



ILLINOIS VALLEY **WHEELM'N**



May 2005

greater peoria's bicycle club

Email @ ivwheelmn@yahoo.com

Elroy-Sparta Weekend Friday June 24 – Sunday June 26

Come join us for our return to the Elroy – Sparta Trail ride in Wisconsin. We have not been up there for a while, so Marge and I decided to organize a trip again this season. We hope a lot of folks will join us. If you are not familiar with the trail, it is located in west central Wisconsin and is about a six hour drive from Peoria. The trail itself is an abandoned railroad right-of-way that Wisconsin has converted into a beautiful bike trail.

Because the west side of Wisconsin is quite hilly, the railroad dug out three tunnels for the right-of-way. One of the tunnels we'll walk through is almost a mile long. So be sure to pack a flashlight. A waterproof jacket might also be a good idea since the tunnels sometimes still have ice melting in them, even in June. A round trip ride each day will be between 30 to 50 miles.

The general plan is for everyone to drive up to Wilton, WI on Friday. Wilton is about in the middle of the trail and has a city park with showers and electricity for camping. Space is limited so try to get there as early as possible. You are on your own for meals that night. I'm not sure what the camping fees are this year, but they usually charge about \$7.00/person/night.

Saturday and Sunday mornings, we'll have a pot of coffee going but you are on your own for breakfast. Sunday the Lions serve pancakes and sausage at the park. It's generally all you care to eat. Or, there are a couple of restaurants within walking distance.

We'll try to leave the park as early as we can each day and ride to one end of the trail for lunch. Both

Elroy and Sparta have your typical hamburger and hotdog stands. For those that want to bring a lunch or ride beyond the ends of the trail, have at it.

Saturday we may have some adult beverages followed by a pot-luck supper. Please call so we can coordinate the selections somewhat.

I know you'll have lots of questions, so please call us at 309-693-9388 or E-mail us at Semmens@mtco.com. This ride is open to all ride levels, but try to have a "buddy" to ride with as we will get spread out.

Please call to let us know that you are coming up and then start training!!!!

Bill & Marge Semmens

Spring Breakout Ride

The official start of the Wheelman bicycle season got started with a bang April 9. About 40+ riders congregated in the parking lot of Russell's Cycling and Fitness ready to ride. The group broke up into three groups with the faster riders heading out to Mackinaw with Dennis and Peggy Tresenriter. The largest group went to Morton for 10 miles out with Ron Anderson, ate breakfast at the Morton Restaurant and then headed back. When we got back to Washington, Joe Russell had a nice spread of fruit, vegetables, sandwiches and drinks to celebrate our first official ride. Everyone enjoyed seeing their biking friends after the winter. The weather was in the 60s and the wind was not as intense as on some breakout rides in the past so it made for a beautiful day and a wonderful way to start off the season.

Ride & Stride

June 18, 2005 Tipton Park, Bloomington, IL. Rides are 30 miles and 60 miles and a 10 mile family ride. Cost is \$20 for the ride and a grilled pork chop sandwich lunch if you sign up before June 1; after June 1 it is \$25. Want

more info – go to

www.arcclean.org or

www.mcleancountywheelers.com

Annual Kewanee Weekend

Once again, Marge & Bill Semmens will be leading their annual weekend ride out of north of Kewanee. The dates will be from Friday May 20th through Sunday May 22nd. Please call us to let us know if you are planning on camping at the park. Our number is 309-693-9388. Day riders are also welcome. The park is located about six miles north of Kewanee, IL on route 78.

Here is the general plan for the weekend:

FRIDAY - If you are camping, please try to arrive as early as possible on Friday. All of the good sites fill up quite fast. We'll probably get there about noon and try to hold a few spots for the people we know are coming, however we can't officially save them for anyone. Look for our pop-up camper in the pinewoods (sites 15-25). We'll probably try to have some sort of group supper that night (call for details) followed by a campfire. Don't forget to bring a good camp chair and a roasting sticks.

