



ILLINOIS VALLEY WHEELM'N



greater peoria's bicycle club

March, 2000

From the President

The February club meeting on bike vacations was both fun and informative. Thanks to Randy Senneff, Eric Hutchison, Larry Paustian, and Bill Semmens for sharing their travel stories (good, bad, and otherwise)! To get maps or more ideas for your biking getaway, you might want to visit some of these websites:

Adventure Cycling Organization (books, maps, tours) <http://www.adv-cycling.org/>

National Bicycle Tour Directors (multi-day tours) <http://www.okfreewheel.com/nbtda.html>

Mike's Mega Bike Links (one day rides, tours, tour companies) <http://mikebentley.com/bike/>

League of Illinois Bicyclists (Illinois rides) <http://www.lincolnet.net/LIB/>

Ride Midwest (trails by state) <http://www.ridemidwest.com>

GORP (maps, books, trails, tours, ideas) <http://www.gorp.com/gorp/activity/biking.htm>

Pete & Ed's books (books) <http://www.a1.com/pebooks/books.htm>

We've got a great March meeting line up as well. Laura Schaufelberger, a licensed registered dietitian will speak on "Diet Supplements: Trash or Treasure?" (If there's a supplement you're particularly interested in, please phone me at 274-9145 or e-mail at sage@mtco.com. I'll pass it on to Laura and she may be able to address it in her talk.) And, Jonquil Johnston of the Tri-County Regional Planning Commission will speak for a few minutes on trails and greenways in our area. Happy Cycling! *Patty*



Tri-County Regional Planning Commission

The Tri-County Regional Planning Commission and the Regional Greenways Taskforce are planning trails and greenways in the un-urbanized, rural areas, and small towns of the Tri-County Region through a grant from the Illinois Department of Natural Resources. The goal of the project is to find links from the Metro Area to the more rural areas and trail connections between Peoria and Tazewell Counties and Woodford and McLean Counties. The Commission and Taskforce would like the input of bicycle enthusiasts.

We want this plan to work for the cycling community, as well as the walkers, hikers, roller bladers and other outdoor enthusiasts, and also be realistically implementable. With a successful plan in place, the region will be more eligible and more competitive to receive federal and state funds for construction and/or modification of trails, bike lanes, and other alternative/recreation transportation enhancements. There are a number of ways to provide input and/or get involved.

1. Request a postage paid survey from our office by calling 673-9330, fill it out, and return it to us.
2. Invite us to give a presentation and pass out/collect surveys at one of your meetings.
3. Represent your group and interests on the Greenways Taskforce.

If you are interested or would like more information, please call Jonquil Johnston at Tri-County Regional Planning Commission at 673-9330. We want to hear from you!

St. Patrick's Day Ride

Come join us for a Post - St. Patrick's Day Ride on Saturday March 18th at 3:00 PM. Meet at the parking lot by Crooked Waters in downtown Peoria. The ride leader will be Eric Hutchinson and we will be touring through Peoria. It will be a 15 mile- easy paced ride. Following the ride we are planning to go to Sully's for dinner. So get those bikes out of the garage and come out and join in the fun. If you need directions or have questions, please give me a call at (309) 246-2166 Sarah Emmons

New Members

Stephen Alfred & Rita Hungate
 Dunlap
 Philip Lockwood^ Peoria
 David & Maria Nelson Morton
 Brad Niemcek^ Peoria

Renewing Members

Gregg Benning Joliet
 Michael Bohn Peoria
 Ron & Gwen Chandler Family
 East Peoria
 Larry Davis* Peoria
 Jim & Sarah Emmons Family^
 Lacon
 Rolla Godfrey Princeville
 Sheila & Reid Hansen Family^
 Peoria
 Eric Hutchison^ Peoria
 Patty Isit* Bartonville
 Ken Luthy Pekin
 Melvin Perrill Pekin
 Mike Pula^ Dunlap
 Randy Senneff Family Peoria
 Bill Stevenson Peoria
 Frank & Pilar Sullivan Family^
 Metamora

