



ILLINOIS VALLEY **WHEELM'N**



January 2005

greater peoria's bicycle club

Email @ ivwheelmn@yahoo.com

New Year's Day Ride and Party

The New Year's Day Ride will be hosted by Greg and Lori Durst. The rides will begin at 1:00. There will be two different groups: level begin./1 and level 2/3. The party will be afterwards at 3:30. Come then if you don't want to ride.

Please bring a dish to share according to the directions that follow:

Last names starting with
A – H.....appetizer

I-Q.....salad

R-Z.....dessert We will provide homemade soups, bread, and drinks.

Please r.s.v.p. by phone or email!

Greg, Lori, and Matt Durst

1417 W. Brentwood Drive,
Dunlap....route 40 to Lake of
the Woods, enter on Woodside
Dr., then left on Wonderview,
then right on Brentwood. We
are the second house on the
left.

Club Advocacy News

Every year the Wheelman donate money for bicycle advocacy. This year was a little different because the club board members had already voted to give a preliminary \$1000 to help build the Kellar extension of the Rock Island Trail. This was done with the understanding that more contributions toward this endeavor were likely in the future.

The other advocacy recipients voted at the December board meeting were:

\$150 to Pedals for Progress

\$250 to League of American Bicyclists

\$750 to League of Illinois Bicyclists

Pedals for Progress is a not-for-profit organization, started by a peace corp volunteer, that takes discarded or abandoned bicycles and ships them to Third World countries. Entrepreneurs in those countries repair the bikes getting them ready for people

in these areas to use for transportation. It costs about \$20 in handling and shipping for each bicycle. If you would like to know more about this organization, get on their web site www.p4p.org.

The League of American Bicyclists is your lobbying arm at the federal level. This is the organization that deals with Congressman and the staff in the Department of Transportation to see that money is in the transportation appropriation bill for bicycling trails and special accommodations for bicycles on roads.

The League of Illinois Bicyclists is our lobbyist organization at the state level. They make sure the legislature hears the voice of the bicyclist when laws are passed, making our roads more bicycle friendly. They also promote the use of state trails thru the issuance of maps and sponsorship of rides.

Your club board is using your money wisely to promote these bicycle organizations.

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

LIB Bike Safety Sheets for Kids

The League of Illinois Bicyclists has released our new bike safety sheets focusing on safe riding techniques. The single-page format can easily be reprinted in school newsletters, copied for bike rodeos, and distributed through other organizations and bike retailers.

There are two versions: one for younger elementary school kids, one for older elementary and pre-teens. Each addresses skills and issues appropriate for that age group. The back of each sheet has further details for parents. The information was developed by an LIB board committee led by nationally-certified bicycle safety instructors.

The sheets are available as PDF files at www.bikelib.org/education/kidsheets.htm

LIB has copies for interested groups. We are seeking partnerships to expand distribution. Contact LIB (630-978-0583) if your club would like to print copies for your own purposes (with your own logo added), or sponsor LIB's general distribution program.

Federal TEA-21 Transportation Legislation Extended Again

On September 30, US Congress once again delayed the new federal transportation bill, this time with an 8-month extension through May 2005. The big question on the overall price tag has remained the sticking point between the House and Senate versions and the Administration's demands. With next year's new Congress, the bill will have to start over from scratch, in theory. Along with America Bikes, LIB is working to ensure that the bike-friendly aspects from last year's negotiations remain part of the final bill. This includes several High-Priority Projects (trails) listed in the House bill that would close critical Grand Illinois Trail gaps.

In Illinois, LIB and other organizations are advocating IDOT to use the extended Transportation Enhancements dollars (\$25 Million in last year, \$15+ Million in the new extension) for a new round of bikeway grant applications instead of holding them until the new bill finally passes.

MIDWINTER SOCIAL

We will meet on Friday, February 4th at 6:00 at Lariat Club for dinner. There is no special agenda, just an opportunity for all of us to get together and have dinner. Please contact me at 682-7771 or email ivwheelmn@yahoo.com by Wednesday, February 2nd so I can make a reservation.

Bonnie Johnson, Social Chair



Classified Ad:

2001 Colnago C-40 B-Stay size 57cm. Full Campagnolo Record 10 speed. Campagnolo Electron clincher wheelset. Excellent condition. Call for details. \$2500.

2003 Zipp 303 clincher wheelset. Campy hub. Zipp Ti skewers. \$700.

Steve Mahany 243-7054 danelane@npoint.net

New Members

Karen King.....Normal

Jeremy & Lori Ufert.....West Peoria

Renewing Members

Ron Anderson.....Washington*

Chris Boehme..... Marquette Hgts^

David & Margaret Cover & Family
Peoria Hgts

Steve Daggs..... Washington^

Dennis Endicott.....Peoria

Sheila Gribble.....Dunlap

Sheila & Reid Hansen.....Peoria*

Dion Hoegh.....Peoria

Eric Hutchison.....Peoria *^

Linda & Samuel Kent.....Morton

Steve & Sue Mahany.....Dunlap

Harold E. Moloney.....Morton

David H. & Maria Nelson...Morton

Ken & Rosie Parker.....Morton

Tom Voegeli.....Peoria^

*LAB Member ^Advocacy

"Hilly" Improves with Age

The 37th Hilly Hundred was held this past October. I've ridden thirteen of them - starting in 1976. Seems to me that this popular event in Southern Indiana just keeps getting better. It's an event that many IVW members have enjoyed over the years. More of you should attend!

