



ILLINOIS VALLEY

WHEELM'N

greater peoria's bicycle club



April 2002

Get those bikes on the road!

The snows are (almost) gone, and surely everyone has been dusting off the bike to get ready for the upcoming season. Flip back a page or two, and you'll see that the Spring Breakout ride will be on April 13th, and the weekday rides start in early April. Pump up those tires and join us!

April Club Meeting

The club meeting is Wed, April 10, 2002 at 7pm at Safety Town on Sheridan Road. Kevin Theime will be our guest speaker for the April meeting. As most of you know, Kevin is the chief mechanic at Russell's Cycle World in Washington. We have invited him to meet with us to talk about bike maintenance. Please come and support your club and learn more about getting your bike ready for lots of miles this summer. After Kevin's presentation, I'm sure he will be available for your questions. So if there is an unusual click or grind you don't think should be coming from your trusty or rusty steed, ask Kevin about it. See you on Wednesday.



Time Trials: Just a Quick 10 Mile Ride

You've probably heard of time trials. They are often called "a race against

the clock". Time trials are possibly the purest sort of race, and are a great way to motivate riders to improve their conditioning and to gauge their performance.

It's very simple really. You ride a fixed course, usually 10 miles, and see how long it takes. Each rider starts by himself, so there is no drafting. Some time trials post everyone's times, but since our goal is to help riders improve their fitness, only the rider knows his elapsed time. Since no one else knows your time, there's no need to be self-conscious about not being the fastest rider. Instead, you can concentrate on improving your pedaling form, tucking a bit lower over the handlebars, and learning how to pace yourself over the distance.

The time trials will start on May 6th. We'll meet at 5:30pm at the Dunlap grade school parking lot, the same place the Tuesday night ride meets. From there, we'll ride to the start of the time trials, which should only be a couple of miles away. The time trials will begin at 6pm. Riders will start every couple of minutes, and their times recorded when they return. The time trials will be run on the first and third Mondays of the month, and will run through the end of August. To summarize:
when: 1st and 3rd Mondays of the month, at 5:30, starting May 6th.
where: meet at the Dunlap grade school parking lot (same place as the Tues. night ride). The time trial route is still being developed.

why: a new challenge and motivation to increase your fitness!
Questions? Feel free to call or e-mail me.

Steve Kurt, 243-7684,
kurtsj@mtco.com

Proctor Cycling Classic Race

In its fifteenth year, the Proctor Cycling Classic is one of the Midwest's premier cycling events, drawing both amateur and professional cyclists from across the nation. Promoted by the Peoria Bicycle Club, Proctor Hospital has been the title sponsor from the beginning. The race is a criterium, which is a popular form of racing held on city streets over a course generally less than two miles long. This spectator friendly format features fast competition with events for all levels of ability for both men and women.

(continued)

New Members

John Kujawa Peoria

Renewing Members

Edith Albright Chillicothe
Les Bonick Peoria
Don Eberle E. Peoria
Sheila & Reid Hansen... Peoria*^
Patty Isit Bartonville
Robert & Theresa Jones
..... E. Peoria
Ron & Jan Matuska . Mackinaw*
Patrick McGovern Putnam
Stephen & Theresa Meisner
..... Peoria
Lester Siegrist Washington
Bill Smith Peoria
Quinton & Barb Smith & family .
..... Peoria

* LAB 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 each month

IVW On the Web

<http://www.geocities.com/ivw.geo>

enter the above as one line; no spaces

In 1990, the Proctor Cycling Classic gained notoriety for the Proctor One Hundred, a 100-mile road race through the streets of Peoria, from downtown through Glen Oak Park, which was held concurrently with the criterium. A road race was added to the Proctor Cycling Classic in 2001 and was held on a twelve-mile circuit consisting of some very challenging hills in Brimfield, Illinois. Road Races are usually much longer than criteriums and are held on a circuit or are point to point races (like the Tour de France). The professional and top amateur cyclists will do six laps of the circuit. As in the criterium, shorter races are also held so that all ability levels can compete.

