



ILLINOIS VALLEY WHEELM'N



August, 1998

greater peoria's bicycle club

Weekend Pancake Crusades

If you're looking for a longer ride on the weekend, give us a phone call. We generally meet at 8:30 a.m. on Saturday and/or Sunday morning and ride 40-50 miles. Starting locations vary within about a half hour drive of Peoria. This helps keep the routes variable and interesting. We generally have a food stop (the table top sized pancakes at Edelstein win the prize thus far), but you may want to bring some snacks along. I'd call these level-2 rides — you'll enjoy them more if you're already comfortable riding 30-40 miles on your own. Also, please bring a pump and spare tube. Call Don Eberle (699-2790) or Eric Hutchison (685-3921).

American Lung Association

The Clean Air Challenge bike ride will be held on Sunday, September 27. The one-day, non-competitive ride is geared toward both the beginner and the experienced cyclist. The ride will begin and end at the I.D.O.T. Building at 2300 S. Dirksen and will make use of the scenic Lost Bridge Trail. Entry fee includes the fully supported route and breakpoints, a catered lunch by Breadstretchers Gourmet Subs, a goodie bag and the official 1998 Clean Air Challenge Tote Bag. Entry fee is \$20 plus a \$15 minimum pledge per rider.

Spoon River Scenic Century

This year's ride features 30, 50, 65, & 100 mile routes on lightly traveled roads with very few highway miles. There are several

stretches of challenging hills and a great variety of food including pancakes, homemade cookies and sandwiches. The registration fee for the longer rides is \$10 before 9/10 and \$15 after. The registration fee for 30 mile riders is \$8 before 9/10 and \$10 after. The fee includes rest stops, map, marked routes & sag service. T-shirts are also available for \$12 before 9/10 and \$15 the day of the ride. All routes start from the YMCA at 1325 E. Ash Street in Canton, IL. 50/65/100 mile riders can register from 6:30 to 8:30 A.M. and 30 mile riders can register between 8:00 and 9:00 A.M. Helmets are strongly recommended.

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

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

Diane's Ride Aug 22

Your IVW membership expires: 10/03/1998

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Illinois Valley Wheelm'n

Greater Peoria's bicycle club

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American Bicyclists and League of
Illinois Bicyclists

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

Deadline: 15th of the month

Aug. 1-4, Across Illinois Bike Ride

A fully supported four day leisurely tour of northern Illinois. Larry (815) 744-7015, www.justnet.com/jbc/index.htm

Aug. 12, Garden Ride, 6:00 P.M.

Start at Botanical Gardens, Glen Oak Park
Highlights: Luthy Botanical Gardens, Springdale Prairie, selected city gardens (Please let the ride leaders know of any gardens which you think should be included on this ride's route.)

Aug. 14-17, GEAR North & National Rally

Wellesley, MA. Postcard-perfect New England towns nestled in the hills of apple country; views of Mt. Wachusett and Mt. Monadnock; the beautiful Charles River. LAB, 1612 K Street, NW, Suite 401, Washington, DC 20006. bikevent@aol.com

Aug. 16, Tour de Queen

Start at Washington Grade School on Lincoln St., Washington at 10:30 A.M. and ride to as many of the Dairy Queens in Metamora, Eureka, Morton, and Washington as you wish, total distance 20, 30, or 50 miles, Rob Alexander 444-3297

Aug. 22, Diane's Ride

American Legion, Glassford, IL. Routes of 15, 35, and 67 miles, before ride snacks, rest stops, and post ride pasta fest. Flat to rolling, lightly traveled roads. Brian or Debbie King (309) 745-5960 Ntfdbiker@aol.com

Sept. 5-6, Wheeling Around Corn Country

This is the second year the Wheelers will bring you the new 2 day version of this ride without the newspaper. McLean County Wheelers, P.O. Box 947, Bloomington, IL 61702-0947

Sept. 12, Crane Strain.

A 12 Hour Challenge. A personal challenge - a ride for cyclists of all levels of skill and experience. "The Safest Ultra-Marathon Cycling Event in the Country". Phillip Cooper (812) 339-1722

Sept. 19-20, The Great Spring Green Bicycle Adventure

Experience incredible cycling through Frank Lloyd Wright country. Both days of cycling start and end at the luxurious Springs Resort. Bike Wisconsin, P.O. Box 310, Spring Green, WI 53588. www.grabaawr.com

Sept. 20, Spoon River Scenic Century

For the cyclist that wants to be well fed, this ride is a must do. Ride through beautiful country on a scenic route. Spoon River Wheelmen (309) 647-3801.

Sept 27, Apple Cider Century

Three Oaks, MI. Register on or before July 31, 25, 50, 75, or 100 mile routes, \$25 till 7/31, includes spaghetti dinner, T-shirt extra. ACC

- 98, One Oak Street, Three Oaks, MI., 49128.
ACC - 98 Hotline (616) 756-3361

Oct. 9-11, HILLY

Hilly Hundred Weekend Bicycle Tour. The Hilly Hundred is a two-day event held in the scenic hills of southern Indiana. The routes cover challenging terrain with many short but steep hills. The route will seem very difficult if you are not used to riding in hills. (317) 327-BIKE www.spitfire.net/CIBA

Jim and I would like to say a big thank you to Dirk and Michelle McGuire for all their help on the No Baloney ride. They did a great job organizing and planning this event. Thanks again. *Jim and Sarah Emmons.*

The rumors are true. IWV SOUTHWEST chapter members Charlie and Franny Klees met George and Eileen Dudley at Sedona AZ. in June for a camping weekend. George (a.k.a. Ned) and Charlie (a.k.a. Tinker) rode into the canyons for a delightful ride while the ladies escorted Eileen's mother through the many shops of the area. Pictures have not been developed because as Charlie points out, **ITS HARD TO LOOK COOL WHEN YOU ARE SCARED TO DEATH!** More will be revealed in the fullness of time.

