

ILLINOIS VALLEY

WHEELM'N

greater peoria's bicycle club



July 2003

Thank You!

A huge and heartfelt thanks goes out to all the volunteers who helped make Bikes For Kids a big success once again. Approximately 110 bikes were repaired and turned over to the Salvation Army to distribute on Sat. June 21. The weather was beautiful and everyone there worked hard and had a great time as well. In the history of this program the total number of bikes given away now exceeds 1200!

Local bike shops participating by providing parts and or a mechanic were:

- Bellevue Bicycle
- Bushwacker
- Illinois Cycle & Fitness
- Russell's Cycle & Fitness

I.V.W. Volunteers were:

- Mike Pula
- Steve Kurt
- Steve Grube
- Bill Clark
- Don Niemi
- Ron Jetton
- Marsha Ray
- Bob & Lyn Bevill
- Lori & Matt Durst

We plan to keep this an annual event, same day, the day before Fathers Day again next year. So start collecting those kids bikes!

Thanks,
Greg Durst

Quick note: no club meeting this month!!

Mackinaw River Ride

Come join me on **Saturday, July 19**, for a bicycle ride in the Mackinaw River area. We will meet at 9:45 AM at the Barn Theatre parking lot in Goodfield. We will do a 25 mile, fairly hilly, but scenic ride. After that we will all go to Steve Green's house for lunch. Steve lives in Deer Lake Estates (210 Deer Lake Drive) on the other side of the interstate in Goodfield.

This is a ride for all speeds. No one will be dropped, so don't worry about your ability to keep up.

I will be ordering gondolas from Avantis plus other items for lunch so I will need to know who is coming. We can just split the cost at lunchtime. Call me at 683-3083 by July 17, at least, if you are coming and also for directions, if needed.

Coralynn Green

Tuesday night at Dunlap: now "Kinder and Gentler"

Been wanting to join the Tuesday night ride in Dunlap, but didn't think you'd be fast enough? If so, then this is your golden opportunity! Pam Hoehne is offering to lead Level 2 riders, or those Level 1 riders looking for a challenge. The ride will be 20 to 25 miles in length, and no one will be dropped. The group will meet at the Grade School where the regular Tuesday night ride starts.

For questions, please contact Pam at 694-4828.

A New Sunday Ride

I would be happy to invite any members to Mass at 9 on Sunday morning at St. Mary of the Woods in Princeville, followed by a 10 a.m. ride. Changing areas would be provided for anyone who would like. We would divide up into groups if there are varying skill levels, and choose a ride leader. There are some great roads north of Princeville that you don't get to see if you start in Dunlap. Come to Mass and get a great ride also.

Please let me know if you have any questions. My cell phone is 224-8783

Monsignor Richard Soseman

New Members

- Doreen Basso Peoria
- Leo Chuzhoy Dunlap
- Marc Daczewitz Peoria
- Ken McGarvey Dunlap
- Julie Pearson Galesburg
- Elaine Sweet Metamora
- Dan Weakley Peoria Heights

Renewing Members

- David & Janice Atkinson & family Peoria
- Sharron Baird Morton
- Jerry & Lori Camp & family Peoria
- Grant Fredericksen Metamora
- Mike Haedicke E. Peoria
- Sheldon & Mary Ann Schafer Peoria^
- Allan & Gail Silzer & family Peoria^
- Jack Welch Groveland
- Laverne Wilson & Roger Hagel .. 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: 15th of each month

IVW On the Web

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

enter the above as one line; no spaces

No Baloney Ride 2003

This year's version of the No Baloney is scheduled for **September 20th**. 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 to offer your support of this year's No Baloney and central Illinois cycling. Thank you.

RTA News!

My computer was a victim of the May 10th storm so I was unable to send out any May meeting info. Our Earth Day Event with Peoria Heights saw 52 people pick up 16 cubic yards of trash on the Kellar Branch. The event was an eye opener for the local politicians who helped. One of their local businesses provided more than their fair share of trash to the environment. They got a special letter of their own to commemorate the event. Thanks to the IVW members who came out to help. The village supplied a fine lunch.

