



ILLINOIS VALLEY **WHEELM'N**



greater peoria's bicycle club

July, 2000

President Patty

As some of you may know, Todd and I recently returned from a bike vacation in Ireland. Yes, it does rain alot in Ireland. But the rain does have some

good points. It makes for lush green scenery with gorgeous 6-foot tall rhododendron bushes that grow wild along the roadsides. It also makes you appreciate the hot Irish coffee(s) as you sit by the turf fire in the local pub.

There were about 20 people in our group - half were from the U.S. and half were from Europe. One couple was from Norway and it turns out that Greta was an exchange student here in Peoria in 1967! The guide was Irish and a real character. He even convinced a bunch of us to ride for miles in the back of the cargo van on stolen (er borrowed) benches and play pitch and putt golf (par 3) in the driving rain!

So...since I've yet to find a speaker for the July meeting...I'll give a slide show of our trip to Ireland instead. If you're interested, the July 12 club meeting will once again be at 7:30 at Safety Town in Peoria. (Sorry - no Guinness at Safety Town, but maybe I can find some scones!)

I will say that you missed out if you didn't make it to the June meeting. Anita Booth, the only certified sports massage therapist in the area, was the speaker. Anita discussed the benefits of massage and how it aids in recovery. She had numerous handouts and I have a few extra. I'll try to bring them to the rides and July meeting, so let me know if you'd like a handout. Anita can be reached at Health Works, phone 694-2811.

Thanks again to those that have volunteered for the Classic Sports Weekend, Interplanetary Ride, and

Pedal In/No Baloney ride! I know the Peoria Bike Club really appreciated the help at the Proctor Cycling Classic. And, we had several people stop by our booth to inquire about rides and joining the club. Happy Cycling! Patty

200 in 2000

It was a beautiful way to start the morning. The sun was coming up in the east and a full moon was setting in the west. The temperature required a light jacket, but the crisp air kept us awake at 5:00 AM. Seven people started out on the first 50 lap of a possible 200 mile day. Congratulations go out to Steve Kurt, Joe Camp and Greg Zoborac for doing the full 200 miles.

Here's some of the statistics from the ride:

20 people participated and rode a total of 1350 miles.

The average speed for the three that did the 200 was 16.8 mph.

The riders said they really appreciated the boost from the Saturday Morning Riders. They did the second lap averaging 18+mph.

Thank to all that came out. In addition to the 200 milers, Jim Vaupel and Ted Lott each did 100 miles. The rest of us only did 50.

Everyone seemed to enjoy this type of ride, so start getting a few centuries in this year and think about 201 in 2001.
Bill Semmens

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*

Help Wanted: Volunteers to lead an occasional ride on Saturday or Sunday. Social rides, level 1 - 2, etc. Contact Patty at 274-9145 or Bill at 693-9388.

New Members

Scott & Peggy Barger Family
..... Peoria
Lou Price Edelstein

Renewing Members

John Cage^ Abingdon
William Chaffer^ Peoria
Shevaun & Robert Fennell Family^ Peoria
Robert Guenther* Pekin
Mary Reiter Peoria
Laverne Wilson & Roger Hagel
..... Washington
Jim & Ann Wittmer 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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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

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 and 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 A.M.

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.

July Club Meeting Biking in Ireland

July 12, 7:30. From May thru August (when we all want to be cycling instead of meeting) we'll meet *after* the East Peoria ride. Patty Sage (yep - you're stuck with me again) will give a slide show of Ireland. Meet at Safety Town, 6518 N. Sheridan Rd, Peoria. This is a couple of miles north of the Sheridan Village shopping center.

Club Calendar

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.

July 12 IVW meeting 7:30 Held at Safety Town, 6518 North Sheridan Rd, Peoria.

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

Aug 9 IVW meeting 7:30 Held at Safety Town, 6518 North Sheridan Rd, Peoria.

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

For Sale. Yakima Car Top Bike Rack - Bought new in 1997, holds two bikes via quick release forks, includes faring & rack locks. \$450.00 call Mike Gibbs @ (309) 686-4067

Get Ready To Rumble: The Latest On The Rumble Strip Debate

The League is leading a national effort to find a rumble strip design that effectively alerts motorists, but is also safe for bicyclists. The League's Tim Young has developed a series of bicycle-safe designs.

