



ILLINOIS VALLEY **WHEELM'N**



greater peoria's bicycle club

March 2004

Meet your Board Members: Celeste Hansen

I've been a member of the IWV for 4 years and have been doing the monthly mailings for 3 years. It all started when I went on the Spirit of Peoria with Northwoods Community Church Singles Group and struck up a conversation with Sheila Gribble. I showed up for my first ride in jean cut offs, no water bottle and with a Schwinn mountain bike for a City ride from Crooked Waters to ICC. Needless to say, I was miles behind everyone. I thought everyone was pretty radical in their spandex and helmet mirrors but I was easily converted! My other passion besides biking is lap swimming.

My life outside of cycling is working as an Occupational Therapist in Long Term Care for Manor Care and taking care of my younger sister who is a non verbal quadriplegic. She has a wonderful sense of humor, is an inspiration to many people, and taking care of her has been the most fulfilling and rewarding experience of my life.

We had the opportunity to live and travel in Europe when we were in grade school and Jr. high while my father worked for CAT in Belgium. Hope to see you all on the road this Spring and Summer. Celeste

BIKE RODEO VOLUNTEERS NEEDED

On Saturday, April 24 between 9:30 – 11:30 AM, the Red Cross and the Peoria Area Safe Kids Org. will be holding a bike rodeo for inner city, low income youth. The children will be bringing their own bikes. Each one will receive a bicycle helmet. Volunteers are needed for doing basic maintenance on the bikes—air in tires, adjusting seats, etc.

Last year's rodeo had 76 kids in attendance. If you think you could help and want more info call Darlene @ the Red Cross 677-7272 Ext 247 or just show up at the Red Cross Building on John Gwynn Avenue. Rain date is May 1.

New Members

Gail Edlefson.....Wyanet

Robert D. Mason...Mackinaw

Michael & Emily Therry^
.....Marquette Hts

Renewing Members

Thomas & Diane Colletti &
Family^.....Peoria

Lori David.....Peoria

Chris & Marguerite Everts &
Family.....Peoria

George S. Ford^...Bloomington

David Hansen.....Peoria

Sheila & Reid Hansen*^
.....Peoria

James & Sue Hooker^
.....Chillicothe

Roger & Kathy John*...Dunlap

Stephen & Theresa Meisner
.....Peoria

Melvin Perrill.....Pekin

Quinton & Barbara Smith &
Family.....Peoria

Michael Polson...Groveland

Jerry & Lori Porter^.....Peoria

Tom & Carol Romanowski &
Family.....Peoria

ILLINOIS VALLEY WHEELM'N

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: 15th of each month

IVW affiliated with the League of
American Bicyclists and League of
Illinois Bicyclists

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:

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 20th, Bike Expo, Hines
School off Knoxville, 6:30 to
8:30 P.M. in the gym.
Russell's Cycling, Illinois
Cycle, Bellevue Bicycle Shop,
Bushwhackers and Little Ades
will be showing the newest
cycling accessories and latest
in bicycles. This will be the
first event of its kind in Peoria.
You won't want to miss out on
this one!

