



ILLINOIS VALLEY

# WHEELM'N



September 2004

greater peoria's bicycle club

Email @ [ivwheelmn@yahoo.com](mailto:ivwheelmn@yahoo.com)

## New E-Mail Address!

We are in the process of building an e-mail list so that we can notify members when rides & social events come up that do not make the newsletter in time. If you would like to be notified of the latest happenings please send an e-mail to [ivwheelmn@yahoo.com](mailto:ivwheelmn@yahoo.com). Just type "add me to the list" in the subject line and we'll put you in the address book.

This list will not be used to harass you with spam or contact you about matters not related to IVW events. It will be used only to send reminders or notify members of events that arise between newsletters.

If you would like more information, contact Bonnie Johnson at 682-7771. Otherwise, just sent an e-mail to our new mailbox so that we can get you into the address book as soon as possible.

## ANNUAL IVW WIENER ROAST RIDE

This is a Level I Social Ride

WHERE: Jim & Sarah Emmons' house in Lacon  
WHEN: Saturday October 2  
TIME: 25 mile ride leaves at 4pm \*\*If you only want to come to eat arrive at 6pm

ITEM TO BRING: Please bring your FAVORITE dish to pass. ALSO: Please bring a lawnchair. IVW club will be providing the Hotdogs and Beverages.

DIRECTIONS: Take either route 26 or Route 29 to Lacon. When you get to Lacon go thru town traveling East Make a right turn onto Washburn Road. Baptist Church on the corner and (there will be a Shell gas station on the Left. Take Washburn road out of town about 1/2 mile and turn right on Road 1300E (there is a cemetery by the road). Go about 1.3 miles. You will go up a couple of hills. Our house, a gray 2-story, is the 3rd house on the right.

Please RSVP by September 30th by calling hm# 246-2166

or wk#683-6587 so we make sure we have plenty of hotdogs.

### New Members

Dave Coker.....Chillicothe  
Janice Maloof.....Peoria^  
Jack Marshall.....Goodfield  
David Schenk & Donna Goelz & Family.....Peoria  
Andrew Sigulas.....Morton  
Tim Verbeke.....Hanna City

### Renewing Members

Rob & Cindy Alexander.....  
Washington  
John R. Bremenkamp.....  
Washington  
Landall & Beth Cormier.....  
Peoria  
Jim & Sarah Emmons & Family  
Lacon  
John & Kay Mallon.....Peoria^  
Tim & Stella O'Hanlon.....  
Peoria\*^  
Janice Reynolds....East Peoria  
Pam Shuck-Hoehne.....  
East Peoria  
Rita Solis.....Peoria^  
Ron & Shirley Streib .....  
Dunlap^  
Glen & Marty Thompson &  
Family.....Tremont  
Larry & Cheryl Wegman &  
Family.....Mackinaw  
Jim & Ann Wittmer & Family....  
Peoria \*

\*LAB Member ^Advocacy



## 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

## Ride Time Changes

Watching summer slowly wane is rather sad, particularly for bicyclists. Usually the first thing you notice is that it is getting dark earlier.

As a result of less and less sunlight, we have been notified of changes in starting time for Steve Kurt's Tuesday night ride out of Dunlap and Jim Vaupel's Thursday night ride out of Pekin.

Beginning Sept. 7 Steve's Tuesday night ride will depart at 5:30 PM instead of 6:00 PM. Beginning Sept 2 Jim's Thursday night ride will depart at 5:30 PM instead of 6:00 PM. Sept. 23 will be the last date for that ride for the season. Also beginning September the Monday night ride out of Dunlap will be changing its time from 6:00 to 5:30.

When a ride says it will start at a certain time, please arrive early enough to get the tires pumped, helmet on and water bottles filled so you are ready to go at that time. This becomes increasingly important towards the end of the season.

Also the last Friday night ride in Chillicothe for this season will be Friday September 24th. Start time is 5:30 pm.

Check the schedule at the back of the newsletter for other time changes.

