

May 1997



ILLINOIS VALLEY **WHEELM'N**

greater peoria's bicycle club



NEW MEMBERS

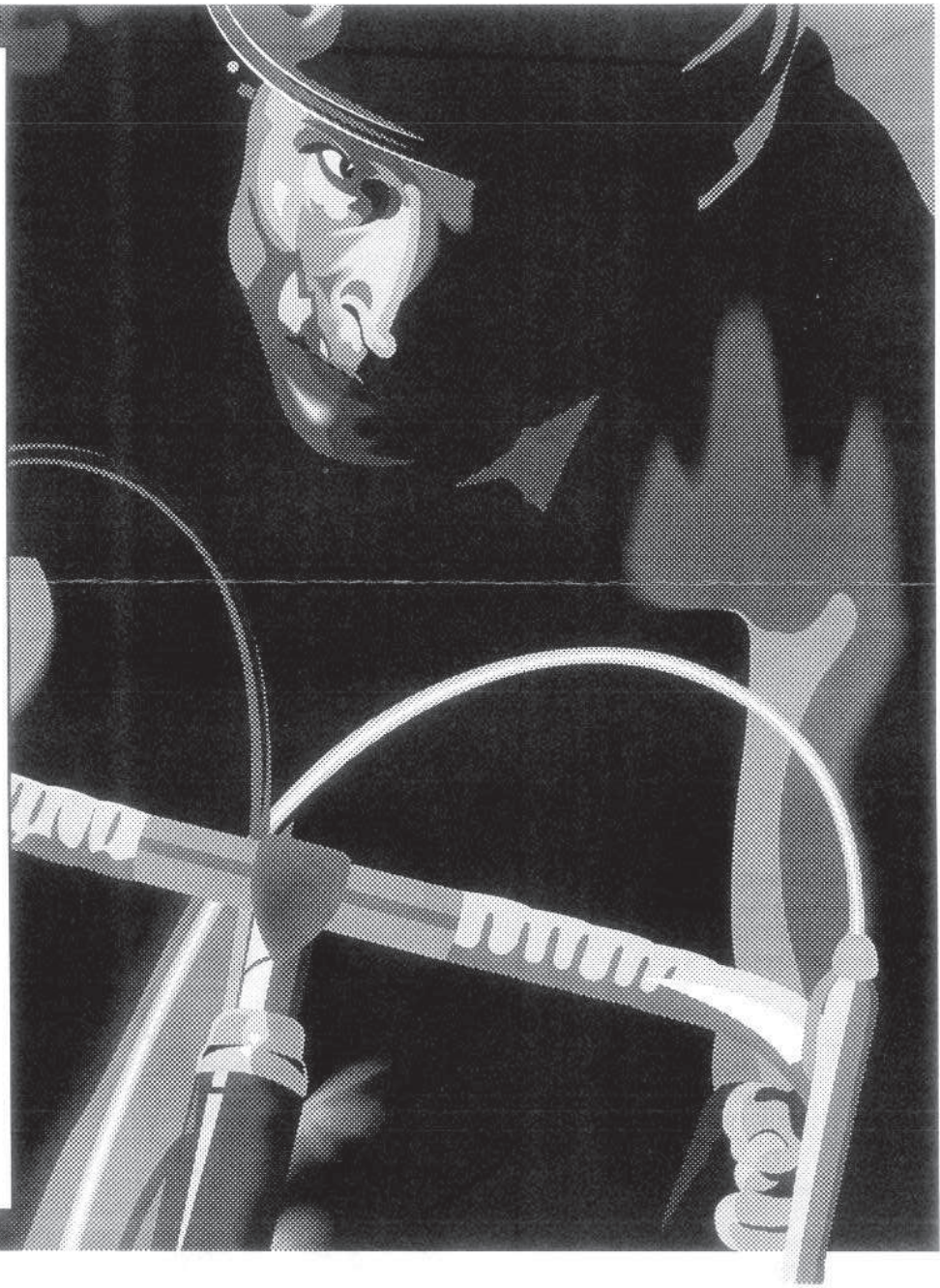
Mark & Benjamin Beiser,
 Julia Bour* Metamora
 Monica & Oscar Cole Metamora
 Samer K. Khodor Peoria
 Marge King Peoria
 John & Kay Mallon Peoria
 Scott Spitznagle Peoria
 Mike & M'Liss Wittenmeier Peoria
 Jurg Zundel, Jodi Engelberg,
 Hannah & Asher Zundel* Peoria

RENEWING MEMBERS

Allan Carr* Peoria
 William Chaffer* Peoria
 Ronald Deant†* Knoxville
 David Faught Peoria
 Brent & Deb Graham Brimfield
 Marcy Grebner* East Peoria
 Stephen D. Grubel* East Peoria
 Robert Guenther† Pekin
 Don Jacobs Washington
 John W. Mogler† Washington
 Dave Pittman, Aaron Hellman Peoria
 Jeryl Riebling* Peoria
 Donald, Christine, Stephen &
 Scott Sheller† Morton
 Charlie, Jane & Rich Sieck* Dunlap
 Les Siegrist Washington
 Quinton, Barb, Brendon, Shannon &
 Jessica Smith* Pekin
 Cynthia Tanner† Brimfield
 Steve & Sue Weast Laura
 Jane & Nick Weede* Peoria
 Mark Wenzel* Peoria

†LAB member.

*Advocate-level membership.



May is National Bicycle Month. Pedal hearty, dudes.

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 in the
309 area code unless otherwise indicated.

PRESIDENT

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wdclark@hrn.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

Linda Reinholtz 682-0225

RIDE CHAIR

Jack Welch 387-6117

SOCIAL/MEMBERSHIP

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

EFFECTIVE CYCLING INSTRUCTOR

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

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Sue DeDecker 693-2973

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ldavis@ionline.com

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ehutchis@heartland.bradley.edu

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Peoria, IL 61604
Phone: 688-0922

Computer users: Send e-mail to the editor at:
Bikewriter@aol.com

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

Deadline: 15th of the month
Newsletter published monthly

THE MAY MEETING will be held at Leonardo's Pizza, 7006 E. War Memorial, on May 14 at 6 p.m. Pam Donath, a local reflexologist, will speak and give a demonstration. From June until October, we will be meeting after the Tuesday night Wright Ride for social time over dinner. If you have any questions, please call me at work, 693-1313, or home, 694-3674. —Franny Klees

TO THE EDITOR: I've only been a member of IVW for about a year and a half, so I don't know what's been tried in the past. However, I'd like to put in a request to see the minutes of the IVW meetings published in the newsletter. Since I rarely get to the meetings, I would find it interesting to know more about what's going on with the club. Thanks for letting me voice my opinion. —Patty

EDITOR'S REPLY: Thanks for your note, Patty. Meetings have been scarce in recent months, but I have passed your suggestion along to members of the board. If I receive minutes, you'll see them printed in full in upcoming newsletters.

