



May 1996

ILLINOIS VALLEY WHEELM'N

greater peoria's bicycle club



Two knees or not two knees, that is the surgery...

"HAVE YOU SELECTED A SURGEON YET?"

Those were the words I had been hoping not to hear. Every bicyclist's nightmare: had to have knee surgery.

I had been off the bike for over two months. My legs felt like jelly. I had put this off too long. I knew that it wasn't the kind of simple strain that lots of ice and light beer would heal. Spring would be here before I knew it, and I would not be ready to ride if I didn't act. So, around Christmas last year, I got up enough courage to approach my company doctor. She ordered an MRI, and the results showed that I had indeed injured my knee, to the point of needing surgery to correct the problem.

Because of some unrememberable event, I had managed to tear the posterior medial meniscus (the pad between two bones). With every pedal stroke and step, I was getting a reminder of what healthy knees do not feel like.

Great. I can't shoot hoops worth a darn, and because my stoker doesn't like me cussing, I am not allowed to play golf. The one sport in life that I can truly do well, bicycling, was in jeopardy.

I asked to be sent to the Orthopedic Institute of Illinois. This and Prairie State Sports Medicine are located in the same building across from the Peoria Civic Center. Dr. Mark Phillips was my first choice for surgeon. Those of you who are approaching your early 40s will remember him for his football prowess with Richwoods High in the early 70s.

My early fears were quickly put to rest. Registration was almost painless, the nurses were very pleasant, and when you're a good boy, they give you a sucker. Although there was quite a lot of activity, I waited less than ten minutes before being ushered into an exam room. There was even a bicycling magazine to read during my wait.

Dr. Phillips and Dr. Keith Pitchford met with me. Their demeanor gave me the impression that I was their only patient. I was informed of the problem, and the solution: orthoscopic surgery. No gaping wounds! No ugly red scars! Just three little holes, one of which was for a TV camera. The full process being explained, a date was set for surgery.

On the morning of January 26, stoker Brenda delivered me to the institute. Orthoscopic surgery is now an outpatient procedure. No overnight stays in

the hospital. No Jell-O. No strange cold hands at 2 in the a.m.

After prepping me for surgery, the nurses took me to the operating room. The anesthesiologist and I did some drugs that quickly put me in never-never land. I remember saying, "Wow, cool stuff—I'll take a six pack to go." And that was the last thing I remember until I awoke in the recovery room.

Dr. Phillips came in, and as it turned out, the damage was not major, and he was able to fix the tear. With lots of light beer and proper therapy, my knee should function almost as good as new for the next 60-plus years.

I learned a lot from this experience. Warm up well before riding; knees suffer in our sport. They're exposed to all sorts of abuse, from cold to overuse. A few simple exercises can mean the difference between riding a full season, or sitting out for four months like I did. And if you do find yourself in need of medical attention, by all means, give Dr. Phillips and company a call. They will take excellent care of your problems.

CHARLIE AND FRANNY KLEES were the hosts for the April board meeting. We discussed the upcoming Kids Nowadays Festival at the Peoria Civic Center. The IVW will play an important role in this, with Charlie spearheading the effort. What a tremendous task. Volunteers are still need to help out, so give Charlie a call.

Also discussed were club jerseys. We narrowed down the supplier to one company: Good Stuff! We have bought through them before, with good results. We decided to stay with the same design and colors. We heard a lot of positive comments about our shirts before, and decided if it wasn't broke, why fix it! Purchase will be preorder only. After we get a price set, I'll put something in the newsletter.

One member brought up the idea of embroidered logos for dress shirts. I researched this, and after a lack of response from the general membership, and after consideration by the board, we decided to put them off until later.

Financially, we're in good shape. A report from our treasurer was presented and reviewed. May's executive board meeting is at John and Judy Apici's house.

—Bill Clark

"...when you're a good boy,
they give you a sucker."

tear. With lots of light beer
and proper therapy, my knee
should function almost as
good as new for the next 60-



NEW MEMBERS

Lori A. DurkinPeoria
Lisa M. Fox &
George C. PellPeoria
Dirk McGuireEast Peoria
Jim MennePeoria
Linda ReinholtzPeoria Heights

RENEWING MEMBERS

Jean Ascoli &
Michael Meadows* ..West Peoria
William Chaffer*Peoria
Chris DrewEast Peoria
Don EberleEast Peoria
Alan & Beverly EnslowPeoria
Julie FeenyPeoria
Marcy GrebnerEast Peoria
Stephen D. Grube*East Peoria
Barbara J. JohnsonPeoria
Marjorie, Robert, Sarah &
Steven LaFontEdwards
Dalton LarsonEast Peoria
Cindy MatthiasPeoria
Jim Ockner*Peoria
David Schaufelberger*Chillicothe
Quinton, Barb, Brendon,
Shannon & Jessica Smith* ..Peoria
Matthew, Deano, Morgan &
Michael TimmWest Peoria
Diane Williams*Pekin

*Indicates advocate-level membership.

Illinois Valley Wheelm'n

Greater Peoria's bicycle club

Affiliated with the League of American Bicyclists and League of Illinois Bicyclists

All newsletter phone numbers are 309 area code unless otherwise indicated.

