

November 1996

ILLINOIS VALLEY WHEELM'N

greater peoria's bicycle club



Peoria bicycle map now available

PEORIA BIKE MAPS HIT THE ROAD (AND TRAIL). The city of Peoria has published the first comprehensive city bicycle map in downstate Illinois. The Peoria Bicycling Map and Resource Guide shows the best roads and trails for bicycling in the city. The map also lists and locates great bicycle destinations such as parks, historic sites, bicycle shops, and shopping centers. There's even a poem by Major Taylor. The maps are free to the public and currently available at Peoria City Hall (419 Fulton St). They will soon be available in all local bicycle shops. If you like this map, don't keep it to yourself. A short note to your councilman thanking them for the map will greatly help pave the way for many more fine bicycle projects in the Peoria area (including printing more maps). Thanks to the following folks for attending the Peoria City Council meeting for the official announcement about the new maps: Jim Wittmer, Russ Goin, Eileen Dudley, Bill Clark, Jennifer Hutchison.

LAHOOD TO CYCLISTS: TALK TO CONGRESS, GET TO KNOW IDOT. *I apologize in advance (as I did at the meeting) to any IVW member who feels offended by our contact with Congressman LaHood so close to an election. The purpose of this event was education—Congressman LaHood has been close to the transportation planning process. On election-eve, a candidate's forum/debate type event would be best, but this requires more planning than I am personally ready for at this time. We had a unique opportunity (schedule wise) to have Congressman LaHood at our October meeting, so I decided to take advantage of it and keep the evening fairly informal. As I stated that evening, our contact should not be considered to be a political endorsement of any kind.*

Illinois Eighteenth district Congressman Ray LaHood stopped by the IVW's October meeting to discuss the upcoming round of federal transportation spending. The soon-to-expire budget contained landmark provisions for public participation and bicycle/pedestrian accommodations (ISTEA*). As Vice Chairman of the Surface Transportation Subcommittee, Congressman LaHood will be helping draft the next version of ISTEA. Congressman LaHood said that Illinois is a big player in ISTEA II—six Illinois

congressman** are part of the 12-member Transportation Committee. As an example of what is possible when local citizens participate in government decision-making, Congressman LaHood discussed the new RH Michel Bridge, the first Peoria-area river bridge to provide bicycle and pedestrian access.

IVW member Roger John asked the congressman if Illinois was overlooking the economic potential of the bicycle. Examples Roger gave were the tourism success of bicycling in nearby Wisconsin and similar potential for an improved bicycling corridor between north Peoria and Jubilee College State Park. Congressman LaHood agreed that bicycling accommodations have not been a high priority in Illinois. He suggested that the IVW become familiar with IDOT's transportation plans and offered to attend a meeting between the IVW and the Peoria area IDOT District Engineer, Dale Risinger.

When asked about the future of the ISTEA Enhancements Program*** and the State Bicycle/Pedestrian Coordinator position, Congressman LaHood said local groups need to express their support for these and other ISTEA issues to guide congress in it's revisions. Congressman LaHood expressed support for rails-to-trails projects and sighted the Rock Island Trail and the Illinois Prairie Path as examples. He also expressed firm support for a Peoria-Chicago highway and Peoria-area ring road to create economic opportunity. Congress begins work on ISTEA in early February '97.

*Intermodal Surface Transportation Efficiency Act, passed in 1991, expires 1997.

** At presstime (pre-election) Illinois Congressman on the Transportation Committee were: Jerry Costello, Thomas Ewing, Ray LaHood, William Lipinski, Glenn Poshard, and Jerry Weller.

*** The portion of ISTEA used to fund over \$4 million in trails projects in the Illinois 18th district, including the East Peoria and Morton trails.

IVW POKER RIDE/DINNER SUPPORTS ADVOCACY. Tuesday night ride leader Bill Wright donated the proceeds from his season finale' to IVW advocacy efforts. Tipped helmets to Bill and the Tuesday night gang.

—Eric Hutchison



The Peoria Bicycling Map and Resource Guide shows the best roads and trails for bicycling in the city.

New Member

Ron JettonPeoria

Renewing Members

Ron Anderson*Washington
 Bernard & Patricia Dempsey*Mapleton
 Eileen & George Dudley*Peoria
 Sheryl Hansen*Morton
 Weldon PhelpsDunlap
 Randy PhillipsMetamora
 Patty & Todd SageHenry
 Bill & Ruth StevensonPeoria
 Chris White*Peoria

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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gwududley@bykerider.win.net

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274-6101 (7 p.m. to 9:30 p.m.)