FOR SALE: Raleigh Technium 440 12-speed road bike. 19-inch aluminum frame and components. In very good shape, and recently relubed. \$175. Call Steve Kurt at 243-7684.

FOR SALE: Graber Continental bike rack. Mounts on car roof, carries two bikes. \$100. Call Steve Kurt at 243-7684.

PACRACC Reborn as WACC

FOR THOSE OF YOU WHO HAVE DONE PACRACC (Pantagraph Area Cyclists Ride Around Corn Country) over Labor Day weekend in past years, you have probably heard that after 15 years the Pantagraph (which, by the way for those that do not know, is Bloomington/Normal's daily newspaper) decided to drop sponsorship of this two- and three-day ride. This was a popular ride with cyclists not only in Central Illinois but from all over the Midwest and even further. There have been many letters to the editor in the Pantagraph asking for reconsideration by the Pantagraph.

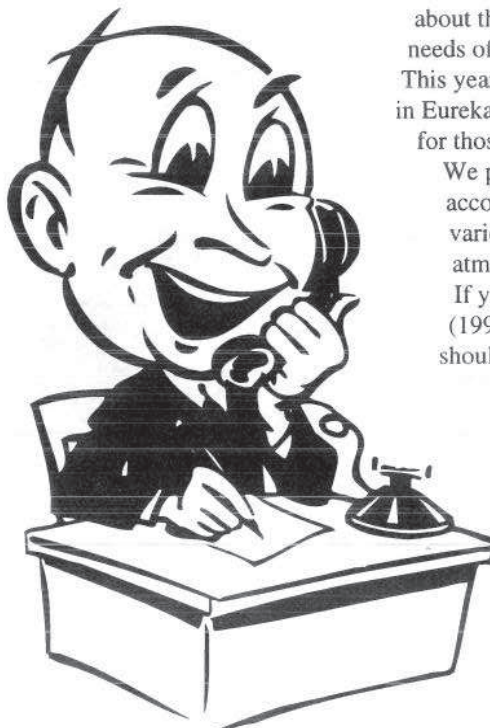
The McLean County Wheelers have decided to step into the void created by the Pantagraph's decision and resurrect PACRACC. Thanks to the help and encouragement of numerous people and groups, not least of which are the Bloomington/Normal Visitors and Convention Bureau and Vitesse Bicycle Shop, we will be sponsoring WACC (Wheeling Around Corn Country), a two-day ride on Saturday and Sunday of Labor Day weekend, August 30-31. As a club we are very excited about this opportunity and look forward to filling the needs of cyclists on this last weekend of the summer.

This year the two-day ride will overnight at Eureka College in Eureka, IL. This was the traditional second-day overnight for those who did the three-day version of PACRACC.

We plan to offer routes of various lengths each day to accommodate cyclists in various stages of fitness and of various ages. Our aim is to keep the same family-type atmosphere that PACRACC achieved over the years.

If you have done PACRACC within the last two years (1995 or '96), you are probably on our mailing list and should receive our flier by the end of April or very early May. If you have not done PACRACC before or at least not in the past two years and are interested in learning more about the ride, please e-mail your snail-mail [street] address and we will add you to our mailing list. You can also contact me via e-mail for further information.

Thanks. Hope to see some of you Labor Day weekend. —Craig Ryan, McLean County Wheelers e-mail: craigr1008@aol.com



May Rides

Coming soon: a WHALE of a ride

That's Wheeling Around Lake Evergreen, June 27–29. The plan has changed some since the last newsletter. Instead of riding over there on Saturday, we'll drive over on Friday night. Then we'll ride early Saturday and also early Sunday. Saturday afternoon will be open for swimming boating, hiking or anything you want to do. Meals are your responsibility but we will have a breakfast ride each morning. Depending on the wind and weather, we'll either ride to Lexington, Danvers or Blooming. Supper Saturday night will be a big potluck.

GENERAL SCHEDULE

Friday: Drive to Comlara Park—Lake Evergreen.

Saturday: Coffee, juice, etc.—Ride to breakfast, about 30 miles. Return to park for lunch, swimming, etc., or do longer ride. Supper, about 7 p.m.

Sunday: Coffee, juice, etc.—Ride to breakfast, about 30 miles again. Those that want, can also do a longer ride.

Cost is \$10 per person or \$20 per family. Send checks to Bill Semmens, 10214 N. Forrest Dr., Peoria, IL 61615. For more information, call 693-9388.

WRIGHT ROAD RIDE. On Tuesday, May 20, our weekly road ride will start from Dunlap Grade School next to the city park at 6 p.m. We want to encourage the Level I rider to come out to this one. You will not be put in with Level II or III riders. Come and meet new club members and ride with people who want to ride together. Our motto is, "You will never be left behind." Levels II and III are invited. They will appoint their own ride leaders and follow their own routes. Questions? Call Bill Wright at 685-8549.

WRIGHT TRAIL RIDE. We will start our weekly trail ride Thursday, May 22. Bring your mountain or hybrid bike for a leisurely ride along the Rock Island trail and surrounding dirt and gravel roads. We all ride together on this one. Kick the mud off your old mount and come out and join us. Lots of fun. Meet at Alta Grade School across from the trailhead at 6 p.m. Questions? Call Bill Wright at 685-8549.

NEW DIANE'S RIDE LEADERS SEEK VOLUNTEERS & REFINED SUGAR PRODUCTS.

