



# ILLINOIS VALLEY **WHEELM'N**



*greater peoria's bicycle club*

June 2003

## Summer Break!

Due to busy schedules and the fact that the board members would like a little break there will be no Club Meetings in June or July. Watch future newsletters for information on the August meeting. Not to worry, in the meanwhile your Board will continue to meet and your faithful Editor will still be putting out this fine newsletter for everyone's reading enjoyment. Have a great summer!

Greg Durst

## Bikes For Kids is here

The I.V.W. is again sponsoring this great program that provides bikes to kids that otherwise would not be able to have a bike of their own. This is a joint effort between the Salvation Army, Sheridan Village Merchants Ass'n. and the Wheelm'n. People from around the area bring their used bikes to the Sheridan Village parking lot and I.V.W. volunteers make the necessary repairs. The following weekend the Salvation Army distributes them to kids who have previously applied for one. Last year 225 kids received a bike! In the history of the program more than 1100 bikes have been given away.

The date is **Saturday, June 14th**. This will take place in the Sheridan Village parking lot. The exact time is yet to be determined but usually it starts about 9:00am and goes to early afternoon.

If you would like to volunteer or have any questions call me at 243-

9694. This is a great program and an opportunity for the I.V.W. to get some positive publicity.

Thanks,  
Greg Durst

## Summer Century Series

The century for June will be the double century with information elsewhere in this newsletter. Yes, you have an opportunity to double your fun in June!

July's century will be **Sunday, July 20**. Same format as usual, totally self-supported with ample stops for food and drink. Maps provided but no route markings. See the next newsletter for more information.

The century for August will be in conjunction with Mike Pula's **Backroads of Bureau County Ride**. The plan will be to meet early and ride to that ride, and then ride back afterwards. Again, watch for more info in future newsletters. This ride is scheduled for **Sunday, August 17th**.

## Helmets made mandatory by the UCI

The UCI, the governing body of professional bicycle racing has made the decision that helmet use is now required in all UCI sanctioned races. This decision comes after the recent death of Andrei Kivilev at Paris-Nice. Kivilev was involved in a crash with two other racers. Kivilev chose to not wear a helmet. The other two who were wearing helmets suffered

minor injuries. Kivilev died at a hospital later that day. The only exception to the rule is for the last 5km. of a stage with a mountain-top finish.

So, please remember that riders in any I.V.W. club sponsored rides are strongly encouraged to wear an approved helmet!

## Updated Policy for Newsletter Ads

Free "wanted" and "for sale" ads are available to members. Commercial ads are available at the following monthly rates: ¼ page for \$5, ½ page for \$10, and a full page for \$20. Contact editor for details.

### New Members

Tim Gill..... Savoy  
Rita Solis..... Peoria^

### Renewing Members

Steve Alfred & Rita Hungate.....  
..... Peoria\*  
Ken & Beth Beckler & family ....  
..... Peoria  
David Brown..... Peoria  
Tom Donohoe ..... Washington^  
Don Jacobs ..... Washington  
Ron Matuska ..... Mackinaw\*  
Pat McGovern ..... Putnam  
Steve Miller..... Peoria  
Charlie & Jane Sieck & family....  
..... Dunlap^  
Ted Tiller..... Washington^

\* LAB member ^ Advocacy

## Illinois Valley Wheelm'n

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

### President

Greg Durst 243-9694  
gpdurst@insightbb.com

### Vice President

Ron Douglas 637-1748  
rkpdouglas@insightbb.com

### Secretary / Webmaster

Bill Clark 347-4841  
wdclark@mtco.com

### Treasurer

Sheila Gribble 243-7822  
sgribble4@juno.com

### Ride Chairman

Mike Pula 243-9394  
mrpula@hotmail.com

### Social Chair

Bonnie Johnson 682-7771  
bonjon@ix.netcom.com

### Mailing

Celeste Hansen 693-1018  
CELHansen@aol.com

### Database

Larry Davis 691-3060  
DAVIS.LAR@insightbb.com

### Advocacy/Government Relations

Eric Hutchison 688-7038

### Editor

Steve Kurt 243-7684  
kurtsj@mtco.com

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

### IVW On the Web

<http://www.geocities.com/ivw.geo>

*enter the above as one line; no spaces*

## Long Mileage opportunity (The Return of the Double Century)

Are you one who wants to do a double century or one who wants to do 50 miles? On **Sat. June 28**, the IVW has scheduled a ride starting from Black Partridge Park located on the north west side of Metamora. Sign-in sheets will be available from 6:00 am. Riders are asked not to start without signing in. The route is a 50 mile basically flat loop. It has only one hill. This arrangement gives the flexibility of permitting entrants to ride fifty, hundred, one hundred fifty or a double century.

