



ILLINOIS VALLEY WHEELM'N



March 2007

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



PREZ SEZ: Now with the possibility of more daylight hours and potential warmer days ahead, this is a good time for cyclists to get their bikes in shape for the upcoming biking season.

If you are new to cycling, it's time to shop around for a great deal on a bike. Some shops will be offering the 2006 models at a lower price and/or may have some good used bikes available.

If you need to tune up your bike and are not mechanically inclined, there are many bike shops in the tri-county area that can help you get your bike ready. Most, if not all, of the shops listed below have been and continue to be great supporters of the Illinois Valley Wheelm'n club and its members. Some even go as far as to offer discounts to our members. Below are a few local bike shops and discounts offered to IVW members:

Bellevue Bicycle Shop, 212 SW Adams, Peoria673-2734
(10% discount on bikes & accessories)

www.bellevuebicycle.com

Bushwhacker, LTD, 4700 N. University, Peoria692-4812
(10% discount on accessories)

Illinois Cycle & Fitness, 9016 Allen Road, Peoria.....693-2691
(10% discount on bikes & 5% discount on accessories)
(no website available)

Little Ade's Bicycle, 305 N. 5th Street, Pekin346-3900
(20% discount on accessories, parts & bikes over \$ 1,000 & 10% discount on bikes below \$ 1,000)

www.littleades.com

Russell's Cycling & Fitness Center

10 Valley Forge Plaza, Washington444-2098
(20% discount on regular priced clothing, accessories & parts; 15% discount on clothing, accessories & parts on sale; 5% discount on bikes & fitness equipment.)

www.russellsfitness.com

Additionally, for a good deal on a bike, the IVW newsletter will list IVW members' bikes "For Sale" ads for free as a service to our members. If you have a bike you'd like to sell and want it listed in the newsletter, please contact our newsletter editor, Lillian Wong at lilianawong@insighbb.com.

Speaking of bikes and repairs, that's what our next IVW program will be about at the March 14 club meeting held at Safety Town at 7 p.m. Come listen to Alan Enslow talk about his role as a Trek Bike Mechanic in France. Al will also put on a tire changing demonstration (see more details on page 3).

League of Illinois Bicyclists (LIB)

What is the League of Illinois Bicyclists (LIB)?

The LIB is a state advocacy group created to promote bicycle access, education, and safety to all Illinois bicyclists.

Its objectives are:

- Maintain and increase access to public facilities to enhance the use of bicycles for transportation and recreation.
- Educate bicyclists and motorists about their mutual rights and responsibilities.
- Educate cyclists on safe cycling practices.

It works with local, state, and federal officials on behalf of bicyclists to:

- Advocate bike-friendly road designs
- Promote trail development and funding
- Serve on transportation policy-making committees
- Propose legislation protecting cyclists' rights on the roads
- Facilitate bicycle safety education

To learn more about LIB, become a member, receive a quarterly Illinois Bicyclist Newsletter, and help in the growth of the national organization, go to <http://bikelib.org>.

PS: IVW consistently donates approximately \$500-600/year to LIB.

Too cold to have fun outside?

**Not a problem. Sign up for
The Peoria Triathlon Club Indoor Tri 2007**

March 25, 2007 at the RiverPlex

10 min swim/20 min bike /15 min run

For more information go to:

www.tri-peoria.org

New Members:

LAGODA, AL & ELAINE MAPLETON

LEVENE, JILL SWEST PEORIA

Renewing Members:

EVERTS, CHRIS, MARGUERITE & FAMILYPEORIA**

GRIBBLE, SHEILADUNLAP

GROFF, JOHNPEORIA

HANSEN, SHEILA & REID... ..PEORIA*

HEINE, STEVE.....PEORIA**

KENDALL, KARENPEORIA**

MEISMER, STEPHEN & THERESAPEORIA

RAY, RANDY & MARSHAPEORIA

REITER, MARYWASHINGTON

ROMANOWSKI, TOM, CAROL & FAMILYPEORIA

SOMMER, STEVEMORTON^

WONG, SHAI & LILIANAPEORIA

LIB Membership* Advocacy^



**The Email List Is Changing!
Stay Informed by Signing Up!**

We have updated our email list to allow for more contacts. Periodically, the club will send notices about club meetings, special rides, social events, and bicycling activities in the local community.

Whether you were on the email list before or not, you will need to subscribe again if you want to receive emails from the club. We apologize for any inconvenience, as we cannot transfer email addresses from the old account to the new account.

To join the list, please send an email to:

members-request@ivwheelmn.org

Subject: Subscribe

At anytime you may remove yourself from the email list by sending an email to:

members-request@ivwheelmn.org

Subject: Unsubscribe

Your new emails will come from members@ivwheelmn.org, so be sure to update your address books to reflect the change.