ARE YOU LOOKING FOR A WAY to help your bike club? Well, Diane's Ride might be just the thing. The ride will be Saturday, August 23, this year and I could use some help. I've gotten a good response so far just by word of mouth, but I still need more help. I also need cookies! About 50 dozen. [not necessarily all from one oven—ed.] If I can't get cookies donated I will have to buy them. If you plan to ride, we still have jobs for you before or after your trip.

Since this is our first year running this ride we won't be making any major changes. Same basic routes, same delicious food and same great fun. Keep your eyes open for more information later. But make plans to attend or help out now! Contact me, Brian King, or my wife, Debbie, at 745-5960, or e-mail ntfdbiker@aol.com. I look forward to seeing you at the ride, and with your help we can make it a great time for all. —Brian King

LAST MONTH I TALKED ABOUT volunteering to be a ride leader. At the meeting on April 10, there was much discussion about this and the importance of the Level I rides. These rides are very important to the health of the club as it acts as a springboard to the higher levels of riding. Also, there are far more people in this category than in the others. Rest assured that everyone in the world started out at Level I, or worse (me, included). There was a general consensus at the meeting that if Level I rides are going to flourish, it is going to require the input and participation of the people who ride at that level.

I would like to dispell some myths concerning being a ride leader. First of all, the term "leader" may cause some concern. For the vast majority of club rides the ride "leader" only has to provide a place to meet, sometimes a destination, and a way to get there (which is not cast in stone). Naturally, rides that are geared specifically to novice and first-time riders need to be more structured. However, for the most part, we just need an excuse to ride.

I can make this promise: Anyone who wishes to "lead" a ride anywhere, anytime, anyway (as long as it is safe and legal) will get to do so. —Jack Welch

SUNDAY, MAY 4. Meet at the swimming pool in Tremont at 8 a.m. 30+ miles, Don Eberle, 699-2790. (Level II)

SUNDAY, MAY 11. Road Riding 101 from Lincoln Grade School, Washington, 1 p.m., Rob Alexander, 444-3297. (Level I/II)

SUNDAY, MAY 18. ICC tennis courts at 8:30 a.m., 30–40 miles, Jack Welch, 387-6117. (Level II)

SUNDAY, MAY 18. Northern Exposure Special. Meets at courthouse in Lacon, 25-mile slo-o-o-w ride, 1 p.m., Sarah Emmons, 246-2166. (Level I)

SUNDAY, MAY 25. Wilder-Waite Grade School in Alta to American Legion in Brimfield, 8 a.m., Sheila Hansen, 693-9807. (Level II)

MONDAY, MAY 26. Show and go meets at Hucks on Willow Knolls (Peoria) at 8:30 a.m., 30–40 miles. (Level II/III)

EVERY TUESDAY STARTING MAY 20. Wright Road Ride. Dunlap Grade School (next to city park), 6 p.m. Motto of this most popular IVW ride: "You will never be left behind." Bill Wright, 685-8549. (Level I/II/III)

EVERY TUESDAY & THURSDAY. Field Shopping Center Morton, 5 p.m., Dalton Larson, 694-2272 (Level II)

EVERY WEDNESDAY STARTING MAY 7. Pleasant Hill Grade School, East Peoria, 6 p.m., Dirk McGuire, 699-8482, and Richard Morris, 694-4104. (Level I/II)

EVERY THURSDAY STARTING MAY 22. Wright Trail Ride. Wilder-Waite Grade School across from the Rock Island trailhead, 6 p.m. Mountain and hybrid bikes recommended for this leisurely tour of trail, gravel and dirt. Bill Wright, 685-8549. (Level I/II/III)

EVERY THURSDAY. SLOW & Go from the parking lot at Russell's Cycle Shop in Washington, 16 miles, 6 p.m. Jim Rancy 444-7658. (Level I)

EVERY SATURDAY. Show and go from square in Washington, 8:30 a.m., Jack Welch, 387-6117. (Level II/III)

Kids & bikes--no baloney

BIKES FOR KIDS IS BACK. The Salvation Army and Bergner's Department Stores are sponsoring a bicycle donation and fix-up day for kids at Sheridan Village, May 17, from 9 a.m to 4 p.m. IVW members have fearlessly supported this event in the past, even when faced with the inevitability of grease, dirt and grime. Call me today at 347-4841 to lend a hand and a wrench.

NO TO NO BALONEY, BUT YES TO TOUR DE CHICKEN. As of April 1, no one has stepped forward to head up this years No Baloney Ride. For as many years as I care to remember, we have had a spring invitational. We have had good weather and bad weather. We've had good turnouts, and bad turnouts. We had No Baloney, but now we'll have No No Baloney. No kidding!

But that's OK. Maybe it's time we took a break and gathered our strength. Maybe we need to take stock of where we are headed as a club—who knows? I sure don't. But somehow we will survive.

There is a rainbow out there, though. One of our members has been in touch with the Children's Home in Peoria. You know—the Tour de Chicken folks.

A representative from that organization attended the recent club board meeting. The Home wanted to use the shelter and facilities that we had reserved at Jubilee College State Park, on the date of our now-canceled ride. They had to change the dates of their event in order not to

conflict with Steamboat Days. This left them in dire straights. They had intended to run their event along with ours. They also proposed to donate to the club a portion of the proceeds from their ride.

The board, after about 15 seconds of thought, elected to promote their ride, and refuse any payment. Our misfortune has turned into a blessing for someone else. All these years we've helped ourselves. We have reaped the benefits of putting on, and participating in, a ride to help support the club. Perhaps this is the year to help someone less fortunate than ourselves.

This is not a pledge ride. There is a flat fee charged to participate in this event. There is breakfast before you leave. A chicken breast lunch will be served afterwards. Ride fee includes sag service, marked routes, rest stops and a T-shirt, plus an auction, entertainment, raffles and games.

Registration forms are available at the following locations: all area bike shops, Peoria-area McDonald's, South Side Bank locations, and Running Central. Or call me, Bill Clark, and I'll personally see that you get one.

Once again, we have the opportunity to make a difference in someone's life by participating in a sport we love dearly. Let's make this spring a special season for area children. Let's show up in force, and let these kids know that we care.

—Mr. Bill

THE QUIET HEROES OF THE IVW are off to a great start in '97. The number of blood and platelet donations during the first three months are nearly 50 percent ahead of the same period in '96. Excellent!

