

ILLINOIS VALLEY WHEELM'N



May, 2000

greater peoria's bicycle club

President Patty

Bill Motteler and Lauren Malmberg from the Peoria Animal Shelter spoke to us about dogs at the April meeting.

Here are some notes from their informative talk:

Why dogs chase

There are many reasons why dogs chase cyclists: they like to chase and run, they're defending their territory, they're curious, they're hunting, etc. Many times, the dog will stop at the edge of their owner's property. But if it doesn't

How to prevent dogs from attacking

Many suggestions were offered by Bill, Lauren and the audience. Often times you just need to break the dog's attention by loudly yelling "no" or by using a whistle or horn. Some of the animal control officers carry a high-pitched (silent) battery-operated whistle called a "dazer" which can be purchased from pet supply companies such as R.C. Steele at 1-800-872-3773. (www.rcsteele.com) Pepper spray is often ineffective because of the wind and also because you have to be fairly close to the dog. Squirting the animal with water from your water bottle sometimes works. Depending on your fitness and the dog's, sometimes you can outrun the animal. If the animal is very aggressive, you may need to stop, get off your bike and put the bike between you and the dog. You can also use your tire pump as a weapon. In the case of a vicious attack and you can't get away, Lauren and Bill advised that you should curl up and protect your torso and neck. Also try to be passive and quiet while curled up to not incite the dog further.

What recourse do you have if you are chased or attacked?

Contact your local animal controll

In Peoria County call the Peoria Animal Shelter 686-7297. The address is 2600 NE Perry, behind Glen Oak Park. In Tazewell County call 925-3370. In Peoria County, you can call to report a problem or you can sign an official complaint. If a complaint is signed, the owner will be fined and the animal control officer will check on all animals at that residence. If animals don't have up-to-date rabies tags, etc., even more fines can be assessed. The basic fine for the dog owner is \$50 for the first offense if they reside in the country. \$25 for the first offense if they live in the city of Peoria. It quickly goes up from there. If you do need to report a problem or file a complaint, try to capture a few details. Having a description of dog (color, size), address or approximate location of where you think the dog lives will help the animal control officer find the owner.

Do report problems!

You may be preventing injury to another cyclist, runner, children in the neighborhood, and even to the dog. One person told of being attacked by a dog while riding. The dog grabbed his wheel, which tossed him off. The rider wasn't seriously hurt and chased the dog away. However, the next day another rider passed by the same dog, was tossed off and broke some bones. The first person felt very bad about not having reported his own encounter with this dog, knowing that he might have been able to prevent the second person's injuries. Happy Cycling! *Patty*

Club Roster

The club roster will be included in the June mailing to members. This is a good way to contact other riders you

have met to go on short-notice rides. If you wish to have information unpublished contact Larry Davis before May 15, lardavis@worldnet.att.net 691-3060

Cornfield Classic

Plans are being made for a joint bike ride with the members of the Springfield, Decatur, Bloomington and Peoria bike clubs. The ride will be held on Saturday June 24th at 9am. We will be meeting at the Lincoln Park District Recreation Center in Lincoln, IL. There will be a 30 mile and 45 mile route with variations if necessary. We are planning to meet for pizza following the ride. More details will be in the June newsletter

New Members

Paul and Valery Beckman... Morton
David Degroot Crete
Ron & Paula Douglas^ Peoria

Renewing Members

Rob & Cindy Alexander^*
..... Washington
John Antram^ Morton
Sharron Baird^ Chillicothe
Carl & Janice DeBoer Family
..... Peoria
Jim Degenhart^ Washington
Michael & Dawn Gibbs
..... Peoria Heights
Chuck Gullette Dunlap
Steve & Carol Hallock Peoria
Mike Kerber Normal
Jewel & Debby Moyers Family^
..... Hanna City
Larry & Marty Paustian Family^
..... East Peoria
Les Siegrist Washington
Cynthia Tanner^ Brimfield
Jeff & Sharree Tate Family^ . 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

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PSage16693@aol.com

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tandemx2@joysta.com

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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*

BIKE QUAD CITIES

June 2-4, 2000

Friday evening we'll set up camp at Illiniwek Forrest Preserve on the East bank of the Mississippi River. This is an Illinois state park on highway 84 just a few miles South of Interstate 80 where it crosses the Mississippi River. You can't miss it – if you're in Iowa, turn around. Travel time is about 1.5 hours, less than 100 miles. You'll find us on the riverbank, which is one of the tent areas; pads are available close by.

