



ILLINOIS VALLEY WHEELM'N



October 2004

greater peoria's bicycle club
Email @ ivwheelmn@yahoo.com

IV WHEELMEN ANNUAL BANQUET

Date: Saturday, November 13, 2004
Place: Sky Harbor Restaurant on Park Rd, Lower Bradley Park, Peoria

Time: Cocktails at 6:00 PM
Dinner at 6:30 PM

The annual banquet is always a great time to relax and socialize with fellow club members. We will have dinner, greet friends and exchange bike stories, and have a short meeting after dinner to elect board members.

Sky Harbor Restaurant is best known for quality steaks at reasonable prices but the menu also includes fish, chicken & burgers. We will be ordering individually off the menu.

I need a head count so no later than November 6th, please call me at 682-7771 or email me at IVWheelmn@yahoo.com to let me know how many in your party will be attending.

Bonnie Johnson

AREA TRAILS UPDATE

The Morton Recreational Trail construction resumed at the end of August.

The Peoria City Council has adopted an ordinance that will require greenways and bike trails in any residential development that will take place in Growth Cell 3, an area in Northwest Peoria north of Dunlap

It appears that Guy Brenkman has refused to vacate the Kellar Branch after July 10 when his contract with City Of Peoria expired. The City has hired an attorney and filed a complaint with the Surface Transportation Board. The hearing is set for January 2 or 3, 2005. This is not the first time he has pulled this stunt or ones similar. The RTA has requested a permit to hold a Kellar Branch Rally on the rail as we had before. This would be a good time to let the public know what is going on with the trail. The date was set for October 24, 2004. The rally will depart from the Park District building on Knoxville Avenue.

IDNR has a series of Greenways & Trails workshops scheduled in October and November around Illinois. Contact Dirk for more information, if interested.

New Members

Melissa McClure.....
Chillicothe

Lisa Rogers.....Chillicothe

Renewing Members

Tomi Backlund.....Peoria^

Christopher Maushard.....
Peoria

Don Niemi.....Metamora

*LAB Member ^Advocacy

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

Bonnie Johnson 682-7771
bonjon@ix.netcom.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

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

NEW IVW EMAIL ADDRESS

We are trying to build a comprehensive and up to date email list so that we can notify members when rides & social events come up that might not make the newsletter in time.

Emails will be sent as blind carbon copies so that you don't have to receive everyone else's address along with your own. This list will not be used for spam or non club related events. If you would like to be on the list, please do the following: Send an email to IVWheelmn@yahoo.com and write in the subject line "add me to your list." PLEASE DO THIS EVEN IF YOU HAVE GOTTEN PREVIOUS EMAILS REGARDING CLUB EVENTS AND EVEN IF YOUR ADDRESS IS LISTED IN THE PUBLISHED DIRECTORY. It is inaccurate and time consuming for me to type each email address from the directory due to typing errors and defunct addresses. It is more up to date and more accurate to just click your email address into the club address book. If you do not follow the above instructions you will get no more club emails. Once you are on the

list, your address can be removed upon your request.

Bonnie Johnson

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), or Greg Durst at 243-9694.



Adios by Mr. Bill

Back in the year when bicycles still had large front wheels and itty bitty ones on the rear, I decided to get with the program and find out what was so special about riding through the countryside under your own power. You really really old timers must have been trying to keep this a secret. But some of us found out and I WAS HOOKED! I bought my first bicycle at the prompting of a co-worker who then immediately talked me into doing my first MS150. After I got into Hannibal, I couldn't wait until the next trip. And I also couldn't wait to get involved with the bike club.

Our bike club.

Your bike club.

That was not all that long ago if you look at the calendar. But as I look back now, it seems like forever.

I stuck my hand in the air when they asked for a ride chair for "Diane's Ride". Three years in a row.

Then it was president, treasurer, secretary, liaison for the Tri County Regional Planning Commission and Monday Night Ride Leader. Someone even talked me, a plumber, into taking care of the website. Imagine that. Oh yeah, and you new members who have received a packet of information from the club. That's me too. Amongst this and other activities from church and the good ole Boy Scouts of America, I've been busy. Too busy.

