



ILLINOIS VALLEY **WHEELM'N**



April, 2006

greater peoria's bicycle club
Email @ iwheelmn@yahoo.com



PREZ SEZ:

Mentoring is a word most often associated in the world of work as a way to learn from a more experienced typically senior employee.

When it comes to bicycling or any other sport a mentor helps the first timer or novice to get off to a great start or an even better start than the mentor did through sage advice or counsel

I was fortunate that my mentor for cycling was my husband, Roger. He helped me select the right bike by having me measured at one of our local cycling shops, helped me in finding the proper gear, and made sure I understood the importance of riding safe (which included wearing my dorky biking helmet). What I appreciated the most was having him on hand for my first few rides was that he wasn't out there to impress me with how fast he could ride his bike, but impress me he did by how much he helped me conquer my fears of riding on the roads and he stayed back with me. My mentors for triathlons have been many, but the two that helped me the most were Lou McMurray and Jim McIntyre (both IVW members). They not only convinced me to attempt my first triathlon but took the time to drive me gear and all, to my first two triathlons. During the drive and at the event they explained the course, how to set up gear and what to expect. The time my mentors spent with me is very much appreciated. My mentors helped alleviate my fears of attempting cycling and then triathlons.

Many of our club members have been cycling for years and have learned from experience and from others. If you have a family member, friend, neighbor, or coworker that has expressed an interest in cycling, please take the time to be their mentor. Offer your advice in purchasing equipment or riding safe or bike routes in the area. Best of all offer to go cycling with them. Believe me, they'll appreciate the time you spend with them and in time it'll become a great memory of the beginning of a lifetime of fitness and maybe down the road of cycling or life, they too will be able to mentor another cyclist.

...The Wheelm'n Club wishes to express condolence to the family and friends of Jesse E. "Jay" Jackson, who was the victim of a fatal traffic accident on a stretch of Illinois Route 90, near Princeville, Tues. Feb. 28 th. At the time of the accident, Jay was training for the Disney Triathlon in May. A memorial service was held Sat., March 6, at the Woolsey-Wilton Funeral Home in Peoria.

Club Meeting Presentation

"Biking Across the United States"

by Edith Albright, on Wednesday, April 12, 7 p.m. at Leonardo's Pizza, 5025 W. American Prairie, Peoria (out near the Grand Prairie Mall)

I contacted Edith by email while she was "sunbirding" in Florida at the time of the writing of this article. Edith said: "My presentation is on cross-country bike trips, focusing on a 1992 coast-to-coast bike trip from Oceanside, Ca. to St. Simmons Is. Georgia. I have bicycled coast-to-coast 2 ½ times, the one just mentioned, then in 1996 from Seattle Washington to Rehoboth Beach De., and in 2003 (the ½ trip) from Seattle, WA. to Canton, IL. I have done 3 U.S. border to border (south to north) trips and bicycle trips in New Zealand and China. These previous trips and numerous shorter trips here in the U.S. have been with the touring company, "Wandering Wheels" out of Upland, IN. There was also a self contained bike trip in England and a "husband" sagged trip from Illinois to western Kansas.

SPRING BREAKOUT RIDE, APRIL 8, 2006.....

This is the one, folks, on Saturday, April 8th, at "Russell's Cycling and Fitness" in Washington. Rob and Cindy Alexander and Lori Durst will lead us on our annual breakout ride. The ride will start at 9:00 am and will be about 20 mi. with a meal stop. For those wanting to ride farther and faster there will be a longer route option led by Tim O'Hanlon and Jack Welch. All levels are welcome. And in keeping with the social aspect of this ride no one will be left behind or dropped. Want further info? Call Laurie Wilbur: (309) 446-9367

Lou McMurray's Mar 8th "Tour de France Presentation:

Lou Was in fine form and the Power Point presentation was excellent. Throughout the presentation the thing that struck me the most was how open Lou was to all encounters with persons who were, at first, complete strangers and after being with them for a matter of days, his discovery of how "neat" he would find Lamouge, France, the the actual competition Channel and later, a quaint that Lou stayed at for at as a Power Point image than look of massive stone antiquity.



these beforehand strangers. Prior to arriving at stepping out point for the riders in advance of riders, there was a flight across the English train ride. I have to admit that the monastery least the first night was a little less impressive I had imagined it to be, but it certainly had the

If you had seen the March newsletter, I had caricaturized Lou in a French beret, so Lou had to top me on that one by actually donning a bright red beret near the start of his talk. There were quite a few moments when to hear Lou talk about it, every French lady he met or just about any lady he met was exceedingly attractive. Refuting what seemed to be a notorious reputation as a romantic, Lou also related to us that he had a chance to stay over his regular allotted time, but relented, in favor of being with his family again.