Riders are asked to also sign-in again before starting each new loop. It will not be a supported ride, i.e. riders are expected to be self sufficient. Opportunity to obtain food and drink will occur in the small towns the route passes through.

Direct any questions to Tim O'Hanlon (692-2090) or Ron Douglas (637-7148).

## No Baloney Ride 2003

This year's version of the No Baloney is scheduled for **September 20<sup>th</sup>**. Through the efforts of several club members over the past 25 plus years, this has become an excellent invitational ride attracting hundreds of riders from across Illinois and neighboring states. Besides providing a great riding opportunity, the ride has helped finance other club activities as well as allow the club to support various cycling organizations that benefit all of our cycling interests.

In order for the No Baloney to continue in this excellent tradition we as club members must continue to volunteer our support. There are several volunteer opportunities, many of which do not restrict your ability to participate in the ride itself. To allow more of the volunteers time to ride, we need as many people as possible. Please consider signing up for whatever amount of time you wish to commit.

Contact Mike Pula @ 243-9394 or [mrpula@hotmail.com](mailto:mrpula@hotmail.com) to offer your

support of this year's No Baloney and central Illinois cycling. Thank you.

## Boub Legislation Advances in Springfield

Together with the Chicagoland Bicycle Federation, LIB is working to pass a state bill that affects bicycling conditions throughout Illinois. House Bill 1248 and Senate Bill 275 would correct the negative impacts of the 1998 Illinois Supreme Court Boub vs. Wayne decision, which has been a disaster for on-road cycling in the state. Until the bill gets passed:

- § Towns that want to improve on-road bike safety through signage or bike lanes incur liability, towns that do nothing get immunity;
- § Bicyclists do not have any on-road liability protection from road defects, as other Illinois road users and other states' bicyclists do, and Illinois cyclists did before 1998;
- § MANY local bike planning efforts are being stalled;
- § We're the only state with this bizarre and powerful disincentive for improving bike safety.

On Feb. 20, our House bill won a 13-4-1 victory in the House Judiciary Committee. Many thanks go to the cyclists and bike shops in key districts where phone calls and faxes swung a number of the votes.

On March 4, our Senate bill did NOT pass through the Senate Judiciary Committee, being held by a 4 "Yes", 1 "No", 4 Present vote. Several Senators wanted to see compromise language worked out with local government groups.

Afterwards, the bill was amended by the sponsor, Sen. Cullerton, with language suggested at a negotiation meeting. The new wording still provides some liability protection (although lower than the original text) on all roads, and it removes the liability disincentive. The amended bill passed the Senate Committee unanimously on March 11. SB275 then passed 47-10 in the full Senate.

As of April 18, both bills are in the House, where we'll need the help of cyclists in all the state's districts. Find your legislators' phone numbers and keep up to date on the bills' progress at [bikelib.org](http://bikelib.org) and [biketraffic.org](http://biketraffic.org).

## **Film Showing of the "Tour Baby" to Benefit the: Lance Armstrong Foundation**

As a part of the Proctor Classic Cycling Weekend there will be a showing of *The Tour Baby!* A behind the scenes film of the Tour de France on June 21<sup>st</sup> @ 6:30, at the Holiday Inn City Centre @ 500 Hamilton Blvd (entrance next to Bennigan's), in downtown Peoria, to benefit the Lance Armstrong Foundation.

*The Tour Baby!* chronicles filmmaker and cyclist, Scott Coady's amazing journey following the entire Tour de France from start to finish. Embarking on an adventure of a lifetime, Scott experienced and filmed first-hand the excitement and drama of the world's most difficult and grueling sporting event.

Going from a complete outsider at the start of the race to standing atop the winner's podium at the finish, Scott not only filmed the race, he became part of it! Along the way he met and captured on film exclusive "behind the scenes" interviews and events that make the Tour de France so special. Scenes include Lance Armstrong in his hotel room, Robin Williams, Phil Liggett and Paul Sherwen, crazed tour fans, US Postal Riders in the team bus and in their hotel rooms and the after race parties in Paris.

