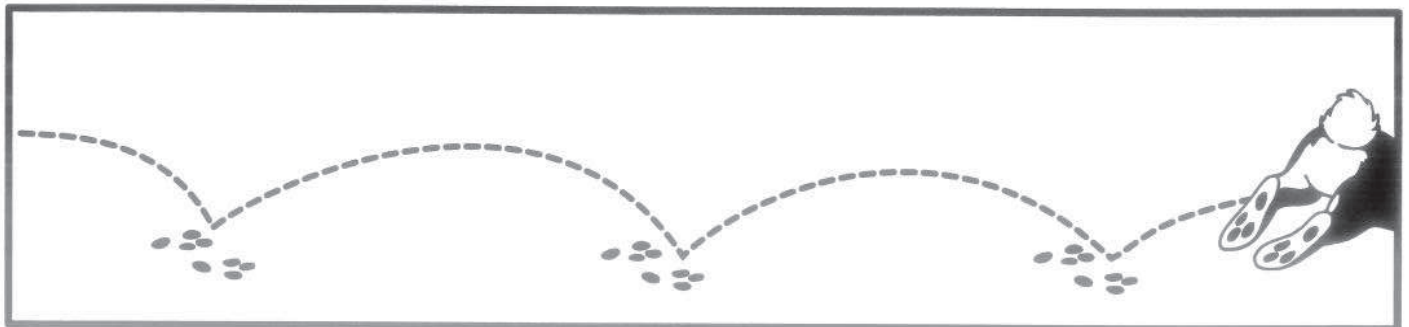
Now to another topic. Due to my scientific background (and yes, it still hurts a little), I'm often asked to categorize and evaluate the phenomena in the world around us. Phenomena, by the way, comes from the Greeks and means "anybody got a clue?" In the spirit of such investigation, I offer the following digression:

WHY A BICYCLE IS BETTER THAN A TURTLE...

- 10) No color choice with turtles
- 9) Turtles never come with streamers
- 8) Bicycles can be fixed; turtles just keep on having turtles
- 7) No way to put a U-lock on a turtle
- 6) Shifters click; turtles snap
- 5) Nobody ever won a Tour de France on a turtle
- 4) Uphill, downhill, with or against the wind—it's all the same with a turtle
- 3) Can't draft a turtle
- 2) Turtles always head straight for a ditch
- 1) A turtle doesn't stay put when you park it

Other comparisons may follow. Until then, if you're on a bicycle, keep blinkin', keep thinkin'.

—D.D.



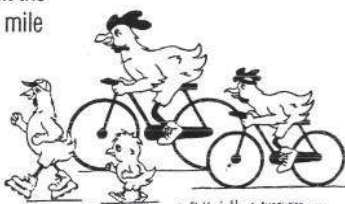
Roadside Attractions

The IVW receives many ride notices. Listed below are rides sponsored by bicycle clubs and other cycling organizations in the Midwest. For unlisted information on charity rides and tour companies, call Samuel Joslin at (309) 688-0922. Remember, do not send money without first filling out a registration form. Phone numbers for more information are included whenever possible. In addition, SJ may have registration blanks available for many of the listed events. Plan ahead, plan early.

JUNE

- SAT 4.** 20th Annual Pedal-In, Tour de Prairie. Peoria, IL. 25, 50, 75 & 100 miles. Fully supported event over flat to rolling terrain includes homemade cookies, marked and mapped routes, and post-ride meal (with vegetarian option). Illinois Valley Wheelm'n. Sheryl Hansen at (309) 263-2870, or Sue Weast at (309) 639-2323.
- SAT 4** Hoosier Hills Bike Tour. Bloomington, IN. 25, 60, 100K. \$8 before May 16, \$10 thereafter. Bloomington Bicycle Club, P.O. Box 463, Bloomington, IN 47402. For info, call (812) 330-0658.
- SUN 5** 12th Annual Udder Century. Union, IL. 32, 54, 63, 100 miles. All-new pasta dinner. \$13-15. McHenry County Bicycle Club, P.O. Box 917, Crystal Lake, IL 60039-0917. For more info, call Linda at (708) 442-1188.

SAT 11 Tour de Chicken, to benefit the Children's Home. Peoria. 8,24,60 mile routes. Start at Jubilee State College. Walking and skating events also available. \$15 registration includes chicken dinner and T-shirt. For more information, call the Children's Home at (309) 685-1047. Submitted by IVW member Frank Barclay.