The French chalet that Lou and his group stayed at was just breath-taking in the Power Point presentation that took about the last 15 minutes. Lou had explained that unfortunately (probably distracted by the pretty ladies) he had double-exposed his own film, so he had to use photos taken by a female in his group. There were a few shots, notably a small stone bridge and a helicopter that Lou would never have lingered on.

We also heard about the snoring of one huge bald fellow biker and the fact that Lou had paid extra for a separate room and he couldn't be persuaded to spend some time in the same room as the snorer. Seemingly, we heard as much about personalities and quirks as we did about the Tour de France itself. One young female in the group gave Lou a big hug before parting, telling him that he had treated her just like his daughter. We loved every minute of it. The pictures showed the very pretty countryside and mountainous regions. You had to be there.

A MESSAGE FROM THE LEAGUE OF ILLINOIS BICYCLISTS (LIB):

A public meeting is scheduled for Wed., Apr. 19, 2006 at 6:30 pm at the downtown Peoria Public Library Auditorium (B level, corner of Main & Monroe). The primary speaker will be Ed Barsotti, executive director of the LIB. Ed has extensive experiencing in advising communities on developing and implementing plans to improve their bicycling and pedestrian environment.

The purpose of the meeting is to provide a brief overview of LIB programs and initiatives in support of safe and enjoyable biking, a brief overview of recent changes in federal and state governmental support which is available to assist local efforts to improve the environment for bicyclists and pedestrians including both education and infrastructure projects, a discussion for the need for up to date community maps and signage to promote safe bicycling, and a brief mention of the initiatives that other communities are taking in Illinois to support an improved environment.

Ed's presentation will be followed by an open discussion focused on the specific needs and initiatives required in Peoria and surrounding areas brought up by participants. We can also discuss how current and future initiatives can be managed to maximize their chance of success. Public officials and the general public will be encouraged to attend. The meeting space is quite large, so please be assured there is plenty of room and there should be plenty of parking in the area. Please try to attend and make your voice heard. Feel free to invite anyone interested in this important topic.

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BIKE TRACKS:

Featured special ride: KEWANEE RIDE

Marge and Bill Semmens will be leading their annual weekend ride out of Johnson-Sauk Trail Park north of Kewanee. The dates will be May 13/14., Sat./Sun. Please call to let them know you plan to camp at the park. Their number is (309) 693-9388. Day riders are also welcome. The park is located about 6 mi. north of Kewanee on Rte. 78

GENERAL PLAN FOR THE WEEKEND:

For campers, arrive as early as possible on Fri. Good spots fill quickly. We'll get there around noon, so look for our popup camper in the pinewoods, sites 15-25. Look for group supper/campfire at night. Bring camp chairs and roasting sticks. **SAT:** On your own for breakfast, but we make a big pot of coffee. Ride leaves park at about 9:00 am. Day riders can figure about an hour's ride from Peoria, and be ready to roll at 9:00. The route will be about 35 mi. and includes several stops at Casey's along the way. Bring a lunch or do Casey's. **SUN:** Morning the same as Sat. Then we head out for a 40 mile loop over to Bishop Hill at about 9:30. The rides will be for level II riders or better. We'll do lunch in Bishop Hill, and then return to the campground.

So, plan on joining us for one day, two days, or the entire weekend at a great little park just north of Kewanee. Non-riders are invited to come also as the park is a great place to spend the weekend and join us at Bishop Hill on Sun. for lunch.