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



BICYCLE TOURS

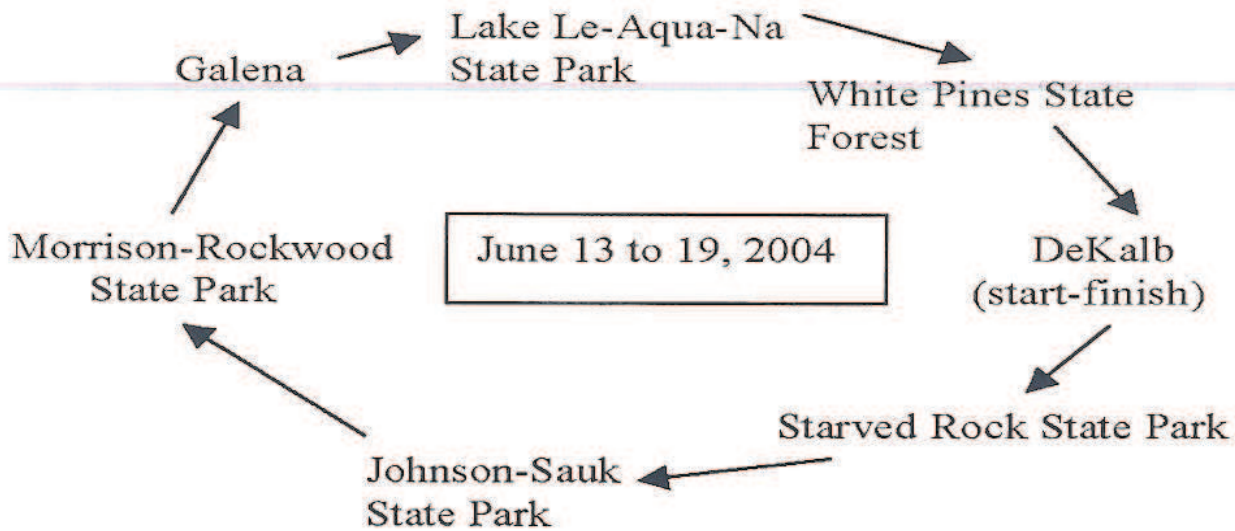
Alan Josephson, previous
president of the Springfield
Bicycle club, has geared up a
new business. Historic and
Scenic Bicycle Tours provides
small group exciting bicycle
adventures for those bicyclists
who enjoy the comforts of a
hotel or bed and breakfast, yet
can manage the care of their
own equipment.

All tours, while different in
organization, are based
around historical themes in
very scenic areas. They
are designed for enjoyment
and learning and may
include a day or more off the
bike.

There are two trips planned for
2004, C&O Canal/Washington
DC June 5-12 and
Williamsburg/Western VA
October 2-9.

To find more about Alan and
his trips, go to his website
www.historicandscenic.com.

Go for an Illinois Loop this Summer!



GITAP-04 – Grand Illinois Trails And Parks ride
Sponsored by League of Illinois Bicyclists
Information: Chuck at oestreich@qconline.com
309-788-1845

Hello from your Friendly Secretary;

Here we go again. The riding season is quickly rising before us. Your board, both new and old members, has been busy this winter, planning for the upcoming year. There are some very exciting events coming up, so stay tuned.

Your new president, Pam Hoehne, took the reins, and has done a terrific job of coordinating this year's plans for the club. At the January board meeting, Pam asked the new board members to do a short "bio" on themselves, for the newsletter. Watch for all the info on those who serve you behind the scenes. A "Bike Expo" event was discussed, for the local bike shops to show their wares. A location was finally pinned down, and at the February board meeting it was decided to hold this at Hines School, on April 20th. Watch your newsletter and website for details.

Cora Lynn (don't even think of calling her just "Cora") Green took over as newsletter editor, and as you can see, she is doing a great job. This is a very time sensitive task, as there is a deadline each month, so these arrive at your homes on time.

Mike Pula, the Ride Chairman again for 2004 started off the season, by discussing an idea that has been rolling around in his head for sometime now. Why could the IVW not sponsor a "bike rack or racks" at the riverfront or other locations through out the city. This would be a great way to promote the IVW's mission statement. Following up on this, Mike reported at the February meeting, that he had contacted the different park districts, who, to no surprise, did not even know what the IVW was or what we promote. He is looking into some ideas for matching fund project's, which could be shared with the various agencies. This would be a huge benefit to the public, as well as getting our name out into the community. Mike will develop a generalized plan, and get

back with the board. He is also in the process of firming up this years ride schedule for the weeknight rides, as well as the No Baloney Ride. He reported that we might have to bump the date on the NBR this year by one week, due to the Bob Galloway memorial ride being scheduled the same weekend. Watch the newsletter for details on this as well as other rides coming up.

Jerry Allen, our new VP, missed the first meeting of the year due to some scheduling conflicts, but joined us in February. He is anxious about supporting the President in any way that he can, and looks forward to his time spent helping the IVW grow.

Eric Hutchison has been busy as usual, doing his "Government Relations" thing behind the scenes. After contacting the Peoria Park District in regards to the drainage grates on Grandview Drive and at Bradley Park, he informed the board at the February meeting that PPD had responded favorably, and will be changing these to "bike friendly" grates in the near future. This is just one of the many improvements made through out the city, thanks to Eric's diligence to this job.

Bonnie Johnson, our Social Chairperson, reported several ideas in the works for this year. She has been busy planning several events and believes this season is going to be better than last.

