

DECEMBER 1994

ILLINOIS VALLEY

WHEELM'N

greater peoria's bicycle club



Banquet no simple game of chicken

YOU JUST CAN'T BEAT THEM CORN FRITTERS to attract a bunch of hungry cyclists. Sixty-six IVW members and their families attended the club's annual awards banquet at Fairview Farms November 12.

Club VP Ken Beckler stepped in for president George Dudley who was selling Cat tractors to South Pacific natives at the time. Advocacy chair Eric Hutchison and the new IVW social chair, Roger John, presided over the awards presentation and door prizes.

In support of the club's efforts to improve bicycle access in the Greater Peoria area, Vitesse Cycle Shop presented Eric and his advocacy committee with a \$250 check to cover future expenses.

Annual Awards

Most Improved
Female RiderLiz Heuermann

Most Improved
Male Rider.....Dirk Dedecker

Hub of the ClubEric Hutchison

Broken SaddleJack Welch

Service Awards (board members)

Secretary ('93, 94)Jagada Kosey

Data Processing ('93, 94)Bill Clark



AND THE WINNERS ARE . . . (from left): Jim Vaupel, Bill Wright, Elizabeth Heuermann, Jack Welch, Sheryl Hansen, Steve Grube, Rob Alexander, Bill Clark and Eric Hutchison.

Social Chair ('93, 94).....Bob Wilson

Ride Chair ('93, 94)Steve Grube

Publications ('92-94)Samuel Joslin

Service Awards (invitational leaders)

Tour de Prairie '94Sheryl Hansen

Diane's Ride '93, 94.....Bill Clark

Service Awards (ride leaders)

45 eventsBill Wright
(Tuesday/Thursday rides)

Bill's helpersQuinton Smith
Karl Kosey & Jim Vaupel

24 eventsSteve Grube

16 eventsRob Alexander
(Road Riding 101 Series)

12 eventsSheryl Hansen
(Wednesday Night Women's Ride)

12 eventsGregg Benning
(Saturday Social Rides
Junk/Health Food Rides)

10 eventsMike Pula
(Saturday Social Rides,
"31 Flavors" Ride)

Door prizes donated by:
The Bicycle Bus, Illinois Cycle &
Fitness, Little Ade's and Russell's
Cycling & Fitness Center.

NEW MEMBERS

John BouskyPeoria
Sharon ConleeDunlap
Conrad Grembowicz.....Peoria

RENEWING MEMBERS

Edith AlbrightChillicothe
Mark FergusonPeoria
Jan & John Galbreath...Peoria
Kurt Mandell.....Peoria
Weldon PhelpsDunlap
Bill & Ruth StevensonPeoria

ILLINOIS VALLEY WHEELM'N
newsletter published monthly

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VICE PRESIDENT

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TREASURER

Brenda Clark.....347-4841

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Roger John.....243-9191

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MAILING

Sue DeDecker693-2973

DATA PROCESSING

Larry Davis691-3060

DIANE'S RIDE

Open

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PEDAL-IN

Sheryl Hansen263-2870

RIDE COORDINATOR

Tom Parr274-6101

EDITOR

Samuel Joslin.....688-0922

Affiliated with the

LEAGUE OF AMERICAN BICYCLISTS

RIDE INFORMATION CONTACT

Tom Parr

**GOVERNMENT RELATIONS ADVOCATE &
LEAGUE OF ILLINOIS BICYCLISTS**

BOARD MEMBER

Eric Hutchison

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Samuel Joslin, 1318 W. Mac Queen, Peoria, IL
61604

Computer users: send e-mail to the editor at
sjoslin@heartland.bradley.edu
or Bikewriter@aol.com


Mind Many Mega Miles


Or, how to use the 1995 IVW mileage log...


IT'S THAT TIME OF YEAR AGAIN: IVW MILEAGE LOG TIME! To celebrate, simply remove the big, double-sided 11" x 17" sheet from this newsletter and use a magnet to attach it to your refrigerator.


The IVW mileage log is the fun way to track your cycling progress in the new year. And it's easy to use, too. In fact, other bicycle clubs redistribute the IVW mileage log for the use of their own members.


Here are just a few of the things you can track:

 **Mileage.** This is basic. Just check your bicycle computer at the end of each ride and record the mileage in the box for that day. At the end of the week, total your weekly mileage. There's space for year-to-date mileage, too.

