



# ILLINOIS VALLEY **WHEELM'N**



*greater peoria's bicycle club*

August 2004

## Capital City Century

The Springfield Bicycle Club's 32nd annual "Capital City Century" will be held on Sunday September 12th. The ride will start at the Lake Springfield Beach House. The ride will feature 100, 62, 40, 25 and 12 mile routes. The fee is \$20 per person for the 62 and 100 mile rides, \$15 for the 25, and \$8 for the 12 mile.

Registration includes food stops and sag vehicles with more food after the ride. For an entry form or for more information, call or e-mail Jerry Ihnen 498-8877, [jerry423@aol.com](mailto:jerry423@aol.com).

Information is also available at the club's web site: [www.spfldcycling.org](http://www.spfldcycling.org)

## Tour DeWitt

Now that we have finished the Tour de France, it is time for the Tour DeWitt, August 28. This ride is sponsored by the Clinton Area Cyclers. The ride includes lengths of 15/35/54/65 miles. You don't have to get over the Pyrenees or the Alps, just around beautiful Clinton Lake. This area offers a

combination of flatlands and gently rolling hills. For further information contact:

Clinton Area Cyclers c/o Tom Cooper, RR 2 Box 340, Clinton, IL 61727 To register online go to [www.clintonareacyclers.org](http://www.clintonareacyclers.org)

## Arthur Ride

Ride with the buggies on safe Amish country backroads. Discover how friendly the Amish people are. Enjoy rest stops at Rockome Gardens and the Great Pumpkin patch. Eat a delicious lunch made by the Mennonite School mothers. These are some of the special treats of the Bob Galloway Memorial Tour, otherwise known as The Arthur Ride.

The ride is Sept. 18 in Arthur, Illinois. Distances are 15/25/40/60 miles. Register online at [www.Decaturbicycleclub.org](http://www.Decaturbicycleclub.org)

### New Members

Jeffrey C. Cover.....Tremont

Shuli Leiken.....Peoria

### Renewing Members

Tomi Backlund.....Peoria

Terry & John Bierre  
Washington^

Lori Boland.....Peoria

William P. Chaffer.....Peoria

William D. & Brenda Clark & Family.....Pekin\*^

Marc Daczewitz.....Peoria

Grant Fredericksen.....  
Metamora

Stephen D. Grube.....  
Washington\*^

Ken & Betty McGarvey..Dunlap

Lou Price.....Chillicothe

Elaine Sweet.....Metamora

\*LAB Member ^Advocacy

## ILLINOIS VALLEY WHEELM'N

### President

Pam Hoehne 694-4828  
[PAMS@mtco.com](mailto:PAMS@mtco.com)

### Vice President

Jerry Allen 263-8637  
[Jallen@argonautgroup.com](mailto:Jallen@argonautgroup.com)

### Secretary / Webmaster

Bill Clark 347-4841  
[wdclark@mtco.com](mailto:wdclark@mtco.com)

### Treasurer

Sheila Gribble  
243-7822  
[sgribble4@juno.com](mailto:sgribble4@juno.com)

### Ride Chairman

Mike Pula 243-9394  
[mrpula@hotmail.com](mailto:mrpula@hotmail.com)

### Social Chair

Bonnie Johnson 682-7771  
[bonjon@ix.netcom.com](mailto:bonjon@ix.netcom.com)

### Mailing

Bonnie Johnson 682-7771  
[bonjon@ix.netcom.com](mailto:bonjon@ix.netcom.com)

### Database

Larry Davis 691-3060  
[DAVIS.LAR@insightbb.com](mailto:DAVIS.LAR@insightbb.com)

### Advocacy/Government Relations

Eric Hutchison 688-7038

### Editor

Cora Lynn Green  
683-3083  
[cora\\_lynn@yahoo.com](mailto:cora_lynn@yahoo.com)

