

I L L I N O I S V A L L E Y

W H E E L M ' N

greater peoria's bicycle club



August 2003

August Club Meeting

The August Club Meeting will feature a speaker from Great Plains Maximum Performance, a division of Great Plains Sports Medicine. The speaker will discuss different ways to enhance and improve your physical performance through exercise, diet, stretching and heart rate monitoring, to name a few. We will return to Safety Town for this months meeting. Start time is **7:00p.m. on Aug 13th**.

Back Roads of Bureau County

Mike Pula will lead this 40-50 mile ride **Sunday August 17th**, for levels 1 & 2. The ride follows lightly traveled roads around Tiskilwa, Wyanaet and Princeton. There will be several stops at Casey's etc. We will meet at Pearce Community Ctr in Chillicothe at 8:15 Sunday morning. From there we will car pool/caravan to Bureau. Contact Mike @243-9394 with any questions.

Bike Route Planning Opportunity

The Economic Development Board of Stark County is interested in expanding bicycling within Stark County. They plan to extend the Rock Island Trail into Toulon proper. They are also interested in planning road routes within the county and to other sites in surrounding counties. Camping sites and a Vineyard and Winery are being developed as well

as other tourist sites as points of interest on the proposed routes. There are local people working on this project but they are wanting input from people accustomed to road riding for guidance on route selection. Anyone interested can contact Robert Mueller at: Robert@countynews or work: (309) 286-4444 or home: (309) 286-7313



Double Century results

June 28th was not just another glorious day, where anyone can hop on a bike and enjoy 200 miles of scenic corn and beans! No, this year's Double Century was a true test of one's ability to battle the forces of nature, in addition to the usual test of one's relationship with the bike saddle. Assaulted by formidable winds, abused by rain, and threatened by lightning only a few miles away, the riders gave it everything they had! A handful of them completed 150 miles before deciding to pack it up for the day and not tempt the weather to dish out even worse punishment. Quite a number of riders completed a half century or complete century! As always, the important thing is that riders had a chance to challenge themselves, and enjoy the company of good friends at the same time.

Thanks go out to all who participated and lent support to each other during the difficult day, and special thanks go out to Tim O'Hanlon and Ron Douglas for organizing and marking the route!

The riders and the distances covered are:

50 Miles:

- Ron and Paula Douglas
- Dennis Tresenriter
- Don Jacobs
- Marlie Gaddie
- Bonnie Johnson
- Marsha Ray
- Charles Lee
- Steve Mahany
- Rod Antrim
- Brad Niemcek
- Dalton Larson
- Rob Schaller
- Jerry Porter

100 miles:

- Greg Durst
- Carey Weaver
- Jim Vaupel
- Deeana Schidle
- Sarah Emmons
- Mike Hutchins
- Tim O'Hanlon

150 miles:

- Mike Haedicke
- Charles Whitsman
- Lance and Lisa Kidd
- Steve Kurt
- Jim Emmons

Renewing Members

- William Chaffer Peoria^
- Don Niemi Metamora^

* LAB member ^ Advocacy
(it's a slow month.....)

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



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.

The Spoken Word of "The Board"

The Board met on July 2 at the White House. Those members who weren't out riding or crossing the country by bicycle were present. It's hard to come in off the road this time of year and we understand that. After banishing Maggie to the other room for giving too many slobbery kisses,

the meeting got underway (*Maggie is an affectionate canine... ed.*).

There was a very vigorous discussion to lead off with about riders conduct on the road during organized rides. It has become apparent that some riders feel that they should ride without regard to motorized traffic. (i.e. riding 5 abreast, singling up when traffic is present, etc.) Under Article II, of the Club Constitution, it states that the purpose of the club is to promote safe cycling, cooperate with public authorities in the observance of all traffic regulations and to advocate the rights and privileges of bicyclists. This is a delicate issue and it was talked about how to handle this without making someone mad and running off riders. The board discussed how to inform riders that we also must obey the rules of the road or become abusers ourselves. After all, we do represent the IVW and bicycling in general. Ride leaders will be asked to address this before each ride, and if the offending riders cannot obey traffic laws, they will be asked not to attend the rides anymore. Nuff said!

The next monthly general club meeting will be at Safety Town in August. We hopefully will have a speaker lined up to talk on fitness and training.

