



September 1996

ILLINOIS VALLEY WHEELM'N

greater peoria's bicycle club



Supporting our sport...for life

This article was intended for the last newsletter, but thanks to some electronic gremlins lurking about, it was lost to never-never land. Here it is, better late than never.

Every month I sit down and start trying to come up with something to write for the newsletter. I try to pick something that has happened in my life that would be food for thought for someone else. Last month I failed. We moved! We didn't ride much. We moved! I couldn't for the life of me see how anyone in their right mind would like to hear about all the junk we moved across town. All the stuff we couldn't do without until we got it to our new house, figured out it really was junk and threw it away.

And now this month is drawing to a close and, at the last minute, I must try to come up with something again. It's the 24th. Just before press time. Our editor is gonna shoot me one of these days. Kinda like waiting until the night before an exam to study.

I thought I would do something about the club trip to Wisconsin and the Elroy-Sparta Trail. Forty-plus members of the IVW congregated at Wilton to ride the jewel of Wisconsin's trails. What a wonderful job Master Camper and Trip Planner Bill Semmens did of organizing this great weekend. But I figured the thanks to Bill were already offered by those in attendance, the satisfaction of a job well done, and seeing so many people enjoying themselves would be thanks enough. He's kinda like that, ya know.

Then my day rolled around to donate blood, and I ran across the following while waiting at the local Red Cross office. I knew right then, this would be the stock for my article.

"Larry Frederick, an Oakland, Calif. police officer was struck by a hit and run driver traveling at 65 mph. The impact broke Frederick's back and legs, crushed his knees, pelvis and fractured his skull. He received 54 pints of blood the first night in the hospital—one pint every 10 minutes. When it was over, he'd survived nine

surgeries and received 110 pints of blood."

After Larry's miraculous recovery, he wanted to say "thanks" to California's blood banks and their 110 anonymous donors who saved his life. In June of 1995, despite constant pain and numbness, Larry rode 100 miles a day from Crescent City to San Diego, riding 1,000 miles in 10 days. This year, he is participating in the America by Bicycle Cross Country Challenge along with 60 other cyclists who are also riding for worthy causes. He has planned, organized and trained for this nationwide blood drive and bicycle ride across America with the goal of finding one million Americans who will pledge one pint of blood each.

This set me to thinking. We encourage everyone to give back something, sometime. Some folks are too busy with work schedules and other obligations to help out at our twice annual invitationals. But could we as a club give to this worthy cause? It doesn't cost anything. It won't drain our savings. Here's a guy doing what we do, cycling, and trying to give back the opportunity of life. Can we help? I think we can. I think we can respond enthusiastically to this call.

All you have to do is stop by the local Red Cross Blood Center and donate a pint of blood. Ask for a Life Across America registration form and give a pint of blood, or pledge to give a pint at a later date. Let's all pitch in and help this man meet his goal.

And don't forget to mention you are a member of the IVW. Our registration number for the Quiet Hero Program is 0560. This way, we will get a report of everyone who donates. Let's see if we can devote on whole column in the next newsletter to names of donors. Wouldn't that be great!

Food for thought.

—Bill Clark



NEW MEMBERS

Robert GreerPeoria
Helen McIntyrePeoria
Sheila PutneyHanna City
Ellen Smith-AllenPeoria

RENEWING MEMBERS

Kristen ButlerGroveland
Judi & Rick GentryPeoria
Don JohnsonPeoria
Pat O'Bryan &
Terry Whitehead.....Peoria
Mary & Robert Scroggs.Morton
Keith Shay.....Peoria
James, Alan, Karen &
Leslie Vonderhaar.....Pekin

Illinois Valley Wheelm'n

Greater Peoria's bicycle club

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

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unless otherwise indicated.

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NO BALONEY RIDE (JUNE 1)

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DIANE'S RIDE (AUGUST 24)

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

Deadline: 15th of the month
Newsletter published monthly

This month's club rides...

WRIGHT WRIDES NOTE—Bill Wright's Tuesday and Thursday rides end August 31. Bill says, "Thank you—see you next year."

SATURDAY, SEPT. 7—Banner Grade School. 8:30 a.m. 30–40 miles. Ride leader: Dave Schaufelberger, 579-2311.

SUNDAY, SEPT. 8—Fondulac Park District Building, East Peoria. 8:30 a.m. Ride leader: Steve Grube, 699-6956.

SUNDAY, SEPT. 15—Road Riding 101. Lincoln Grade School, Washington. 1 p.m. Ride leader: Rob Alexander, 444-3297.

SATURDAY, SEPT. 21—Hucks at Willow Knolls and Allen roads in Peoria. 8:30 a.m. For experienced riders. 8:30 a.m. Ride leader: Steve Shaffer, 685-4726.