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

Deadline: 15th of the month

Newsletter published monthly

IVW Annual Banquet

6 p.m., Saturday, November 9.

Lariat Club, Glen Avenue, Peoria

Dinner choices: ribeye steak, orange roughy, or chicken

Price: \$7-\$14, depending on the item ordered

Call Franny Klees today at 694-3674

to make your reservation.

GOOFY RIDGE REHASH. Seventy degree afternoon, tailwind to push us home - a day custom made for cycling. Twenty seven smiling souls pedaled out of Manito on Sep 29 to explore the mysteries of Mason County. Saw some of our favorite familiar faces as well as some welcome new comers — Greg Stefan, Tim Gerdis, and Larry Paustian. Department of Natural Resources technician Tom Blessman introduced us to a few (about 12 million) fine-finned-friends at the Wolf Fish Hatchery/Visitor Center. Turns out Tom occasionally rides his bike to work at the hatchery. The 16 foot bass swishing about in the outdoor tanks were a particular hit (or was that 16"—fish stories require poetic license). Hey Charlie, what's that wet floppy lump under your jersey? -too bad, no cooler in the bike bag. We surfed on down stream through Chautauqua National Wildlife Refuge via Goofy Ridge and Buzzville. Great weather prompted a picnic lunch at the riverside park in Havana. Sheila Gribble's Amish cheese from last weekend's Arthur ride was a real hit. Generous tailwind flew us back to Manito via the Mason State Tree Nursery . 45 miles in all—9 year old Christopher Padesky did it all on

his own bike. Eric got his first flat, in about 5 years, 5 miles from the finish (place your faith in Kevlar, my son—most of the time). He don't get-em often, but he gets em good—wrench twirler extraordinaire' Steve Grube is probably still having nightmares (we found 2 faulty inner tubes trying to fix one flat tire). No one guessed the fishy-literature trivia question, so the fabulous prize remained unclaimed.

NEW AWARD AT ANNUAL MEETING. The judges have decided to open up the competition to a wider audience, so here it is. Guess the book from whence the following comes and call me, Eric, at 685-3921. Prize to be awarded at the IVW banquet, November 9.

*When I wish to make a wish
I wave my hand with a big swish swish.
Then I say, "I wish for fish!"
And I get fish right on my dish.
So... if you wish to wish a wish,
you may wish for fish
with my Ish wish dish.*

—Eric Hutchison



For Sale: Yakima Roof Rack
for two bikes, including:

1—SST MKII Rack
with key locks \$195
1—pair 48" crossbars 40
1—set of 4 clips (Y-11) . . 40
1—Yakima Faring 50
When new \$325 (+ tax)

Asking price \$140

Call Gregg at 243-5206
after 4 p.m. and weekends

On the trail again, Diane's Ride

HOME ALONE IN WISCONSIN. I had a week of vacation to burn up, and wanted to do something besides work around the house. Stoker Brenda couldn't get time off work, so suggested I go riding by myself for a few days. Why not! I had always wanted to do some sort of a tour, but with little ones at home, it is tough to get away. I knew I wouldn't get any better opportunity.

Wisconsin immediately came to mind. I decided to go back up to the Elroy Sparta area, and see what I had missed earlier in the year.

I drove up to Reedsburg, and left my truck at a campground we had stayed at before. They kept a eye on it for me, for only two dollars a day. I loaded the bike with tent, sleeping bag, and tooth brush and headed out. I had earlier decided to stay strictly on the trails, and see some of the back country scenery. Heading out of Reedsburg, I took the "400" State Trail up to Elroy. There I got on the Elroy/Sparta.

My first overnight was in Wilton. As fall was already in the air, the pool was empty, and closed for the season, but the showers were still hot! Boy did they feel good, even though there was no roof on the shower house. For those who made the trip earlier in the year, the folks at Wilton were breaking ground at the park for a new shower house/toilet facility. This should make it even handier to camp there.

The next morning I headed up to Sparta. I have always enjoyed this section of trail because of the tunnels. But, those same tunnels are spooky when you are by yourself. And those big drops of cold water down the back of the neck didn't help either. At Sparta I picked up the Lacrosse River trail. It reminded me a lot of our Rock Island Trail. It is very scenic although it is more open country. I followed this in to Onalaska, on the south side of Lacrosse, where I picked up the Great River State Trail. This trail follows the Mighty Mississippi, and cuts through a lot of the marshland along the river.