 **Club mileage.** If you would like to track your club mileage separately from your personal miles, draw a diagonal line through each box. Put your club mileage above the line and your personal mileage below. (This is a must for those members who want to compete for the Broken Saddle award).

 **Weather.** In the "notes" section, track daily temperature, humidity and wind direction. After a year of recording the weather (and how you dressed for it), you'll become a better planner.

 **Maintenance.** How many miles are you getting out of bearing overhauls? Your chain? Your tires? If you make a note every time you perform maintenance on your bicycle, you'll know.

 **Indoor training.** Keep track of the time—not the miles—you spend on stationary bicycles, wind- and mag-trainers. When you look at the log and see that you've ridden four times a week over three months, you'll know you're ready for spring.

New this year: Just to the left of the "Notes" section is a column marked "94 YTD." Fill the column with your weekly mileage totals from '94. Then you can measure your weekly mileage totals against last year's totals instantly. Or, if you didn't keep a log last year, you can fill the 94 YTD column with projected weekly mileage totals for '95 and measure your actual progress against your New Year's resolutions.

Your mileage log can be simple or complex. Tandem riders often maintain a joint log. Families may need additional logs to track each individual's progress. If you need extra logs, call Elizabeth Heuermann at 673-0098; she'll be happy to mail you additional copies. Happy record keeping!



Now you know...

"Why do they call it a hill?"

"Because the other four-letter words were taken."

—From **BIKEBURLINGTON** (Burlington, IA)

Deadline for plan; Lehman to close

IVW HELPS GUIDE LONG-RANGE PLAN. Under the requirements of ISTEA*, the Tri-County Regional Planning Commission (TCRPC) is preparing a 20-year transportation plan for the Greater Peoria area. On November 11, I met with John Boyle and Bayo Adanri (TCRPC staff) to give input for the bicycle/pedestrian portion of the plan. I recommended that the long-range plan:



- Provide routine accommodation for pedestrians and traffic-tolerant bicyclists in all new road construction. Design features include wide outside traffic lanes, bicycle-safe drainage grates and

bicycle-sensitive traffic signals.

- Provide accommodation for casual/novice bicyclists on a selected route network. Design features include dedicated bicycle/pedestrian trails and marked bike lanes.
- Establish education and enforcement programs for bicyclists and motorists which teaches responsible shared-use roadway behavior.
- Establish maintenance practices which keep bikeways in a generally clean and smooth condition.

As required by ISTEA, the long-range plan must be finished by the end of 1994. It will be used regularly by Peoria-area engineers to plan transportation projects and set funding priorities. Writing bicycles into

planning and design references means fewer advocacy struggles in the future. Transportation folks call this "institutionalizing" bicycle planning.

**Intermodal Surface Transportation Efficiency Act. Federal law signed by President Bush. Among other things, it provides for increased citizen involvement in transportation issues.*

CITY COUNCIL VOTES TO CLOSE LEHMAN ROAD. On November 22, the Peoria City Council voted 8-3 to close Lehman Road at Flint Street, at least temporarily. The council directed city staff to monitor the effect of the closure for up to nine months and to prepare a report after that. City engineer Jim Bauman has told me that bicycle, pedestrian and handicapped access will continue through the blockaded intersection. —Eric Hutchison

Bicycles at the speed of light

If all goes to plan, by the time the December newsletter hits your mailbox I'll be eleven or twelve time zones away on the other side of the Equator. It will be the fourth week of a trip to both sides of Australia, Singapore, a couple of stops in the Philippines, an overnight in Hong Kong and a very long ride home. How many bike shops can be included in that junket? Well, Hillman's in Melbourne is worth the effort to get to, as is the little shop in Emerald, Queensland. That one is run by a Hawaii Ironman competitor.

Cycling is a great sport/hobby to have in common with people in far-off places, and near ones, too. We have things to talk about and do from the get-go. So I'm hoping for a few tales from the far side for this column when I'm back and un-jetlagged. Meanwhile, I hope you had a good time at the annual banquet, and look forward to welcoming our new board members in time for next year's successes.

One of those successes will be our move into the Guinness Book of Records.

