



ILLINOIS VALLEY **WHEELM'N**



greater peoria's bicycle club

April 2004

Meet your Board

Members:

Pam Hoehne, President

Pam has been riding bikes since 1996. It has been a gradual progression for her. Her first riding experience was with a heavy mountain bike just doing trails. She then ventured out, using hand-me-down road bikes, antiquated gearing and stirrups. Finally two years ago she graduated to step-ins and bought a brand new bike. She is usually to be found on Tuesday nights in Dunlap (at the back) and in Washington on Saturday mornings (at the back). Over the years she has had Randy Senneff as her coach and taskmaster.

Pam originally grew up in Washington, Il. She went to high school in three different countries. She has degrees from Bradley University. She presently is employed as Clinical Therapist for the Proctor Hospital Counseling Center.

Pam gets enjoyment from biking, skiing, and her children and grandchildren.

SELF CONTAINED TOURING

Is anyone interested in exploring the possibility of forming a self contained touring group that would organize a few trips this late Spring, Summer and early Fall? I am just getting started so if anyone has some experience and can provide guidance, their participation/guidance would be most appreciated. Anyone interested please let me know and I will organize a meeting after Easter so we can discuss an approach and establish a modest schedule to get this type of activity started. I'm thinking a few out and back overnights and maybe one other two night trip later in the season, but it is all up for discussion. If you are interested send me a note or give a call.

Tim O'Hanlon
SAOTAO@MTCO.COM or
692 2090

New Members

- John & Natalie Deselem & Family.....Yates City
- Peter Fiddle.....East Peoria
- Dennis & Pamela Goett
Peoria Heights
- Ken & Sheri Pope....Morton

Renewing Members

- John Antram.....Morton
- Chris & Marguerite Everts & Family.....Peoria
- Chuck Gullette.....Dunlap
- Steve & Carol Hallock...Peoria
- David Hansen.....Peoria
- Patty Isit.....Bartonville
- James & Karen Vonderhaar & Family.....Pekin

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 your calendar for the
following Wheelm'n club rides
and events:

Bike Expo has been

cancelled. It may be
scheduled for a later date.

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.

River Valley Ride

You may know this ride by a
different name. That is
because I can never remember
what I called it the previous
year. But, the important thing is
it is back again this year. A
scenic and slightly challenging
ride in and around the river
valley. This is the fourth year
for this ride and is growing in
popularity each year. The ride
offers two distance options.
Both rides leave Dunlap and
cross the river at Peoria. The
70 mile route will cross the
river again at Lacon making its
way back to Dunlap. The
Century route is basically the
same except we will split from
the other group and go over to
Washburn and then north to

Henry and cross the river
there. The two routes rejoin
west of Sparland.

This is a self-supported ride
with ample stops available for
snacks and lunch.

Where: Banner Grade School
parking lot. Corner of Cedar
Hills Dr. and Allen Rd.

When: Sunday, **May 30**. We
will leave at 8:00 a.m. sharp!
?'s Greg Durst 243-9694
gpdurst@insightbb.com

Bike Rodeo

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.

Bikes For Kids

The IVW helps the Salvation
Army in this annual event,
which places hundreds of
bikes into the hands of
needy kids. The date is
June 5th (9:00-3:00). More
details will appear next
month. If you have
questions call Greg Durst
243-9694.

Illinois Valley Wheelm'n Ride Schedule

Monday Bill Clark (347-4841) and John Bremenkamp (444-4851) co-lead this *level 1* ride out of Morton. Meet at McClallen Park (Soccer Fields at Jackson and Tennessee) at **5:30**. Distance will be 15 miles early in the season and increase over the summer. The ride will regroup frequently. **Ride Starts May 3rd.**

Monday Lori Durst (243-9694) and Celeste Hansen (693-1018) co-lead this ride for *level 1 riders*. Meet at Dunlap Grade School starting at **5:30**. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently. **Ride Starts May 3rd**