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

## AHCAST 2004

The Bicyclist of Iowa City are sponsoring the Amish Harvest Century and Stagecoach Tour (AHCAST) on September 18 & 19, 2004. The Saturday tour has 100/72/45/28 mile marked routes following stagecoach lines, passing scenic farming town and the Amish countryside. The Sunday Tour has 86/78/53/27 mile marked routes following popular railroad destinations. Bring your bicycle, recumbent or tandem and enjoy low-traffic roads on gently rolling terrain. All routes begin in the farming town of Hills, Iowa. There are planned rest stops along the route offering free refreshments and water. In addition, the ride will be supported by the Lower Deer Creek Mennonite Church Youth Group providing the sale of baked goods, slices of pie, grilled food, and homemade ice cream. More information and registrations forms can be found at:

<http://www.bicyclistsofiowacity.org/ahcast/>

## Grand Illinois Trail Guidebook

Most of us have heard of the Grand Illinois Trail, a 550 mile hiking/biking loop in the northern part of Illinois, consisting of both off road trails and bike routes on the road. Now there is a book, recently published, to help you navigate parts or all of the loop. The book covers each part of the trail divided by locations in the

state. Then it further divides these geographic locations into major trails i.e. the Illinois & Michigan Canal Trails or the Rockford City System Trail. It helps you discover interesting areas to visit that are actually not that far away from home. For example the section on Joliet City Systems calls Joliet the easiest city for bicyclists or pedestrians to navigate. Several other bicycle trails leading out of Joliet, not actually part of the Grand Illinois Trail, are also reviewed including one that leads to the Midewin National Tallgrass Prairie which merits a full page on its development and beauty. The book is "The Complete Grand Illinois Trail" by Todd Volker. It is best used as a reference guide once you have decided what part of the trail you want to explore. The book is packed full of history, side trips of interest both on and off the bike as well as recommended Bed & Breakfasts, motels and hotels, bike shops and tourism contacts for the area for each section. What seems the most inadequate are the maps. They are there for each section covered, but one would hope for good signage also to direct you through the towns and other sections where the trail ends and you are on the road.

The book can be found at all major book stores or ordered from FirstServePress, 1630 W. Main Street, Ottawa 61350.

## **No Baloney - September 25th**

The invitational ride season is upon us and we need to start thinking about our club invitational. Hopefully you have been able to enjoy the No Baloney in the past. It has been a great club tradition and attracts riders from throughout the state. Perhaps the main purpose of the ride is to give riders an opportunity to enjoy our area roads (and hills) and partake in our wonderful food stops. However, maybe the most important result of the ride is the funds it raises for the club. Because of the No Baloney the club has been able to monetarily support biking through donations to several biking organizations. In the past the League of Illinois Bicyclists, the National League of Bicyclists, the Recreational Trails Association and other cycling focused groups have benefited from the ride.

In order for us to continue a successful event and our support of cycling, your volunteer help is needed. There are a number of ways you can help. Some require a commitment on the day of the ride, but for the most part everyone that wants to ride is able to help and still ride. Please consider helping in some of the following areas. Registration, baked good donations, chili donations, route marking, SAG assistance, rest stop help and that all popular miscellaneous. We also need you creative ones to submit a t-shirt design.

Lets spread out the work and make it a group effort. Give me a call if you would like to help or e-mail me. Mike Pula 309-243-9394 [mrpula@hotmail.com](mailto:mrpula@hotmail.com). Also, if anyone is attending an invitational ride and they want to take some No Baloney fliers let me know.

## **Bureau County Ride**

Ride the back roads of Bureau County. Saturday August 28<sup>th</sup>. We will meet at the Pearce Center in Chilicothe at 7:00, to car pool up to Bureau County. The ride will be between 45 and 50 miles with three Casey's stops. All levels are welcome as the pace will be casual. Please call Mike Pula 243-9394 with questions.

## **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 IWV 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](mailto:sschafer@lakeview-museum.org) Thank you!

PS, We also encourage you to join us for the ride(s).

## **Tanner's Orchard Ride**

October 9<sup>th</sup>. Look for details in the September newsletter.

## Double Century Report

One day, 19 people and 1483 miles! If you could order perfect weather for a day of riding alot of miles it would probably be a day just like we had. The sun rose to greet six brave souls ready to get in the saddle at 5:30. In the morning that is! Cool temperatures, a light breeze and plentiful sunshine were with us for the whole day. Other riders came at various times throughout the day to enjoy the route. Nice roads, very few hills and little traffic makes this an exceptional ride whether you 50 miles or the full 200. I will list all the riders and their respective distances but first I want to list a couple of accomplishments. Two riders stuck it out for the long haul. Mike Haedicke and Chris Boehme did the full double century. That is quite a feat by anybody's standard and a first for both. Phil Burroughs survived a fall after a dog chase and stuck it out completing his first ever century. Congratulations to the three of you!