CLASSIFIED ADVERTISING:

Condo for rent: Winterpark, CO. Biking and Hiking trails.
Info: call 694-4828

REMEMBER: Classified ads are free to Wheelm'n members. Just email the newsletter editor at thesans@insightbb.com. Commercial ads are invited also at reasonable rates. Use same email address, please

ILLINOIS VALLEY WHEELM”N Rides schedule, 2006

(**NOTE: Rides starting in May, 2006. *Closely view departure dates and times*)

Monday Morton Level I: Dennis and Peggy Tresenriter (387-6617) dtresenriter@insightbb.com will co-lead this ride out of Morton. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 6:00 pm, starting Apr.3. Distance will be 12-15 mi. early in the season and increase over the summer. The ride will regroup frequently.

****Monday Dunlap, Level I:** Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School at 6:00 pm starting May 15. Ride distance will be 15 mi. early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

****Monday Dunlap, Level II:** Mike Pula (243-9394) mpula@hotmail.com leads this popular ride from the Dunlap Grade School beginning May 1 at 5:30 Ride distance will be 20 mi. early in the season and then increasing. Riders will regroup periodically and make sure no one is left behind.

Tuesday Dunlap Levels II & III: Steve Kurt (243-9394) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School starting Apr. 5 at 5:30 Note: please be ready to ride at 5:30. Mileage will be 20-30 as daylight permits. The ride will sometimes break into 2 groups. One will generally average 16 mph and the other can be faster. Both groups regroup and make sure no riders are left behind.

Tuesday, “Kinder, Gentler” Level II: Pam Hoehne (694-4828) will lead the group again this year for the level II rider or those level I riders looking for a challenge. Start date April 11, at 5:30 pm. Mileage will be 20-30. The group will travel 13-15 mph early in the season and 15-17 mph toward the end of the summer. Goal is to have fun and no one will be dropped.

Daytime Tues. Show and Go: All levels of riders depart from the Dunlap Grade School at 9:30 am. Mileage 25-50. Contact Laurie Wilbur (446-9367) rcwilbur@att.net for more info.

****Wednesday Dunlap Beginner;** David Schenk (691-1339) dschenk@bradley.edu is the new leader for this ride from the Dunlap Grade School at 5:30 pm on May 3. Various co-leaders will help with the ride each week. Ride distance will be 15 mi. early in the season. Prepare to be able to ride 1 ½ hours. The group will ride together. No one will be left behind.

Wednesday East Peoria Level II: Dirk McQuire (699-8482) and Larry Paustian co-lead this ride from the Pleasant Hill Head Start School (across from the antique mall) starting Apr. 5 at 5:30. Ride distance will start in the 20 mi. range and will increase throughout the season. Average speed will be 13-17 mph and no one will be left behind.

Thursday Washington Show and Go Level I and II: Depart from Russell’s Cycle and Fitness at 6:00 pm starting Apr. 13. The ride will begin as a Level I, traveling 10 mph. The group will increase mileage and speed to a Level II by June. Contact Rob Alexander (444-3297 or 231-2190).

Daytime Thurs. All Levels: Laurie Wilbur (446-9367) rcwilbur@att.net organizes these rides. This ride will depart from various locations each week. Ride distance 25-50 mi. Refer to the Thurs. ride schedule for more details.

****Friday Chillicothe Level I and II:** Edith Albright (274-4849) talbrighte@mtco.com will co-lead this ride with Melissa McClure memmac@mtco.com from the Pearce Center. Melissa will lead the faster group. Occasionally, if only one leader is present the entire group will travel at the Level I pace. The ride will start May 5. Note: be ready to ride at 5:30 pm. Distance will be 20-25 mi. early in the season with a probable 25-30 miles as the season progresses.

Saturday Show and Go Level III: Ride meets at Washington Square at **8:30 am all year**. Distance varies from 25-60 mi..

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

Saturday Princeville Family Ride: Richard Soseman (224-8783) leads this ride from St. Mary of the Woods Catholic Church. Distance and difficulty varies but about 20 mi. and will accommodate a range of abilities. Starting mid-May at 6:00 pm, after Mass.

