



ILLINOIS VALLEY **WHEELM'N**



July 2005

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

FROM: Richard Verdery,
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1-800-676-2353 Home:
(309) 454-1675

TO: Springfield Bicycle
Club Prairie Cycle
Club Illinois Valley
Wheelmen Decatur
Bicycle Club

RE: 7th Annual Pedaling for Kicks Bicycle Ride

Saturday, July 9th, will be clearer, cooler, virtually windless, and thus a perfect day for your club to make a "road trip" to McLean County and partake in I say with great modesty, one of the best rides in the state...the 7th Annual Pedaling for Kicks Bicycle Ride. This ride is sponsored by The Oak Spokes, the cycling group from East White Oak Bible Church, and is a fundraiser for The Fellowship of Christian Farmers, International, based in Lexington, Illinois. We are also members of The McLean County Wheelers.

Pedaling for Kicks features 5 routes from which to

choose: a 15-mile "Family Route", 25-mile, 40-mile, 50-mile and 64-mile route. The 40, 50 and 64 mile routes go around both Lake Bloomington and Lake Evergreen. The 64 mile route kicks into Woodford County and has a few nice little hills for those who like to "feel the burn". The food stops are staffed by some of the friendliest volunteers you'll ever meet. Most of them don't ride so you can count on them to "ooh and aaah" over your bikes when you come in for food. No store bought cookies on this ride. East White Oak Bible Church has some of the finest bakers around and all our cookies are from their ovens!

All our routes are extremely well marked because, well, we're just anal about stuff like that! And, yes, there is SAG service.

Following the ride, plan on staying for the optional post-ride lunch. For a mere \$5 you get your

choice of either a grilled boneless skinless chicken breast sandwich or a grilled butterfly pork chop sandwich, fresh picked sweet corn, Nana Rader's Famous Mashed Potato Casserole, drink, and for dessert...Carl's ice cream. If you've never had Carl's ice cream, you're a poorer person for it! But that can all be remedied!! This year, in addition to the flavors you've come to love, Carl will have white chocolate with Macadamia nuts...can I hear an Amen to that??

Pedaling for Kicks will depart and return to East White Oak Bible Church, located at the intersections of County Roads 1200 East and 2000 North. Check out our ride's website info which includes a map to the church, online registration (save \$5 before June 30!!) and maps of all the routes at: www.fcfi.org

I hope to see you on Sat., July 9th! If I can answer any questions you may have, please don't hesitate to contact me.

Other Neat Out-of-Town Rides

Joliet Bicycle Club Fourth of July Metric Century Monday, July 4, 2005 Ride Lengths are 30, 45 and 62 miles. Register on-line at www.signmeupsports.com

Old Mill Century, August 28, 2005. Presented by the Rock River Valley Bicycle Club. Learn more at www.oldmillcentury.com. Ride lengths are 25, 50, 75, & 100.

Another one is over in Iowa (about 60 miles west of Burlington). It is August 20 & 21, 2005. You can go one or the two days. Starts and stops in the same town and mileage is approx. 120 for the two days. The name of it is Bike Van Buren (XIX year). For information: 1-800-868-7822 or Email: info@villagesofvanburen.com or www.villagesofvanburen.com. Laurie Wilbur or Herb Unkrich can tell you more about this ride.

Bike Psychos Century 2005, August 28, 2005. Route are 35, 50, 70, 108 & 126 miles. Very pretty area. Learn more at www.bikepsychos.org

Elmhurst Bicycle Club Presents XXV Metro Metric, Sunday July 31, 2005. Four cycling lengths 33, 49, 65 & 100. To register www.elmhurstbicycling.org or (630) 415-bike.

The Wright Ride presented by the Oak Park Cycle Club, August 20, 2005. Ride lengths are 10, 25, 50 & 62. For more info www.oakparkcycleclub.org

Pumpkin Pedal Bike Tour 2005, Sunday October 2, 2005. 10 & 20 Mile Trail Rides. 25, 45 & 62 Mile Road Rides. Enjoy the scenic countryside of the Fox Valley area. To register on-line www.ActiveUSA.com

Your newsletter editor has some of the brochures for these rides. Call Cora Lynn Green (683-3083) if you would like one.

Really Neat In-Town Rides

July 14 – History Ride. Co-sponsored by the Peoria Historical Society. Starts at the Riverfront Visitor Center 6:00 PM

July 21 Murder & Mayhem Ride. Starts at Lakeview Museum's east parking lot 6:00 PM. Includes tour of

historic Peoria crime scenes, led by Peoria author, historian and retired private investigator Norm Kelly

July 28 Sculpture Ride. Starts at Bradley University Quad 6:00 PM

Want Ads:

Condo Available in Mountain Biking Mecca, Winter Park, Colorado. Inquire: 694-4828

Recumbent for sale: 1997 Reveille Maxam 1 owner, rarely used, 21 spd, sofa seat, like new. \$300 Call Jinny Gunnar 309 688-8345.

