



ILLINOIS VALLEY WHEELMEN



greater peoria's bicycle club

April 2003

April Club Meeting

The April IVW meeting will be at Fiesta Ranchero (Dries Lane by Landmark) at 7:00pm. Some of you may wish to come earlier for a tasty Mexican meal. Paula and I will meet Blair at 6:15pm and encourage all of you to consider this as well. Our speaker will be Blair Gorsuch of Proctor's Cardiac Health Care. Blair has had many years of fitness evaluation including at Yale University where he evaluated athletes in over 25 different sports. He will explain the elements of fitness and how he determines the fitness of an individual. Also for a nominal fee you can arrange to have Blair evaluate your fitness. This will all be explained by Blair during the meeting.

Ron Douglas

Spring Breakout Ride

Don Eberle (699-2790) will lead our annual breakout ride on April 5th (rain date April 6th). We will leave Russell's Cycling at 9:00 for breakfast in Metamora. The ride will be for all levels and cover about 20 miles. For those wanting a longer ride there will be a longer group breaking off after breakfast. Join us for what has been a great entry into the riding season.

Tour Around the River

When: Sunday, May 26 at 8:00 a.m.
Where: Banner Grade School parking lot, at the corner of Allen Rd. and Cedar Hills Dr. approx. 1/2 mi. west of Knoxville Ave.

What: A totally self-supported century with an optional shorter (70 mi.+/-) route. This will be the same route as last year with plenty of food and rest stops along the way and a lunch stop in either Lacon or Henry, depending on the route you choose. Maps will be

provided, but the route will not be marked. We will stay in a group. If there are any questions, call me at 243-9694, or email at gpdurst@insightbb.com

Amish Road Apple Ride

When: Saturday April 26 Ride 8:00am

Where : Macomb, IL-Kmart parking lot on East side of Macomb IL rt. 136. *For those who want to caravan down, we will depart at 6:30am from the tennis courts in Lower Bradley Park in Peoria.* The drive to Macomb will require about one hour and 15 minutes

Ride Distance: 50 miles round trip (Route is well marked). Ride at your own pace. There will also be a longer route as an option.

Highlights: There is no charge for this ride, just the cost of your breakfast. This ride travels southwest from the county seat of McDonough through the rolling heavily wooded areas of western Illinois. Many Amish farms and small businesses will be seen along the route and horse and buggies are usually seen along the way. As we leave McDonough we enter Hancock County and enter the small town of Plymouth home of Ma and Pa's restaurant where you can have breakfast. This is the midpoint and the turnaround point of the 50 mile ride. While in Plymouth, you will want to ride around the square and see the bandstand and Plymouth rock, both located in the square's center.

A Brief Snapshot of "The Board"

The Board of the IVW met on March 5th. Several items were discussed. Greg presented a letter of thanks from Pedal's for Progress for our donation. He also received information on Club

Insurance through the LAB. We are going to compare our current policy with this coverage and see if it would be of benefit to change.

The April general club meeting will feature Blair Gorsch speaking on cardio training as it relates to bicycles. This should be a very interesting talk. Sheila gave the Treasurer's report. The club is financially secure.

Mike Pula discussed the upcoming ride season, and the ride leaders that are committed to leading rides. There is still a need for someone to lead the Monday night ride. If no one takes this over, Bill Clark volunteered to begin leading after mid June. The ride will leave from the east side of the river, somewhere around the Pekin/Morton area, and be a level 1 ride. A co-leader would be welcome. If anyone is interested, contact Mike at mikepula@finsvcs.com or Bill Clark at wdclark@mtco.com.

Having no other business to discuss, the meeting was adjourned. See ya on the road.!

New Members

Jim & Lora Hinkle .. Washington
Steve & Jackie Hurd & family
..... Washington^
Chris Schena Peoria
Laurie Wilbur Brimfield

Renewing Members

John Antram Morton
Anne Dickerson Peoria
Sheila & Reid Hansen... Peoria^*
Lou McMurray Peoria^
Allen Monts Dunlap^
Ken Parker Morton
Lowell & Stuart Schroeder
..... Morton^
Quinton, Barb Smith & family
..... Peoria
James, Karen Vonderhaar & family
..... Pekin^
* LAB member ^ Advocacy

Illinois Valley Wheelm'n

Greater Peoria's bicycle club
Affiliated with the League of
American Bicyclists and League of
Illinois Bicyclists

