



ILLINOIS VALLEY WHEELM'N



greater peoria's bicycle club

May, 2001

News and Recap

We've had some very good speakers at the IVW meetings recently. Thanks again to Kevin Thieme, an IVW member and popular mechanic at Russell's Cycling & Fitness. Kevin brought out a record crowd for our March meeting.

For the April meeting, we had two enthusiastic guests from the Quad Cities Bike Club. Many thanks to Joe Jamison and Jim Hanson for trekking down to Peoria in the stormy weather to share their love of endurance cycling with us. Joe and Jim left us with many insightful tips. (Especially useful if you're planning to participate in all or part of the IVW's Double Century on June 23!) One product Jim recommended for a "tired butt" is something called Butt'r. For more information about endurance cycling, check out <http://www.ultracycling.com> or visit the QCBC's endurance website at <http://www7.ewebcity.com/bigdogz>. A couple of recommended books are Joe Friel's *Cycling Past 50* and Bill McKibben's *Long Distance*.

The reservations for the progressive dinner totaled \$105 and the hosts decided to donate the money to the RTA in the club's name. The RTA is a local organization promoting the development and use of recreational trails in the area.

Bike to Work Month

Tim Beeney of the Bicycle Bus has planned numerous events in support of Bike to Work Month. On May 12, he's holding a swap meet and information day. He also plans a group ride in conjunction with the event. Local bike clubs will be distributing information about their clubs at the Bicycle Bus. Please contact Patty at (309) 274-9145 if you have some time to represent the

IVW that day. In addition, he's organized a Bicycle Film Fest. Films such as *2 Secondes* and *Velorution* will be shown at the Apollo Theater on May 19. Doors open at 6:30 P.M. And don't forget that May 18 is Bike to Work day!

Volunteers Needed for Proctor Cycling

On June 9 and 10, the Peoria Bicycle Club is looking for volunteers to help with their road race and criterium. Their road race will be on June 9, starting at 11:00 A.M. The course is a 12 mile loop starting from Brimfield. They are in need of volunteers for road monitors, registration, and other odd jobs. The criterium will be June 10 in downtown Peoria starting at 8:30 A.M. Again, they will need help with corners, registration, setup, tear down, etc. Per Ken Luthy, "The IVW has always been so generous with its time and effort, we will never be able to properly thank you." They will have their usual volunteer picnic on Friday evening, location to be determined. FREE TEE SHIRTS for all volunteers. To volunteer *any* amount of time or to ask questions, contact Ken at (309) 346-1547 or KNDLUTHY@NTSLINK.NET.

104 Year Old Tandem at May Meeting

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 ride in front. The original factory building still stands in Chicago. Stop by Safety Town on Wednesday, May 9 at 7:30 P.M. to see this unusual bike!

Senior Olympics

The Heart of Illinois Senior Olympics will be held May 2 - 6. The HISO's cycling competition starts May 5 at 8:00 at Pekin's Mineral Springs Park. For more information, contact the HISO office at 688-3667, ext. 370.

Interplanetary Bicycle Ride

Follow the orbits of planetary explorers through the "Largest Complete Model of the Solar System in the World." August 11 & 12, 2001, Peoria, Illinois. What's included: Saturday, August 11, 2001 - A "Century" ride to Pluto or shorter routes to selected Jovian planets. Sunday, August 12, 2001 - Tour the inner solar system, from the Sun to Saturn, plus historic Peoria. 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 available. For registration or more information: Lakeview Museum of Arts and Sciences, 309-686-7000

New Members

Anne Dickerson Peoria
Kevin Nickerson^ Peoria

Renewing Members

Edith Albright Chillicothe
John Antram^ Morton
Mark Ferguson*^ Peoria
Chuck Gullette Dunlap
Patty Isit* Bartonville
John Mogler Washington
Larry & Marty Paustian Family^
..... East Peoria
Les Siegrist Washington
Jim Vaupel^ 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/
ivw_geo](http://www.geocities.com/ivw_geo)

enter the above as one line, no
spaces

Sunday Rides

The club will be offering a series of longer rides this summer on Sundays leaving at 8:00 AM from various points outside of the metro area. Lengths will be in the 50 mile range but will be determined by the group that day. Be sure to eat properly before the ride, full breakfast stops may not be available. The starting points will repeat every four weeks, so keep your newsletter handy.

April 22, Jubilee College State Park

April 29, Limestone High School

May 6, Tremont swimming pool

May 13, Eureka Courthouse

May 20, Jubilee College State Park

May 27, Limestone High School

June 3, Tremont swimming pool

June 10, Eureka Courthouse

You get the pattern now. I know this conflicts with other weekend rides, but quite a few people in the club have asked about Sunday rides. We have only a few volunteer leaders, so we will try the show & go and see what happens. If there are any questions, call Bill & Marge Semmens, 693-9388.

Club Calendar

May 5, Bike through Amish country in western Illinois. Ride starts in Macomb. For more information, contact Ron Douglas.

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.

May 19-20, Johnson-Sauk, Kewanee camping (or not) ride Ride leaders: Bill & Marge Semmens. 693-9388.

May 24, Pedal Peoria Series – Grandview Ride May 24 marks the start of the Pedal Peoria series, led by Sheldon Schafer and Eric Hutchison. See complete schedule elsewhere in newsletter.