Donations were made by the following:

Ron Anderson (twice)
Gregg Benning (twice)
Joe Camp (three pheresis donations)
Bill Clark
Eileen Dudley
Don Jacobs
Ken Pedigo
Bill Semmens
Larry Wegman (four pheresis donations)
Brian White (twice)

Additional committed regular donors (heroes!) are needed. Just bike on down (well—maybe motor on down) to the Red Cross Blood Center and mention our donor club number 000560. —Ron Anderson



So much coffee . . . So little time

WRITE CONGRESSMAN LAHOOD TODAY. It's my understanding that key decisions will be made on the Intermodal Surface Transportation Efficiency Act (ISTEA) bill in the next two weeks.

Congressman Ray LaHood is vice chairman of the subcommittee drafting this bill. The Illinois Valley Wheelm'n will

communicate key bicycle issues to LaHood at a meeting in Peoria on May 9. If you live in the 18th Congressional District,

please strongly consider sending the following brief letter (or something similar) **BY MAY 5.**

Possible wording for the letter:

The Honorable Ray LaHood
100 N. E. Monroe St.
Peoria, IL 61602

Dear Representative LaHood:

Thank you for scheduling the time to meet with members of the Illinois Valley Wheelm'n on May 9 to discuss bicycling issues. I'd like to express my support for including bicycle-friendly features in the next ISTEA bill, which is now being written. The group you're meeting with on May 9 will speak in more detail of my concerns.

Sincerely, (signed, include home address)

LAHOOD TO DATE. I recently received the following letter from Congressman LaHood in response to our recent inquiries about the status of ISTEA, slated for renewal this year. Representative LaHood is the Surface Transportation Subcommittee vice chairman—a key position in the ISTEA debate.

Dear Eric: Thank you very much for contacting me about your support for keeping federal highway policies bicycle-friendly. It was good to hear from you.

As you know, the Intermodal Surface Transportation Efficiency Act (ISTEA) is set to be reauthorized this year, and part of this reauthorization process will focus on the transportation enhancement provisions, as well as other programs, that are beneficial to bicycling. As a member of the Transportation and Infrastructure Committee, I will keenly review this legislation and support reauthorization of a bill that provides for the needs of bicyclists.

I have long supported the development of bicycle and recreational trails, and I believe that they provide many benefits to local communities. Central Illinois is

fortunate to have many well-used trails, and I would certainly not like to see elimination of the programs that have helped create and maintain many of these trails. I will keep your thoughts in mind as reauthorization of ISTEA moves its way through the committee process.

Again, thank you for contacting me, and please continue to keep me informed of your views on this issue and other matters of concern to you. —Sincerely, Ray LaHood, Member of Congress

Congressman LaHood appears to be headed down a good route, hopefully on two wheels from time to time. However, those who are just learning about the bicycle issue tend to assume the words "bicycle" and "trail" are synonymous. As part of our discussions with Congressman LaHood, we need to be sure his vocabulary includes the word "roadway"—the system that connects with multipurpose trails, and allows riders to reach homes, stores and workplaces not immediately accessible by trail.

I-74—RAMP REVAMPS AND MORE. While the Peoria-Chicago highway and ring road proposals grab the headlines (and the ire of Woodford County residents who live in its gunsites), there is a more definite project in the works that will affect Peoria area travelers for a generation.

For bicyclists, interest in limited access roads like I-74, is not "Where will it take me?" but rather "How do I get around it?" I've counted over 25 local streets that cross I-74 within the planned upgrade span between Peoria's Route 6 and East Peoria's Pinecrest Drive. The question is, will changes to these local crossings improve mobility for self-propelled travelers, or will they make I-74 more of a wall than it is?

One thing's for certain—change will happen. As stated at our February meeting by Dale Risinger, head of our local IDOT district, the revamp of I-74 is his agency's number-one priority. So what's the plan for all those overpasses? So far, mostly good, but still a mixed bag.

On one hand, IDOT intends to preserve or improve bicycle access to most of the streets shown as suggested bicycle routes on the city of Peoria's bike map, including Sterling, Forrest Hill, Gale, Broadway, North, Monroe, and Constitution.

On the other hand, the Bigelow Street overpass, part of a critical north/south bicycling artery, is slated for removal. This is primarily to make space for major changes to the I-74/Knoxville interchange—part of the plan to revamp I-74's notoriously blind ramps along the project corridor. Residents

in the Randolph/Roanoke area have also expressed support for closing Bigelow (as well as Columbia Terrace) to enhance their neighborhood. What's happening on the East Peoria side? Stay tuned, I'm still fact-finding. —Eric Hutchison

NOTES ON AN EXPATRIATE. It was a case of *deja vu* back in March, seeing former Peoria Mayor Richard (Dick) Carver back in town. As noted last month, Dick attempted to persuade members of the city council not to abandon a nine-mile railroad right-of-way that serves two businesses, Gateway Milling and his own Carver Lumber Co. (Rock Island Trail supporters see as the critical link between the existing trail to the north and the riverfront.)

Dick may have succeeded in his quest, though the subjury—the city employees told by the council to reexamine the rail abandonment, trail and potential for compromise—is still out as of April 27.

As the cheerleader behind the Civic Center that now bears his name, Peoria's favorite absentee landlord understands that no new venture is worth the price of admission unless you, well, charge admission. It must really crop his already short sideburns to know that the Peoria Park District allows residents and non-residents alike to walk through Glen Oak and Bradley parks without so much as an entry fee, a walk through a metal detector or a drug test.

For Dick, enough's enough. Here's a paragraph from the *Peoria Journal Star* from March 18:

"Peoria already has more park acreage per capita than anywhere in the country," said Carver, now a resident of Arlington, Va. "I can't believe Peoria would sacrifice the chance for economic growth for more park land."

Like those who would persuade in the past, Dick divides to conquer. He displays his political savvy, not by genuflecting in front of various corporate gods, and not by bashing those who support open spaces and parks, but simply by promoting the simple equation—economic growth or park land—that will be used to tag some people as pro-business and others as anti-business.

It's a brilliant strategy.

To be anti-business in Peoria, whether you are or not, is pretty close to being a Communist, and a bicycle-riding Cuban Communist, at that. The side to be on is pro-business—that way you get to sell tractors to the Communists, or whatever the Chinese are now.

