



ILLINOIS VALLEY WHEELM'N



December 2007

Greater Peoria's Bicycle Club
Email: members@ivwheelmn.org



PREZ SEZ: The "Hub of the Club" is the Illinois Valley Wheelm'n's annual award that has been in existence for over 20 years. I was very honored to receive this award in 2006 and humbled to receive it for a second time this year. That prompted me to recognize the past awardees. The symbolism of this hefty plaque is that the person awarded has been immersed into the center of the club's activities. When I looked over the plaque full of engraved names, it truly indicates that we have some long-standing, dedicated members in our club. Most of these people are still cycling and/or still very active club members:

- 1985 Ron & Diane Matuska
- 1986 Roger Jensen
- 1987 Bill Semmens
- 1988 Peggy Tresenriter
- 1989 Glen Thompson
- 1990 Dalton Larson
- 1991 Glen Thompson
- 1992 Bill Wright
- 1993 Eric Hutchison
- 1994 Eric Hutchison
- 1995 Eric Hutchison
- 1996 Charlie Klees
- 1997 Franny Klees
- 1998 Eric Hutchison
- 1999 Rich Morris
- 2000 Sarah Emmons
- 2001 Marge Semmens
- 2002 Bill Clark
- 2003 Mike Pula
- 2004 Bonnie Johnson
- 2005 Laurie Wilbur
- 2006 Kathy John
- 2007 Kathy John

Did you recognize some names? Did you notice that Eric Hutchison was recognized four times – and he's still very active today? Eric is our club's Advocacy/Government Relations Representative and has been for several years.

In 1987 (20 years ago), Bill Semmens won the award and he's still very involved along with his wife Marge (2001 winner, past president & current treasurer). Peggy Tresenriter won the following year (1988), and she and her husband, Dennis, were ride leaders this year for the Monday night ride in Morton. Sarah Emmons won seven years ago, and now she and her husband, Jim, have agreed to be the social chairs for 2008. They also hosted a social event and bike ride from their home in October.

We have many opportunities for our club members to get involved as some of these people have and could use more members to step forward.

Stay healthy, keep cycling and stay involved!



THE IVW CHRISTMAS PARTY IS COMING !

The IVW Christmas Party will once again be hosted by J.D. & Dena Keenan.

The festivities will begin at 6:00 p.m. on Friday, November 30th.

Please bring a side dish, appetizer, or dessert to share. The Keenans will provide a meat dish, wine, beer, and sodas.

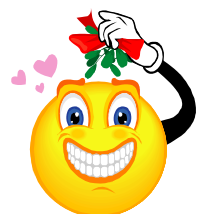
The Keenans live at 1107 West Bennet Ct., Dunlap, in the Bennington Park subdivision.

To get there, take Knoxville north to Hickory Grove Road. Turn right on Hickory Grove and turn right again at the 2nd right onto Bennett Ct.

The Keenan house is the 2nd house on the left.

Please RSVP no later than November 28th. Call 309-243-5507 or email denak@insightbb.com to let the Keenan's know you are coming.

Hope to see you there!



Tuesday Night Leader: Steve Kurt



Pictured above is Steve Kurt and pictured below is the Tuesday night Level III group of riders out of Dunlap.

Steve Kurt owns seven bikes, cycles to and from work even in the winter and typically pedals 8,000 miles a year. It doesn't get much more impressive than that – until you hear about his father.

“Dad used to ride in blue jeans and steel-toed safety shoes,” says Steve. Until recently, son and father – albeit wearing more comfortable gear – regularly rode RAGBRAI together. Along with Steve's sister, they still enjoy biking Kentucky's Horsey Hundred.

In an unusual reversal of roles, Steve says his father took up biking partly because he did. When son was transferred to California with the Marines, he shipped one of his bikes back home to Iowa. Subsequently, a health scare persuaded father to quit smoking and start exercising. Steve's bike was sitting there, and Dad took it for a spin, safety shoes and all.

Steve says he's always liked to bike, “even when I was a kid with a Sear's version of the Stingray and rode it long distances.” He got a 10-speed when he was a high school freshman and built his own two years later. Mechanical ability comes naturally to this Caterpillar, Inc. electrical engineer, who previously worked for McDonnell Douglas on aircraft and satellite designs. Biking is an excuse to tinker with electronics; one of his creations is an LED, high-intensity bike light.

