



ILLINOIS VALLEY WHEELM'N



June, 2000

greater peoria's bicycle club

President Patty

The June 14 club meeting will once again be at Safety Town in Peoria. Anita Booth, a certified sports massage therapist, will be our speaker.

Anita will discuss the benefits of massage and how it aids in recovery. (Very important for those of you doing Bill's 200 in 2000 ride!)

Muchas Gracias to Jack Welch, Jim Vaupel, and Ron Douglas for sharing their bike trip to Spain with us at the May meeting! The slides and stories were a lot of fun! The "three amigos" plan to go back again next year, so please contact them if you're interested in joining their adventure.

Thanks also to those that have volunteered for the Classic Sports Weekend, Interplanetary Ride, and Pedal In/No Baloney ride. Everyone is pressed for time these days and we really appreciate the time you put into the club!

We've got room for more volunteers though. So, if you can donate a couple of hours for the club or lead an occasional ride, please let me know! Happy Cycling! *Patty*

June Club Meeting Sports Massage

June 14, 7:30. From 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. Anita Booth of Healthworks in Peoria will discuss the benefits of massage and how it helps your muscles recover.

Meet at Safety Town, 6518 N. Sheridan Rd, Peoria. (Couple of miles north of Sheridan Village shopping center.)

Cornfield Classic

Come join the Bloomington, Decatur & Springfield bike clubs in a multi-club bike ride. The date is Saturday, June 24th at 9 A.M. The ride will start from the Lincoln Park District Recreational Center in Lincoln, IL. There will be a 30 mile and 45 mile route with variations if necessary. Following the ride, we plan for all of us to go to a restaurant for lunch. If you have any questions, please give me a call (309) 246-2166. Hope you can come join in the fun and meet new people from surrounding bike clubs.
Sarah Emmons



New Members

Bruce Bartling Peoria
Christina Bartman Eureka
Audrey Brown Peoria
Henry De Groot Peoria
Diane Deford Family Chillicothe
Christopher Dierker Family .. Peoria
Jim & Linda Duttlinger Family
..... Chillicothe
Brian & Sara Egeberg Peoria
Mark & Wanda Hsu Family^
..... Dunlap
Lou Mc Murray^ Peoria
Pete Meiss^ Gridley
Barb & Ross Nunes Family ... Pekin
Randy & Marsha Ray Peoria
Charles & Susan Wallace Family^ ..
..... Pekin

Renewing Members

Phillip & Sandy Anton Family^
..... Peoria

Bonnie Beno Peoria Heights
Rick & Lix Boudreau Family
..... Peoria
David Brown Peoria
Joe & Connie Camp Family^
..... Washington
Allan Carr^ Peoria
William & Brenda Clark Family*^ ..
..... Pekin
Ronald Dean*^ Galesburg
Tom Donohoe*^ Washington
Don Eberle East Peoria
David & Toni Faught Pekin
David & Alberta Gehrt Family
..... Speer
Marcy Grebner^ East Peoria
Stephen Grube^* East Peoria
Don Jacobs Washington
Robert & Theresa Jones
..... East Peoria
Linda & Sam Kent Morton
Dalton Larson East Peoria
John & Kay Mallon^ Peoria
Dirk & Michelle Mc Guire Family ..
..... East Peoria
Gary Mort Morton
Margaret Moulton East Peoria
Greg Oakes Metamora
Duane & Deirdre Parker Dunlap
Linda Reinholtz Peoria Heights
Lisa Reinholtz^ Peoria Heights
Sheldon Schafer^ Peoria
Lowell Schroeder^ Morton
Charlie & Jane Sieck Family^
..... Dunlap
Allan & Gail Silzer Family^ .. Peoria
Glen & Marty Thompson Family ...
..... Tremont
Larry Voyles Benson
Jack Welch^ Groveland
Chris White^ Peoria
William Wright^ Peoria
Ronald Zim Pekin

*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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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

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".

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

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)

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

	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