

ILLINOIS VALLEY WHEELM'N



greater people's bicycle club

December 2000

President Patty

The November meeting with Dr. Ryder Church was very informative. Dr. Church's father is a cyclist, so he's familiar with our aches and pains. Dr.

Church discussed common back alignment problems and how he evaluates patients. He doesn't believe that chiropractic adjustments will help everyone and often refers patients to physical therapists instead. Thanks to Liz Boudreau for arranging for Dr. Church to speak.

Due to the holidays, we will not hold a club meeting in December. Bill and Marge will host a holiday party December 8 at their home. On January 1, our traditional New Year's ride/potluck will be at Todd & Patty's house.

For our January meeting, we'll have a swap meet. So, start cleaning out the garage, basement, etc. and bring those unused bikes and parts to the swap meet!

Have a wonderful holiday season! (And, don't forget to visit your local bike shop when looking for gifts. They support the IVW in many ways, including sag support for No Baloney and donations for club door prizes.) Happy cycling! *Patty*

Annual Meeting

Approximately 30 people attended the annual meeting at Fairview Farms. The "Pass It On" gift exchange was fun and included things such as bike cleaner, a bike chain bracelet, and handle-bar streamers. Elections were held and no recounts were necessary! Your two new club officers are:

Secretary - Chris Hill

Treasurer - Sheila Gribble

The next time you see Chris or Sheila, please congratulate them and thank

them for taking on these posts! In addition, club awards were voted on:

Most Improved Female Rider nominees:

Chris Hill

Sarah Egeberg

Marge Semmens (winner)

Most Improved Male Rider nominees:

Jim Williams

Mike Dvorsky

Brian Egeberg (winner)

Hub of The Club nominees:

Dirk McGuire

Patty Sage

Marge Semmens

Sarah Emmons (winner)

Congratulations to all, and thanks again to Sarah Emmons for organizing the dinner!

Shoulders to Lean On

Here's the problem: There's a beautiful lake in southern Illinois - Rend Lake - with a planned recreational trail to go around it. But how do you get to it? About the only access from the west is Illinois Route 154, a narrow, two-laned, no shoulder road which carries significant traffic, including boat trailers. When IDOT put the road up for improvement, LIB's road alert program jumped into action. With the help of local bicyclists, LIB called for significant roadway improvement. The result was a victory of sorts - a one-foot shoulder. We pointed out the Bicycle Accommodation standards that applied to the road, and in October District 9 let us know that after reevaluation of the shoulder width, it will be increased to four feet.

Thanks to the IDOT for their design change, to the local cyclists who helped, and to LIB's state-wide road improvement alert program, Illinois cyclists will now enjoy a more bike-friendly road. The League of Illinois Bicyclists: Working to help you. Join today: Send \$15 (\$25 household) to LIB, 6 Chestnut Court, Park Forest, IL 60466-2141.

Winter Wednesdays

The Wednesday night hikes for December will begin at the historical marker on Grandview Drive (first parking area off Prospect, near Glen). Hikes will begin at 4:30 P.M. and conclude at approximately 5:45 P.M.

There is a trail that runs between Grandview Drive and Forest Park Nature Center. Bring a flashlight; the trail will be challenging at night. On nights that we don't walk the trail, we can stroll along Grandview and look at Christmas lights. We will meet back at the historical marker at approximately 5:45 to select a dinner location.

January hikes will meet at the parking lot for the Rock Island Trail, across from Spokes on Alta Road. The times for the hike and dinner will remain unchanged. With any luck, we will have some snow for cross country skiing.

February hikes will begin in the parking lot of Forest Park Nature Center. In the event that we have enough snow to ski, we will meet at the parking lot of Donovan Golf Course. The entrance to the golf course is on Knoxville, just south of Junction City shopping center.

Questions? Contact Sheila Gribble (sgribble4@juno.com) or Eric Hutchison (688-7038 home or 578-8239 work). Note: Hikes on Dec. 27 & Jan. 3 will be show & go due to vacation.