SATURDAY & SUNDAY, SEPT. 21, 22—Ride to Jumers in Galesburg. 50 miles each day. Call Bill at 693-9388, then Jumers at 343-7151 to make your reservations. Ride leader: Bill Semmens.



SUNDAY, SEPT. 29—Goofy Ridge Ramble. Midwest Central High School in Manito to Havana. 9 a.m. 45 miles. Ride leader: Eric Hutchison, 685-3921.

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.

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.)

Two-day ride to Jumers in Galesburg

I'm planning a two day ride to Galesburg for late September. Haven't worked out the route yet, but here's what I have so far:

DATES—Saturday and Sunday, September 21, 22

COST—About \$120 for two people (\$60/ea) sharing one room.

The package includes:

Dinner Saturday night—off the menu—7:30pm

Room Saturday night

Wine and cheese basket in the room

Breakfast on Sunday morning—off the menu

Loaf of bread when we leave.

To sign up for the trip, call Bill Semmens at 693-9388 and then call Jumers at 343-7151 in Galesburg to reserve your room. Refer to the Illinois Valley Wheelm'n group reservation.

Our departure point will be somewhere west of Peoria. We'll ride about 50 miles

each day. Several vehicles have already been volunteered to haul luggage, but

I'll take all we can get. If necessary we can all share the driving.

—Bill Semmens



Goofy Ridge Ramble, A Mighty Fishy Tale.

Just the facts, ma'am: Manito/Havana ride, 45 miles, starts at 9 a.m., Sunday, September 29, from Midwest Central High School on Washington Street in Manito.

Details: Pine trees, sand dunes and . . . roadside cactus? Yes Virginia, you are in Illinois. We'll be exploring some of the unique treasures of nearby Mason County. We'll check out the small-fry at the Wolf Fish Hatchery visitor's center. In route to a bigger catch—the Illinois River—we'll pass through the Sand Ridge State Forest, the Chautauqua National Wildlife Refuge (honkers will be on wings, not wheels) and Goofy Ridge (mouse ears optional). If weather permits, we'll eat lunch in Havana's riverside park.

A few nuts and bolts: Along the river the route is mostly flat, but we'll be climbing a few ridge rollers to get there. Services are limited along the route—two water bottles and a few snacks may come in handy. You can either buy lunch at Havana at a fast food and grocery store or pack it along.

Where? Manito is southwest of Pekin. Follow Manito Road which intersects Route 29 at the prison on Pekin's south side. The high school is east of the main north/south road in Manito. Signs are posted. For more information, call me at 685-3921. —Eric Hutchison.

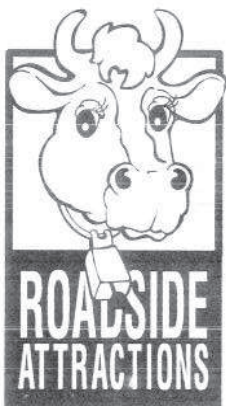
SUNDAY, SEPTEMBER 15—Spoon River Scenic Century. 30/70/100 miles. 7 a.m., Canton, IL. Registration \$11 before September 4, \$13 thereafter. Includes map, sag and food stops. Spoon River Wheelmen, Box 353, Canton, IL 61520. Call Dan for more information at 647-3801.

SATURDAY, SEPTEMBER 21—Arthur Amish Ride. 25/40/60. Arthur, IL. Registration \$5 before September 1, then \$6. For a registration form, call 1-(800)-722-6474.

SUNDAY, SEPTEMBER 29—Apple Cider Century. 25/50/75/100 miles. 7 a.m. Three Oaks, MI. Includes

spaghetti dinner, patch, sag, map. Bryan Volstorf, 616-756-3361.

SATURDAY, 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.



THE PEORIA BICYCLE CLUB IS GOING OFF-ROAD AGAIN!

The second-

annual Jubilee Jam Mountain Bike Race will be held Sunday, September 22, 1996, at Jubilee College State Park. NORBA-sanctioned races start at 10:00 a.m. with categories for all levels from beginner to expert. The top finishers will receive a combination of medals, cash or merchandise prizes.

We're also holding a USCF-sanctioned cyclocross with categories for women, senior men and master men (35 and older). Riders will compete for cash prizes in their respective categories. Cyclocross is open to a wide range of equipment from mountain bikes to cross bikes, which resemble road bikes with knobby tires, cantilever brakes and any of a variety of handlebars. Riders are expected to cover a small part of the course on foot. These races will start at 2:30 p.m.