On Saturday morning at 9:00 A.M. the ride will leave the campground on the trail and travel the length of the Ben Butterworth Memorial Parkway to Codova (North) and back past the campground into Rock Island Arsenal (South) along the river-fronts of a half dozen cities with side trips to any number of the Mississippi Islands. There are trails on the Arsenal and civil war era buildings, cemeteries, and a museum (Helmets are required). From the Arsenal we can ride over the car/train bridge into downtown Davenport and continue our ride on the River Front Trail through Davenport and out onto Credit Island providing spring flooding doesn't close the causeway. To go all the way is about 55 miles. Dinner Saturday night will be at Miss Mamie's Catfish House. This place is cheap and good, but bring your own food if you want.

The ride time Sunday is 9:00 A.M. in Bettendorf, Iowa at Devil's Glen Park. We'll ride the Duck Creek Parkway across Bettendorf and Davenport, a round trip of 27 miles. Lunch will be at McDonalds on the trail. Only three streets cross this paved trail. It is a linear park stretching across two cities. Afterwards we will return to Peoria in the afternoon.

All the trails are flat and asphalt, but wider tires are usable at the camp and for some side trips onto the Mississippi Islands. Maps have been published in previous years newsletters and I'll be carrying some around with me. Call me if you plan to come along. Larry Paustian, 694-3947.

200 in 2000!!!

Have you ever thought about doing a really long bike ride all in one day? How about thinking about a 200 mile day. Sounds Impossible!!! Well it's not. Nothing is impossible when you set your mind to it. If you did a century last year, you may be

ready to try a 200 mile day. Start building your miles up this spring and you should be ready by June.

Here is the plan. There is a nice, square 50 mile loop that we can do out of Metamora. Do that four times and you have your 200 mile day. The ride will take place on June 17th and start at 6:00 A.M. That's pretty close to the longest day of the year so we should have about 15 hours to complete our task. The route starts in Metamora, goes north to Washburn, then goes east and then south near Eureka and then returns to Metamora.

It will be a self supported ride, but I'll try to collect names of people who are interested and we can talk about food, etc. I've done this ride two times now and can advise you on how to train and what you might want to eat the day of the ride.

So mark June 17th on your calendar and start training. Even if you can't do 200, come out and do as many loops as you can. The 200-milers will appreciate the company.

Call me, Bill Semmens, 309-693-9388, Semmens@Mtco.com, for more information.

Kewanee - Bishop Hill May 13 & 14

Ride Leaders - Bill & Marge Semmens

We will ride two different loops out of Johnson - Sauk Trail State Park. Both the Sat. and Sun. rides will begin from the camp area (there is only one) at 9 A.M. Since most folks will be in the tent area, that is where we'll meet. We have a pop-up camper and will attempt to get a camping spot adjacent to the tent area.

Friday evening we will have a wiener roast. Bring your own dogs, buns, and something simple to share. We'll provide the condiments and fire, of course we all create the atmosphere around the campfire. We also have some forks we can all share for roasting. Wine & beer are acceptable beverages.

We will bike Sat. about 35 or 40 miles using the Corners-and-Sweep method. There is no good place to stop for lunch on this route so you will need to pack your own or rely on a brief stop at Casey's. This will be the more leisurely ride of this two day event so don't be disheartened by the miles - we have all day.

Saturday evening we will have a pot luck. This year we are bringing chili in the crock-

pot so bring something that might compliment that or basically any dish you like - deserts are always good. If you can't stay to camp but wish to join us for Sat. potluck, there are showers you can use. Bring a lawn chair and stay awhile.

Both Sat. and Sun. morning we will provide coffee at our campsite. You are basically on your own for breakfast, so pack a bagel, fruit, or whatever. We will leave Sun. at 9:00 A.M. for a little longer ride to Bishop Hill. Lunch will be at the family restaurant. The food last year was great.

