



# ILLINOIS VALLEY **WHEELM'N**



*greater peoria's bicycle club*

February 2004

## **Wanted: Used Adult Road Bikes**

The Tazwood Mental Health Center is developing a new program to treat individuals with substance abuse and/or depression. This program will be open to clients of the Tazwood Mental Health Center.

It will consist of cycling two days per week out of the Tazwood Health Center. Adult road bikes are needed in order for this program to begin. Clean out that garage and donate your old bikes to a good cause. Call Mike Polson at 347-5579 or 387-6147 to arrange drop offs.

Great Mountain and Road Biking Opportunities in Winterpark, CO Great Condo to Rent Reasonable Rates CALL 694-4828 FOR INFO

## **MILEAGE REPORT**

Maybe it is just too darn cold to think about your bicycle mileage for 2004, but warm weather is on its way. Here is the article again about submitting your mileage to Mike. Keeping track of your total mileage seems like a great motivator to get out and ride once the weather improves. .

Are you interested in keeping a record of your individual mileage in 2004? If so let Mike Pula know that you will be submitting your mileage. Email him at [mrpula@hotmail.com](mailto:mrpula@hotmail.com) right away. Please put IVW 2004 Mileage in the subject line of your email. At the end of each month send him an email (again with IVW 2004 Mileage in the subject line) and put the mileage at the beginning of your text.

Mike will keep track of 1) your total riding miles, 2) club ride miles (including to and from miles) and 3) the number of club rides. To add to the interest, also report number of flats, any sags required and any other eventful outings you want to admit.

It should be fun to follow our miles through the year and the more that participate the better. And keep in mind it is not meant to be a contest, just an interesting activity. Let Mike (Ride Chairman) know if you have any questions.

## **New Members**

Rich & Ana Breaux.....Peoria

## **Renewing Members**

Ron Anderson.....Washington\*

Gregg Benning.....Joliet

Ron & Gwen Chandler.....East Peoria

Larry & Jackie Robbins & Chris Dallmeyer.....Dunlap

Bill & Marge Semmens & Shane Hickam.....Peoria

Cindy Tanner.....Brimfield

Dorothy Venturi.....Farmington

Rolla P. Godfrey.....Princeville

Eric Hutchison.....Peoria<sup>^</sup>

Ken Luthy.....Pekin

Brad & Sharon Murphy Niemcek<sup>^</sup>  
Peoria

Mark & Vicki Padesky & Family  
Peoria

Ken Parker.....Morton

\* LAB member    ^ Advocacy

## ILLINOIS VALLEY WHEELM'N

Greater Peoria's bicycle club  
Affiliated with the League of  
American Bicyclists and League of  
Illinois Bicyclists

### President

Pam Hoehne 694-4828  
PAMS@mtco.com

### Vice President

Jerry Allen 263-8637  
Jallen@argonautgroup.com

### Secretary / Webmaster

Bill Clark 347-4841  
wdclark@mtco.com

### Treasurer

Sheila Gribble 243-7822  
sgribble4@juno.com

### Ride Chairman

Mike Pula 243-9394  
mrpula@hotmail.com

### Social Chair

Bonnie Johnson 682-7771  
bonjon@ix.netcom.com

### Mailing

Celeste Hansen 693-1018  
CELHansen@aol.com

### Database

Larry Davis 691-3060  
DAVIS.LAR@insightbb.com

### Advocacy/Government Relations

Eric Hutchison 688-7038

### Editor

Cora Lynn Green 683-3083  
cora\_lynn@yahoo.com

Submissions, including stories,  
news, images, and/or humor are  
welcomed.

Deadline: 15<sup>th</sup> of each month

### IVW On the Web

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

*enter the above as one line; no  
spaces*

## UPCOMING EVENTS

Mark you calendar for the  
following Wheelm'n club  
meetings and events:

**February 11th**, Swap meet at  
Safety Town, 7:00 P.M. Bring  
whatever junk you think might  
be someone else's treasure.