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Submissions, including stories, news,
images, and/or humor are welcomed.
Deadline: 15th of each month

IVW On the Web

http://www.geocities.com/ivw_geo

enter the above as one line; no spaces

May Club Meeting

Well, spring has nearly sprung and our thoughts are focusing on the riding season. So, lets all get together to visit and talk about our favorite rides. Maybe it was a tour you took or an organized club ride or maybe just a favorite route you have right around here. This is a good way to learn about rides that you may want to put on your calendar for the year. Even though we all know that no other ride can compare to the No Baloney, it is only one weekend and we have to fill the rest of the year, right! Mark your calendars for Wed., May 14th at 7:00 p.m. We will meet at Fiesta Ranchera; all that talk about riding is sure to burn lots of calories so we'll need to do some carbo-loading right? See you there!

Greg Durst



Kewanee Ride 2003

The weekend of May 16th – 18th, Marge and I will be leading a two day camp and ride out of Johnson-Sauk Trail Park in Kewanee, IL. This is an annual event that is always a real adventure. It is open to all folks who want to ride and can handle at least a 30 – 50 mile ride at a reasonable group pace. It is also open non-campers and those that only want to stay one night.

Here is the general plan. Most people will drive up to Kewanee on Friday night and get a campsite. Bill and I

usually go up about noon and try to save several choice sites if we can. Friday we can all have supper together, but our first planned activity is a ride on Sat. We'll leave the park about 9:00 AM so you day riders need to be there ready to roll at that time. You can figure about a one-hour drive from north Peoria to the park, so plan accordingly.

We'll ride about 30-35 miles at an easy pace. All levels of riders are welcome today because this will be a corners & posts ride. If you haven't been on a ride like this, please come up and check it out. We'll have all levels of riders, everyone at their own pace and we'll all stay fairly close together. I also need to warn you to be prepared for a few hill climbs. This route is out in the boonies, so you'll need to either pack a lunch or eat ala Casey's.

After the ride, we'll return to the park to enjoy the afternoon. The park has canoes for rent and some excellent hiking trails. Later in the afternoon we'll have some sort of snack sharing and maybe a beer or two and then do a group supper. I'm sure we will get out more info on that as we get closer to the trip. But it will probably mean you'll need to supply some sort of dish to share with the rest of the hungries on the trip. Day riders are welcome to share their food also. Just remember to bring a camp chair. After supper I'm sure there will be ghost stories and fantastic bike tales around the campfires.

Sunday's ride will also leave the park at 9:00 AM, however it will be a little more challenging than Saturday's ride. For one thing we'll have some new hills to climb and the mileage will be about 50 this time. Our destination will offer a great lunch stop in Bishop Hill, so we don't have to brown bag it today. You should be at least a level 2 rider for this one, there are some good climbs going back to the park.

Hope I've given you an idea of what to expect on this ride. For more information please call me at 309-693-9388.

Marge Semmens

Illinois Valley Wheelm'n Ride Schedule

Monday Lori Durst (243-9694) and Celeste Hansen (693-1018) co-lead this ride for *level 1 riders*. Meet at Dunlap Grade School starting May 5th at 5:30. The time will shift to 6:00 as daylight permits. 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 Time Trials Steve Kurt (243-7684) will once again be leading an individual time trial. These will take place on the *first and third Monday* of the month, and will be conducted from May through August. Meet at Dunlap Grade School at 5:30pm. The time trial route is 10 miles, and you will be timed to see how long it takes you to cover the distance.

Tuesday Steve Kurt (243-7684) leads this popular ride for *levels 2 and 3*. Meet at Dunlap Grade School **starting April 7th** at 5:30. On May 6th the time changes to 6:00. Mileage will be 20 early in the season and then increasing. The ride will sometimes break into two groups. One will generally average 16 plus and the other can be faster. Both groups regroup periodically and make certain no riders are left behind.

Wednesday Dirk McGuire (699-8484) and Larry Paustian (694-3947) co-lead this ride for *levels 1,2 & 3*. Meet at Pleasant Hill Had Start School (across from the Antique Mall) **starting April 9th** at 5:30. Ride distance will start in the 20 mile range and increase throughout the season. Average speed will be 13 – 16 and no one will be dropped.