There is a fee for camping - tent camping was \$7 or \$8 per night with electric \$11 per night. These are approximate rates, very reasonable.

We will have a brief introductory meeting to get acquainted with new members & answer any questions. Since our monthly bicycle club meeting is on May 10th we thought we would tag our brief meeting on after the regular meeting--see elsewhere in the newsletter for details. We are looking forward to making new biking acquaintances and seeing some "old" friends. Call 693-9688 for questions or just to let us know you'll be there. Again, this park is only one hour from Peoria so camping is not mandatory, lots of options. Ride and camp, ride and don't camp, always eat. PS: There is a fishing lake in the park and some hiking trails.

Monday Beginner's Ride

Leader - Marge Semmens 693-9388

Starting in May, the Monday ride will begin at 6 P.M. out of Dunlap Grade School. Please encourage any new riders to come join us. This ride is geared strictly for new riders so no matter what your riding ability you will not be out of place on this ride. Since I am not very mechanical I have recruited mechanically oriented IVW members to ride chaperone on this ride, to ensure our safe return.

Some IVW members also believe my sense of direction is not great but I have at least two well planned routes that we cannot get lost on. We'd really like to see some new riders so dust off those saddles and come on out to meet new folks and enjoy the countryside. Beginning road riders need to get out early this year and support this ride.

Wednesday Night Bike Ride in East Peoria

Starting May 17th we will have two start times. We will continue our 5 P.M. start for those that can make it. We will do a 10 or 12 mile loop and meet anyone that would like to ride at 6 P.M., at the school, for the rest of the ride. It will be a good opportunity for the early starters to get in a few more miles. Anyone is welcome. Nobody gets left behind. *Rich & Dirk*

No Baloney Rides Again

The Board has decided to have only one invitational this year. So the Pedal-In has been moved to the Fall. The date will be Sunday Sept. 24th and will leave from Jubilee College State Park located just north of Kickapoo off I-74. We hope to offer a variety of long and short routes in and around the park. Since September is century month, we'll have that option also.

We haven't worked out all of the details yet but we are starting to form some of the committees. Right now we are looking for volunteers. We need helpers of various shapes and sizes to:

- Staff the food stop
- Help with registrations
- Mark the routes
- Drive the sag wagons
- Make treats

This is your club and we need your help to make this ride a huge success. So call me or talk to any of the Board members to volunteer your services.

A special thanks to Deirdre and Duane Parker who have volunteered to head up the food committee. If you have ideas for food items you'd like us to have on the ride, give them a call at 243-7884.

For more information, call or write Bill Semmens, 309-693-9388 or Semmens@Mtco.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

May Club Meeting Change

May 10, 7:30. We will continue meeting the second Wednesday of the month. However, for May through August (when we all want to be cycling instead of meeting) we'll meet *after* the East Peoria ride. Rich and Dirk have agreed to offer a shorter ride on meeting nights. Then, we'll reconvene at 7:30 at a local restaurant to eat and meet. On May 10, we'll meet at Monical's Pizza in East Peoria. It's possible that we may see a slide show of the bike trip in Spain that Jack Welch, Jim Vaupel and Ron Douglas recently took. (Still trying to schedule at press time.)

Club Calendar

May 10 IVW meeting 7:30 at Monical's Pizza, 212 Veteran's Drive in E. Peoria

May 13-14 Camping/biking weekend at Johnson-Sauk Trail State Park. Contact Bill or Marge Semmens. Semmens@Mtco.com, 693-9388

May 19 National Bike to Work Day.

June 3-4 Quad Cities Ride. Camping available. Contact Larry Paustian. 694-3947

June 10-11 Peoria's "Classic" sports weekend. The IVW will offer a bike tour of historic Peoria. The Proctor Cycling race is on Sunday.

June 14 IVW meeting 7:30

June 17 "200 in 2000" ride. 200 miles done in four 50-mile loops on one day! Contact Bill Semmens. Semmens@Mtco.com 693-9388

June 24 9:00 am. Cornfield Classic Multi-club ride in Lincoln, Illinois. IVW, Bloomington, Decatur, and Springfield clubs. 30 and 45 mile routes. Eat after.