**March 10th**, Demonstration of  
winter bicycle maintenance,  
Safety Town, 7:00 P.M.  
This demo will go beyond the  
basics and get into some more  
technical aspects of keeping  
our bikes well maintained,  
especially during the winter  
months.

**April TBA**, Bike Expo, location  
to be announced. We are  
working on getting all of the  
local shops to hold an expo of  
the latest bikes and  
accessories. This will be the  
first event of its kind in Peoria  
so watch this space in future  
newsletters. You won't want to  
miss out on this one!

Watch for more details in  
future newsletters!

## DOG ENCOUNTERS

Here are some ideas  
offered by Bicycling  
Magazine if you  
encounter a dog while  
riding (an absolute  
certainty when you are  
riding in the country)

The simplest way to stop an  
attacking dog when you can't  
outsprint it is to yell "NO!" or  
"GO HOME!" Repeat several  
times in a strong voice. These  
commands mimic the dog's  
owner and may put an abrupt  
end to the chase.

Other ways to deal with a  
chasing dog:

- 1) Squirt water from your  
bottle into its face.
- 2) Raise and possibly  
swing your tire pump at  
the dog.
- 3) Use a commercial dog  
repellent (Watch which  
way the wind is blowing  
on this one).

If nothing works, get off your  
bike. The motion of the bicycle  
is what is exciting the dog.  
Keep the bike between you  
and dog until it loses interest  
and wanders off.

If you want other ideas on how  
to deal with dogs, be sure to  
talk to Bonnie Johnson. She  
has stories to tell.

## New Years Day Ride

For most right-thinking folks, the appeal of a New Year's Day bike ride ranks right up there with frigid dips by the Polar Bear club. But, because right-thinking is not something valued highly by IVW members, New Year's Day rides are a tradition in Central Illinois, no matter how bad the weather.

This year, the weather was so mild, even right-thinking folks might have been tempted to ride. And more than 20 folks yielded to the temptation.

The ride and après-ride party were hosted by Brad Niemcek and Sharon Murphy – Brad rode and Sharon coordinated the arrival, preparation and display of foods brought for the affair.

With a great deal of help from Eric Hutchinson, Brad worked up a short (16 miles) and long (30+ miles) route. The route, dubbed an "urban adventure," started on the south side of Peoria Heights, traveled south through Springdale Cemetery and down the riverfront trail, went west past O'Brien Field, then out Moss Avenue past Jumer's. At Western Avenue, the long route went south and hooked up with Kickapoo Creek Road, and the short route headed north and east back to the Niemcek/Murphy homestead.

The short group suffered one flat, the long group had even more trouble – a flat on one bike and a shredded front tire on the tandem of Denny and Peg Tresenriter. Incredibly, the Tresenriters were spotted by a Peoria County sheriff's deputy, who brought them a replacement.

Most comments about the post-ride party were quite positive. Sharon's mulled cider gave the house a festive air and IVW members came up with an impressive variety of hot and cold munchies – black bean soup, broccoli casserole, chili and even something called "tater tot" casserole. The desserts were even better – cookies, tarts and even a pumpkin pie by Mark Padesky.

Rumor is some beer was also consumed. Things began to wind down in the early evening. But, impressively, folks did not disappear until the house had been tidied.

Happy New Year!

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION	
Name #1 _____ <small>please print clearly</small>	Birthdate _____
Name #2 _____	Birthdate _____
Name #3 _____	Birthdate _____
Name #4 _____	Birthdate _____
E-mail address (print clearly) _____	
Address _____	
City _____	State _____ Zip + 4 _____ <small>Zip + 4 look-up website: www.usps.com/zip4</small>
Phone (     ) _____	
Signature (Name #1) _____ <small>(parent or guardian if registrant is under 18)</small>	Date _____
<small>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.</small>	
Make check payable to: ILLINOIS WHEELM'N, 6518 North Sheridan Rd., Ste 2, Peoria IL 61614-2933	

Are you renewing, or is this a new membership? (check one)	
<input type="checkbox"/> Renewing	<input type="checkbox"/> New
If new, how did you find out about the club? _____	
Are you an LAB member (check one)	
<input type="checkbox"/> Yes	<input type="checkbox"/> No
Basic membership:	
Individual (\$10)	\$ _____
Household (\$12)	\$ _____
Voluntary advocacy contribution (\$5, \$10, \$15, other) \$ _____	
Total enclosed	\$ _____



## May 2004 is National Bicycle Month

Attention all bicycle enthusiasts! Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2004. A sample of this year's plate is pictured above in black and white. The colors are: a goldenrod background with black print. A color picture of the plate can be seen on the League of Illinois Bicyclist web site at [www.bikelib.org](http://www.bikelib.org).