He and other members of the League's rumble strip team have been speaking with Congressman Oberstar, Transportation Secretary Slater, Federal Highways Administration chief Wykle, and Oberstar's staff to push FHWA to test the bicycle-safe designs as part of an effort to develop state and federal standard rumble strip designs.

Visit www.bikeleague.org to view the League's Action Alert on rumble strips. Concerned about rumble strips where you live? Write to bikeleague@bikeleague.org. We will forward your messages to FHWA Administrator Wykle and Congressman Oberstar to encourage them to take action.

Yosemite Valley— Future Bicycling Paradise?

California Bicycle Coalition has launched an international letter-writing campaign to urge (US) National Park Service officials to maximize bicycling's potential to enhance the visitor experience, reduce congestion and improve air quality in Yosemite Valley.

Ride List Taken From Mike's Mega Bike Links

July

- 7/1, Long Way to Long Grove Tavern Ride, CATS, Barrington, 847-705-8879
- 7/2, I & M Canal Ride, Rockdale to Morris, Carole, 630-495-8162
- 7/4, Metric Ride, Joliet Bicycle Club, 815-355-1857
- 7/4, HI-AYH Firecracker 100, Belleville, whittlej@apci.net
- 7/10-15, Aids Ride, Twin Cities/WI/Chicago 773-880-8812
- 7/15, Millionaire Bicycle Ride, Quincy, 217-228-1956, Images@bcl.net
- 7/15, Pedaling for Kicks on Route 66, Bloomington, rverdery@iffb.org, 1-800-676-2353
- 7/16, Biking with Beanzie, DeKalb, beanzieride@yahoo.com 888-228-7476 or 815-758-3742
- 7/16, LATE Ride- Chicago Lakefront — FOTP, 773-918-RIDE
- 7/23-24, HI-AYH Peach Pedal, Eckert's in Belleville
- 7/30, Wizard of Ozwego, Metro Metric, Yorkville, Elmhurst Bicycling Club, email wizardride@hotmail.com

August

- TBD, Gurnee Days Des Plaines River Trail Bike Ride, 847-623-7658
- 8/5, Round Lake Bash, CATS, 847-740-2990
- 8/6, Melon Metric, Naperville Bicycle Club, 630-357-9000 x191
- 8/6, Rotary Ride 2000, Naperville, 630-355-6692, ipedal@mindspring.com
- 8/6-12, AIBR, Around Illinois Back Roads, Joliet Bicycle Club, dominick_jr@hotmail.com
- 8/12-13, Interplanetary Bicycle Ride email sschafer@lakeview-museum.org, 309-686-7000
- 8/12-14, Cowalunga, ALA, Gurnee, IL. to Hubertus, WI., 312-243-2000 x229, niki@alamc.org
- 8/12-19, Grand Illinois Trail Ride, cdanillo@mediaone.net, 630-495-8162
- 8/13-18, Heart of Wisconsin Bike Tour Elgin, IL to Wisc. and back
- 8/19, Apple Pancake Ride, CATS, 847-244-7412
- 8/19, Downers Grove Family Bike Tour, 630-434-5921
- 8/19, Mississippi Valley Challenge Bike Ride, New Baden, whittlej@apci.net
- 8/26, Kiwanis Fun Ride, Mt. Vernon, bfc@mvn.net
- 8/27, Bike Psychos Century, Coal City, Oaklawn Bike Psychos, BikePsychos@yahoo.com, 708-802-1804

League News

Springfield -- Governor George H. Ryan today reaffirmed his pledge to support completion of the Grand Illinois Trail, the 475-mile loop trail connecting the Mississippi River to Lake Michigan through northern Illinois, proclaiming June 2nd and 3rd as "Trails Days" in the state of Illinois to coincide with the National Trails Day which is observed on June 3.

"The Grand Illinois Trail provides a connection for trail users to our state's rich array of natural resources, beautiful and scenic vistas, and our significant cultural and historical heritage," Ryan said. "The Grand Illinois Trail provides links to outstanding recreational opportunities, is a boost to local tourism throughout the region and helps connect people with people."

The Grand Illinois Trail is being developed through partnerships involving municipal and county governments, park and forest preserve districts, local organizations, the Illinois Department of Natural Resources and the Illinois Department of Transportation.

At present, more than 200 miles of the Grand Illinois Trail are open. Another 100 miles of new trails are under construction, while state and federal funding is being secured for another 50 miles of new trails.

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

	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	692-2816	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	Metamora Square	1:00P.M.	approx 1 hr.	ALL	692-2816	CANCELLED 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