During the month of March, the old email account ivwheelmn@yahoo.com will still be checked and you will receive emails recommending you to subscribe to the new email list. All new announcements will come from the new members@ivwheelmn.org account starting on March 1, 2007.

Please note: You are not automatically on the email list by being a member. You must sign up to get emails from the club.



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 1/2 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.

FOR SALE

**2001 Bianchi Imola, 49cm steel frame, new chain, new Gaiterskin tires, new cassette. Excellent Condition.
\$500 Call Celeste 231-7023**

IVW CHAIRPERSONS

PRESIDENT:

Kathy John 243-9191
runners2@npoint.net

VICE PRESIDENT:

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wdclark@insightbb.com

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m_b_semmens@sbcglobal.net

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rcwilbur@att.net

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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.



Springtime Maintenance by Alan Enslow Getting your Bike Ready for a Season of Cycling March 14 – 7:00 PM at Safety Town

Alan Enslow was an employee of Trek Bicycle Company for over 10 years as a professional mechanic and as a technical representative. He was a USA national team mountain bike mechanic for the World Championships in Germany in 1995 and has worked at various bike shops throughout his lifetime. He is currently working in car sales.

On March 14, Alan Enslow will be talking about what you need to do before your first springtime ride (after taking your bike down off of the garage hook or off of the trainer) as well as other things you need to do to keep tabs on, as your rides continue. He'll bring a bike and some tools for demonstration of procedures.

If time allows, he'll talk a bit about his Trek travel trip as a mechanic to the Tour de France last summer. He'll wrap up his presentation with questions and answers.

So, don't miss the chance to learn useful tips on how to keep your bike in the best shape ever, and to listen to his exciting experience as a Trek Specialist!

Basic Bike Maintenance Clinic at Bushwhacker

Tuesday, March 6 @ 6:15 PM

This will follow the same basic format as last year. Half of the group will practice changing a tire upstairs (bring a wheel) and the rest downstairs to go over basic cleaning and maintenance. Then, we switch places. This is an excellent opportunity to learn about your bike.

No Baloney Ride Chair Needed

If you've been thinking about volunteering for our club, here is your chance. We need someone to step up and take over the chair position for this IVW event scheduled to take place on September 22, 2007. The position needs to be filled as soon as possible since the new registration flyers need to be put together now for distribution to all local bike shops. On the form, the chair's name and e-mail address is listed. We can't print the form without a contact name.

The role of the chair is to delegate duties to a large contingent of volunteers ready to resume their regular tasks. Mike Pula will graciously mentor the new chairperson throughout the entire process. If interested, please respond right away to Kathy John at (309) 243-9191 or send her an e-mail to runners2@npoint.net.

ILLINOIS VALLEY WHEELM'N – March, 2007 Rides Schedule

Tuesday Show and Go from Dunlap All Levels: Meet at Dunlap Elementary School back parking lot at 10:00 a.m. Distance ranges from 20-30 miles. Contact Laurie Wilbur (446-9367) rowilbur@att.net for more information.

Saturday Show and Go Level III: Ride meets at Washington Square at 8:30 a.m. 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 a.m. Saturday. Distance ranges from 25-40 miles and includes a meal stop.

And don't forget to go online to check, among many other things, all the upcoming April rides!

Join us for our annual Spring Breakout Ride on April 14, 2007 at 9:00 a.m. The ride will start at Russell's Cycle and Fitness in Washington. The ride will be about 20 miles with a meal stop. For those wanting to ride farther and faster, there will be a longer route option. All levels are welcome. For further information, contact Laurie Wilbur at (309) 446-9367.

Ride Levels:

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

Beginner/Family: These rides are at a casual pace averaging less than 12 miles per hour and ride as a group.

Level 1: Rides average 12-14 miles per hour and regroup on a regular basis.

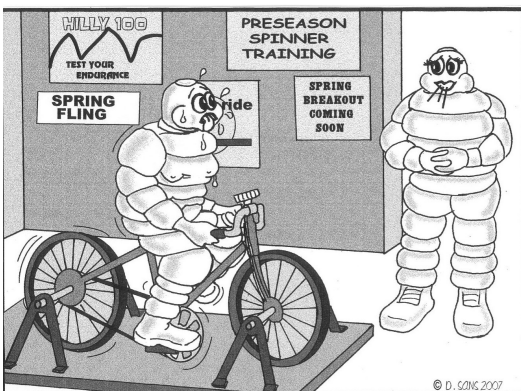
Level 2: Rides average 13-17 miles per hour and regroup occasionally.

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.
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.



"SPARE TIRES AND "HILLY" EXPECTATIONS A LITTLE INFLATED THIS YEAR DEAR?"

