



# ILLINOIS VALLEY **WHEELM'N**



greater peoria's bicycle club

September, 2000

## President Patty

Did you all see Lance win the Tour de France again? (Kinda old news, but the race wasn't finished when the last newsletter was put together.) It was

fantastic! I taped all the sessions on ESPN2 and ABC. I did goof once and missed some rest day coverage - but sure enjoyed the rest. To win the Tour takes incredible skill and some measure of luck. Winning it after going through treatment for cancer is simply amazing. And then, to win it two years in a row... I've seen family members suffer through cancer treatments and it just thrills me that he was able to overcome all the obstacles that were thrown in his path. And if you like to read, I highly recommend Lance's book, *It's Not About the Bike*.

On the subject of reading, I also recommend Joe Kurmaskie's book, *The Metal Cowboy*. It's a collection of short stories from his life on the road that are heartwarming, funny and all about why we love cycling so much. The name "metal cowboy" comes from one of the stories about an old blind rancher. As Joe was waiting for the rancher to cross the street, the rancher tapped his white cane around Joe and his loaded touring bike and pronounced: "Ah, metal cowboy." There's a very touching story about Samantha Smith, the 11 year old who wrote to Yuri Andropov in the early 80's, pleading for world peace. Another one about Roberto, a former Tour participant and barber who carries his scissors with him on his Bianchi. And another about stumbling upon a convention of Elvis impersonators at a roadside motel. This book might also make a good gift for any non-cyclists you have in your life.

And speaking of cowboys, how about some help with the No Baloney ride? Our themed food stops could use some volunteers at the western BBQ, the Hawaiian luau (with leis), the French cafe, and the Halloween stop. Members are needed to help with food prep and manning rest stops. And yes, you can wear cowboy hats, grass skirts, or even those Super Man PJ's from 6th grade if you want! Please call Bill Semmens at 693-9388, e-mail him at [semmens@mtco.com](mailto:semmens@mtco.com) or stop by one of the Wednesday night meetings. Happy Cycling! *Patty*

## Grass Skirts and Cowboy Hats!

It's only a few weeks to our invitational ride and we still need your help. This is our club's main event for the year and we want to make the No Baloney Ride a primo event for cyclists. We need *your* help to do this. Ex: Sag support, baking cookies, rest stop workers, delivering flyers, buying and prepping food, advertising, etc.

No Baloney Ride planning meetings will be held *every Wednesday* night - probably until the ride on September 24. Bill Semmens, our ride chair for the event, will be hosting most of these meetings at his house. (Exception is September 13 - at the regular Safety Town location.) Meetings are at 7:30. Directions to Bill and Marge's are below.

If you can't make the meetings, please give Bill a call and let him know how you can help. Duane and Deirdre Parker, food chairs for the event, are also looking for help with the themed food stops. If you have any props/costumes/music the club could use for the stops (Hawaii, French cafe, Western BBQ, Halloween), they would appreciate it. Also, if you have boom boxes, ice

chests, crock pots, serving trays, etc. to lend that day, it would be greatly appreciated.

**Directions to Bill & Marge's:** From North Knoxville (Route 40), turn east onto Ravenswood Road, after 2 blocks turn left onto Raven, take next left, take next right, then take next left onto Forrest Drive. Bill and Marge are at 10214 N Forrest Drive. Phone: 693-9388

## Poker Run

On 9/12/00 the club will be hosting a poker ride. Rain or shine, the event begins at 6 P.M. on Tuesday, September 12 at the Dunlap grade school. (this will be in lieu of the normal Tuesday ride). Steve Kurt has planned a short ride (about 12 miles) so we can all be back in the park for a spaghetti dinner and poker awards. The cost is \$5 per participant to cover the food (you do not need to bring a dish) which is payable in advance to any ride leader or you can mail a check to Marge Semmens at 10214 N. Forrest Drive, Peoria, Illinois 61615. The ride leaders (Dirk, Rich, Steve, Rob, Emmons) will have sign up sheets for the event. This event replaces the Saturday poker ride we had planned in August. About 20 people showed up for the food but only Gary and the kids rode due to the weather. It was a great social event but we still have prizes to give away. This is always a fun time for all, so sign up now and support your club's activities. Call Marge at 639-9388 if you have questions.

