



ILLINOIS VALLEY **WHEELM'N**



February 2007

greater peoria's bicycle club

Email @ iwwheelmn@yahoo.com



PREZ SEZ: It's the middle of the winter and biking outdoors is challenging, even for the diehards among us, or, if you're like me, I'm a fair weather cyclist who prefers to bike when conditions are more pleasant; but I try to stay in condition for when I can get out on the road again.

This time of year can be spent on other activities (cross training) to keep us ready to roll come spring.

We all know that you can cycle indoors on stationary bikes, spinners or trainers, but consider trying another activity to keep you in shape and to add variety to your fitness regimen.

The Illinois Valley Wheelm'n (IVW) members are a wealth of information for other activities to keep you in shape. If they can't help you they can certainly point you in the right direction to someone that can help.

Jim McIntyre is an IVW member and president of the Illinois Valley Striders (IVS). He can advise you on how to get started with running; or, if you are already a runner, he can tell you about group runs and/or training programs in the Peoria area. Jim can be reached at tri-mac@sbcglobal.net.

Rich Giebelhausen is an IVW member and president of Tri-Peoria triathlon club. He can advise you on all three activities (swim, bike & run). If you are interested in swimming he can let you know about the local pools. [Central Pool is open to the public for lap swimming at 6 –7:30 a.m. (Mon.-Fri.), except holidays, for \$1.25]. Rich can be reached at rgiebelhausen@yahoo.com.

Cindy Alexander is an IVW member and past president of Pimiteoui Trail Association. She can let you know about local hikes in the area and can be reached at robalexander@worldnet.att.net.

Rich Pestian is an IVW member who can tell you about the sport of orienteering. Rich can be reached at rich@bushwhacker.com.

There's also cross-country skiing to stay in shape for cycling. Many IVW members get together to ski at Leo Donovan Golf course (next to Proctor Hospital) to ski. Some of our skiers are: Sheila Gribble (sgribble4@juno.com), Eric Hutchison (Erichutchison1@hotmail.com), Mark Padesky (m_padesky@ameritech.net), Rob & Cindy Alexander (mentioned earlier), and many others.

If you are looking for other activities during these winter months, just remember the IVW family can be a source of information or fitness partners.

Or, if you are really a hardcore, bike in any weather cyclist, you can always contact Steve Kurt, "the Iceman", at kurtsj@mtco.com.

Spain Cycling Trip Slide Show at Safety Town, February 7, 7 p.m.

Jack Welch will make a presentation on a cycling trip to Spain that was tentatively put together by him and a few other IVW members for April, 20-29, 2007. In the presentation Jack will show slides of the first trip (Spain has not changed much since then) and answer questions concerning it and future trips. One can visit: www.cyclespana.com to see some familiar faces and get a feel of where they travel in Spain. Jack is not anticipating a large, unmanageable group; but a smaller, low maintenance one. Jack's group does not act as tour operators; but decide on a date, place, and then every person makes their own flight details, car rentals, etc. Of course they will be glad to help and provide support. So anyone going has to be able to do their own details to coordinate with the rest of the group. Anyone willing to do that and would like a neat cycling and cultural experience is welcome.



Larry Paustian getting ready for the
New Year's Day Ride.
(more pictures on page 3)

New Members:

MACGREGOR, DONALD APEKIN

Renewing Members:

ANDERSON, RON
.....WASHINGTON*

DOUGLAS, RON & PAULA
.....PEORIA^

DURST, GREG, LORI & FAMILY
.....WASHINGTON

HANSEN, CELESTE.....PEORIA

PARKER, KEN & ROSIEMORTON

SEIPP, FRANK, SALLY & FAMILY
.....MORTON

LIB Membership* Advocacy^

New “No Baloney” Ride Website Planned

Justin McWhirter, our new webmaster, is going to put this site together, but would like some input from IVW members or assistants on putting this together. Ideas are needed. Good maps are needed. If a member has found a good site that he/she thinks is attractive and/or effective, contact Justin at justin.mcwhirter@gmail.com. He will take a peek and might borrow parts of the site as inspiration for our site.

FOR SALE

1994 BURLEY SAMBA TANDEM w/STEP THRU-FRAME, 19” CAPTAIN, 17” STOKER, 21 SPEED, 26” WHEELS, SUGINO 170 CRANKS, VERY GOOD SHAPE, \$500.

CONTACT DIRK MCGUIRE (309) 699-8482

1990s TREK T200 TANDEM, CAPTAIN 5-FOOT-8. WILL FIT TALLER. ADJUSTABLE STOKER STEM, SHIMANO CRANKS, BAR-ENDS, DERAILLEURS, PHIL WOOD FRONT, 7-SPEED HADLEY REAR, MAVIC RIMS, \$700 OR BEST OFFER ABOVE \$699.