PRESIDENT

Bill Clark 347-4841

wdclark@heartland.bradley.edu

VICE PRESIDENT

Russ Goin 691-4610 (day) 693-1686 (evening)

TREASURER

Brenda Clark 346-2141 (8:30 a.m.—5 p.m.)
347-4841 (5:30—9 p.m.)

SECRETARY

Eileen Dudley 692-7076

gwdudley@bykerider.win.net

RIDE CHAIR

Tom Parr 274-4290 (7 a.m.—3:30 p.m.)
274-6101 (7 p.m. to 9:30 p.m.)

SOCIAL/MEMBERSHIP

Charlie & Franny Klees 694-3674 (home)
698-0048 (fax)

MAILING

Sue DeDecker 693-2973

DATABASE

Larry Davis 691-3060

ldavis@heartland.bradley.edu

ADVOCACY/GOVERNMENT RELATIONS

Eric Hutchison 685-3921 (evenings, weekends), 578-8239 (days) ehutchis@heartland.bradley.edu

NO BALONEY RIDE (JUNE 1)

Roger John 243-9191

DIANE'S RIDE (AUGUST 24)

John & Judy Apici 387-6761 JApici@aol.com

INTERPLANETARY RIDE (JULY 20, 21)

Sheldon Schafer 682-1876 (home)
686-7000, ext. 4 (work) sls@bradley.bradley.edu

PRAIRIE STATE TANDEM RALLY (MAY 31, JUNE 1 & 2)

George & Eileen Dudley 692-7076

gwdudley@bykerider.win.net

Send correspondence to:

IVW Editor,

Samuel Joslin

1318 W. MacQueen

Peoria, IL 61604

Phone: 688-0922

Computer users: Send e-mail to the editor at:

sjoslin@heartland.bradley.edu or

Bikewriter@aol.com

Submissions, including stories, news, images and/or humor, are welcomed.

Out 'O Town...

May 19—McLean County Wheelers' 17th Annual Spring Metric, Mosey the Moraine. Downs. 50/80/100K, completely new routes; Craig Ryan, McLean County Wheelers, P.O. Box 947, Bloomington, IL 61702-0947, 309-827-8216.

June 1 (Saturday)—No Baloney Mountain/Road Ride, Peoria; 26/52/68 miles on-road; off-road trails available in Jubilee State Park, breakfast and lunch, massage option, camping available, \$12 by May 24, then \$15, family discount; Illinois Valley Wheelm'n, Tom Romanowski, 6215 N. English Oak Drive, Peoria 61615, 309-692-0842.

June 2—1996 Udder Century, Union, 31/50/62/100 miles over scenic, rolling rural roads—also new 10-mile "mini-metric"—hike, bike, blade or skate; \$13 by May 15, then \$15; pasta dinner, antique museum entry; McHenry County Bicycle Club, P.O. Box 917, Crystal Lake, IL 60039-0917; call Linda for info @ 815-477-6858 or 708-442-1188.

June 8 (Saturday)—C-U Across the Prairie, Champaign County, 15/35/50 flat to rolling miles, T-shirt available, Prairie Cycle Club, P.O. Box 115, Urbana, IL 61801, Gary Baldwin 217-356-5871 or Tom O'Rourke 217-352-4991.

June 8 and 9—TOMRV (Tour of the Mississippi River Valley), Bettendorf, IA; 105 and 86 miles or 63 and 41 from Preston, IA; overnight at Clarke College in Dubuque; \$43 until March 31, \$48 until April 30, \$53 until May 31 plus accommodations for \$5 up; Quad Cities Bicycle Club, TOMRV-19, c/o Susie LaForce, 2023 E. 45th Street, Davenport, IA 52807, 319-355-5530.

June 9—BCLC Ramble, Wauconda, 32/62/80/100 miles; \$13 before May 20, then \$15. Bicycle Club of Lake County, P.O. Box 521, Libertyville, IL 60048. Contact 847-415-1820.

June 15,16—Mississippi River Ride. 45/75 mile options each day. Loop ride starts in West Burlington with overnight stay in Nauvoo, a restored Mormon community. Fully supported ride over mainly flat, lightly traveled roads. Call (800) 82RIVER. Write BikeBurlington, P.O. Box 1135, Burlington, IA 52601.

June 15,16—National 24-Hour Challenge. A personal best bicycle ride to test your endurance and determination. In 1995, riders from 23 states and Canada completed 86,561 miles. \$40 before May 15; \$60 thereafter—no entries accepted after June 8. Rapid Wheelmen Bicycle Club, Grand Rapids, MI. For more info, call 616-241-1969.

June 16—Twenty-Fifth Annual Windy 60, DeKalb, 25/40/63 miles flat to rolling; \$10 by June 8, then \$13 (\$8 without t-shirt); t-shirts, snacks, etc.; DeKalb County Bicycle Club, P.O. Box 192, DeKalb, IL 60115, 815-758-1562 or 815-758-8879.

June 16—Eighth Annual Boulevard Lakefront Tour, Chicago; 35 mile historical, architectural tour of Chicago's parks, neighborhoods, and lakefront; \$17 members, \$20 nonmembers before 5/31 (includes T-shirt), \$25 after, Chicagoland Bicycle Federation, 427 S. Dearborn Ave., Suite 1000, Chicago, IL 60605-1120, 312-427-3325.