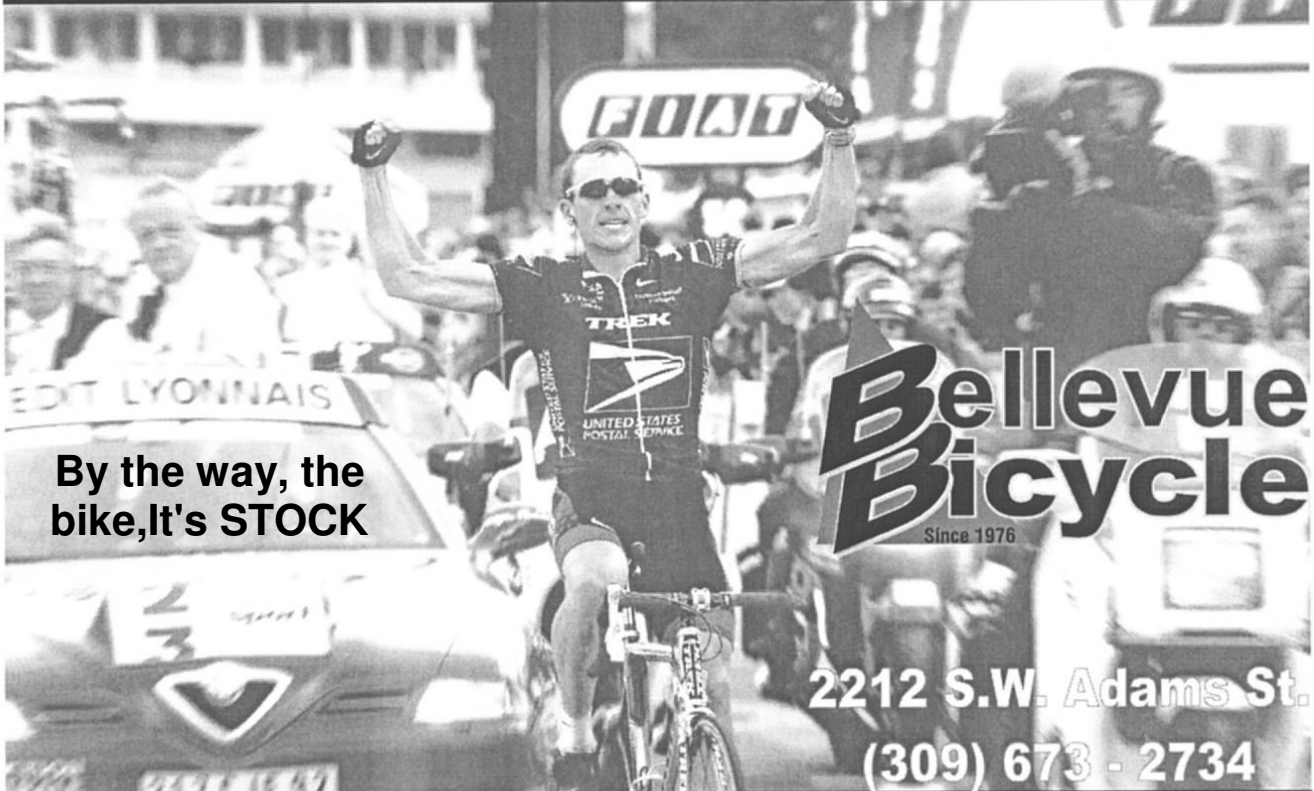
Also talked about was getting volunteers for the No Baloney Ride. We need all the help we can get, so call, and get your name on the list today before all the rest stops with the good food are filled up.

The next board meeting is going to focus on gathering a list of names to fill the vacancies on the board, which will expire this November. These are necessary positions to insure that the club runs smoothly. Each individual position does not require a great deal of work, but it takes the whole team to put on a winning program for the club. If you feel that you are qualified or would like to be considered for the position of President, Vice President, or Newsletter Editor, please call Greg Durst and let him know. Also, if anyone wants the position of Secretary, that's fine. Otherwise I will be glad to stick around for one more year.

Ride Safely
Your Secretary - Bill Clark

OCLV

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TREK

Sunday Mornings in Princeville - a Ride Report

July 6th dawned clear and hot in Princeville, a great day to cool off with a bicycle blessing and ride. Animated by the Tour de France, about 40 cyclists of all ages turned out for the ceremony and ride. Cyclists broke into three groups, road, trail, and kids. Road cyclists were led by Brian Dallinger, of the Princeville Ambulance Squad, driving the pace car. Lights and sirens led the bikes through town at a rapid clip. The route was a 22 mile trek out the Princeville Cemetery Road, up Duncan Road to the Stark-Speer Road to Speer, and then South and West (via Oertley) to Princeville. Cyclists of different speeds met up at the edge of Princeville to once again be escorted through town with lights and sirens back to the Church. The trail riders, led by college cyclist Matt Garnett, road the Rock Island Trail north to Stark, where they arrived about the same time as the roadies. The pace car trunk opened, and the cold water was much appreciated by all. The trail group then returned to Princeville. The third group, for small cyclists, was led by Dunlap H.S. Teacher Aaron Barrington. They proceeded up Town Avenue to St. Mary of the Woods Cemetery and back, about 3 km.