Larry Davis, the data base guy, has been busy also, keeping the records straight. He reports that our membership is at the 170 plus mark, for the month of February. This is an impressive number, and requires a great amount of time to keep all the information in order, so that whenever someone needs it, it can be retrieved in a timely manner. Larry takes care of updating the computer information so things like address labels and membership lists can be generated accurately.

Celeste Hansen. If you are reading this letter, it is in part due to Celeste's efforts. She retrieves these from the printer each month, carefully folds and staples them, places the address label at precisely the right angle, and makes sure they are mailed. This is a dangerous job as she continuously fights the dreaded "paper cut syndrome". So far this year, no cuts, and her trusty stapler is holding up well.

Sheila Gribble, our Treasurer, reports that we, as a club, are doing well financially. Our money is in good hands, and reports can be viewed each month at the board meeting, for those who would like to see how our cash is being spent.

And last but not least, your Secretary and Web Master, Bill Clark. If you like this article, keep your eyes open for monthly updates from the board. I will try to keep you informed as to what is going on. Anyone who wishes may sit in on the board meetings. Input from the club membership is welcomed and encouraged. For information on the date and location of the next meeting, contact me at wdclark@mtco.com.

BC'n ya's on the road.

BE A PART OF HISTORY !

That's right. The League of Illinois Bicyclists is planning an unprecedented, one-time serial bicycle ride of all of the 585 miles of the Mississippi River Trail in Illinois. We're calling it Trail Breaking the Illinois Mississippi River Trail. You should be a part of it. All you have to do is agree to bicycle about 35 miles on Saturday morning, May 1, 2004. Just select one of the starting locations listed below and cycle to the celebration site in your area (of course, you'll have to ride back to your start - or get picked up). At the site, celebrations and media opportunities will bring together bicyclists riding in from both up and down the MRT. The focus will be on the potential for bicycle riding in western Illinois. Wear your jerseys. All this is in celebration of the publication of the User's Guide to the Illinois Mississippi River Trail. This handy booklet, produced by LIB with the cooperation of the Illinois Dept. of Natural Resources, and Mississippi River Trail, Inc., is the definitive guide to riding, touring, enjoying, or just boasting about the MRT in Illinois. It includes cue sheets, maps, attractions, accommodations, food and drink locations, bike repair, and emergency information.

And - best of all - it's free!

Actually, it will begin as a web-site publication, easily downloadable at www.bikelib.org/mrt <<http://www.bikeLIB.org/>> Future plans are to print it in convenient size to fit into a jersey pocket. However, you can get a special, limited edition, printed copy - along with other perks and mementos - by agreeing to participate in the May 1st Trail Breaking.

Just check one of these rides and send, call, or email it in.

____ Cairo to Jonesboro/Anna ____ Grand Tower to Jonesboro/Anna

____ Grand Tower to Chester ____ Valmeyer to Chester

____ Valmeyer to Hartford (Lewis & Clark Men.) ____ Grafton ferry to Hartford

____ Grafton ferry to Hamburg ferry ____ New Canton to Hamburg ferry

____ New Canton to Quincy ____ Hamilton to Quincy

____ Hamilton to Gladstone/Burlington ____ New Boston to Gladstone/Burlington

____ New Boston to the Quad Cities ____ Fulton to the Quad Cities

____ Fulton to Savanna ____ East Dubuque/Galena to Savanna

Name: _____

Address: _____

e-mail: _____

Bike Club (if any) _____

Send to: Chuck Oestreich, 816 - 22nd Street, Rock Island, IL 61201

Call: 309-788-1845 email: oestreich@qconline.com

"GRATE" NEWS FOR GRANDVIEW

This summer, the Peoria Park District plans to upgrade the drainage grates on Grandview Drive to a bicycle-safe design. The grates in Bradley Park will also get the face-lift.

During your next contact with Park District officials, be sure to say 'thanks' for the quick action. The news came to us in a recent letter from Superintendent of Parks, Mike Baietto dated February 4, 2004

Dear Mr. Hutchison - Thank you for showing interest in Grand View Drive Park, Peoria's foremost scenic landscape. President Cassidy asked that I respond to your letter of January 30, 2004 concerning bicycle safety drainage grates. The Park District had planned to upgrade all drainage grate lids in Bradley (Park) as

part of the 2004 construction season. In conjunction with this project I will purchase the appropriate replacement grates and have them installed along Grand View Drive this summer. I appreciate you bringing this to our attention.