July 12 IVW meeting 7:30

July 15-16 Camping/biking weekend at Elroy-Sparta trail in Wisconsin. Contact Bill or Marge Semmens. Semmens@Mtco.com 693-9388

Aug 9 IVW meeting 7:30

Aug 12-13 Lakeview Museum's Interplanetary Ride (with assistance from the IVW).

Sept 24 The Peoria Pedal-In. Our club's invitational ride! More details to come. Be sure to check out LIB's website www.bikeLIB.org or Mike's Mega Bike

Links www.mikebentley.com/bike/ilrides.htm to learn about rides hosted by other clubs in and around Illinois.

From the Secretary

Notes from a spokeameaniac; IVW Board Meeting, April 12, 00. The Saga continues!

Sorry I missed the last meeting. After a late night phone call from Lance on some training issues, I had to forgo work and bike club meetings, and rush to his aid. He had trouble keeping up with me for the first hour, but after getting his second wind, he was able to match me pint for pint. Oh ya, during the winter I have some serious cross training going on!! On to the current issues.

Patty reported that we do have the binder on our club insurance. Please, don't let this lull you into riding into the path of a big truck. The board decided that in order to protect the club, it's officers and members, we should have insurance for our events. This is a first for the club, and a very expensive venture. But in this day and age of lawsuits, we felt that this was the best course of action.

Other items discussed were a notice to be put in the next newsletter on publishing a membership roster in the June issue. Please keep your eye out for this and note the details.

June 24th is the date for the "Cornfield Classic" ride. This will be a multi-club ride, with the Decatur, Bloomington and IVW bicycle clubs. Look for details in the next newsletter.

A motion was made and passed to send \$2 per membership to L.I.B. For those who do not know, the League of Illinois Bicyclist is the state affiliation of the national League of American Bicyclist. Ill. was the only state to have a direct affiliation with the LAB and has since broken away on its own. Support of LIB depends solely on state memberships now. For more information on this, contact Eric Hutchison.

Also discussed was forming a 'Publicity Person/Committee, to handle press releases, etc. A person will be appointed until this can be investigated further. Board meetings will continue through the summer months, and the general meeting will be held after a

weekly ride. The time and date will be announced in the newsletter. See ya on the road. Mr. Bill

Elroy - Sparta Trail Ride

July 15 & 16

Ride Leaders - Bill & Marge Semmens, 693-9388

Mark your calendar for this annual event. Just a few notes regarding the format. This is a camping / biking weekend. We camp in the town of Wilton, WI, and it sometimes gets a little crowded in July, but it is always manageable. For those non-campers there is at least one Bed and Breakfast fairly close so you can participate in all of the activities and sleep in a real bed. For those of you considering the no-camp option, you may want to reserve a room early in the season.

We ride both days on the trail with an optional return on the roads (those tunnels really do serve a purpose). Since we are on the trails, this biking weekend can accommodate any type of rider. If 20 miles is your maximum, go out 10 miles and return, meet the rest of the group for a swim at the pool, a drink, dinner, and a campfire. More details in the June newsletter.

Invitational Rides

Saturday, May 6

Parke County Covered Bridge Bike Tour - Billie Creek Village, Rockville, IN 47872

Quasquicentennial Bike Ride - Tampico, IL Rides of 6, 18, and 40 miles. Quasquicentennial Bike Ride, C/O Don Lester, Box 623, Tampico, IL 61283-0623 - phone (815) 438-7447

Ride the Ups and Downs - Elizabeth IL A 1-day tour, not a race, of beautiful northwestern IL, an area untouched by glaciers. You'll be riding on the scenic, hilly Illinois backroads of Jo Daviess County - 22/31/46/60 - mile routs on blacktop and packed gravel roads.

Friday, May 26-28

Horsey Hundred - Georgetown, KY Ride in the beautiful bluegrass area of Kentucky, visit a race track and ride past some of the beautiful farms.

