

January 2006

ILLINOIS VALLEY **WHEELM'N**



greater peoria's bicycle club

Email @ ivwheelmn@yahoo.com

JANUARY CLUB MEETING

When: January 11, 7:00 P. M.

Where: Proctor Professional Building

Classroom 3 & 4

"Tri-Peoria for Beginner Triathletes" will be presented by the President of Tri-Peoria triathlon club, Rich Gieblehausen. Rich has been competing in triathlons for 20 years and has successfully completed 4 ironman competitions. For the past five years, Rich has been teaching an evening class in the winter months entitled "Triathlon 101." He will give a 45-minute presentation on January 11, 2006, to the Wheelm'n club members at the Proctor Professional Building in Classroom 3 & 4. Any Wheelm'n interested in Tri-Peoria will be informed about the club and be entertained by the 20-minute video set to Rock n' Roll music of various club workouts (including biking) and snippets of actual local triathlons.

There will be time allowed for questions and answers.

Directions: Proctor Professional Building is located directly behind Proctor Hospital located at 5409 N. Knoxville. Drive behind Proctor Hospital and park on the west side of the building. Enter entrance #2, where Preckshop Pharmacy is located and take the stairs to the basement. Go north through the hallway and look for classroom #3 & 4. The presentation will be in those two classrooms.

FUTURE TALKS:

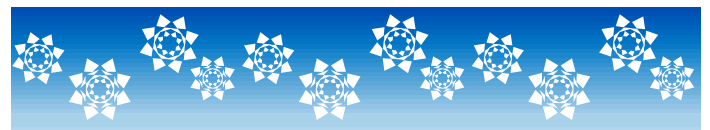
Feb 8 – Marty Potts speaking on Antique Bikes

March 8 – Lou McMurray speaking on Tour de France biking/touring vacation

April 12 – Edith Albright speaking on Biking Across the U.S.

May 10 – Swap Meet (Get started thinking about all that bicycle stuff you need to get rid of but someone else can use)

Locations announced later



January Social

Winter cold getting to you? Come join your fellow Wheelmen for a Show and Eat. We will get together every third Friday during the winter months. The first Show and Eat will be held January 20 at Apples Bakery, 8412 N. Knoxville, at 6:00 PM. No need to RSVP, just show up for some yummy pizza and other goodies.

LeanHorse@rushmore.com

605.641.3534

New Members:

Karen Kendall.....Peoria

Renewing Members:

Phil & Theresa Burroughs.....Peoria

Jim Degenhart.....Washington

Jim & Sarah Emmons & Family.....Lacon

Celeste Hansen.....Peoria

Bonnie Johnson.....Peoria

Linda & Sam Kent.....Morton

Steve & Sue Mahany.....Dunlap^

Jim McIntyre.....East Peoria

Dan O'Brien.....Peoria

Rita Solis.....Peoria^

*LAB Member ^Advocacy

Black Hills Tour

There's a new 4 day road tour of the Black Hills of South Dakota coming Labor Day weekend of '06.....Check it out:

<http://www.crankinthecanyon.com/> and tell a friend.

Feel free to give me a call....605 641 3534

Jerry & Daryl

Don't limit your Challenges....Challenge your Limits

Jerry Dunn, Event Director

www.Crankin'theCanyon.com

www.DeadwoodMickelsonTrailMarathon.com

www.Leanhorse.com

www.CruisintheCanyon.com

www.MarathonMan.org

Want Ads:

Condo Available in Mountain Biking Mecca, Winter Park, Colorado. Inquire: 694-4828

Recumbent for sale: 1997 Reveille Maxam 1 owner, rarely used, 21 spd, sofa seat, like new. \$300 Call Jinny Gunnar 309 688-8345.

1994 Santana Sovereign Tandem Forest Green CroMo Frame WheelSmith 40 spoke (700x26c) Edco Hubs Deore XT Group Bar End Shifters 56/53 configuration Excellent Condition. \$2200.00 Bill Clark (309)347-4841
wdclark@mtco.com

Recumbent for sale: 1997 Reveille Maxam

1 owner, rarely used, 21 spd, sofa seat, like new \$300 Call Jinny Gunnar 309 688-8345

FOR SALE: BIANCHI Reparto Corse frame, seat tube length: 61cm, top tube length: 58 cm, wb: 101cm. 1" steel steerer tube, threadless headset carbon fork. Never crashed, never in the rain. Firm, responsive ride, but rock solid on high speed descents. Low miles. \$300

FREE: Cannondale CAD3 frame, seat tube length: 63cm, top tube length: 58cm, wb: 102 cm. 1" steel steerer tube, threaded headset. Carbon fork. Never crashed, been in the rain. Good ride, stable. Been around a while. Jack Welch, 309-387-6117,
jack.welch@insightbb.com

For Sale:

Linear recumbent. Great Shape, comfy seat - \$300 309-369-4323

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IVW affiliated with the League of American Bicyclists and
League of Illinois Bicyclists. On the web @

http://geocities.com/ivw_geo

Enter the above as one line; no spaces

Coming Soon – Stay Tuned!