June 23—Bike Tour To Bishop Hill 1996. 62-mile round trip on mostly flat, back roads to Bishop Hill, where the annual Midsommar Festival will be in progress. A 40-mile route—doesn't include Bishop Hill—is also available. Includes three food/rest stops, sag and maps. \$10 if post-marked by May 29; \$12 thereafter. Sponsored by Prairie Pedalers of Knox County, 208 E. Sanitary Road, Abingdon, IL 61410. For more info, call John Cage at 309-462-2754.

June 23—29—TRIRI (Touring Ride In Rural Indiana). Week-long camping tour of rural Indiana, sponsored by Indiana State Parks and the



Bloomington Bicycle Club. Camp in five state parks. Fee includes 12 meals, four nights of entertainment, T-shirt and more. Children under 5: \$55; Children 6—9: \$100; Adults: \$205—all before May 15.

TRIRI, c/o Barbara Anderson, 3603 Essex Ct., Bloomington, IN 47401, or call Barbara or Joe Anderson @ 812-332-6028.

June 29—Georgetown Chicken Century. 35/65/100 miles. Includes the usual amenities plus a post-ride BBQ chicken dinner. \$13 before June 15 (no late fee). Helmets required. Sponsored by Champaign Touring Society. Chicken Century, 506 S. Country Fair Dr., Champaign, IL 61821. More info, call 217-352-7600.

June 29—Flat Fifty Plus Bicycle Tour. Decatur, IN.

20/30/50/62/100 miles. Kids under 15, \$6 before June 22/\$9 thereafter. Adults: \$9/\$12. Blazing Saddles Bicycle Club, P.O. Box 4262, Decatur, IN 46733. Call for info: 219-724-2705 or 219-728-2535.

July 4—Fourth of July Ride, Plainfield, IL, 30/65 miles flat to rolling; \$12 until June 22, then \$15; Barb Moore, Joliet Bicycle Club, 710 Nicholson, Joliet, IL 60435, 815-726-2257.

July 4—The Firecraacker 100. Belleville to Belleville or burst. Distances include 100 miles/100K. Hosting International, Gateway Council, 7187 Manchester Rd., St. Louis, MO 63143. Call Inge for info: 314-842-4269; or Dennis: 314-921-5634.

July 20—The NITE (Navigate Indy This Evening) Ride. Scenic tour of downtown Indianapolis starting from Major Taylor Velodrome at 11 p.m. Sponsored by Central Indiana Bicycle Association (CIBA). \$18 fee includes free ride on velodrome, free admission to USCF races, T-shirt (if pre-registered), after-ride party and door prizes. Send SASE to CIBA 1996 Events—NITE Ride, 6040 N. Emerson Ave., Indianapolis, IN 46220. Call for info: 317-327-BIKE.

July 21—Melon Metric XI, Sandwich, IL, 25/31/62/100 miles. Naperville Bicycle Club, Jeane Maher 708-357-9000 ext 616.

August 3-6—14th Annual Across Illinois Bike Ride (AIBR), Moline; 27/50 miles; fully supported, indoor/outdoor camping at YMCAs, motels available; optional transportation from the Joliet area; helmets required; 4 days. \$80 before July 1, \$90 after; weekend only \$30 before July 1, \$35 after; Joliet Bicycle Club, Don Treho, 107 Candlelight, Morris, IL 60450; 815-942-8411 or Joan Irwin, 935 Alma Drive, Wilmington, IL 60481; 815-476-2044.

August 18—Bike Psychos Century XIII. 35/70/100 miles. Start: Coal City High School. Oak Lawn Bike Psychos, P.O. Box 652, Oak Lawn, IL 60454 or call Tom Osterkorn @ 708-325-7149.

August 25—Wabash River Century. West Lafayette, IN. 35/65/100 miles (road); 36/57 miles (mountain bike routes). For info: Chloe Harshman, 3024 Chinook Ln, Lafayette, IN 47903 or call: 317-474-8621.

August 25—Dog Daze Double, Big Rock, IL, 50/100/200K; \$10 or \$14 rates available; Oak Park Cycle Club, Judy See, 708-910-3553.

September 8—Harmon Hundred, Wauconda; 15/35/65/100 mi; \$10 preregistration, \$15 day of; Wheeling Wheelmen.

October 5—Ride To The Depot. White Heath, IL. 25/40/65/100 miles. Includes breakfast (all routes) and lunch stop (65/100 miles). Helmets required. \$12 before Sept. 21. No late fee. Sponsored by Champaign Touring Society. Depot Century, 506 S. Country Fair Dr., Champaign, IL 61821. More info, call 217-352-7600.

October 18—20—Hilly Hundred Weekend Bicycle Tour. Bloomington, IN. Sponsored by Central Indiana Bicycle Association (CIBA). The premiere bicycling event in the Midwest. Two days of riding—choice of 30- and 50-mile routes each day. Includes food and entertainment, and beautiful fall scenery along low-traffic roads. Limited to 5,000 riders. Send SASE to CIBA 1996 Events—HILLY HUNDRED, 6040 N. Emerson Ave., Indianapolis, IN 46220. For more info, call 317-327-BIKE

FOR SALE: Infinity recumbent, \$400. Size 8, Look-compatible Nike Shoes, \$35
Gutter-style car-top carrier, best offer. Gary Hartzler, 674-3061.