## Thanks Ken

In the July newsletter there was an appeal from the Stark County Economic Development Association for a bicyclist to work with them to develop bicycle routes in Stark County.

Ken McGarvey has graciously volunteered to take on the post as the IVW representative to the Stark CO EDA. He is a native of Stark CO and depending on the agenda of the the EDA will help them plan tourism and the extension of trails. Thank-You, Ken

## Michigan's UP Adventure

Interested in training for the Hilly Hundred? Or, want to get a head start on fall color?

I am planning to be in Copper Harbor, Michigan, during the first full week of October and, if there is sufficient interest, I am willing to lead a couple of days' self-supported riding in the area.

Where: Local roads in Michigan's Keweenaw and Houghton counties, with our operational base in Copper Harbor, on the shore of Lake Superior. Traffic is light due to the sparse population. Terrain is relatively flat to rolling along the immediate coast but challenging climbs are seldom far away.

Accommodations:  
Housekeeping cabins and/or



motel rooms in Copper Harbor. I can help with arrangements. Camping at nearby Fort Wilkins State Park is also an option.

General notes: Weather is typical for the upper Great Lakes in mid-autumn, meaning that it is changeable. Usually 50's & 60's during the day, 40's at night. It can, however, range from near freezing to the mid-70's, sometimes from one day to the next. The area is heavily forested with conifers and birches, and the fall colors are usually 2~3 weeks ahead of ours in central Illinois.

If anyone is interested, please contact me at 309-353-6104 for more information. For those who decide to give it a try, I'll need to have a commitment by early- to mid-September so we can be sure to get lodging.

I'd suggest this adventure as a "Level 2+" ride due to the terrain. There are possible

options for Level 1 riders who are relatively strong and self-reliant but my target audience is the Level 2's and 3's. Tim O'Hanlon and Jack Welch were along for the "feasibility ride" last year (and survived) so you can solicit their opinions.

A note regarding non-riding companions: there is plenty of sight seeing in the area, and the fall colors are usually spectacular.

-- Jim Vaupel

### IDNR Fall Workshops for Local Officials and Bicyclists

Bicyclists: come on out this fall to learn about trails issues – and bring your town's elected officials and staff while you're at it!

The Illinois Department of Natural Resources and the Illinois Greenways and Trails

Council are holding three educational workshops in the Northern (Oct 15, Malta), Central (Oct 29, Springfield), and Southern (Nov 12, Grafton) parts of the state. Practical advice on issues from planning to funding to bike-friendly towns will be presented for planners, engineers, administrators, and interested citizens.

The League of Illinois Bicyclists encourages bike club members to personally invite your local officials – your request means a lot!

See <http://dnr.state.il.us/orep/planning> for topics, agendas, and registration forms.



## No Baloney

September 25<sup>th</sup> is the date. Have you registered yet? Have you volunteered to work or provide baked goods or chili yet? Everyone is encouraged to do all of the above or whatever you can for this years ride. Remember, volunteering your time does not mean you can't ride. Please consider helping out in some way. Below are the contacts for the various ways you can support this years ride.

Registration – Jim Degenhart (send your ride registration forms to Jim at PO Box 37 Washington, IL 61571-0037)

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

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

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



## Party after the NO BALONEY RIDE!!!

Date: September 25, 2004 Time: 2:00pm - 10:00pm

Place: Laurie & Carl Wilbur's , 13308 N. Savage Rd. , Brimfield, IL

Call Laurie if you think you might attend. Phone# 446-9367 or email [rcwilbur@att.net](mailto:rcwilbur@att.net)

Bring a lawn chair to sit around the campfire. Laurie will have beer, wine, soda and snacks.

Children are welcome.