CONTACT LARRY DAVIS (309) 249-2066

Classified Ads

Classified ads for club members are welcome. Please e-mail your advertisements to lilianawong@insightbb.com as an attachment.

The ad MUST be formally key-boarded as a “Word” or “Word Perfect” document.

Commercial ads are also welcome at a charge of \$25 for ½ page and \$50 for a full-page ad. Please send an electronic document compatible with Windows to: lilianawong@insightbb.com plus a hard copy to: Liliana Wong, 2856 W. Willow Lake Dr., Peoria, IL., 61614. All materials (including payment) must be received no later than the 15TH of the month preceding the appearance of the ad.



IVW cyclists [Frank Stash, Karen Kendall, Craig Johnson, Lou McMurray, Terry Wade, Liliana Wong & Kathy John (not shown – taking the picture)] met at Dunlap Grade School on January 7th and rode to Jubilee Park and back.

IVW CHAIRPERSONS

PRESIDENT:

Kathy John 243-9191

runners2@npoint.net

VICE PRESIDENT:

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ADVOCACY/GOV.REL.

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Liliana Wong 691-8211

lilianawong@insightbb.com

WEBMASTER:

Justin McWhirter 694-3736

justin.mcwhirter@gmail.com

IVW Website:

<http://www.ivwheelmn.org>

“Bicycle Month” License plates

are available for order at

www.bikelib.org

The plate sets are limited to 400 and are issued on a first-come-first-served basis. Colors are a light blue background with black and red printing.



The **New Year's Day Ride** wasn't the coldest January 1st ride for the IVW cyclists, but it was still chilly. The temperature stayed in the lower 40s with a stiff breeze out of the northwest. Riders cycled either 14 or 19 miles to the east of Washington with the wind to their backs for the first section and into the wind coming back. Also attending the get together (besides the riders listed in the group photo) were Cindy Alexander, Roger John, Marty Paustian, Cora Lynn Green, Pam Hoehne, and Bonnie Johnson.



Rob Alexander, Glen Thompson, Lou McMurray, Kathy John, Rob Schaller, Herb Unkrich, Sheila Gribble, Eric Hutchison, Jack Welch, Larry Paustian, and Steve Kurt rode the New Year's Day Ride from Rob & Cindy Alexander's home in Washington, IL.



Steve Kurt and Rob Schaller chatting before the ride.

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

(Ride leaders can be contacted for specific details concerning their rides)

Show and Go: Rides have NO leaders. The distance and speed is decided upon by the group, but governed by the ride level designated.

1. Riders must obey all Illinois Traffic Laws.
2. Ride no more than two abreast.
3. When riding in a large group, create space to help motorists.
4. Use hand signals and obey all traffic signals.
5. Check all intersections for traffic.
6. Warn riders of potholes, dogs, cars, and other obstacles.
7. Riders are strongly encouraged to wear approved helmets.
8. Riders should make certain that 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 take place in any weather.
11. Riders should arrive in time to be ready to ride at the start time.

Cycling Terminology Scramble

1. DCEAHS _____ d
Too tired to ride any farther.....bonked.

2. EADH NOWD _____
A rider making a serious effort.

3. GAHWCS _____ a _____
The stuff that manufacturers & vendors donate to be given away at bike related events.

4. ANSEK BTIE _____ e
Double puncture of an inner tube, caused by hitting an obstacle too hard or by under-inflation.

5. WSUCLEERKEH W _____
Rider who sits on the rear wheel of others, drafting, but not working.

6. OTMTOB BKECATR _____ t
The bearing assembly to which your crank arms attach.

7. SUARSQE u

Pedaling without fluid rhythm. Pedaling in a labored fashion. Push-push.

8. URRASPOC _____ 0 _____
The profile of the race or stage route.

9. EPTVMNEA IHLPOS _____
Small parallel grooves on the bike after you wipe out on the blacktop. Bike equivalent of "road rash".

10. DSSAUENE _ _ _ _ _ u _ _
Riding out of the saddle, and rocking side to side for leverage. (French term).

11. KHON h _ _ _
To grab hard on the bar ends while climbing to increase torque & traction on the rear wheel.

12. NPPILE _ i _ _ _ _
The nut at the end of a spoke that nobody knows the "real" name for.

13. LEURLIRDEA _ _ _ _ _ | _ _ _
Those things that move the chain and change gears, one in front, one in back.
Often mispronounced (French term).

