

ILLINOIS VALLEY **WHEELM'N**



greater peoria's bicycle club

November 2003

November Club Meeting

There will not be a formal club meeting for November.

IVW Annual Banquet

Date: Saturday, November 8, 2003
Place: Sky Harbor Restaurant (formerly Gold Lion) on Park Road, Lower Bradley Park, Peoria
Time: Cocktails at 6:00 P.M. and dinner at 6:30 P.M.

The Annual banquet will be an evening of dining, fellowship, and awards presented to outstanding club members. We will also be electing members to the board, so your attendance is strongly encouraged.

Sky Harbor is best know for quality steaks at reasonable prices but the menu also includes fish, chicken and burgers. We will be ordering individually off the menu.

Call Bonnie Johnson at 682-7771 if you have questions.

Thank You!!

A huge thank you goes out to Mike Pula for an excellent job of chairing the No Baloney this year. Mike put together a great crew of volunteers to man the rest stops, mark the routes, bake the homemade goodies and countless other tasks required to have a successful ride. He also went to great lengths to coordinate the times people worked that would also allow them to ride.

That alone is quite a logistical feat! This ride is the only fundraiser the club has, without it there probably would not be a club, so, when you see Mike tell him thank you, and think about how you would like to help next year.
Greg Durst

No Baloney 2003

Over 230 riders from throughout Illinois enjoyed the 2003 No Baloney Ride. By most measurements the ride was a great success. There are several factors that make for a great event like the No Baloney. Good weather and an excellent route are and we had both this year. A plentiful supply of good food is absolutely necessary when you get over 200 riders together. Thanks to a number of club members we again had plenty of home baked and unique foods that make the No Baloney special. Along with the route, the quality and quantity of food receives the most positive feedback from the riders.

The success of the ride would not be possible without the number of club members that step forward to volunteer their time in a variety of ways. We all need to thank the following individuals for that donation of time and work. Rob & Cindy "The Chili People" Alexander, Ron Anderson, Bob Bevill, Greg & Lori Durst, Chris Maushard, Brad Niemcek, Jim Degenhart, Celeste Hanson, Cora Lynn Green, Pam Hoehne, Larry Paustian, Laurie Wilbur, Jim and Sarah Emmons, Lynne Anderson-Loy, Sheldon Schafer, Bill & Brenda Clark, Paula Douglas, Steve Mahany, Tim O'Hanlon, Steve Kurt, Ron Jetton, Jim

Vaupel, Steve Grube, Eric Hutchison, Bonnie Johnson, Larry Davis, Kathy John, Tom Parr, Carla Ritchie and Mary Reiter.

We also need to thank the area bike shops; Russell's, Little Ade's, Bellevue, Illinois Cycle and Bushwhacker for their SAG support. The Peoria Bike Club took care of the Chillicothe rest stop and St. Mary's Church in Princeville made their church hall available for the Princeville rest stop.

(continued on page 2)

New Members

Michelle Brown..... Washington
Catherine Cuite & Lonnie Marvel
..... Peoria Hts
Pam & Jim Garner..... Peoria

Renewing Members

Rob & Cindy Alexander
..... Washington
Bill & Freda Clark .. Washington
David & Margaret Cover & family
..... Peoria Hts
Larry Davis..... Peoria*
Greg & Lori Durst & family
..... Dunlap^
Dennis Endicott..... Peoria
Mark Ferguson Peoria^*
Christopher Maushard..... Peoria
Ken & Noreen Mettleman.....
..... Groveland^*
Harold Moloney Morton
Jewel & Debby Moyers & family
..... Hanna City^
David & Maria Nelson.... Morton
Randy & Marsha Ray..... Peoria^
Derek & Dennis Sans..... Pekin
Richard Soseman..... Princeville
Sandy & Brandon Velde
.....Peoria^

