



ILLINOIS VALLEY WHEELM'N



April 2007

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



PREZ SEZ: Thanks goodness Spring has finally arrived!

It seemed that winter went on and on forever this year! I, along with many other cyclists, was heard grumbling about the miserable weather. Well, it's over now and it's definitely time to get out on your bike if you haven't already done so.

Hopefully, you took advantage of one of the bike maintenance classes offered last month at Bushwhacker or by Alan Enslow at Safety Town in March. If you didn't attend those classes, then maybe you scheduled your bike maintenance at one of our great bike shops in the area. If not, please make sure your bike is ready to roll, because it's time to get out there and put in some road miles (don't forget to log them all into your bikejournal.com.)

This month is the start of the Illinois Valley Wheelm'n biking season. Check out this issue's full array of daily bike rides offered throughout Central Illinois. We have rides available in Peoria, East Peoria, Pekin, Washington, Dunlap, Chillicothe, etc. We have rides available during the work week every single evening and a couple of day time rides in case you work different hours or can take a 1/2 day off to go for a bike ride. In addition to these, we always have rides available on weekends. So, please check out the schedule in this issue.

Also, note that we offer rides at various ride levels from Beginners to Level I through Level III. If you are new to biking, please be sure to go to a beginner ride first. At the beginner rides, you'll feel more comfortable going at a bit slower pace and the ride leaders will go over the Rules of the Road more thoroughly. These rules are also posted in our newsletter.

Also, for all group rides, please arrive a few minutes earlier than the departure time in order to get yourself and your bike ready. It's a matter of courtesy to the group to be "ready to ride" at the designated time.

Additionally, this is the month for our **Spring Break Out Ride**. The ride is held Saturday, April 14, at 9 a.m. at Russell's Cycle and Fitness, 10 Valley Forge Road, Washington, IL. There is an option to do either a 20-mile route or a bit longer, faster route that day with both rides incorporating a meal stop.

If you have any questions about the Spring Break Out Ride, please call our club's Ride Chairperson, **Laurie Wilbur at (309) 446-9367**.

We hope to see both familiar and some new faces at our rides this year. So, get out on your bike and enjoy this fabulous weather!



IVW and the National Event "Ride of Silence"

Wednesday, May 16

This is the 2nd year the Wheelm'n Club will be on the national calendar of the Ride for Silence.

The group will meet at 6:45 PM at Dunlap Grade School. The 10 mile ride will start promptly and silently at 7:00 PM.

Why is your participation in this event important?

1. To mourn those who have gone before us killed or injured by motorists while cycling.
2. To raise awareness of cyclists on the roads, which we have a legal right to use.
3. To raise awareness of the motorists' legal obligation to share the road with pedestrians in general.
4. To let motorists know how badly their lives can be affected if they kill or injure a cyclist.

We plan to send our message to the public through a good media coverage.

Check the rules of the ride on the website www.rideofsilence.org.

As a reminder, all cyclists participating in The Ride of Silence should wear a **BLACK** arm band to show support to this cause.

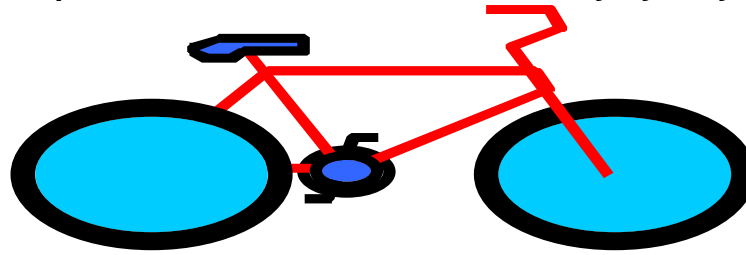
Riders who have personally survived being hit by a motorist should wear a **RED** arm band.

Black arm bands from last year's ride will be available to those who need one.

Please, mark your calendar and join us in this important event!

Pedal Peoria 2007

Explore Peoria's Art, Science & History by Bicycle



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

Selected Rides co-sponsored by the Peoria Historical Society[†]
 All rides are designed for the casual rider, 13 - 15 miles (one steep hill)
 Approximately 2 hours starting at 6 pm (Except April 22, June 16 & August 12)