Saturday, June 3

Bloomington Offroad Challenge -

Bloomington, IN A mountain bike tour through the beautiful forests of Southern Indiana. The course winds in and around some of the best trails open to mountain biking in the Hoosier National Forest. Bicycle service and cleaning area will be available at registration. One day trail passes are provided with your entry fee. For questions about trail conditions for the day of the event check our web site. www.bloomington.in.us/-tortuga

Sunday, June 4

2000 "Moo"lenium Udder Century - 31-

50-62 plus new 100 mile route on scenic, flat to rolling rural roads. Includes pasta dinner, map, sags, food stops, marked routes. T-shirt available. McHenry County Bicycle Club (<http://nns.nslsilus.org/cpqhome/mcbc/index.html>) 815-477-6858

Sunday, June 18-24

TRIRI - Shelbyville IN

Saturday, July 1-8

GRABAAWR XV - Prairie du Chien, WI

RAIN (Ride Across INdiana) - Terre

Haute, IN RAIN is an annual ride across the State of Indiana, sponsored by the Bloomington Bicycle Club, Its 162 mile length runs on Route 40, an older divided four-lane road with light traffic.

Sunday, July 16-22

Bicycle Tour of Colorado - Woodland Park, CO

Sunday, July 30 - Aug. 5

SAGBRAW XXIII - Port Washington, WI

Sunday Morning On the Trail

Sunday, April 30

Walk / Run / Bike - 8:00 A.M.

What's going on? Recreational Trail Advocates (RTA) invites you to rise and shine to show your support for the expanding trail network through Central Illinois. Join fellow walkers, runners, and bicyclists for a Sunday morning of exercise, camaraderie, and optional breakfast.

When and Where? Start your walk, run, or ride at 8:00 A.M. at Barrack's

Cater Inn, located at 1224 W. Pioneer Parkway, Peoria and head west on the Rock Island Trail. Plan your trip so you are back in time to join everyone at Barrack's Cater Inn for breakfast at 9:30 A.M. At breakfast RTA members and others will provide a status update on Central Illinois projects.

How much? The cost of the optional breakfast is \$12 for adults. Since we need to know how many will join us for breakfast, please submit your reservation with payment by April 24. Donations are welcome.

Who is RTA? The Recreational Trail Advocates is comprised of individuals representing many different interests/activities - commuting, bicycling, walking, running and the environment. RTA is dedicated to addressing trail-related issues throughout Central Illinois. Issues include: expanding the trail network for commuting and recreation; promoting safe and proper use of trails; programming trail activities and events; and maintaining and enhancing trails. RTA 698-5512

IWW RIDE CATEGORIES

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!

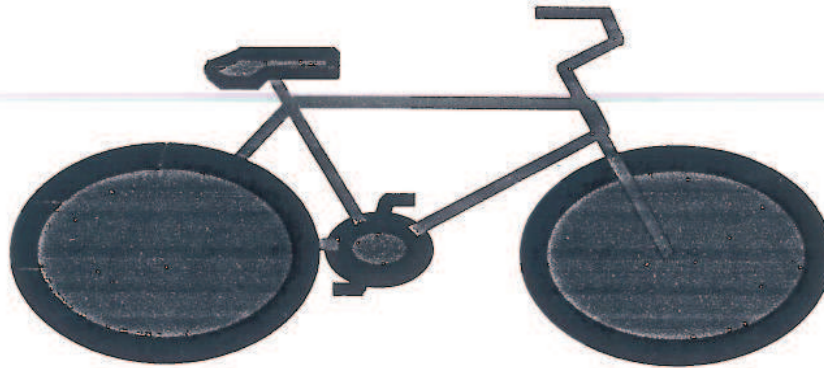
IWW Rules of the Ride 2000

Group riding skills are an important part of the fun of IWW rides, so please review the good group riding skills and safety habits IWW expects of all bicyclists participating in IWW 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.

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.

Pedal Peoria



Explore the Peoria Area by Bicycle Sponsored by the Illinois Valley Wheelm'n

All rides are designed for the casual rider, 13 - 15 miles
Approximately 1.5 – 2 hours (plus stops), starting at 6 PM (Except June 10 – xx PM)

All are welcome!!

