

I L L I N O I S V A L L E Y

WHEELM'N

greater peoria's bicycle club



June 2002

June Club Meeting

The club meeting is Wed, **June 12th**, 2002 at 7pm at Safety Town on Sheridan Road. Heidi Grierson, a physical therapist assistant, will show us some must do stretches for bicyclists. She will also talk about proper posture and give us suggestions on how to maintain good posture. Some handout material will be available. With the biking season at its peak this will be a very useful meeting.

Bikes for Kids

Bikes for Kids is right around the corner and we could still use some people with some bike maintenance/repair skills. Anyone interested please call me at 243-9694. The date is June 15, 9:00 - 3:00 Thanks, Greg Durst

Quiet Hero News

IVW's quiet hero blood donors were active during the first three months of the new year. Donating were:

- Rob Alexander (two donations)
- Marcia Grebner (two donations)
- Don Jacobs
- Steve Kurt
- Ron Matuska
- Rich Morris (two donations)
- Bill Semmens
- Brian White (two donations)

Thanks to each of you!

Advancing medical technology and an aging population are requiring ever more blood products. However, it is estimated that only 5% of the eligible population are blood donors. On average, a blood donor gives blood only 1.7 times per year. (IVW's donors do much better!) So, there is a great need for a new generation of blood donors. C'mon healthy cyclists, roll your sleeves up!

Personal note: I've found an unexpected "plus" in my recent retirement. After 30+ years of being served Little Debbie snack cakes at the Caterpillar bloodmobiles, I have had a pleasant experience. In early April I donated in Washington. Donors were given barbecue sandwiches, chips, and cookies. Wow! (The next bloodmobile in Washington is scheduled for June 10. E-mail me for details!)
Ron Anderson
raanders@bwsys.net



MS 150 Bike Tour

Sat-Sun, June 22-23, 2002
Starting on Chicago's Lakefront and traveling to the campus of Illinois Wesleyan University in Bloomington. The ride is fully supported, and includes provisions for Central Illinois cyclists to "park-and-ride" Friday evening to the start line in Chicago. For more information on riding or volunteering, call (888)343-1179, or visit www.msillinois.org.

BIKE QUAD CITIES

June 1 & 2, 2002

Friday evening we'll set up camp at Fisherman's Corner, a corps of engineers campground one-half mile north of Illinwek Forrest Preserve State Park on the East bank of the Mississippi River. The campground is 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. Campsites can be reserved on the web, but I'll take my chances. Illinwek is just down the road if Fisherman is full.

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 Cordova (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

(continued on next page)

New Members

Michael & Barbara Hutchins & family..... Morton

Renewing Members

Anne Dickerson..... Peoria
Ron & Paula Douglas..... Peoria^
Don Jacobs..... Washington
Tim Raitt..... Washington^
William Wilson..... Peoria^

* LAB member ^ Advocacy

Illinois Valley Wheelm'n

Greater Peoria's bicycle club
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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*

of 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.

I&M Canal @ Marseilles

July 26, 27, & 28, 2002

Friday evening we'll set up camp at Illini State Park Campground on the south bank of the Illinois River across from Marseilles. This is an Illinois state park on highway 15 just where it

crosses the Illinois River at Marseilles. Travel time is about 1.5 hours, less than 100 miles. Friday night's supper is on your own, some of us will go into Marseilles to eat.

On Saturday morning at 9:00am the ride will leave the campground and travel across the river to the Marseilles riverfront trail area to check for the arrival of day riders. We will be traveling East on the trail through Seneca to Morris. Lunch will be found in Morris catch as catch can. If you turn back now, you'll have 40 miles or so on the trail. Hardy riders can go on to Channahon for an additional 22 miles.

Bring a dish to share for Saturday night's supper. Day riders are welcome to stay and eat with us in the campground. Judy (& Mel) Perrill (347-6971) have volunteered to organize the campsite activities.

The ride time Sunday is 9:00 am. We'll ride the trail towards LaSalle to look for a lunch stop on Sunday. This will also be a 40-mile or so ride, after which we will return to Peoria in the afternoon.

I have ridden the length of this trail and it is as scenic as any you will find. The section between Channahon and Joliet where the canal joins the river is abundant with wildlife. The trail near Des Plaines Conservation Area as you enter Channahon is a causeway between the canal, the Kankakee River, and the Illinois River. The Perrills have checked out the campground, but none of us have combined camping and riding in this area so come along and become a floundering founder of this ride.

All the trails are flat and crushed rock, narrow tires are usable if you're a confident rider. Some small soft spots have been encountered. Tentatively the weekend scheduled is July 26, 27, 28. Call me if you are interested and this weekend works for you. Larry Paustian, 694-3947.