Sunday Show and Go Metamora Levels I and II: Meet at Metamora Town Square at 1:00 pm. Distance is 20-30 mi. North route to Washburn or south route to Roanoke. Contact person Pam Hoehne (694-4828) or pams@mtco.com

Some of the non-special rides above depart at 6:00 pm as the days get longer. Watch your newsletter for these announcements

**Special Rides , DAYTIME THURSDAY ALL DEPART AT 9:30 AM –
RIDE ORGANIZER, LAURIE WILBUR 446-9367**

Apr 6, 2006: Depart from Brimfield Park on S. Galena St.. The park is two blocks south of Rte. 150. Turn south at the library. Park at the shelter. Distance 30 mi. with a break.. Leader, Laurie Wilbur.

Apr. 13, 2006: Depart from the Pearce Center in Chillicothe. Distance 20-30 mi. Leader Edith Albright (274-4849)

Apr. 20, 2006: Fred's Pekin ride. Depart from the VFW hall located 2 miles south of the hospital on the corner of 14th St. and the VFW Road. 30-35 mi. with a snack stop. Fred Smiser (346-9735)

Apr. 27, 2006: Depart from Jubilee College Historical Site for a 30-40 mi. ride. Plan on a lunch stop. Laurie Wilbur.

More Special Rides.....

Spring "Ding" Ride in western Woodford Co.: Pam Hoehne, (694-4828) has organized a ride/soup supper on Sat. Apr. 22, at 1:00 pm. Leave from 235 E. Green Acres Court (Germantown Hills). Ride 25 or 50 miles, Level I and II. Soup and munchies afterwards at 4:00 pm. BYOB (alcohol only). Soda provided. Desserts and hors d' oeuvres welcomed. Directions to Pam's: Go towards Metamora on Rte 116. at Far Hills Drive (Willow Hills Methodist Church) turn left. Go 1 ¼ mi. and turn left at fork in road. At the second court, turn right. House is at the back of the court. Questions? Call Pam Hoehne 694-4828. Come join fellow Wheelm'n for this early season ride.

Pedal Peoria: Sheldon Schafer (686-7000) leads his city rides for **all levels** throughout the summer. The rides are a casual pace and visit a variety of city sites. Check your Feb Newsletter for details (full schedule of rides).

Elroy-Sparta Weekend: Bill and Marge Semmens (693-9388) invite you to join them in Wisconsin to ride the Elroy-Sparta Trail, June 24-25.

Interplanetary Ride: Sheldon Schafer (686-7000) organizes this annual ride to celebrate the Lakeview Museum's Planetary Model Aug. 13 & 14. Registration brochures are available on the Web and at all local bike stores.

Poker Ride and Spaghetti Dinner: This social ride for all levels departs from the Dunlap Grade School. Riders and their families gather in the park afterwards for a meal, Aug. 8th.

No Baloney Ride: the club's annual invitational ride that attracts 250+ riders from throughout the state will be held Sept. 23, at Jubilee College Historical Site. Registration forms are available on the Web, and at all local bike stores.

Black Partridge Park Double Century: Travel 50/100/150/or 200 mi. in Woodford County TBA..

Tanner's Orchard Ride: Steve Kurt (243-7684) will take you on a scenic Fall ride with a stop at Tanner's Orchard for a yummy treat. October date TBA.

Phew!.....end of the rides announcements. Is that a lotta great rides or what??

Ride levels

Beginner/Family: These rides are at a casual pace averaging less than 12 miles per hour and ride as a group.

Level 1: Rides average 12-14 miles per hour and regroup on a regular basis

Level 2: Rides average 13-17 miles per hour 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
- 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.
- 6.) Warn riders of potholes, 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.

Bikes For Kids:

The IVW is supporting the Salvation Army in its annual "Bikes for Kids" program this May 20th. This wonderful program has put 100's of reconditioned bikes in the hands of underprivileged kids throughout the Peoria area. The Army solicits the donations of used bikes and then volunteers from the IVW, other biking organizations and the local bike stores put them into working condition for distribution by the Army. It all takes place between 8:30 and 3:00 on Sat. May 20th in the parking lot of Sheridan Village. There are two ways to support this great bicycle advocacy program. First, you can donate. Clean out the garage of those old bicycles or tricycles that did not sell in last year's garage sale and encourage your friends to do the same. Collections will begin at 8:30 that morning. Second, commit a few hours to help clean or repair the bikes that are donated. It is a great day of working together and the hundreds of kids that may ride their first bike will thank you.