SATURDAY – You are on your own for breakfast, but we usually make a big pot of coffee. The ride will leave the park about 9:00 AM. Day riders should figure about an hour's drive from Peoria and be ready to roll at 9:00. The route will be about 35 miles and includes several stops at the Casey's along the way. You are encouraged to bring a lunch along or enjoy one of Casey's week old sandwiches. The ride is open to all riders who can complete the 35-mile course. We'll probably have a happy hour late in the afternoon followed by some sort of potluck supper for that night (call us for more details).

SUNDAY – Again breakfast is on your own and we'll heat up yesterday's coffee. Then we head out for a 40-mile loop over to Bishop Hill about 9:30. This ride will be for level 2 riders and better. We'll do lunch in Bishop Hill and then return back to the campgrounds.

So, plan on joining us for one day, two days or the entire weekend at a great little park just north of Kewanee.

ILLINOIS VALLEY WHEELM'N

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Enter the above as one line; no spaces

IVW Roster is coming soon Are You Current ?

We plan to mail a printed version of the IVW membership list with the June newsletter. The main purpose of the list is to help IVW members contact each other to arrange rides and other social events. Please contact IVW database person Larry Davis if any of your contact info has changed (address, phone, email-address). Likewise, if you prefer to have any (or all) of your contact info excluded from the printed membership list - let Larry know (by May 15). Larry is at: DAVIS.LAR@insightbb.com, or 309/691-3060.

Grandview Ride May 26

Meet at Lakeview Museum's east parking lot at 6 P.M. The ride will include views from Grandview Drive, Prospect Road, High Point Drive and Lindberg's airmail flight plaque.

East Peoria Trail & Fon Du Lac Ride June 2

Meet at the Shopko parking lot in East Peoria at 6 P.M. Highlights will include the E. Peoria Trail and views from Fon du Lac Drive.

Out of Town Rides

There is a very helpful website if you are looking for out of town rides for either Illinois or all of the Midwest. The website is <http://mikebentley.com/bike/>. It is an interesting website with lots of info. Check it out.

Russell's Cycling & Fitness also offers a nice service for those bicyclists interested in out of town rides. They have a large box of forms separated by month for rides all over Illinois. It is easy to find a form for a ride at the time you want.

Proctor Bicycle Race

June 18th Proctor Classic Road Race (Brimfield, IL)

June 19th Proctor Classic Criterium (Downtown Peoria)

Explore the Peoria Area by Bicycle



Sponsored by the Illinois Valley Wheelm'n
& Lakeview Museum of Arts & Sciences

Selected Rides co-sponsored by the Peoria Historical Society[†] & Lakeview Wilds[°]

Pedal Peoria 2005

All rides are designed for the casual rider, 13 - 15 miles

Approximately 2 hours starting at 6 pm (Except April 24, June 11 & August 14)

All are welcome! No fee or registration

- April 24** **Earth Day Ride** Start at Lakeview Museum east parking lot 2:00 pm. Highlights: Celebrate Earth Day, visiting the urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale (including the Prairie section), Pimetoui Trail to the Riverfront Trail, and back through Glen Oak to Lakeview Park.
- May 26** **Grandview Ride** Start at Lakeview Museum east parking lot. Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindberg's airmail flight plaque
- June 2** **East Peoria Trail & Fon du Lac Ride** Start at Shopko parking lot, East Peoria. Highlights: East Peoria Trail & views from Fon du Lac Dr.
- June 11** **Prairie to Prairie Ride** Start at the Riverfront Visitor Center Parking Lot **10:00 AM**. Highlights: Two prairie restorations inside the city, Giant Oak Park, Whittier School Outdoor Science Classroom, plus selected historic sights - River front, Springdale Cemetery, & historic homes.
- June 23** **Eric's West Peoria Deli Ride** Start at Loucks School parking lot. Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park Fedora's Deli
- July 14** **History Ride** Start at the Riverfront Visitor Center Parking Lot. Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wright Homes.
- July 21** **Murder & Mayhem Ride** Start at Lakeview Museum east parking lot Highlights: a tour of historic Peoria crime scenes, lead by Peoria author, historian and retired private investigator Norm Kelly
- July 28** **Sculpture Ride** Start at Bradley University Quad. Highlights: Public Sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- August 4** **50's Soft Serve Ride** Start at corner of Lake and Knoxville. Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- August 14** **Tour of the Solar System[†]** plus highlights from the **History Ride** (See July 15). Start at Lakeview Museum main entrance 7:00 AM. This 3 hour, **24 mile** ride will tour the planets from Mercury to Saturn in Peoria's Community Solar System.
- August 18** **Garden Ride** Start at Botanical Gardens, Glen Oak Park. Highlights: Luthy Gardens & selected city gardens

