



ILLINOIS VALLEY **WHEELM'N**



greater peoria's bicycle club

July 2004

Sunday Rides

Msgr. Richard Soseman (224-8783) leads a ride out of Princeville at 10:15. Sometimes Show & Go. We gather in the parking lot of St. Mary of the Woods Catholic Church, towards the rear of the Church. Generally the levels are 1 & 2. Sometimes the group stays together; sometimes it splits into 2 or 3 groups. We explore the mysterious, deserted roads north of Princeville- Duncan, Strietmatter, Stark-Speer, Mendell, Rice, etc... Ride distance is generally 20 miles or so. You don't have to attend the 9 a.m. Mass, but bring a bulletin from your place of worship or you might have to buy ice cream at the end!

Help Stark County Become More Bicycle Friendly

Our president, Pam, recently received a letter from one of the members of the Stark County Economic Development Associates. Those of you who have ridden to the end of the Rock Island Trail know that the section between Wyoming and Toulon is the prettiest part of the trail. Stark County would like to expand the bicycling opportunities in their area by developing bicycling routes looping off the trail or a route going from the trail up to Kewanee or over to the Hennipin Canal Trail. They would like one or more Wheelm'n who would be willing to work with bicyclists in Stark County to suggest possible routes. Toulon is working hard to showcase what the area has to offer including camping sites, a B&B, a developing winery and a wonderful restaurant called The Bistro in downtown Toulon. If you would be willing to meet with this group to help them make Stark County a more bicycle friendly county, contact Pam.

New Members

Dave Grebner.....Peoria Hts

Gary R. Jacob.....Groveland

Renewing Members

Leo Chuzhoy.....Dunlap^

Rick & Judi Gentry.....Peoria*^

Mike Haedicke.....E. Peoria

Lou McMurray.....Peoria^

Dan Weakley.....Peoria Hts

Jack Welch.....Groveland

Laverne Wilson & Rogel Hagel
.....Washington^

*LAB Member ^Advocacy

Club Roster

Isn't it nice to have a new directory for the Wheelm'n! A big thanks to Larry Davis for getting all the address and telephone numbers current and Mike Pula for printing the directory.

ILLINOIS VALLEY WHEELM'N

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IVW affiliated with the League of American Bicyclists and League of Illinois Bicyclists. On the web <http://geocities.com/ivw.geo> Enter the above as one line; no spaces

Interplanetary Ride

The Interplanetary Bicycle Ride will launch its tenth year into the outer reaches of the Solar System, August 14 & 15. This ride could not have made it without the support of the IVW and its volunteers. As always, we are seeking volunteers to help on Saturday with set-up, registration, lunch assistance, sag support, take down, and route marking.

If you're able to help out, call Sheldon Schafer at 686-7000x145 days, 682-1876 evenings, or e-mail at sschafer@lakeview-museum.org Thank you!

Heads Up on Road Work

Tilling will begin on Heinz Ln. weather permitting Tue. 6/1. It will run from Rt. 150 south 1/2 mile. It will remain gravel for a couple months then seal coated towards the end of the summer.

Also, it's not definite, but Reservoir Blvd. from Rt. 8 east to the railroad may be tilled after Heinz Lane. Quinton

Bike Illinois Land of Lincoln

The Illinois Park and Recreation Association along with Illinois Association of Park Districts and the Department of Natural Resources have developed Bike Illinois Land of Lincoln. B.I.L.L. This is a five-year commitment with five different routes to generate funds for the Conservation Foundation's bike trail development program. This year's ride will start in Quincy and travel across the state ending in Danville. The dates are July 17-July 22 with the kick off dinner Saturday July 17 in Quincy. Want more Information? There is an active website that applications and information can be downloaded from – www.bikeillinois.com

Sounds fun but your idea of luxury is not biking all day and then having to set up your tent? Your club has been sent a list of motels for each night's stop. Or maybe you don't mind tent camping but would like to be pampered with a fresh towel each day, high-back lounge chair and other amenities. Call Cora Lynn 683-3083 for registration forms and all the details.

Blessing of the Bicycles and Ride

As we celebrate our Nation's Independence and on the eve of the Tour de France... Come and have your bike blessed!

Afterward, explore those mysterious & deserted roads north of Princeville!