How's that, you say? As has been publicized in this newsletter, we're inhabiting the biggest scale model of the Solar System on the planet. On the scale of that model, a bike is easily ridden at greater than the speed of light, and Pluto is in Kewanee. So, it's time to start the planning process for a ride to the planets for next season.

Sheldon Schafer, the irrepressible director of Lakeview Planetarium, has the Guinness end under control, as well as excellent prospects for sag/food stop requirements. Give me a call to join in from the ground level.

We ran a trial ride to the inner planets on the 29th of August. I'm only now confessing this as it was a bandit ride on a day the IVW already had a ride scheduled. Anyway we started at Lakeview (a.k.a. the Sun) and wound our way to the airport (Saturn) via the Metro Centre, WMBD-AM for an interview, the Peoria Public Library and Bartonville. Thanks to Eric Hutchison's map and cue sheet prepared for the occasion, we didn't lose a single

interplanetary traveler.

Sheldon plans to work with the Rock Island trail people to get a trail sign at the appropriate locations of the planets. Princeville is the right distance for one of the planets—how about Snyder's Cafe?

This is a project we can work on this winter—hot-stove League style. Give me a call, please.

Have you checked out Russell's new location, yet? The catacombs are gone, so the character of the place is different. We really should consider ourselves lucky to live in an area that offers us so much hometown variety in places to spend our money. Best wishes to Russell's.

Since we were on the subject of records earlier, I think I might have a new one. It's the Least-Time-Into-The-Ride-Prior-To-The-First-Flat category. Steve Shaffer and I decided we needed a ride yesterday so we met at River City. As I pushed the pump adapter onto the valve, the valve patch tore out of the tube with easily predictable results. The moral to the story? Don't loosen the nut on your Presta stems.

Hope you had a great Thanksgiving—we all have lots of reasons to be thankful.

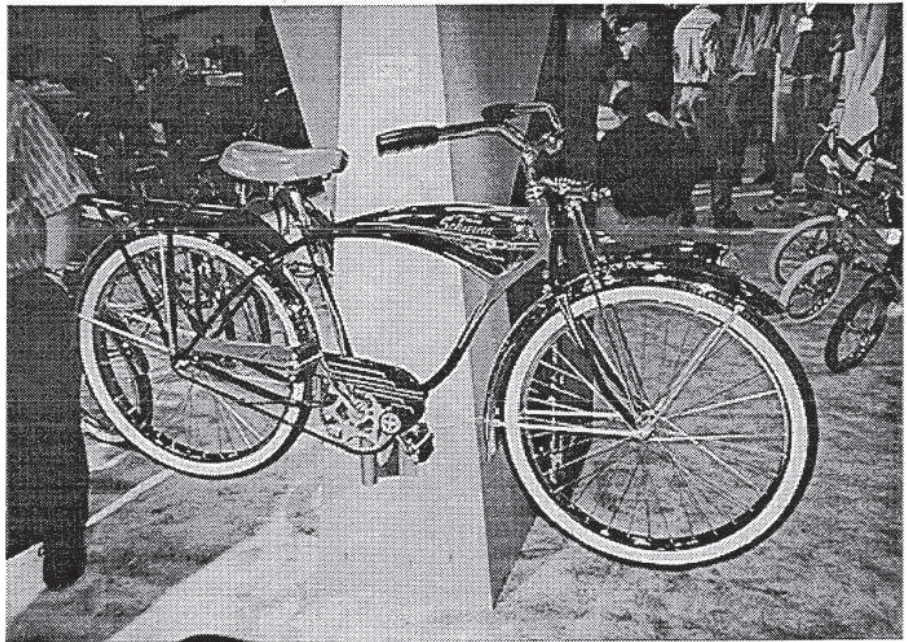
—George Dudley



At the CABDA Dealer Show, Nov. 4-6

With approximately a zillion display booths, the CABDA dealer show at the Rosemont Convention Center is tough to get through in a day. Here are just a few of the products you may see when CABDA opens its Consumer Bike Show at the same location in February.