Mark it on your calendar, and scrounge around for those bikes to donate. If you can commit a few hours to work that day, please call or contact Mike Pula at 243-9394 or mrpula@hotmail.com.

Time for a little Fun Page eh?

MORE ZEN WITTICISMS:

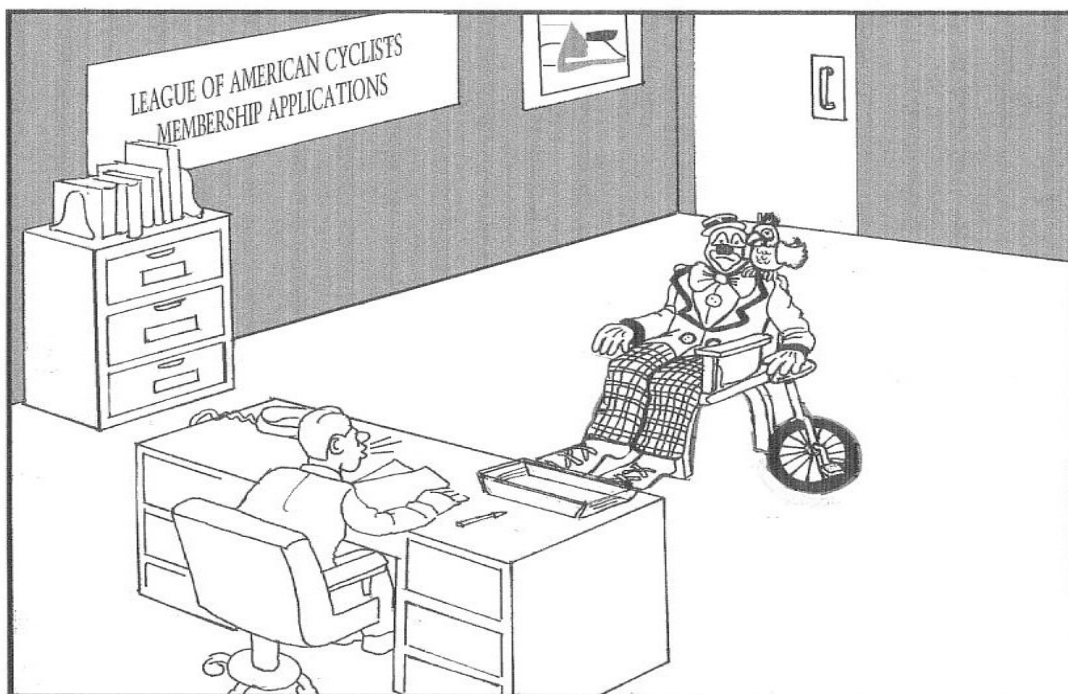
- 1.) If at first you don't succeed, skydiving biking is probably not for you.
- 2.) Some days you're the bug, some days you're the handlebars.
- 3.) When passed by truculent motorists, a closed mouth gathers no bumper.
- 4.) Duct tape in your tool kit is like the "FORCE". It has a light side and a dark side and can hold a universe of bicycle together.
- 5.) There are two theories to arguing with large trucks. Neither one works.
- 6.) Never, under any circumstances, when overnighting a ride take a sleeping pill and a laxative the same night.
- 7.) One bird in the hand squawking while riding fast is worse than two birds in a bush minding their own business.

ILLINOIS VALLEY WHEELM'N
good Old-Fashioned.....

BIKE SWAP MEET

*May 10 - Hines School Gym, 4603 Knoxville
7:00 pm - 9:00 pm
(merchandise setups can come in at 6:30pm)*

Price your bike stuff for just do ordinary trade, sell, swap, barter, etc., but move your bike items.



"Sorry, Mr. Chuckles, besides a few beer drinkers, we don't really do any funny rides in small circles"

FINISHING “Talking about Tandems”

In the March newsletter, I took on a topic that had quite a bit of length to it: “Talking about Tandems, Ruminating about Recumbents” but I said that there would be a continuation in April, so in summary form here it is....(issues regarding the choice of a custom-tailored tandem) “Remember that the stokers handle bars attach to the captain’s seat post so since the captain’s seat cannot go down all the way, his seat tube needs to be a few inches longer.” Typically the seat tube on the rear is 1 or 2 inches shorter than the one on the front.