Kids and bicycle helmets—according to State Farm, fewer than one in six children who rides a bicycle wears a helmet most of the time, but the rate is better than only a decade ago. A 1991 survey found that about 15 percent of 26.4-million bicyclists under age

About those tandems and acronyms...

15 used helmets more than half of the time. In the late 1980s, only about one in 29 kids wore helmets. (Thanks to Sheryl Hansen for the info.)

Looking for a job in cycling? This note recently came across the Internet: Wanted: An executive director for the Bicycle Federation of Wisconsin, a non-profit organization promoting bicycle use, access, safety and education. Work with board of directors and volunteers. Fund-raising, management and/or public relations experience desired. P.O. Box 1224, Madison, WI 53701-1224. Call (608)251-4456

Good biking, eh? Chicago's Bike 2000 Plan will be driven by a former urban planner with the city of London, Ontario. Mayor Richard M. Daley's Bicycle Advisory Council announced the hiring of Ben Gomberg as the city's official bicycle program coordinator.

According to the Chicagoland Bicycle

Federation, the Bike 2000 Plan already has led to the installation of over 3,600 bicycle racks citywide, exclusive on-street bike lanes, bicycle safety programs, and lakefront bike path improvements. Projects for 1996 include design of a new 6.3-mile off-road bike path on the city's far south side, 25 miles of exclusive on-street bike lanes, and the installation of over 600 additional bike racks.

Ohioans are ready to stick it out. Being able to signal a right turn legally with an extended right arm in Ohio moved one step closer to law in March. The Ohio Transportation and Public Safety Committee voted to move the bill to the floor of the House. Chuck Smith, chair of the Ohio Bicycle Federation said he hoped the new law would be in place before the LAB National Rally in Dayton.

Just because it's a road doesn't mean it's a ride—yet. One observation from a recent Bloomington (IN) Bicycle Club newsletter: Local and state road officials attempt to determine the need for bicycle facilities by counting the number of bicyclists they see on the road. "That makes as much sense as determining the need for a bridge by counting the number of cars that drive into the river at given points."

The Midwest Bicycle Show, held in February at the Rosemont Convention Center outside of Chicago, had plenty of bicycle clubs in attendance, each one hawking its upcoming invitational events. Folks on Spokes (Homewood) even made some money. Tom

Derrig reports selling \$131 worth of 1995 Easter Ride t-shirts.

What is it about tandems and acronyms? First, there was COWS (Couples On Wheels). Then, George Dudley, ex-IVW president, uses the upcoming

Prairie State Tandem Rally to push TIGERS

(Tandems Illinois Going

Everywhere Riding In Style). Now members of the Blackhawk Bicycle and Ski Club (Rockford) have formed a committee called RAPTORS (Rockford Area Pedaling Tandems On Road Society). The group promises to provide the club newsletter with a monthly tandem article and promote special tandem events and rides.

The president—one of the co-founders—of the Chicago Cycling Club put in a few miles the fast way during last year's Bicycle Across Missouri (BAM). Todd Harris pedaled 573 miles in 47:49, according to the club's March newsletter.

Looking for a mountain bike ride on Saturday, April 17? Check out Comlara Park, down in McLean County Wheelers territory. According to the Wheelers March newsletter, riders are expected from

“According to the Chicagoland Bicycle Federation, the Bike 2000 Plan already has led to the installation of over 3,600 bicycle racks citywide...”

Decatur and Champaign bicycle clubs. Call the editor, Craig Ryan, at 827-8216 for more information.

Dave did it. Former IVW member—Dave Glackin designed the “chain” logo that tops the Freewheeler, newsletter of the Driftwood Valley Wheelers (Columbus, IN). We last saw Dave and family (two kids now) at last year's big tandem rally in Indianapolis.

Leveled the ol' playing field, they did. It's probably just because the Clinton Area Cyclers (Clinton, IL) operate on a calendar year, but we sensed someone was back

from a ride “There's no good news like strange news.” on the sunny side of the street when he or she printed the words “everybody is a new member today,” on the front of a recent newsletter.

Joe Jamison of the Quad Cities Bicycle Club (Davenport, IA) says that with the Great River Trail nearing completion, the area is ready to become the “Elroy-Sparta of the Mississippi Valley.”

There's no good news like strange news. We may be paraphrasing a bit, but a recent journalism review included this in a collection of unusual headlines: “Three trains collide; two missing.” Sounds like news to us. But what does this all have to do with bicycles? Not a thing—and thanks for asking.



LAB Rally preview.

I'm up here in northern Michigan, with snow and temps in the 30s. Not the kind of weather that inspires good spirits in a bicyclist!!

A couple of months ago, when winter really had hold of us, I asked Mary Underwood, the editor of the Michigan Bicyclist, for her memories of riding in her hometown, Miamisburg. This is her answer:

"While not as hilly as the Cincinnati area in the Ohio River Valley, Dayton and surrounding areas are not for the flatlanders in Michigan to turn up their noses at. At least people around the mid to lower part of Michigan shouldn't be so condescending. I challenge anyone in this state to take on the 'Miamisburg Hill' and still talk about Ohio as 'Pancake Land.'