The criterium takes place in downtown Peoria, just a few blocks from the former site of the Lake View Park track where Marshall W. "Major" Taylor, one of the greatest black athletes, began his cycling career in 1893. A velodrome in Indianapolis carries his name as a tribute to his accomplishments and it has been the venue for many national track events. Peoria was once a Mecca of bicycle racing as well as manufacturing.

Cycling and bicycle racing have enjoyed a resurgence with the success of Lance Armstrong and the United States Postal Service Professional Cycling Team. Armstrong's back-to-back victories in the Tour de France, the world's most prestigious bicycle race, and his battle with cancer have brought the sport into focus in the U. S. The goal of the Peoria Bicycle Club has been and will continue to be to "bring the spirit of cycling back to Peoria", a city with a rich history of bicycle manufacturing and racing. We would like to thank Proctor Hospital, all our sponsors, volunteers and the Illinois Valley Wheelmen for their support in making the Proctor Cycling Classic possible.

This year's road race will be held on Saturday, June 9, 2002, in Brimfield, Illinois. The prize list is \$5,000 and over 300 participants are expected. The criterium will be held on Sunday, June 9, 2002, in downtown Peoria, Illinois, with a prize list of \$7,500. We

are expecting over 400 participants. The Proctor Cycling Classic is an anchor event of the Classic Sports Festival Weekend. For more information or to volunteer call Everett Lyons at 693-2339 (eve) or 693-5237 (day) or check our web site at: <http://www.heart.net/~peobike/index.htm>

Steve Daggs



Meet Your Board Members

Eric Hutchison, Advocacy /
Government Relations

High on a ridge. Spinning along smooth. The machine sings harmony with smooth pavement. Crisp tailwind and clear blue sky. The river valley rolls by below; a panorama within arm's reach. Postage stamp farms dot the hills. Fresh mowed hay piled high. The smell of sweet, sweet harvest pulls me along. Long draw on a cool water bottle. Smiles abound, all around. It's another great ride.

That's pretty well where I like to go on my bike (or in my mind when I'm not riding). It took me a while to find those places. My favorite childhood bike was a blue hand-me-down with balloon tires and a coaster brake. In an early salute to easy rider, I added chopper forks with some tubing I found in a dumpster. I made a drag chute from an old sheet my mom gave me. Quite the sight, I imagine: screaming down Woodbine Way with the front wheel way out in the lead. My feet spinning a furious little circle (it was geared very low) -- hoping to get up enough speed to actually inflate the drag chute when I tossed it overboard.

I remember when the first '10-speeds' showed up on the block. I couldn't imagine what one would do with all those gears and levers. Eventually, I got my own and figured it out. It was a bank promo bike - open a new account and get a Taiwanese honey for another \$50. My only enhancement was a customized seat (foam rubber and duct tape). It gave me my first taste for touring. I clearly remember feeling amazed and omnipotent after I made it to the next town under my own muscle power (probably a whopping 15 mile round trip). It also took me on regular trips to Grandma Weaver's house - where I would mow the lawn and consume large quantities of things delicious (early carbo loading). I replaced a few pedals, but that varmint lasted me through college.

Before graduation, I bought my first 'real' bike. It was prep for a touring trip with a friend. The original trip plan fell through, but I went solo any way. It was a 3-day triangle route through southern Michigan. I found the first peaks and valleys of touring in one day on that trip. Woke up and ate granola with the geese next to a beautiful lake. Camped that night in the rain next to a field of rotting cucumbers. The following summer, between school and life, I took some touring trips in earnest. My first semi-massive cross-state ride was PALM, across southern Michigan. We had amazing tailwinds all week. Also did a month long trip from Seattle to San Francisco with an AYH group. I began to think I could actually do this biking thing. I soon moved to Peoria and discovered the fun of group riding with the IVW. Some of my mentors were Samuel Joslin and Ron Johnson, who ran the original Vitesse. Samuel ran an evening ride from Avanti's with occasional co-host Diane Matuska. Also Peggy Tresenriter, who helped me feel welcome at the breakfast table on weekend

rides. I met Bill Semmens at his Pedal-in planning meetings in his house on University. My first Pedal-in included a Sunday ride through the city of Peoria starting from Lakeview. I thought the route was way-cool and it sparked my interest in advocacy. In subsequent years, I introduced the IVW to some local government officials and helped turn the spark into a bike map. In the process, I felt my own cynicism decline - government works for those who are willing to participate & persist. I'm grateful for the friends, lessons, and health that cycling has brought me. My favorite ride is still the one ends at the start of an unexplored road. Hope to see you there.