Sunday, July 4th 9 a.m. Mass
10:15 a.m. Blessing & Ride
St. Mary of the Woods Catholic Church
407 S. Walnut Avenue
Princeville, Illinois

3 Ride Groups: Children's 2 miles Intermediate
10 Trail Miles Advanced 25 Road Miles. This
Year a special contest for 14 and Under
Decorate your Cycle in a Patriotic Theme.
Prizes will be awarded. Need more information?
Call (309) 224-8783

Self Contained Touring

The self contained touring group is planning its next trip for the weekend of July 10th and 11th. At this point we are planning to ride to Starved Rock State Park, leaving from Chillicothe. All the details have not yet been worked out, but if you are interested please contact Tim O'Hanlin 692-2090, Mike Pula 243-9394, or Steve Kurt 243-7684. The first weekend outing to Kewanee was a good weekend and we are looking forward to another one in July.

Thanks from Pam

A BIG thanks to Leo for a fine ending to a hot Tuesday night bike ride. The Pizza was Gggggreat..... The kinder and gentler echelon

No Baloney 2004

We have received our first registration for the September 25 ride, with many more to come. Flyers are available at local bike shops and for anyone wanting to distribute them at other invitational rides (contact Mike Pula). Volunteers are still needed in a variety of areas. Please contact Mike mrpula@hotmail.com if you want to help. Every effort is made to be certain volunteers also have time to ride.

Looking for Tandem Riders

We are going to run a few tandem bike rides from the old Pleasant Hill Grade School in East Peoria at 6:00 P.M. on July 12th and 27th. These rides will be approximately 20 miles of friendly, easy paced riding. We are planning to stop for ice cream during the ride on the 12th. Please pass this information on to all your tandeming friends. Any questions or ride suggestions, call Dirk McGuire at 309-699-8482.

Rails to Trails Advocacy News

The RTA is going to work on uniform signage for the bike trails. It became very apparent that on our June 5th ride that an out of townner would find it difficult to travel through our area with the maps and signs we currently have in place.

Thursday Day Rides

Date: July 8, 2004

Time: *** 9:00am ***

Place: Brimfield Public Library, on RT 150 (about one block from Caseys)

Distance: around 40 miles. Bathroom and food stops.

Level : All levels. No one will be left behind.

Ride Leader: Laurie Wilbur (309)446-9367

Date: July 15, 2004

Time: ***8:30am***

Place: Jubilee College Historical Site

Distance: 50 miles (No Baloney route to Hanna City to Elmwood to Brimfield).

Bathroom & food stops.

Level: All levels. No one will be left behind

Ride Leader: Laurie Wilbur (309)446-9367

Group Therapy

From roadbikerider.com

"I love doing group rides by myself," groans my buddy Rich at the coffee shop after getting dropped on another Saturday ride.

Rich is a stronger cyclist than me, but I didn't get flicked. Why? Rich lacks a keen sense of strategy and pack savvy. Translation: He's not ruthless, sneaky and shameless. I am.

As retired Euro pro **Hennie Kuiper** says, it's all about "licking your opponent's plate clean before starting on your own." In other words, do as little work as possible while getting others to do as much as possible. Here's how:

For starters, never take a pull. Pulls are for 23-year-old "college students" who ride 450 miles a week. They need the extra work to get ready for that upcoming stage race. Middle-aged working stiffs don't. We pull, we die.

Next, never close a gap. Gaps will appear and must be filled pronto. Just not by you. Glue yourself to the wheel of some antsy, ambitious soul. Offer plenty of encouragement: "They're getting away. Go! You can do it... Great job." Chump.

Sometimes nobody wants to jump across. Be patient. Glare over your shoulder as if you've been pulling for 15 miles and it's time for all the stinkin' wheelsuckers to step up. Somebody will blink. Then it's all aboard the free-ride express.

Finally, hills. Before the road tilts up, scope out some strong, beefy riders who are good bike handlers. They tend to be steady if unspectacular climbers. More important, they descend like an anvil off a cliff. Hang on, limpet-like, while they tow you back to the 97-pound mountain goats off the front.

Congratulations. You've made it back with the bunch. We're not even at the coffee shop yet, but you've already licked the plates clean.

Tell Scott what's on the menu at scottmartin@roadbikerider.com

Bikes For Kids

A huge thank you goes out to all who helped make Bikes For Kids a success once again. A total of 60 bikes were repaired and turned over to the Salvation Army to distribute. That number is down considerably from the last couple of years but still is 60 kids who now have a "new to them" bike. One lucky kid is going to be the recipient of what I think has to be the nicest bike ever donated to the program. A carbon fiber Trek!