## Mountain Bike Rides

Rob and Cindy are planning to ride in Farmdale at 6:00 P.M. on Tuesday evenings through September. Come explore the area and practice your single-track skills. Call for more information about this informal mountain bike ride. Rob or Cindy Alexander, 444-3297

# 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/  
ivw.geo](http://www.geocities.com/ivw.geo)

enter the above as one line, no  
spaces

## September 13 Club Meeting No Baloney Ride

**September 13, 7:30.** Once again, munchies will be available for those attending this working session. We'll be making plans for the No Baloney Ride on September 24 and need your help! So, come out to Safety Town for some free food and fun - and help your club at the same time! Meet at Safety Town, 6518 N. Sheridan Rd, Peoria. This is a couple of miles north of the Sheridan Village shopping center.

## Club Calendar

**Sept 12 Poker Ride.** Sarah Emmons has collected all sorts of good giveaways for this end-of-season gathering. Sign-up required to ensure food availability. At Dunlap. See elsewhere in newsletter for more details.

**Sept 13 IVW meeting.** 7:30 P.M. Held at Safety Town, 6518 North Sheridan Rd, Peoria

**September 24 The No Baloney Ride, Peoria.** The IVW's annual invitational ride! No Baloney will be held on Sunday, September 24. It's Midwest road cycling at its best! Experience the bicycle-friendly atmosphere of central Illinois' rolling back roads and unique small towns. Ride 25, 50, 75, or 100 miles. Choose the distance that's right for you. Rates: \$15 before September 10. Family rate \$40 before September 10.

See <http://www.geocities.com/ivw.geo/baloney.html> for more details or contact Bill Semmens at 693-9388.

Be sure to check out LIB's website [www.bikeLIB.org](http://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.

**Help Wanted:** Members to bake cookies, muffins, etc. for the No Baloney Ride. Please let Duane & Deirdre know what you can donate by calling 243-7884. There are four collection points: Duane & Deirdre Parker's house in Dunlap, Todd & Patty Sage's house in Chillicothe, Rob & Cindy Alexander's house in Washington, and Larry & Marty Paustian's house in East Peoria. We'd appreciate it if you could drop the baked goods off at one of these locations by noon on Saturday, September 23.

**Help Wanted:** Members to lend us boom boxes, Hawaiian music, country music, and French music for the themed food stops. Also, any items that we could use as costumes/props for these themes would be greatly appreciated. Contact Duane & Deirdre Parker at 243-7884.

**For sale:** 1995 Burley Samba Tandem Mountain Bike - black. Suntour components - 21 speed lever index shifting. Specialized Armadillo tires. Excellent condition. \$900. Call Keith @ 693-4774 or 697-3088.

## 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.

**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 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!

**Donate 4 dozen homemade cookies for the  
No Baloney Ride and get a free T-shirt.**

## 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**

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ILLINOIS VALLEY WHEELMEN  
6518 NORTH SHERIDAN RD. STE 2  
PEORIA IL 61614-2933

## Weekday Rides

**Monday, Dunlap** - Marge Semmens' beginners ride will switch to 5:30 P.M. start time the first week of Sept. This ride will stop at the end of Sept.

**Tuesday, Dunlap** - Steve Kurt's ride will switch to 5:30 P.M. start time the first week of Sept. and will switch to a 5:00 P.M. start in Oct.

**Wednesday, E. Peoria** - Rich & Dirk will only have a 5:00 P.M. start for the rest of the season. These rides will end when the time changes in Oct.

**Thursday, Washington** - Rob and Cindy will continue this ride from Russell's beginning at 6:00 P.M. There is also a Level 3 ride leaving at the same time.

**Friday, Chillicothe** - Jim & Sara will keep this ride going at ~~6:00~~ **5:30** P.M. through the end of Sept.

**Saturday** - Both rides stay the same

**Sunday, Metamora** - Jim Emmons will start his afternoon rides at 1:00 P.M. from the Square in Metamora on November 5th. Open to all levels.

If you have any questions, call Bill at 693-9388.