Steve rode the bike he built in high school through the Marines and college. In 1990 he moved up to a custom-made bike, which now has 45,000 miles on it. He still rides it when the weather is bad, and “I don't like to take out a really pretty bike.” His newest bike, made for traveling, can be taken apart and fit into a box not much bigger than the wheels. It's cycled through Spain with him.

Steve's Tuesday night ride out of Dunlap is a Level 3, with an average pace of 18 miles per hour. Ridership varies from six or seven to a dozen.

Besides biking, Steve's interests include electronics, photography (a photo he took of Tuesday night bikers is on the cover of the Illinois Department of Transportation's regional biking map), and aviation. He enjoys air shows and museums.

As for those seven bikes, five are vintage, 20 to 35 years old. They include an Italian Olmo, two Raleigh Internationals, a high-tech Raleigh Team bike and a 1987 Hetchins. The latter is English-made, “ornate and gaudy to an extreme.”

Steve rides all of the bikes – he's put 8,000 miles on the Olmo – but only in fair weather. “They don't ever get abused,” he says. The vintages “were the cool bikes when I was growing up.”



New Year's Day Ride and Feast 01/01/08

Hosted by Bill & Marge Semmens
10214 N. Forrest Dr.
Peoria, IL 61615
309-693-9388

Bill and Marge Semmens are one more time organizing the IVW first ride of the year. They are planning a short 10-12 mile ride as well as a longer 20+ mile ride both depending on the weather.

Riders should be at the Semmens' house by 1:00 p.m. ready to ride. Those folks that just want to come for the feast should arrive about 3:30 p.m.

Everyone should bring an appetizer, dessert or side dish for about 10 people. The club will supply meat, beverages and dinnerware.



CLASSIFIED ADS

Classified ads for club members are welcome. If you want to post a bike for sale or a wanted item 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.

And remember that, in addition to posting your ad in the newsletter, you may also advertise all your "for sale" and/or "wanted" 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).

LIB Extra – from the League of Illinois Bicyclists

Advocacy, rides, and more – for further details, check out LIB's website, www.bikelib.org

Police and sheriff departments throughout Illinois have been sent new resources to educate and enforce the sharing of our roads. LIB's "Safe Roads for Bicycling" grant from IDOT funded police training courses by LIB and a mailing with the following contents (also available at www.bikelib.org/enforcement):

- Samples of a traffic violation warning pamphlet to educate either motorists or cyclists
- A poster highlighting motorist and cyclist "Danger Zones" and enforcement tips
- LIB's updated Illinois bike law cards (quantities available from LIB)

The police campaign used a well-received, balanced approach in advocating the education of both motorists and cyclists. Visit LIB's website, www.bikelib.org, to see the warning pamphlet.

IVW CHAIRPERSONS

PRESIDENT:

Kathy John 243-9191
runners2@npoint.net

VICE PRESIDENT:

Bill Clark 347-4841
wdclark@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@gmail.com

SOCIAL CHAIR:

Stacy Hanna 712-3198
stacy.hanna@gmail.com

MAILING:

Patty Isit 697-0490
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>



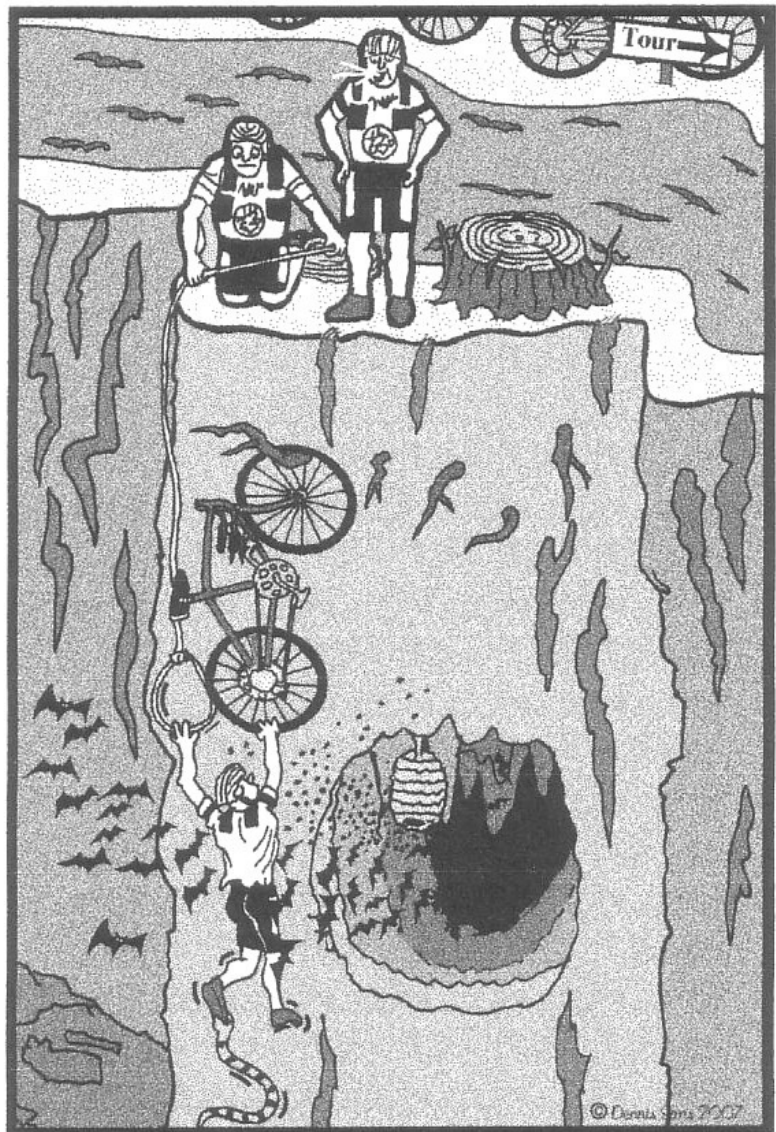
ATTENTION, ATTENTION!

IVW Speakers Needed

We are looking for club members who would be willing to put together a PowerPoint or slide presentation on a week-long or weekend ride for other club members to learn about new places and opportunities.

It doesn't have to be long or too elaborate, just something simple and interesting.

If you are interested, please call Kathy John at 241-9393 or email her at runners2@npoint.net.



"JEEZ, LANCE, DOES IT ALWAYS HAVE TO BE ABOUT YOU?"

Stay Informed – Sign Up for the Email List!

Get the latest information emailed to you about Special club rides, social events, club meetings and local cycling activities by signing up for the IVW Email List!

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**

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

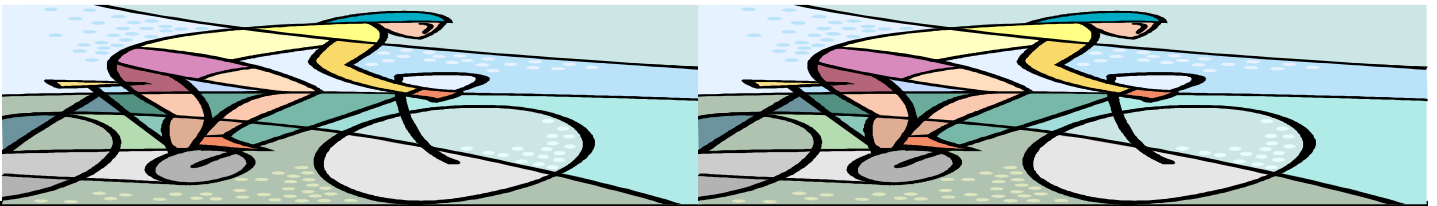
ILLINOIS VALLEY WHEELM'N – December, 2007 Rides Schedule

Closely view all the departure dates and times!

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) rcwilbur@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.



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.