Tuesday Steve Kurt (243-7684) leads this popular ride for *levels 2 and 3*. Meet at Dunlap Grade School at **5:30**. Mileage will be 20 early in the season and then increasing. The ride will sometimes break into two groups. One will generally average 16 mph and the other can be faster. Both groups regroup periodically and make certain no riders are left behind. **Ride Starts April 6th**

✕ **Wednesday** Dirk McGuire (699-8484) and Larry Paustian (694-3947) co-lead this ride for *levels 1,2 & 3*. Meet at Pleasant Hill Head Start School (across from the Antique Mall) at **5:30**. Ride distance will start in the 20 mile range and increase throughout the season. Average speed will be 13 – 16 and no one will be dropped. **Ride Starts April 7th**

Thursday Jim Vaupel (353-6104) leads the ride for *levels 2&3*. Meet at Coal Miners Park (Pekin. Start time is **5:30**. The ride is a fast pace (16-18 plus) and includes pace line riding and some challenging hills. Ride distance is 20 – 40 miles. Jim says they do not try and drop any riders but suggests that all riders carry a picture ID. **Ride Starts April 8th.**

Saturday Show and Go Level 3 ride meets at Washington Square in Washington at 8:30am **all year**. Distance varies from 25-60 miles.

✕ **Saturday** Don Eberle (699-2790) leads this ride for levels 1,2 & 3 from Russels at 8:30 Saturday mornings **all year**. Distance ranges from 25-40 miles and includes a meal stop.

Sunday Don Eberle (699-2790) leads a casual breakfast ride on the **3rd Sunday of each month**. Location and time will vary. Distance is normally 30 – 40 miles. Call Don for details.

Ride Levels

More details regarding ride levels is 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 regroups 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.

Illinois Valley Wheelm'n Special Rides

In addition to the regular weekly schedule of rides, the club has a number of special rides throughout the year. More information on these and other rides, as they are scheduled, can be obtained from the newsletter and the web site.

<http://www.geocities.com/ivw.geo> Questions should be directed to the ride leaders..

April 3rd Spring Breakout Ride Don Eberle (699-2790) leads the annual ride from Russell's in Washington.

April 25th Earth Day Ride Sheldon Schafer (682-1876) leads the first Pedal Peoria ride of the year. 2:00 @ Lakeview Museum.

May 27th Grandview Ride Sheldon Schafer (682-1876) 6:00 @ Lakeview Museum

May 30th River Valley Ride Greg Durst (243-9694) 8:00am @ Banner School (70 mile and century option)

Pedal Peoria 2004 Sheldon Schafer (682-1876) leads this popular series of town rides. Check the newsletter for upcoming rides or call Sheldon.

No Baloney Ride The clubs annual invitational ride that attracts 250 plus riders from throughout the state will be held **Saturday September 25th**. Registration forms are available on the Web and at all local bike shops.

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;

May 1st Mississippi River Trail www.bikelib.org/mrt

May 14 & 15 Brown County Challenge www.bcparksrec.com

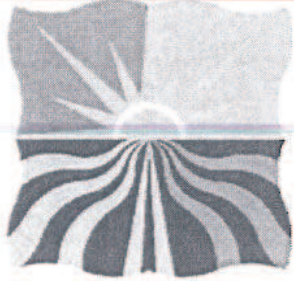
May 28 & 30 Horsey Hundred www.bgcycling.org

June 12 & 13 TOMRV (Tour of the Mississippi River valley) www.ocbc.org

More information on these and similar rides can be found at Mike Bentley's site mentioned above.

Ride Rules

- 1) Riders must obey all Illinois Traffic Laws.
- 2) Ride no more than two abreast and single file at intersections and in traffic.
- 3) When riding in a large group, create space to help motorists pass safely.
- 4) Use hand signals and obey all traffic signals.
- 5) Check all intersections for traffic. Avoid "group think".
- 6) Warn riders of pot holes, dogs, cars and other obstacles.
- 7) Riders are strongly encouraged to wear approved helmets.
- 8) Rides should make certain their bikes are in good working order.
- 9) Riders should carry water and a spare tube for their size of wheel.
- 10) Riders should be prepared for whatever conditions. Most rides will take place in all weather.
- 11) Riders should arrive in time to be ready to ride at the start time.