14. LNETNEAR UEGOR _____e_____
Last rider in on a stage of the Tour de France (French term).

15. DINOB _____ n
A water bottle

16. BUNIUTAMN _____m
Describing a bike or accessory made from expensive, high-tech material.

17. LLA NERRODU _ _ _ _ _ e _
 Person who excels in both climbing and time trialing, and may also be a decent sprinter.

18. ECNRHUD _____ e _____
To crash

SAFETY DEVICES

More and more types of identification and protective devices are being now available for cyclists, runners and pedestrians in general. To obtain all the information you need about these helpful "gadgets", please visit the sites listed below:

www.roadid.com (Identification tags)

www.meds.org/catalog/protectivehelmetssystem-p-84.html
(Medical ID)

<http://cyclegadgets.com/Products/product.asp?Item=MICS>
(Cycling gadgets)

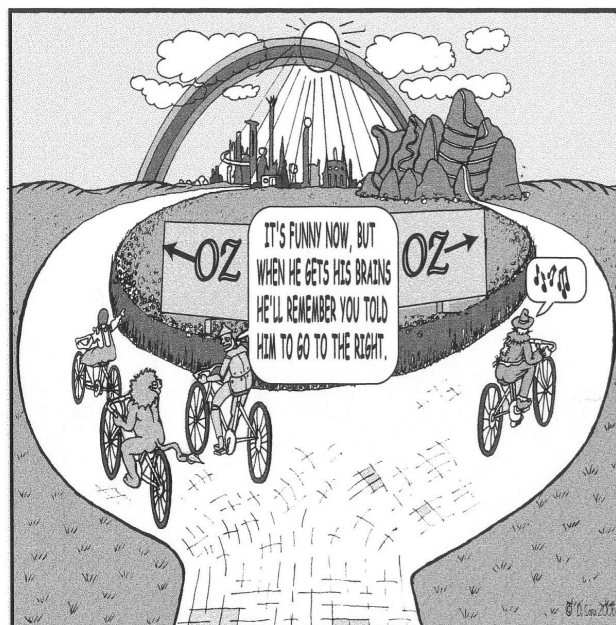
<http://safeturn.com> (Safe turn indicator)

LET'S LOG OUR MILEAGE!

Wanna log your mileage, compare them with other fellow bikers, compete with other bike clubs, or just keep track of your progress?

Then, go to :

<http://www.bikejournal.com/> and sign in. It's easy and fun. There are already **24 IVW members** in it and, so far, our club has one of the top overall mileages! Let's keep it rolling!



IVW Donations

At the November 11th annual banquet the board met briefly to consider a donation of a 10-unit bike rack for the residents of Phoenix House, a 24-hour supervised facility that provides permanent supportive housing for up to 30 homeless, disabled men. Some of the men were trying to secure their bikes to trees, to the fire escape door handle, and various other impractical places in order to keep their bikes from being stolen. The facility is located at Adams and Pecan Street, about a block north of MacArthur. It is sponsored by South Side Office of Concern, which provides case management, counseling, employment assistance, and life skills programs to some of Peoria's neediest homeless. The board agreed unanimously to purchase a rack at a cost \$411.79, including tax and shipping.

A bicycle is not just recreation to these men. It is their sole transportation and can mean the difference in finding a way to work, to the doctor's office, shopping (once they have found work), and educational services. The rack has had a great impact and the residents are most grateful for the club's generosity.

Answers

Cycling Terminology Scramble

- | | |
|--------------------|------------------------------------|
| 1. DCEAHS | <u>c a s h e d</u> |
| 2. EADH NOWD | <u>h e a d d o w n</u> |
| 3. GAHWCS | <u>s c h w a g</u> |
| 4. ANSEK BTIE | <u>s n a k e b i t e</u> |
| 5. WSUCLEERKEH | <u>w h e e l s u c k e r</u> |
| 6. OTMTOB BKECATR | <u>b o t t o m b r a c k e t</u> |
| 7. SUARSQE | <u>s q u a r e s</u> |
| 8. URRASPOC | <u>p a r c o u r s</u> |
| 9. EPTVMNEA IHLPOS | <u>p a v e m e n t p o l i s h</u> |
| 10. DSSAUENE | <u>d a n s e u s e</u> |
| 11. KHON | <u>h o n k</u> |
| 12. NPPILE | <u>n i p p l e</u> |
| 13. LEURLIRDEA | <u>d e r a i l l e u r</u> |
| 14. LNETNEAR UEGOR | <u>l a n t e r n e r o u g e</u> |
| 15. DINOB | <u>b i d o n</u> |
| 16. BUNIUOTAMN | <u>u n o b t a n i u m</u> |
| 17. LLA NERRODU | <u>a l l r o u n d e r</u> |
| 18. ECNRHUD | <u>c h u n d e r</u> |

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ Birthdate _____
(Please print clearly)

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

Email 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 a LAB member? (Check one)

Yes ☐ No ☐

Basic membership:

Individual (\$12) \$ _____

Household (\$15) \$ _____

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 club 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 VALLEY WHEELM'N, 6518 North Sheridan Rd. Ste. 2, Peoria, IL 61614-2933

ILLINOIS VALLEY WHEELM'N
6518 SHERIDAN RD. STE. 2
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