Kewanee 2002

The weekend of May 3rd - 5th, Marge and I will be leading a two day camp and ride out of Johnson-Sauk Trail Park in Kewanee, IL. This is an annual event that is always a real adventure. It is open to all folks who want to ride and can handle at least a 30 - 50 mile ride at a reasonable group pace. It is also open non-campers and those that only want to stay one night.

Here is the general plan. Most people will drive up to Kewanee on Friday night and get a campsite. Marge and I usually go up about noon and try to save several choice sites if we can. Friday we can all have supper together, but our first planned activity is a ride on Sat. We'll leave the park about 9:00 AM so you day riders need to be there ready to roll at that time.

You can figure about a one-hour drive from north Peoria to the park, so plan accordingly.

We'll ride about 30-35 miles at an easy pace. All levels of riders are welcome today because this will be a corners & posts ride. If you haven't been on a ride like this, please come up and check it out. We'll have all levels of riders, everyone at their own pace and we'll all stay fairly close together. I also need to warn you to be prepared for a few hill climbs. This route is out in the boonies, so you'll need to either pack a lunch or eat ala Casey's.

After the ride, we'll return to the park to enjoy the afternoon. The park has canoes for rent and some excellent hiking trails. Later in the afternoon we'll have some sort of snack sharing and maybe a beer or two and then do a group supper. I'm sure Marge will get out more info on that as we get closer to the trip. But it will probably mean you'll need to supply some sort of dish to share with the rest of the hungries on the trip. Day riders are welcome to share their food also. Just remember to bring a camp chair. After supper I'm sure there will be ghost stories and fantastic bike tales around the campfires.

Sunday's ride will also leave the park at 9:00 AM, however it will be a little more challenging than Saturday's ride. For one thing we'll have some new hills to climb and the mileage will be about 50 this time. Our destination will offer a great lunch stop in Bishop Hill, so we don't have to brown bag it today. You should be at least a level 2 rider for this one, there are some good climbs going back to the park.

Hope I've given you an idea of what to expect on this ride. For more information please call Marge or me at 309-693-9388.

Bill Semmens

Treasurer's Report

by Sheila Gribble

January 1, 2002 - March 31, 2002

Checking Acct Balance \$4619.36

Total Inflow	\$ 2558.00
Advocacy	\$84.00
Membership	\$459.00
Clothing Sales	\$2015.00

Total Outflows	- \$ 1805.57
Postage	- \$421.57
Social	- \$100.00
Newsletter	- \$207.00
Clothing Purchase	- \$1050.00
Pedal In	- \$27.00

Net Total	\$752.43
Savings Account Balance	\$5440.44
Interest Income	\$10.89

The V.P.'s Update from Greg Durst

Club Jerseys

Club jerseys have been ordered and production scheduled so that we will receive shipment the last week in April. I will contact all those who placed orders via phone or e-mail when they arrive. By the way Joe at Russell's Cycle & Fitness was generous enough to order 12 jerseys in a variety of sizes so anyone who missed the order deadline can purchase one there. We would not have had the minimum order without Joe's help so let's remember to support the bike shops that support the I.V.W.

Bikes for Kids update

Due to the fact that Race for the Cure is the weekend following the original date the organizations providing support for Bikes for Kids (Bergner's CEFCU, Radio stations, etc) had great concerns that would take too much of their focus to give Bikes for Kids the support and P.R. it needs to make it a success. I have yet to get confirmation, but it looks like the date will be June, 15. Exact details will be in next months newsletter.