All are welcome! No fee or registration

- April 22** **Earth Day Ride** Start at Lakeview Museum east parking lot **2:00 p.m.**
 Highlights: Celebrate Earth Day, visiting the urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale Prairie section, Pimetoui Trail to the Riverfront Trail, and back through Glen Oak to Lakeview Park.
- May 31** **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 14** **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 16** **Prairie to Prairie Ride[†]** Start at the Riverfront Visitor Center Parking Lot **10:00 a.m.**
 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 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.
- July 12** **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 Wrong Homes.
- July 26** **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 2** **Eric's West Peoria Deli Ride** Start at Loucks School parking lot.
 Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park, Fedora's Deli
- August 12** **Tour of the Solar System[†]** plus highlights from the **History Ride** (See July 12).
 Start at Lakeview Museum main entrance at **7:00 a.m.** This 3.5 hour, **24 mile** ride will start at the Sun and tour the planets from Mercury to Saturn in Peoria's Community Solar System.
- August 16** **Garden Ride** Start at Botanical Gardens, Glen Oak Park.
 Highlights: Luthy Botanical Gardens & selected city gardens

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



Sorry..., but due to the large volume of information about the IVW rides, the "Across State Bicycle Tours" listing will be posted only in the May issue.





New Members:

DURST, GINNY & ADAMLACON
 EMBREE, BILLST. DAVID
 GUDAT, MICHAELPEORIA
 HOUSE, DAVIDPEORIA
 JOHNSON, TONIMORTON
 MCCOY, ROB & MAGGIEPEORIA

Renewing Members:

ANTRAM, JOHNMORTON
 COLLINS, JOSHPEORIA^
 DAVID, LORIPEORIA
 DORIGATTI, TOMPEKIN
 GIEBELHAUSEN, RICH & PEG.....
MORTON
 GODFREY, ROLLA PTOULON
 HALLOCK, STEVE & CAROLPEORIA
 ISIT, PATTYBARTONVILLE
 MCGOVERN, PAT & CHERYLVARNA
 MCGUIRE, DIRK, MICHELLE & FAMILY.....
EAST PEORIA
 NELSON, DAVID & MARIAMORTON
 PADESKY, MARK, VICKI & FAMILY.....
PEORIA
 PERRILL, MELVINPEKIN
 SAGE, PATTY & TODD
CHILLICOTHE^*
 SEMMENS, BILL, MARGE & SHANE
 HICKAM.....PEORIA^
 SIMKINS, LINDAPEORIA
 SMISER, FRED & MARILYNPEKIN
 SMITH, QUINTON, BARB & FAMILY.....
PEORIA
 THERRY, MICHAEL & EMILY
MARQUETTE HEIGHTS*
 VENTURI, DOROTHY
FARMINGTON
 WILBUR, LAURIE.....BRIMFIELD^



Stay Up to Date in Between Newsletters!

Do you want important announcements and last minute notices that may not be in the last newsletter? Stay current by signing up for the Illinois Valley Wheelm'n Email List to get information pertaining to club rides, social events, club meetings and local cycling activities!

Want to join the list? Please send an email to:

members-request@ivwheelmn.org

Subject: **Subscribe**

Want your name removed from the list? Please send an email to:

members-request@ivwheelmn.org

Subject: **Unsubscribe**

The old email account from ivwheelmn@yahoo.com is closed. You will not receive emails from this account anymore. All new information will come from members@ivwheelmn.org.

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

PLEASE HELP!!!

“No Baloney” Ride Chair Still Needed

Unfortunately, we have not found a volunteer to take charge of this IVW event. The event is scheduled to take place on September 22, 2007 and, as stated before, the role of the chair is to delegate duties to a large contingent of volunteers ready to resume their regular tasks. Mike Pula will help the new chairperson throughout the entire process.

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.

If interested, please respond right away to Kathy John at (309) 243-9191 or send her an e-mail to

runners2@npoint.net.

IVW CHAIRPERSONS

PRESIDENT:

Kathy John 243-9191
runners2@npoint.net

VICE PRESIDENT:

Bill Clark 347-4841
wclark@insightbb.com

SECRETARY:

Pam Hoehne 681-0206
pamela.shuckhoehne@sbcglobal.net

TREASURER:

Marge Semmens 693-9388
m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:

Laurie Wilbur 446-9367
rcwilbur@att.net

SOCIAL CHAIR:

Stacy Hanna 712-3198
stacyhanna@gmail.com

MAILING:

Patty Isit 692-0490
pisit1@ameritech.net

DATABASE:

Larry Davis 691-3060
davis.lar@insightbb.com

ADVOCACY/GOV.REL.

Eric Hutchison 688-7038
erichutchison1@hotmail.com

EDITOR:

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.



CLASSIFIED ADS

Classified ads for club members are welcome. If you want to post your bike for sale in the newsletter, send your advertisement to lilianawong@insightbb.com as an attachment. The advertisement **MUST** be formally key-boarded as a “Word” document.

