

# ILLINOIS VALLEY WHEELMEN



July 2001

greater peoria's bicycle club

## Pedal-In

Volunteers are needed for the annual ride. We need people to head up committees to ensure that we have another great ride again this year. We especially need a chair for the food committee. This person or couple will determine and secure all of the food that we supply the riders on the day of the ride. Duane and Deirdre Parker did a great job for us last year and said they would assist this year's chair. They even wrote a book listing every detail of their experience.

We also need a route chair. This person or couple would decide on the route we will use and then recruit people to help mark it before the ride. Oh, they also prepare all of the maps. The route out of Jubilee should be about the same as last year.

Finally we need a register chair. This person or couple will receive all of the mail-in registrations and then make sure we have people to work the registration table the day of the ride.

As you can see, we need lots of help to make this ride a success. It's our big event for the year so please volunteer. Besides, it's a great way to meet other club members and start new friendships. We'll put all volunteers to work. "Many hands make light work."

For more information or to volunteer, please call Bill Semmens at 309-693-9388.

## Club Calendar

**July 11 IVW Meeting** 7:30 P.M. Held at Safety Town, 6518 North Sheridan Rd, Peoria. Tentative topic: Nutritional Supplements.

**July 21-22 New Glarus, Wisconsin Trail/Road Ride** This is in lieu of the

Elroy-Sparta ride; 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). Volunteers needed! Contact Sheldon Schafer 682-1876.

**September 22 IVW's Pedal In Invitational Ride** (a.k.a. No Baloney) Jubilee College State Historic Site and Park. Volunteers needed! Contact Bill Semmens. 693-9388.

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

## IVW Double Century

Marge Semmens

Here are some of the statistics from the 200 mile ride this weekend. We had 25 riders out on the course. They rode 2,980 miles and nobody got killed! It was a fast ride. One couple (Jeff & Lynn Pierce on single bikes) completed the ride in 10:34 hours. You do the math, but that's a fast 200. That's an average of about 18.9 mph and smokin'.

We had seven bikes (one was a tandem) do 50 miles: James Hanson, Dave Dormas, Pam Hoehne, Greg Durst, Brad Nemcek, Ted Lott, Ron & Gwen Chandler.

One odd ball did 80 miles: me

Four riders did 100: Steve Meisner, Ron Douglas, Tim O'Hanlon, Jack Welch.

Five riders did 150: Jim Williams, Jim Vaupel, Dave Balfour, Mike Haedicke.

And seven did 200 miles: Bill Pustow, Wayne Hanno, Dave Parker, Jeff & Lynn Pierce, Joe Camp, Steve Kurt.

Congratulations to all who came out. It was a great day and we hope to make it better next year.

## New Members

Linda & Rachel Brown^ .....  
..... Chillicothe  
Robert & Nancy Saville ..... Lacon  
Pam Shuck-Hoehne .... East Peoria  
Todd Smith ..... Peoria  
Jo Williams ..... Peoria  
Linda Woodruff ..... Peoria

## Renewing Members

Rob & Cindy Alexander^\* .....  
..... Washington  
Tome Backlund^ ..... Peoria  
Sharron Baird^ ..... Morton  
Bonnie Beno ..... Peoria Heights  
Rich & Liz Boudreau Family .....  
..... Peoria  
Bill Chaffer^ ..... Peoria  
William & Brenda Clark Family\*^ .....  
..... Pekin  
Rick & Judi Gentry^ ..... Peoria  
Michael & Dawn Gibbs .....  
..... Peoria Heights  
Conrad Grembowicz^ ..... Peoria  
Stephen Grube^\* ..... East Peoria  
Dirk & Michelle McGuire Family ...  
..... East Peoria  
Harold Mononey^ ..... Morton  
Margaret Moulton ..... East Peoria  
David & Maria Nelson ..... Morton  
Duane & Deirdre Parker .... Dunlap  
Tom Parr^\* ..... Chillicothe  
George Parsons ..... Pekin  
Randy & Marsha Ray ..... Peoria  
Sheldon & Mary Schafer^ ..... Peoria  
Dave & Laura Schaufelberger^ .....  
..... Chillicothe  
Jeff & Sharree Tate Family^ . Peoria  
Glen & Marty Thompson Family ...  
..... Tremont  
Larry Voyles ..... Benson  
Chris White & Kim Oberbillig^ .....  
..... Peoria  
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