Actually the slightly slower pace was nice for a change. We had a chance to socialize a little and enjoy the beautiful day. Following is a list of volunteers who gave some or all of their day

.From the I.V.W.:

Dave, Janice and Heather Atkinson, Steve Grube, Craig Winn, Eric Hutchison, Matt & Lori Durst, Mike Pula, Tim Beeney, Mark Padesky, Jim Williams, Steve Kurt

From the Peoria Bicycle Club:

Mike Honnold

Local bike shops:

Josh Collins from Bellevue Bicycle

Wayne Galpin from Bushwacker

Randall Black from Russell's

Illinois Cycle and Fitness (parts and supplies)

This program would not happen without everyone's help and certainly not without the support of our local bike shops. All parts, tires, tubes cables, and a great deal of the repairs are done compliments of these shops. So, again thanks to everyone and I hope to see you at next year's program.

Greg Durst

Expand Your Cycling Horizons

By Dean Schott

Discover adventure on your bicycle by doing a one-day invitational ride or a multi-day tour of Illinois. The rides give bicyclists the opportunity to explore new terrain, enjoy new experiences, meet other bicyclists and learn about the state's great diversity all at an easy pace.

Each year bicycle clubs, charities, towns, chambers of commerce and other groups around the state invite bicyclists of all ages and abilities to come ride in their areas. Any easy way to find a ride or tour in your area is to go to the website of the League of Illinois Bicycles (LIB), www.bikelib.org/.

The site lists the rides by month and provides details on dates, locations, distances, costs, goodies and how to register. Most are one-day events occurring from May to October. But for the dedicated, hardy cyclists, invitational rides are available during the colder months as well. Some rides or tours can last a weekend or a week.

Ride sponsors have a field day naming the rides, such as A Red Flannel Affair in St. Joseph, Folks on Spokes in University Park, Tour de Stooges in Lebanon, Udder Century in Union, Chase the Moon in Aurora, Bike Psychos' Century in Coal City and the Pumpkin Pie Ride in Ottawa.

These are all one-day invitation rides of varying distances, depending on the choice of the rider. The events usually provide rest stops where you can snack and fill your water bottles. They also provide sag vehicles which travel the course to help cyclists who have a mechanical breakdown or can't go on for any reason. Some rides also provide free t-shirts, a meal at the end of a ride, a goody bag and entertainment.

If you want more of a challenge, consider week-long tours. They provide all the basics of a one-day ride plus luggage transportation, camping sites and more. They also provide camaraderie among bicyclists who share experiences from each day's rides, whether it's the local sights or local treats.

A cyclist traveling through a small town can be an instant conversation starter with the

locals, who invariably want to know how far you've come and how far you have to go. Locals are a good source of tips on where to find good food and special treats, like ice cream...

A good day of bicycle touring burns as many as 3,000 calories, which means each evening a cyclist's engine must be fed to be ready for the next day. For many, that's a major joy of cycling – being able to tackle a big meal after a day of pedaling knowing that tomorrow you'll be back on the bike burning off those calories.

The 2004 Illinois tours include:

--The **Bicycllinois'** premiere tour July 3-9 from Cairo to Chicago. The Bicycllinois' 420-mile ride has overnight stops in Carbondale, Mount Vernon, Effingham, Champaign/Urbanda and Kankakee. The cost of the ride is \$398. For information or to register, go to www.bicycllinois.com.

--The first-ever **Bike Illinois Land of Lincoln's** (BILL) ride July 18-22 from Quincy to Danville. See article on Page 2 www.illinoisparcsandrecreation.com/bill.

--**Around Illinois Back Roads** August 7-13 starting in Morris and traveling to Oglesby, Morton, Springfield, Bloomington, Pontiac and back to Morris. Other options are a two-day weekend sampler or four-day mini ride. Costs range from \$60-210, higher if you sign up after April 1. The tours are sponsored by the Joliet Bicycle Club. To learn more or to register go to: www.jolietbicycleclub.org.

Coming in 2005 is the 600-mile Great River Road Bike Tour, which earlier this year received a \$60,000 tourism grant from Gov. Rod Blagojevich to launch what supporters hope will become an annual tradition similar to the Des Moines Register's Annual Great Bicycle Ride Across Iowa. The planned Illinois route will start in Rockford and end in Cairo, with much of the tour traveling along the picturesque Mississippi River. The state's support for the ride is viewed as way to promote tourism and economic development along the route.

For those who don't want to do one-day organized rides or longer tours, there are plenty of bicycle routes and trails where riders can go when and where they want. Check the first LIB

website above, your library, book store or bicycle shop for books or pamphlets on routes and trails in Illinois. One good resource is "Bicycle Trails of Illinois," published by American Bike Trails of Wadsworth, IL.