Commercial ads are also welcome at a charge of \$25 for a ½ page and \$50 for a full page. To submit a commercial ad, send an electronic document compatible with Windows to lilianawong@insightbb.com as well as 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 advertisement.

COOL

In addition to posting your ad in the newsletter, you may also advertise all your “for sale” items (bikes, clothes, shoes, accessories, etc.) on our website. Go to www.ivwheelmn.org, log in entering your username and password, and click on “Forum” (on the left-hand side).

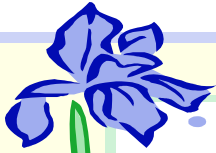
As simple as that!



FOR SALE

2005 Specialized Roubaix Pro, 52cm full carbon -
 All Dura Ace components and Dura Ace wheel set -
 Cat Eye double wireless computer CC-CD300DW -
 Perfect condition - Selling since I am riding recumbents -
 \$3,200.00 - Call (309) 387-6341 or e-mail Gary at
gri49@yahoo.com

.....
 2001 Bianchi Imola, 49cm steel frame, new chain, new
 Gaiterskin tires, new cassette. Excellent Condition.
 \$500 - Call (309) 231-7023 or e-mail Celeste at
CELHansen@aol.com



Join us for our **Annual Spring Breakout Ride** on April 14, 2007 at 9:00 a.m. We will start at Russell's Cycle and Fitness in Washington. The ride will be about 20 miles with a meal stop lead by Ron Anderson. Denny & Peggy Tresenriter will offer a longer route option with a faster pace. All levels are welcome. For further information, contact Laurie Wilbur at (309) 446-9367. Hope to see you there!



ILLINOIS VALLEY WHEELM'N – April, 2007 Rides Schedule

****NOTE:** Rides starting in May 2007. Closely view departure dates and times!

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@insightbb.com will co-lead this ride out of Morton starting April 2nd. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 5:30 p.m. all summer. Distance will be 15-20 miles early in the season and increase over the summer. The ride will regroup periodically.

****Monday Dunlap Level I:** Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School starting May 21st at 5:30 p.m. 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 II:** Mike Pula (243-9394) mrpula@hotmail.com leads this popular ride from the Dunlap Grade School at 5:30 p.m. starting May 7th. Ride distance will be 20 miles early in the season and increase over the summer. Riders will regroup periodically and make sure no one is left behind.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 9:30 a.m. in April. Mileage 25-40. Contact Laurie Wilbur (446-9367) rcwilbur@att.net for more info.

****Tuesday "Kinder Gentler" Level II:** Pam Hoehne (681-0206) will lead the level II rider or those level I riders looking for a challenge. Depart at 5:45 p.m. April 3rd. Mileage will be 20-30 miles. The group will travel 13-15 mph early in the season and 15-17 mph toward the end of the summer. Goal is to have fun and no one will be dropped.

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsi@mtco.com leads this popular ride from the Dunlap Grade School departing at 5:30 p.m. on April 3rd. **Note:** Please, be ready to ride! Mileage will be 20-30 as daylight permits. The group will average 17 mph or more, and will regroup as needed!

Tuesday Dunlap Show and Go Level IV: For faster riders this group will get your heart rate up. But don't expect them to regroup or wait for stragglers. Departs at 5:30 p.m. in April.

****Wednesday Dunlap Beginner:** David Schenk (691-1339) dschenk@bradley.edu is the leader for this ride from the Dunlap Grade School departing at 5:45 p.m. all summer beginning May 2nd. 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.

Wednesday East Peoria Level II: Dirk McGuire (699-8482) will lead this ride from the Pleasant Hill Head Start School (across from the antique mall) at 5:30 p.m. all summer. 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 left behind.

Thursday Washington Show and Go Level I and II: Departs from Russell's Cycle and Fitness at 6:00 p.m. starting April 12th. The ride will begin as a Level I traveling 10 miles. The group will increase mileage and speed to a Level II by June. Contact Rob Alexander (444-3297 or 231-2190).

Daytime Thursday Rides Level I and II: Laurie Wilbur (446-9367) rcwilbur@att.net organizes these rides. All rides will depart at 9:30 a.m. in April.

April 5, 2007 Fred's Ride: Departs from the VFW Hall in Pekin located 2 miles south of Pekin Hospital on the corner of 14th St. and the VFW Road. Distance 30-35 miles with a lunch stop. Contact Fred Smiser (346-9735).

April 12, 2007: Departs from Brimfield Park on South Galena Street. The park is two blocks south of Rte. 150. Turn south at the library. Distance 30-35 miles with a lunch stop. Leader: Laurie Wilbur.

April 19, 2007: Departs from Dunlap Grade School. Distance 30-40 miles with a break. Leader: Laurie Wilbur.