### President

Patty Sage 274-9145  
sage@mtco.com

### Vice President

Jim Emmons 246-2166  
tandemx2@joysta.com

### Secretary

Chris Hill 353-4194  
d\_c\_hill@yahoo.com

### Treasurer

Sheila Gribble 243-7822  
sgribble4@juno.com

### Ride Chairman

Bill Semmens 693-9388  
semmens@MTCO.com

### Social / Membership

Sarah Emmons 246-2166  
tandemx2@joysta.com

### Mailing

Marge Semmens 693-9388  
semmens@MTCO.com

### Database

Larry Davis 691-3060  
davis.lar@home.com

### Advocacy/Government Relations

Eric Hutchison 688-7038 (evenings,  
weekends) 578-8239 (days)  
erichutchison@juno.com

### Editor

Rob Alexander 444-3297  
robalexander@worldnet.att.net

### Webmaster

Chris Hill 353-4194  
d\_c\_hill@yahoo.com

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

## Chandler Lunch Ride

July 15, leaving from Germantown Hills  
Grade School at 8:30 A.M. Ride distance  
is 30 to 35 miles with some hills. After the  
ride everyone is invited back to the home  
of Ron and Gwen Chandler in Far Hills  
(1213 Old Trail Rd.) for lunch. All food and  
soft drinks will be provided. Bring your own  
beer or whatever. RSVP for lunch would  
be appreciated (698-8002 or  
ronchan1@aol.com).

## Sugar River Trail

July 21-22

### New Glarus, Wisconsin

This weekend ride will be both a trail ride  
(Sugar River Trail) and some road riding-  
you choose. A group will be camping at  
Yellowstone State Park, a few miles west  
of New Glarus where there is swimming  
and showers available. There are a few  
openings on that site at \$4 per person for  
both nights. Call the Semmens at 693-9388  
ASAP if you have an interest. Other  
camping will likely be available in the area  
but at the normal rates. Hotel space is  
becoming more difficult to obtain due to a  
local festival. Our plan is to ride both  
Saturday and Sunday with a group meal at  
the park on Saturday night. We are planning  
a trip meeting on July 10 at 7:30 P.M. at our  
house (10214 N. Forrest Drive, Peoria). We  
have not ridden much in this area so would  
like to know what interests our riders.  
Please give us a call at 693-9388 if you plan  
on joining us for this fun-filled weekend.  
There are lots of non-biking activities in the  
area. Your trip leaders, Bill & Marge  
Semmens.

## Sunday Rides

The club will be offering a series of longer  
rides this summer on Sundays leaving at  
8:00 A.M. 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.

July 1 Tremont Swimming Pool  
July 8 Eureka Court House  
July 15 Jubilee State Historic Site  
July 22 Limestone High School

July 29 Tremont Swimming Pool  
Aug 5 Eureka Court House  
Aug 12 Jubilee State Historic Site

## Sunday, July 8

Meet at Pearce Community Center in  
Chillicothe at 8:30 A.M. Ride to Henry for  
breakfast and back--approximately 45-50  
miles round trip. Level 1 & up. Ride leaders:  
Jim & Sarah Emmons (309) 246-2166.

## IVW 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, 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.  
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. 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.

**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!



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.	See below for starting locations	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	

Sunday rides will start at 8:00 A.M.