On the other end of the railway Illinois American Water sold the City of Peoria 1540 square feet of property for \$18,402 as an easement for the construction of a rail spur across University Street. That should be the last piece they needed to proceed.

The U.S. Department of Interior announced that the Rock Island Trail State Park is now part of the National Recreational Trail System. McLean County is having a study done to build a 17 mile Route 66 Bikeway across the county and link up with the Constitution Trail. This is a couple of years out.

The Bellevue to Farmington Trail Group has hit a snag. It seems that BFI Inc. has paid off Union Pacific to hold off on any decisions on railbanking until they have determined whether the landfill they operate out there is going to grow more or accept trash from out of the area (Chicago) or not. This will heat up publicly in the next year as all the affected towns weigh in on the issue.

The LaHarpe to Mapleton proposed trail has been hit hard by our old friend Guy Brenkman. One of Pioneer Railcorp's subsidiaries called Keokuk Junction is trying to force T.P.W. to sell the whole thing to them. Sounds like a legal mess. Fortunately Pioneer's legal team has proven fairly inept in the past so we'll keep our fingers crossed. This would be a 70 mile trail and would be a shoe-in for a inter state trail link. Talk to you again in August. Keep spinnin!!

Dirk McGuire

Time Trials: Building Strong Bodies 12 Ways

This is just a reminder to those of you looking for a way to add a little variety to your riding, as well as a way to gauge your fitness, that time trials are still being held on the 1st and 3rd Monday of each month!

It's a simple way to test yourself: just ride 10 miles as quickly as you can. Over the course of the summer, you'll see your time drop. Heck, you might even get the pleasure of telling your buddies that you finally broke the 20mph mark for the course!

The ride still meets at 5:30pm at the Dunlap Grade School, for the months of July and August. Details are in the ride schedule. Hope to see you there!

Steve Kurt

News from the League of Illinois Bicyclists

Boub legislation fails to pass in time. SB275 does not pass State House

June 1, 2003: Yesterday, in the last day of the spring session in Springfield, Senate Bill 275 was not able to pass the House. Here's the summary:

The bill language that previously passed the Senate 47-10 was opposed by key forces in the House - meaning the bill would most likely not be called for a vote. So, after intense negotiations earlier in May, bill sponsor Rep. Nekritz introduced a new amendment. After 30 minutes of debate on the House floor yesterday afternoon, the amendment was approved 58-55-2 - a simple majority was required. Then, the full bill was voted upon. At first, the roll call was 60-53-1, with 60 votes being required to pass. However, a verification was called of the vote, with 2 of the Yes votes being strategically absent. Without the 60 votes, the bill could not pass. Rep. Nekritz was granted a postponement for consideration, but time ran out before the vote could be called again.

The bill is finished for the spring. Thanks to all who supported the bill. More details in the days ahead.

Looking for bike maps of Illinois?

Have you ever gotten on your bike, ready to go out for a ride, and just thought "Jeez, but I'm just sick and tired of riding the same old routes over and over!" ? Wondering how to find scenic, peaceful roads just beyond the familiar roads that you've ridden a million times?

Fortunately, your buddies down in Springfield have been anticipating your needs, and have developed a complete series of bike maps that

cover the entire state of Illinois!

No doubt you are sitting on the edge of your chair asking "How can get some of these maps??" Well, it couldn't hardly be simpler! There are a couple of ways.

If you have access to the web, you need only type this into your web browser:
<http://www.dot.state.il.us/bikemap/STATE.HTM>

Or you can also visit the IVW's website, and check under the "Links" section, where you'll also find it. In fact, I strongly recommend checking out all the links, as there are a ton of handy sites, and you'll let our faithful webmaster, Bill Clark, know that his efforts have been appreciated! The IVW's site is at <http://www.geocities.com/ivw.geo>

Once you are at the Illinois Dept of Transportation's web page, you can link to any of the nine maps for Illinois. Need to know what trails are available around Chicago? Yep, it's there. Maybe a route for a quick day ride to Galesburg and back? Sure, just check Bike Map 4. See the illustration below to discover which map covers the various portions of Illinois.