I overnighted at Perot State Park, about 23 miles above Lacrosse. The ranger didn't inform me until after I had paid my fee that there were severe thunderstorm warnings out for the night. Just before drifting off to sleep, I laid there in my tent, listening to the deer and raccoons feed along the shore. Then I didn't care if it rained or not. Nothing could be much better than this. The storm blew around me though, and I didn't see a drop of rain.

The next morning the wind was at my back, and the sun was out. The day was just about perfect, and I even found a couple to walk through the tunnels with. After three days by myself, the company was welcome. I rode to Norwalk with them, where they had left their car. Perhaps some day, on another trail, we will run into each other again.

As most trips go, I couldn't get by with out getting wet. It rained all the way back. But I didn't

care. I was headed home. This had not been an overly long trip, but enough for me by myself. With all my little side trips, I ended up with about 320 miles for the week. I figured something out on this trip. It is nice to get away by yourself sometimes. But sometimes, it is nice to get away by yourself with someone, too.

RETURN TO DIANE'S RIDE. I was relieved not to be in charge of Diane's Ride again this year, but also apprehensive. I had spent the last three years heading up this ride and now someone else was in charge. But if I wanted my marriage to stay intact, I needed to let someone else take the reins. Boy was I in for a surprise! John and Judy Apici stepped forward and volunteered to take the responsibility. Judy was on top of every little last minute detail. The bagels had been delivered by a guy of the last name of Linder (no joke) and a list of last minute food items was clutched tightly in Judy's hand. The routes had been marked, all the helpers had been lined up, and the coffee pots were primed and ready. It appeared we were ready for Diane's Ride '96.

John & Judy and company did an outstanding job of putting on this years ride. But I think their nerves were a bit frayed, as they were also organizing a move to Singapore. Their daughter Angela and her husband pitched in, and soon became accustomed to the biker's way of life. The salad bar was every bit as good as years past, as was the pasta fest, served for the main after ride meal. And speaking of a full service ride. We even delivered diapers to a rest stop, so our youngest rider could change, and not have to sit in a soggy bugger all day. That's got to be a first!

It did my heart good to see the number of parents that brought their children' for help along. I know it takes a lot of patience to ride at a slower than normal speed. But isn't it great to get our children interested in such a healthy activity, at such an early age.

Judy got away before I could get a comprehensive list of all the helpers, so I'll pass on thanks to all those who pitched in and made this years ride a success. Everyone from all the folks who ran the rest stops, to those who shuttled food back and forth, to Vitesse, Russell's, and Illinois Cycle. We owe these guys a debt of gratitude. Let's show our support, when we are ready to buy a new bike or accessories. React was also ever present, and their help was invaluable to keeping things running smoothly.

Next year? We'll see. Judy had trouble getting help from within the club, and recruited neighbors, friends, and family to help out. If we have someone step forward and take on the task, we may see you on the road. If not, well, perhaps it is time to move on. I'm open for suggestions.

—Mr. Bill



Couldn't have asked for a prettier day. Mildly breezy with temps in the mid 70s. There were 191 registered riders. The youngest was six and the most experienced 82!
B.C.

New e-mail for cyclists, traffic deaths up



Fay called for using the 4.3 cents of the federal gasoline tax currently earmarked for deficit reduction as revenue to bring many smaller, rural roads up to Interstate-type standards.

COMPUTER NEWS. A new Internet mailing list promises to include announcements of activities of interest to Illinois cyclists, including invitational rides, races, club information, advertisements for ride partners, route advice, want ads and newsletter articles. According to Paul Davis, moderator of the new list, the primary focus is on announcements rather than discussion. Subscribe/unsubscribe requests should be sent to majordomo@cycling.org. Include in the body of the message:

subscribe ilcyclist
end

To submit something to the list, e-mail it to ilcyclist@cycling.org

BACK IN THE NEW UVC. The Uniform Vehicle Code will be revised in 1997, according to Chuck Smith, chair of the Ohio Bicycle Federation. The group in charge of the UVC, The National Committee on Uniform Traffic Laws and Ordinances, recently moved from Illinois to Virginia. Their new address is 107 S. West Street, #110, Alexandria, VA 22314. Phone numbers are (703) 441-8633 and 1-800-807-5290.

