



ILLINOIS VALLEY **WHEELM'N**



June 2006

greater peoria's bicycle club

Email @ ivwheelmn@yahoo.com



The Prez Sez:

A club is only as good as its membership participation. IVW has over 250 memberships. When families are included, that number exceeds 400. Within this membership is a wealth of bicycling experience. Some of our members have been cyclists for decades and have attended many bike rides, bike shows, and other bike events. The club can benefit from our seasoned members, as well as the knowledge new members bring to our club. It is important and necessary to get input and feedback from all members so your club leadership will know what you'd like to see happen in this club, the type of events you'd like us to put on, the type of articles you'd like to see in the newsletter; etc... For instance, we just had our Swap Meet on May 10. It was not well attended with only 7 sellers and about a dozen or so who showed up to look or buy.

What did we do wrong? Should we have had the Swap Meet on a different day of the week, different month, a different location, or not at all? We gave plenty of notice, reminders, invited other bike clubs, etc... Roger and I have attended swap meets in Madison, WI, which could have filled the equivalent of 4 gymnasiums. Obviously, we don't want to waste club money on leasing a gym or club members' time if only about 5% of the club is interested. So please take a moment of your time and e-mail us with your thoughts on either this event or future events that you'd like to see. We'd also like your opinion on the content of the newsletter. What type of articles would you like to see in the newsletter? Board members' email addresses are located on page 3 of this newsletter. By responding, you'll help us improve your club.

Ride of Silence - May 17, 2006



Despite threats of severe thunderstorm and tornado warnings, 40 cyclists showed for the Ride of Silence in Dunlap. Many clubs were represented at the ride: Illinois Valley Wheelm'n, Tri-Peoria, Peoria Bicycle Club, Peoria Area Mountain Biking Association and the Friends of the Rock Island Trail.

The ride was in honor of fallen cyclists and especially, this year, in honor of Jesse "Jay" Jackson who died February 28, 2006, when his bicycle was hit by a van while he was cycling east of Princeville, IL, while training for the Disney Triathlon. Jay was both an IVW & Tri-Peoria member.

Cyclists wore black armbands in solidarity of mourning.

Monsignor Richard Soseman, said a prayer prior to the cyclists taking off on the ride.

Dot Jordan (Jay's mother) and Jay's girlfriend were at the parking lot to see the cyclists off for the ride and stayed until all returned.

"I'm just overwhelmed," said Dot. "There were so many people that came, and a rainbow even appeared, and then the sun broke through just about time for them to go off on their ride."

Also present from Kewanee, IL, were family and friends of Dr. Robert Breedlove. Dr. Breedlove was a physician in Des Moines, IA, whose bicycle was struck head-on by a pickup truck in the hills of Colorado during the Race Across America in 2005.

The Ride of Silence will be held again on May 17, 2007, rain or shine.

New Members:

Dewalt, Mike & Kathy.....Peoria
 Grillot, John & Kay & Family..Washington
 Gonzales Miguel.....Princeville^
 Hart, Betty.....East Peoria^
 Myers, Charles.....Pekin
 Rees, Lem and SusanWashington
 Sullivan, Jennifer & Muir, Bill...Princeville

Renewing Members:

Albright, Edith.....Chillicothe
 Atkinson, David & Janice & family..Peoria
 Chandler, Ron & Gwen.....East Peoria
 Dean, Ronald.....Galesburg
 Hutchins, Michael.....Morton
 Kamp, Jim & Ann.....Tremont
 Keenan, J.D. & Dena & family.....Dunlap
 Luthy, Ken.....Pekin
 Schafer, Sheldon & Mary Ann.....Peoria^
 Siegrist, Lester.....Washington
 Stephen Alfred and Rita Hungate.....Peoria*
 Tate, Jeffr & Sharree & family.....Peoria
 Unkrich, Herb & Barb.....Edwards
 Vaupel, Jim.....Pekin^
 LIB member* Advocacy^

**IVW Roster is coming soon –
Are You Current?**

We plan to mail a printed version of the IVW membership list with the July newsletter. The main purpose of the list is to help IVW members contact each other to arrange rides and other social events. Please contact IVW database person Larry Davis if any of your contact info has changed (address, phone, email-address). Likewise, if you prefer to have any (or all) of your contact info excluded from the printed membership list – let Larry know (by June 15).
 Larry is at: DAVIS.LAR@INSIGHTBB.COM, or 309/691-3060.

LIB Extra – from the League of Illinois Bicyclists

Illinois Bikeway, Trail Money Preserved

IDOT's April Cuts More Fair For Cyclists

Thanks to those who helped LIB's grassroots and media campaign to stop IDOT's disproportionate raids of federal bike trail funding. It worked!