For Information Call Ride Leader Sheldon Schafer 686-7000 or sschafer@lakeview-museum.org

New Members

Dennis Anderson.....Peoria
Shawn Cullen.....Peoria
Toni Gallagher.....Peoria Heights
Dave Gromer.....Morton
Steven E. Johnson.....Peoria

Renewing Members

John Antram.....Morton
David & Janice Atkinson & Family Peoria
Judy Bradford.....Peoria
Ron & Gwen Chandler.....E. Peoria
Tom Colletti.....Peoria
Ronald Dean.....Galesburg^
Peter Friddle.....E Peoria
Dennis & Pamela Goett.....Peoria Heights

Jack & Carol Huggins.....E. Peoria
Roger & Kathy John.....Dunlap
Todd & Andrea Kollar & Family...W. Peoria
Ken Luthy.....Pekin
Melvin Perrill.....Pekin
Ken & Sheri Pope.....Morton
Ty Rowe.....Creve Coeur
Charlie & Jane Sieck.....Dunlap^
Jim Vaupel.....Pekin
James & Karen Vonderhaar & Family
Pekin^
Dan Weakley.....Peoria Heights^
Laurie Wilbur.....Brimfield
*LAB Member ^Advocacy

New! Wednesday Beginner Ride

Do you have friends who have expressed a desire to start riding but have been reluctant to ride with the Wheelman because "they go so fast"? We now have the ride for them.

We are starting a beginner ride which will be departing from the Dunlap Grade School on Wednesday evenings beginning May 2nd at 5:30. The group will ride together about 15 miles at a casual pace averaging less than 12 miles per hour. No one will be left

behind. The ride will last 1½ hours. The only requirements are a helmet, water bottle, and a bicycle in good working order. This ride is being offered for the new rider who wants to explore the rural countryside with two experienced ride leaders. You will learn and follow the rules of the road, club members will share info on their must have bicycling gear, and their favorite roads to travel. There will be various ride leaders each week. For info contact Laurie Wilbur (446-9367) This ride will change to 6:00pm in June.

HISTORIC AND SCENIC BICYCLE TOURS

Who are we and what makes us different?

1. We began this business as a result of successfully arranging many years of bicycle tours for the Springfield Bicycle Club.
2. We offer an *inexpensive* way to travel for *experienced bicyclists* who can take care of their own mechanical problems and most of their food. Non riders are encouraged to join us, be part of the experience and see the sites. We travel to areas of historical significance and beauty.
3. What you get are tours *led by the owner*, and designed for cyclists who like to travel places, sleep in hotels or B&B's and don't want to spend a lot of money. We ride like a club or a group of friends. All tours are very small with well organized and planned days yet remain somewhat flexible.

**VISIT US ON THE WEB AT
WWW.HISTORICANDSCENIC.COM FOR
DETAILS, COMPLETE ITINERARY AND
APPLICATIONS.**

2005 TOURS

1. **FINGER LAKE REGION, NY, WINE COUNTRY, AUGUST 13-20, COST \$365 PER PERSON DOUBLE OCCUPANCY**

Join the group to explore this wonderful bicycle-friendly area! Pedal on flat terrain around the lakes and the rolling forested hills and farmed valleys between them. Scenic roads through smaller towns and villages are in excellent condition, and generally are not crowded, especially during the week. Temperatures in the region at this time of year are very comfortable, in the high 70's to low 80's. As you ride through the dappled sunshine, you'll have many opportunities to explore vineyards, antiques and arts and crafts shops, museums, swimming areas – and let's not forget about those ice cream parlors!