Should the Rally have touring that takes cyclists around the Yellow Springs/Xenia area, people are in for a real treat. Yellow Springs is a personal favorite of mine. Take a detour and go into Bryant State Park. Bring your hiking shoes and park your bike for a while. The cliffs there are worth the time off of wheels. You won't find anything quite as nice if you're a climber than those 50-foot 'walls.'

Cycling around the south part of Dayton is also wonderful. Beautiful rolling hills past farms and wood-

lands. And bring mountain gears (a granny or 28/32 or something like that). There's a fun stop in Miamisburg at Bullwinkles to quench the thirst that climbing that hill creates. There's also Porter's Hamburger Wagon in the town square. Burg citizens line up and patiently wait for their bag of little burgers. Those who move away from the town also make a pilgrimage there at every opportunity.

Want more hills? Go out Mound Road past the community golf course and see the largest Indian mound in the state. It also is the highest point in Montgomery County. Try climbing to the top, and have someone lined up for a leg massage.

Ohio is a pretty nice state to cycle in. So skeptics, put aside your preconceived notions and try the beautiful hills of Dayton."

Mary raced USCF for a few years, and currently is active in League of Michigan Bicyclists efforts, working with transportation issues in Ann Arbor, Mich., and helping with the Ann Arbor Touring Society events.

Mary's words have me anxious to explore the roads near Dayton! If they have piqued your interest, and you've not sent in your registration for Rally, July 3-7, check your calendar! If you need a registration form call 1-800-288-BIKE.

—June Thaden, president,
League of American Bicyclists



RALLY THE BIKES FOR THE RALLY. I have registration forms for the League of American Bicyclists National Rally (Dayton, OH, July 3-7). I'd like to encourage all IVW members to take advantage of this great opportunity which is close to home this year. Lots of great pre-marked rides, food, and friendly cyclists. Give me a call for a form at 685-3921.

—Eric Hutchison



League Of American Bicyclists 1996 National Rally July 3-7, 1996 • Dayton, Ohio Highlights

- Cycling through the scenic beauty of southwest Ohio's river valleys, rolling countryside and wooded hills on great roads and an extensive paved trail network.
- The special opportunity to bicycle in the city of Dayton's Bicentennial Fourth of July Parade.
- Rides to the Wright Brothers' bicycle shop, the U.S. Air Force Museum and Huffman Prairie located at Wright Patterson Air Force Base.
- Option of single day registration on July 4, 5 and 6.
- Unique three-day children's program featuring rides and activities.
- "Party in the Park" at Carillon Park, complete with a country barbecue feast, tours of the park's historical exhibits, and dancing or relaxing to country and bluegrass music.
- Opportunity to visit the Huffy Corporation's bicycle design facility, where bikes for U.S. Olympic cycling team members and others have been designed.
- A wide variety of workshops covering every aspect of bicycling, including the League of American Bicyclists' Effective Cycling course. These sessions will be led by national and local experts.
- Comfortable lodging in the modern dormitories of the University of Dayton, or in several nearby hotels.
- An exhibit hall filled with vendors showing the latest in bicycling equipment, touring accessories and product information.

For more information, phone Eric Hutchison, IVW member and League of Illinois Bicyclists president, at 685-3921 or e-mail him at ehutchis@heartland.bradley.edu. Or, phone the LAB directly at 410-539-3399, or e-mail Bikeleague@aol.com.

More adventures of the bicycling Bond: "Busy, not bored."

BIKES FOR KIDS II—SATURDAY, MAY 18. As reported last newsletter, wrench twirlers are welcome at the bike-repair day for the Salvation Army. The flat-fixin' fest will be held in Bergner's parking lot at Sheridan Village in Peoria. Contact IVW Vice President Russ Goin (693-1686) to join the fun.

GOIN' TO A RIDE? CALL RUSS. Before you hit the road for out-of-town rides this season, take some IVW flyers along—for No Baloney, Prairie State Tandem Rally, Interplanetary Ride, Diane's Ride—to set on the registration table. Russ Goin is coordinating this—give him a ring at 693-1686.

ACCESS FOR NEW MALL—IVW CONSULTED. At the invitation of Peoria's Traffic Engineering Department, I discussed bicycle access plans for the proposed shopping mall development on Peoria's west side at Routes 150 and 91. Traffic concerns arising from a proposed six-lane expansion of Route 150 (War Memorial Drive) have led to a proposal for a separate, multipurpose trail to provide bicycle and pedestrian access.

I expressed support for the trail idea—it has potential for good linkage with secondary roadways including Frostwood Parkway and Radnor Road—but stressed the need for basic on-road accommodation, including continuation of paved shoulders along Route 150.

Otherwise, Route 150 will become another "missing link" in bicycle access—particularly to businesses and other significant destinations bound to locate in this new growth area of Peoria.

I can't say I reached agreement with the traffic engineers in this meeting, but it was a milestone nonetheless. For the first time, Peoria's government agencies and developers have proposed bicycle access for a major project on their own initiative. And input from the cycling community was sought.

