



ILLINOIS VALLEY **WHEELM'N**



August 2005

greater peoria's bicycle club

Email @ ivwheelmn@yahoo.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. You will be given a map and will pick up your playing cards at each of 4 stops, picking up the last card at the end of the ride. The best Poker hands win prizes! 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. The deadline to sign up is August 16th, so that we know how much spaghetti to serve.



Black Partridge Ride Report

The weather was perfect (by this year's standards), the route was excellent (except for the road marks that had been covered by township crews the previous day) and it was the opening day of the Tour De France. Over twenty-five riders took advantage of the conditions to ride the 50 mile loop. It has been reported that Kathy John and Jim McIntyre were able to stretch the route to 64 miles. Mike Haedicke and Steve Kurt quickly dropped the pelaton as they rode the loop 4 times and recorded their full 200 miles. Two other breakaways comprised of Fred Smiser, Laurie Wilbur, and Matt Carroll; and Denny Engenton and Jim

Scholl rolled in with a full centuries. The rest of us mere mortals enjoyed the 50 (64 for Kathy and Jim) and called it a day. Thanks to everyone that helped set up the route and especially to those that could get out and enjoy the day.

Email Reminder

If you want to receive the most up to date information on all the cycling activities, you will want to join the email list. Reminders and last minute information often go out that you might not otherwise be aware of. Here's how to join: Send an email to ivwheelmn@yahoo.com with the sentence "add me to the list" in the subject line. If you decide to be taken off the list, you can always send an email asking to be removed. This list is used strictly to inform club members of cycling activities and will not be used to spam people. Notices will be sent via Blind Carbon Copy, so that you don't have to sift through everyone else's email list to get to the message.

Out of Town Rides

Triangle of Opportunity Cycle Tour August 6.

Starts and ends in Hopedale. Ride lengths are 31 and 49.5 miles. Registration is \$15 single and \$35 for family. Registration includes rest stops, sag support, lunch, well marked roads on flat to rolling terrain. For more information call 217-648-2825.

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

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

In-Town Rides

August 4 50s Soft Serve Ride. Starts at corner of Lake and Knoxville 6 PM. Three classic soft serve ice cream stands ending at Lou's Drive In.

August 14 Tour of the Solar System. Starts at Lakeview Museum's main entrance at 7:00 AM. A 3 hour, 24 mile ride touring the planets from Mercury to Saturn in Peoria's community solar system.

August 18 Garden Ride. Start at Botanical Gardens, Glen Oak Park 6 PM. Includes Luthy Botanical Gardens & selected city gardens

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 Sovereign 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

FOR SALE: BIANCHI

Reparto Corse frame, seat tube length: 61cm, top tube length: 58 cm, wb: 101cm. 1" steel steerer tube, threadless headset carbon fork. Never crashed, never in the rain. Firm, responsive ride, but rock solid on high speed descents. Low miles. \$300

FREE: Cannondale CAD3 frame, seat tube length: 63cm, top tube length: 58cm, wb: 102 cm. 1" steel steerer tube, threaded headset. Carbon fork. Never crashed, been in the rain. Good ride, stable. Been around a while. Jack Welch, 309-387-6117, jack.welch@insightbb.com

Rude Motorists?

LIB has a plan; you can help. Recent newsletter items from Mr. Bill and Len B. about less-than-stellar behavior of our fellow road-users (motorists) towards bicyclists is very timely. The League of Illinois Bicyclists (LIB) recently kicked off a program to create 'share the road with bicyclists' training material for Illinois high school driver's education programs. This package will include a new video and detailed teacher's guide ready for immediate use in the driver's ed classroom. Getting young drivers started out on the right foot (or preferably pedal) is the foundation of a friendlier cycling environment.