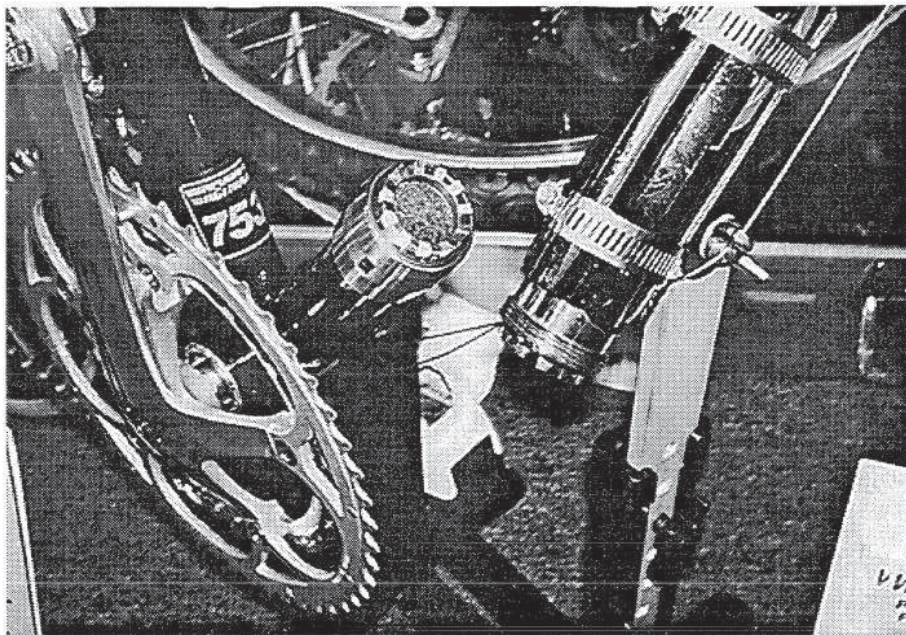
Shimano shoes no longer support the three-hole Look cleat. All shoes on display were drilled only for Shimano's proprietary SPD pedals. Following Sachs lead, Shimano also displayed the Inter-7, a new internally geared 7-speed hub. The new hub—aimed at what Shimano hopes is a growing army of utilitarian bicycles—is available with a coaster or cable-actuated brake. Union USA showed off its extensive line of spokes, including their most colorful



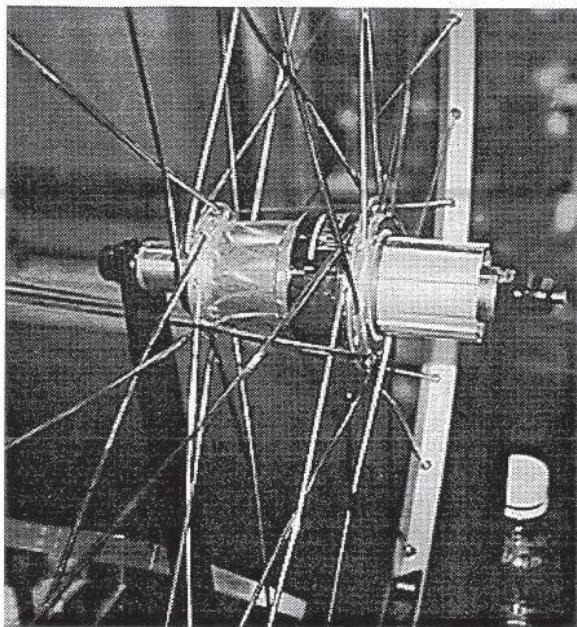
The most exciting **Schwinn** of the 90s may turn out to be the recently reissued Black Phantom with locking springer fork, whitewalls and acres of glorious chrome.

assortment ever—TiDye titanium spokes, weighing in at 120 grams per set of 32 in “typical mountain bike length.” Look for them at the next Grateful Dead concert in your area. The sixth edition of Sutherland's **Handbook**, the bible of bicycle mechanics everywhere, is due out soon. And many well-read mechanics will also pop for a copy of Sutherland's **Handbook of Coaster Brakes and Internally Geared Hubs**. Sachs

displayed the Hydro-Pull, a sealed hydraulic “power booster” system available as a retrofit compatible with all cantilever and drum brake systems. **Kryptonite**, on a high from favorable magazine reviews of its U.S.-made New York Lock, passed out posters of the Statue of Liberty holding a bright red U-Lock instead of a torch. Kryptonite was confident enough of the new lock that it reinstated its \$1,000 guarantee in Manhattan, evidently the bastion of the