* 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

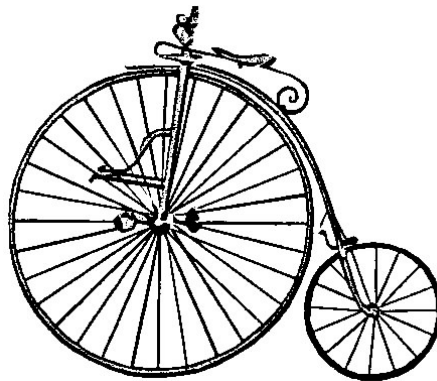
<http://www.geocities.com/ivw.geo>

enter the above as one line; no spaces

No Baloney 2003 continued.....

All of these individuals (and groups) plus the donated food are an important reason for the popularity of the No Baloney. Another reason is the reputation it has gained over the past years. Special thanks should go to Bill and Marge Semmens. After leading the ride for a number of years, and laying some awfully good groundwork, Bill and Marge decided to take a well deserved year off and ride the No Baloney this year. Please thank them as well as all the volunteers the next time you get a chance, and be thinking of the 30th No Baloney Ride for 2004.

Mike Pula, Ride Chair



Thursday Show & Go

There is currently a show & go ride at **Dunlap Grade School**. As of right now we meet at **4:15** and will likely go to an earlier time as the days get shorter. Generally this is a fairly fast ride averaging 17 - 18+ m.p.h. without stops. Distances will be in the neighborhood of 30 miles. The earliest time we plan to meet is 3:30. If anyone is interested or has questions call: Greg Durst @ 243-9694 or Steve Mahaney @ 243-7054

Sunday Ride from Banner School

Starting in November, there will be a ride meeting at **Banner Grade School at 1pm on Sundays**. This ride originated last year, as a way to encourage folks to learn the tricks to riding in colder weather. It is led by a different person each week, but is usually considered a level 2 ride. Contact the ride leader if there are any questions.

Banner Grade School is located north of Peoria. From Rt 6, travel north on Knoxville/Rt 40 to Cedar Hills Drive. The school is located one mile west on Cedar Hills Dr. Please arrive early, and be prepared to ride at 1pm.



Advocacy Update

Eric Hutchison has been continually in contact with our various legislative representatives. Recently, Eric received the following reply from Senator Bill Brady, from the 44th Legislative District:

"Thank you for contacting my office regarding your support for SB 0275. I appreciate the information you sent me about your projects and the need to pass this legislation so your projects will qualify for Federal Transportation funding. If this bill is addressed in the Veto session, I will seriously consider voting for it."

The Recipe of the Month returns!

Faithful IVW member (and keeper of the membership database) Larry Davis had requests for this recipe after making a batch for the No Baloney ride in September.

HARVEST FRUIT BARS - QUAKER OATS RECIPE (AS SERVED AT IVW'S 2003 NO-BALONEY-RIDE)

ONE 6 OZ. PKG. DICED DRIED MIXED FRUIT
1 CUP CHOPPED BANANAS (ABOUT 2 MED.)
2/3 CUP ORANGE JUICE
1 TSP. APPLE PIE SPICE OR GROUND CINNAMON
1 CUP (2 STICKS) MARGARINE OR BUTTER, SOFTENED
1 CUP FIRMLY PACKED BROWN SUGAR
1-3/4 CUP REGULAR OR WHOLE WHEAT FLOUR OR ALL-PURPOSE FLOUR
1-1/2 CUPS QUAKER OATS (QUICK OR OLD FASHIONED, UNCOOKED)
1/2 TSP. APPLE PIE SPICE OR CINNAMON
1/2 CUP CHOPPED NUTS

HEAT OVEN TO 375 DEGREES F.

COMBINE FIRST FOUR INGREDIENTS IN MEDIUM BOWL AND SET ASIDE, STIRRING OCCASIONALLY.