Tour de Chicken

- SAT 11, SUN 12** 19th Annual Honeysuckle Hundred. 35, 62, 100 miles Saturday, 35, 56 miles Sunday. Columbus, IN. Challenging tour of scenic back roads in Southern Indiana. \$10 before June 1. Driftwood Valley Wheelers. For more info, call Ron Adams (812) 372-5538.
- SAT 11, SUN 12** 17th Annual Tour Of Mississippi River Valley (TOMRV) 106 miles from Bettendorf to Dubuque, IA Saturday. 86 miles return Sunday. Shorter route available. Includes baggage transfer, sag stops, TOMRV jersey, Saturday night dinner. \$43 until March 31,

then \$48 until April 30, then \$53 until May 31. No fees accepted after May 31. Saturday night accommodations not included in fee. Quad Cities Bicycle Club. Susie LaForce, (319) 355-5530.

- SUN 12** BCLC Ramble. Wauconda. 30, 60, 80, 100 miles. \$15. Bicycle Club of Lake County. Gary Schlesinger, 708-367-3341.
- SAT 18-19** Mississippi River Ride. 40, 70 miles. Burlington, IA. \$15 & \$5 camping before June 2. Loop ride starts in West Burlington with overnight stay in Nauvoo, a restored Mormon community. Fully supported ride over mainly flat, lightly traveled roads. BikeBurlington Bicycle Club. Call Burlington Area Convention & Tourism, 800-82RIVER for more information.
- SAT 18-19** 12th Annual 24-Hour Challenge. Byron Center, MI. Personal best bicycle ride to test your endurance and determination. Includes T-shirt, mileage pins, certificate, 1,000-mile jersey. \$40 before May 18; \$60 thereafter. Rapid Wheelmen Bicycle Club. For info, call (616) 241-1969.
- SUN 19** Windy 60. DeKalb, IL. 25,40,60 miles. \$8 before June 4; \$10 thereafter. Includes T-shirt. DeKalb County Bicycle Club (815) 758-8879 or (815) 758-1562.
- SAT 25** Georgetown Chicken Century Bicycle Tour. 35, 65, 100 miles through eastern Illinois and western Indiana. Includes BBQ chicken dinner at end of ride. Riders registered before June 19 receive a T-shirt. \$15. Champaign (IL) Touring Society. For more information, call 217-352-7600.
- SAT 25** 4th Annual Flat Fifty Plus Bicycle Tour. Decatur, IN. 15, 30, 50, 62, 100 miles. Includes live music and showers. Kids under 15, \$6 before June 14, \$9 thereafter; Adults, \$9 before June 14, \$12 thereafter. All proceeds to benefit the Adams County Heart Club. Sponsored by Blazing Saddles Bicycle Club. For more info, call Rick's Bike Shop at (219) 724-2705.

Indiana State Parks
Touring Ride in Rural Indiana

TRIP 1994

June 19 - 25

A week-long bicycle/camping tour of Indiana state parks.

Other 1994 Bloomington Bicycle Club events:

May 21 Crane Strain (formerly HUMOR/2)
A 12 hour ultra-marathon challenge.

June 4 Hoosier Hills
A weekend tour in Bloomington, IN 25 - 100 km.

July 18 RAIN (Ride Across Indiana)
Terre Haute to Richmond (102 miles) in one day.

For more information:
Write the over % BBC
or call (812) 332-8028



**BLOOMINGTON
BICYCLE CLUB**
P.O. Box 463
Bloomington, IN 47402

SUN 26 25th Annual Swedish Days Ride. St. Charles, IL. 15, 25, 50, 75, 100 miles over scenic, tranquil Kane County roads. Watermelon and ice cream served after the ride. Drawing for B&B getaway in Door County, WI. PREREGISTRATION ONLY. \$12 for single rider, \$26 per family before June 18. Fox Valley Bicycle Club. For more info, call the club hotline at (708) 584-SELF or Dennis at (708) 584-1414.

JULY

SAT 2 Liberty Tour '94. 16, 38, 62, 100 miles. Bay City, MI. Includes use of community center pool and showers, "new improved" salad bar, entry to fireworks festival. Preregistered riders receive a T-shirt. \$20 before June 21 (\$12 if no T-shirt), \$15 thereafter. Tri-City Cyclists. (517) 892-2100 or (517) 892-4204.

SAT 9-SAT 16 Great Annual Bicycle Adventure Along the Wisconsin River. From Upper Michigan to Iowa borders. Includes camping, showers, transportation to start. 608-256-2686.