Wednesday Show and Go for Levels 1 and 2 Meet at Dunlap Grade School at 5:30 beginning May 7th. The time will shift to 6:00 in June. The ride has no designated leader. Riders in attendance will determine route and distance. Separate ride groups may be formed as needed.

Thursday Jim Vaupel (353-6104) leads the ride for *levels 2&3*. Meet at Coal Miners Park (Pekin) **starting April 10th**. Start time will be 5:30 and will move to 6:00 as daylight allows. The ride is a fast pace (16-18 plus) and includes pace line riding and some challenging hills. Ride distance is 20 – 40 miles. Jim says they do not try and drop any riders but suggests that all riders carry a picture ID.

Friday Jim and Sarah Emmons (246-2166) lead a **Family** ride out of Pearce Center (Chillicothe). **Starting May 9th** at 5:30 changing to 6:00 in June. Distance varies depending on the group.

Saturday Show and Go meets at Washington Square in Washington at 8:30am all year. Distance varies from 25-60 miles.

Sunday Mike Pula (243-9394) leads this “first Sunday of the month” (this means once a month) ride for *levels 1, 2 & 3*. Meet at Jubilee Park (upper section) at 9:00am. First ride is **May 4th**. Distance will range between 30 – 60 miles. We may split into groups as needed.

Ride Levels

More details regarding ride levels is available on the web site. Ride leaders can be contacted for specific details about their individual rides.

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

Level 1 Rides average 12-14 mph and regroups on a regular basis.

Level 2 Rides average 13-17 mph 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.

Illinois Valley Wheelm'n Special Rides

In addition to the regular weekly schedule of rides, the club has a number of special rides throughout the year. More information on these and other rides, as they are scheduled, can be obtained from the newsletter and the web site. http://www.geocities.com/ivw_geo You can also contact any ride leader.

Spring Breakout Ride Don Eberle (699-2790) will lead the Clubs annual first ride of the season on **April 5th** for **all levels**. Meet at Russells bike shop in Washington at 9:00am. Don will lead us on a 20 mile ride that includes lunch.

Pedal Peoria Sheldon Schafer (682-1876) leads his wonderful city rides for **all levels** throughout the summer. The rides are a casual pace and visit a variety of city sights. Check the web site and newsletter for the full schedule of rides and details.

Amish Road Apple Ride Ron Douglas (637-1758) leads this ride out of Plymouth, IL on April 26th. Watch the newsletter and web site for details.

Johnson Sauk State Park Overnight Campout Bill and Marge Semmons (693-9388) will lead the annual campout to Johnson Sauk Park on May 17th & 18th. Watch the newsletter for more information.

Tour de River Greg Durst (243-9496) leads this ride along the valleys on both sides of the river on May 25th. Watch the newsletter and web site for details.

Interplanetary Ride Sheldon Shafer (682-1876) organizes this annual ride to celebrate the Lakeview Museum Planetary Model. August 9 & 10. Registration brochures are available on the Web and at all local bike shops.

Back roads of Bureau County Mike Pula (243-9394) will lead this 40 – 50 mile ride for levels 2 & 3. On August 17th.

Poker Ride Marge Semmons (693-9388) leads this social ride for all levels on Tuesday August 26th.

No Baloney Ride The clubs annual invitational ride that attracts 250 plus riders from throughout the state will be held Saturday September 20th. Registration forms are available on the Web and at all local bike shops.

Fall Wiener Roast Ride Jim and Sarah Emmons (246-2166) host this **family** ride in late September.

Other riding opportunities

In addition to club sponsored rides there are many organized rides throughout the mid-west that offer great opportunities for riding. The best source for information on these rides is found at <http://mikebentley.com/bike/>. Some of the upcoming rides that are recommended by club members are;

Rendezvous on the Riverfront – Havana, IL April 27;

Horsy Hundred – Lexington, KY May 23-25;

TOMRV – Bettendorf, IA June 7-8. More information on these and similar rides can be found at the above site.

Ride Rules

- 1) Riders must obey all Illinois Traffic Laws.
- 2) Ride no more than two abreast and single file at intersections and in traffic.
- 3) When riding in a large group, create space to help motorists pass safely.
- 4) Use hand signals and obey all traffic signals.
- 5) Check all intersections for traffic. Avoid “group think”.
- 6) Warn riders of pot holes, dogs, cars and other obstacles.
- 7) Riders are strongly encouraged to wear approved helmets.
- 8) Rides should make certain their bikes are in good working order.
- 9) Riders should carry water and a spare tube for their size of wheel.
- 10) Riders should be prepared for whether conditions. Most rides will take place in all whether.
- 11) Riders should arrive in time to be ready to ride at the start time.