By Justin McWhirter

Coming soon, to a computer near you, is a cyber facelift for the Illinois Valley Wheelm'n website. As it stands, our website serves its purpose of displaying information to everyone in the world via the Internet. However, the board and I see our website as a potentially more useful tool.

The most needed change will come in the form of a new URL. Instead of conducting a Google search to find the site, it will be much easier to enter www.illinoisvalleywheelmn.org. Upon arriving at the new site, you will see familiar components like Rides, Newsletters, and Pictures. The board envisions the newsletter section expanding to contain not only the current newsletter, but every old one available. The picture section will be home to old and new pictures of meetings and rides.

There will also be a couple new features available on the website. First, people will be able to post their own pictures! Imagine taking a picture at a ride that you really like. You will soon be able to post it for all to see. Next, is my personal favorite addition, a forum. This is a place where people can post comments about topics ranging from last minute rides to parts for sale.

Everyone will be able to see the rides, newsletter, and general information. To use the forum and other new features, a user account will be required. This account is completely free and easy to set up.

The changes are geared to reflect a professional nature of the group and some are still tentative. The success of the website depends on the involvement of our group members. I invite everyone to give the new features a try once the launch of the new site is announced. Check upcoming newsletters for general website information and an official announcement of the website launch.

Illinois Valley Wheelm'n Ride Schedule

Closely view departure dates and times!

Monday Morton Level 1 **Dennis Tresenriter (387-6617)** is the new leader for this ride out of Morton. Meet at McClallen Park (Soccer Fields at Jackson and Tennessee) Departure time 5:30 PM. Distance will be 15 miles early in the season and increase over the summer. The ride will regroup frequently. **Last ride is Sept 26.**

Monday Dunlap Level 1 Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School at 6:00 PM starting in June. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently. **Last ride is August 29.**

Monday Dunlap Level 2 Leo Chuzhoy (740-4266) will lead this newly created ride departing from Dunlap Grade School at 6:00 PM. Ride distance will be 20 early in the season and then increasing. Riders will regroup periodically and make certain no riders are left behind. **Last ride is August 29.**

Tuesday Dunlap Levels 2 & 3 Steve Kurt (243-7684) leads this popular ride from the Dunlap Grade School. Departure time 5:30 PM. Be ready to ride at departure time. 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. **The last ride was in November.**

Tuesday Dunlap "Kinder Gentler" Level 2 Pam Hoehne (694-4828) will lead the group again this year for the Level 2 rider, or those Level 1 riders looking for a challenge. Departure 5:30 to 5:45PM. **Last ride will be Oct 25.**

Daytime Tuesday Dunlap Show & Go All levels of riders depart from the Dunlap Grade School at 10:00am. Distance 25 miles. Contact Laurie Wilbur (446-9367) for more info.

Wednesday East Peoria Level 2 Dirk McGuire (699-8484) will lead this ride from the Pleasant Hill Head Start School (across from the Antique Mall) departing at **5:00 PM**. Ride distance will start in the 20 mile range and increase throughout the season. Average speed will be 13-17 mph and no one will be dropped. **Last ride will be October 26.**

Thursday Pekin Levels 2& 3 Jim Vaupel (353-6104) leads this group from Coal Miners Park . Departure time 5:30 PM. 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 the ride may do a rolling re-group to gather up strays but suggests that all riders bring a photo ID or pre-completed toe tag. **Last ride will be September 15.**

Daytime Thursday Brimfield All Levels Laurie Wilbur (446-9367) organizes this ride from various locations each week at 9:00 AM. Refer to the Thursday ride schedule. Ride distance 25-50 miles. **Last ride will be November 3**

Friday Chillicothe All Levels Edith Albright (274-4849) will co-lead this ride with Melissa McClure from the Pearce Center. Departure time 5:30 PM all summer. Distance varies depending on the group. The ride is normally followed by a dinner at a Chillicothe restaurant for those interested. **Last ride will be September 30.**

Saturday Show and Go Washington Level 3 ride meets at Washington Square at **8:30 all year**. Distance varies from 25-60 miles.

Saturday Show and Go from Russell's All Levels Meet at Russell's in Washington at 8:30 Saturday. Distance ranges from 25-40 miles and includes a meal stop.

Sunday Princeville Family Ride Richard Soseman (224-8783) leads this ride from St. Mary of the Woods Catholic Church. Distance and difficulty varies, but about 15 to 20 miles, and will accommodate a range of abilities. Departure time 10:30 AM. **Last ride September 4**

Sunday Show & Go Metamora Levels 1 & 2 Meet at Metamora's town square at 1:00 pm through the winter. Distance 20-30 miles. North route to Washburn or South route to Roanoke. Contact person: Pam Hoehne (694-4828) or pams@mtco.com.

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 a 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.

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) Riders should make certain their bikes are in good working order.
- 9) Riders should carry water and a spare tube for their wheel size.
- 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.

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 + 4 _____
Zip + 4 look-up website: www.usps.com/zip4

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 WHEELM'N, 6518 North Sheridan Rd., Ste 2, Peoria IL 61614-2933

**ILLINOIS VALLEY WHEELM'N
6518 NORTH SHERIDAN RD. STE 2
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