Biker recipe of the month

Easy Black Bean Soup

1 can black refried beans
1 can black beans (drained)
1 can blackeye peas (drained)
optional
1 cup salsa
chopped carrots, optional
chopped onions, optional
Cheddar cheese
tortillas

Sauté onions and carrots in a saucepan with a little olive oil, if desired. Add refried beans, black beans, blackeye peas, and salsa. Stir. Let simmer on low while you shower.

Top with a little bit of shredded Cheddar cheese.
Serve with warm tortillas.
Each half cup serving contains approximately:
Protein: 14g
Carbs: 20g carbs
Fat: Less than 10g, depending how much cheese and olive oil you use.

(ed. - please submit any biker friendly recipes you may have. Preferably, the recipes are healthy, and quick and easy to make.)



For Sale:

Cannondale F500 mtn. bike, 1998, Shimano components, Headshock frt. suspension, extras, 21 in. frame. Excellent cond. \$500 (309)
Greg Durst 243-9694

Yakima Anklebiter roofrack 3 bike rack, holds any size, style bike by the crankarm, leave both wheels on, complete with roundbars and loadtowers. \$150
Greg Durst (309) 243-9694

Specialized Sirrus road bike. Excellent condition and well maintained. Seat tube size is 60cm center to top. 14 speeds. Chromoly frame. Great as a spare bike or a travel bike. Tires and pedals not included. \$300.
Steve Kurt 243-7684

Pedal Peoria 2002

Explore the Peoria Area by Bicycle



Sponsored by the Illinois Valley Wheelm'n
Selected Rides co-sponsored by the Peoria Historical Society[†],
Recreational Trail Advocates^x, & 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 April 21, June 8 & August 11)
All are welcome! No fee or registration

- April 21 Earth Day Ride^x** Start at Lakeview Museum south parking lot. **10:00am**
Highlights: Pimetoui Trail and Peoria's riverfront
- May 23 Grandview Ride** Start at Lakeview Museum east parking lot. Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindbergh's airmail flight plaque
- June 6 East Peoria Trail Ride** Start at Illinois Antique Center parking lot
Highlights: Robert Michel Bridge, East Peoria Trail
- June 8 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 20 Eric's Deli Ride** Start at Loucks School parking lot
Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park Fedora's Deli
- July 11 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 25 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.
- August 1 East Peoria Fon du Lac Ride** Start at Illinois Antique Center parking lot
Highlights: Robert Michel Bridge, views from Fon du Lac Dr.
- August 11 Tour of the Solar System^{*†}** plus highlights from the **History Ride** (See July 11) 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 15 Garden Ride** Start at Botanical Gardens, Glen Oak Park
Highlights: Luthy Botanical Gardens, selected city gardens

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

IVW 2002 Ride Information

Thanks to the efforts of several club members the ride schedule for the year already includes a variety of weekly and special rides. There are rides for all levels of ability, and more will be added as the season grows closer. If you have any ride suggestions, please call Mike Pula 243-9394.

Weekly Rides

Monday	Dunlap Grade School; Marge Semmens 693-9388; beginners and anyone else who wants to ride a nice leisurely pace; 5:30 starts May 6th
Tuesday	Dunlap Grade School; Steve Kurt 243-7684; levels 2 & up; 5:30 starting April 9.
Wednesday	Pleasant Hill Mall; Larry Paustian 694-3947 & Dirk McGuire 699-8482; levels 2 & up; 5:30, starts April 10
Thursday	Coal Miners Park (Pekin); Jim Vaupel 353-6104; levels 2 & up; 5:30 starting April 11, 25 miles and up.
Friday	Pearce Center (Chillicothe); Jim & Sarah Emmons 246-2166; beginners and families; all levels; starts May 3
Saturday	Washington (on the square); no leader; 8:30; levels 2 & up; currently riding
Saturday	Russels (Washington); Don Eberle 699-2790; 8:30; levels 2 & up; currently riding
Sunday	Evan Jones of Illinois Cycle will lead a training ride of 20 - 30 miles starting from the store at 8:00 am. The ride speed and distance will adjust to the group, however, it is generally for level 2 & up. Evan Jones 682-9346.

Rating Legend:

Level 1: Beginner, less than 20 miles, less than 15mph, not self sufficient.