SAT 16 Ride Across INdiana (RAIN). 162 miles border to border. Brisk-paced, physically challenging. 14-hour ride limit. \$22 includes T-shirt, lunch, 6 rest stops. Bloomington Bicycle Club. Call (812) 339-4717.

SUN 17 Melon Metric X. 30,62,100 miles. Naperville Bicycle Club. \$9 before June 20. Call (708) 357-9000, ext. 191, or ext. 616.

SUN 24 Boulevard Lakefront Tour. 35-mile historical/architectural tour of Chicago's neighborhoods, parks and lakefront. \$20 before June 30 and get a T-shirt at no extra cost. Chicagoland Bicycle Federation. CBF office, 312-42-PEDAL.

SUN 31 MetroMetric XIV, Wizard of Ozwego. \$14. Riders registered before July 8 receive free full-color T-shirt. Elmhurst Bicycle Club. Phil Wolpe 708-968-4880 (eve) or 708-268-6666 (day).

AUGUST

SUN 21 11th Annual Bike Psychos Century. Coal City, IL. 35, 70, 100 miles along the scenic Illinois River. Large waterbottles to first 600 registered. Showers available after ride. \$12 by August 14, \$15 thereafter. Bike Psychos. Call Mike Rossiter at (312) 239-8772.

SEPTEMBER

SAT 17 Diane's Ride. 35, 67, 100 miles. Glasford, IL. Includes breakfast and post-ride meal with vegetarian option. \$12 until September 3, \$15 thereafter. T-shirt available. Illinois Valley Wheelm'n. Bill Clark, 309-347-4841.

SAT 17 Hope Ride. 13, 32, 50, 60, 100 miles. Hope, IN. Includes gourmet-style lunch on three longer rides. Coffee mug to first 750 registered. \$11 before August 17. For info, send SASE to Hope Ride, P.O. Box 115, Hope, IN 47246. Questions? Call Paul Ashbrook at (812) 545-5708.

SUN 18 11th Annual Spoon River Scenic Century. 30, 65, 100 miles. Canton, IL. Includes lightly traveled roads, the first apple cider of the season and post-ride shower facilities. \$10 before September 4, \$12 thereafter. Spoon River Wheelmen. Dave Tomlinson, 309-647-6436. Make it a weekend of riding in Central Illinois. Combine Spoon River with Diane's Ride.

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

(please print)

NAME _____ BIRTHDATE _____ LAW (Y/N)? _____
(list other family members on reverse)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE () _____

CHECK ONE **INDIVIDUAL (\$10)** OR **FAMILY (\$12)**

CHECK ANOTHER ONE **NEW MEMBERSHIP** OR **RENEWING**

APPLICANT SIGNATURE _____ DATE _____

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.

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

Membership in the LAB automatically qualifies you for membership in the League of Illinois Bicyclists, the statewide organization of bicyclists



LEAGUE OF AMERICAN BICYCLISTS MEMBERSHIP APPLICATION

I want to join the national organization of bicyclists. Please start my subscription to BICYCLE USA magazine. Also send my membership materials, including bike and window decals, and a membership card.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

TELEPHONE () _____

CLUB: ILLINOIS VALLEY WHEELM'N, PEORIA, IL

LAB MEMBERSHIP CATEGORIES:

- Individual: \$25
- Family: \$30
- Advocate—Individual: \$35
- Advocate—Family: \$40

Send check to:

League of American Bicyclists, 190 W. Ostend St.,
Suite 120, Baltimore, MD 21230
(410) 539-3399/FAX (410) 539-3496
Membership Hotline 1-800-288-BIKE

Amazing, but true...

THERE IS SO MUCH AIR INSIDE THE STANDARD BICYCLE TIRE, THAT IF THE INNER TUBE IS PUNCTURED, THE TIRE WILL GO COMPLETELY FLAT.



INSIDE JUNE

A TRIO OF RIDES WORTH CONSIDERATION	1
BUY MY STUFF	1
GEORGE'S BEST COLUMN YET	2
PEOPLE YOU MAY KNOW	3
PROGRESS IN PEKIN.....	4
ARE YOUR TIRES UP TO SNUFF?	6
BICYCLES, TURTLES—YOU DECIDE	7

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

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

Your IWV membership expires: 10/03/94

RON & SHELLY ANDERSON
203 LOCUST
WASHINGTON, IL 61571

JUNE 23 MEETING (7 P.M.)...

...Pasta madness at the East Peoria Avanti's!