1994 Santana Soverign Tandem Forest Green CroMo Frame Wheelsmith 40 spoke (700x26c) Edco Hubs Deore XT Group Bar End Shifters 56/53 configuration Excellent Condition. \$2200.00

Bill Clark (309)347-4841

wdclark@mtco.com

Annual Poker Ride & Spaghetti Dinner

Mark your calendar for this year's Poker Ride & Spaghetti supper, to be held on Tuesday, August 23rd. This ride is for all levels and will be around 12 miles and starts from the pavillion at Dunlap Park, next to Dunlap Grade School. Slower riders start at 5:30, faster riders, not later than 6:00. A spaghetti dinner from Avanti's will follow.

Prizes will be a little different this year. Instead of numerous small prizes, we will have 5 **BIG** prizes for the highest poker hands. Cost is \$5.00 per person.

Make your check out to Bonnie Johnson and mail to 920 E Fair Oaks, Peoria IL 61603.

More Thoughts on Riding in Pekin

I found "Mr Bill's" letter in the last newsletter interesting. I lived in Pekin 6 years ago. Occasionally I still ride to and through Pekin. I meet more animosity from motorists there than anywhere. The last time I was cycling there I was on my way to my barber. I went California Road, Veteran's Road, Allentown and got on the trail. When I got to Parkview where the trail crosses by the UAW High Rise and Pekin High School, I pushed the walk button and waited for the light to change. While waiting I had two motorists shout things at me from their vehicles as they passed. If I am going to be yelled at it will most likely be in Pekin for some odd reason. I admit I have encountered other rude motorists but, not as often in other places. Probably the most hated is the car horn as soon as they get within a few feet. Probably the worst was some kids passing me on Muller Road in East Peoria right after July 4th. They thought it funny to throw a firecracker in the road at me. Anyway, I

meet them everywhere but most often in my previous hometown, Pekin.

Len Bobbitt

As mentioned in Bill Clark's article last month, he found it would have been helpful to have had the wallet size cards explaining what the Illinois Vehicle Code has to say about the rights and responsibilities of bicyclists. Laurie Wilbur, the club's ride chairman, has contacted the League of Illinois Bicyclists about getting copies of these for our club members. When they arrive, we will let you know how to get your card. Bill Clark also lamented that he did not have any ID with him. Perhaps a copy of your driver's license would be appropriate to carry in the bike bag. Listed below is another useful bit of information to carry with you.

FREE Medical ID Wallet Card

Go to www.medids.com for a free credit card size medical emergency card. Laminate the card for your bike bag. They also sell other types of medical I.D.s such as wrist I.D.s, shoe I.D.s, ankle I.D.s

East Peoria Trail

The East Peoria to Morton hiking/biking trail has now been completed. The bike lane running beside Rt 150 is paved, and a barrier has been erected separating the bike lane from the traffic on Rt. 150. The bike path has now been extended to connect the trail to this special bike lane that skirts around the mobile home park. Give it a try!

Starting July 2nd thru July 24th. Scratch, Save, Win!



Lance ARMstrong is going for Tour de France victory number 7!

You can win, too, by entering a national sweepstakes for more than **100,000 prizes**, including a ride with Lance! Just come in and get your scratch card, and scratch for your chance to win! Plus, everything in the store is on-sale!

- 1 in 22 wins!
- Instant Win Scratch Cards In-Store!
- Win bars, jerseys, t-shirts, wheelsets, laptops, Trek bicycles, and more!