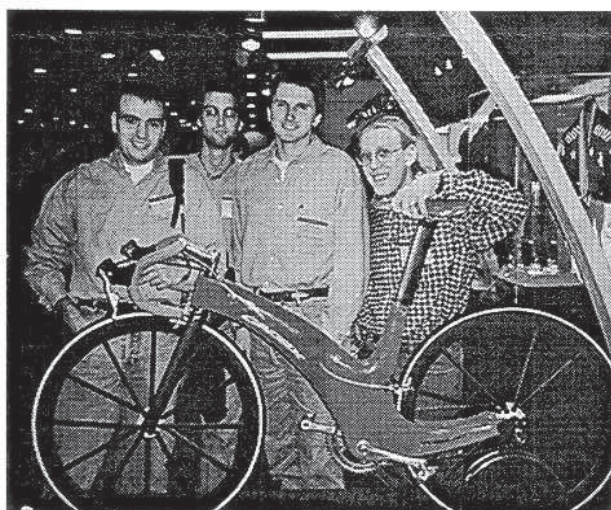


Cyclists can enjoy the performance of standard bicycles and the compact storage of folding bikes. **S and S Machine** displayed road, mountain and tandem bicycles equipped with its lightweight (226g) Bicycle Torque Coupling System. The stainless steel couplers—available installed on frames from Richard Sachs, Salsa, J.P. Weigle and others—add approximately \$300 to the retail cost of the bike, and allow a 64cm or smaller bike to fit within a 26" x 26" x 10" case.



Dia-Compe attracted attention with its Tsali SRC Rear Cassette Hub. The SRC stands for silent roller clutch. The design eliminates the clicking sound of a coasting rear wheel. Currently aimed at the mountain bike set, the Tsali SRC may evolve into a beefed-up tandem hub in late '95 or early '96.

world's most accomplished bicycle thieves. Rock Shox had the coolest product catalog at the show. Besides being big at 11" x 17", the "Judy" book was filled with intriguing pictures, not the least of which was a stuffed Gumby riding somebody's back baskets with the caption, "Quit Your Job." Crestone displayed mountain bikes with "Super Active Suspension" (SAS) with 4.5" front travel and 3.5" rear travel. The most important part of the SAS system resembles those flat



The Vitesse crew at the **Giant** booth. From left: Bob Woo, Mike Dreas, Gary Tupper and CJ Harms.

rubber straps that are used to tie down luggage to roof racks. Oddities at the show included Powersports, a company dedicated to the pursuit of attaching 21cc gas engines to bicycles, scooters and skateboards. Really. Natalia Florence Cycle Corp. showed off a surprisingly affordable three-wheeled recumbent featuring an aluminum frame, rear disc brakes, rear steer and front wheel drive. Estimated retail: below \$900. AC International claimed its Cool Bottle with patented IceCore (similar to the blue thingies you stick in an ice chest) keeps beverages 30% colder than standard bottles for up to two hours. Of course AC also claims that its new "Ice-Age" technology adds no weight to a full bottle. Check, please.

—Samuel Joslin

League letter

The following letter from Ted Sanders constitutes an LIB update on organized bicycle advocacy in Illinois. Read it, and then consider joining the LAB/LIB. And for your extra contribution of \$25 to the LIB, you get a really neat t-shirt. For more info, call Eric Hutchison at 685-3921—ed.

THREE YEARS AGO, a small group of bicyclists held a meeting to discuss the need for an organized voice for bicyclists in the State of Illinois. The result of the meeting was the formation of the League of Illinois Bicyclists (LIB).

LIB-trained bicycle advocates have brought the needs of bicyclists to the attention of government officials at local, regional and state levels. Tangible results of the LIB working for you include:

- Cross-town bike route plans for Peoria.
- Bicyclists' input included in Secretary of State safety brochure.
- Bike bans overturned in Park Forest.
- Millions of dollars of federal ISTE A funds awarded for bicycle projects.
- Public officials asking bicyclists to help with ISTE A-mandated bicycle planning.

All of this, and more, was accomplished with a very meager operating budget and many hours of volunteer time from your peers.

Currently, none of your League of American Bicyclists dues go to support LIB. We are funded entirely from donations and grants. Therefore, I'm asking for your support to help LIB expand its agenda and programs.

Please invest in the future of bicycling in Illinois by giving as generously as you can. All donations will be appreciated, but, if you give \$25 or more, we'll send you our brand new Illinois Symbols T-shirt. By wearing this colorful shirt, with its red cardinal and other state symbols, including the proposed state vehicle (guess what), you will promote bicycling and Illinois at the same time!