## **Across America on a Bicycle**

With Ken Pope

How long has it been since you had the freedom to get up in the morning, ride your bicycle all day long, eat dinner, take a bath, and go to bed...just to do it all over again the next day, and the next, and so on? How long has it been since you could eat ice cream and pie whenever you wanted with no regard to weight gain? If you said summers during your grade school years, you would probably be in the vast majority. But 33 of us relived those wonderful days this year when we bicycled across the U.S.A. We made the 3,500 mile trip from Los Angeles starting May 16 to Boston July 2, dipping our wheels ceremonially in both oceans! The trip included 9 centuries and 90,000 feet of total climbing. It was the adventure of a lifetime! Here are a few highlights from my journal:

For the desert ride to Indio, CA we got an early start to avoid 100+ degree afternoon heat. To keep a good pace, my roommate and I rode with a staff member and former racer who had raced against Lance Armstrong, George Hincapie, Bobby Julich, and others. We stayed with him non-stop for 34 miles until the first SAG stop! To find that a pace comfortable for him was at least doable for us was extremely satisfying! May 18 and 19 were our first 2 centuries and were both across the desert with more 100+ temps. We certainly got a lot of use from our Camelbacks those days! I learned posing with my bicycle for a picture in front of a large saguaro cactus was not a good idea...in a mile I had a flat from a cactus spine! Making the 5,500 foot climb to Prescott, AZ was hard but the beautiful scenery provided a great distraction. Another long climb into Cottonwood, AZ was hard but the descent full of tight switchback curves was better than a Disney ride! A 4,800 foot climb into Flagstaff included going thru Sedona and Oak Creek Canyon, arguably the most spectacular scenery of the entire trip!

On the way to Holbrook, AZ we rode Historic Route 66 and stopped to get photos and souvenirs at "the corner in Winslow, Arizona" made famous by The Eagles. My wife is a huge Eagles fan! We crossed the continental divide at 7,275 feet above sea level and entered Albuquerque, NM on a long descent with strong crosswinds that made the ride feel like Mr. Toad's Wild Ride from "Wind in the Willows!"

Santa Fe was a perfect place for a rest day as there was a lot to see: the San Miguel Chapel, the oldest church structure in the U.S. at circa 1610 and the Loretto Chapel with its famous spiral staircase. During this rest day I reflected...this grand odyssey was like nothing else! It was all I hoped for and more! The people making the trip were diverse in background and geographic origin, but shared a common love of cycling, fitness, and adventure.



We spent the entire next day at 6,500 feet above sea level or higher so the air was thin and made the 3,500 foot climb more challenging. We must have been growing red blood cells like crazy! We crossed Glorieta Pass, at 7,570 feet above sea level the highest point of our tour. In Texas and Oklahoma we passed prairie dog villages full of the little critters that stood up tall to look at us and probably try to figure out what we were all about in our multi-colored jerseys and bicycles! June 3 from Guymon, OK to Dodge City, KS was a huge day of 124 miles...the longest day on tour and our 4th century. On this day we faced a quartering headwind and formed an ad hoc draft line to counter it. At the end there were high fives and hugs all around as we recognized we had accomplished something as a team that none of us could have accomplished as well individually! Real team spirit had blossomed!!

As we entered Kansas prairie dog villages gave way to amber waves of grain as we passed field after field of golden wheat. A few of us were approached by a Wichita television news crew and found ourselves on their 6:00 pm broadcast—instant celebrities! Later we took a side trip to the Pawnee Rock Historic Marker, a point of natural elevation from which we could see in all directions for miles. The Santa Fe Trail from Independence, MO to the southwest went past here and Pawnee Rock served as a trail marker and milepost for the thousands of wagons that used the trail from 1821 to the late 1800's.

In Abilene, we visited the Dwight D. Eisenhower boyhood home and browsed thru the elaborate Eisenhower museum. At dinner that night one of the staff made a nice toast: "to ordinary people doing extraordinary things." We had not thought of it that way, but on reflection it seemed appropriate.

The ride to Topeka was another century and was in the rain! Our bikes were a mess so we gave them a thorough cleaning—like cowboys of old we curried and groomed our mounts before we tended to ourselves! As we crossed the border to Missouri, we noticed the wheat fields of Kansas gave way to the enchanting rolling hills and pasturelands, made emerald green by abundant recent rains. In Maysville, Missouri we were treated to a warm reception by the residents who had gotten up at 4:00 am to bake homemade cinnamon rolls and to prepare peanut butter sandwiches with homemade preserves.