- May 25** **Grandview Ride** Start at Lakeview Museum east parking lot
Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr.
Linberg's airmail flight plaque
- June 5** **East Peoria Trail Ride** Start at Illinois Antique Center/Crooked Waters parking lot
Highlights: Robert Michel Bridge, East Peoria Trail
- June 10** **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 22** **Garden Ride*** Start at Botanical Gardens, Glen Oak Park
Highlights: Luthy Botanical Gardens, selected city gardens
- July 6** **Eric's Deli Ride*** Start at Loucks School parking lot
Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park Fedora's Deli
- July 10** **History Ride (see June 10)**
- July 20** **Sculpture Ride*** Start at Bradley University park on Elmwood between Olin Hall & the bookstore
Highlights: Public Sculptures around Peoria, including Sonar Tide, Peace & Harvest,
Mother Theresa, Ingersol, various Riverfront Park sculptures by Preston Jackson
- August 3** **East Peoria Trail Ride (see June 5)**
- August 7** **Eric's Deli Ride (see July 6)**
- August 17** **East Peoria Fon du Lac Ride** Start at Illinois Antique Center/Crooked Waters parking lot
Highlights: Robert Michel Bridge, views from Fon du Lac Dr.

*These rides will also include selected buildings designated as "Endangered Historic Buildings in Peoria" by the Central Illinois Landmarks Foundation

For Information Call Ride leaders: Eric Hutchison (688-7038) or Sheldon Schafer (682-1876)



ILLINOIS VALLEY
WHEELM'N

greater peoria's bicycle club



	Leader	Location	Sart Time	Distance	Ride Level	Phone	Food
MON.	Marge Semmens	Dunlap Gr. School	6:00P.M.	approx 10 mi.	Beginners only	693-9388	no
	Tim Beeney	Bicycle Bus	9:00A.M.	approx 1 hr.	ALL	688-7262	no
TUES.	Eric Hutchison & Steve Kurt	Dunlap Grade School	6:00P.M.	20 to 30 mi. / till dusk	1's & UP	688-7038 243-7684	no
WED.	Rich Morris & Dirk McQuire	Pleasant Hill School	5:00P.M.	20 to 30 mi. / till dusk	ALL	694-4104 699-8582	no
	Sherrree Tate	Jumbo Sports	9:00A.M.	approx 1 hr.	1's & 2's	692-2316	no
THUR.	Rob & Cindy Alexander Jim Raney	Russell's Washington	6:00P.M.	15+ miles / till dusk	2's only	444-3297	eats after
FRI.	Jim & Sarah Emmons	Pearce Comm. Ctr. Chillicothe	5:30P.M.	10-20 miles	Beg. & 1's	246-2166	maybe
SAT.	Show & Go	Washington Square	8:30A.M.	20-40 mi.	2's & up	none	breakfast stop
	Ron Jetton & Eric Hutchison	Varies	8:30A.M.	20-40 mi.	2's & up	699-2790 688-7038	snack stop
SUN.	New Leaders Needed	Metamora Square	1:00P.M.	20-40 mi.	ALL	246-2166	breakfast
	Show & Go	Varies	8:30A.M.	longer w/ season	ALL-breaks into groups	none	stop

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

RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571-2207

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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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

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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

Club Calendar

June 2-4 Quad Cities Ride. Camping available. Contact Larry Paustian. 694-3947

June 5 East Peoria Trail Ride Start 6:00 P.M. at Illinois Antique Center/Crooked Waters parking lot. Highlights: Robert Michel Bridge, East Peoria Trail Eric 688-7038

June 10 History Ride Start 10:00 A.M. at the Riverfront Visitor Center parking lot. Highlights: Riverfront, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park. Eric 688-7038

June 10-11 Peoria's "Classic" sports weekend. Saturday. The Proctor Cycling race is on Sunday. We'll have an exhibit table in the Gateway building on Friday and Saturday.

June 14 IVW meeting 7:30 Held at Safety Town, 6518 North Sheridan Rd, Peoria.