The 1 hour 13 minute film is full of many surprises and special guests from the European Professional Road Cycling scene. If you have ever wanted to see the Tour for yourself, but haven't made it over yet, this film is the next best thing. Professionally edited and with a soundtrack provided by some of the hottest bands on the west coast, *The Tour Baby!* will entertain and inspire you to follow your dreams too.

Admission is free. Cash and check donations will be welcome after the show with all proceeds benefiting the Lance Armstrong Foundation. The Lance Armstrong Foundation is dedicated to enhancing the quality of life for those living with, through, and beyond cancer.

Local event contact: Greg Durst (309) 243-9694 [gpdurst@insightbb.com](mailto:gpdurst@insightbb.com)

For more information about the film, visit: [www.TheTourBaby.com](http://www.TheTourBaby.com)

For more information about the Lance Armstrong Foundation, visit: [www.laf.org](http://www.laf.org)

# PROCTOR CYCLING *Classic*

## National Racing Calendar Staged Event For Men & Women

criterium - Sunday, June 22, 2003 - \$10,000 in cash prizes for the Pro/1/2 event

Road Race - Saturday, June 21, 2003 - \$2,800 in cash prizes for the Pro/1/2 event

---

### Volunteer Information

Your help is needed! You will get a free Proctor Cycling Classic t-shirt and will attend the volunteer picnic free!  
Pick a shift or two that you can work and contact the committee member in charge of the duty for more details.

Road Race - Saturday, June 21, 2003 - Brimfield, Illinois	
Shift Schedule	Duties
6:00AM to 8:00AM	Course Set-up
8:00AM to 11:30AM	Course Marshalling or Pace Car Drivers
11:00AM to 2:30PM	Course Marshalling or Pace Car Drivers
2:00PM to 5:30PM	Course Marshalling or Pace Car Drivers
5:30PM to 6:30PM	Course Tear-down
7:00AM to 11:00AM	Registration
11:00AM to 2:30PM	Registration

Criterium - Sunday, June 22, 2003 - Downtown Peoria, Illinois	
Shift Schedule	Duties
6:00AM to 8:00AM	Course Set-up
7:45AM to 11:00AM	Course Marshalling or Pace Car Driver
10:45AM to 2:00PM	Course Marshalling or Pace Car Driver
1:45PM to 5:00PM	Course Marshalling or Pace Car Driver
5:00PM to 6:00PM	Course Tear-down
7:00AM to 10:30AM	Registration
10:30AM to 1:30PM	Registration
1:30 PM to 4:30PM	Registration

Volunteer Contact Information			
Duty	Contact	Phone Number	E-mail Address
Course Marshals Set-up/Tear-down	Mike Honnold	691-7148	cannondale_25@juno.com
Registration	Bev Enslow	688-2842	bmenslow@yahoo.com
Pace Car Drivers	Greg Springborn	387-6911	g.springborn@insightbb.com

## *Illinois Valley Wheelm'n Ride Schedule*

**Monday** Bill Clark (347-4841) and John Bremenkamp (444-4851) will co-lead this *level 1* ride out of Morton. Meet at McClallen Park (Soccer Fields at Jackson and Tennessee) at 6:00. Distance will be 15 miles early in the season and increase over the summer. The ride will regroup frequently.

**Monday** Lori Durst (243-9694) and Celeste Hansen (693-1018) co-lead this ride for *level 1 riders*. Meet at Dunlap Grade School starting at 6:00. 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 at 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 mph 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 Head Start School (across from the Antique Mall) 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 6:00. 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). Start time is 6:00pm. 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). The ride starts at 5:30. 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 4<sup>th</sup>**. 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.

**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 for the full schedule of rides and details.

**Double Century** Tim O'hanlon (692-2090) & Ron Douglas (637-7148) are organizing this challenge for June 28<sup>th</sup>. More details will be in the June newsletter and on the web site.