You may choose from a variety of routes, ranging from easy to moderate 15-37-mile

excursions with plenty of time for exploration and wine tasting, to more moderate to challenging 40-60 mile rides. Routes often will intertwine, allowing you to incorporate aspects of each.

2. **NATCHEZ TRACE, MS, VICKSBURG AND NATCHEZ, SEPTEMBER 24-OCTOBER 1, COST IS \$275 PER PERSON DOUBLE OCCUPANCY**

Enjoy the beauty and tranquility of bicycling along the historic and scenic Natchez Trace. This designated bicycling parkway is not only free of commercial traffic, dogs and tacky tourist spots, it is mostly level with hardwood forests and cypress swamps abounding with Spanish moss. Along the way see a variety of critters, vegetation and numerous places to stop, walk around and read about the history of the Trace.

Our tour begins in Kosciusko, MS about milepost 160 on the Trace. We will proceed to Jackson and then go off the Trace to Vicksburg where we will spend two nights. Upon re-entering the Trace, we ride to Natchez where we will enjoy two nights of Southern charm and hospitality. Finally, we'll explore the Trace and Port Gibson as we ride North to Clinton (Jackson). Expect ride miles to average around 60 miles per day (40-88miles) though you may be able to make arrangements to bicycle less. We will have one or two rides to choose from on the stop over days or just relax and explore the towns. You may be asked to take your turn and drive. Generally, this will mean those riding will have opportunities for a pick up at a predetermined spot if they do not wish to ride the whole way.

**EMAIL ALAN JOSEPHSON AT
alan@historicandscenic.com OR CALL
217.793.0590**

Illinois Valley Wheelm'n Ride Schedule

Closely view departure dates and times!

Monday Morton Level 1 Chris Boehme (382-4027) is the new leader for this ride out of Morton. Meet at McClallen Park (Soccer Fields at Jackson and Tennessee) Changes to 6:00PM May 2nd. Distance will be 15 miles early in the season and increase over the summer. The ride will regroup frequently.

Monday Dunlap Level 1 Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School at 5:30 starting May 2. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

Monday Dunlap Level 2 Leo Chuzhoy (740-4266) will lead this newly created ride departing from Dunlap Grade School starting May 2 at 5:30. Ride distance will be 20 miles early in the season and then increasing. Riders will regroup periodically and make certain no riders are left behind.

Tuesday Dunlap Levels 2 & 3 Steve Kurt (243-7684) leads this popular ride from the Dunlap Grade School. Departure time will change from 5:30 to 6:00 PM on May 10th. Be ready to ride at departure time. Mileage will be 20 early in the season and then increasing. The ride will sometimes break into two groups. One will generally average 16 mph and the other can be faster. Both groups regroup periodically and make certain no riders are left behind.

Tuesday Dunlap "Kinder Gentler" Level 2 Pam Hoehne (694-4828) will lead the group again this year for the Level 2 rider, or those Level 1 riders looking for a challenge. Start date May 3 at 6:00pm.

Daytime Tuesday Dunlap Show & Go All levels of riders depart from the Dunlap Grade School at 9:00am. Distance 25-50. Contact Laurie Wilbur (446-9367) for more info.

NEW! Wednesday Dunlap Beginner This NEW ride will depart from Dunlap Grade School starting May 4 at 5:30. Various members will be leading each week. Ride distance will be 15 miles early in the season. Prepare to be able to ride 1 ½ hours. The group will ride together. No one will be left behind. Contact Laurie Wilbur (446-9367) for more information.