June 17 "200 in 2000" ride. 200 miles done in four 50-mile loops on one day! Contact Bill Semmens. 693-9388

June 22 Garden Ride Start 6:00 P.M. at Luthy Botanical Garden, Glen Oak Park. Highlights: Luthy Botanical Garden, selected city gardens. Eric 688-7038

June 24 9:00 A.M. Multi-club ride in Lincoln, Illinois. IVW, Bloomington, Decatur, and Springfield clubs. 30 and 45 mile routes. Eat after.

July 6 Eric's Deli Ride Start 6:00 P.M. at Loucks School parking lot. Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park, Fedora's Deli. Eric 688-7038

July 10 History Ride Start 6:00 P.M. at the Riverfront Visitor Center parking lot. See *June 10*

July 12 IVW meeting 7:30

July 15-16 Camping/biking weekend at Elroy-Sparta trail in Wisconsin. Contact Bill or Marge Semmens. 693-9388

July 20 Sculpture Ride Start 6:00 P.M. at Bradley University. Park on Elmwood between Olin Hall and the bookstore. Highlights: Public sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersol, various Riverfront Park sculptures by Preston Jackson. Eric 688-7038

Aug 3 East Peoria Trail Ride, see *June 5*.

Aug 7 Eric's Deli Ride see *July 6*

Aug 9 IVW meeting 7:30

Aug 12-13 Lakeview Museum's Interplanetary Ride (with assistance from the IVW).

Sept 24 The Peoria Pedal-In. Our club's invitational ride! More details to come. Be sure to check out LIB's website www.bikeLIB.org or Mike's Mega Bike Links www.mikebentley.com/bike/ilrides.htm to learn about rides hosted by other clubs in and around Illinois.

Benefit Ride Blues

Formula for frustration: Move to new city, meet a bunch of nice people through the local bicycle club, then risk everything by asking them for money. That, unfortunately, seems to be the pickle in which I find myself.

What keeps me from feeling totally bad about this: I'm raising money for a very good cause — the prevention and treatment of AIDS.

As you probably have guessed, I've committed to participate in the 5th annual Twin Cities To Chicago AIDS Ride, a 500-mile jaunt over six days in mid-July. The entry fee is \$2,300.

That is, er, a bit beyond my personal means. And, as a newcomer to Peoria, my circle of friends is still relatively small. So, I either ask everyone I know here for \$100, or I try to be creative about widening my sphere of influence.

I know I'm not the first Illinois Valley Wheelm'n to take on an AIDS Ride fundraising challenge, but I'd like to appeal to fellow members for help anyway. If you are at all tempted to help a 60-year-old newcomer to Peoria raise some money for a really good cause, please visit my web page for a simple guide on how to do it. My address: <http://www.ssi.net/~brad> Brad Niemcek

Elroy - Sparta Trail Ride

July 15 & 16

Mark your calendar for this annual event. This is a camping / biking weekend, we camp in the town of Wilton, WI. We ride both days on the trail with an optional return on the roads (those tunnels really do serve a purpose). Since we are on the trails, this biking weekend can accommodate any type of rider.

Friday evening we plan to have wine and cheese at the campground before heading out to the all-you-can-eat fish supper. Bring wine and an appetizer to share. Saturday night will be our traditional pot-luck dinner,

bring a dish to share. We always have a great time.

Since this is a longer drive, about 5.5 hours, we are having a pre-trip meeting at 7:30 P.M. on July 6 at our house. This will give everyone a chance to get acquainted and arrange to share rides if needed. Our address is 10214 N. Forrest Drive, Peoria, call 693-9388 if you need directions. *Bill & Marge*

Rolla Godfrey
Marcy Grebner
Don Jacobs
Steve Kurt
Ron Matuska
Rich Morris
Dave Ringland
Bill Semmens
Larry Wegman
Brian White

August 12 & 13, 2000, Peoria, Illinois
Sponsored by, Illinois Valley Wheelm'n, Lakeview Museum of Arts & Sciences, Peoria Astronomical Society, Peoria Academy of Sciences, and Recreational Trail Advocates

What's included: Saturday August 12, 2000 - A "Century" ride to Pluto with shorter routes to selected Jovian Planets. Start at CILCO Service Center, 8420 N. University between 6 - 9 A.M. Sunday, August 13, 2000 Tour the inner solar system, from Mercury to Jupiter or Saturn. Start at Lakeview Museum, 1125 W Lake at 6:30 AM

RIDES FOR EVERY LEVEL
Depending on your planetary destination, there are options for every member of your family, for riders of all ages and abilities. Road Routes and Trail Routes are both available.