IVW SUPPORTS POLICE-ON-BIKES PROGRAM AT ICC. At the February board meeting, the IVW approved a \$200 donation to the Illinois Central College Security Force. The IVW donation will help send ICC officer Charles Cummins to the International Police-On-Bikes Conference (May '96, Rochester, NY). IVW President Bill Clark will ask ICC to provide news media coverage of the club's donation. Officer Cummins requested the IVW's help after hearing of our donations which sent two Peoria County officers to last year's conference (held in Milwaukee).

IVW LINKS WITH PEORIA NEIGHBORHOOD ASSOCIATIONS. On January 21, I discussed the Peoria bicycle map/plan with leaders of several Peoria neighborhood associations at a city-sponsored "Neighborhood Showcase" held at Northwoods Mall. Of particular interest to these folks, was the bicycle's potential to:

1. Reduce motor traffic noise and congestion in neighborhoods.
2. Promote Peoria's scenic and historic housing areas.
3. Improve the effectiveness of neighborhood crimewatch activity.

I also met Joe O'Connell from the city's Neighborhood Division. A fellow cyclist, Joe requested IVW membership information.

He also provided me a map of Peoria's neighborhood associations with a list of current officers. I plan to followup on the Neighborhood Showcase and discuss the bike plan at some neighborhood meetings. This will help develop the public support needed to get the Peoria bike map/plan on the fast track.

"Traffic concerns arising from a proposed six-lane expansion of Route 150 (War Memorial Drive) have led to a proposal for a separate, multipurpose trail..."

GREENWAY AND TRAIL MEETINGS. According to Gary Watson, Morton director of parks and recreation, "the development of greenway spaces and trails in the Tri-County area over the next few years will provide new and exciting opportunities for unique and far reaching recreational activities for families throughout the area."

If you'd like to help guide the thought processes of the Tri-County Regional Planning Commission as concerns trails, plan on attending one of these meetings: Pekin, 7 p.m., May 9 at Mineral Springs Park Pavilion; Peoria-South, 7 p.m., May 16 at Alpha Park Pavilion in Bartonville; and Peoria-North, 7 p.m., May 23 at Safety Town, 6518 N. Sheridan Road.

—Eric Hutchison



IVW's Quiet Hero blood donors for the months of January thru March were the following:

Bob Alexander • Judy Apici • Ralph Behrends • Gregg Benning • Bill Clark
Don Jacobs • Ken Pedigo (5 pheresis donations) • Steve Weast
Jack Welch • Brian White (2 donations)

Thanks again to each of you—and a very special thanks to Ken Pedigo for the time commitment that he has made to the pheresis program. New Quiet Heroes are always needed! Our club's registration number is 000560. —Ron Anderson

This month's specials...

The Springfield Bicycle Club (SBC) has graciously agreed to host a Get-Acquainted Bicycle Ride on May 11 for members of all central Illinois bicycle clubs. This follows a meeting held in February in which 10 area clubs, including the IVW, discussed common challenges and opportunities. Note: While Springfield is generously offering to feed all comers, you are asked to bring something to share.

SATURDAY, MAY 11.

CIBC/SBC Get-Acquainted Bicycle Ride, To reach the ride, take the I-55 exit at Stevenson Drive/East Lake Drive, exit 94. Drive east on East Lake Drive. Continue driving east over the dam, past West Forest Park to East Forest Park parking area on the right. The Get-Acquainted Ride starts at 10 a.m., from Picnic Shelter #3 in East Forest Park, Springfield, IL. A picnic lunch follows at 12:30 p.m. You can follow the 30-mile route by map, or you can follow Stan. (If you follow him, you can figure on a longer ride. He usually takes a wrong turn somewhere in the route. However, Stan will follow the pack to assist riders, and thus avoid being lost on his own ride.) The Springfield Bicycle Club will provide a picnic lunch of veggie salad, sandwiches and nonalcoholic beverages. If you have other preferences, bring enough to share.

RSVP by May 8.
Call Stan Gralnick at
217-787-7925 (home) or
217-789-9520 (work).

Or e-mail:
bikersjg@cencom.net.

THURSDAY, MAY 2—Show & Slow. 20 miles, Russell's Cycle (Valley Forge Plaza, Washington). 6 p.m. Good ride for new members or slower riders. Ride leaders: Jim Raney, 444-7658 and Rob Alexander, 444-3297.

SATURDAY, MAY 4—Chilli Prince Ride. 38 or 39 miles, Chillicothe to Princeville. 8:30 a.m., Pearce Community Center, Chillicothe (turn right from Dairy Queen, then two blocks.) Ride leaders: Tom Parr, 274-6101 and Dave Schaufelberger, 579-2311.