Road cyclists may join us any Sunday, at 10 a.m. for a ride, generally north of Princeville. A changing room is available for anyone who wishes to attend the 9 o'clock Mass.

- *News from the League of Illinois Bicyclists* -

“Share the Road” Bumper Stickers Now Available

Help spread the message to other motorists to “Share the Road with Bicycles”. LIB has just finished production of this bumper sticker, with blue ink on a yellow background. Order yours by sending \$2.00 to LIB, 2550 Cheshire Dr., Aurora, IL 60504.

Boub Legislation Narrowly Fails

So close...

On May 31, the last day of the spring legislative session in Springfield, Senate Bill 275 was not able to pass the House. Consideration of the bill has been postponed, hopefully to this fall's veto session. We must continue until this issue is resolved.

SB275 would remove the powerful liability disincentive for towns to add bike lanes, signage, and other on-road safety improvements. This court-induced policy has plagued bicycling statewide since the Boub v. Wayne decision in 1998 (see www.bikelib.org/boubcase/disincentivelist03.html), and we're the only state in this situation.

SB275 would also restore liability protection for on-road cyclists injured because of a road condition. Currently, cyclists have no protection on roads, except those roads with some bikeway indication - like bike lanes and signage.

The SB275 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 in May, bill sponsor Rep. Nekritz introduced a new amendment.

The amendment restores “intended user” status and some liability protection to cyclists, while specifically addressing significant local government concerns about minor road defects and the need to retrofit all roads.

After a long debate on the House floor, the amendment was approved 58-55-2 - a simple majority was required. However, 60 votes were required to pass the full bill. At first, the roll call was 60-53-1, but when a vote verification was requested, 2 of the Yes votes were absent. Without the 60 votes, the bill could not pass. Rep. Nekritz was granted a postponement for consideration.

So close. We now look forward to the fall veto session, when we will hopefully finish the task. Thanks to all the LIB and bike club members who have continued to support this bill.

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. Note: please be ready to ride 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. As of mid-July, a "kinder & gentler" group will be led by Pam Hoehne. Pam is offering to lead Level 2 riders, or those Level 1 riders looking for a challenge.

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.

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.

Saturday ride from Russell's Dave Atkinson and Don Eberle co-host this popular classic, leaving the parking lot at 8:30am. It is an all-levels ride at a casual pace, going 20-30 miles with a breakfast stop in the middle. Usually get back around noon. Dave can be reached at 688-0067.

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.

Sunday - Parking Lot at St. Mary of the Woods, Princeville 10 a.m. Led by Richard Soseman (224-8783) Distance and difficulty varies, but about 20 miles, and will accommodate a range of abilities.

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.

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. This will be held at the Dunlap Grade School, in lieu of the usual Tuesday night ride.

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;

Around Illinois Back Roads Aug 9 – Aug 14 Brenda Alberico 815-467-5746

Tour of Hog Heaven Aug 31 Kewanee, IL Jill Milroy 309-853-4431

Capital City Century Sept 7 Springfield, IL Jonathan Reisinger 217-698-1724

Bob Galloway Memorial Amish Tour Sept. 13 Arthur, IL 800-722-6474

Pumpkin Pie Ride Oct 6 Ottawa, IL Brian Eastman 815-433-5035

Hilly Hundred Oct 17-19 Bloomington, IN Skip Higgins, skiphiggins@comcast.net

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

PROCTOR CYCLING *Classic*

Thank you!

On behalf of the Peoria Bicycle Club, we would like to express our great gratitude for the volunteer help of your club members at this year's Proctor Cycling Classic. We had a total of about 60 volunteers for both days, which was an amazing number of people coming out to help! Without the help of your club, the success of our race could not have been possible. At last count, around 361 racers showed up for the road race on Saturday, and 315 showed up for the criterium on Sunday. From corner watchers to pace car drivers - each job was as important as the next to keep everything (and everybody) running smoothly.

Also, we would like to thank Joe Russell and his crew at Russell's Cycle and Fitness in Washington for putting on an amazing volunteer picnic on the Friday before the races. The food was great, and the atmosphere of the picnic made it a nice place to relax & visit with others!

Proctor Cycling Classic Volunteer Coordinators
Ken Luthy
Mike Honnold

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)
 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:



August 9, 10	Interplanetary Bike Ride
August 17	Back Roads of Bureau County
August 26	Poker Ride
August 31	Tour of Hog Heaven, Kewanee
Sept 7	Capital City Century, Springfield
Sept 13	Bob Galloway Mem. Amish ride, Arthur, IL
Sept 20	No Baloney ride
Sept ??	Fall Weiner Roast Ride
Oct 6	Pumpkin Pie Ride, Ottawa, IL
Oct 17-19	Hilly Hundred, Bloomington, IN

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