This was in response to my original letter to Park Board President Tim Cassidy of January 30, 2004
Dear Mr. Cassidy -
Our thanks to the Peoria Park District for all their work to upgrade and maintain Grandview Drive -- a prime attraction for the Peoria area. The major renovation done a few years ago replaced Grandview's rumbling surface with clean, smooth pavement which is excellent for bicycling. As part of that renovation, some of Grandview's old-style drainage grates were

replaced with modern bicycle-safe grates. The new grates greatly enhance the safety of Grandview for all users. Unfortunately, some of Grandview's old wheel-trap-style grates remain in place -- a serious hazard for cycling. We request that the Peoria Park District please upgrade the remaining grates on Grandview Drive to the bicycle-safe design. The enclosed photos from Grandview Drive show both types of drainage grates. Please contact us if we can be of any help.
Best regards, Eric Hutchison, IVW Government Relations Representative.
(Photos enclosed were: (1) Grandview Drive, old-style grates- Parallel inlets in travel lane = Bicycling hazard.; (2) Grandview Drive, new-style grates- Slanted inlets, recessed from curb = Bicycle safe.)

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 + 4 _____
Zip + 4 look-up website: www.usps.com/zip4

Phone () _____

Signature (Name #1) _____ Date _____
(parent or guardian if registrant is under 16)

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 WHEELM'N, 6518 North Sheridan Rd., Ste 2, Peoria IL 61614-2933

Illinois Valley Wheelm'n Ride Information

Spring Breakout Ride

Don Eberle (699-2790) and Ron Anderson (444-2018) are going to lead us on our annual Breakout Ride April 3rd. We will ride from Russell's in Washington at 9:00 Saturday morning. The ride will be about 20 miles with a meal stop. For those wanting to ride farther and faster there will be a longer route option. All levels are welcome and keeping with the social aspect of the ride no one will be left behind or dropped. Think warm and start your riding season with a great social ride.

2004 Weekly Ride Schedule

The weekly ride schedule is coming together for the upcoming year. Below is a summary of the rides that have already been scheduled. We will be adding more rides this next month. If you are interested in leading a ride let me know. Mike Pula 243-9394.

Monday Night Ride From Morton

Join us **starting May 10th**, as we again travel the roads of northern Tazewell County, on Monday nights. Bill Clark (347-4841) and John Bremenkamp (444-4851) will once again lead this ride leaving from the Soccer field (McClallen Park) in Morton, located at the junction of Jackson and Tennessee streets. This location was picked because of the ease of accessibility from the surrounding area, as well as from "the other side of the river" for those who would like to see what us Tazwellopians have to offer. This is a **level 1 – 2 ride**. We will start out slowly, early in the season, progressing in speed and mileage as skills and ability's develop. Last year the group divided into 2 different packs. Those who wanted a faster pace took off on their own, and those who wanted to keep the speed down rode at a more "lung friendly" pace. Maps are provided most nights so don't be afraid to come over and join in. No one gets dropped. Come on and show us your white legs, and how many pounds you gained over the winter. We'll work on curing both of these maladies together. Bill

Tuesday Night Dunlap Ride Steve Kurt (243-7684) leads this popular ride for **levels 2 and 3**. Meet at Dunlap Grade School **starting April 6th** at 5:30. On May 11th the time changes to 6:00. Mileage will be 20 early in the season and then increasing. The ride will sometimes break into two groups as needed. One will generally average 16 plus and the other can be faster. We will also possibly have a third group that rides at a speed of 12 – 15. All groups regroup periodically and make certain no riders are left behind. Steve

Wednesday Night from East Peoria

Larry Paustian (694-3947) and I (Dirk McGuire 699-8482) will be leading the Wednesday night ride again this year, starting at 5:00 p.m. the first Wednesday starting April 7th. We will change the start time to 5:30 p.m. the first week in May. All levels are encouraged to ride with us. No one will be dropped. We will meet at Pleasant Hill School in East Peoria. Dirk

Thursday Night Pekin Ride

I (Jim Vaupel 353-6104) am planning to lead the Thursday Night Pekin Extravaganza (**level 3 ride**) again this year. I think we have a few survivors remaining from past years. My planned **start date is April 8**, which should be the first Thursday after the time change. Start will be at 5:30pm until May when it will move to 6:00pm. Final ride will be in late September. As in years past, ride distances will be based on daylight. Expect 25-30 miles at first, stretching to nearly 40 miles by mid season, then tapering as we begin to lose daylight later in the season. This equates to an average speed of 17+ mph. Routes will not be flat, as there are too many good climbs around here to ignore.