Here is a list of riders and miles:

Mike Haedicke: 200  
Chris Boehme: 200  
Phil Burroughs: 100  
Tom Voegeli: 100  
Carey Weaver: 100  
Greg Durst: 112 ?  
Bonnie Johnson: 50  
Lori Durst: 50  
Matt Durst: 50  
Mike Pula: 50  
Bill Semmens: 71 ?  
Sarah Emmons: 50  
Jerry Allen: 50  
Steve Garnett: 50  
Janet Garnett: 50  
Lori Boland: 50  
Aneta Durham: 50  
Leo Chuzhoy: 50  
Jerry Porter: 50

By the mileages shown Bill Semmens and myself either need to learn to read a map or follow the pack.

I hope everyone enjoyed the day and thanks go out to Mike Pula for helping to mark the route.

Greg Durst

## **Classifieds:**

1994 Santana Sovereign Road Tandem Forest Green, CroMo Frame 56 X 53, Wheelsmith 40 Spoke Rims 700X26C Tires. Deore XT Group, Bar End Shifters, Rear Rack, Frame Pump, Water Bottle Cages, Computer. Excellent Condition. \$2200.00 Bill Clark 347-4841  
wdclark@mtco.com

## 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 29 - Sculpture Town Ride** Sheldon Schafer 682-1876

**August 6 - Ice Crème Town Ride** Sheldon Schafer 682-1876

**August 19 - Garden Town Ride** Sheldon Schafer 682-1876

**August 28 - Bureau County Ride** Mike Pula 243-9394

**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 club's annual invitational ride that attracts 250 plus riders from throughout the state will be held **Saturday September 25<sup>th</sup>**. 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;

Tour DeWitt, August 28

Capital City Century, September 12<sup>th</sup>

Arthur Ride, September 18<sup>th</sup>

Hilly Hundred, October 16<sup>th</sup> & 17<sup>th</sup>

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.

## 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 7<sup>th</sup>). 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 3<sup>rd</sup> **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.

## Word From Alfred

A few years back, Alfred Gunthor, a German cyclist used Peoria and the IVW to kick off his multi thousand mile tour of the US. Greg Durst received the following e-mail from Alfred this past month.

Dear Greg,

How are you doing so far?, i hope things are going well with you. I like to tell you, that i'm going again on tour, but this time under my own personal steam. I will be cycling for peace. With the last three tours i was cycling for disabled children, childrens suffering cancer, and against drugs. During the winter time i was thinking a lot about my past tours, and about what is going on in the world. At a certain stage i did realize, that what is missing is peace, peace in the world on the global base, and peace of mind on the individual base. And I also could see, that morals came down in a big way, in comparison to twenty years ago. I do know by proof, that there will be no happiness and peace without morals ("the rules of the game"). So i did dedicate my tour to tell the people, coming back to morals. My favorite moral rule is "treat others like you want to be treated". And I do know, that a person which is practicing this rule will not look, and go for fights and troubles on purpose. But on the other side a person which has found his peace of mind will handle complete life in a different way. Such a person will look in adifferent way to sickness, drug ab! use, fights an troubles etc.. This person will be looking for solutions, for himself an his fellow man. This will be my message to the people which i meet a long the way by cycling through 17 country's. I enclose to this mail a map of the tour route. With the very best regards to you, and the IVW-members

Alfred

### 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.

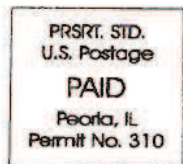
Make check payable to: ILLINOIS WHEELM'N, 6518 North Sheridan Rd., Ste 2, Peoria IL 61614-2933

## Upcoming Dates

August 6  
August 14  
August 19  
August 28  
September 25

Ice Cre`me Town Ride  
Interplanetary Ride  
Garden Town Ride  
Bureau County Ride  
No Baloney Ride

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



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

RON ANDERSON  
203 LOCUST ST  
WASHINGTON, IL 61571-2207