In 2003, Hilly headquarters was moved from Bloomington High School to the Ellettsville School complex to take advantage of more space and less congestion. In 2004, sleeping bag space at the Ellettsville facilities was doubled and more shower facilities were added via a portable semi-trailer shower setup. My experience was hot showers and no waiting!

Christmas Party Thanks

A special thank you to Marty and Larry Paustian for hosting the club's annual Christmas party at their house. Twenty-five to thirty members joined in the fun. The youngest member was Alexis Egeberg, less than 1 year old, with lots of smiles for everyone. The food was superb and everyone enjoyed getting to know their fellow cyclists better, minus the helmet.

Larry and Marty were gracious enough to give us a tour of their beautifully designed home. Thanks to you both for making it a wonderful evening.

The Hilly routes have changed a bit over the years with the biggest change occurring in 2003 with the addition of a brand new Sunday route. (In 2004, the 'new route' was moved to Saturday.) The hills on the new route are every bit as challenging as those on the old route. The tourist town of Nashville is no longer on either route. Depending on how you look at it, that can be either good or bad.

The best features of Hilly, namely the organization, the food, the entertainment, and the Fall colors have remained consistently good. Weather is the big variable! This year's was very cool and windy on Saturday and cool but mostly sunny on Sunday.

Plan to add the Hilly to your 2005 riding plans. The dates are October 14, 15, and 16. Get details at www.hillyhundred.org. Prepare yourself and enjoy the experience!

Ron Anderson

JANUARY 2005

TUESDAY DAYTIME RIDE SCHEDULE -- SHOW & GO Time: 9:30am Place: Dunlap Grade School (park in the back of the lot) Distance: 25-30 miles

THURSDAY DAYTIME RIDE SCHEDULE -- Laurie Wilbur, Ride Leader

Time: 9:30am Place: Jubilee College Historical Site Distance: 25-30 miles

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

SPINNING CLASSES

Are you looking for an activity to help you stay in shape over the winter? You may want to consider spinning classes. Some of the local healthclubs allow nonmembers to attend classes without committing to a 12 month contract. The following general information was gathered December 2004:

***Landmark Health Club** 685-8200 Group Fitness Director, Kristi DeJarld 685-9546

Group Fitness Class Costs for 8 weeks 1 class per week \$32 non-member / \$12 member

Class cost pro-rated at registration time.

Drop in Costs per class \$3 member / \$6 nonmember

Registered class members will have a bike reserved for them. They will have priority over drop-in or punch card attendees. Keep in mind you must be on time.

Various class times available: 5:45 am, 10:00am, 12:15am, 5:30pm, 6:30pm January 3 - February 27, 2005 Session

Monthly Membership \$49/month (12 month contract) No additional charge for spinning classes.

Various class times available 5:45 am, 10:00am, 12:15am, 5:30pm, 6:30pm January 3 - February 27, 2005 Session

Laurie Wilbur (IVW member) has free passes available if you would like to check it out. Contact her at 446-9367.

***RiverPlex** 282-1700

Nonmember Punchcard 10 Pass Card \$50 You may call ahead to reserve a bike for spinning class.

I.V.W. does not endorse any particular healthclub. If you know of other clubs offering spinning classes let us know.

Swap Meet February 10 @7:30 @

Safety Town is the tentative time and location. Watch the web site to confirm any changes. Plan on bringing all your "stuff" and leaving with someone else's "stuff".

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) _____	Date _____
<small>(parent or guardian if registrant is under 18)</small>	
<p>Are you renewing, or is this a new membership? (check one)</p> <p><input type="checkbox"/> Renewing <input type="checkbox"/> New</p> <p>If new, how did you find out about the club? _____</p> <p>Are you an LAB member (check one)</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Basic membership:</p> <p>Individual (\$10) \$ _____</p> <p>Household (\$12) \$ _____</p> <p>Voluntary advocacy contribution: (\$5, \$10, \$15, other) \$ _____</p> <p>Total enclosed \$ _____</p>	
<p>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</p> <p>Make check payable to: ILLINOIS WHEELM'N, 6518 North Sheridan Rd., Ste 2, Peoria IL 61614-2933</p>	

Upcoming Social Events:

1. January 1 – New Year's Day Ride and Social
2. Feb 4 - Dinner Larriat Club
3. Feb 10 - Swap Meet

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

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