Thanks to all of you who volunteered for the July 14 event, especially considering the rain and muddy conditions! We will need volunteers for the September 22 event, too. Here's the deal . . . you'll get your choice of a Jubilee Jam t-shirt, free race entry or grab bag prize, and there will be a free volunteer picnic for you and your family, significant other, etc., at Russell's Cycling Fitness Center in Washington at 6 p.m. on Saturday, September 21. If you're interested, call

Charlie Klees at 694-3674.

Special thanks goes out to all of our sponsors who help make the race possible. They are Vitesse Cycle Shop, Illinois Cycle & Fitness, Russell's Cycling Fitness Center, Little Ade's Bicycles and The Bicycle Bus. Come see their displays at the race.

Race flyers and entry forms are available at the above sponsors. For more information, call me at 999-3310 (day) or 444-3458 (evening) or e-mail at 103102.1076@compuserve.com.

—Steve Daggs

"AMISH COUNTRY: RIDE-TO-EAT" will be held Saturday, September 21 at Arthur, Illinois. It will have separate routes of 25/40/60 miles leaving from Arthur High School. New for '96 is our Six-Mile Ride to the Pumpkin-Patch, a working Amish farm for the kids to visit and see loads of pumpkins and animals.

The routes feature generally flat to rolling hills with very little traffic.

Registration is open Saturday, from 6:30 to 10:30 a.m. All routes will be SAG serviced until 6 p.m.

The ride fee is a low \$5 until September 1, then skyrockets to \$6. The fee includes all routes, sag service and rest stops.

An optional all-you-can-eat lunch is from 11:00 a.m. to 2 p.m. at the Arthur Amish School near registration: The lunch fee is separate from the ride because this is how the Amish women make money for their school. (Lunch fee is \$6.00 for adults and \$3.00 for children

\$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.

SUNDAY, OCTOBER 6—Seventh Annual Pumpkin Pie Ride. Peru, IL. 25/50/75/100-mile routes. Showers available; bring a towel. \$12 by Sept. 21; \$16 thereafter. For info, call (815) 224-2988 or (815) 434-6673.

FRIDAY-SUNDAY, 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.

10 and under. (Add a buck if signing up after September 1.)

We also sell ride t-shirts; this year they will be four-color on ash grey and short-sleeve, long-sleeve and sleeveless/tank options available \$10.00-\$12.00. They've always been real sharp and took top honors in '94 in Illinois with the League of American Bicyclists.

Campers are welcomed to come early and stay on the high school grounds. There are warm showers and toilets there also. Non-campers can stay at the Arthur motel or stay in Champaign, just 20 minutes away.

Hey, it's Arthur: Life is simple & worry free.

For a registration form, call 1-(800)-722-6474. The ladies at the Arthur Visitors Center will send a form to whoever calls (please speak slowly). For more ride information, call the Decatur Bicycle Club at (217)-767-2730.

The Arthur Area is home to around 3500 Amish families. There's always lots of buggies on the roads and plenty of harvesting activities in the fields (horse-teams harvesting corn/hay). The Amish folks are very bicycle friendly, and seem to really enjoy us riding in their area. They sell all kinds of locally made products and/or baked goods; all of which are excellent and high quality.

Ready for a surprise? Here it is: <http://www.ArthurIL.com/>. Yep, the Amish have a homepage! Well, the Arthur-Amish Tourism group does.

—Mark & Beth McClure
mcclure@midwest.net

From our reporter in Atlanta...

Larry reporting in, back from visiting sister and family in Kennesaw . . . and from viewing the men's Olympic road race in Atlanta's Buckhead area.

Had a great corner spot at the head of Northside Drive. Anybody else make the trip? We especially enjoyed the people around us, including the National Guardsmen from Cape Cod who were more interested in trading "pins" than guarding the corner barrier.

Our corner was very "neighborhood", and low-key. The tip-off that this was a special race was the five helicopters preceeding the passage of the peloton, and the phalanx of BMW sedans and motobikes plus the accents of the conversations around us.

Too bad for Lance, but the race was still exciting to watch . . . much better than the TV coverage would lead you to believe. Lots of mountain bikes being used by spectators to get around the 8.1 mile course; you couldn't find a clear way in a car if your life depended on it. All of that area seems to have been laid out by following a drunken mule.

Visited Bicycles of West Cobb, a shop in Kennesaw area, where the owner was working on Friday and very candid that they had no "beginner-rides" outside of the

city due to the mountainous terrain and lack of road width. He also added that the area was so full of bike club members that the clubs had turned over ride organizing to the shops for each area. Picked up the "FreeWheelin'" newsletter of the Southern Bicycle League, Inc. which is

chock-full of photos, features, departments and ride calendars (pages worth!)