Boulevard Lakefront Tour

Sunday, June 18th

Join 5,000 bicyclists on a tour of Chicago! *Bike the city's historic boulevards through scenic neighborhoods; see 12 city parks, the Lakefront Path, and the heart of downtown. Enjoy lunch and live entertainment after the ride. \$25 and a free t-shirt before May 31st; \$30 after June 1* Organized by the Chicagoland Bicycle Federation * Information/Registration: www.RideBLT.com or at (312) 42-PEDAL

Quiet Hero News

At this morning's 15th annual Red Cross Quiet Hero Club Recognition Breakfast held at the Gateway Building the IVW's quiet hero group received the 3rd place award in the "Highest Donor Frequency" category for 1999. This was a nice surprise! In my opinion, this is the best category in which to receive recognition because regular and continuing whole blood and pheresis donations are what the Quiet Hero program is all about. (There are about 200 clubs in the Red Cross' Heart of America Region.)

Thank you to the following club members who were part of the award winning "Heroes" group in 1999:

Rob Alexander
Ron Anderson
Nancy Buzan
Joseph Camp
Bill Clark
Ardis Dieble

For Sale:

Santana Arriva (purple), 24 speed, 59 cm x 54 cm, with kid stoker kit, new \$3499, asking \$1800.

Contact: Mary Casterline, 694-0643, casterline@worldnet.att.net

Terry Symmetry (light teal), 20", 24 x 700 wheels, new \$999, asking \$350.

Contact: Mary Casterline, 694-0643, casterline@worldnet.att.net

Cannondale ST 600 (light blue), 23", 21 speed, LXXT, Hand built wheels, Phil Wood Hubs and Bottom Brackets, BarCon Shifters, Customized for cross country touring. New \$1600. Asking \$800. Contact: Mary Casterline, 694-0643, casterline@worldnet.att.net

The INTERPLANETARY BICYCLE RIDE

Follow the orbits of planetary explorers through the "Worlds Largest Model of the Solar System".

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ please print clearly 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 if registrant is under 18)

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

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 \$ _____

	Leader	Location	Start Time	Distance	Ride Level	Phone	Food
MON.	Marge Semmens	Dunlap Gr. School	6:00P.M.	approx 10 mi.	Beginners only	693-9388	no
	Tim Beeney	Bicycle Bus	9:00A.M.	approx 1 hr.	ALL	688-7262	no
TUES.	Eric Hutchison & Steve Kurt	Dunlap Grade School	6:00P.M.	20 to 30 mi. till dusk	1's & UP	688-7038 243-7684	no
WED.	Rich Morris & Dirk McQuire	Pleasant Hill School	5:00P.M.	20 to 30 mi. / till dusk	ALL	694-4104 699-8582	no
	Sherrree Tate	Jumbo Sports	9:00A.M.	approx 1 hr.	1's & 2's	692-2216	CANCELLED
THUR.	Rob & Cindy Alexander Jim Raney	Russell's Washington	6:00P.M.	15+ miles / till dusk	2's only	444-3297	eats after
FRI.	Jim & Sarah Emmons	Pearce Comm. Ctr. Chillicothe	5:30P.M.	10-20 miles	Beg. & 1's	246-2166	maybe
SAT.	Show & Go	Washington Square	8:30A.M.	20-40 mi.	2's & up	none	breakfast stop
	Ron Jetton & Eric Hutchison	Varies	8:30A.M.	20-40 mi.	2's & up	699-2790 688-7038	snack stop
SUN.	New Leaders Needed	Metamora Square	1:00P.M.	20-40 mi.	ALL	none	breakfast
	Show & Go	Varies	8:30A.M.	longer w/ season	ALL-breaks into groups	none	stop

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: 10/03/2000

RON ANDERSON
203 LOCUST
WASHINGTON, IL 61571-2207