Some facts about our cartoonist and fellow cyclist Dennis Sans

Born and raised in Chi'-town. Worked as a commercial artist for several small to medium businesses in Chicago, following U.S. Army service in Germany at a guided missile base. Retired after 32 ½ years of teaching science at Pekin Community High School. Did undergraduate studies at Illinois Northeastern University.

He's worked as a free-lance commercial artist off and on since living in Pekin. His current interest is cartooning. He has a web-hosted site at "cartoonsofscienceeducation.com", which he invites all to visit. He is also currently working on a project with a writer collaborator in Normal to submit to "Mad Magazine".

He just finished a one year term as an outstanding newsletter editor for the Wheelm'n. (Let's give him a big round of applause!)

A good cyclist going on sorties with fellow riders Tom Dorigatti and Fred Smiser.

Do you want to run a 10K race in Boulder, Colorado?

The Illinois Valley Striders has chartered a bus for a trip to Boulder, CO, over the long Memorial Day Weekend (May 25-29) in order to participate along with 40,000 other runners in the Boulder Boulder 10K. If you'd like to join us, the cost of round trip transportation and a side trip to Estes Park is only \$200/person. Other costs are the race, motel (2 nights) and food. We leave on a Friday evening, arrive Saturday, stay two nights, and return on Monday after the race to be back in Peoria early Tuesday morning. You don't have to miss work to participate in this weekend event!

For more information, please contact Kathy John at (309) 243-9191 or runners2@npoint.net.



www.bellevuebicycle.com

We're Moving!

to

Prospect Crossing

3712 N. Prospect Road, Peoria, IL. 61614

Featuring



Lemond Gary Fisher MirraCo

Don't forget Super Sale March 28th to April 2nd

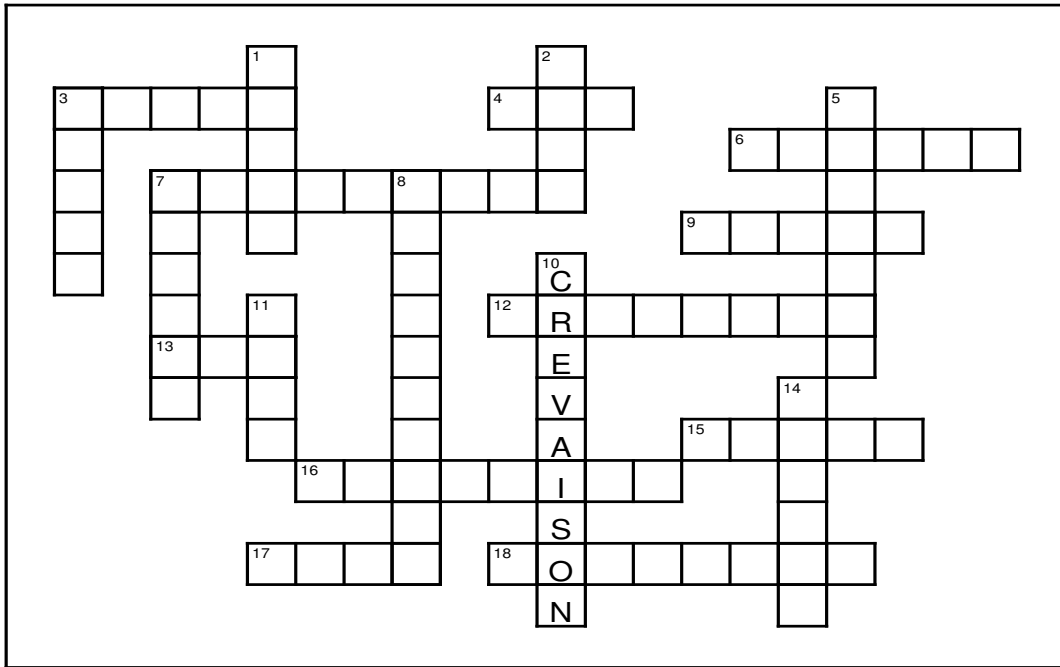
and

Trek's "Hit the Road" Sale now until May 25th

Savez-Vous Les Faits Sur Le Tour de France?

Do You know the Facts About the Tour de France?

The following crossword puzzle concerns a lot of the facts about the Tour de France which is arguably the most famous bicycle race in the world today. As part of the IVW, I thought it would be lots of fun for the members to see if they can piece this puzzle together. There are no spaces, hyphens, or accent marks in the puzzle (for simplicity sake, I had to leave accents out of any French words that have them). I'll bet you didn't know that the French word "bicyclette" is really a diminutive form of "bicycle" to separate it from the "high wheeler" or "grand bicycle." Enjoy!