*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

Patty Sage 274-9145
PSage16693@aol.com

Vice President

Jim Emmons 246-2166
tandemx2@joysta.com

Secretary / Treasurer

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

Ride Chairman

Bill Semmens 693-9388
semmens@MTCO.com

Social / Membership

Sarah Emmons 246-2166
tandemx2@joysta.com

Mailing

Marge Semmens 693-9388
semmens@MTCO.com

Database

Larry Davis 691-3060
lardavis@worldnet.att.net

Advocacy/Government Relations

Eric Hutchison 688-7038 (evenings,
weekends) 578-8239 (days)
erichutchison@juno.com

Editor

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

Webmaster

Patty Sage 274-9145
PSage16693@aol.com

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

Deadline: 15th 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*

Another account of your tax dollars at work

by Mr. Bill

The following account of events is true. The names have been changed to protect the stupid.

At our February 9th board meeting the following persons were in attendance; Lance Armstrong, Patty, Mr. Bill, Greg LeMond, Bill & Marge Semmens, Jim & Sarah, Larry "the data base guy" Davis and Phil Liggett. We discussed our strategy for the upcoming race season, especially the "Tour". We figured that since Lance won last year, it was time to pass the torch, and let Patty win one this year. You go girl. OK! Back to reality.

Patty opened the meeting with a report on some of the area rides coming up, that she had received information on. Also she reported on the proposed show by "Oprah" to do a segment on banning bicycles from downtown Chicago. Due to the tremendous outcry of the bicycling public, the segment has been canceled. Bill Semmens reported on the ride categories. A level from beginner to "Animal" has been established and approved by the board. The list will be published in upcoming Newsletters. Also, a Club Ride Description Form was designed by Bill, and approved for distribution. This will have the ride leaders name, address, etc., with the description of the ride on it. It will aid in publishing information about a particular ride, so those interested can better choose rides to suit themselves. These forms will be included with the newsletters.

Also, the ride schedule for 2000 was discussed. Keep your eyes on the newsletter for dates and times. Sarah Emmons reported on the upcoming Mystery dinner. This appears to be a must do event. Sunday, March 19th was approved as the date for the St. Patrick's Day ride. Larry the Data Base Guy handed out new club rosters. It was discussed whether or not to include these in the new member and renewing member packets.

Marge reported, excitedly I might add, on the upcoming "Membership Festival". Marge would like to see this as a Festival Atmosphere, and her husband suggested the theme "Put Sumpin Fun Between — OK Marge — I won't finish it. Anyhow, this is planned as a festival, and will most likely be held at Safety Town, based on

availability. Watch the newsletter for date, time and place. There will be safety videos for the kids, the safety course outside, contests and drawings for prizes, as well as a multitude of other activities. A membership drive is planned for the same period. This is a first for the club, so plan on supporting this event.

Due to the lack of time remaining before the general meeting of the club, and the volume of other items to discuss, the board meeting was ended, and a special meeting will be convened on 2/21 to conclude our business.

IVW Rules of the Ride 2000

Group riding skills are an important part of the fun of IVW rides, so please review the good group riding skills and safety habits IVW expects of all bicyclists participating in IVW rides. Use these Rules of the Ride as your guide.

1. Ride no more than 2 abreast - single file in traffic and at intersections.
2. Pass only on the left - and announce your intentions by calling out "On your left."
3. When riding in a large group, create space to help motorists pass safely.
4. Maintain a safe distance from the rider ahead of you.
5. Check all intersections for traffic. Avoid "group think".
6. If you stop, pull completely off the road.
7. Always ride with, never against, traffic.
8. Obey traffic signs and signals, markings and regulations.
9. Use hand signals to indicate left turns, right turns, and stops.
10. Warn the riders behind you of pot holes, dogs, cars (up, back, left, right), and other obstacles on the road.
11. Check your bike before every ride to be sure it's in safe operating condition.
12. All riders should arrive 15 minutes before start times - rides will leave promptly at the stated start time.
13. ALWAYS WEAR YOUR HELMET when riding your bike! Accident prevention is the first principle of safety, but accidents sometimes do happen. Helmets are the best means of minimizing head injuries.