ROAD FATALITIES RISE FOR THIRD STRAIGHT YEAR. Fatalities resulting from traffic accidents have risen for the third year in a row, according to a study recently released by the National Safety Council and reported in last week's New York Times (10/10). Overall, motor vehicle accidents claimed 43,900 lives in 1995 alone, an increase of 3% over the previous year. Alcohol-related fatalities were also up 4%, representing the first increase since the 1980s.

The National Safety Council cited several factors as likely contributors to the trend including a rise in total vehicle miles traveled (VMT) and the raising of speed limits in many states after the repeal of the national maximum speed limit last November. It is widely agreed that driver behavior, particularly drunk driving and speeding, account for many fatal traffic incidents. Public Citizen President Joan Claybrook also noted that part of the problem was "a huge backlog of unattended-to (auto) safety standards that could make a huge difference."

William D. Fay, President of the Highway Users Alliance, jumped on the report to blame the design of roads with only "two narrow lanes, no medians or shoulders and numerous roadside hazards" as the major reason for many of the deaths. In a letter published in the New York Times (10/15), Fay called for using the 4.3 cents of the federal gasoline tax currently earmarked for deficit reduction as revenue to bring many smaller, rural roads up to Interstate-type standards.

The question of highway safety cannot be answered by such a simple "one size fits all" solution, argues Jon Orcutt of the New York-based Tri-State Transportation Campaign. Orcutt responded to Fay's argument in a letter of his own to the Times, explaining that "history shows expanding highways serves primarily to encourage greater driving, and increasing vehicle miles of travel was indeed posited as a likely cause of the country's rising road fatality rate." For copies of the article and the letters, contact Grace Erb at STPP (202) 939.3470 or via e-mail: gmerb@transact.org (please provide fax #). —from *Surface Transportation Policy Project e-mail news.*

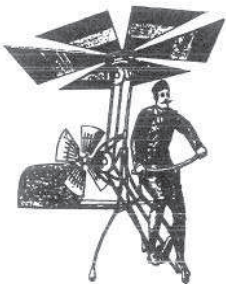
Bike racer educates as well as entertains

Hey! The Peoria Bicycle Club is heading in a new direction again. Last year we went off-road, and now we're headed to the classroom! Do you have a competitive side you'd like to exploit, are you tired of being dropped on rides, or do you just want to take your cycling to a higher level? If so, we've got a deal for you!

We're having a series of five classes on how to train for competitive or fast recreational cycling. You'll receive instruction in basic physiology, training concepts, preparing an annual training program, including weight training, as well as in-season and off-season training exercises. We'll also cover racing strategy and tactics. At the end of the series you'll have developed a complete personal training manual with monthly training schedules, road and trainer workouts, a weight training program, and training record forms for the next year.

Okay, here's the deal. You get all the above and a special notebook with all the materials included for \$15.00. The series will be held on the five consecutive Monday nights starting November 11th through December 9th, with a final wrap-up on December 16th, if necessary. The classes will start at 6:30 p.m. and end no later than 8:30 p.m. and will be held at Proctor Hospital in classroom IV in the lower level of Proctor Professional Building I.

Yours truly, Steve Daggs, will lead the class. We'll also have several guest speakers to cover special topics. In addition to my many years of cycling experience, including touring and competitive cycling, I hold a United States Cycling Federation Expert Level Coaching License and have an American Sport Education Program coaching certification. For more details or to register, you can call me at work at 999-3310 or at home at 444-3458. —*Steve Daggs*



SATURDAY, NOVEMBER 2. Campustown Shopping Center, Main and University in Peoria. 9 a.m. Gary Hartzler, 674-3061.

SUNDAY, NOVEMBER 10. Show 'n Go from Fondulac Park District Building, East Peoria. 11 a.m. Jack Welch, 387-6117. Show 'n Go rides are recommended for experienced riders only.

SUNDAY, NOVEMBER 17. Downtown park near the bank in Mackinaw. Distance and speed depend on weather. 8:30 a.m. Denny Tresenriter, 387-6617.

SUNDAY, NOVEMBER 24. Fondulac Park District Building, E. Peoria. 11 a.m. Experienced riders only. Steve Grube, 699-6956.

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.

