



October 1997

ILLINOIS VALLEY WHEELM'N greater peoria's bicycle club



Diane's Ride In Review

First the numbers. The temperature was 58 degrees at 7 a.m. with a southwest wind 5 to 10 mph. The conditions were partly sunny with some morning fog. Just a great day for riding. There were 72 preregistered riders and 48 day-of-ride registrations for a total of 120 riders with three

no shows. Counting sag wagons and REACT it took 22 people to run the ride with six of those being Wheelm'n members.

Membership as of May was 187 giving us a total of 3% of the members helping. I think we can do better than that.

Remember, this is your club, it will only be as good as you make it.

It was a beautiful day riding with some morning fog to keep everyone on their toes. The first riders showed up around 6:30 and hit the road about 6:50. Registration stayed steady until around 9:00 with the last riders leaving at 9:50. The sags reported light work and the only problems seemed to be the first rest stop running out of food. Everyone seemed to like the new routes.

I'd like to thank everyone who filled out a suggestion form. Some of the ideas are not economically feasible unless this ride grows a lot. Some of the suggestions I got that I will be looking into for next year (yes, I will do this again): greater variety of food and more of it, overnight camping and a 100 mile route.

Some of the lessons I learned on my first try was to get more advertising out and to be more aggressive seeking help. With more help I will be able to add more perks to the ride.

Now the thank you's. First, my wife

Debbie: She always seems to get drug into everything I volunteer for and never complains. She planned the salad bar, ran the registration table, helped with set up and cleanup (I'm not going to ask her to wash any coolers for a while). Next is Bill Clark:

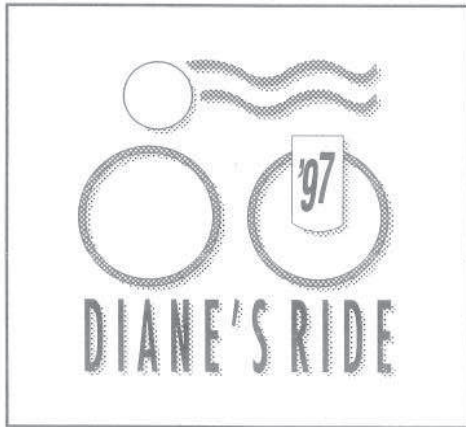
he planned and marked those great routes everyone is talking about. He also gave me a lot of advice and records from past years to help me plan this. He was at the Legion before us to help set up, stayed to help clean up and when he wasn't riding was there to help in anyway he could. He even knew the way to

the closest cheap motel!

Sara Emmons took time out of her busy day to help with the registrations. My mom and dad came down to help with lunch.

Sheldon Shafer, Franny Klees, the React wives and Michelle McGuire and her crew are thanked for a great job at the rest stops.

Thanks to all my cookie bakers. And Russell's, Little Ade's and the Bicycle Bus for the sag support. REACT helped everyone get through the fog safely. And thanks to Stephanie at the Cellular Connection in Washington for the cell phones from 360 Communications. Last



but not least, thanks to the 120 riders who came out and had a great ride. I'll be looking forward to a bigger and better ride next year.
—Brian King

WACC'ed Out In Eureka

Not quite the phoenix of the legend of PACRACC, but rising out of the stalwart stands of herbaceous overgrowth, the annual Labor Day weekend bicycle adventure marked a beginning of a new era with the first edition of Wheeling Around Corn Country, thanks to the support from the McLean County Wheelers and quite a crowd of volunteers and business sponsors.

Although abbreviated to two days with Eureka College as the overnight host, the ride followed past years' routes with noted landmarks being seen for the first time from the other direction.

The overcast and tailwind conditions lead to leather saddle-conditioning rain for the stretch from Danvers into Eureka, but the precipitation subsided prior to the campsite operations and the evening proceeded to be nearly ideal in climate. Our hosts won kudos

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New Members

Sharron BairdChillicothe
Lynn, Sarah, Megan & Sam LoseyMorton

Renewing Members

Ron Anderson*†Washington
Randy & Denise Cooksey*Peoria
George & Eileen Dudley*†Peoria
Jack & Carol Huggins†East Peoria
Jim KampTremont
Ken & Noreen Mettelmann*Groveland
Allen Monts*Dunlap
Marc & Carol Squillante*†Peoria
Lavern WilsonWashington

*Advocate-level membership
†LAB member(s)

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

Bill Clark 347-4841
wdclark@mtco.com

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)

Mailing

Sue DeDecker 693-2973

Database

Larry Davis 691-3060
ldavis@iaonline.com

Advocacy/Government Relations

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

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: Bikewriter@aol.com

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

Deadline: 15th of the month
Newsletter published monthly

October Rides

SUNDAY, OCTOBER 5. Hilly warm-up ride. Meet at Jack Welch's house at 8:30 a.m., 30 miles. Hilly. Jack Welch, 387-6117 (Level II).