Maybe you'd rather just drop a letter in the mail, and request a full sized map? Just write to:
Illinois Department of Transportation
2300 S. Dirksen Pkwy.
Springfield, IL 62764
(217) 782-7820

Of course, the web site will let you order maps from there too, so you can save the cost of a stamp!





TREK

This July Lance Armstrong will attempt to win his fifth consecutive Tour de France. To celebrate this record-setting event, Trek Bicycle is giving away the ultimate prize - a private ride with Lance himself. Your participating Ride with Lance Trek dealer is the only place to enter.

Your Trek dealer guarantees that everyone can be a winner with huge YellowTag Savings during July - so stop in, sign up to win, and save big!

GRAND PRIZE

A Trip for two to Austin, Texas to Ride with Lance Armstrong

FIRST PRIZE

A Trek Custom Team Road Bike with Lance Armstrong Autograph

SECOND PRIZE

A Trek Travel Luxury Cycling Trip for Two

No purchase necessary. For a chance to win, register at participating Trek dealers or write to: Trek Ride with Lance Giveaway, 16055 West Stratton Road, New Berlin, WI 53151. Limit one entry per person per day. Open to U.S. citizens 18 and over residing in the 50 states or the District of Columbia. Void where prohibited. For complete details, check out the Official Rules. Offer expires July 27, 2003. Tour de France is a registered trademark of Amaury Sports Organization.

BelleVue
Bicycle
Since 1976

(309) 673 - 2734

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 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.

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.

Mackinaw River Ride Cora Lynn Green (683-3083) will lead this 25 mile ride open to all levels on July 19. Details are in the newsletter or you can Call Cora Lynn.

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 1 & 2. On August 17th.

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

No Baloney Ride The club's 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;

Pedaling for Kicks on Route 66 - Bloomington, Il, Saturday, July 12; 15-25-40-50-64 miles. Details at www.fcfi.org
TRIRI Touring Ride in Rural Indiana, In., June 22-28, \$275, Barbara Anderson, 812-332-6028, triri@triri.org
Around Illinois Back Roads Aug 9 – Aug 14 Brenda Alberico 815-467-5746

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 whatever conditions. Most rides will take place in all weather.
- 11) Riders should arrive in time to be ready to ride at the start time.

📄📄ale

Want To Buy

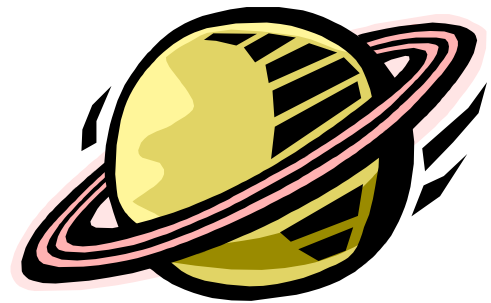
Spinergy road wheels, X Rev,
Carbon fiber, 8 spokes
Shimano/Campy compatible
Tires, tubes, skewers, and cassette included.
\$200 for the pair.

Pam at 694-4828 is looking for a bike bugger,
and a trunk-mount bike rack.

Ken Luthy 346-1547

A call for volunteers for the Interplanetary Ride!

A recent note from Sheldon Schafer reveals that he would be grateful for some additional assistance from our loyal IVW members. Please contact Sheldon if you are able to help out in marking routes, manning (person-ing?) the registration table, or other sundry tasks (sag vehicle, set up, take down, etc). Sheldon can be reached at : sschafer@lakeview-museum.org or via phone at (309) 682-1876. Please note that he'll be unavailable early in July, but will love to hear from you after that time.



ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ Birthdate _____
please print clearly

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

E-mail address (print clearly) _____

Address _____

City _____ State _____ Zip _____

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 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:



July 19	Mackinaw River Ride
July 20	Century Ride for July
August 9, 10	Interplanetary Bike Ride
August 17	Back roads of Bureau County
August 26	Poker Ride
Sept 20	No Baloney ride
Sept ??	Fall Weiner Roast 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