Arriving in Quincy, Illinois we found our first Steak n Shake and I had chili, a chocolate milkshake, and Berry Berry Cobbler! It was good to be in home territory! Between Springfield and Champaign ominous black clouds came over and heavy weather hit so we took refuge in a farmer's barn. The lightning, heavy wind, and driving rain were from 2 storm cells passing over us and we stayed in that barn 2 hours and 45 minutes for the worst of the storms to pass over. We rode in rain the next couple hours and headwinds the rest of the day. To boot, IDOT had scarified 8 miles or so of road so we had rough riding. Was this adventure or what?

My Champaign rest day coincidentally was my Bloomington grandson's first birthday and I was able to celebrate his birthday with him. From our bathroom scale, I'd lost 4 pounds since tour began which surprised me as I had already lost 10 pounds from the 10 weeks and 1,500 miles of training preparing for the cross country. And besides, we'd been eating everything in sight, especially ice cream and pie!

In Veedersburg, IN we had homemade black raspberry pie and talked with the gentleman who had gathered the raspberries. He was a WWII veteran who was full of stories for us...Americana at its best!

In Indianapolis a special treat was a side trip to the Major Taylor Velodrome where we rode at high speeds on its banked walls. In Fredricktown, OH we ate lunch and homemade elderberry pie! As we lunched a horse and buggy drove by—we were in Amish country, as we already knew from dodging road apples! At an old-fashioned root beer stand in Conneaut, OH, we had huge root beer floats! The weather couldn't have been better for our ride through the Finger Lakes region of New York. We passed Canandaigua Lake, Seneca Lake, and Cayuga Lake—very scenic! Just outside Camillus, NY



we stopped at the Erie Canal and just before arriving in Syracuse we ate famous white coney dogs at Heid's Restaurant.

In Little Falls, NY we took a walk to the Barge Canal and Lock # 17 which lifts and lowers boats and barges 40 feet, one of the highest lift locks in the world. We ate homemade apple pie at the Railway Café in Fonda, NY that we judged the best in the U.S. (at least everywhere we'd been). As pie aficionados of the first order by this time, our opinions carried considerable weight! To a round of applause the chef came out of the kitchen and visited with us ...more of Americana experienced at ground level!

The route from Albany to Brattleboro, VT required a 5,700 feet of climb which we had dreaded but it turned out to be less difficult than expected, even with a 7.3 mile climb in the middle of the day, and we decided it was due to being in better condition than during our heavy climbing days in Arizona and New Mexico. The weather was fabulous all day and the scenery of Vermont's Green Mountains was more so. In Bennington, VT we stopped at the Bennington Memorial, where a significant Revolutionary War battle saw Vermont's Green Mountain Boys defeat the British and thereby protect a nearby munitions storehouse. From the summit of the 7.3-mile climb we experienced descents so steep that I reached a speed of 47 mph, the fastest I've ever recorded...WHAT A RUSH! The air was moving past me so quickly I had to blink constantly to keep my eyes clear enough to see the road ahead! As we approached Brattleboro, we stopped at the Royal Diner for outstanding maple walnut pie (a bit like pecan pie but with walnuts and maple flavoring).

In New Hampshire we rode through the Ashuelot Covered Bridge—like a ride through history! We passed areas thick with stone fences constructed between 1820 and 1880 to contain sheep. In Concord, MA we took a side trip to the North Bridge Historic Site where 'the shot heard around the world' was fired on April 19, 1775. The scenic lakes, forests, and mountains of New York State and New England had replaced the serene and pastoral landscapes of the Midwest.

The last day on tour was an essentially ceremonial 20 mile trip into Boston and we had the feeling that perhaps an Indianapolis 500 racer has who has already won the race and only has a few laps to go. Thirty-three of the original group of 36 arrived at the beach to the cheers of the crowd of family and friends gathered. Of all the sights and sounds we experienced, this was my favorite because my wife, Sheri, had flown to Boston and was there to meet me at the end of this grand adventure and share in its completion.