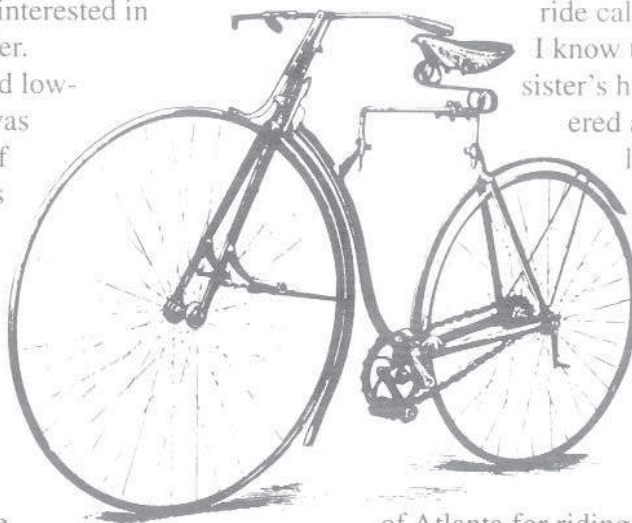
I know the roads around my sister's house would be considered a deathtrap to us flat-

landers, but the bikes were out in the area just around Kennesaw mountain (a national battlefieldsSite), and the roads there have striped (3-foot wide maximum) shoulders.

I'd recommend checking out the city

of Atlanta for riding, but maybe with assistance from a local bike shop. You definitely need a map to find a thru-street . . . that mule hardly ever made it to the next road.

—Larry Davis



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 NORTH SHERIDAN RD STE 2, PEORIA IL 61614-2933

SEPTEMBER 1975. Rita Fishman, 1974 state women's road champion, is wrapping up her last season with the Illinois Valley Wheelm'n. She heads to Chicago in 1976.

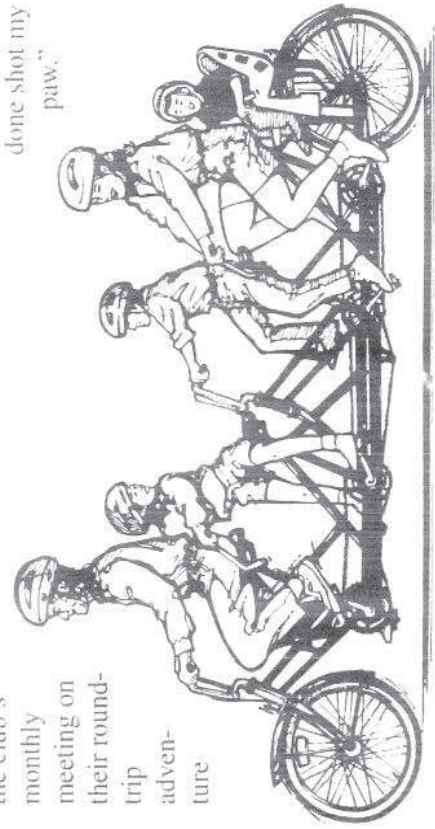
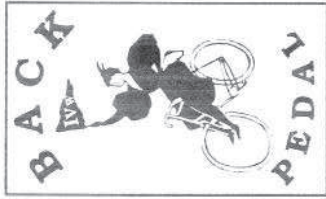
SEPTEMBER 1981. The club's Chicken Ride, held partly in honor of the 19th century Peoria Bicycle Club, partly just for the chicken, is scheduled to leave for Chillicothe from the Peoria County Courthouse on September 6.

SEPTEMBER 1986. Rosanne Gambogi completes her first century at the first Diane's Ride. Daryl Johnson records the fastest 10-mile club time trial of the autumn: 23:18 on August 16. The Ohio Department of Transportation is selling a set of maps highlighting bicycle-friendly roads. Barb and Myron Oesch speak at the club's monthly meeting on their round-trip adventure

from San Francisco to Alaska. **SEPTEMBER 1991.** The ride of the month includes a three-stop progressive dinner. "This ride is not recommended for dieters."

On Don Eberle's August Mystery Ride, Jack Welch wins the Abdujaporov Award (given For The Most Serious Accident When Nearly Finished). Jack clipped a barrier on the East Peoria trail and broke his collarbone. Bob Forney wins the 2,930-mile Race Across America

(RAAM) for the second year in a row with a time of 8 days, 16 hours and 44 minutes. Story of the month: A road-worn, mangy, three-legged dog hobbled underneath a swinging saloon door. Half-leaping to the top of a stool, he looked down the long bar (worn smooth by the forearms of many drinkers and the coarseness of their language) and slowly and deliberately said, "I want to talk with the man that done shot my paw."



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RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571-2207

Selected out-of-town rides...

Inside this month's issue!