Across

3. During a team time trial, the time awarded to the team is that of this rider from the team to cross the stage finish line.
4. number of teams invited as "wild cards."
6. French for "handlebar".
7. Number of teams in the Tour.
9. Color of jersey for the Best Young Rider aged 25 and under.
12. A short individual time trial.
13. This is about as tough as we would ever see here in the USA...5km at a grade of 8 - 8.5%.
15. The points jersey, usually won by the sprinters with points given to the first 25 riders to finish each stage. (maillot vert)
16. This is NOT permitted during any individual time trial stage.
17. _____ Category is long & steep. Altitude difference is at least 1,000 m. and an average grade of 7% or more.
18. Best climber wears this jersey. (maillot de petit pois)

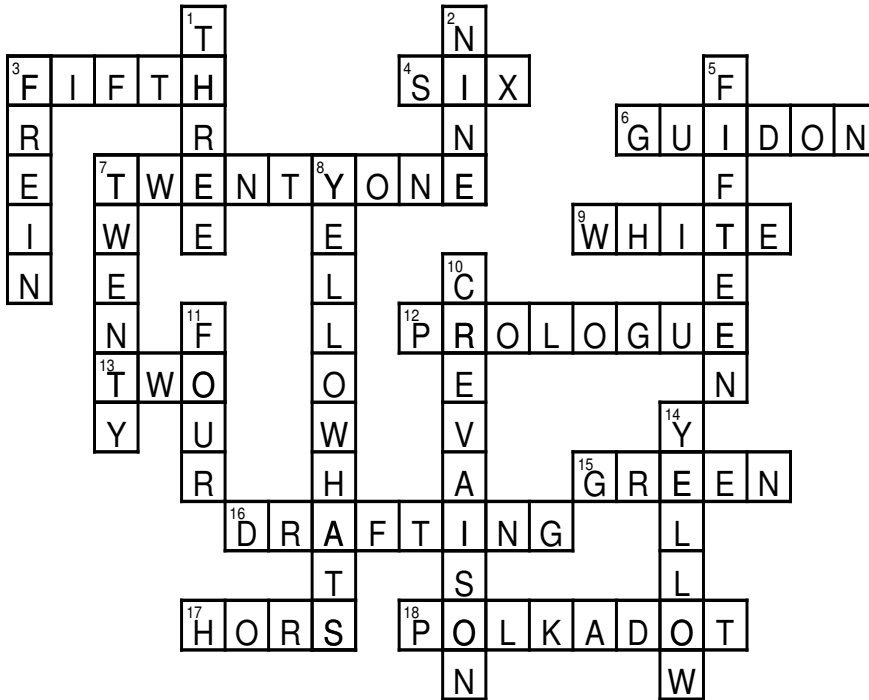
Down

1. This category is the easiest "real" climb...5km at a 5% grade.
2. Number of riders on each team in the Tour de France.
3. French for "brake".
5. Number of teams selected based on their UCI rating during the preceeding October.
7. Time bonus seconds given for a first place stage finish for Overall leader standings.
8. Worn by the first place TEAM. Determined by combined elapsed times of the team's top 3 riders.
10. French for "flat tire"
11. Category of an easy, short climb.
14. The color of the jersey worn by the overall leader. (maillot jaune).

IVW Donations to Riverfront Museum

The IVW has committed to donate \$1,500 to the new museum in installments of \$500 per year. Our first installment was last year in April of \$500.

For new members' information, the majority of this money is earmarked for bike racks at the new museum which will be a real asset to cyclists since it'll be right off the Pimiteou/Riverfront trail.



Did you know?

Peoria Bicycling Club has a great setup at Proctor Hospital's new Heartcare facility. Specific classes are available for bicycling training in the winter at a cost of only \$40/month. All you need to do is bring your bicycle and attach it to special cardio training equipment which provides resistance through your bike and keeps track of your heart rate, power output, and other fitness indicators. Initially, you get cardio tested and learn your lactic acid points. Then, you train (with the class) at a specific percentage of your maximum capacity, e.g., 50% one class, then 60% next class, 70%, and so on. Its goal is to give racers (and non-racers) a winter training such that they are in shape for the road in Spring.

For additional information, use the following link:

<http://www.peoriabicycleclub.com>

Tour de France Climb Categories are Based Upon:

- Length of the climb
- Altitude difference from bottom to top
- Summit elevation
- Average (and steepest grade)
- Climb's position on the stage (early or late)
- Width & conditions of the road
- The most mountain points (bonus seconds) given for the winner of any mountain stage is 40

The most bonus seconds given for winning in the maillot vert category is 35 for a first place flat stage finish. The Tour de France is controlled by the *Société du Tour de France*. They pick the wild card teams each year.



Coming up in your next issue of the IVW April Newsletter

- Tom Dorigatti's profile (one of our entertainment contributors)
- Across State Bicycle Tours listing
- April's rides (new, revised listing)
- Information about the upcoming National event "Ride of Silence"



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
PEORIA, IL 61614-2933