Over the past two fiscal years, IDOT was forced to return some of the nearly \$1 Billion it receives annually in federal transportation dollars. Instead of "sharing the pain" with proportional cuts across all categories, IDOT opted to return bike and trail funds in an overwhelming way.

An example is the Enhancements program, the source for many new Illinois trails in the past decade (www.enhancements.org). Last year alone, **46%** of these dollars (nearly \$12M) were sent back, while only **4.5%** of all other non-bike funding was returned. The "rescission" criteria used by IDOT doomed our bike funding programs because of how they are structured.

After this came to our attention in March, LIB, CBF, and others worked for fair cuts in IDOT's April rescission. Enhancements and other bike funds did get cut, but at a level proportionate with other transportation spending. This approach better meets both the intent of Congress and public demand. In future years, we will continue to push for fairness, including "making up for" past disproportionate cuts.

For more details on this issue, see www.bikelib.org

Bike Safety Instructor Course Rescheduled

League-Certified Instructor (LCI) Training

Become a bike safety instructor this year through a League of American Bicyclists seminar in Wheaton. Previously scheduled for May, the class has been pushed back to later this summer, likely in early August. After attaining League Certified Instructor (LCI) certification, you may then teach the LAB's Road I, Road II, Kids I and Kids II curricula.

For more info, contact Nicole Kemerer at nicole@bikelib.org or 312-342-6338.

Route 66 Guidebook Completed

Explore Americana and the "Mother Road" between Chicago and St. Louis using LIB's new "Route 66 Trail User's Guide". Information for self-guided touring includes cue sheets, maps, food, lodging, bike repair, and Route 66 attractions. "With Amtrak stops along the way, you can bike all or part of the route and then take the train back," said LIB's Ed Barsotti.

The Illinois Department of Natural Resources sponsored the project to establish a mostly on-road, "interim" route that can be used to explore Route 66 today. Over time, the IDNR and local agencies along the way will refine parts of the route through roadway improvements and off-road trails.

The guide is available for download at www.bikelib.org/route66 with printed copies from IDNR at 217-782-3715. Similar guides for the Grand Illinois Trail (www.bikelib.org/trails/git) and Illinois' Mississippi River Trail (www.bikelib.org/mrt, on-line only) are also available.

Support LIB's advocacy efforts to improve Illinois bicycling:
www.bikelib.org/join

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MEMBER CLASSIFIED ADS

Condo for rent in Mountain Bike Paradise
Winter Park Colorado
Close proximity to the Rocky Mountain
National Park
Reasonable rates
Call 694-4828

Off-road bike, used just once by adult, semi-
knobby tires, in very good shape.
Call 347-8740 for more details.

12th Annual INTERPLANETARY BICYCLE RIDE AUGUST 12 & 13

The Interplanetary Bicycle Ride follows a route from Dunlap, Illinois, through Lakeview Museum's Community Solar System, the world's largest complete model of the solar system. On Saturday, cyclists visit the outer planets on route lengths varying from 12 to 100 miles. Both road and trail routes are available.

On Sunday, riders travel from the Sun to Saturn and back, a 24-mile route connecting the inner planets through the streets of Peoria and East Peoria. Registration is \$20 (\$24 after August 1st). A family can ride for \$46. Fee includes museum admission, the Saturday night Star Party, and more. For more information, visit www.lakeview-museum.org/iplanet/iplanet.html or call (309) 686-7000. You can register online at active.com following a link from the ride's webpage.

We also have a short list of volunteer opportunities:

Everyone – spread the word, take flyers to other events
1 – 2 persons with van – extra sag help Saturday
1 – 2 persons, setup Friday evening
1 – 2 persons, registration 5:15 – 9 am Saturday morning
1 – 2 persons, help with end of ride food 10am – 4 pm
1 – 2 persons, help with cleanup & move back to
museum 4 – 6 pm
3 persons, route marking
Please call Sheldon Schafer at 309-686-7000 if you can help

No Baloney: Volunteers Needed

Another reminder about the club's premier event, the "No Baloney Ride" scheduled for Sept. 23 at Jubilee Historical Site. A whole slew of great positions are open still, including:

- Co-chairpersons - Registration takers
- Route planners - Route Markers
- Rest Stop Hosts - Sag Organizer - Baked Goods Organizer - Setup - Chili Organizer
- Cleanup - General Helper

This event usually draws several hundred riders from throughout the area and the whole state.

As in the past, for most of these positions you can fulfill your duties and still ride.

Contact Mike Pula at 243-9394 or mrpula@hotmail.com

Thanks, and see you at the "No Baloney"

ILLINOIS VALLEY WHEELM'N -- June rides schedule

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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. 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 6:00pm. 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) mrpula@hotmail.com leads this popular ride from the Dunlap Grade School at 6:00pm. 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 "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. Depart at 6:00 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.