It's no coincidence that outgoing Mayor Maloof's real estate company trumpets the motto "Selling Peoria for all it's Worth!"

—Samuel Joslin



Invitational Rides

Invitational rides are organized to promote bicycling and raise money. The ride's sponsors typically provide a pre-planned route over paved backroads with maps and/or pavement markers; rest/food/water stops; and help in case of mechanical problems or medical emergencies. You also can expect to meet other riders, with diverse skill, fitness, and experience levels. Much of this calendar is reprinted from the League of Illinois Web site at <http://www.lib.uchicago.edu/~rd13/lib>



Hundred Inc., Greg Meyer, P.O. Box 916, Evansville, IN 47706 Phone: 812-453-9338 (H) 812-424-7575 (W)

- May 3, 4, Sat-Sun—Ride the Ups and Downs, Elizabeth, IL. 18-, 36- and 50-mile routes. A fully supported backroads bicycle tour of Jo Daviess County. \$15 includes maps, sag, and snacks. Call Samuel Joslin for flyer, 309-688-0922. Or, for more information, call Casey Garan toll free at 888-425-3627 or Jerry Bausman at 815-858-3450.
- May 4, Sun—Sudden Century, Herscher, 30/45/62/75/100 miles, flat to rolling, 7 - 10 a.m. (7-8 for 100 mi), Herscher High School, Herscher, IL (Kankakee County) \$12 before 4/30, then \$15. Family rates available. after ride pasta dinner; shower. Joliet Bicycle Club, 17430 Ridgeland, Tinley Park, IL 60477, Contact: Kathi Cassman, (708)633-9739 or Mark Kamer, (815)741-3991 or e-mail Dave Shepherd: dshep1@ix.netcom.com
- May 4, Sun—Prairie Pedal, Prairie Crossing, Grayslake, 15/35/40/75 miles, \$20, includes t-shirt if mailed by April 15. Pasta feast, kids events. also a 5 mile, \$5. "family ride". Proceeds will help build paths in the Liberty Prairie Reserve. Liberty Prairie Conservancy, 32400 N Harris Rd, Grayslake, IL 60030. Call 847-548-5989 or fax 847-548-7592 or e-mail: LPC1997@aol.com.
- May 4, Sun—Lake Forest by Bike, Lake Forest, 2 hr. ride from Market Square. \$5, CAF members free; Chicago Architecture Foundation. 312/922-8687
- May 10, Sat—Kal-Haven Trailblazer XII, Kalamazoo, MI, 25/40/62/100 mi, 7-10 am from Kalamazoo HS or South Haven Middle School. \$12 until May 2 then \$15; Friends of the Kal-Haven Trail; 616/657-3232.
- May 10, Sat—Toffee Century, Robinson, 10-100 miles, 7-10 am from Robinson Park. \$7. (\$10. family) until April 18. Crawford County Cycling Club, Troy McArthur, 9095 N. 725th. St., Robinson, IL 62454. 618-544-8440 (H) 630-271-3271 (W) E-mail: mcarthy@vax1.danavictor.com
- May 10, Sat—300km Brevet, Edwardsville, 190 miles in 20 hours, 6 am from parking lot NW of county courthouse. Register 5:15-5:45 am., \$5. Flat to rolling terrain. NO SUPPORT. COGS rides and events COGS / IR Brevet Series, Louis Branz, 618-656-2282. E-mail: louis.branz@edwardjones.com
- May 10-11, Sat, Sun—Harmonie Hundred, New Harmony, IN Sat. 50 / 100; Sun. 16 / 50 miles. 8: - 10: am from New Harmony School. \$16. (\$9. per day) until April 30; then \$19/\$12. Harmony

May 16-18, Fri-Sun—Third Annual Prairie State Tandem Rally, Springfield, Sponsored by the T.I.G.E.R.S. (Tandems Illinois Going Everywhere Riding in Style). For information e-mail John Werthwein at ILLTANDEMS@AOL.COM with your snail mail address to get a brochure.

May 17, Sat—Dogwood Pedal, Dowagiac, MI 10/25/62 mi \$10. until May 11, then late fee. Bicycle among the orchards & lakes of Cass County. This ride is part of the Dogwood Fine Arts Festival. Dowagiac Dogwood Festival Committee PO Box 542, Dowagiac MI 49047 (616) 782-5704 Mon-Sat 8am-5pm

May 17, Sat—Sangamon River Valley Bike Ride, Monticello, 15/30/50/100 mi. 8:30-10am (9:30 if 100mi) from the square in Monticello. \$12. includes lunch. (more online information). Monticello Lions Club, 1-800-952-3396, or 1-217-762-7921. Joe Kimlinger, e-mail: jpkimlin@net66.com Jan Adamczyk, e-mail: adamczyk@ux1.cso.uiuc.edu

May 17-18, Sat-Sun—Rock River Ramble, Sterling, 37/43/54/70/75 miles. Rides begin from Lawrence Park, Island in Sterling, IL. Fee: \$35 until 5/1/96, then \$40. Includes T-shirt, meals. 400 rider limit. Rich Wessels, North Western Illinois Bicycle Club, Rock River Ramble, Rock Falls IL, 61071 or call: (815) 626-1930

May 18, Sun—Arlington 500, Barrington, 30/44/54/68 miles. 7-10:30am (9:30 if 68mi) \$6.00 before May 11, \$9.00 day of ride. Barrington High School, 616 W. Main Street, Barrington, Illinois, Contact Greg Konieczny at (847) 398-4633. Arlington Heights Bicycle Association, 117 S Patton Ave, Arlington Heights, IL 60005

May 18, Sun—McLean County Wheelers' 18th Annual Spring Metric, Downs, 31/50/62 miles, 7 - 9 am. (7-8 for 50,62) \$12. until May 7, then \$15. T-shirts \$9., after-ride meal. High wind rebate!! McLean County Wheelers , P.O. Box 947, Bloomington, IL 61702-0947; Craig Ryan, 309-664-0512, e-mail: CraigR1008@aol.com; or Kevin Christianson, 309-378-2225, e-mail: kjcbike@dave-world.net.