**Join the fun . . .
The excitement . . .
The challenge . . .**

Of an outstanding two days on wheels

Saturday, June 12 and Sunday, June 13, 2004

TOMRV 27 TOMRV, the Tour of the Mississippi River Valley, means a Saturday of joining with 1,500 bicyclists on a scenic 106 mile journey from Bettendorf, Iowa, across the Mississippi River into Illinois, Wisconsin and then back into Iowa for an overnight at Clarke and Loras Colleges.

On Sunday, riders take a different 86 mile route along the Mississippi River on the Iowa side. They pass through Iowa's famous Grant Wood scenery back to the start at Scott Community College in Bettendorf, Iowa. On both days, shorter routes are available.

TOMRV also means a colorful t-shirt, the spectacular TOMRV banquet at Clarke College, refreshment stops every 10 – 15 miles, a beautiful and challenging route and the ambience of sharing an early June bicycling weekend with fellow cyclists from all over the Midwest.

For further information and/or an application:

- Visit our club web site at: www.qcbc.org/tomrv
- You may also register online at: www.active.com
- Or contact Linda Barchman at: lindabarchman@hotmail.com or 563-388-8043

You may also clip and mail this form to Linda Barchman to request a hard copy brochure. Mail to: TOMRV – 27, c/o Linda Barchman, 2731 Emerald Ct., Davenport, IA 52804

Linda – please send a brochure to me at:

Name: _____

Address: _____

City, State and ZIP _____

Telephone #: _____

Email Address: _____



All events will be at the Brown County 4-H Fairgrounds on Old 46, east of downtown Nashville

- Friday, May 14 – 5 p.m. to 10 p.m, Registration.
Music and Snacks
Exhibit and demonstration of Brown County arts and crafts
- Saturday, May 15 – 7 to 10 a.m., Lions Club Pancake Breakfast in green building
9 a.m., Start of Brown County Hills Challenge Ride
12 to 4 p.m., Lunch sponsored by Brown County High School
Marching Eagles Band, with music
4 p.m., Ride ends
6 to 8 p.m., Pig Roast
8 to 10 p.m., Free concert at Fairgrounds Pavilion,
featuring a variety of music
Exhibit and demonstration of Brown County arts and crafts
- Sunday, May 16 – Relax and take advantage of all Brown County has to offer amidst its unmatched art and artisans, its 300 unique shops, its scenery, its food and hospitality, as well as the largest state park in Indiana.

When the first artists discovered Nashville and Brown County in the early 1900s, it was the sense of place that attracted them. The purity of the landscapes, the seasons freely coming and going, the wildlife, the loss of time, the peace. This was place that offered it all. Remarkably, it still is – offering that same uniquely quiet country getaway. Brown County is famed as well for its delicious home cooking and fabulous hospitality. Whatever you decide to do during a visit to our Brown County community, we know you will feel welcome.

The first Hills Challenge is organized by the Brown County Citizens' Scholarship Committee, raising funds for local scholarships, with assistance from our Brown County Department of Parks and Recreation. Entry fee is \$22 each rider (\$32 if postmarked after April 30).

For entry forms and details, go to: www.bcparksrec.com

... or E-mail your request and snail mail address to: bcprkrec@kiva.net

... during business hours, you may telephone: 1-812-988-5522

... or send mail to us at: Brown County Hills Challenge
PO Box 580, Nashville, IN 47448-0580

On the Web, learn more about Brown County or book a meal or a bed at

www.browncountyindiana.com

www.browncounty.com

www.browncounty.org

Member

INDIANA
BICYCLE
COALITION



Be on the MRT on May Day

Make plans to celebrate the Mississippi River Trail on Saturday, May 1st this year.

Sign up now to bicycle about 35 miles to one of the eight Trail Breaking Celebration Sites along the Mississippi for the noon festivities. Those who sign up and participate will receive:

- A limited edition copy of the Illinois Mississippi River Trail User Guide
- A special, commemorative T-shirt (limited supply).