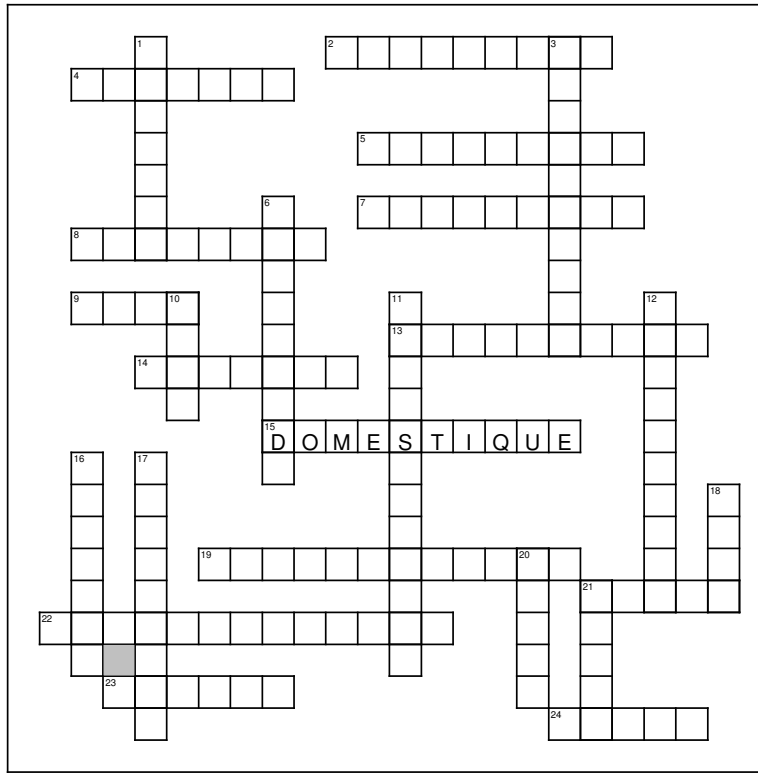
Ride Rules:

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.

LET'S TALK ABOUT ROAD RACING CROSSWORD

In the last issue, we learned things about the Tour de France. Now let's go back a bit and learn about Road Bicycle Racing from around the world. Enjoy the puzzle and learn some road racing facts as well! --Tom Dorigatti, 2007.

Solve the crossword using the list of words and the clues. There are no accent marks, blanks, nor hyphens.



- ParisRoubaix
- Vuelta
- Belgium
- TripleByPass
- TourdeGeorgia
- Individual
- Lombardia
- General
- Attacking
- Domestique
- Ronde
- Taupo
- Deathride
- Rainbow
- Sprinter
- TeamTrial
- Five
- Open
- Three
- Climber
- Allrounder
- Giro
- Stage
- AmstelGold
- Criterium

Across

2. Giro de _____ (Italy) is also known as the "race of the falling leaves." It is one of the monument races.
4. Run in this country, "La Doyenne", the oldest Classic, was first held in 1892 as an amateur event; a professional edition following in 1894.
5. An attempt by a rider to break away from the peloton in order to reduce the number of riders competing for the win.
7. Riders start in groups or teams, usually of a fixed size. The time of the "nth" rider of a team counts for the classification.
8. A road bicycle racer or track racer who can finish a race very explosively by accelerating quickly to a high speed.
9. The second most important Tour bicycle race right behind the Tour de France. This race tours Italy.
13. Classic one-day race, run in the Netherlands, normally held mid-April. First run in 1966.
14. _____ Classification in bicycle racing is the category that tracks overall times for bicycle riders in multi-stage bicycle races.
15. A road bicycle racer who works solely for the benefit of his or her team and leader.
19. A single day race in the USA, run over 120 miles (192 km) and more than 10,000 feet (3048 m) of elevation gain over three major mountain passes.
21. Number of Races that make up the "Grand Tour".
22. North America's highest rated professional cycling stage race.
23. Third most important Bicycle Race in the World today. This race tours Spain.
24. Second Cobbled road race, _____ van Vlaanderen (Tour of Flanders) held in Belgium.

Down

1. A road bicycle racer who can ride especially well on highly inclined roads.
3. Race where riders set off at fixed intervals and complete the course against the clock; fastest time wins.
6. This Century ride features three passes in the Sierra Nevada mountains in California, USA.
10. Generally a bicycle race that goes from point A to point B.
11. Famous single day bicycle road race which is the third of ten UCI World Cup races. Dubbed the "Hell of the North."
12. A road bicycle racer who excels in both climbing and time trialing, and may also be a decent sprinter.
16. _____ Jersey is worn by winner of the UCI Road World Championships Time Trial.
17. Type of bike race held on a short course (usually less than 5 km), often run on closed-off city center streets.
18. The number of "monument" races.
20. One part of a multi-day race, such as the Tour de France.
21. The _____ Challenge is a 160km ride around a crater lake in New Zealand's North Island.