May 18, Sun—Greater Wheaton Cycle Classic, Wheaton, 18/32/47/65 mi. 6:30-9:00 am; \$12 until 5/12 then \$14. Greater Wheaton Chamber of Commerce; Chloe Couch, 630-668-6464.

May 18, Sun—Lakefront by Bike, Chicago, 3 hrs. ride from Navy Pier. \$5; Chicago Architecture Foundation 312/922-8687.

May 18, Sun—Get Crankin' for Summer, Cedar Lake, IN 15/31/62 mi. 7 am. \$9 until May 9, then \$14, includes water bottle. Glen Barker 219-374-4099 or Jeff, 219-923-2555; e-mail: skeeter1@icongrp.com.

May 18, Sun—Goshen Kiwanis Bike Century Goshen, IN 18/31/62 mi, 7 am from Elkhart Co. Fairgrounds; \$12 until May 1 then \$15. Goshen Noon Kiwanis; Sam Willits, 219/533-2102 or e-mail: GoshenCC@tin.net.

May 24 or 25, Sat, Sun—Stateline 60, Roscoe, 32/62 miles, 7-10am from Riverside Park, Roscoe, (N of Rockford). \$12 until May 17, then \$15 includes

lunch. T-shirt \$15. Blackhawk Bicycle & Ski Club, attn. Blackhawk State Line Sixty, P.O. Box 15443, Rockford, IL 61132. Contact: Arlan Brass, 815-637-3854 or 815-874-7208, fax: 815-637-5302 or e-mail: abrass@aol.com, or e-mail: spoksig@sinnfree.sinnfree.org

May 31, Sat—The Psycho Challenge, Marseilles, 6/12 hour endurance time trial around a 48-mile loop. 8-10am from Illini State Park. \$18-\$24. Awards. Oak Lawn Bike Psychos, P. O. 652, Oak Lawn, IL 60454. Contact Alan Biernacki, 630-654-8808 or Marvin Boehm, 708-233-6894.

June 1, Sun—McHenry County Bicycle Club Udder Century, Union, 10/31/50/62/100 miles on scenic flat to rolling rural roads 6:30-10AM. from Donley's Wild West Town, Union, IL. \$13 until May 19 then \$15; Family of 4 \$40 then \$50; t-shirt \$10. Pasta Dinner, Map, Sags, Food Stops, Museum Entry, lots of cows! McHenry County Bicycle Club (815)477-6858 (708)442-1188 Contact: Linda Lauer 3917 Custer Ave. Lyons, IL 60534 lx2@megsinet.net

June 1, Sun—Prairie Bicycle Tour, Oak Park, from Oak Park Visitors Center; tour of Frank Lloyd Wright-designed homes; Frank Lloyd Wright Home and Studio Foundation; 708/848-1976.

June 6-8, Fri-Sun—Lake Tour Bike Trek, Crystal Lake, 150 miles; also 100 mile Sat/Sun only, from McHenry Co. College. T-shirts and awards. \$30 by April 15, \$35 by April 29, or \$40. by May 8 plus \$375 (3-day) or \$225 (2-day) pledges. Includes meals, stay at the Abbey Resort in Lake Geneva. American Lung Assoc of DuPage and McHenry Cos., 526 Crescent Blvd, Glen Ellyn IL, 60137 or call: 630-469-2400.

June 7-8, Sat-Sun—Tour Of the Mississippi River Valley, TOMRV, Bettendorf, IA 105+84/60+40 miles, Scott Comm College, Bettendorf, (Preston, IA) to Clarke College, Dubuque, IA, and return. Baggage, banquet, prizes, T-shirt, \$43 until March 31; \$48 until April 30; \$53 until May 31. Overnight accomodations \$5-\$30. Quad Cities Bicycle Club , Susie LaForce, 2023 E. 45th Street, Davenport, IA 52807; (319) 355-5530. e-mail: evogel@augustana.edu

June 8, Sun—BCLC Ramble, Wauconda, 31/62/80/100 miles, 6-10am from Wauconda High School. Flat to rolling with a few extra hills on the longer rides. \$10. until June 1, then \$15. Bicycle Club of Lake County, P.O. Box 521, Libertyville, IL 60048-0521 Phone: 847-604-0520. Contact: Rob Schaller, robsc@sc.comm.mot.com

June 8, Sun—Heartland Spring Ride, Chicago, 37 mi. 8am from Heartland Cafe. \$15 until day of, then \$20. Heartland Cycling Club, 7000 N. Glenwood, Chicago, IL 60626, 773-465-8005 e-mail: fatback@aol.com

June 14, Sat—C-U Across the Prairie, Champaign, 15/35/50/65 flat to rolling miles, 7:30-10am from Centennial Park. \$13. T-shirt available, Prairie Cycle Club, P.O. Box 115, Urbana, IL 61801. Contact: Gary Perkins, 217-367-7303; fax 217-367-7314 or Tom O'Rourke 217-352-4991, e-mail: torourke@uiuc.edu.

Acronyms from tandems to transportation

The **Springfield Bicycle Club** has approximately 250 members. According to the club's

December/January newsletter, last year's monthly membership figures ranged from a low of 237 in April to a high of 260 in October.

Some of the racers tell Roger Broeg, president of **BIKEBURLINGTON** (Burlington, IA), that his weightlifting routine, by bulking him up, will also slow him down, especially on hills. Roger's reply? "Any man who shaves his legs in the summer and wears tights in the



winter really ought to be able to bench press at least 200 pounds for safety reasons."

This year marks the 30th anniversary of **Hilly Hundred** in southern Indiana, a two-day ride that attracts in the neighborhood of 5,000 riders. It's been a favorite of IVW riders for years. Who has attended the most Hillies? Anyone attend the first?

To avoid ulnar nerve compression, the most common type of compression injury to hand and wrist, change your handlebar "grip" frequently, at least every three to four minutes. So says Chris Mayes, ATC of St. Vincent Sports Medicine, writing in the February **Central Indiana Bicycle Association** (Indianapolis) newsletter.

Our favorite title for a president's column: "My Velo Americans!" used by Al Theede of the **Oak Park Cycle Club**.