SUNDAY, MAY 5—Too Much Fun at Two Tour: Rediscovering Peoria. We'll saddle up at Peoria's Glen Oak Park Pavillion at 2 p.m. for this two-wheeled, two-hour tour of the city's finest. Highlights include High Street (home to Peoria's oldest living leafy resident and the newly-restored Victorian mansions of the city's former brewery barons), historic Springdale Cemetery (including the secret bicyclist's passageway under War Drive), The Knolls, landscaped neighborhoods in the West Bluff and, of course, our aptly-named Grandview Drive. I'll have some food at the park so we can gab and refuel the engines after the ride. Bring your bike, friends and appetite (for adventure and otherwise). We'll all have a gas without actually buying any. Nuts and bolts: About 19 miles will bring the horses back to the barn. And as usual, I will stick to an easy-paced "no-sweat-before-it's-time" riding speed. Plan for some hills (Glen Oak Park is about the worst) and stop and go riding. Traffic safety will be stressed.

—Eric Hutchison, 685-3921

MONDAY, MAY 6—Return to Dunlap Ride. Starts from Dunlap High School, Dunlap. Call Gary Hartzler for more information at 674-3061.

THURSDAY, MAY 9—Show & Slow. 20 miles, Russell's Cycle (Valley Forge Plaza, Washington). 6 p.m. Good ride for new members or slower riders. Ride leaders: Jim Raney, 444-7658 and Rob Alexander, 444-3297.

SATURDAY, MAY 11—Chilli Prince Ride. 38 or 39 miles, Chillicothe to Princeville. 8:30 a.m., Pearce Community Center, Chillicothe (turn right from Dairy Queen, then two blocks.) Ride leaders: Tom Parr, 274-6101 and Dave Schaufelberger, 579-2311.

SUNDAY, MAY 12. Road Riding 101. 1 p.m., Lincoln Grade School, Washington. Your cordial host: Rob Alexander. Call him at 444-3297 for more information.

MONDAY, MAY 13—Return to Dunlap Ride. Starts from Dunlap High School, Dunlap. Call Gary Hartzler for more information at 674-3061.

THURSDAY, MAY 16—Show & Slow. 20 miles, Russell's Cycle (Valley Forge Plaza, Washington). 6 p.m. Good ride for new members or slower riders. Ride leaders: Jim Raney, 444-7658 and Rob Alexander, 444-3297.

SATURDAY, MAY 18—Chilli Prince Ride. 38 or 39 miles, Chillicothe to Princeville. 8:30 a.m., Pearce Community Center, Chillicothe (turn right from Dairy Queen, then two blocks.) Ride leaders: Tom Parr, 274-6101 and Dave Schaufelberger, 579-2311.

SUNDAY, MAY 19—Let's take in an out-of-town ride! McLean County Wheelers' 17th Annual Spring Metric, Mosey the Moraine. Downs. 50/80/100K, completely new routes; Craig Ryan, McLean County Wheelers. Call 827-8216 for more info.

MONDAY, MAY 20—Return to Dunlap Ride. Starts from Dunlap High School, Dunlap. Call Gary Hartzler for more information at 674-3061.

THURSDAY, MAY 23—Show & Slow. 20 miles, Russell's Cycle (Valley Forge Plaza, Washington). 6 p.m. Good ride for new members or slower riders. Ride leaders: Jim Raney, 444-7658 and Rob Alexander, 444-3297.

SATURDAY, MAY 25—Chilli Prince Ride. 38 or 39 miles, Chillicothe to Princeville. 8:30 a.m., Pearce Community Center, Chillicothe (turn right from Dairy Queen, then two blocks.) Ride leaders: Tom Parr, 274-6101 and Dave Schaufelberger, 579-2311.

MONDAY, MAY 27—Return to Dunlap Ride. Starts from Dunlap High School, Dunlap. Call Gary Hartzler for more information at 674-3061.

THURSDAY, MAY 30—Show & Slow. 20 miles, Russell's Cycle (Valley Forge Plaza, Washington). 6 p.m. Good ride for new members or slower riders. Ride leaders: Jim Raney, 444-7658 and Rob Alexander, 444-3297.

RULES OF THE RIDE

- 1) Ride no more than two abreast—single file in traffic and at intersections.
- 2) Pass only on the left—and announce your intentions.
- 3) Create space in large groups to help motorists pass safely.
- 4) Maintain a safe distance from the rider ahead of you.
- 5) Check all intersections for traffic. Avoid "group think."
- 6) If you stop, please pull off the road

The IVW strongly recommends that you wear a helmet.

For more information on the IVW ride program, or to volunteer to lead a ride, call Tom Parr at 274-4290 (7 a.m.–3:30 p.m.), 274-6101 (7 p.m. to 9:30 p.m.)

Every week of the season...

EVERY TUESDAY. Wright Road Wride. 6 p.m., Dunlap Grade School (next to picnic shelter in the park). This weekly ride is a social ride. We welcome newcomers, beginners and intermediate riders. There will be ride leaders for all ability levels. If you have questions about your bike or how to make it go, this is the place to learn. You can always find someone to ride and socialize with. Bring a friend and give us a try. Our Motto is: Nobody Gets Left Behind! NOTE: Location has changed from last year. If you have any questions, call Bill Wright at 685-8549. See you May 7!

EVERY WEDNESDAY. Thrills, Skills & Speed II. Huck's at Willow Knolls and Allen roads in Peoria. Experienced riders only! 5:30 p.m. Ride leader: Steve Shaffer, 685-4726.