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School, departing at 6:00pm. Note: please be ready to ride. Mileage will be 20-30 as daylight permits. The group will average 17mph or more, and will regroup as needed!

Tuesday Dunlap Show and Go Level IV: For faster riders this group will get your heart rate up, but don't expect them to regroup or wait for stragglers. Depart at 6:00pm.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 8:30 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 6:00pm. 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 1½ hours. The group will ride together. No one will be left behind.

Wednesday East Peoria Level II: Dirk McGuire (699-8482) and Larry Paustian co-lead this ride from the Pleasant Hill Head Start School (across from the antique mall) 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. The ride will begin as a Level I, traveling 10 miles. The group will increase mileage and speed to a Level II by June. Contact Rob Alexander (444-3297 or 231-2190).

Daytime Thursday Rides, All Levels: Laurie Wilbur (446-9367) rcwilbur@att.net organizes these rides. All rides will depart at 8:30am in June.

June 1, 2006: Depart from Brimfield Park on South Galena Street. The park is two blocks south of Rt 150. Turn south at the library. Distance: 40 miles with a sandwich stop. Leader: Laurie Wilbur

June 8, 2006 Fred's Pekin Ride: Depart from the VFW Hall in Pekin located 2 miles south of Pekin Hospital on the corner of 14th St. and the VFW Road. Distance: 40-50 miles with a sandwich stop. Fred Smiser (346-9735)

June 15, 2006 Edith's Ride: Depart from Dunlap Grade School. Distance 30-40 miles to Wyoming with a break. Leader: Edith Albright (274-4849)

June 22, 2006: Depart from Brimfield Park on South Galena Street. The park is two blocks south of Rt 150. Turn south at the library. Distance: 40 miles with a sandwich stop. Leader: Laurie Wilbur.

June 29, 2006: Depart from Jubilee College Historic Site. Distance: 50 miles with a sandwich stop. Leader: Laurie Wilbur.

Friday Chillicothe Level I and II: Edith Albright (274-4849) talbright@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. 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 am 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. Departing 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

Ride levels:

(Ride leaders can be contacted for specific details concerning their rides.)

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.
- 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 take place in any weather.
- 11.) Riders should arrive in time to be ready to ride at the start time.

Pedal Peoria Series –Sheldon Schafer (686-7000)

EAST PEORIA TRAIL & FON DU LAC RIDE: Start at Shopko parking lot, East Peoria at 6:00pm, **June 8**. Highlights: East Peoria Trail & views from Fon du Lac Dr. Casual pace 13-15 mi.

PRAIRIE TO PRAIRIE RIDE: Depart from the Riverfront Visitor Center parking lot at 10:00am, **June 17**. Highlights: two prairie restorations inside the city, Giant Oak Park, Whittier School Outdoor Science Classroom, plus selected historic sights – River front, Springdale Cemetery and historic homes. Casual pace 13-15 mi.

SCULPTURE RIDE: Start at Bradley University Quad at 6:00pm, **June 22**. Highlights: Public sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, and various Riverfront Park sculptures by Preston Jackson. Casual pace 13-15 mi.

ELROY – SPARTA WEEKEND

Bill & Marge Semmens (693-9388), “Come join us for our return to the Elroy – Sparta Trail ride in Wisconsin Friday **June 23- June 25** Sunday. We have not been up there for a while, so Marge and I decided to organize a trip again this season. We hope a lot of folks will join us. If you are not familiar with the trail, it is located in west central Wisconsin and is about a six-hour drive from Peoria. The trail itself is an abandoned railroad right-of-way that Wisconsin has converted into a beautiful bike trail. Because the west side of Wisconsin is quite hilly, the railroad dug out three tunnels for the right-of-way. One of the tunnels we’ll walk through is almost a mile long. So be sure to pack a flashlight. A waterproof jacket might also be a good idea since the tunnels sometimes still have ice melting in them, even in June. A round trip ride each day will be between 30 to 50 miles.

The general plan is for everyone to drive up to Wilton, WI on Friday. Wilton is about in the middle of the trail, and it has a city park with showers and electricity for camping. Space is limited so try to get there as early as possible. You are on your own for meals that night. I’m not sure what the camping fees are this year, but they usually charge about \$7.00/person/night.

Saturday and Sunday mornings, we’ll have a pot of coffee going, but you are on your own for breakfast. Sunday the Lions serve pancakes and sausage at the park. It’s generally all you care to eat. Or, there are a couple of restaurants within walking distance.

We’ll try to leave the park as early as we can each day and ride to one end of the trail for lunch. Both Elroy and Sparta have your typical hamburger and hotdog stands. For those that want to bring a lunch or ride beyond the ends of the trail, have at it.