What is it about tandems and acronyms? There are CATS, COWS and now, HOOTs, which stands for Hoosiers Out On Tandems, the tandem arm of the Central Indiana Bicycle Association. This is not to be confused with HOOTERS, which is either a restaurant for voyeurs or Hicks Out On Tandems Eating Raisins. And RAPTORs is something entirely different, standing for **Rockford Area Pedaling Tandems On Road Society**. What kind of sound does a RAPTOR make? According to stoker Sue Tucker, "they usually say on your left!"

Dave Lefeber, president of the **Quad Cities Bicycle Club** (Davenport, IA) is asking his members to develop a mission statement for the club. Formal mission statements are used by business and non-profit organizations to develop long-range plans.

Quad Cities racer Sean Walker has been selected for the United States Men's National Road Team. He showed good endurance and hill climbing skills at a training camp in Colorado Springs last fall. According to a January article in

the QCBC's newsletter, the 21-year-old has two more goals: to compete in the Tour de France and to represent the U.S. in the 2000 Olympics.

Rene DeLanghe, 84, one of the founders of the Quad Cities Bicycle Club, died March 2, 1997, in Teilt, Belgium. DeLanghe, who retired from the John Deere Planter Works in 1974, was also the first promoter of the Quad City Bicycle Race, which later became the Moline Criterium and the Quad Cities Criterium.

From the **Decatur Bicycle Club**, reason #10 why a tandem is better than two single bikes: If you get lost, you're not alone.

Watch the news for stories concerning the Intermodal Surface Transportation Efficiency Act (ISTEA). The law, which revolutionized funding for non-automotive transportation projects over the past five years, expires in October. According to Ed McKinley writing in the **Chicagoland Bicycle Federation** newsletter, the 1991 ISTEA caught highway lobbies by surprise, with "public involvement, environmental and other planning requirements that more carefully considered transit, walking and bicycling."

On the side of bikes in the upcoming battle? "Bikes Belong", formerly known as "Another Billion For Bikes," a joint campaign to maintain bicycle funding in ISTEA's reauthorization by the Rails to Trails Conservancy, the League of American Bicyclists and the Bicycle Federation of America.

The **Dubuque (IA) Bicycle Club** is the latest outfit to reprint the Illinois Valley Wheelm'n ride log. Are you using yours? Do you have one? Call 688-0922 to reserve a copy today.

Stray observations and thoughts from the April issue of *freewheeler*, the newsletter of the **Driftwood Valley Wheelers**, Columbus IN:

- *Be nice to your kids, they'll choose your nursing home.*
- *Why is abbreviation such a long word?*
- *For people who like peace and quiet: a phoneless cord.*
- *It's not hard to meet expenses, they're everywhere.*
- *What has four legs and an arm? A happy pit bull.*



**Celebrate
July 4th
in the
Heartland.**

National Rally

July 3 - 6

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Lafayette, Indiana**

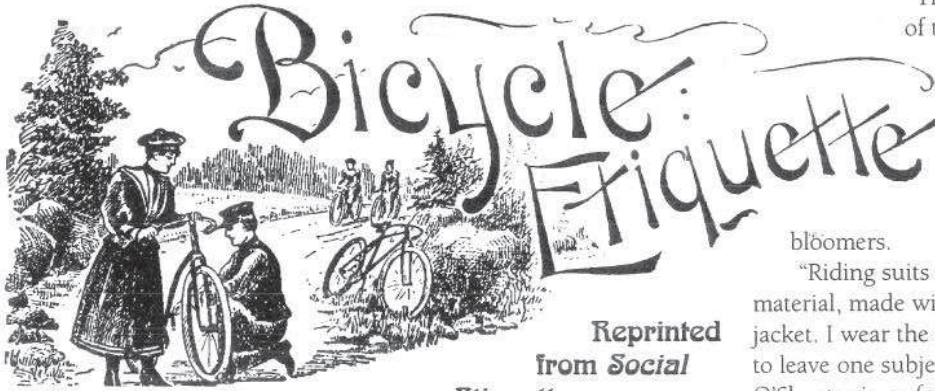
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Bicycle Etiquette

Reprinted from *Social Etiquette, or Manners and Customs of Polite Society*, by Maud C. Cooke. Wabash Publishing House, Chicago, 1896. Thanks to Beth Beckler for her contribution of this text. Part three of three:

LENGTH OF THE RIDE.

"This limit of distance, which is designated by the feeling of weariness, is only a little more important than the limit of speed which the female frame is capable of undergoing under healthy exercising rules. Whether a man can ride at full speed for a long distance and still retain his good health is a doubtful question. It is certain, however, that no woman can keep up a high rate of speed for even a generous portion of a mile and not create the beginning of injuries. The added strength required to increase speed even a little after a certain amount of power has been expended is out of all proportion to the results. There is no relaxation of the muscles between revolutions of the pedals, nor any let up on the nervous and muscular strain while the speed lasts. The heart is far more taxed than one realizes at the moment, and that species of tingling or numbness in the nerves and muscles which often results is only a sign that they have both been overtaxed."

Properly used, a wheel is certainly a promoter of health. It develops muscles that are seldom, if ever, otherwise used. It gains for women that ideal condition of the flesh so prized by sculptors and artists, namely, a firm, solid tissue when the muscles are flexed, and a softness of an infant with muscular relaxation. It develops the entire torso and limbs, it renders one's nerves like steel and is a splendid antidote for headaches.

An exceedingly smart and yet thoroughly practical cycling costume is known as the "Londonderry," and is made in gray-green hopsack, a soft fabric which lends itself admirably to the full folds of the ample knickerbockers, which form a most important part of this costume. The "Londonderry" coat is made with long and very full basques, which form a kind of skirt when on the machine, and which nevertheless, do not interfere in the least with the rider's freedom of action. This coat is prettily braided with black, and fastened with big black buttons. It is so arranged in front that it can be worn either with a shirt or over a double-breasted vest of cloth or leather.

SKIRTS ARE AN ABOMINATION.

A renowned lady writer says: "In the first place let me condemn the skirt—not from prejudice, but from experience. Skirts, no matter how light, how trim, how heavy, are both nuisance and a danger. A nuisance because they are always subject to entanglement in the wheel; because they fly up with every breeze and motion; because they have not the chic appearance of the properly made bloomer, and because, if they are weighted, like a riding habit, they make so much more to carry against the wind. And breeze makes weight.