QUIET HERO NEWS. With four new donors, the IVW's Quiet Hero Club had an outstanding record of donations for the summer months of July, August, and September. Thanks very much to the following members:

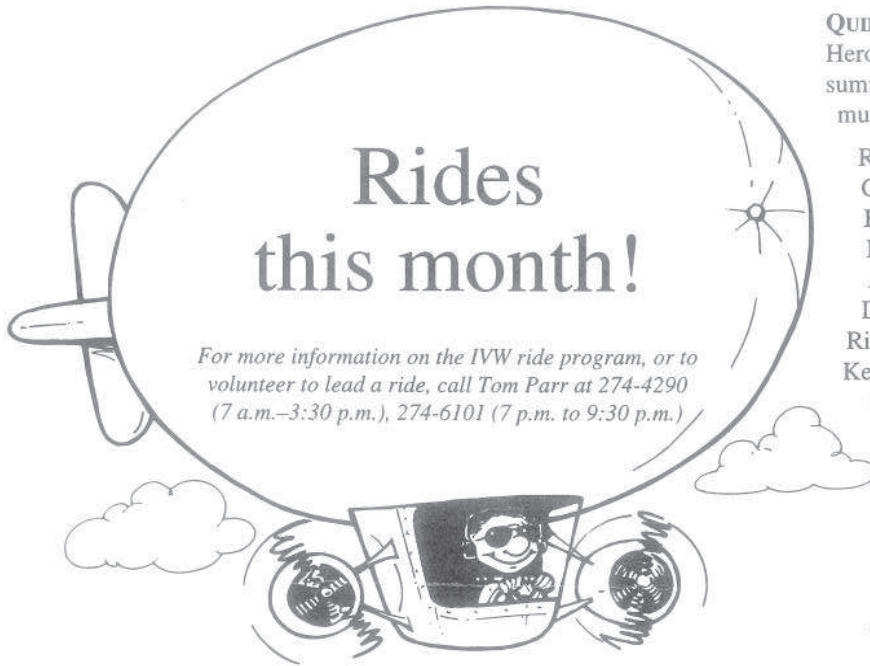
- Ron Anderson (2 donations)
- Gregg Benning (2 donations)
- Bill Chaffer
- Bill Clark (2 donations)
- Ardis Diebel
- Dirk McQuire
- Richard Morris
- Ken Pedigo (5 pheresis donations!)

Bill Semmens

Larry Wegman (4 pheresis donations!)

Jack Welch (2 pheresis donations)

Through September, our club has made 53 donations—only one less than all of '95 and only 10 less than our record of 63 in '94. It looks like '96 will be a new record setter. Thanks everyone! Remember, our Quiet Hero Club number is 000560. —Ron Anderson



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

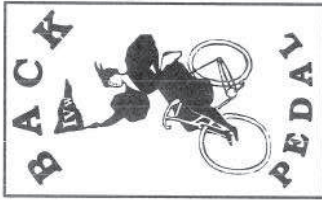
NOVEMBER 1975. Among this month's events is an area Commuters Ride involving riders starting from Pekin at 8:30 a.m. and Peoria at 9:30 a.m. The club trailer is welded up but still needs hardware. Looks like a good winter project.

NOVEMBER 1981. Ron Matuska writes his final column as president of the IVW. "Serving as president for the past two years has been a rewarding experience for me. I am grateful to you for giving me the opportunity to try different activities—some were successful and some were learning experiences." Brett Rickett and Ken Beckler are busy assembling a 59cm frame for a promising young racer. Before leaving Poland with his family, Gerzy "Jerry" Lis was a national champ in the 4000 meter team time trial.

NOVEMBER 1986. Samuel Joslin writes his final column as president of the IVW. "Financially, the IVW is stronger. There were times in the past

when June Cowan would write a personal check to cover newsletter costs. Now, if weather wipes out an invitational ride, the financial loss is not devastating."

NOVEMBER 1991. The annual meeting is held at O'Leary's November 16. Gregg Benning is planning a Spring Break Ride to Daytona, FL in March to ride with with Wandering Wheels. From Canton: The Spoon River Wheelmen report 152 riders on the eighth annual Spoon River Scenic Century. Further south: The Capital City Century in Springfield earlier this fall attracted a record 526 participants. Steve Tippett, sports physical therapist with Great Plains Sports Medicine and Rehabilitation tells Peoria Bicycle Club racers that significant deconditioning "can occur when periods of inactivity extend three to five days." To maintain summer fitness, Steve recommends three to five thirty-minute workouts per week. Dean Grethey completes his last newsletter before handing over editorial duties to Samuel Joslin.



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

Your IVW membership expires: 10/03/97

RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571-2207

IVW Annual Banquet

**6 p.m., Saturday, November 9.
Lariat Club, Glen Ave., Peoria**



**Call Franny Klees today at 694-3674
to make your reservation.**

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

Only a few days before the...
ANNUAL MEETING, November 9.