Saturday we may have some adult beverages followed by a pot-luck supper. Please call so we can coordinate the selections somewhat.

I know you’ll have lots of questions, so please call us at 309-693-9388 or E-mail us at m_b_Semmens@sbcglobal.net. This ride is open to all ride levels, but you should try to have a “buddy” to ride with as we will get spread out.

Please call to let us know that you are coming up and then start training!!!!”

OUT-OF-TOWN-RIDES

June 4 – **The Udder Century**, Union, IL
www.mchenrybicycleclub.org or e-mail:
Udder@earthlink.net

June 10 & 11 - **TOMRV**. Starts at Bettendorf, IA, 192 miles sponsored by the Quad Cities Bicycle Club. Can get more information by emailing lindabarchman@hotmail.com or at www.qcbc.org

June 11 – **Kenosha County Fairgrounds** in Libertyville, IL register online
www.bikebclc.com

June 11-17 - **GITAP** (Grand Illinois Trail and Parks Ride) starting and ending in Rochelle, IL Completely supported ride sponsored by the League of Illinois Bicyclists

Close to home and very well run is the **Ride & Stride**, June 17, that starts at Tipton Park in Bloomington, Illinois. Lengths are 30 & 60 miles with a 10-mile family ride. There is a delicious lunch at the end of the ride that includes a pork chop sandwich. Registration fee is \$20 before June 1 and \$25 after. Want more info? Call 309-662-0500, x58 or checkout the McLean County Wheelers website,
www.mcleancountywheelers.com.

June 18 - **Swedish Days Ride**, Burlington, Illinois Register online at www.fvbsc.org

June 18 - **Windy 60** Dekalb County. Want more info email at windy60@gmail.com

A very popular ride in July in this area is the **Pedaling for Kicks** ride that starts at the East White Oak Bible Church in Normal, Illinois. The date is July 8. Lengths are 25, 40, 50, 64 and a 15-mile family route. This ride is well known for their delicious food stops and post ride meal (\$5 extra, but well worth it). More info can be obtained at
http://www.fcfi.org/html/pedaling_for_kicks.html

2006 Proctor Cycling Classic: Volunteers Needed

- Who:** Peoria Bicycling Club is looking for able volunteers to help out with this year's Proctor Cycling Classic & make it a huge success. Volunteers must be at least 18 years old, or with a responsible adult.
- What:** We are in need of volunteers who can help out either day (or both) with a variety of jobs, including setup, teardown, corner marshaling, water distribution, crowd control, etc... Shifts range anywhere from 2 to 3.5 hours, and you can work as many or as few shifts as you please. Shifts do require you to be out in the weather for the entire shift, so plan accordingly with extra water, sunscreen, etc....
- When:** Road Race is on Saturday July 1st.
 Criterium is on Sunday, July 2nd.
- Where:** Road Race is held in the countryside around Brimfield, IL – 12 miles West of Peoria.
 Criterium is held in downtown Peoria, IL – starting and ending at the Civic Center.
- Why:** To be ambassadors of the exciting sport of Cycling to those who are already participating, or others who might not know a thing about it. All volunteers will receive a FREE Proctor Cycling Classic volunteer t-shirt for coming out to help. Volunteers are also invited to a FREE volunteer picnic at the Peoria BMW dealership Thursday, June 29th, 2006 from 6 until 8 p.m.

For more details on volunteering, please contact Mike Honnold at (309) 696-2591, Cannondale 25@juno.com or for volunteering at registration, contact Bev Enslow at (309) 383-2610.

Road Race – July 1, 2006

<u>Shift Schedule</u>	<u>Duties</u>
6:00 – 8:00 a.m.	Course Setup
8:00 – 11:30 a.m.	Corner Marshaling
11:00-2:30 p.m.	Corner Marshaling
2:00-5:30 p.m.	Corner Marshaling
5:30-6:30 p.m.	Course Teardown

Criterium – July 2, 2006

<u>Shift Schedule</u>	<u>Duties</u>
6:00 – 8:00 a.m.	Course Setup
7:45-10:30a.m.	Corner Marshaling
10:15-1:00 p.m.	Corner Marshaling
12:45-3:30 p.m.	Corner Marshaling
3:15-6:00 p.m.	Corner Marshaling
6:00-7:00 p.m.	Course Teardown

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)

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

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 a LAB member?(check one)

Yes No

Basic membership:

Individual (\$10) \$ _____
household (\$12) \$ _____

Voluntary advocacy contribution:
(\$5, \$10, \$15, other) \$ _____

Total enclosed \$ _____

ILLINOIS VALLEY WHEELM'N
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