

# ILLINOIS VALLEY WHEELM'N



greater peoria's bicycle club

June, 1999

STRETCH  
RICH  
STRETCH

I hope the camp out at Johnson Sauk went well. It looked like the weather was pretty decent for it. Bikes For Kids at Sheridan Village just happened to fall on the same weekend. We still had a real good turn out of helpers. I would like to

thank all the guys that came out and helped. Bergners and the Salvation Army also send their thanks. There were a lot of bikes repaired and given out to kids that will enjoy them. It was a lot of fun being there, you can't do all work without having some fun during the day. Those that did not help, maybe you can try it next year. You would not regret it.

If you receive this before June 5th, don't forget No Baloney. It is in a new location this year, so maybe that will bring out a few more riders. We hope the weather is nice since at least one of our planned routes crosses the Mackinaw River in a low area. Rain showers of the normal kind won't hurt, but the gully washers of late are not good. Alternate routes have been planned just in case, but hopefully the worst is over. The area is really beautiful this time of year. Hope to see a lot of you at No Baloney, and area rides. Rich

## "Characters" Wanted

This year's Interplanetary Bicycle Ride (July 24/25) will have an unusual twist. A TV film crew from Berkeley California will be videotaping portions of the ride for use in a documentary series. The series, titled "What's Up in the Universe", is scheduled to premier in 2001 on PBS stations throughout the country. The six one-hour long segments, funded by a grant from the National Science Foundation, will be looking at some of the hottest topics in

astronomical research. Our ride, of course, will be used to introduce the concept of scale.

The producers have asked me to identify in advance any families who will be participating, as well as any interesting "characters". So, if your family is planning to participate and is willing to be taped, would you let me know so that we can provide the producers with some advance details. And, let me know of any interesting "characters" who might be riding (whatever that means? since these are Californians who're asking, I suspect they have fairly high standards for who might qualify as a "character"). E-mail [sls@bradley.bradley.edu](mailto:sls@bradley.bradley.edu) or call Sheldon Schafer at 682-1876 Home, or 686-7000 Work.

## Elroy-Sparta Weekend Ride

July 9-11

This an old abandoned railroad track that has been converted to 70 miles of beautiful bike trail in Southwestern Wisconsin. We'll be camping in the town of Wilton in the city park. The park, located in the middle of the trail has electricity and hot showers. Saturday we'll ride the trail one direction; Sunday the other. We'll do a group dinner Saturday and the Lion's Club Pancake Breakfast on Sunday. If you're not a camper there are places to stay in the area and restaurants so don't let this stop you. Come ride with us. . . it's a great weekend. Give us a call, Marge or Bill Semmens at 693-9388 if you plan on participating.

## Short Notice Rides

Send me a short message to be included in an email group to be notified of last minute rides [robalexander@worldnet.att.net](mailto:robalexander@worldnet.att.net).

## New Members

Tom Colligan ..... Peoria  
Claire Horan ..... Peoria  
Jeff Jones ..... Peoria Heights  
Duane & Deirdre Parker .... Dunlap

## Renewing Members

Ron Anderson^\* ..... Washington  
John Antram^ ..... Morton  
Allan Carr^ ..... Peoria  
Denise & Randy Cooksey Family^  
..... Peoria  
Carl & Janice DeBoer Family .....  
..... Peoria  
Ronald Dean^\* ..... Galesburg  
Don Eberle ..... East Peoria  
David Faught ..... Pekin  
Conrad Grembowicz^ ..... Peoria  
Stephen Grube^\* ..... East Peoria  
Chuck Gullette ..... Dunlap  
Steve & Carol Hallock ..... Peoria  
Daniel & Christine Hill^ ..... Peoria  
Don Jacobs ..... Washington  
Cindy Matthias ..... Peoria  
Gary Mort ..... Morton  
Carl & Martha Muller Family .....  
..... Washington  
Brett Rickett^ ..... Yorkville  
Sheldon Schafer^ ..... Peoria  
Charlie & Jane Sieck Family^ .....  
..... Dunlap  
Les Stegrist ..... Washington  
Jim Sloan ..... Morton  
Glen & Marty Thompson Family ...  
..... Tremont  
Laverne Wilson ..... Washington  
William Wright^\* ..... Peoria

\*LAW Member ^Advocacy

## Illinois Valley Wheelm'n

Greater Peoria's bicycle club

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

### President

Rich Morris 694-4104  
RPMIVW@aol.com

### Vice President

Jim Emmons 246-2166

### Secretary / Treasurer

Bill and Brenda Clark 347-4841  
wdclark@mtco.com

### Social / Membership

Mark and Vicki Padesky 692-1552  
skycam40@aol.com

### Mailing

Sue DeDecker 693-2973

### Database

Larry Davis 691-3060  
ldavis@iaonline.com

### Advocacy/Government Relations

Eric Hutchison 688-7038 (evenings,  
weekends) 578-8239 (days)