April 26, 2007: Show & Go ride from Dunlap Grade School. Distance 30-40 miles with a break.

****Friday Chillicothe Level I and II:** Edith Albright (274-4849) talbrighte@mtco.com will co-lead this ride with Melissa McClure memmac@mtco.com from the Pearce Center. Melissa will lead the Level II group. Level II will travel at 15-17 mph, with an average of 16 mph. Occasionally, if only one leader is present, the entire group will travel at the Level I pace, which will be 12-14 mph. The ride will start May 4th at 5:30 p.m. **Note:** Please, be ready to ride. Distance will be 20-25 early in the season with a probable 25-30 miles as the season progresses.

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

****Saturday Princeville Family Ride:** Richard Soseman (224-8783) leads this ride from St. Mary of the Woods Catholic Church. Distance and difficulty varies, but about 20 miles and will accommodate a range of abilities. Departing at 6:00 p.m. after Mass.

Some of the evening rides will depart at 6:00 p.m. as the days get longer. Watch your newsletter or refer to the IVW Website: <http://www.ivwheelmn.org>

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

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

Level III: 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 & Go: Riders 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 condition.
 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 Terms Matching Exercise, April, 2007

© By Tom Dorigatti, 2007

Cycling has its own vocabulary from names of parts on through to unique words for some of the silliest things imaginable. This exercise affords you the opportunity to see how well you can match up the clues with their word counterparts. Your only task is to match the answers on the to their "mates" on the left. *In order to provide you with more of a challenge, there are THREE (3) answers on the right that are not used.* **Have fun!** *The answers are upside down at the bottom of the page!* **DON'T PEEK!**

1. ___	A rim braking surface that's been inward towards the tube.	A.	Beater
2. ___	A gear at the front, attached to the cranks.	B.	Auger
3. ___	A bike of such little values as to be able to treat it roughly.	C.	Boing
4. ___	An assembly of gears	D.	Idiot handles
5. ___	To ride out of the saddle	E.	Betty
6. ___	A helmet featuring more vents than protective surface	F.	Chainring
7. ___	To involuntarily take samples of the local geology, usually with one's face.	G.	Brain Seive
8. ___	Any female rider, or the girl friend of an addictive rider.	H.	Modulation.
9. ___	A suspension fork or stem.	I.	Flail
10. ___	To ride badly out of control.	J.	Soft-tail
11. ___	Gimmicky brake assist units that allow rider to brake from tops of bars.	K.	Cluster
12. ___	Insider information about a ride.	L.	Beta
13. ___	Ability to finely & consistently select a specific braking force.	M.	Dance
14. ___	Reaching the ride site and not riding. Talking and BS'ing instead of riding.	N.	Burrito
15. ___	A fully suspended bike	O.	Large group of riders.
		P.	Schmooze

So, How did you do? If you correctly answered:

14- 15: You are a Cycling Terms GENIUS!

12-13 : You are a Cycling Terms GURU.

10-11: You are very knowledgeable about your Cycling Terms.

8-9: Your actions speak louder than your words.

7 or less: You are a "newbie".

9.C, 10.I, 11.D, 12.L, 13.H, 14.P, 15.J
1.N, 2.F, 3.A, 4.K, 5.M, 6.G, 7.B, 8.E

WHO IS TOM DORIGATTI?

Tom Dorigatti is 59 years young. He is a graduate of the University of Wyoming, and holds a Master's Degree in Teaching & Leadership. Tom has taught French, Earth Science, General Science, Biology, and Human Anatomy & Physiology in the public schools. In addition, Tom is a former USAF instructor navigator, having flown KC-135A jet refueling tankers for 7 years. He also worked in management for a major food company for over 22 years. During his tenure, he was a production supervisor, quality assurance manager, budgeting and systems manager, trainer, and facility hygienist. Tom is now retired, and in 2006, after not being on a bicycle for nearly 40 years decided, at the prompting of a close friend, Dennis Sans, to give bicycling a try.

So once again he has become hooked on cycling, just as he was when he was a youngster growing up in Wyoming. Bicycles sure have come a long ways from the Hercules and balloon tire bicycles of the 1950's and 1960's! In addition to the bicycling, he is also an exercise addict, and plays competitive racquetball. Tom has also competed in archery tournaments for nearly 40 years and has also taken numerous small and big game with a bow. Currently, Tom's articles and puzzles appear in Archery Focus magazine, and will also soon be appearing in "The Glade" (out of Britain), and US & International Archer magazine.

It is his hope that the puzzles he includes in the IVW newsletter provide some enjoyment as well as a learning experience about the world of bicycling. It sure is a great learning experience researching the materials!

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