Diane's Ride

Call Brian and Debbie King to volunteer for rest stops and making cookies. All members are asked to bring cookies to the ride. Lets help to make this ride a success!

Weeknight Rides

Monday - Dunlap Beginner's Ride, 6 P.M., under the water tower in Dunlap. Look for flyers in local bike shops and health clubs. For details, call Bill Wright at 685-8549.

Tuesday - Tuesday Pekin Beginner's, 6 P.M. Meet in Mineral Springs Park Arena parking lot. Rest stops at Dairy Queen, Double D's, or Our Inn. This is for those folks who "don't think I could ride 4 blocks, let along 4 miles" Bill Clark 347-4841

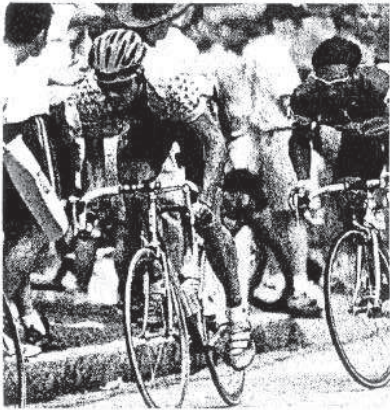
Tuesday - Wright Ride, 6 P.M. Dunlap grade school. Level I and II rides. Bill Wright 685-8549
Thursday - Washington Beginner's Ride, 6 P.M. at Russell's in Washington Marty Muller 444-9362

Thursday - Washington Russell's Ride, 6 P.M. parking lot of Russell's. This ride has a variety of paces, from Level I riders to the training group that splits off for a few more miles. Jim Raney 444-7658

You watched the Bulls win. You watched the X-treme games. You're watching the Tour de France. Don't you think it's about time YOU experienced the thrill of victory and the agony of defeat? NO! That's right. It's too darn hot and you're too busy to whip yourself into world-class shape. You may not be Iron Man material, but you're sure to find an event you'll enjoy in the
THE ILLINOIS VALLEY WHEELM'N FOURTH ANNUAL

(FAUX) **TRIATHLON**

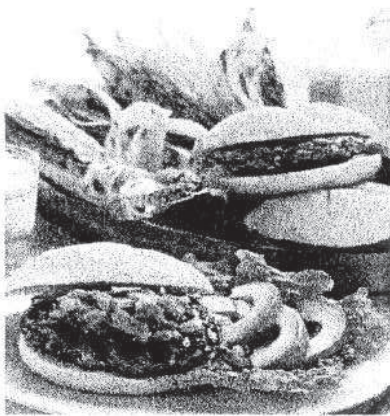
*WENGER SHELTER, WASHINGTON PARK
WASHINGTON, IL
Saturday, AUGUST 8, 1998*



RIDE YOUR BIKE CHOOSE THE RIDE THAT SUITES YOU

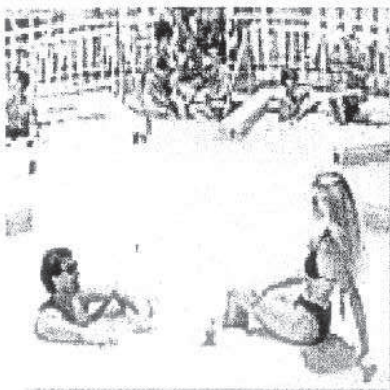
This year we'll all take off at 3:30 pm. There will be three routes to choose from:

- A 30 miler for those wanting to ride at a leisurely pace. Riders can take off at 3:30 and have three hours to complete the ride before dinner.
- A 45-miler for those wanting more miles and a faster pace. In order to eat at 6:30, you'll have to run about 15-18 mph.
- A 60-miler for those into cramps and heat exhaustion. This is a friendly but challenging ride with a 20mph and above pace.
- All routes are marked and maps will be available if you want to arrive early and ride a longer route at your own pace. Bring along a few bucks for snacks on the road. There are lots of playgrounds, a sand volleyball court, and a bike trail if you hang out in the park.



FEED YOUR FACE PICNIC IN THE PARK

All riders (and non-riders) should be returning to the park around 6:30. We'll have burgers and hot dogs. You can bring your favorite side-dish or burger topping. Please R.S.V.P (call or e-mail) so everyone gets enough to eat.



SOAK YOUR HEAD SWIMMING @ WASHINGTON POOL

The Washington Park Pool is rented from 8:00 to 10:00. The pool has a privacy fence around it and the only ones around will be your fellow Wheelm'n., so you can safely bare those goofy tan lines you've been working on all summer.

To get to the pool and shelter from Peoria, just go past Russell's Cycle, turn left at the light, then follow the brown park district signs.

QUESTIONS? ROB ALEXANDER 444-3297 JIM RANEY 444-7658 RaneyJ@aol.com