The bottom line for this phase of the project is money to produce the materials. Due to tight state budgets, government money for this project was cut. If you want to help, send your donation to: League of Illinois Bicyclists, 2550 Cheshire Dr., Aurora, IL 60504. Write 'Drivers Ed training' on the check memo (or include a note). I have full confidence that LIB will do this thing right (if the money appears). See you (smiling) on the road. Eric Hutchison.

PS - For more detail about LIB and this project, here's the website: www.bikelib.org. Donate \$40 or more and get a free LIB 1-year membership.

Squeaky Wheel Results by Cora Lynn Green

In the June newsletter, there was an article from the League of Illinois Bicyclists (LIB) explaining how an individual can have input into future Illinois Department of Transportation (IDOT) projects in your town. I tried it out and commented on 2 projects slated for 2006/2007. The following is the reply I got back from IDOT via LIB on my suggestion about putting in a paved shoulder when they resurface Knoxville. I have yet to hear from them on the Northmoor project.

From: Anderson, John DOT J

To: lib@bikelib.org

Cc: Addis, Maureen M ; Lacy, Thomas A ; Therkildsen, Eric S

Sent: Friday, June 24, 2005 8:50 AM

Subject: FW: Ill 40(Knoxville Ave) from Mt Hawley Rd to Embert Place in the City of Peoria-

RE: bicycle accommodation inquiry

The department acknowledges your inquiry regarding the department's project on Ill 40(Knoxville Ave) from Embert Place to Mt Hawley in Peoria.

The subject project is a maintenance type project programmed to patch and resurface the mainline pavement which is severely deteriorated. The project is being designed in accordance with department "PPP"(Pavement Preservation Policy) guidelines. In accordance with Chapter 17-1.02(a) of the department's Bureau of Design & Environment Manual, "PPP" projects are exempt from bicycle accommodation policy unless accommodations can be made that don't change the overall scope of the project.

In the case of this project, bicycle accommodations cannot be provided for the entire length and stay within the scope of the project. However, it should be noted that several areas within the project consist of an existing gravel shoulder. These areas will have the gravel shoulder removed and replaced with a 6' wide paved asphalt shoulder. Of the total 3.68 mile project length, approximately 2.5 miles of gravel shoulders will be removed and paved. The shoulder paving in these areas will greatly enhance the ability to ride bicycles in these areas.

Due to the maintenance nature of the project, no public meetings have been held or are scheduled for the project. Thank you for your interest in the project.

John Anderson, PE

Ph 309-671-3493

e-mail: andersonjj@dot.il.gov

If you would like to have input on IDOT projects for your area go to www.bikelib.org/completestreets, answer a few brief questions and LIB handles it from there.

Bureau County Ride – August 20th

We will meet at 7:30 AM in the Pearce Center parking lot (Chillicothe). From there we will car pool to Bureau on Rt 29. The ride will be 40 -50 miles on the back-roads of Bureau County. The ride will be a casual pace for level 1 and 2 riders. There are three Casey stops on the route. In addition to the back-road sights we will ride by the new windmill farm outside of Wyanet. Call Mike Pula 243-9394 with any questions.

Mackinaw River Valley Ride – August 27

We will meet at 9:30 AM at the Dinner Theater Parking lot on Timberline Road in Goodfield. The ride will be 25 miles long with some hills. This will be a casual paced, Level 1 ride, and no one will be dropped. Maps will be provided for those wanting to go faster. After the ride we will have lunch at that 4 star gourmet restaurant, Busy Bee Corner. Need more info? Call Cora Lynn Green (683-3083)

No Baloney Ride – September 24th

Volunteers are still needed for the annual No Baloney ride. We need help in several areas including route marking, rest stop support, clean-up, registration and most anything else you would like to help with. Please contact Mike Pula 243-9394

mrpula@hotmail.com to indicate how you want to help.