"They are a danger because with the constant pumping of the pedals the knee is required to raise too great a weight; this bears upon the body just below the back of the hips, giving backache; often more serious troubles. I wouldn't wear a skirt. I had one torn off me by the wheel; but I rode with them long enough to give a just comparison of the merits of skirts *versus*

bloomers.

"Riding suits should be of fine, light weight, navy blue or black material, made with bloomers, and the blouse with tailor-made jacket. I wear the sweater myself in preference, because it is not so apt to leave one subject to changes of temperature. The Alpine hat of Tam O'Shanter is *au fait* for street, with leggings to match the bloomers and jacket, and low shoes made broad on the ball of the foot. All bicycle shoes should be broad on the ball, because the pedaling is done with the ball, not the under curve, as so many think. Doeskin gloves are best for ordinary riding. Bloomers should be made to fasten at the left side of the back, which leaves room for a pocket on the right side. Tinted leggings should always match the hat and gloves.

"Tell the ladies to have their saddles built high and wide in the back, sloping away and downwards in front; and that if they pedal properly there is no reason why bicycling should not be a healthful, moral, modest and permanent form of exercise. For mark it," she added, as a parting sally, "the wheel has come to stay."

A PACE INDICATOR.

A man who rides for health and pleasure and not to race or score centuries says that his plan is never to go so fast that he must breathe through his mouth. As long as his nostrils can supply sufficient air he knows that he is not over-exerting himself. As soon as he feels an inclination to breathe through his mouth he slackens his pace.

DON'T DODGE A BICYCLE.

Before bicycling will ever become a success a meeting must be called for the purpose of allowing the wheelmen and the pedestrian to arrive at some understanding. "I am in favor of a convention or something of that sort," said a prominent wheelman to a reporter.

As it is now, a rider comes down the street and sees ahead of him at a crossing a man or woman who is supposed to be endowed with reasonable intelligence. This person is in the act of crossing the street. He looks up, sees the rider coming and stands still right in the middle of the street. Of course, he is mentally calculating his chances for getting across safely.

In the meantime, the rider is getting closer and closer and is in a study equally as profound as to what the person is going to do. The pedestrian takes a step forward, takes another glance up the street, stops, starts back, makes an effort to reach the pavement, stops again, starts forward, stops.

Of course, by this time the cyclist is almost at a standstill and is also zigzagging from one side to the other, waiting and muttering. The pedestrian seems to give up all possibility of escape, faces the rider, both arms extended, jumps from one foot to the other, and the two collide. The cyclist is thrown to the ground, his wheel twisted, and he gets the blame.

And how easily all this can be avoided! Let the pedestrian, instead of performing all these trying evolutions, merely walk along as though there was nothing behind him, keep his course, and the cyclist will know what to do. He will turn his wheel to one side and slide past with perfect ease and safety. On the crossings let a man walk along as though there were not a bicycle in the state, and the wheelman will judge his course accordingly. He has control of his wheel and is as anxious not to collide as the other fellow.

EFFECTIVE CYCLING NOTEBOOK

AVOID GROUP THINK—IT'S DANGEROUS. "Car up," "car back"—of course they are! If we're on a road, the chances are that cars are bound to pass us. If we're riding correctly and predictably, cars should be able to pass with minimal interference.

Now for those other cycling signals: "Car right" and "car left." When a car comes to a stop sign, does the driver in front yell to the driver in back the "coast is clear?" No. All drivers are expected to make their own decisions to proceed through an intersection. Likewise, it is the responsibility of each bicycle rider to make his or her own decision to roll away from a stop. If you yell "clear" and a rider is hit, you may find yourself in court defending yourself!

It's okay to declare your intentions verbally or otherwise, but making decisions for others can be a tragedy waiting to

happen. Even in a tightly grouped pace line it is always best to look out for yourself while encouraging others to pay more attention to the world around them.

EFFECTIVE CYCLING—ROAD I. One-day Effective Cycling classes will be offered June 7, June 21 and July 26 at the Peoria Park District's Safety Town. This League of American Bicyclists (LAB) class is a hands-on introduction to cycling. The class is designed for the beginning cyclist who desires to become comfortable riding on city and country streets. Bring your bike, helmet and smile for a day of fun at Safety Town. Reservations required through the Peoria Park District, or call me at 694-3674. Attendance is limited. Hours at Safety Town are 9 a.m. to 5 p.m.

VOLUNTEERS NEEDED: Central Illinois' premier bicycle race, the Proctor Criterium, will be held June 1 in downtown Peoria. Included in the full day of fun are a running relay and the GT air show. Call me at 694-3674 to volunteer your services. Picnic and T-shirt (new design!) included.

—Charlie Klees

Membership Coupon League of American Bicyclists & League of Illinois Bicyclists

Name _____

Address _____

City _____ State _____ ZIP _____

Telephone _____

Individual \$30 Family \$35

Make checks payable to: League of American Bicyclists, 190 W. Ostend St., Suite 120, Baltimore, MD 21230 or call 1-800-288-BIKE (and tell them LIB sent you.)

As though one could kill time...



Illinois Valley Wheelm'n Membership Application

(please print)

Name #1 _____ Birthdate _____

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

E-mail address (print clearly) _____

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

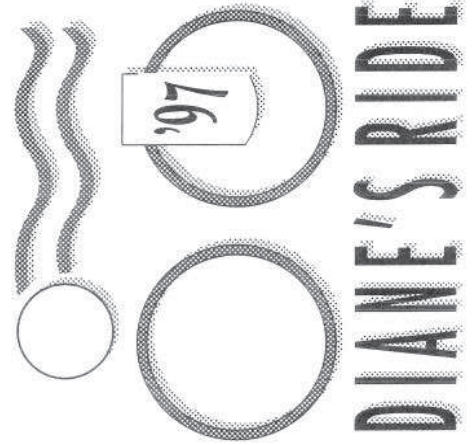
May 1997

ILLINOIS VALLEY
WHEELM'N

greater peoria's bicycle club

The best ride of
fall is coming
Saturday,
August 23.

See page three.



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Inside May...

*Reflexive meeting at Leonardo's.
See page two.*