IWW Weekly Ride Schedule for 2000

Revised

2/25/00

Ride suitable

Day	Leader	Location	Start Time	Start Date	Distance	for:	Phone #	Food
<u>Monday</u>	Marge Semmens	Dunlap Grade School	5:30 PM	A.T.C.	about 10 Miles	Beginners only	693-9388	No
	Tim Beeney	Bicycle Bus 2022 N. Wisconsin	9:00 AM	Now	about one hour	ALL	686-7262	No
<u>Tuesday</u>	Eric Hutchison & Steve Kurt	Dunlap Grade School	Call Steve for now	Mid-March	20 to 30 Miles Depends on daylight	ALL	688-7038 243-7684	No
<u>Wednesday</u>	Rich Morris & Dirk McQuire	Pleasant Hill School	5:00 PM	A.T.C.	20 to 30 Miles Depends on daylight	ALL	694-4104 699-8482	No
	Sherri Tate	Jumbo Sports Off Rt. 150	9:00 AM	A.T.C.	about one hour	1's & 2's	692-2316	No
<u>Thursday</u>	Rob Alexander & Cindy Matthias	Russell's Bike Shop Washington	6:00 PM	A.T.C.	15+ miles Depends on daylight	2's Only	444-3297	Eats after
	Sheldon Schaefer & Eric Hutchison	Peo. City Ride Various locations	This ride occurs everyother Thursday and one Monday each month. Check newsletter for more info.			1's and up	686-6682 688-7038	Maybe
<u>Friday</u>	Jim & Sara Emmons	Pearce Comm. Ctr Chillicothe	5:30 PM	4/14	10-20 miles	Beg. & 1's		Pizza after
<u>Saturday</u>	Show & Go	Washington Square Behind Amoco	8:30 PM	Now	20 to 40 Miles	2's and up	none	Breakfast stop
	Ron Jeton & Eric Hutchison	Varies - Call for info	8:30 AM	Now	20 to 40 Miles	2's and up	699-2790 688-7038	Snack stop
<u>Sunday</u>	Jim & Sara Emmons	Metamora Square	1:00 PM	Now	20 to 40 Miles	ALL	246-2166	
	Show & Go	Varies- watch newsletter NEEDS LEADERS!!!	8:30 AM	A.T.C.	Spring-short Summer-medium Fall-longer	ALL-breaks into groups as necessary	693-9388	Breakfast stop

Ride Levels

- 0 - Beginner Averages 6 - 10 mph. Can ride a bike no road riding experience
- 1 - Leisurely Averages 8 - 12 mph and can ride up to 20 miles
- 2 - Touring Averages 12-15 mph and can do up to 50 miles
- 3 - Fitness Averages 15-18 mph and can do a century
- 4 - Animal Climbs aboard a trusty steed and blow everyone else away.

A.T.C. ---> After the Time Change to daylight savings
Now ---> the ride generally meets year 'round

PLEASE NOTE THAT HELMETS ARE REQUIRED ON ALL IWW RIDES!

Cross Training Opportunities

Speed Skating - Don & Becky Rulis of the Peoria Speed Skating club have invited us to try skating. They skate every Thursday evening at the Owens Center, meeting at 5:00 PM and skating until 6:30. They also inline skate at Jubilee starting in April. Beginners are encouraged to join as they provide coaching on basics. Skaters are partnered/grouped based on ability. <http://members.tripod.com/~peoriaskate>

March 5, 2:00 PM. Meet at Cooper Park behind Jonah's Restaurant on IL116 in East Peoria. Hike Illinois River Trail to Spindler Marina (and back). Sponsored by Pimeteoui Trail Association, President: Dan Redmon, (309) 346-6826.

March 25, 8:00 AM. Meet at Cracker Barrel Restaurant in Morton. Car pool rides to Matthiessen State Park near Oglesby, IL (1 hour drive). Bring lunch and water. Sponsored by Pimeteoui Trail Association, President: Dan Redmon, (309) 346-6826. (Please call prior if you plan to attend).

April 9, 2:00 PM. Meet at Forest Park Nature Center. Hike the Pimeteoui Trail to Grandview Park (and back). A very hilly experience. Sponsored by Pimeteoui Trail Association, President: Dan Redmon, (309) 346-6826.

April 30, 8:00 AM. Meet at Cracker Barrel Restaurant in Morton. Car pool rides to Lincoln Memorial Gardens in Springfield, IL (1.5 hour drive). Bring lunch and water.