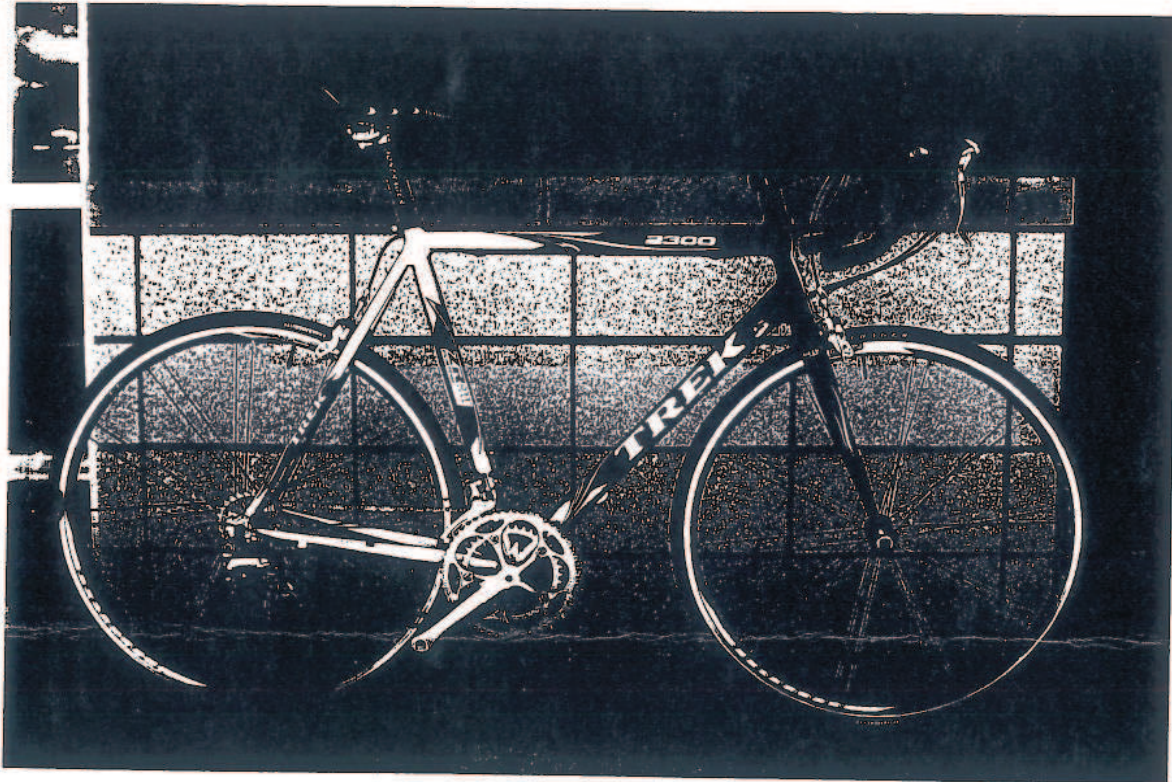
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Friends of the Rock Island Trail Bike Raffle

Win this great TREK 2300 Road Bike and support local bicycle advocacy at the same time. The cause is worthy and the bike would be a great addition to your fleet or that of someone you know.



The Bike will be on display throughout the summer at Illinois Cycle's new Pioneer Park location. Tickets are 1 for \$10 or 3 for \$25. Use the entry forms on the backside to enter. In addition to the bike you could win either a \$50 or \$25 GC from Illinois Cycle.

The Friends of the Rock Island Trail is a group of concerned citizens and local organizations that are aware of the social, economic and wellness benefits that greenway corridors provide to the Central Illinois region. Our mission is to promote and support the organized development of trail systems and amenities throughout the area. This will be done by working with the various park districts and other governmental bodies involved with trail and greenway development.

We will encourage community participation by providing a central conduit for financial donations and communication by individuals as well as non-profit and corporate organizations. We are recognized as a 501(3) corporation by the IRS and all donations are tax deductible.

Contact either Dirk McGuire (699-8484) or Mike Pula (243-9394) with any questions.

Friends of the Rock Island Trail Bike Raffle Ticket

Name (print) _____
Address _____
Phone _____

Ticket - \$10.00 (3 tickets for \$25.00) Checks payable to:
Friends of the Rock Island Trail
Mail Check and Ticket(s) to:
FORIT Raffle c/o George Burrier, Jr 701 East Polk, Morton, IL 61550

Raffle Lic# R-129-051

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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) Departure time 6:00 PM. 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 6:00 PM starting in June. 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 at 6:00 PM. Ride distance will be 20 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 6:00 PM. 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. Departure 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. Departing time will change to 6:00 PM starting in June. 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 (699-8484) 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 6:00 PM. 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. Departure time 5:30 PM all summer. 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. Departure time 10:30 AM.

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 regroup 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 July 2005

Departure Time: 8:30 (except July 28 @ 8:00) All Levels
Contact: Laurie Wilbur (446-9367)

July 7, 2005 Depart from Jubilee College Historical Site

Distance: 50 miles Travel to Chillicothe with a lunch stop in Princeville

July 14, 2005 Depart from Brimfield Park located two blocks South of Route 150 on South Galena Street. Park at the shelter next to the pond.

Distance: 50 miles with a sandwich break.

July 21, 2005 Depart from Pearce Community Center, Chillicothe, IL.

Distance: 40 miles

Leader: Celeste Hansen (692-6337)

July 28, 2005 Depart from Russell's Cycle & Fitness, Washington, IL.

Distance: 40 miles

Leader: Don Jacobs (745-9001)

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 Events:

1. July 2 Black Partridge Ride
2. July 9 Pedaling for Kicks in Bloomington
3. July 16 Downtown Breakfast Ride
4. August 13 & 14 Interplanetary Ride
5. August 20 Bureau County Ride
6. August 23 Poker/Spaghetti Ride
7. 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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