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; 6pm.
- Tuesday Dunlap Grade School; Steve Kurt 243-7684; levels 2 & up; 6pm.
- Wednesday Pleasant Hill Grade School; Larry Paustian 694-3947 & Dirk McGuire 699-8482; levels 2 & up; 5:30, currently riding
- Thursday Coal Miners Park (Pekin); Jim Vaupel 353-6104; levels 2 & up, 25 miles and up. ; 6pm.
- Friday Pearce Center (Chillicothe); Jim & Sarah Emmons 246-2166; beginners and families; all levels; 6pm.
- 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.
- Time Trial First and third Mondays of the month. Meet at Dunlap grade school @ 5:30. 10 mile course. Steve Kurt 243-7684; levels 2 & up

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

Town Rides: Eric Hutchinson 688-7038 & Sheldon Schafer 682-1876 are once again leading their town rides throughout the spring and summer.

June 6 East Peoria Trail Ride Start at Illinois Antique Center parking lot 6pm

June 8 History Ride Start at the Riverfront Visitor Center Parking Lot **10:00 AM**

June 20 Eric's Deli Ride. Start at Loucks School parking lot 6pm.

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). Details are listed elsewhere in this issue.

I & M Canal @ Marseilles June 22, 23. Details are listed in this issue.

Amish Road Apple Ride June 22nd 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.

Elroy-Sparta; August 17 & 18. Bill & Marge Semmens. Details to come.

Invitational Rides

Here are some invitational rides in the area or that club members have highly recommended. Information on these and many other invitational rides can be found at Mike Bentley's web site: <http://mikebentley.com/bike/>

TOMRV - Tour of the Mississippi River Valley. June 8-9; Susie LaForce 563-355-5530

Post Emergent Metric - June 22. Comlara Park, Bloomington. Sponsored by the Mclean County Wheelers Bicycle Club. Mike Kerber 454-7800

Interplanetary Ride - August 10-11. Sheldon Schafer 682-1876

No Baloney Ride - September 21. Bill Semmens 693-9388

SAFETY AND COURTESY RULES FOR BICYCLISTS

A reminder of the Do's and Don'ts for club rides

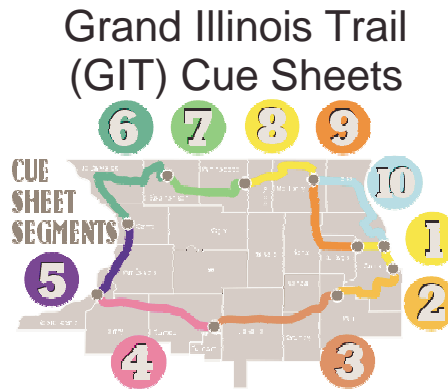
Group rides are a great way to meet new people who also enjoy one of your favorite activities. However, the added fun of organized rides carries the added challenge of responsibility. Neglect of basic safety rules by any one rider can quickly lead to a dangerous situation for the entire group. A bicycle club is a great place for new riders to learn safe cycling techniques from experienced riders. Here are the basics:

1. Before passing fellow cyclists, make them aware of your approach. The common expression is "passing on your left."
2. When turning, make your intentions very clear using proper hand signals. This helps motorists as well as other cyclists.
3. When braking, warn the rider behind you by dropping your left hand down with palm facing rearward. It never hurts to augment this with the verbal warning "BRAKING"---especially for unexpected stops.
4. Point out road hazards (holes, debris) to fellow cyclists following in your path.
5. When traffic approaches, warn riders ahead of you by calling "CAR BACK." Then drop back and RIDE SINGLE FILE while the car passes. Engrossed in enjoyable conversation, we all too often overlook this rule.
6. Maintain single file at intersections. Do not "gang up" and block automobile traffic.
7. Get all bikes at least six feet off the road when stopping for any reason other than waiting for clear traffic.

Maintain a safe riding distance from the rider ahead of you. This gives you time to react to any sudden

problems. Road rash is not a fun thing to share.

Speak up when other riders in your group neglect safety. Be friendly, firm and humble--hopefully someone else will care enough to speak up when YOU make a mistake.



(borrowed/adapted from the League of Illinois Bicyclists web site: <http://www.bikeLIB.org/>)

The Grand Illinois Trail (GIT) is a 535-mile loop trail in northern Illinois. It goes from Lake Michigan to the Mississippi along the northern border of Illinois and then loops back across the state along the Illinois River and the Hennepin Canal. 200 miles of the route is on paved township and county roads while the rest is on limestone trails or paths. Go to the Grand Illinois Trail pages for cue sheets and more information.