Sponsored by Pimeteoui Trail Association, President: Dan Redmon, (309) 346-6826. (Please call prior if you plan to attend).

Club Calendar

March 8, 6:00 - IVW board meeting, 7:00 program, club meeting afterwards. Held at Safety Town, 6518 North Sheridan Rd, Peoria.

March 18, St. Pat's Day ride, 3:00 at Crooked Waters in downtown Peoria. Eat at Sully's afterwards.

April 12, 6:00 - IVW board meeting, 7:00 program, club meeting afterwards. Held at Safety Town, 6518 North Sheridan Rd, Peoria.



March Club Meeting

March 8, 7:00 PM. Dual program! To lead things off, Jonquil Johnston of the Tri-County Regional Planning Commission will speak and listen to our ideas on trails and greenways in our area. Then Laura Schaufelberger, a licensed registered dietitian will speak on "Diet Supplements: Trash or Treasure?" Meet at Safety Town, 6518 N. Sheridan Rd, Peoria. (Couple of miles north of Sheridan Village shopping center.)

Tampico Illinois Quasiquicentennial Bike Ride

The Village of Tampico is 125 years old and celebrating by holding several events from February through June. On Saturday, May 6th we are hosting a bike ride which will start and end in Tampico. You will have a choice of a 40 or 18 mile course. We also have a 6 mile family ride.

Tampico is the birthplace of President Ronald Reagan, where you can visit his birthplace and a Ronald Reagan museum. The bike ride winds its way through a gently rolling scenic farming area

The ride will have rest stations with refreshing drinks and high energy home baked goodies. There will be ride monitors, sag vehicle, maps, cues and marked roads.

The registration fee of \$15 includes a quasiquicentennial T-shirt if received before April 20. The 6 mile family ride will be \$12 adult or \$8 child with adult. Registration must include the proper fee and your T-shirt sizes.

Send registration to: Quasiquicentennial Bike Ride, C/O Don Lester, Box 623, Tampico, IL, 61283-0623. Please feel free to pass this information on to other riders and bike clubs. Phone: 815-438-7447 e-mail: dlester@essex1.com

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

Beginner Category/Level 0: Beginning rides for families or individuals. Average speed 6-10 mph. Loop rides within or not very far from town. Friendly, social rides with an emphasis on fun, as well as learning basic safety and bicycling skills. Expect to ride as a group - individuals should not ride too far in front of the group (i.e., out of sight of the rest of the group), and no one will be left to ride alone behind the back of the group. Anyone having mechanical or physical difficulties can expect the group to stop and lend assistance.

Leisure Category/Level 1: For cyclists competent with basic safety and bike handling skills - should have experience riding in a group. Average speed 8-12 mph. Most of the ride should be done in the group format - pace and distance encourage group discussion, socializing, and riding, with some emphasis on improving group riding skills. No one will be left to ride alone behind the group, and anyone having mechanical difficulties can expect the group to stop and lend assistance.

Touring Category/Level 2: For experienced cyclists with substantial group riding experience wishing to concentrate on improving individual and group riding skills as well as physical fitness, with an emphasis on pace lines, some sprinting and intervals, etc. Average speed 12-15 mph. Individuals experiencing mechanical difficulties can expect a few members of the group to stop and lend assistance, including "pulls" to rejoin the main group. Group will stop occasionally to regroup with stragglers. Although physically challenging, emphasis is still on group riding for fun.

Fitness Category/Level 3: These are semi-competitive rides with Average speeds of 15-18 mph for extended distances. Riders are expected to be fully competent with pace lines, sprints, intervals, etc. These are physically demanding rides, dropped riders will probably be on their own, although those with mechanical difficulties may find a few members of the group willing to stop and lend assistance, including "pulls" to rejoin the main group.

Animal Category/Level 4: Those riders that start out with the group and then pull away after they get warmed up. They can expect to ride by themselves!

IWM RIDE CATEGORIES

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

<p>Bulk Rate U.S. Postage</p> <p>PAID</p> <p>Permit No. 310 Peoria, IL</p>

SHARE THE ROAD...MEMBER TIL: 10/03/2000

RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571-2207