Another good source of information is the Illinois Department of Transportation, which offers nine regional maps with bicycle routes and trails plus other valuable information for each area. For a free set, call, 217-782-0834 or go online at www.dot.state.il.us/bikemap/bikehome.htm.

Also, the Chicagoland Bicycle Federation (CBF) publishes a great bicycling map for the Chicago metropolitan area for \$6.95. To order, call 312-427-3325 or go online at www.biketraffic.org.

Classified Section?

Would you like a section in the newsletter where you can buy and sell used bicycles or other bicycle related things? If you have something you would like to have included, send it to the editor's email by the 15th to be included in the next month's newsletter.

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 **6:00**. Distance will be 15 miles early in the season and increase over the summer. The ride will regroup frequently.

Monday Lori Durst (243-9694) leads this ride for *level 1 riders*. Meet at Dunlap Grade School starting at **5:30 until May 31 then 6:00 starting June 7**. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

Tuesday Steve Kurt (243-7684) leads this popular ride for *levels 2 and 3*. Meet at Dunlap Grade School at **6:00**. Mileage will be 20 early in the season and then increasing. The ride will sometimes break into two or three groups. One will generally average 13-15 mph, a second will average 16 -18 and the other will be faster. All groups regroup periodically and make certain no riders are left behind.

Wednesday Dirk McGuire (699-8482) 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.

Thursday Jim Vaupel (353-6104) leads the ride for *levels 2&3*. Meet at Coal Miners Park (Pekin). Start time is **6:00**. 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.

Friday Social Ride Sara and Jim Emmons (246-2166) leads this Friday evening ride for all levels. The ride meets at the Pearce Community Center in Chillicothe at **5:30** (Starting May 7th). The ride is normally followed by dinner at a Chillicothe restaurant for those interested.

Saturday Show and Go Level 3 ride meets at Washington Square in Washington at **8:30** **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.

July 15 HistoryTown Ride Sheldon Schafer 682-1876.

July 29 Sculpture Town Ride Sheldon Schafer 682-1876

August 6 Ice Crème Town Ride Sheldon Schafer 682-1876

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

Interplanetary Bicycle Ride The annual ride around the universe will be **August 14 and 15**.

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;

July 10 Pedaling for Kicks Richard Verdery 309-557-3140 or 309-454-1675

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.

Tour de France

Only 9 days till the start of the **Tour de France** in Liege, Belgium, on July 3.

We can't remember ever feeling as on edge about a Tour as we are for this one. After all, no race has been as important for an American rider since 1986, when **Greg LeMond** scored his landmark first victory for the U.S.

Back then, Tour coverage consisted of weekend highlight shows on CBS and **Sam Abt's** excellent (but day-late) reports in *The New York Times*.

Now, thanks to OLN, we'll see live coverage of the most important action in every stage. If that program is missed, there'll be recaps and analysis each night.

It's nail-biting time, and it'll probably be that way right to the end. **Lance Armstrong's** bid for a historic sixth victory could very well hinge on the Tour's penultimate stage -- the long 60-km (37-mile) time trial in Besancon.

Once, Lance couldn't lose a time trial. Now he can't seem to win one against his key foes. As we just saw in the Tour of Switzerland, a late-race TT can be the decider. **Jan Ullrich** won the week-long event by a scant one second, thanks to his time trial

performance.

So Ullrich is back in form and will again be Armstrong's chief challenger. That's not to discount the chances of **Tyler Hamilton**, **Iban Mayo** and **Roberto Heras**. These guys are good, and their confidence is high after seeing chinks in the king's armor last year.

Still, Lance remains the favorite among those who study the sport. He knows how to win, his U.S. Postal team is the strongest and he has the chance to make history. It's as if the last 5 years all come down to this, and no one can see him squandering the opportunity.

Anything can happen, though, during 3 weeks and 3,395 km (2,105 miles). That's why they race the bikes.

Article appearing on the RoadBikeRider.com Newsletter
Free subscriptions available
<http://roadbikerider.com/manage-my-account.php>

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

UPCOMING DATES

- July 3 Tour de France Starts
- July 4 Blessing of the Bicycles Ride
- July 10 & 11 Self Contained Tour Ride
- July 15 History Ride
- July 18 Don Eberle Sunday Breakfast Ride
- July 29 Sculpture Town Ride
- August 6 Soft Serve Town Ride

**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

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