July 1-Tremont swimming pool  
 July 8-Eureka Court House  
 July 15-Jubilee College State Park  
 July 22- Limestone High School.  
 July 29-Tremont swimming pool

## 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 LAB 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

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.

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.

Group riding skills are an important part of the fun of IWV rides, so please review the good group riding skills and safety habits IWV expects of all bicyclists participating in IWV rides. Use these Rules of the Ride as your guide.

## IWV Rules of the Ride 2001

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

PRSR. STD.  
U.S. Postage  
**PAID**  
Peoria, IL  
Permit No. 310

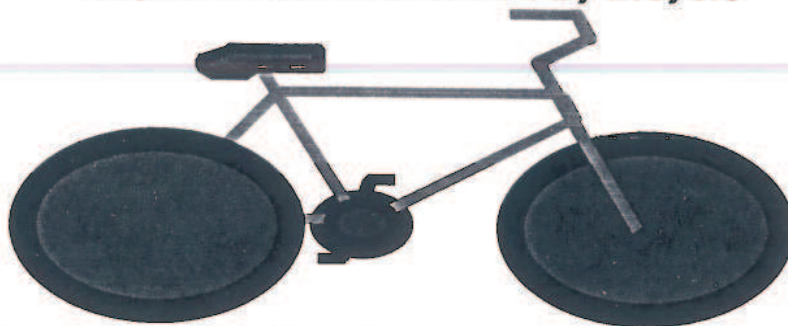
SHARE THE ROAD...MEMBER TIL:11/27/2001

RON ANDERSON  
203 LOCUST ST  
WASHINGTON, IL 61571-2207



# Pedal Peoria 2001

Explore the Peoria Area by Bicycle



**Sponsored by the Illinois Valley Wheelm'n  
Selected Rides<sup>†</sup> co-sponsored by the Peoria Historical Society and  
Lakeview Museum of Arts & Sciences**

All rides are designed for the casual rider, 13 - 15 miles  
Approximately 1.5 - 2 hours (plus stops), starting at 6 PM (Except June 9 & August 12)

**All are welcome!! No fee or registration**

- May 24**      **Grandview Ride**      Start at Lakeview Museum east parking lot. Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindberg's airmail flight plaque
- June 7**      **Garden Ride\***      Start at Botanical Gardens, Glen Oak Park  
Highlights: Luthy Botanical Gardens, selected city gardens
- June 9**      **History Ride \*†**      Start at the Riverfront Visitor Center Parking Lot **10:00 AM**  
Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.
- June 21**      **Eric's Deli Ride**      Start at Loucks School parking lot  
Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park Fedora's Deli
- July 12**      **History Ride \*†**      Start at the Riverfront Visitor Center Parking Lot  
Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.
- July 26**      **Sculpture Ride\*†**      Start at Bradley University Highlights: Public Sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson, plus a special bicycle exhibit at the Contemporary Art Center.
- August 2**      **East Peoria Trail Ride**      Start at Illinois Antique Center/Crooked Waters parking lot  
Highlights: Robert Michel Bridge, East Peoria Trail
- August 12**      **Tour of the Solar System<sup>†</sup>** plus highlights from the **History Ride** (See July 12) Start at Lakeview Museum main entrance at **7:00 AM**. This 3 hour, **24 mile** ride will tour the planets from Mercury to Saturn in Peoria's Community Solar System.
- August 16**      **East Peoria Fon du Lac Ride** Start at Illinois Antique Center/Crooked Waters parking lot  
Highlights: Robert Michel Bridge, views from Fon du Lac Dr.

\*These rides will also include selected buildings designated as "Endangered Historic Buildings in Peoria" by the Central Illinois Landmarks Foundation

For Information Call Ride leaders: Eric Hutchison (688-7038) or Sheldon Schafer (682-1876)



ILLINOIS VALLEY  
**WHEELM'N**  
greater peoria's bicycle club





## IVW RIDE CATEGORIES

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**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!

## IVW Rules of the Ride 2001

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.