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
sage@mtco.com

Vice President

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tandemx2@joysta.com

Secretary / Treasurer

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Ride Chairman

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sage@mtco.com

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

Deadline: 15th 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

Christmas Party

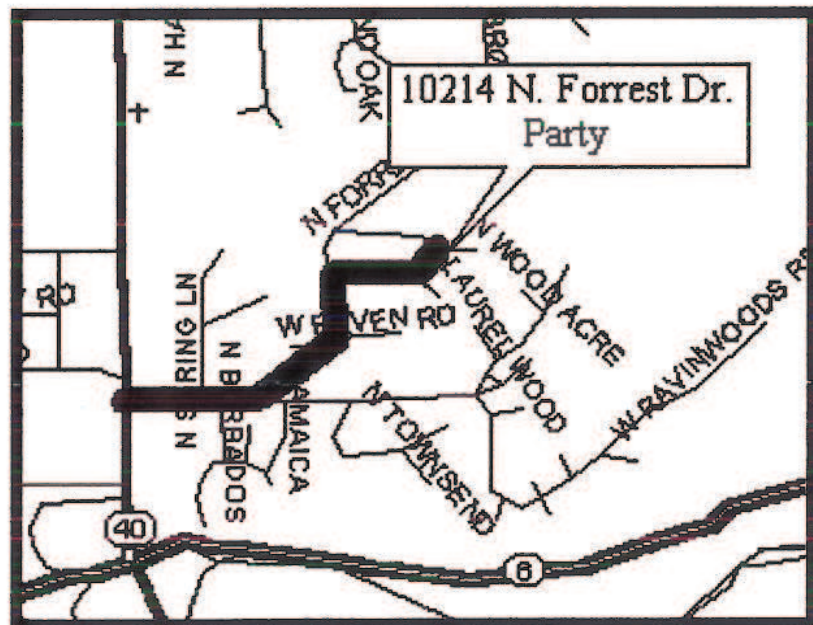
December 8, 7 P.M.

Bill & Marge Semmens
10214 N. Forrest Drive
Peoria, IL

Come join your fellow Wheelm'n for some holiday fun. The club's party is being hosted by Bill & Marge Semmens. Bring an appetizer or dessert to share and the beverage of your choice. Games, music, and holiday cheer will be provided. Call 693-9388 if you have questions.

Directions:

North on Knoxville
Right on Ravenswood Road
Left on Raven Road
Take the first left, next right, next left.



Club Calendar

December 8, IWV Christmas Party

7:00 P.M. at Bill & Marge Semmens.
10214 N. Forrest Drive, Peoria. Bring an
appetizer or dessert to share, and beverage
of your choice. Phone 693-9388 for
more info.

January 1, New Years Day Ride

10:00 A.M. at Todd & Patty Sage's house.
525 Taylor Drive, Chillicothe. Bring a dish
to share. Phone 274-9145 for more info.

January 10, Swap Meet and January Meeting

7:00 P.M. Held at Safety Town, 6518 North
Sheridan Rd, Peoria. Clean out the ga-
rage, basement, etc. and bring your new/
used bike junk (oops - I mean treasure)
to the Swap Meet.

New Years Day Ride

Join us for the first club ride of the new
year! (Or, just join us for the food and
company!) Todd & Patty Sage are the hosts
for this year's ride.

The ride will be at 10:00 A.M. with the
meal to follow. Bring a covered dish to
share. Beverages, plates and utensils
provided. The ride length and route will be
adjusted for the weather but it will be an
easy ride. For more info or directions, call
Todd or Patty at 274-9145 or e-mail
sage@mtco.com.

WANTED TO BUY: Used hardshell bike
cases. Call Bill or Marge Semmens at 693-
9388 if you have one or know of any for
sale.

Weekly Rides

Monday: Meets at The Bicycle Bus at 2022 N Wisconsin beginning Oct. 2. Ride leaves at 9:15 A.M. Call Tim Beeney at 282-0400 with questions. All levels.

Tuesday: Meets at Dunlap Grade School. Ride leaves at 5:30 P.M. and will be considered a night ride. Proper lighting & reflective clothing will be required. Call or e-mail Steve Kurt with questions. 309-243-7684. Level two and up.

Thursday: Meets at The Edge Health Club located at 2121 W. Altorfer in Pioneer Park. Meet in the back of the parking lot. Ride leaves at 9:30 A.M. The length will vary with weather. Call Marge at 693-9388 with questions. Level one & up.

Saturday: Meets behind Washington Square all year long. Ride leaves at 8:30 A.M. Show & Go breakfast ride. Level one and up.

Saturday: Meets at Pierce Center in Chillicothe. Ride leaves at 9:00 A.M. Show and Go, length will vary with conditions.

Sunday: Meets at Metamora Square beginning November 5. Ride leaves at 1:00 P.M. Distance will vary depending on weather. Call Emmons 246-2166 or Semmens 693-9388 with questions. Winter riding requires proper clothing. Level one & up

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**

SHARE THE ROAD...MEMBER TIL: 11/27/2001
RON ANDERSON
203 LOCUST ST
WASHINGTON, IL 61571-2207

Bulk Rate
U.S. Postage
PAID
Permit No. 310
Peoria, IL

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

Progressive Hike and Dinner

4:00 P.M., Sunday, Feb. 18, 2001

Meet at Rob & Cindy Alexander's house, 310 Jackson, Washington, IL, at 4:00 P.M. for hors d'oeuvres. Hike on Washington's "Bike Trail" to Terry Havy's house, 417 S. Wilmor, for your main course. Hike to Jim Degenhart's house, 404 Jackson, for dessert. There will be a \$5.00 fee, kids 16 and under free when accompanied by an adult. Your fee is your reservation and must be received by Feb. 1, 2001. Send fee payable to Rob Alexander, 310 Jackson, Washington, IL 61571.