



# ILLINOIS VALLEY **WHEELM'N**



October, 1999

*greater peoria's bicycle club*

## Riding With Mom III

*Jeffery Gosnell*

Since the second Riding With Mom article, at least a dozen people have asked me "Did you do TOMRV?"

Last March I was bemoaning the fact that I could not find a stoker for the 200 mile Tour of the Mississippi River Valley (TOMRV). Half-joking, my 54-year old mother said she would ride the tandem with me. The teasing she received steeled her resolve to begin training for the ride.

Twenty-five years after her last bike ride, mom began training for a ride few people thought she could do. Along the way, her mental and physical health improved. Her stress level dropped dramatically, as did her weight. She developed calf muscles, and her stamina improved. In every way cycling has improved the quality of her life.

But, no, we did not do TOMRV. Five days before the ride, I became a dad and mom became a grandma. As you can imagine, the trip suddenly seemed less important. Still, our cycling days are far from over. Since Easter mom has logged 800 miles of riding and will hopefully end the year with 1,000. I have already purchased a bike trailer to ensure my sons get in a few hundred miles with us next season.

The lesson mom has learned is: It's never too late to begin an active, healthy lifestyle. It does not matter if you are overweight or out of shape; all a person has to do is put down the remote control and go do something. IVW offers rides at all levels of fitness. See you on the road!

**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

SHARE THE ROAD...MEMBER TIL: 6/21/2000

LARRY D. DAVIS  
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PEORIA, IL 61615-2461



## 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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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

## Weekday Rides

### Tuesday night rides from Dunlap Grade School

The rides will continue, but the start time is being moved to 5:30pm. As always, riders of all speeds and skills are encouraged to join. We meet at the Dunlap Grade School (just south of the water tower). The starting time will probably move to 5pm near the end of September. I plan to ride all fall and winter, and encourage others to buy lights and come along! Steve Kurt 243-7684

### Wednesday Night Bike Ride

The start time will move back to 5:00 PM beginning September 1st. I will leave it this way through the end of daylight savings time. If you are interested in some Hilly Hundred practice come on out and let me know. I'm sure we can find hills here in town. Keep spinning. Dirk

### Hilly Hundred Training Ride

Approximately 50 mile ride beginning on the west side of the square in Metamora, October 10, 1:00 P.M. This will be a Level II ride, not fast but hard due to the hills and distance. The timing should be good for fall color and a nice workout getting ready for Hilly. Bring plenty of water and any snacks you might need, limited facilities. Probable ice cream stop after the ride. Jim and Sarah Emmons 246-2166.

### Farmdale Dam Rides

It's getting too dark to ride in the woods after work so we're moving to the weekends. We'll be riding at 1:00 P.M. Sunday, October 3 & 17. This ride is geared toward the active rider that wants to learn about the trails in the Farmdale Dam area. There are numerous trails through the woods in addition to paths around the pastures and along the creek, the difficulty of the ride will be adjusted to the abilities of the riders present. For more information call Rob 444-3297.

### Newsletter Mailing

The opportunity for a fun board position has become available. Bulk Mailer, training is available, it doesn't take much time or skill. You get to put on stickers and have to do a bit of counting. You take the mail to the bulk mail office then you are done for another month. You'll be one of the most important people in the club. Where would

we be without our newsletter? For more information call Sue DeDecker 693-2973 and if you would like to volunteer please call Rich Morris 694-4104

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**Wanted:** Used trailer to pull child behind bicycle. George Burrier 698-5512

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### October 2-3, Jumer's Ride

Leave from Brimfield Grade School, spend the night at Jumer's in Galesburg, return on Sunday. Relax at Jumer's for swimming and supper. If you would like to join in this getaway fall ride, call Rick or Liz Boudreau at 682-6563.

### October 3, Farmdale Mtn. Bike Ride

Farmdale Dam Rec. Area 1:00 P.M.

### October 3, Ride to the Depot

White Heath, IL. Start with breakfast 7:00 to 10:00 A.M. at the start, routes from 16 to 100 miles, most travel through Lake of the Woods Park and/or Allerton Park (217) 352-7600.

### 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.

### October 9, Chillicothe Classic - 1999 Ride

for Life

Chillicothe, IL. 20, 26, or 50 mile interlocking loop. Begins and ends at City Park. Hosted by the Chillicothe Volunteer Fire Department and the Chillicothe Bicycle Club. Proceeds go towards purchase of a Thermal Imaging Camera that locates fire victims in dark or smoke-filled rooms. For more info contact the Chillicothe Independent (309) 274-6800.

### October 17, Farmdale Mtn. Bike Ride

Farmdale Dam Rec. Area 1:00 P.M.

### October 23, Henry Hybrid/Mtn. Bike Ride

9:00am in Henry. About 30 miles round trip. This is a repeat of a ride I did a couple of years ago. The ride is based on one that the city of Henry drew up in 1976 to highlight some of the historical areas around the area. Mostly flat paved roads, but we'll encounter some gravel and dirt roads too - so bring your hybrid or mountain bike! Directions: We'll start at the Waterworks park near the route 18 bridge in Henry. From route 29 north, turn right/east at the stop light onto route 18 (Western Ave.). Follow route 18 until you reach downtown Henry and take a right onto Edwards St. Follow Edwards to the riverfront. In case of rain, I'll hold the ride the next day on Sunday. For info call Patty Sage, 274-9145.