IN LARGE BOWL, BEAT TOGETHER MARGARINE AND SUGAR UNTIL CREAMY.
ADD COMBINED FLOUR, OATS, AND 1/2 TSP. APPLE PIE SPICE.
BEAT UNTIL CRUMBLY.

RESERVE 3/4 CUP OF OAT MIXTURE FOR TOPPING.
PRESS REMAINING OAT MIXTURE ONTO BOTTOM OF 13X9-INCH BAKING BAN.

BAKE 15 MINUTES.

SPREAD FRUIT EVENLY OVER CRUST TO WITHIN 1/4-INCH OF EDGE.
COMBINE NUTS AND RESERVED OAT MIXTURE; SPRINKLE EVENLY OVER FRUIT.
PAT DOWN LIGHTLY.

BAKE 16 TO 20 MINUTES OR UNTIL GOLDEN BROWN.
COOL COMPLETELY; CUT INTO BARS
STORE LOOSELY COVERED.

MAKES 32 BARS

Larry adds this helpful note:

"note that I added cocoa (1 TBS) to some batches and used an assortment of nut combinations in the four batches I made...some had sunflower seeds - pistachio - cashews mix from the Schnuck's produce dept. Others had pecan pieces and/or almonds. Next time I need to chop the nuts up finer so they stick in the bar...maybe more chocolate for binder?! (YEAH, more chocolate!)"

" these are much quicker to make than individual cookies."

Illinois Valley Wheelm'n Ride Schedule

Sunday Winter Ride

Starting in November there will be a Sunday afternoon ride from Banner School (corner of Allen Road and Cedar Hill Drive). The ride is open to all riders. It may split into two groups depending on the number of riders and their levels. You should check with the ride leaders if you have questions. The ride will leave the school at 1:00. Distance will depend on the group. As the days get shorter, it would be advisable to have lights as the ride may ride close to dusk. The ride leaders for November are as follows: (if you would like to lead one of the future rides please call Mike Pula 243-9394)

November 2	Steve Kurt
November 9	Greg Durst
November 16	Tim O'Hanlon
November 23	Show & Go
November 30	Jim Vaupel (Jim says: please bring a picture ID, "just in case...")

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 Don Eberle leads 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.

Illinois Valley Wheelm'n Special Rides

None scheduled at this time

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;

Pumpkin Pie Ride Oct 5 Ottawa, IL Brian Eastman 815-433-5035, www.geocities.com/colosseum/2947

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

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 regroup 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.

In response to a recent letter in the Peoria Journal Star, Mike Pula submitted this letter on behalf of the IVW board members:

David Hughes in an earlier letter to the Forum asked, “can’t we all get along” and share the road as bicyclists and motorists. We agree with Mr. Hughes, however, we want to further emphasize and clarify a few of his points.

First, the Illinois Vehicle Code states “Every person riding a bicycle upon the highway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle by this code.” It is clear that bicyclists are permitted on the roadways; however they are also subject to the same rules that cars are required to follow. This includes proper signaling, stopping and yielding.

We do disagree with Mr. Hughes comment concerning groups of bicycles. Motorist should not be expected to “turn around and go the other way” when approaching a group of bicyclists. The Code states that bicyclists may ride two abreast in the same lane unless they “...impede the normal and reasonable movement of traffic...” In that case bicyclists should ride single file until there is no longer a traffic flow issue. However, motorists must still only pass bicyclists when conditions are safe for the bicyclists, the motorist and on coming traffic.

Whether bicycling for transportation or recreation, riders must follow all traffic rules, but they must also be given the same rights as other vehicles. With this common theme bicyclists and motorists can safely share the roads.

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION		
Name #1 _____ <small>please print clearly</small>	Birthdate _____	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 \$ _____
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 _____
<small>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.</small>		
Make check payable to: ILLINOIS VALLEY WHEELM'N, 6518 North Sheridan Rd., Ste 2, Peoria IL 61614-2933		

Summary of upcoming events:



November 8 Annual Banquet

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

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