Pace-lines, single and double, are utilized as an effective survival tool. Regrouping is minimal, usually done "on the roll" unless we do a spontaneous regroup, where we all stand around with stop watches while the instigator frantically fixes a flat. We do not drop riders because we like to keep them around to watch their suffering. This is when commercial opportunities sometimes arise, such

as someone offering compensation if we'd just for &%"\$#%'s sake slow down. (Seriously, we've had a few folks, very few, show up who figured out they were in over their heads, and we did what we could to get them back in one piece.)

And, of course, as always, a photo ID is a good idea. Jim

Saturday Washington Rides

Don Eberle (600-2790) leads casual ride for **all levels** ride from Russells every Saturday (the entire year) starting at 8:30. The ride ranges from 20 -40 miles depending on the group and weather. It also normally includes a meal stop.

Show and Go **level 3** from the Washington Square (the entire year). Meet at 8:30. Distance varies from 25 – 60 miles.

Pedal Peoria Sheldon Schafer leads these casual town rides for all levels beginning with the Earth Day Ride on April 25th. The complete schedule can be found elsewhere in the newsletter.

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.

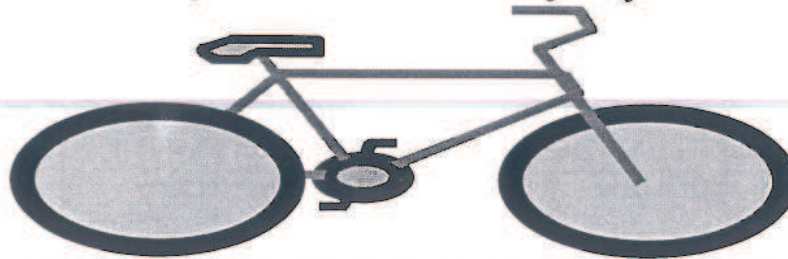
Level 2 Rides average 13-17 mph and regroup occasionally.

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.

Pedal Peoria 2004

Explore the Peoria Area by Bicycle



Sponsored by the Illinois Valley Wheelm'n

Selected Rides co-sponsored by the Peoria Historical Society[†], Lakeview Wilds[°]
& Lakeview Museum of Arts & Sciences[¥]

All rides are designed for the casual rider, 13 - 15 miles
Approximately 2 hours starting at 6 pm (Except April 25, June 12 & August 15)

All are welcome! No fee or registration

- April 25** **Earth Day Ride[°]** Start at Lakeview Museum east parking lot 2:00 pm. Highlights: Celebrate Earth Day, visiting the urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale (including the Prairie section), Pimetoui Trail to the Riverfront Trail, and back through Glen Oak to Lakeview Park.
- May 27** **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 3** **East Peoria Trail & Fon du Lac Ride** Start at Shopko parking lot, East Peoria. Highlights: East Peoria Trail & views from Fon du Lac Dr
- June 12** **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 24** **Eric's West Peoria Deli Ride** Start at Loucks School parking lot. Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park Fedora's Deli
- July 15** **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 29** **Sculpture Ride[¥]** Start at Bradley University Quad. Highlights: Public Sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- August 5** **50's Soft Serve Ride** Start at corner of Lake and Knoxville. Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- August 15** **Tour of the Solar System^{¥†}** plus highlights from the **History Ride** (See July 15). 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 19** **Garden Ride** Start at Botanical Gardens, Glen Oak Park Highlights: Luthy Botanical Gardens, selected city gardens

For Information Call Ride Leader Sheldon Schafer (682-1876)

Upcoming Events

March 10 th	Bike Maintenance
April 3 rd	Spring Breakout Ride
April 20 th	Bike Expo
April 24 th	Bike Rodeo
April 25 th	Earth Day Ride

**ILLINOIS VALLEY WHEELM'N
6518 NORTH SHERIDAN RD. STE 2
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