Now don't take me wrong. This is not crowing or whining. But for the last couple of years I have had this funny feeling that something has been missing. Then it finally dawned on me. Riding. That's what has been missing. I've been so busy going to meetings and sitting at the computer and planning events that I have not had enough time to do the riding that I want. I have not been to another weeknight ride other than Monday for the past two years. It's time.

There are folks who have joined the club that I have not ever met yet. I want to do that. And I want to ride. Every night of the week. And on weekends. That's not too much to ask is it? So, I made a decision.

It's time. It's time to make lemonade. And ride. I am going to do another weeklong tour by myself next summer. And I am going to make every weeknight ride. And I am going to go to some of the other club's invitational rides that I have heard some of you talk about.

So, if any of you out there are interested in taking over any of the above-mentioned jobs, give me a call. Or after the end of the year, give your new president a call. Cause I'm giving my two months notice. If someone doesn't take these over, they will not get done. So here is a list of the jobs that will need filled.

1. Secretary
2. No baloney ride volunteer to take the Hanna City stop over.
3. Tri County RPC liaison.
4. Monday Night Ride Leader.
5. New Member Packet mailer outer.

6. Webmaster (web site upper dater)

I am handing over the reins of this stage as of December 31 and riding off into the sunset.

On my own horse.

Just my stoker and me.

BC'n ya on the road.

Thursday Daytime Ride Schedule

Ride Organizer - Laurie Wilbur 446-9367

Date: October 7, 2004 Time: 9:00am

Place: Dunlap Grade School

Distance: 1st Loop 25 miles. We will return back to the school. 2nd Loop another 25 miles for anyone interested in doing 50 miles.

Date: October 14, 2004 Time: 9:00am

Place: Jubilee College Historical Site

Distance: 50 miles - North Loop of No Baloney 2003 (to Princeville & Chillicothe)

Date: October 21, 2004 Time: 9:00am

Place: Back 40 Restaurant, located on the corner of Route 40 and Truitt RD.

Distance: 40 miles - Travel 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, fudge, etc.

Date: October 28, 2004 Time: 9:00am

Place: Brimfield Public Library

Distance: around 30 miles

NEW----- Tuesday Daytime Ride Schedule - Show & Go

Time: 9:00am

Place: Dunlap Grade School

Distance: 25 - 40 miles

Contact Laurie Wilbur for more information 446-9367 or email rcwilbur@att.net

Illinois Official Bicycle Maps

Did you know that you can receive free bicycle maps from the state? Go to the state's web site <http://www.dot.il.gov/bikemap/bikehome.htm> and decide which regional map you want to order. The state is divided into 9 regions with Peoria being in the 4th region. All you have to do is fill out a form on the website, and the state will send you that map free of charge. Each map includes that region's roads color coded by level of safety for the bicyclist as well as individual maps of cities showing bicycle trails and color coded streets.

Epic Rides Spark Excitement

By Dean Schott

An epic bicycle trip transports you in two directions at the same time – outward and inward.

An epic ride may be your first ride of 50 miles or more in a day. An epic may be a ride over challenging terrain. It may be a ride with spectacular scenery. Or it may be a week of bicycle touring. In short, an epic ride is one you won't soon forget because it was your first, longest, toughest, fastest or grandest ride ever.

When you take that epic ride down a deserted rural road between green pastures under a summer sun or roll along a cool, shaded path through the woods, you're taking in the world around you at the same time you're learning about yourself. That's why an epic ride is more than just a ride; it's a time to experience the world beyond and the world within.

Riding an epic ignites an internal spark, letting you know in a special way that you are alive and your senses are firing on all cylinders filling you with energy and excitement.

Sometimes, though, epic rides are not just about fun. They can be personal challenges, a test of your skills, physical stamina and mental toughness. That's when you really must look inside to see what you have to reach your destination.

Questions abound on these epics: Can you climb that last long hill of the day, can you finish those last 10 miles of a century ride or can you find the energy to race to the finish? By riding regularly and challenging yourself in small and different ways, you learn more about your personal abilities and potential for riding longer or tougher courses.

When riding, your body is a constantly sending messages to your brain. Listen to those messages, and you'll learn more about yourself, your physical conditioning and how to respond. Are you drinking enough to stay hydrated? Are you eating enough to maintain the energy necessary for pedaling a long distance? How much you drink and eat is a matter of individual need, experience and weather conditions.