My bold personal goal was to cycle across the wonderful breadth of America, but also to pedal every one of the 3,500 miles. And I was able to do that. Yet, as the trip proceeded, I came to realize it was not only the goal or the destination that was important...but that the journey and the experiences along the way were equally, if not more, important. For example, to complete the 124 mile day to Dodge City, KS, with headwinds part of the way, several of us teamed up in a draft line that enabled us to accomplish much more as a group than any of us could have managed alone—the teamwork that arose was awesome! Our little team went on to demonstrate on a daily basis that the whole is greater than the sum of its parts. Through mutual support and encouragement this group of people inspired each other to make conquering difficult challenges a common occurrence.

We saw America close-up. We saw its terrain as it changed from seashore to desert to western mountains to prairies to corn and soybean fields and, finally, to the lakes, forests, and mountains of the northeast—the amazing geographic diversity and wonder that is our country! We also experienced the beauty of the people across our land—the café owners, the pie bakers, and all the others whose lives touched us and we theirs.

Every one of us who made the trip knows the sense of fulfillment, enrichment, and satisfaction as well as the increased self-confidence attained from what we have accomplished. A quote on a memorial in Lock Springs, MO says it best: "Happy are those who dream dreams and are ready to pay the price to make them come true..."



## Club Leadership Opportunities

Of course you have been giving much thought about how you could help the club in 2005. Well opportunities abound. For the upcoming year the following positions will be open: Vice President, Ride Chair, Mailings, Web Master. Serving in these positions (or any Board position) enables you to experience what the club is all about (besides our weekly rides) and how it can positively effect bicycling in the Peoria area.

Talk to some of the board members (listed elsewhere in the newsletter) and in particular those serving in the open positions. You will find that the time commitment is not excessive and the benefit to the club, the bicycling community and yourself is worth the effort. In order to maintain an active club and ride/event schedule, we need to have members step up and provide leadership on a rotating basis.

All the current Board members and those that have served in the past ask that you seriously consider a position for 2005. Please contact Pam Hoehne 694-4828 or any Board member with questions or to place you name in the hat. Thanks!! You will not regret getting involved.

### **Thursday Daytime Ride Schedule**

#### **Ride Organizer - Laurie Wilbur 446-9367**

Date: September 2, 2004 Time: 8:30am  
Place: Dunlap Grade School Distance:  
1st Loop 25 miles. We will return back to  
the school. At about 10:30am we will take  
off for an additional 25 miles for anyone  
interested in doing 50 miles.

Date: September 9, 2004 Time: 8:30am  
Place: Jubilee College Historical Site  
Distance: 50 miles 1st half of the No  
Baloney Route

Date: September 23, 2004 Time: 8:30am  
Place: Jubilee College Historical Site  
Distance: 50 miles Other 1/2 of the No  
Baloney Route

Date: September 30, 2004 Time: 8:30am  
Place: Brimfield Public Library Distance:  
around 30 miles

#### **Edith's Wyoming, IL/ Tanner's Orchard Daytime Ride**

Date: September 16, 2004 Thursday  
Time: 8:30am Place: Back 40 Restaurant,  
located on the corner of Route 40 and Truitt  
RD. Distance: around 50 miles

Ride Leader: Edith Albright 274-4849

Edith plans to take us north to Wyoming.  
We will take a break at Casey's. We will  
stop on the way back at Tanner's for lunch  
or for their other goodies--Apple cider  
donuts, cookies, muffins, fudge, etc.

## **Pedal The Prairie**

The Cancer Center for Healthy Living sponsors this Recreational Bike Ride on September 18. Flyers are at most of the bike shops or you can call 693-8139.

## **Tanner's Orchard Ride**

The leaves are turning colors and the weather is cooler, which means that the last great days of biking are here! Join us in celebrating the season by participating in ride through the Illinois River bluffs to Tanner's Orchard. Tanner's is known for their great apples, as well as the fine baked goods.