SATURDAY, OCTOBER 11. Family ride/wiener roast. Meet at Jim and Sara Emmons house in Lacon at 4 p.m. for 15–20 mile ride. Wiener roast starts at 6 p.m. Hot dogs provided. RSVP at 246-2166 (Level I).

SUNDAY, OCTOBER 12. Show and go from Fondulac administration building in East Peoria at 8:30 a.m. (Level II)

SUNDAY, OCTOBER 19. Show and go from Russell's parking lot in Washington at 8:30 a.m. (Level II).

SUNDAY, OCTOBER 26. Lacon Court House at 8:30 a.m., 40 miles. Jim Emmons, 246-2166.

RATING LEGEND

Level I: Beginner, less than 20 miles, less than 15 mph, not self sufficient

Level II: Intermediate, 20-50 miles, 15-18 mph, partially self-sufficient

Level III: Experienced, 50+ miles, 18+ mph, totally self-sufficient

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 inter-sections for traffic. Avoid "group think."
- 6) If you stop, please pull off the road.

The IVW strongly recommends that you wear a helmet.

Performance Cycling

Back by popular demand is the Peoria Bicycle Club's Performance Cycling class, a series of six classes on how to train for competitive or fast recreational cycling. If you are interested in racing or if you just want to be able to ride with the "fast group" on the Show 'N Go rides, this is the place to start.



You'll receive instruction in basic physiology, training concepts, prepare 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 \$12.00. The series will be held on the six consecutive Monday nights starting October 20 through November 24. The classes will start at 6:30 p.m. and end no later than 8:30 p.m. Classes will be held at Proctor Hospital in classroom III in the lower level of Proctor Professional Building I. Yours truly, Steve Daggs, will lead the class. We may also have several guest speakers to cover special topics. In addition to my numerous years of cycling experience,

including touring and competitive cycling, I hold a United States Cycling Federation Expert Level Coaching License and 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 evenings at 444-3458. —Steve Daggs

WACC'ed Out

(continued from page 1)

for having protected our bags with plastic (not so in years past), and the ground was softened, but not soggy—all the better to receive tent stakes and weary bones.

Having taken the shorter of the two routes, there was plenty of time for supper and for cleanup. The accommodations were familiar, except for those new to the college campus, and a football scrimmage crowd filled the parking lot. This action made it a bit hard for newcomers to find the hospitality/info tent. This gave the opportunity for old hands to help the novices find the showers and food locations. Guides come in handy at a place where the snackbar is named "The Burgoo" and the cafeteria is "The Commons."

Supper was the usual mostaccioli of meat/veg saucing, with lots of personal-dipped ice cream for dessert. I had the good fortune to be tented next to friends of Lon Haldeman, Susan Notorangelo and



their daughter and was lucky enough to have supper with them (wonderful, easy-going people with great tans). We toured the campus afterwards while I gave them as much history of the place as I could remember from having worked on restoration of the oldest buildings. A tour of the nearby cemetery was also made, as they and their friends have a keen interest in historic monuments (and it caught their eye earlier in the day).

Lon gave a good presentation of their latest PAC Tour offering, "Cycle Route 66," despite the limitations of small-screen video. The group was entertained, and didn't mind staying for the door prizes (of which many were distributed, but none to yours truly.) For more info on the PAC Tour, check out their webpage at:

<http://users.net66.com/%7Ecycle66/pactour.html>

The Sunday return leg beginning was obscured by heavy, wet fog, requiring this riders to make a few "extra" turns in the maize and consult the map and road signs through blurry glasses. (The invention of the personal lens-wiper has been long overdue.)

Completion of the event, back at the Normal High School, came with sunshine and actual chicken (not that ground-up pretend stuff) and other edible items. The shade of Funk's Grove would have been welcome, but the tent sufficed for most of us, and at least one rider is looking forward to next year's adventure.

—Larry Davis



Used size 41 Sidi cycling shoes with Look drilling. Bottoms naturally scuffed but plenty of miles left in these Italians. \$30. Samuel Joslin, 688-0922.

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 an LAB member? (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