Wednesday East Peoria Level 2 Dirk McGuire (699-8482) will lead this ride from the Pleasant Hill Head Start School (across from the Antique Mall) departing at 5:30 PM. Ride distance will start in the 20 mile range and increase throughout the season. Average speed will be 13-17 mph and no one will be dropped.

Thursday Pekin Levels 2 & 3 Jim Vaupel (353-6104) leads this group from Coal Miners Park. Departure time changes to 6:00PM May 2nd. 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 the ride may do a rolling re-group to gather up strays but suggests that all riders bring a photo ID or pre-completed toe tag.

Daytime Thursday Brimfield All Levels Laurie Wilbur (446-9367) organizes this ride from various locations each week at 9:00 AM. Refer to the Thursday ride schedule. Ride distance 25-50 miles.

Friday Chillicothe All Levels Edith Albright (274-4849) will co-lead this ride with Melissa McClure from the Pearce Center. This ride will start May 6 at 5:30pm. Distance varies depending on the group. The ride is normally followed by a dinner at a Chillicothe restaurant for those interested.

Saturday Show and Go Washington Level 3 ride meets at Washington Square at **8:30** all year. Distance varies from 25-60 miles.

Saturday Show and Go from Russell's All Levels Meet at Russell's in Washington at 8:30 Saturday. Distance ranges from 25-40 miles and includes a meal stop.

Sunday Princeville Family Ride Richard Soseman (224-8783) leads this ride from St. Mary of the Woods Catholic Church. Distance and difficulty varies, but about 15 to 20 miles, and will accommodate a range of abilities. Starting May 15th at 10:30 AM

**Many of the rides will depart at 6:00pm as the days get longer.
Watch your newsletter.**

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 a 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) Riders should make certain their bikes are in good working order.
- 9) Riders should carry water and a spare tube for their wheel size.
- 10) Riders should be prepared for weather conditions. Most rides will take place in all weather.
- 11) Riders should arrive in time to be ready to ride at the start time.

Daytime Thursday Rides

Departure Time: 9:00am All Levels Contact
Laurie Wilbur (446-9367)

May 5, 2005 Depart from Brimfield Park on South Galena St.(take 1st left one block after Casey's at the Brimfield Public Library) Distance: 30 miles with a snack stop

May 12, 2005 Depart from Jubilee College Historical Site Distance: 30 miles with a snack stop

May 19, 2005 Depart from Back 40 Restaurant , located on the corner of Route 40 and Truitt Rd. Distance: 40 miles with a snack stop

May 26, 2005 Depart from Brimfield Park on South Galena St. (take 1st left one block after Casey's at the Brimfield Public Library) Distance: 30 miles with a snack stop

Black Partridge Park Ride 50/100/150/200

Double Century riders get ready! On **Saturday July 2nd**, the IVW has scheduled a ride starting from Black Partridge Park located on the northwest side of Metamora. Sign-in sheets will be available at 6:00am. Riders are asked to sign in before departing. The route is a 50-mile, basically flat loop. It has only one hill. This arrangement gives the flexibility of

allowing entrants to ride fifty, one hundred, one hundred fifty, or a double century.

Riders are asked to sign-in again before starting each new loop. It will not be a supported ride, i.e. riders are expected to be self-sufficient. Opportunity to obtain food and drink will occur in the small towns the route passes through.

Direct any questions to Mike Pula 243-9394.

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 _____
<p>Are you renewing, or is this a new membership? (check one) <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) <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Basic membership: Individual (\$10) \$ _____ 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 Events:

1. May 20 – 22 Kewanee Weekend
2. May 26 Grandview Ride
3. June 2 East Peoria Trail & Fon du Lac Ride
4. June 11 – 12 TOMRV
5. June 18 McLean County Wheelers Ride
6. June 24-26 Elroy-Sparta Weekend
7. July 2 Black Partridge Ride
8. August 13 & 14 Interplanetary Ride
9. August ? Poker Ride
10. September 24 No Baloney Ride

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

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SHARE THE ROAD...MEMBER TIL:11/27/2005

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