I thank you for helping LIB become an even stronger voice for bicyclists in our state and look forward to working together for many years to come.

—Ted Sanders, President, LIB

Send your membership to the address on the page 7 form. Send your LIB contribution to: Barbara Sturges, 6 Chestnut Ct., Park Forest, IL 60466.

Sunday get-together schedule

COME ONE, COME ALL. Join your cycling friends at the following breakfast spots at 8:30 a.m. to swap tall tales during December:

- Dec. 3.....Oogies, Peoria
- Dec. 10.....Newell's, East Peoria
- Dec. 17.....Bob Evans, East Peoria
- Dec. 24.....Oogies, Peoria
- Dec. 31.....Bob Evans, East Peoria

Besides breakfast and conversation, we also use the morning get-together to plan the afternoon ride. For more information on winter get-togethers and rides, call ride coordinator Tom Parr at 274-6101.

OTHER DECEMBER EVENTS

- ☞ Sue DeDecker has scheduled a get-together for the Tuesday Night Ride crowd. Sounds like a good time at Leonardo's, December 6 at 6:30 p.m. For more information, call Sue at 693-2973.
- ☞ Steve Grube will lead an 11 a.m. Christmas Day ride from the Fondulac Park Administration building in East Peoria. For more info, call Steve at 699-6956.
- ☞ Saturday morning rides still leave from the square in Washington at 8:30 a.m. Remember not to park around the square or in any of the adjacent parking lots. This ride is recommended for experienced riders only.

New Year's Day ride

Don't miss this chance to put down a few miles (and calories) when the new year is but a wee few hours old. The first ride of '95 starts at Eric and Jennifer's, 209 W. Crestwood, Peoria, at 11 a.m., January 1.

Non-riders are welcome—you can hang out at the house and teach our bird to say "bicycle." We'll have a post-ride potluck, so bring your favorite fuel. The ride will be mostly in town—we'll check out the holiday decorations on Peoria's historic boulevards. Traffic will be about zippo—this is a day of intense armchair athletics for most folks. Hope to see you there.

—Eric Hutchison, 685-3921.



THE SUNSHINE BOYS. Jack Welch (left) captured the Broken Saddle Award for the second year in a row. If he wins again, can we retire it?. Harold Maloney rode 31 miles the day before the annual banquet. Beats using that walker, any day.

Quiet Hero Club

During the months of August, September and October, the following IVW members supported the Quiet Hero Club Blood Donor Program with a total of 17 donations:

- Ron Anderson (2 donations)
- Ralph Behrens
- Nancy Buzan (2 pheresis donations)
- Joe Camp
- Don Jacobs
- Ken Pedigo (4 pheresis donations)
- Bill Semmens
- Jack Welch (3 pheresis donations)
- Brian White (2 donations)

Club members who may not have donated recently—or ever—are encouraged to do so during the holiday season. A blood donation is a wonderful gift, and you help the IVW Quiet Hero Club achieve an outstanding record of donations for '94. Through October, our total donations were 51. That compares to 52 for all of 1993. Thanks to everyone.

—Ron Anderson

Random Access

ROGER JOHN IS PLANNING A BUS TRIP to visit the CABDA Consumer Bike Show at the Rosemont Convention Center and the new Bicycle Museum of America during the weekend of February 25 and 26. Call Roger for information: 243-9191.

ANYONE INTERESTED IN ATTENDING the League of American Bicyclists (L.A.B.) National Rally July 5-9 in Asheville, NC, call Franny and Charlie Klees at 694-3674.

TWO PEORIA-AREA CYCLISTS were remembered by Kelly Welch, daughter of IVW member Jack Welch during a recent alcohol awareness event on the Drake University (Des Moines, IA) campus. The BACCHUS (Boosting Alcohol Consciousness Concerning Health of University Students) organization at the college began National Alcohol Awareness Week with a silent ceremony at Hubble Field. Luminaries, each with the name of a person whose life has been altered in some way by alcohol abuse, lined the field. Kelly lit candles for her friend,

Diane Matuska—killed while commuting in 1986—and her father's riding buddy, Mary Scroggs—seriously injured earlier this year in a pedestrian/car accident.

