



ILLINOIS VALLEY **WHEELM'N**



January 2008

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



PREZ SEZ: With the holidays behind us and the cold, dark winter days upon us, it's a good time to reminisce about our favorite rides. This could also be a good time to think about those great rides and put some maps together along with notes about the routes. Wouldn't it be nice to have a handy reference of local bike routes?

Laurie Wilbur and I were recently discussing this very idea and thought it would be wonderful to add some recipes we all know cyclists like to eat, so wallah a book of **"Favorite Rides and Recipes."** Since I have had some experience in putting together a cookbook, I volunteered to organize this IVW book.

We propose to have this book finished late next year in time for club members to buy them for themselves or for Christmas gifts for their cycling friends, relatives, and coworkers. All the proceeds would go back to our club to help fund club activities and our advocacy programs.

The book would be a laminated thick cover and spiral bound with an appropriate graphic (biking/food) on the front. The first couple of pages would be some background about the club and then it would contain two sections: one with favorite recipes and one with favorite routes – or possibly a club member's favorite recipe followed by a favorite route. The description of the route would also be accompanied by a map. In the back of the book is where the index pages would be located for both recipes and routes. Photographs are an option, but they are fairly expensive and the board will have to decide whether or not to offer that option for this book. The cost of production and the selling price will all be determined by the size of the book and number of copies printed. We plan to take pre-orders (later) to help determine the quantity needed.

For now, it would be nice to get one or two people to volunteer to help put together the maps so that they are all consistent and clear. So, please contact me at runners2@npoint.net about map making.

Until next month, please start the process on your end by going through your routes and recipes and determining the best ones for this type of book. If you have a route but no recipes, or vice-versa, we'll take those as well. We want this to be a great tool for our IVW members and a great gift for your cycling friends and family members.



New Year's Day Ride and Party 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.

Wednesday Night Leader: David Schenk



David Schenk

Most cyclists think too much about how fast they are going and how far they can ride, says David Schenk. What they should be thinking about is having fun. This is especially true for beginners. “I like to emphasize that cycling is fun,” he says of the beginner rides he leads on Wednesday nights out of Dunlap. It’s the surest way to get the newbies back. “Most often riders want to be fastest or strongest,” he says. “They compare themselves to too tough a crowd. I like to remind them that most people can’t do what they do. Most people can’t get out and ride a bike for an hour.”

This past season was Schenk’s second go-round for the beginner rides, which typically attracted nine to 12. He’s been cycling for three decades, having taken up the sport while working his way through college in St. Louis for reasons he has since forgotten. “I don’t really remember what compelled me into the sport because I didn’t follow it as a child.”

Born in Springfield, Schenk grew up in St. Louis. He graduated in general studies from the University of Missouri at St. Louis, intending to be a television producer. Working for a cable TV supplier, he discovered he was more attracted to the technical side of the business. That led to a return to school and an Electrical Engineering degree from Southern Illinois University at Edwardsville. Schenk moved to Peoria in 1990 to work as a broadcast engineer for WCBU public radio and WTVP public television, both on the Bradley University campus at the time. Now he heads a department (Communications and Engineering Support) that provides technical support for the university’s computer network, teleconferencing and telephone systems, as well as the two stations. The changes in this field in such a short time have been extraordinary, he says. Technologies have converged, and the equipment has shrunk in size as it has grown in complexity. “I used to carry a little green screwdriver around to make adjustments, but now those adjustments aren’t on the machines anymore... I used to worry about leaving my coffee cup inside a computer I was working on. Now the coffee cup can be bigger than the computer.”

What hasn’t changed is his love for cycling. He enjoys riding alone for the conditioning and with the Wednesday group for the congeniality. He routinely rode the 5.5 miles from home to Bradley until this summer, when his job started requiring his presence at multiple locations. Cycling is not Schenk’s only sport. He enjoys golf and racquetball, has been talked into preparing for a triathlon, and is a licensed youth soccer referee. He says he took that up because he found himself complaining about the officiating at his children’s soccer games. Son Calvin is a Bradley sophomore who “occasionally pops up on some of our group rides,” though Dad “is way too slow for him.” Daughter Anna attends Richwoods High School. “She won’t be a bicyclist because we wear ugly clothes.” His first date with wife Donna was to their high school prom.

Fortunately, he was not wearing ugly clothes.



New Members:

MITCHELL, MIKE.....GALESBURG
READING, JIM & DIANADUNLAP

Renewing Members:

BEVILL, LYN & BOB.....PEORIA^
BURROUGHS, PHIL & TERRY.....PEORIA
CLINE, NOEL.....PEORIA
DAVIS, LARRY D.....PEORIA*
DEAN, RONALD.....GALESBURG^
DIEBEL, DAVE & ARDIS.....WASHBURN
DILLARD, MICHAEL A.....PEORIA^
FLANDERS, DAVID & SUSAN E.....PEORIA
GALLAGHER, TONI.....PEORIA
GRANE, JOAN.....BRIMFIELD^
GREEN, CORA LYNN.....PEORIA*^
GREMBOWICZ, CONRAD.....PEORIA^
HONNOLD, MICHAEL & KATRINA.....PEORIA
HOOKER, JIM & SUE.....CHILLICOTHE^
JOHNSON, BONNIE.....PEORIA
KENT, LINDA & SAM.....MORTON
KURT, STEVE.....DUNLAP*^
MC LOUTH, ALAN & CINDY....MARQUETTE HTS
MC MURRAY, LOU.....PEORIA*^
O'BRIEN, DAN.....PEORIA
SCHENK, DAVID, DONNA & FAMILY
.....PEORIA^
VONDERHAAR, JAMES, KAREN & FAMILY
.....PEKIN^

LIB Membership* Advocacy^



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 keyboarded as a "Word" document.