Thanks

Thanks to all the members from the Decatur Bicycle Club and the Illinois Valley Wheelmen who participated in last Saturday's "7th Annual Pedaling for Kicks". Your support of our ride means a lot!! We are never satisfied that we've done everything to make the ride the best it can be. SO...if you or any of the members who came had comments that might benefit us, please do not hesitate to email me and let me know. If the ideas are feasible we'll consider making the changes. Please email your comments to: rverdery@ilfb.org

Thanks again for riding with us!

Richard Verdery

ILLINOIS VALLEY WHEELM'N

President

Jerry Allen 263-8637
Jallen@argonautgroup.com

Vice President

Lori Boland
llobo98@yahoo.com

Secretary

Pam Hoehne 694-4828
PAMS@mtco.com

Treasurer

Sheila Gribble
243-7822
sgribble4@juno.com

Ride Chairman

Laurie Wilbur
rcwilbur@att.net

Social Chair

Bonnie Johnson 682-7771
bon1jon2@sbcglobal.net

Mailing

Bonnie Johnson 682-7771
bon1jon2@sbcglobal.net

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

Webmaster

Bill Clark
wdclark@mtco.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

The INTERPLANETARY BICYCLE RIDE

Follow the orbits of planetary explorers through the "Worlds Largest Model of the Solar System".

August 13 & 14, 2005, Peoria, Illinois

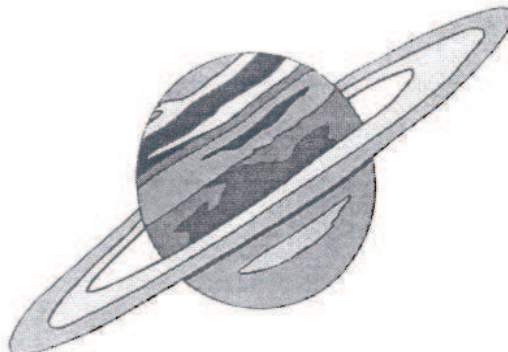
sponsored by, Illinois Valley Wheelm'n, Lakeview Museum of Arts & Sciences, Peoria Astronomical Society, Peoria Academy of Sciences, and Recreational Trail Advocates
What's included:

Saturday August 13, 2005 - A "Century" ride to Pluto with shorter routes to selected Jovian Planets. Start at Dunlap Middle School between 6 - 9 AM.

Sunday, August 14, 2005 Tour the inner solar system, from Mercury to Jupiter or Saturn. Start at Lakeview Museum, 1125 W Lake at 6:45 AM

RIDES FOR EVERY LEVEL Depending on your planetary destination, there are options for every member of your family, for riders of all ages and abilities. Road Routes and Trail Routes are both available.

For registration forms, go to the website, www.lakeview-museum.org (link there to online registration at active.com)
Lakeview Museum of Arts and Sciences
1125 West Lake Venue
Peoria, IL 61614-5985
Sschafer@lakeview-museum.org
309-686-7000



LAGBRAU

LAGBRAU is arguably "the most scenic bicycle ride in the world," and is less than 3 months away. We invite you and any of your club members to join us and see for yourselves that this is the most beautiful and scenic ride of a lifetime. We will shuttle you across the state to the beginning from St. George to Blanding, or back to Blanding at the end of the ride. Imagine the entire ride on a State and/or "National Scenic Byway" and "All American Road," with the opportunity to enjoy 3 National Parks, 3 National Monuments, 2 National Forests at the peak of their fall colors, 1 National Recreation Area. In addition you will see a number of ancient Indian ruins along the way, and 5 beautiful and unique State Parks, such as Kodocrome State Park, the Petrified Forest State Park, and Goblin Valley State Park, which was recently rated one of the top five most unique state parks in the nation.

The fee includes 7 days of catered meals, the parks and monuments fees, medical care, insurance, sag support, daily baggage support to each camp site, camping fees, and the entertainment. Other commercial week-long rides in Southern Utah that include the meals will cost anywhere from \$700 to \$2400 and they are loop rides that do not cover half as much as you will see on the LAGBRAU.