The ride will take place on Saturday, October 9th at 9am. Meet at the Mossville Grade School (a half mile south of the Caterpillar Mossville plant north of Peoria, on Old Galena road). If there are questions, please contact Steve Kurt at 243-7684 (or [kurtsj@mtco.com](mailto:kurtsj@mtco.com)), or Greg Durst at 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 in September**. The ride will regroup frequently. **The last ride of the year will be September 27<sup>th</sup>.**

**Monday** Lori Durst (243-9694) leads this ride for *level 1 riders*. Meet at Dunlap Grade School starting at **5:30 in September**. The group will ride together and regroup frequently. **Beginning October 4<sup>th</sup> the ride will be a show & go.**

**Tuesday** Steve Kurt (243-7684) leads this popular ride for *levels 2 and 3*. Meet at Dunlap Grade School at **5:30 in September**. 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. Starting October, bike lights are recommended.

**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. **Last ride September 29<sup>th</sup>.**

**Thursday** Jim Vaupel (353-6104) leads the ride for *levels 2&3*. Meet at Coal Miners Park (Pekin). Start time is **5:30 in September**. 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. **Last ride September 23<sup>rd</sup>.**

**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.



## 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.

September	Thursday Daytime Rides	Laurie Wilbur 446-9367
September 16	Tanners Ride	Edith Albright 274-4849
October 2	Wiener Roast Ride	Sarah Emmons 246-2166
October 9	Tanners Ride	Steve Kurt 243-7684

**No Baloney Ride** The clubs 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;

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 whether conditions. Most rides will take place in all whether.
- 11) Riders should arrive in time to be ready to ride at the start time.



## Report on Beginner Rides and Bicycle Safety – Pam Hoehne

Ride leaders met on 8/11/04 before the Board meeting at Safety Town. Those in attendance were Steve Kurt, Jim Velpel, Pam Hoehne, Lori and Greg Durst, w/ Ride Chairman Mike Pula. Board members present were Cora Lynn Green, Bonnie Johnson, and Jerry Allen.

Issues discussed: **Lack of Beginner rides** Balancing the need to attract new riders and promote bicycling per the IVW Mission Statement and challenging those riders who are improving and becoming impatient with the slow beginning rides.

The Monday night ride per Lori Durst has become a Level I ride. Because the City Rides are fewer, usually just twice a month, it has become a problem to provide beginner rides. Specifically for the Monday night ride, an email search will be conducted to find a leader for a beginning level rides for the remainder of the summer. A map will be issued by Lori on the night of the ride.

More generally, Jim Velpel suggested w/ the Spring 05 seasons that an Introductory Ride be organized. It will be ongoing and instructional. There will be ride leader volunteers who will rotate weekly. There will be guidance in gear, safety, and technique.

### Safety on Rides

Also, ride leaders sporadically will reiterate 1) safety, 2) speed, and 3) distance considerations at the beginning of each ride. It is recommended that riders will group and offer the ride leaders this courtesy. Those who plan to go ahead of the group do at their own capacity and notify the leader that they are doing this. **For all of you IVWers...please refer to the safety codes that are outlined in the following website:**

[http://www.Cascade.org/EandR/pdf/Ride\\_Leader\\_Guidelines.pdf](http://www.Cascade.org/EandR/pdf/Ride_Leader_Guidelines.pdf)

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

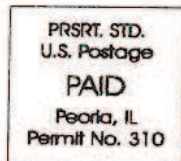
Are you renewing, or is this a new membership? (check one) <input type="checkbox"/> Renewing <input type="checkbox"/> New
If new, how did you find out about the club? _____
Are you an LAB member (check one) <input type="checkbox"/> Yes <input type="checkbox"/> No
Basic membership: Individual (\$10) \$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



## UPCOMING DATES

September	Thursday Daytime Rides
September 16	Tanners Ride
<b>September 25</b>	<b>No Baloney</b>
October 2	Weiner Roast Ride
October 9	Tanners 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