### Editor

Rob Alexander 444-3297  
robalexander@worldnet.att.net

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

Deadline: 15<sup>th</sup> of the month

### IVW On The WEB

[http://www.geocities.com/  
Colosseum/Field/6055/](http://www.geocities.com/Colosseum/Field/6055/)  
*enter the above as one line, no  
spaces*

## Riding With Mom Part 2

By Jeffery Gosnell

Mother's Day marked my mom's (Carol) 54th birthday and sixth week of riding tandem with me in preparation for the Tour of the Mississippi River Valley (TOMRV). For those who missed last month, March marked the first time in twenty-five years my mom had ridden a bike. Since then, the transition from a sedentary life to an active one has been amazing. The most noticeable change in mom has been physical; at work, church and social gatherings she has heard comments about her weight loss. One evening, she bragged that her massage therapist had noticed muscle definition in her legs.

The most dramatic changes are not outwardly visible. Since abandoning her sedentary ways, mom's blood pressure has been regulated without the use of medication. Her headaches, which at one time required hospitalization, have disappeared—again without medication. She has more physical energy than before; after finishing a metric century (100 kilometers or 60 miles) on May 1st, mom went to a party and "danced around the May Pole." (Weird, but true!)

Mentally, mom is a different person. The stresses at work seem more manageable; she no longer becomes overwhelmed to the point of physical exhaustion. Everyone close to mom has noticed a positive mental improvement. In fact, dad thanked me the other day for his "brand new wife." An important discovery in mom's training is that many of the aches, pains and health problems she had attributed to old age disappeared when she began a regular exercise program. I have always known cycling is healthy, but mom has opened my eyes to just how much that is true. No one is too old or too sedentary to begin a cycling program, but I recommend four things:

First, check with your doctor, especially if you are on medication. Mom's doctor was thrilled to learn she wanted to start riding.

Second, get a "real" bike. Department store bikes are heavy, ill-fitting and doomed to sit unused in the garage. Instead, visit a bike shop (my favorite is Russell's in Washington). There you can find knowledgeable sales people who will match you with the right bike.

Third, buy a heart monitor. A good heart monitor will not only help you gauge your progress, it will keep you from overdoing it.

Last, find someone to ride with you. The Wheelm'n have loads of rides for people with different fitness levels. Riding with another person is more enjoyable and helps you mark your improved fitness (You may also want to show this article to your spouse and ask when you can buy your tandem!).

Mom and I are still a long way off from attaining TOMRV's 196 miles, but we're well on our way. As mom put it on Mother's Day, "Who would have thought that I would be spending my 54th birthday riding 38 miles on the back of a bicycle!"

## Pancake Rides

Yes, we're still riding (and eating). IVW weekend rides continue on Saturday and/or Sunday morning. We've been meeting at 9 A.M. somewhere within a 20 minute drive of Peoria and riding 30-40 miles. Generally we eat at the turn-around stop. Feel free to give us a ring - Eric Hutchison, 688-7038

## Weeknight Rides

### Tuesday 6 P.M.

The rides continue even without Bill! Steve Kurt is leading the Tuesday ride, with groups for fast/ medium and slower riders. The slower group serves as an effective means of introducing folks to road riding and as a method of increasing their skills and confidence. Steve Kurt 243-7684 [kurtsj@mtco.com](mailto:kurtsj@mtco.com)

### Wednesday 6 P.M.

The Wednesday Night ride in East Peoria will move the start time to 6:00 p.m. effective June 9th. Some people could not make the 5:30 start, 6 seems to fit better. We still meet at the Head Start school across from the Pleasant Hill Antique Mall on Pleasant Hill Road. Any questions, call Dirk 309-699-8482 or Rich 309-694-4104. Hope to see you there. Dirk

### Thursday 6 P.M.

Meet at Russell's in Washington for a ride around Washington, for beginners and experienced riders. Call Rob: 444-3297, Jim: 444-7658, or beginners call Ron or Marilyn: 444-5160

**June 3, Pedal Peoria History Ride**

Start at Illinois Antique Center/Crooked Waters parking lot Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park.