Please see our website at www.lagbrau.com for more details. For best fares into Vegas and hotels along the route please contact Celece Seegmiller at 1 800-777-1785.

- Go to www.lagbrau.com & click register online
- Click the yellow "register now" button, select your registration category, complete the registration form on the last page (where you can pay) there is a spot to enter in a coupon code, in that spot enter in the word "club05" (all lowercase, no quotation marks) - push the redeem button, this will give you a \$100 discount - scroll down to the bottom of the page & enter in your credit card information & click submit. Les Titus, Ride Director

New Members:

David Flanders.....Peoria^
Michael Honnold.....Peoria
Rich & Barb Pestien & Family.....Peoria^
Regi & Jeff Walk.....Toulon

Renewing Members:

Doreen Basso.....Peoria
William P. Chaffer.....Peoria
Leo Chuzhoy.....Dunlap^
William D. & Brenda Clark & Family
Pekin*^
Anita & Curt Durham.....Peoria
Greg & Lori Durst & Family.....Washington
David Lee & Alberta Gehrt & Family
Speer
Rick & Judi Gentry.....Peoria*^
Dave Grebner.....Peoria Heights
Stephen D. Grube & Valerie Wilcox
Condon, MT*^
Ron Matuska.....Mackinaw*
Ken & Betty McGarvey.....Dunlap
Steve Miller.....West Peoria
Larry & Marty Paustian & Family
East Peoria
Jim & Jo Schaber.....Peoria^
Allan F. & Gail C. Silzer & Family.....Peoria^
Elaine Sweet.....Metamora
Glen & Marty Thompson & Family.....Tremont
Bill & Leah Webster.....Chillicothe
Jim & Ann Wittmer & Family.....Peoria^

*LAB Member ^Advocacy

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 August 2005

Departure Time: 8:30 All Levels
Contact: Laurie Wilbur (446-9367)

August 4, 2005 Depart from Brimfield Park, South Galena St., Brimfield. (3 blocks south of the library on Rt 150) Park at the shelter. Distance: around 40 miles with a break.

August 11, 2005 Depart from Jubilee College Historical Site Distance: around 40 miles with a break

August 18, 2005 Fred's Pekin ride. Depart from the VFW Hall in Pekin located 2 miles south of the Pekin Hospital on the corner of 14th Street and VFW Road. Distance: 35-40 miles. We will ride about 24 miles for a lunch stop in Tremont. Leader: Fred Smiser 346-9735

August 25, 2005 Depart from Brimfield Park, South Galena St., Brimfield. (3 blocks south of the library on Rt 150) Park at the shelter. Distance: around 40 miles with a break.

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

ATTENTION:

Ride Leader, Laurie Wilbur is sending out a note of appeal for club members to help lead the beginner ride on Wednesdays out of Dunlap Grade School. Call Laurie (446-9367) if you can help on any of the following dates: August 3, August 24, or August 31. The group travels 12 mph or less. The route has been around 15 miles. There are two leaders each week. Co-Leaders are NOT responsible for determining the route for the week. The primary leaders determine the route for the evening. Let Laurie Wilbur know if you can help out rcwilbur@att.net Thanks for volunteering!

Special Rides: If you are interested in leading a special ride in the coming months, please let Laurie know. (Century, Tanners Orchard, Ride with Cookout, Sunday ride in your favorite area...) Fred Smiser took us on a great 38 mile ride from Pekin last week. Fred started riding last August. Fun ride with a lunch stop in Tremont. Thanks Fred!

Upcoming Events:

1. August 13 & 14 Interplanetary Ride
2. August 20 Bureau County Ride
3. August 23 Poker/Spaghetti Ride
4. August 27 Mackinaw River Valley Ride
5. September 24 No Baloney Ride

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

PRSRT. STD.
U.S. Postage
PAID
Peoria, IL
Permit No. 310

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

RON ANDERSON
203 LOCUST ST
WASHINGTON, IL 61571-2207