WATCH FOR A STOLEN Specialized Stumpjumper M2 FS Comp. Champaign Cycle Co. (Champaign, IL) is offering a reward for information about the thief who grabbed the \$1,649 bike November 15. Here are the specs: 17" Grunge Grape (dark purple) with grey tires, saddle and grips, Nickelite Judy XC RockShox, serial number: 95S15519. To report information, call officer Gary Wright, Champaign Police Department at (217) 352-7600.

GRAY MARKET GOODS. According to a phone representative for Vittoria North America, Vittoria tires sold through mail order firms don't pass through Vittoria's U.S. distribution channel. Instead, the tires are imported through third-party Europeans and may be up to five years old at time of purchase. One IVW member found this out the hard way when the tread peeled away from the

casing of his "brand new" tubulars. The good news? The American distributor still honors warranty problems. Vittoria North America, 1639 W. Sheridan Ave., Oklahoma City, OK 73106, (405) 239-2677.

LATE NEWS. According to a May 1994 publication from the City of Peoria, 500 bicycle safety strips were installed on storm sewer inlets during 1993.

BUS RACKS. According to a news release from Washington State-based Sportworks NW, Inc., Seattle Metro has chosen the company to install front bumper-mounted bike racks on nearly 1,250 buses. An article in the *Journal American* says that transit officials hope the racks, paid for with a \$950,000 federal grant, will increase ridership.

Each rack carries up to two bikes (bikes are carried free). Sportworks claims that even people who have never seen the rack before can load and unload their bikes in less than 30 seconds. A single support arm holds the bicycle in the rack's wheel wells, and the rack touches nothing but the rubber tires to avoid damage. Sportworks, 15500 Wood-Red Rd. NE #C-600, Woodinville, WA 98072, (206) 483-7000.

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: \$30
- Family: \$35
- Advocate—Individual: \$50
- Advocate—Family: \$60

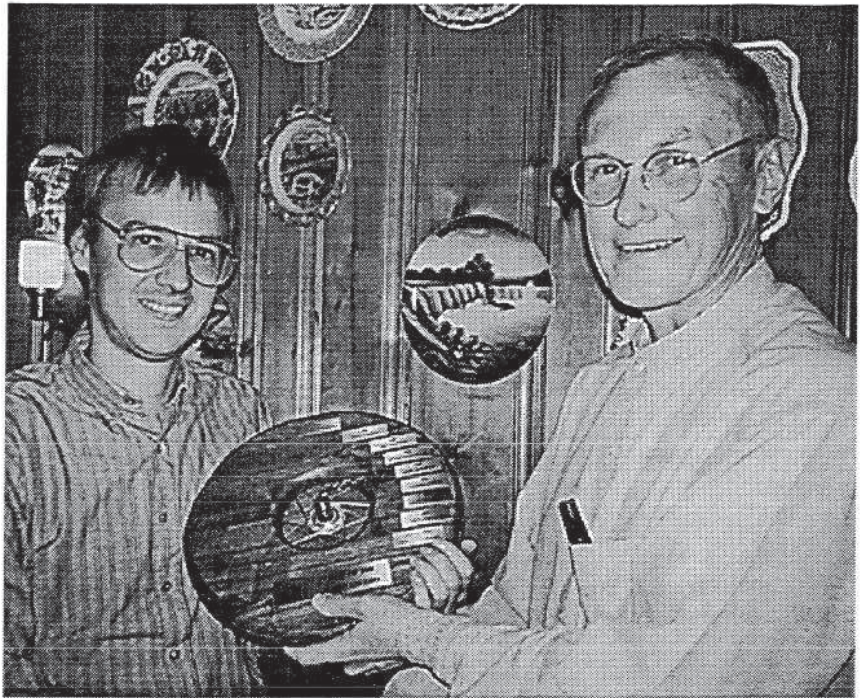
Send check to:

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

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**Tuesday Night Riders
December 6
reunion at
Leonardo's.
See details on pg. 6.**



Advocacy chair Eric Hutchison (left) receives the Hub of the Club award from the new social chair, Roger John, at the Illinois Valley Wheelm'n's annual banquet held November 12 at Fairview Farms.

(Story on page 1. Other photos on pages 1 & 6.)

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

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

Your IVW membership expires: 10/03/95

RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571

December meeting...

There isn't one. See you in January!