**June 3-6, BEAR VIII**

Bicycling Early Agricultural Roads. TOGIR Tours (319) 344-1379, bike@togir.com

**June 4-7, Bourbon, Barns, & Bluegrass Rally**

Louisville, KY. League of American Bicyclists, www.bikeleague.org

**June 5, No Baloney Ride**

Deer Creek, IL. Choice of flat and hilly routes; the best of Central Illinois, contact Rich Morris (309) 694-4104 or Dirk McGuire (309) 699-8482.

**June 12, Tour de Chicken,**

Jubilee College State Park. Walk, bike, run or skate on the course length of your choice. All proceeds benefit the Children's Home. If registered by May 29th, \$15 adult/\$10 for youth under 18 or seniors over 65/\$50 for family. Registration includes breakfast, lunch, t-shirt and entertainment. Kids carnival, live auction and scavenger hunt

**June 12, TOMRV 22**

Bettendorf, IA. Tour Of the Mississippi River Valley, Quad Cities Bicycle Club, Susie LaForce (319) 355-5530, helios.augustana.edu:80/qcbc/

**June 17, Pedal Peoria Eric's Deli Ride**

Start at Loucks School parking lot High-

lights: Pettengill-Morrison House, West Peoria, Glen Oak Park Fedora's Deli

**June 18-21, Springs, Spokes, & Saddles Rally**

Louisville, KY. League of American Bicyclists, www.bikeleague.org

**June 20-26, The Other Great Iowa Ride**

Northeast IA. TOGIR Tours, (319) 344-1379

**June 27, 30th Annual Swedish Days Ride**

Geneva, IL. Fox Valley Bicycle and Ski Club, (630) 584-7353, www.geocities.com/colosseum/3073

**July 1, Pedal Peoria Sculpture Ride**

Start at Bradley University visitor parking lot Highlights: Public Sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersol, various Riverfront Park sculptures by Preston Jackson

**July 4, 4th of July Ride**

Plainfield, IL. Joliet Bicycle Club, P.O. Box 2758, Joliet, IL 60436. Calvin Jordan (815) 355-1857.

**July 11, Melon Metric XIV**

Well-stocked rest stops, scenic rural route. Contact Naperville Bicycle Club, Karla Labath (630) 796-9249.

**July 15, Pedal Peoria East Peoria Trail Ride**

Start at Illinois Antique Center/Crooked Waters parking lot Highlights: Robert Michel Bridge, East Peoria Trail

**July 24-25, Interplanetary Bicycle Ride**

Follow the orbits of Planetary Explorers through the "Worlds Largest Model of the

Solar System". Sarts Saturday at CILCO pioneer Park Service Center 6-9 A.M., Sunday 6 A.M. at Lakeview Museum.

**July 31-August 3, Across Illinois Bike Ride**

Moline to New Lenox. 275-300 miles over four days; 150 mile weekend option; flat to rolling on rural roads. Contact Joliet Bicycle Club, Larry McNamara (815) 744-7015.

**August 5, Pedal Peoria Fon du Lac Ride**

Start at Illinois Antique Center/Crooked Waters parking lot Highlights: Robert Michel Bridge, views from Fon du Lac Dr.

**August 19, Pedal Peoria Garden Ride**

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

**September 12, 27th Capital City Century**

Springfield. Includes sag, maps, marked routes, food, post-ride party. Contact Springfield Bicycle Club, Jerry Ihnen (217) 498-8877.

**September 12, Tour of Scenic Ogle County**

Stillman Valley. Extras include sag, food, cue sheets, rest stops, T-shirts, homemade cookies. Blackhawk Bicycle & Ski Club, Jillian Trojnar (815) 489-1120.

**October 3, Pumpkin Pie Ride**

Peru. Includes sag, marked routes, shower, homemade cookies & pumpkin pie. Preregistrants eligible to win a mountain bike. Starved Rock Cycling Association, Dixie DeVry (815) 434-7823.

**ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION**

Name #1 \_\_\_\_\_ Birthdate \_\_\_\_\_

please print clearly

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 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 IAB member? (check one)

Yes  No

Basic membership:

Individual (\$10) \$ \_\_\_\_\_

Household (\$12) \$ \_\_\_\_\_

Voluntary advocacy contribution:

(\$5, 10, 15, other) \$ \_\_\_\_\_

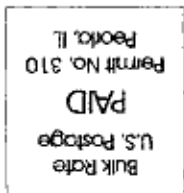
Total enclosed \$ \_\_\_\_\_

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

LARRY D DAVIS  
5809 FROSTWOOD PKY A-53  
PEORIA, IL 61615-2461

SHARE THE ROAD...MEMBER TIL: 6/21/1999



ILLINOIS VALLEY WHEELMEN  
6518 NORTH SHERIDAN RD. STE 2  
PEORIA IL 61614-2933

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