



ILLINOIS VALLEY WHEELM'N



March, 2001

greater peoria's bicycle club

Quiet Heroes

IVW's Quiet Heroes finished out the last four months of 2000 with their generous whole blood and pheresis donations. The following are those who donated (with number of donations in parenthesis if more than one).

Rob Alexander (2)
Ron Anderson (2)
Bill Clark (2)
Marcia Grebner (2)
Steve Kurt (2)
Rich Morris (2)
Dave Ringland
Bill Semmens
Larry Wegman (4)
Brian White (2)
Nancy White (2)

Thank you once again! Remember, there has been no substitute yet found for blood and blood products. There is much dependence placed on the willingness of people - especially healthy cyclists! - to donate as they are able. Please consider joining the IVW's group of dependable and consistent Quiet Heroes. Call Ron Anderson at 444-2018 or send him a note at raanders@bwsys.net if you want more information. Please also contact him if you are donating but don't see your name above!

St. Patrick Day Ride

Saturday, March 17, 3 p.m. meet downtown Peoria at Crooked Water's parking lot. Eric Hutchinson will be the ride leader. We will do one of his many intercity routes. This will be a Beginner Level 1 ride. The mileage will be approximately 15 miles round trip. We will go to dinner following the ride. Any questions or for directions, please call Sarah Emmons @ 309 246-2166 or Eric Hutchinson @ 309 688-7038.

**ILLINOIS VALLEY WHEELM'N
6518 NORTH SHERIDAN RD. STE 2
PEORIA IL 61614-2933**

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SHARE THE ROAD...MEMBER TIL:11/27/2001

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Illinois Valley Wheelm'n

Greater Peoria's bicycle club

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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/
ivw_geo](http://www.geocities.com/ivw_geo)

enter the above as one line, no
spaces

President Patty

Well, I was glad to see about a dozen people show up for our February meeting on first aid. (Selfishly - because I'll probably need first aid with my track record!) Zelena Winters of the American Red Cross covered a lot of ground which I can't even begin to repeat here. Let's just say that for most of us, the contents of our bike bags are rather inadequate. If you were to add one thing to your bike bag, you might want to consider a gauze bandage. This can be used to dress a wound, for compression to stop bleeding, and for splinting or immobilizing broken bones. Also, the training stressed Check - Call - Care. This means we should first check on the injured or ill rider, gathering details of the situation. Then, call for assistance if needed. Then lastly, we should care for the rider.

Dirk McGuire and Rich Morris were also at the meeting and gave an update on the RTA's progress, including work on new bike racks for area trails and businesses. Keep up the good work!

The March meeting will feature IVW member Kevin Thieme. Kevin is a well-known local bike mechanic who will give a presentation on bike maintenance. Whether you're proactive and already have your bike tuned up, or if you're just starting to think about it, this meeting's for you!

LIB Update: Many thanks to Eric Hutchison for his years of service on the League of Illinois Bicyclists board. Thanks also to Brad Niemcek for filling Eric's shoes as the new District 4 representative. One of LIB's many purposes is to serve as an advocate for bicycling in our state. Please help support Brad and the LIB in this effort. Visit <http://www.bikelib.org/> for more information.

Pedal In Update: Congratulations to Bill Semmens, Duane and Deirdre Parker, the cooks and food stop workers, and all the volunteers at the 2000 No Baloney/Pedal ride! The League of American Bicyclists has come out with their Best Biking in America awards and the IVW tied for Best Country Ride and Best Food. Great work everyone!!!! Thanks also to Mike Pula for bringing this to our attention. For more details, visit [http://www.bikeleague.org/
media/medprs31.html](http://www.bikeleague.org/media/medprs31.html) The 2001 Pedal In has been scheduled for Saturday, September 22.

And last but not least, thanks to Terry Havy, Jim Degenhart, and Rob & Cindy Alexander for the scrumptious progressive dinner! Happy Cycling! Patty

Club Calendar

March 14, IVW Meeting 7:00 p.m. Held at Safety Town, 6518 North Sheridan Rd, Peoria.

Kevin Thieme of Russell's Cycling and Fitness will give a presentation on bike maintenance.

March 17, IVW St. Patrick's Day Ride Details elsewhere in newsletter.

April 11, IVW Meeting 7:00 p.m. Held at Safety Town, 6518 North Sheridan Rd, Peoria. Topic pending.

April 19-20, Johnson-Sauk, Kewanee camping (or not) ride. Ride leaders: Bill & Marge Semmens.

May 9, IVW Meeting 7:30 p.m. Held at Safety Town, 6518 North Sheridan Rd, Peoria. Marty Potts of the Antique Bike Club will give a presentation on his hobby and plans to bring his 1897 tandem. This bike has dual-steering and is designed to have the woman in front. The original factory building still stands in Chicago.

June 2-3, Quad Cities Trail Ride Ride leader: Larry Paustian.

July 21-22, New Glarus, Wisconsin Trail/Road Ride (tentative date) This is in lieu of the Elroy-Sparta ride; thought we would try something new. Ride leaders: Bill & Marge Semmens.