EVERY THURSDAY. Wright Trail and Off-Road Wride. 6 p.m., Wilder Waite School (across from the Rock Island Trail in Alta). We have a lot of fun on this one. This weekly ride is designed for people who like a change of pace from road riding. Bring your mountain or hybrid bike and discover some new ways to get on and off the Rock Island Trail via gravel roads and dirt paths. We all ride together so we can socialize and help each other get out of the dirt

and "mud." This is a ride for newcomers or friends of the club. Come out and have some fun with us. If you have any questions, call Bill Wright at 685-8549. See you May 9!

EVERY SATURDAY. Washington Show 'n Go. Leaves from Washington Square. Please park away from square. Show 'n Go rides are recommended for experienced riders only. 8:30 a.m. No leader.

On the horizon...

SATURDAY, JUNE 8. Roanoke Spring Trio. 11/24/62 miles. We have a ride for everyone. 11 miles: Bring the whole family on this one. 24 miles: Short and flat. Metric Century: Enjoy 62 miles of our scenic countryside! Registration: \$5 each/\$12 family. For more information, send S.A.S.E. to: Roanoke Spring Trio, c/o Larry Voyles, Rt. 1 Box 99, Benson, IL 61516. Or call (309) 394-2585.

FRIDAY-SUNDAY, JULY 12-14. Elroy-Sparta Trail Ride. When club members pedaled this way ten years ago, everyone had a blast. Well, it's that time of the decade again. Bill Semmens is your cordial host for a road trip and trail ride through west-central Wisconsin. The plan: Drive up Friday, ride Saturday and Sunday, and drive back on Sunday. Call Bill for more details at 693-9388.

Is Dr. Derailleur your real name?

No, it's my given name. My real name is Captain America. Well, okay, that's not my real name, that's my maiden name. My real name is Winston T. McGee, as in "I'll Winston the T right out of you, McGee," but my mom was the only one who ever

said that to me. The other kids didn't talk to me, they'd just look at the top of my head for about half a minute and then put the lid back on the trash can.

Why do you so selflessly contribute your time and energy to the community?

Few are chosen and even fewer choose to serve—most would like the waiter to bring the food right to the table.

—D.D.



Illinois Valley Wheelm'n Membership Application

(please print)

Name #1 _____ Birthdate _____

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

Name #5 _____ Birthdate _____

Address _____

City _____ State _____ ZIP _____

Phone () _____

Signature (Name #1) _____ Date _____

(parent or guardian needed if registrant is under 18)

Are you renewing, or is this a new membership? (check one)

Renewing New

If new, how did you find out about the club? _____

Are you a member of the League of American Bicyclists? (check one)

Yes No

Basic membership:

Individual (\$10) \$ _____

Household (\$12) _____

Voluntary advocacy contribution:

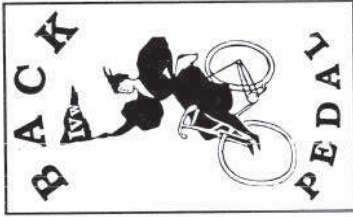
(\$5, 10, 15, other) \$ _____

Total enclosed \$ _____

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

May 1975. The first Morton Pedal-In is sponsored by the Morton Community Bicycle Safety Committee and the Illinois Valley Wheelmen. The two-day event features racing on Saturday, May 17 and a century/half century the next day. Among the riders, 77-year-old IVW member Louie Luthans. Says Louie: I've always believed in staying in shape. I went into World War I as a skinny kid and came out hard as nails. I do about everything but race. I leave that to the younger guys."



May 1986. Jeanne Holloway is selling IVW Double-Ewe t-shirts. The design features two bicycle-riding sheep eating ice cream. Ron Johnson leads Tuesday night casual rides from Commercial National Bank at the corner of University and Pioneer Park Drive. Rosanne Gambogi leads the Harry's Ride, a 32-mile loop in Tazewell County that ends at Harry's Tap in Deer Creek for fried chicken.

May 1991. Eric Hutchison organizes two cycling skills seminars from Peoria's Safety Town. Jack Welch is looking for used Sun Tour free-wheels, and he's selling 10 nylon sew-up tires—the six new ones for \$12 each. To the northwest, Cindy Owsley, editor of the BikeBurlington newsletter, recommends riders "drink lots of fluids. Beer doesn't count."

May 1981. Members report on four out-of-town rides: Prairie Spring Century (Champaign), May Days Metric (Danville), Dekalb Windy 60 (Dekalb), Lincoln Metric Century (Lincoln). Tourist time trials from the Caterpillar Tech Center are held each Tuesday evening. Rides led by Joanne Fought or Joe Mugavero also leave Columbia Park (by the McClure Library in Peoria) Sunday through Thursday.



Next IVW meeting: 6:30 p.m., Monday, May 20 at Safety Town, 6518 N. Sheridan (just south of the intersection of Knoxville and Sheridan). For more info, call Charlie and Franny Klees @ 694-3674.

ILLINOIS VALLEY WHEELM'N
6518 NORTH SHERIDAN RD STE 2
PEORIA IL 61614-2933

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

Your IVW membership expires: 10/03/96

RON ANDERSON
 203 LOCUST
 WASHINGTON, IL 61571-2207

May rides...

Don't take it unless you eat it. Page 6,7