Level 2: Intermediate, 20 - 50 miles, 15 to 18 mph, partially self-sufficient.

Level 3: Experienced, 50+ miles, 18+ mph, totally self-sufficient.

Special Rides

Spring Breakout Ride: April 13 (rain date April 14) 8:30; Don Eberle 699-2790; Don is going to lead us from Russels for the official opening of the riding season. All levels of riders are welcome for this special breakfast ride. The ride will include breakfast and a longer route option for those wanting to extend the ride.

Amish Road Apple Ride: April 27th at 9am. Ron Douglas 637-1748(eve) 675-1999(day); 52 miles group ride on the country roads around Macomb. Meet at Kmart parking lot on East side of Macomb IL US-136. Detailed info can be found at <http://www.doctorvision.com/arar2002.htm>

Kewanee Weekend Ride; May 4th & 5th ; Marge Semmens 693-9388

Tour around the River: May 26; Greg Durst is going to lead a century ride starting on the Peoria side of the river, then crossing over to the east side and returning via Henry. More details will be coming. Greg Durst 243-9694.

Town Rides; Eric Hutchinson 688-7038 & Sheldon Schafer 682-1876 will once again be leading their town rides throughout the spring and summer. See details listed elsewhere in the newsletter.

Quad Cities Weekend Ride; Larry Paustian 694-3947 will be leading a weekend trip to the Quad Cities on the 1st weekend of June (1st & 2nd). Larry will have more details soon. Larry also is considering a weekend ride on the Hennipen Canal trail.

Other bike rides of interest:

Rendezvous on the Riverfront ride Sunday, April 28, 2002, Havana, Illinois

Ride through scenic Mason County; rural, rolling-to-flat with some hilly stretches.

Features: Rest stops with fresh fruit, cookies, and liquid refreshments, well marked route, maps, sag support from 8am to 4pm, and plenty of parking at the riverfront.

Registration and check-in at Havana's Riverfront Park on the Illinois River at the foot of Main Street.

Routes: 25, 50, and 75 miles.

Cost: before April 15: \$12 (includes t-shirt) after April 15th: \$15 (no t-shirt). You may register on the day of the ride for \$15.

for details, contact: Havana Park District, 200 S. McKinley Street, Havana, IL 62644. phone: 309-543-6502

e-mail: illinoisRiverRide@yahoo.com

web site: <http://www.havana.lib.il.us/community/tourism/riverride.html>

Ride the Ups and Downs May 4th, 2002 Elizabeth, Illinois

This is a one day tour, not a race, of beautiful northwestern Illinois, an area untouched by glaciers. You'll be riding on the scenic, hilly Illinois backroads of Jo Daviess County.

Routes: 22, 31, 46, and 60 mile routes on blacktop.

Registration: Elizabeth Community Building, West Edge of Elizabeth, Rt 20, between 7:30 am and 9 am.

Telephone number on day of ride is 815-858-9837.

Time: Riders must begin between 8 and 9 am.

Cost: \$15 by April 27; \$20 after April 27. Fee includes well-marked color-coded maps, sag service, snacks on the route, plus food and drink coupons to be used in local establishments following the ride. T-shirts may be ordered for \$10.00, but must be ordered in advance.

For a flyer or registration form, contact Jerry Bausman at 815-858-2002 or via e-mail at bausmana@juno.com

For more information on Elizabeth, Illinois, see the web site: www.elizabeth-il.com

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ Birthdate _____
please print clearly

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 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

IVW Club meeting

Wed, April 10, 2002 at 7pm at Safety Town on Sheridan Road.

Kevin Theime will be our guest speaker for the April meeting. As most of you know, Kevin is the cheif mechanic at Russell's Cycle World in Washington. We have invited him to meet with us to talk about bike maintenance. Please come and support your club and learn more about getting your bike ready for lots of miles this summer.

Spring Breakout Ride

April 13 (rain date April 14) 8:30; Don Eberle 699-2790; Don is going to lead us from Russels for the official opening of the riding season. All levels of riders are welcome for this special breakfast ride. The ride will include breakfast and a longer route option for those wanting to extend the ride.

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