Go to the Illinois Department of Natural Resources (DNR) GIT page. <http://www.bikeLIB.org/trails/git/index.html>

(adapted from the DNR GIT web page:)

Imagine... strolling along the Lake Michigan shoreline, biking through classic Chicago neighborhoods...visiting picturesque small towns and vibrant cities...hiking 19th-century tow paths... savoring the Mississippi River's majesty.

Imagine... the Grand Illinois Trail.

As it loops 475 miles between Lake Michigan and the Mississippi River, the Grand Illinois Trail joins together existing and proposed state and local trails to create the state's longest continuous trail. It hugs historic canals, crosses unglaciated hills, parallels the Rock and Fox Rivers, and includes one of America's first rail-trails. There is something for everyone on the Grand Illinois Trail.

The Idea

In the mid 1990s, with the growing network of northern Illinois trails, the Illinois Department of Natural Resources (IDNR) suggested a "Grand Illinois Trail" in the Illinois State Trails Plan. The concept was enthusiastically supported by cities and villages; park districts, forest preserve boards, conservation districts; cycling organizations and others. There are many local partners involved in the Grand Illinois Trail.

An Executive Council was formed, with representatives of state agencies and three regional coalitions — Northern Illinois, "Canal Country," and Northwestern Illinois — serving on the council.

Together, local partners and the executive Council have reached out to link existing trails, develop new trails and establish on-road connections to make traveling the Grand Illinois Trail a continuous, memorable experience.

Cue Sheets for the GIT

The 10 GIT cue sheets describe the routes. These on-line cue sheets serve as a general guide that an experienced, fit, adult bicyclist should find useful as he/she cycles around the Grand Illinois Trail. Official street routes are not provided because, in many cases, local jurisdictions have not agreed to authorize them due to liability concerns.

All ten cue sheets are available in Adobe Acrobat format so you can download the sheets to your home computer and print copies on your own inkjet or laserjet printer. Look for the Adobe Acrobat links at the bottom of each cuesheet.

Print copies of all ten cue sheets in booklet form are being developed and should be available by early 2002.

The routes provided in the cue sheets follow a variety of off-road trails and streets and roads, some of which may have quite a bit of motorized traffic. Caution is advised. Even experienced bicycle touring riders are advised to carry and consult road maps in addition to the GIT cue sheets. We suggest Illinois Department of Transportation (IDOT) Bicycle maps number 1, 2, and 3 and the Chicagoland Bicycle Federation's Cook and collar counties map clicking either map title will take you to LIB's map page with details on ordering maps through the mail. You can also view and print IDOT bicycle maps, like the one above, on-line. IDOT bicycle maps are available on-line: <http://www.dot.state.il.us/bikemap/STATE.HTM>

Map lovers might want to download USGS quadrangle maps for parts of the GIT route. These detailed color maps feature contour elevation lines and lots of detail. They are available on the Internet at the Illinois Natural Resources Geospatial Data Clearinghouse.

USGS maps can also be downloaded free at this link

<http://www.gisdatadepot.com/catalog/US/sublist.html>. According to Jim Moffitt of Carlisle, Indiana, the 100k DRG'S are the best for bike rides. Digital Orthophoto Quadrangle images are also available from the Illinois Natural Resources Geospatial Data Clearinghouse website. In simple words, it's a site where you can view and download aerial photographs. Go here for more on aerial photos: <http://www.isgs.uiuc.edu/nsdihome/w ebdocs/drgs/>

The Illinois Natural Resources Geospatial Data Clearinghouse website was developed by the Illinois State Geological Survey.

A number of riders have completed the Grand Illinois Trail loop. Below is one of their personal home pages that contain stories and photos of their rides: Jim Moffitt of New Carlisle, Indiana <http://home.earthlink.net/~mapdigitizing/illinois.htm>



Want To Buy:

Wanted: Pull behind bike child carrier... Call Mike or Dawn Gibbs @ 309/686-4067.

For Sale:

Trek 2300, 2000 model, 58cm seat tube, Rolf comps, all Ultegra, Axial Pros. Brian Egeberg. Cell 369-8836, Home 266-8061 Best offer

Cannondale H600 Hybrid, 1994 model. New 32c tires and chain, all LX components. . Brian Egeberg. Cell 369-8836, Home 266-8061 Best offer

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

upcoming events!



BIKE QUAD CITIES	June 1& 2, 2002
East Peoria Trail Ride	June 6
History Ride	June 8
TOMRV - Tour of the Mississippi River Valley	June 8-9
June IVW Club Meeting	June 12
Bikes For Kids	June 15
Eric's Deli Ride	June 20
Amish Road Apple Ride	June 22
Post Emergent Metric	June 22
MS 150 Bike Tour	Sat-Sun, June 22-23, 2002
I&M Canal @ Marseilles	July 26, 27, & 28, 2002
Interplanetary Ride	August 10-11
No Baloney Ride	September 21

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