New Members

Jim & Ro Gerkin Family^ Peoria
Susan & Fred Massey Jr. Morton
Roger & Patricia Wehage Family
..... Dunlap

Renewing Members

Stephen Alfred & Rita Hungate
..... Dunlap
Gregory Benning Joliet
Rolla Godfrey Princeville
Celeste Hansen Peoria
Ron Jetton* Dunlap
Jim Kamp & Ann Goodsell
..... Tremont
Kevin Lantz^ Peoria
Ken Luthy Pekin
Mark & Vicki Padesky Family
..... Peoria
Melvin Perrill Pekin
Kevin Thieme* Washington
Jim Williams Washington

*LAW Member ^Advocacy

IVW Weekly Ride Schedule for 2001

Revised

2/28/01

Ride suitable

Day	Leader	Location	Start Time	Start Date	Distance	for:	Phone #	Food
<u>Monday</u>	Marge Semmens	Dunlap Grade School	6:00 PM	5/7/01	about 10 Miles	Beginners +	693-9388	No
<u>Tuesday</u>	Steve Kurt	Dunlap Grade School	5:30 PM	4/3/01	20 to 30 Miles Depends on daylight	1's & up	243-7684	No
<u>Wednesday</u>	Dirk McGuire Larry Paustian	Pleasant Hill School (E. Peoria)	5:00 PM	4/4/01	20 to 30 Miles Depends on daylight	1's & up	699-8482 694-3947	No
<u>Thursday</u>	Jim Vaupel	Coal Miner's Park Pekin	5:30 PM	4/5/01	20 to 30 Miles Depends on daylight	1's & up	353-6104	No
<u>Friday</u>	Sheldon Schaefer & Eric Hutchison	Peo. City Ride Various locations	This ride occurs every other Thursday and one Monday each month. Check newsletter for more info.			1's & up	686-6682 688-7038	Maybe
<u>Saturday</u>	Jim & Sara Emmons	Pearce Comm. Ctr Chillicothe	6:00 PM	5/4	10-20 miles	Beg., 1's & Families	246-2166	Pizza after
<u>Sunday</u>	Show & Go	Washington Square Behind Amoco	8:30 PM	Now	20 to 40 Miles	2's & up		Breakfast stop
	Don Eberle	Russell's in Washington	8:30 AM	Now	20 to 40 Miles	2's & up	699-2790	
	Jim Emmons	Metamora Square	1:00 PM Last ride 3/31/01	Now	20 to 40 Miles	1's & up	246-2166	Snack stop
	Show & Go	Varies- watch newsletter NEEDS LEADERS!!!	8:30 AM	A.T.C.	Spring-short Summer-medium Fall-longer	ALL-breaks into groups as necessary		Breakfast stop

A.T.C. ---> After the Time Change to daylight savings
Now ---> the ride generally meets year 'round

Ride Levels

- Beginner
 - 1 - Leisurely
 - 2 - Touring
 - 3 - Fitness
 - 4 - Animal
- Averages 6 - 10 mph. Can ride a bike, but little or no road riding experience
- Averages 8 - 12 mph and can ride up to 20 miles
- Averages 12-15 mph and can do up to 50 miles
- Averages 15-18 mph and can do a century
- Climbs aboard a trusty steed and blows everyone else away.

PLEASE NOTE THAT HELMETS ARE REQUIRED ON ALL IVW RIDES!

JOHNSON – SAUK TRAIL PARK, Kewanee, IL. – May 19-20

This is a camping and bike trip up to beautiful Johnson – Sauk Trail Park about five miles north of Kewanee, IL. You can campout one or two nights or just join us for day rides. We'll ride Saturday and Sunday. Bring a brown bag lunch on Sat. and have fun with some gentle rolling hills. The ride will be about 30+ miles. There will be a group dinner on Sat. so let us know what you may want to contribute. Sunday we'll ride to Bishop Hill (about 50 miles) and have lunch at one of the restaurants there, so we'll need a head count for our reservation. We'll have a few more climbs on Sunday, so bring your baby gears. Who said Illinois was flat? Rides will leave the park about 9:00 each day. Call Bill or Marge Semmens at 309-693-9388 or Semmens@mtco.com to sign up or more info.

BIKE QUAD CITIES - June 1, 2, & 3, 2001

Friday evening we'll set up camp at Illinwek 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 9:00am the ride will leave the campground on the trail and travel the length of the Ben Butterworth Memorial Parkway to Codova (North) and out onto the scenic Mississippi back roads through the small river side towns. Pack a lunch just in case restaurants cannot be found. This area is to become part to the Great Illinois Trail but currently contains some missing sections. Sunday morning we will travel from the campground into Rock Island Arsenal (South) along the riverfronts 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 each day is about 55 miles, all on pavement. 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.

If time permits on Sunday afternoon we can pack up and cross the river to Bettendorf, Iowa. At Devil's Glen Park, we'll ride the Duck Creek Parkway across Bettendorf and Davenport, a round trip of 27 miles. Afterwards we will return to Peoria in the late afternoon. Come for some or all of the rides each day.

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. Gary Hartzler has moved to Moline and has acted as co-host in previous years. This year we'll tap Gary's knowledge of the back roads for our road riding. Gary's number is 309-762-6753. Call me if you plan to come along. Larry Paustian, 694-3947.

SUGAR RIVER TRAIL – New Glarus, WI. – July 21-22

Instead of the long drive to the Elroy-Sparta Trail, we're trying something closer to home. The Sugar River Trail is about a four-hour drive from Peoria and offers a nice flat trail surrounded by lots of hills. We'll have a base camp in the New Glarus woods and ride the trail and highways on Saturday and Sunday. There are also B&B's and motels in town. Call Bill or Marge Semmens at 309-693-9388 or Semmens@mtco.com for sign up or more info.