June 2-3, Quad Cities Trail Ride Ride leader : Larry Paustian. 694-3947.

June 23, IVW Double Century Ride leader : Bill Semmens. 693-9388.

July 21-22, New Glarus, Wisconsin Sugar River Trail/Road Ride. This is in lieu of the Elroy-Sparta ride. We thought we would try something new. Ride leaders:

Bill & Marge Semmens. 693-9388.

August 11-12, Interplanetary Bicycle Ride The Lakeview Museum's invitational ride (with assistance from the IVW).

September 22, IVW Pedal-In Invitational Ride (a.k.a. No Baloney). Jubilee College State Historic Site and Park.

November 3, IVW Annual Dinner & Awards Banquet. Kenyon's in Lacon.

Kewanee Ride

Come join us for a fun-filled two day bike riding adventure in the beautiful Kewanee area May 19 & 20. A great outdoor weekend is planned for all levels of riders. We'll set up our base at the Johnson-Sauk Trail Park off Route 78. We will be camped around sites 20-24 in the pine trees. When you get there, go directly to the sites and check in with us. Don't stop at the Host Site. Campsites with electricity will cost \$11.00/day. The primitive campsites cost \$7.00/day. Here is our general plan for the weekend.

Friday – Drive to Kewanee (about one hour from Peoria) Hot dog, marshmallow roast over campfire, condiments provided, bring your own dogs to roast.

Saturday – Breakfast (on your own, but we'll probably have a pot of coffee). About 9:00 A.M. we'll mount up and ride to Sheffield, IL. Total distance about 38 miles. If 38 is too long, I know a shortcut that cuts the ride down to 31 miles, but it's a highway. We plan to stop at a Casey's but there will not likely be a restaurant. There may be time for a hike or whatever when we get back. The park has many trails around the lake. This is also a great fishing lake. Supper – Potluck, we will bring chicken & noodles. Bring a dish to share. Probably eat about 6:00 P.M.

Sunday – Breakfast (on your own again). About 9:00 A.M. we'll saddle up again and head for Bishop Hill for Lunch. Today will be about 50 miles, with as many hills as we can find. There will be a couple of great downhills. There is at least one restaurant in Bishop Hill, but nothing in between.

Also note: Ride length and destination may vary with conditions. Day riders are welcome. Just try to get there about 8:30 A.M. so we can leave the park by 9:00 A.M. Trip leaders: Marge & Bill Semmens - 693-9388. Call if you have questions. We also need a headcount for Sunday's restaurant.

Weekly Ride Schedule

| Day | Location | Start Time | Start Date | Distance | Ride Level | Leader | Phone | Extras |
|--------|-----------------------------------|------------|----------------|---------------------|-----------------------|--|----------------------------------|------------------|
| Mon. | Dunlap Grade School | 6:00 p.m. | 5/7/01 | Depends on group | Beginners and above | Marge Semmens | 696-9388 | |
| Tues. | Dunlap Grade School | 6:00 p.m. | 4/3/01 | Depends on daylight | All levels | Steve Kurt | 243-7684 | |
| Wed. | Pleasant Hill School, East Peoria | 5:00 p.m. | 4/4/01 | Depends on daylight | All levels | Dirk McGuire Larry Paustian | 699-8482 694-3947 | |
| Thurs. | Coal Miners' Park, Pekin | 6:00 p.m. | 4/5/01 | Depends on daylight | All levels | Jim Vaupel | 353-6104 | |
| Fri. | Pearce Center, Chillicothe | 6:00 p.m. | 5/4/01 | Depends on daylight | All levels & Families | Jim & Sarah Emmons | 246-2166 | Eat After |
| Sat. | Washington Square | 8:30 a.m. | Year Round Now | 25-35 miles | Level 2 & 3 | Show 'n Go | 699-2790 | |
| | Russell's, Washington | 8:00 a.m. | | Varies | Level 2& up | Don Eberle | | |
| | Pearce Center, Chillicothe | 8:30 a.m. | 4/7/01 | 20-25 miles | Level 1& up | Show 'n Go | | |
| Sun. | Various places call for details | 8:00 a.m. | | 50 miles | Level 2& up | Show 'n Go | 693-9388 | Call for details |
| | Various places call for details | | | | Level 2& up | Larry Paustian Don Eberle Jim Williams | 694-3947 699-2790 444-9457 | |

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 signant 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

May is National Bicycle Month!

The Art of Bicycle at The Contemporary Arts Center on Water St. in Peoria
Bicycle Sculpture Garden at The Bicycle Bus, 2022 N Wisconsin Ave., Peoria.
May 12--Swap Meet and Club Information Day at The Bicycle Bus from
11 A.M. to 4 P.M.

May 18--Bike to Work Day
May 18--PAMBA fund-raiser at The Rhythm Kitchen. Take a chance to win a
Santa Cruz Superlight or Juliana Full Suspension Bicycle!!!
May 19 & 20--Bike to Your Place of Worship

May 19--Bike Month Film Fest at The Apollo Theater in Downtown Peoria. Doors
open at 6:30 P.M. Films to be shown: *2 Secondes - Velorution - Return of
the Scorchers - Pedalphilis - I'm No Fool With a Bicycle* For more information,
call Tim at The Bicycle Bus (309)685-9818

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6518 NORTH SHERIDAN RD. STE 2
PEORIA IL 61614-2933**

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