For the stoker keep in mind that although the seated position can be comfortable, his/her face can’t be in the normal position relative to the handle bars, because that position is occupied by the captain (person in front). Rear top tubes have been getting longer in recent years. There is a compromise that must be made between tall, large, or long-torso stokers and extra tube length which adds weight and handling issues. If the stoker is a very small person, then too, adjustments should be made.

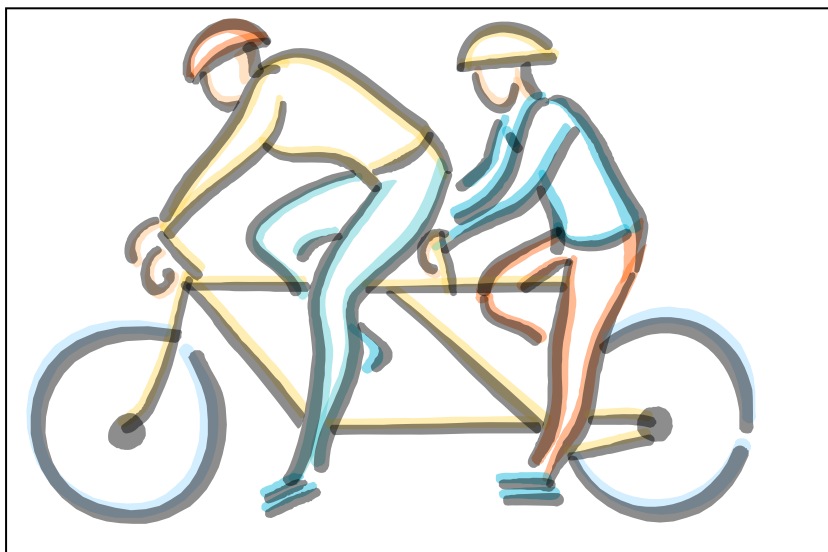
If the difference in the two riders is very large, ie., large stoker and a smaller captain, it is less common because it is harder for the captain to control the bike. The center of gravity in the back should be higher and the stoker needs to be aware that his/her movements have a greater effect on the captain than with a smaller person. I would have to admit that when I rode a tandem of sorts, two regular bikes joined together, when I was a teen, I never gave any of these considerations any thought. Thinking back I can see why riding in front with “Big Joey” in back was a wobbly ride.

So then, what make/model of tandem to buy? The first general advice is to test ride as many as possible. Santana is one of the oldest and most successful of all tandem production builders. There must also be a wealth of information out in our bike club from some members like the Johns (Kathy and Roger) who own tandems. Other companies that build production big bikes include Burley, Cannondale, and Co-Motion. DaVinci is a newer company and there are custom-made tandem companies like Bilenky.

There are lots of different frame designs and materials, with steel being most popular, but aluminum, carbon-fiber, and titanium are also in the mix. If you want lightness and have the bucks, judging from an all carbon-fiber road bike at about \$3400 that I hefted at Russell’s recently (it was as light as about 7 or 8 plastic laundry baskets) that’s the ticket for you.

Then there is wheel size difference. You can get 26” wheels or 700C. If you’re big into off-road, the 26” wheels and some type of suspension are probably best. “ One or two last word –there are recumbent tandems. The Blayleys, who supplied this info.have tried a recumbent tandem (that’s gotta ;look weird, right?) and reported having a blast with it.

For further info., type in “he Blayleys, John and Pamela” in your Web search slot, and consider a tandem.



OUT-OF-TOWN RIDES-COLUMN:

This will try to keep you informed of the out of town rides that are fairly close, or somewhat farther away. The clubs putting on these rides would appreciate your support.

Close-to-home: May 21, Sangamon River Valley bike ride starting in Monticello the distances are 16, 24, 34, and 42 miles. Contact Debbie Winder (217 762-4751

In June, 2 popular rides coming up – one is TOMRV, June 10 & 11. The other is McLean County Wheelers/Red Cross Ride, May 17. Look for more details in the May issue.

**For more information please visit:
www.mikebentley.com/bike/mwrides.htm**