**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 17<sup>th</sup>.

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

**No Baloney Ride** The clubs annual invitational ride that attracts 250 plus riders from throughout the state will be held Saturday September 20<sup>th</sup>. 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;

**TOMRV** – Bettendorf, IA June 7-8. Two days of riding along the Mississippi! details at [www.qcbc.org](http://www.qcbc.org)

**Post-Emergent Metric** - Bloomington, Il., June 21<sup>st</sup>, 15/35/68 miles, Mike Kerber 309-829-3994, [veloist5@hotmail.com](mailto:veloist5@hotmail.com)

**Tour DeWitt** - Little Galilee, June 28. For info: <http://www.clintonareacyclers.org>

**Pedaling for Kicks on Route 66** - Bloomington, Il, Saturday, July 12; 15-25-40-50-64 miles. Details at [www.fcfi.org](http://www.fcfi.org)

**TRIRI** Touring Ride in Rural Indiana, In., June 22-28, \$275, Barbara Anderson, 812-332-6028, [triri@triri.org](mailto:triri@triri.org)

More information on these and similar rides can be found at Mike Bentley's site mentioned above.

### **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.

# Be a Part of the Proctor Cycling Classic

If you are into action, adventure, speed, and excitement, there is the one event you absolutely need to come out and volunteer for in 2003. Once again, it is that time of year for the annual Proctor Cycling Classic to be held on June 21st - 22nd, 2003 in Peoria, Illinois. Because the Proctor Classic has the honor of being listed on the NRC (National Racing Calendar) this year, we anticipate a greater number of amateur/Pro participants; thus increasing the need for helpful volunteers!!

On Saturday, June 21st, the Proctor Classic Road Race will be held in Brimfield, Illinois - only 20 minutes west of Peoria on I-74. Beginning early that morning, help will be needed to setup the 12 mile course in the countryside around Brimfield. During the remainder of the day, we will also need additional volunteers to help in many areas including the following: registration, selling t-shirts, corner/hill marshals, refreshment specialists, pace car drivers, SAG (Support And Gear), etc....

On Sunday, June 22nd, the Proctor Cycling Classic criterium races will be held in beautiful, downtown Peoria, Illinois. Over a figure-eight, two block course, Pro Category 1 through Amateur Category 5 racers will jockey for position to win many races throughout the action-packed day. For these races, we will also need help from volunteers to assist in areas including the following: set-up, tear-down, registration, corner marshals, crowd control, refreshment specialists, etc...

For both days, we do not require any prior experience or knowledge of how a bicycle race operates. As long as you can direct people, set out straw bales, run caution tape, make change, etc... your contributions will be greatly appreciated by all those involved.

To honor our faithful helpers, Joe Russell at Russell's Cycling and Fitness Center in Washington, Illinois will be graciously hosting the annual Proctor Cycling Classic volunteer picnic at his store on the evening of Friday, June 20th from 6 P.M. until 8 P.M. This will be a time for all the volunteers and team members to get together for fun,

food, and fellowship. Also, we use the picnic to address important issues for the next two days of racing, such as: how the races operate, what will be expected of volunteers, and what area of the races volunteers will be assigned to. Because of the above mentioned reasons, all those who are volunteering to help at the race are HIGHLY encouraged to come and enjoy the festivities at Joe Russell's!

As an added bonus, all members of the Peoria Bicycle Club receive free entry into their particular races, if they agree to volunteer for at least 1 shift on June 21st, and 2 shifts on June 22nd.

If you are interested in volunteering for the Proctor Cycling Classic, please contact Mike Honnold, volunteer coordinator, at either 309-691-7148 (no calls after 10 P.M. please), or [cannondale\\_25@juno.com](mailto:cannondale_25@juno.com). Volunteer shifts can range anywhere from one hour to all day, but we are very accommodating to your schedule. Remember, all volunteers will also receive a free, Proctor Cycling Classic t-shirt for coming out to help!!

<b>ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION</b>	
Name #1 _____ <small style="margin-left: 150px;">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) _____	Date _____
<small>(parent or guardian if registrant is under 18)</small>	

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 an LAB member (check one)  
 Yes     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:



June 14	Bikes for Kids
June 21, 22	Proctor Cycling Classic
June 28	Long Mileage Opportunity (aka "Double Century". 50, 100, 150 & 200 mile options)
July 20	Century Ride for July
August 17	Back roads of Bureau County
Sept 20	No Baloney ride

**ILLINOIS VALLEY WHEELM'N  
6518 NORTH SHERIDAN RD. STE 2  
PEORIA IL 61614-2933**

PRSR. STD.  
U.S. Postage  
**PAID**  
Peoria, IL  
Permit No. 310