HELP WANTED

IVW Secretary for 2008

IVW board has a vacancy for the secretary position. If you are interested in filling this position, please contact Kathy John at (309) 243-9191 or runners2@npoint.net ASAP. We really need someone to step forward. The following is a general description of the secretary's duties. If you want to get further details, please contact Pam Hoehne at (309) 581-0206 or pamela.shuckhoehne@sbcglobal.net.

Secretary duties:

- Attend monthly board meetings on the 2nd Wednesday evening of the month at 6:00 p.m. The board meeting usually lasts about 1 to 1 ½ hours. We normally meet at Safety Town on Sheridan Rd. in Peoria. We discuss upcoming club events, advocacy, No Baloney planning, club donations. We would like someone who is willing to be an active board member to help us with club decisions and to help with and support our club rides and events.

- Take minutes at each meeting. Transcribe minutes and send copies to the board members via email prior to the next meeting.

- Mail new member packets each month to new registered IVW members (out 40-50 each year). The packets have information about safety and the club directory. The secretary is reimbursed for postage and envelopes when receipts are sent to the treasurer.

- Send, on behalf of the club, a few sympathy and thank you cards a year. (New duties will be: mail thank you letters to No Baloney volunteers, sponsors, sag drivers - with letters composed by the No Baloney committee members and sent to the secretary via email.)

All board members are asked to help with the No Baloney and possibly other IVW events Poker Ride/ Spaghetti Dinner (August); Annual Banquet (November); and Christmas Party (December).

Two New Illinois Laws in 2007



Complete Streets Becomes Law

Complete Streets is now Illinois law for IDOT road designs! A 109-3 vote in the Illinois House on October 10 completed an override of a Gov. Blagojevich amendatory veto. IDOT reconstruction and expansion roadwork in urban areas must now include provision for people who walk or bike.

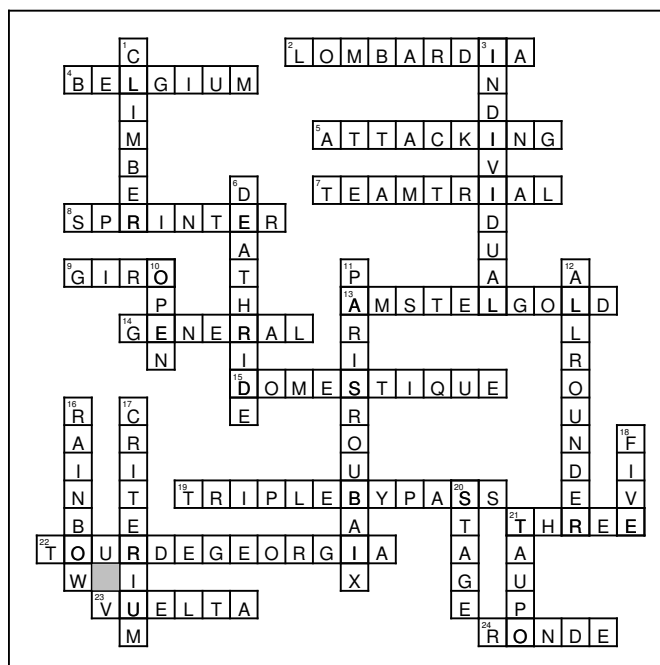
Three Foot Passing Rule Becomes Law

Illinois Senate Bill 80 was signed into law on August 16! Proposed by LIB, the new law:

- require motorists to leave a minimum of 3 feet when passing a bike
- allow cyclists to "take the lane" where right turns are authorized
- allow the option of a right arm hand signal when turning right

For more information, go to the League of Illinois Bicyclists' (LIB) website at <http://bikelib.org/index.htm>

Let's Talk About Road Racing - -KEY



CONGRATULATIONS!



**2007 Most Improved
Female Cyclist**

Barb Drake

**2007 Most Improved
Male Cyclist**

Tom Dorigatti

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