Commercial ads are also welcome at a charge of \$25 for a 1/2 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.

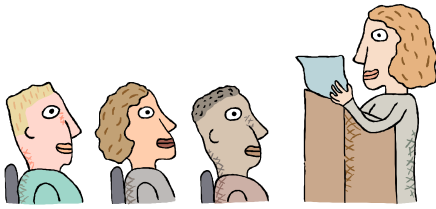
Go to www.ivwheelmn.org, log in entering your username and password, and click on "Forum" (on the left-hand side).



I miss the open road and need to cycle...is winter over yet?

Wanted: Reasonably priced stationary bike or trainer to convert my road bike so I do not go crazy. Please contact Jill at: 209-251-2680 or jlevne@hoerrnursery.com

Wanted: Recumbent bicycle – Reasonable. Please call Cheryl @ 359-8697.



Indoor Cycling Presentation

January 9, 2008

7 p.m. at Pizza Inn

All IVW members and guests are invited to attend a presentation about indoor cycling. Shevaun Fennel, an avid cyclist & triathlete, will give a demonstration and talk about how she stays motivated and focused on her indoor training sessions (maybe more stuff of Shevaun later).

This presentation will be held in the meeting room at Pizza Inn, 3821 N. Sterling Avenue (south of Northwoods Mall) at 7:00 p.m.

Members are encouraged to arrive 15 to 20 minutes before the presentation to get their food & drinks prior to Shevaun speaking.

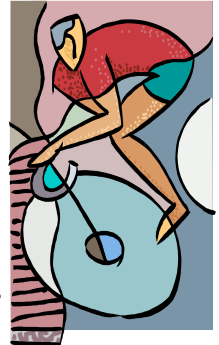
Pizza Inn offers a buffet loaded with pizza, salad, soup, etc...

All you can eat for \$6.99 per adult and \$1.49 for the beverage - plus tax.

The buffet closes at 7:30 p.m. which is another reason to arrive prior to the presentation.

The IVW board will meet at 6:00 p.m. and may still be meeting when you arrive.

Hope to have a good turnout at this meeting. See you there!



FAMILY HIKING

When: Sunday - January 20, 2008

Meeting Place: Marge & Bill Semmens' house
(693-9388)

Time: 2:00 p.m. sharp

We will be hiking first and the location and mileage will be determined that day pending the weather conditions.

Distance: distance will depend on weather

What to bring: Any type of salad- Vegetable salad, fruit salad, etc.

We'll meet at the Semmens' house, go for a hike and come back for dinner which will consist on soups, salads and bread from Avanti's.

IVW CHAIRPERSONS

PRESIDENT:

Kathy John 243-9191
runners2@npoint.net

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IVW Website:

<http://www.ivwheelmn.org>

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.

Bike commutes update: GEICO drops my insurance rate

by Adam Stern

This morning I called GEICO to see if my reduced driving habits would lead to a lower insurance rate. I told the agent that by biking to work and for errands I would drive 3,000 miles less for the year. I also reported that I no longer parked my car in the public BART lot each day, thus greatly reducing the risk of a break-in or theft.

Because of these two changes, effective today my annual car insurance rate dropped by \$186. I then estimated other savings from becoming a bike commuter.

- Gas savings @ \$3.25/gallon: \$468/year
- Parking fees (no more \$1/day to BART): \$250/year
- Oil change (one less needed during year): \$30/year
- Total savings: \$934/year

In sum, if I can keep up the biking through the Bay Area winter (we do get rain here), my bicycle investment will pay off in eight months, five of which have already passed. So by the end of January, I will reach break-even financially. And that's in addition to the carbon and health benefits. This is a good deal.



2008 is Here!

Mark your calendars

GITAP: Prairies, Palisades, Paths, and Parks

The Grand Illinois Trail and Parks (GITAP) ride is all set for Sunday, June 15 to Saturday, June 21, 2008. Enjoy a week of grand bicycling in a loop from Dixon through northwestern Illinois including the Mississippi River's Great River Trail. The ride uses trails and roads on the GIT for 300 or up to 550 miles, camps at state parks (motel option), and has a free, optional Velosophie program from the Illinois Humanities Council.

Sponsored by the League of Illinois Bicyclists with help from the Illinois Dept. of Natural Resources.

For more information and a registration form, go to www.bikelib.org/gitap, e-mail Chuck Oestreich at oestreich@qconline.com or call him at 309-788-1845.

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