Also

- Be a part of the celebration's press conference and media event
- Be a participant in a first-of-a-kind, serial, 585 miles ride on the MRT
- Help promote the MRT as a wonderful facility for all bicyclists – both casual citizens and serious bike tourers
- And, not incidentally, go for a nice ride on a fine spring day

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

_____ Cairo to Anna/Jonesboro _____ Grand Tower to Anna/Jonesboro

_____ Grand Tower to Chester _____ Valmeyer to Chester

_____ Valmeyer to Hartford (Lewis & Clark Hist. Site) _____ Grafton (ferry) to Hartford

_____ Grafton (ferry) to Hamburg (ferry) _____ New Canton to Hamburg (ferry)

_____ New Canton to Quincy _____ Hamilton/Keokuk to Quincy

_____ Hamilton/Keokuk to Gladstone/Burlington _____ New Boston to Gladstone/Burlington

_____ New Boston to the Quad Cities _____ Fulton/Clinton to the Quad Cities

_____ Fulton/Clinton to Savanna _____ East Dubuque/Galena to Savanna

Name: _____

Address: _____

email: _____ Phone: _____

Bike Club (if any): _____

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

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

Sponsored by the League of Illinois Bicyclists, with the cooperation and support of the Illinois Department of Natural Resources and the Mississippi River Trail, Inc.

Go to www.bikelib.org/mrt for more details and a downloadable copy of the guide.

Remember, only those who sign up will be eligible for the mementos.



2212 S.W. Adams St.
 Peoria, IL. 61602
 309 673-2734
www.bellevuebicycle.com



Let's make it 6.

Starting April 1st and running through April 25th, You can get registered to win every cycling fans greatest fantasy, to Join Lance Armstrong in France at the 2004 Le Tour de France. Trek bicycles will be giving away a Trek Travel trip for you and a guest to go to France and watch Lance go for history, a **6th Tour de France victory**. Not only can you register for a chance to win this amazing adventure, you can also take advantage of an opportunity to save big on all Trek merchandise. All Trek merchandise will be marked up to 30% off. Not just left over 2003 stuff either. I'm talking brand new 2004 bikes and accessories. We will also be a part of the Nike Yellow program starting in June.

So come on in starting April 1st, look for this display, get registered and start saving.
It's that easy.



CLOSEOUTS:

2003 58cm Trek 2300:

Was ~~1799.99~~ Now **1549.99**

2003 58cm Trek 5900 Superlight: Was ~~4799.99~~ Now **2999.99**

2002 Trek Fuel 90 V or Disc: Was ~~1599.99~~ Now **999.99**

From April 1st until April 25th Our **2003 Klein Project-One** will be at a special price. You'll have to come in and see.

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

Don Eberle's Sunday Breakfast Rides

On the **third Sunday of each month** Don (699-2790) will be leading a casual breakfast ride. The locations and times may change each month so watch the ride schedule and newsletter. The ride will generally be about 30 – 40 miles and as the name implies includes breakfast somewhere along the route. His first ride will be **April 18** at 8:30 and will start from the east side of Bergners in the old Pekin Mall.

The second ride will be **May 16** and will meet at Mossville Grade School (old route 29) at 8:30.

Upcoming McLean County Rides

Put the following dates on your calendar:

June 19 – Spring Metric/Red Cross Ride

July 10 – 6th Annual Pedaling for Kicks Ride

Both rides are single day rides that take place in McLean County.

UPCOMING EVENTS

- April 3 Spring Breakout Ride
- April 18 Don Eberle's Sunday Breakfast Ride
- April 24 Bike Rodeo
- April 25 Earth Day Town Ride
- May 16 Don Eberle's Sunday Breakfast Ride
- May 27 Grandview Town Ride
- May 30 River Valley Ride
- June 5 Bikes for Kids

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

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SHARE THE ROAD..MEMBER TIL:11/27/2004
RON ANDERSON
203 LOCUST ST
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