Kellar Branch Clean-Up

On April 26 the RTA and Peoria Heights will be cleaning the Kellar Branch that runs thru Peoria Heights. This event is being held in conjunction with Earth Day Weekend, Rain or Shine. Registration starts at 9:00 a.m., at the Peoria Heights Public Library. Clean-up runs from 10:00-3:00. Lunch will be served at noon. Waivers will be required at registration. Please contact Dirk McGuire (699-8482) or George Burrier (698-5512) if you plan to attend or need more info.

Our Trolley Car bike rack prototype is done and Dave Braun from Citilink has expressed much interest in placing a couple around the new terminal and out on a couple routes. We also have an old locomotive rack that we hope to see some interest in at some point.

IDNR has approved plan from IDOT on building up Allen Road over a box culvert at the Rock Island Trail. This should help eliminate a very hazardous condition for all trail users. Keep Spinning !! Dirk

Useful info from the League of Illinois Bicyclists

Who Pays for Roads?
by Jim Nugent, Illinois Bicyclist Editor

Has a motorist ever told you, "the roads were built for autos, get your bike back on the sidewalk?" Or maybe they said, "you don't pay motor fuel taxes, you can't drive on the highway!" If so, here are a few facts you can use to set them straight.

FACT 1. Motor fuel taxes go for federal and state highways where they cover a good proportion of direct expenses. The problem is, cyclists don't use these high-speed expensive roads. We're prohibited from the Interstate highways and many new state roads are limited access. Less than 15 percent of road miles are state or federal, the rest are local.

FACT 2. Cyclists do use local roads but motor fuel taxes don't pay for local roads. Property, sales, and utility taxes cover half the cost of local roads while fuel taxes cover only a quarter. A 1998 CATS study of municipal transportation costs in 6 northeast Illinois counties revealed that 40 percent of local transportation dollars came from property tax and sales taxes, 9 percent came from utility taxes and only 25 percent were generated by motor fuel taxes. The other 25 percent comes from tax increment financing, bonds, block grants, and intergovernmental transfers.

FACT 3. There weren't any federal fuel taxes earmarked for roads until

the Eisenhower administration started the Interstate highway system. Congress didn't implement a federal gasoline tax until 1932 and fuel taxes went into the general fund until 1956 when the Federal Highway Trust Fund was started. Granted, the Trust Fund built the Interstates but cyclists are barred from using them.

FACT 4. A recent GAO report concludes that without the general funds spent on highways since 1956, the Federal Highway Trust Fund would be \$153 billion in the hole rather than running a \$14 billion surplus.

FACT 5. Federal motor fuel taxes per household have gone down. According to the federal Bureau of Transportation Statistics (BTS), "While federal motor fuel taxes increased in current dollars from 4 cents per gallon in 1965 to 18.4 cents per gallon in 1995, the impact on household expenditures, in constant dollars, has actually shown a decline." The BTS study says that, "federal motor fuel taxes paid per household declined 41 percent in constant dollars over the three decades from 1965 to 1995."

for the rest of this article and other interesting information, visit the LIB website:
<http://www.bikelib.org/newsletters/ib99fall.html#Whopays>

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION	
Name #1 _____ <small>please print clearly</small>	Birthdate _____
Name #2 _____	Birthdate _____
Name #3 _____	Birthdate _____
Name #4 _____	Birthdate _____
E-mail address (print clearly) _____	
Address _____	
City _____	State _____ Zip _____
Phone () _____	
Signature (Name #1) _____ <small>(parent or guardian if registrant is under 18)</small>	Date _____
Are you renewing, or is this a new membership? (check one) <input type="checkbox"/> Renewing <input type="checkbox"/> New If new, how did you find out about the club? _____ Are you an LAB member (check one) <input type="checkbox"/> Yes <input type="checkbox"/> No Basic membership: Individual (\$10) \$ _____ Household (\$12) \$ _____ 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 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	

Summary of upcoming events:



April 5	Spring Breakout Ride.
April 26	Kellar Branch Clean-Up
April 26	Amish Road Apple Ride
May 16-18	Kewanee ride
May 26	Tour Around the River

**ILLINOIS VALLEY WHEELM'N
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