What you drink and eat are also individual choices. Your decisions come down to what is nutritious, what tastes good and what your body will tolerate. Some riders prefer going low-tech, drinking water, eating fruit, bagels and snacks high in carbohydrates and low in fat. Others prefer a more hi-tech approach, drinking special sports drinks and eating energy bars or gels.

The key, though, is not to wait to drink or eat until you're thirsty or hungry. By then, it may be too late to stay hydrated and fueled for riding farther. Also, it is important not to drink too much because that can cause problems just like not drinking enough. These are all the things that you can learn about your body when doing an epic.

The body may also send pain messages. For beginners, the messages may be numbness in the hands, tightness between the shoulders and aches in the knees. To avoid numbness in your hands, relax your grip on the handlebars, wear padded bicycle gloves and frequently change your hand positions. Also, be sure to ride with your arms relaxed and elbows slightly bent.

Tightly gripping the handlebars and stiffening the arms contribute to the pain in your shoulders and neck by absorbing all the shocks and bumps from the road or trail. Also, it's important to distribute your weight evenly on the bicycle and avoid putting all your weight forward on your handlebars.

A common ailment for many beginning cyclists is knee pain. If your knees are otherwise in good condition, they may still ache during or after a ride. The culprit may be the height of your seat. If your knees hurt in the back, lower the seat. If your knees ache in the front, raise the seat.

Set your bicycle seat so that your leg is bent slightly when the ball of your foot is on the pedal at the 6 o'clock position. Mark your seat post so that you'll remember what the proper seat height should be. Another key

to avoiding knee pain is to spin easy in a lower gear and not pedal hard in a higher gear. You'll do much better on a long ride with an easy pedal stroke.

To ward off these aches and others, make sure your muscles stay warm. Stretch your arms, neck, shoulders, lower back and legs before, during and an after a ride to avoid stiffness or cramps.

Paying attention to all these messages and responding wisely can help your body stay fit, making your epic even more special to remember.

How many epics are there in your life? Consider some of the possibilities:

--Riding your first 100 miles in day, known as doing a century, is a high point for many cyclists. Before doing 100 miles, consider doing a metric century, 100 kilometers (62 miles).

--Do your first century as part of one-day invitational ride with a local bicycle club or charity. The rides offer distances of 10-100 miles with free t-shirts, marked routes, maps, rest stops, sag support and more.

--Take an organized bicycle tour for a weekend or a week. Tours are available across the country and overseas at varying prices. For even less money, go bicycle camping with family and friends on your own.

--Commute to work.

--Take your bicycle on a business trip or on vacation or rent one when you get there. It's a great way to get off the main road and find the unique character of a place.

--Take your children on a trail ride through the woods, along a river, past a prairie or to a special garden. Pack a picnic that you can enjoy along the way.

--Mark off a three-mile flat course without stop signs or traffic lights and determine how fast you can cover the distance. Take the test at least an hour after you have eaten, and warm up for at least 30 minutes before taking the test. Your results can serve as a benchmark for measuring your conditioning and cycling skills. Take the test later in the season over the same course and see if you have improved.

For information on Illinois bicycling events, bike trails and more, go to the website of the League of Illinois Bicyclists (LIB): www.bikelib.org. The LIB is a statewide advocacy voice for all Illinois bicyclists and promotes bicycle safety, access and education. Other resources:

-- The Illinois Department of Transportation offers nine regional maps with bicycle routes and trails. For a free set, call, 217-782-0834 or go online at <http://www.dot.state.il.us/bikemap/bikehome.htm>

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

(Dean Schott lives in Glenview, Illinois, rides regularly on and off road and is a LIB member. If readers have comments or questions about bicycling, they can send an e-mail to: schottcycle@aol.com.)

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

Illinois Valley Wheelm'n Ride Schedule

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 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.

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. Starting in November, this will be a show & go ride. Distance ranges from 25-40 miles and includes a meal stop.

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.

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 weather.
- 11) Riders should arrive in time to be ready to ride at the start time.

Upcoming Dates

October 9	Tanner's Ride
October 7,14,21,28	Thursday Daytime Rides
November 13	Annual Banquet

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

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RON ANDERSON
203 LOCUST ST
WASHINGTON, IL 61571-2207