The plate sets are numbered from 1 to 400. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-served basis. The cost of each plate set is \$25. To order your set, please fill out this form and return it along with your payment and a photocopy of your car's current license plate registration.

You may also find a copy of this order form at the LIB web site.

**PLEASE PRINT LEGIBLY OR TYPE**

Name \_\_\_\_\_

Signature \_\_\_\_\_

Address (No P.O. Boxes) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_

E-Mail \_\_\_\_\_

Business Name (Only if using as shipping address) \_\_\_\_\_

Shipping Address (If different than above) \_\_\_\_\_

Driver's License Number \_\_\_\_\_

Current Plate Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Car Make & Model \_\_\_\_\_ VIN# \_\_\_\_\_

**Without a copy of your car's current registration, your application cannot be processed.**

Please make your **\$25 check or money order** payable to League of Illinois Bicyclists.

Mail it, along with this form and a **photocopy of your car's current registration** to: LIB, c/o Laura Sanborn Kuhlman, 1 So. 110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427, FAX: 630-462-5428

## Illinois Valley Wheelm'n Ride Schedule

### Sunday Winter Ride

Starting in November there will be a Sunday afternoon ride from Banner School (corner of Allen Road and Cedar Hill Drive). The ride is open to all riders. It may split into two groups depending on the number of riders and their levels. You should check with the ride leaders if you have questions. The ride will leave the school at 1:00. Distance will depend on the group. As the days get shorter, it would be advisable to have lights as the ride may ride close to dusk. Contact Mike Pula for info. (if you would like to lead one of the future rides please call Mike Pula 243-9394)

January 4	Show & Go
January 11	Jim Vaupel
January 18	Jerry Porter
January 25	Bill Semmens
February 1	Show & Go
February 8	Steve Kurt
February 15	Jim Vaupel
February 22	Mike Pula

Saturday Show and Go meets at Washington Square in Washington at 8:30am all year. Distance varies from 25-60 miles.

Saturday ride from Russell's Don Eberle leads this popular classic, leaving the parking lot at 8:30am. It is an all-levels ride at a casual pace, going 20-30 miles with a breakfast stop in the middle. Usually get back around noon.

## Illinois Valley Wheelm'n Special Rides

### **Other riding opportunities**

In addition to club sponsored rides there are many organized rides throughout the mid-west that offer great opportunities for riding. The best source for information on these rides is found at <http://mikebentley.com/bike/>. Some of the upcoming rides that are recommended by club members are; --- nothing right now! ----

### Ride Levels

More details regarding ride levels are available on the web site. Ride leaders can be contacted for specific details about their individual rides.

Beginner/Family These rides are a casual pace averaging less than 12 miles per hour and ride as group.

Level 1 Rides average 12-14 mph and regroup on a regular basis.

Level 2 Rides average 13-17 mph and regroup occasionally.

Level 3 Rides average 17 miles per hour and over. Riders may regroup periodically, but should be prepared to ride in pace lines to keep from being dropped.

Show and Go Rides have no leaders. The distance and speed is decided upon by the group, but governed by the ride level designated.

## Summary of upcoming events:



February 11	Swap Meet at Safety Town
March 10	Bicycle Maintenance Demonstration
April 3	Spring Breakout Ride
April TBA	Bike Expo

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

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

SHARE THE ROAD..MEMBER TIL:11/27/2004

RON ANDERSON  
203 LOCUST ST  
WASHINGTON, IL 61571-2207

