

ILLINOIS VALLEY WHEELM'N



JULY 2006

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



PREZ SEZ :

It's the middle of the biking season and time for those long, hot rides out in the countryside. It's also time to make sure we are riding as safe as possible on the roads. Most of us are well aware of what we should be doing to bike safely, but are we actually heeding our own advice?

Before you hit the road, take a few moments to not only prepare your bike equipment, but to prepare yourself for those long, hot rides by: applying sunblock, drinking/bringing lots of fluids, informing someone about your route, carrying some identification, and bringing along a cell phone.

Sunblock should be lathered on any exposed skin. Please be sure to hit the top of your shoulders, bridge of your nose and tops of your ears a couple of times for good measure. Also, don't forget when hunched down in the bike; a little more shoulder and lower back is exposed than when standing up straight applying the lotion. So apply a bit within the edges of the fabric.

Fluids are very important on those long, hot rides. Take along two bottles of fluid. I generally take a bottle of water and a bottle of Gatorade. If you plan to be out there for hours on a blistering hot day, you may want to consider taking some electrolyte pills. I take Endurolytes by Hammer Nutrition. They work great, easy to carry and don't upset the stomach.

Inform a family member about your bike ride. Let someone know your route and an approximate time that you'll be returning home. I have several routes printed up and put the "route of the day" on the counter top for Roger if I'm running or biking alone. It's not just for your protection, but maybe a family member will need to get a hold of you in an emergency. How would they find you otherwise?

Carry some form of identification on you especially when you are alone on the road. It could be as simple as throwing your driver's license in your jersey pocket or keeping a sheet of paper in a ziplock with emergency phone numbers. Roger and I both have a Road ID bracelet. On it is our name, address, phone number, emergency phone number, blood type and drug allergies. If you are knocked unconscious, at least a stranger would know who to contact.

Lastly, most of us own cell phones. They are small enough to squeeze into a bike bag. Please be sure to pre-program emergency numbers into them. It may come in handy for an emergency or just to call your spouse, partner or friend, to let them know you are biking a bit later or longer or deviated off your planned route.

Please be safe out there on these hot, summer biking days.

IVW at Tri-Shark Classic Triathlon

A dozen Illinois Valley Wheelm'n participated in the Tri-Shark Classic held at Moraine View Park near LeRoy, IL, on June 3. The triathlon was a sprint distance of a 600-yard swim, 13-mile bike and a 5K run.

For Laurie Wilbur (IVW Ride Chair) and Celeste Hansen it was their very first triathlon. They were coached by one of our new members, Rich Gieblehausen, during the winter in his Triathlon 101 course at Proctor Professional Building, Peoria. Rich is also the president of Tri-Peoria. Rich and Reid Hansen battled it out in the 55-59 age group with Reid Hansen taking first with a very impressive 1:09:38 total time with Rich less than a minute behind with a 1:10:19. Both held the fastest overall time of all the IVW participants and the fastest bike time going 22:37 MPH for Rich and 22:38 MPH for Reid. The course is not flat, but has rolling hills.

Sheila Hansen came in 2nd in her age group with an overall time of 1:18:55 and biking 20:22 MPH for 13 miles. Right behind Sheila, but in a different age group was Ana Breaux also taking home a trophy (3rd) with a 1:19:42 finish and biking 19:66 MPH. Some of the other IVW members participating at Tri-Shark were: Rich Breaux in the relay event, Janice Maloof, Jim McIntyre, Mike and Vicky Stoughton and our lovable, Lou McMurray. Since our club is all about biking here is the bike MPH (minus Rich Breaux) for the 12 IVW members:

1. Reid Hansen:	22:38 MPH
2. Rich Gieblehausen:	22:37 MPH
3. Mike Stoughton:	20:85 MPH
4. Jim McIntyre:	20:77 MPH
5. Vicky Stoughton:	20:60 MPH
6. Sheila Hansen:	20:22 MPH
7. Ana Breaux:	19:66 MPH
8. Laurie Wilbur	16:97 MPH
9. Lou McMurray	16:73 MPH
10. Celeste Hansen	16:21 MPH
11. Janice Maloof	15:56 MPH

Additionally, two IVW members, Bill and Marge Semmens, were there to cheer on our club members and it was the first time that they've attended a triathlon. Bill and Marge were camping at the park and did their own triathlon of activities: canoeing, biking and swimming.

The triathlon was enjoyed by both the participants and spectators alike. Be sure to congratulate our members when you see them out on a bike ride.

New Members:

BARR, JOHN & JENNIFER.....
EAST PEORIA

BRADFORD, JUDY G.....PEORIA^

SOMMER, STEVE.....MORTON

Renewing Members:

ANDERSON, DENNIS & KELLYANN &
FAMILY.....PEORIA

BAKER, BRANDON.....PEORIA

BIERRE, TERRY & JOHN.....
WASHINGTON^

BOLAND, LORI.....PEORIA

BRUBAKER, BEN.....WASHINGTON

HAEDICKE, MIKE.....EAST PEORIA

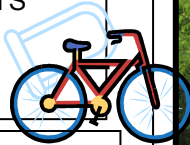
HOEHNE, PAM.....PEORIA

PARSONS, GEORGE.....GROVELAND

VONDERHAAR, JAMES & KAREN &
FAMILY.....PEKIN^

WEAKLEY, DAN.....PEORIA HTS^

LIB member * Advocacy^



Interplanetary Ride:

Sheldon Schafer (686-7000) organizes this annual ride to celebrate the Lakeview Museum Planetary Model, **August 13 & 14**. For more information, visit www.lakeview-museum.org/iplanet/iplanet.html. You may register online at active.com following a link from the ride's webpage.



Celeste Hansen, Laurie Wilbur, and Lou McMurray raring to go just prior the start of the Tri-Shark triathlon.



Sheila Hansen getting back from a warm up and Laurie Wilbur preparing equipment for the triathlon.

Bikes for Kids

Due to the efforts and donations of many, over 100 bikes were collected and put in working condition. The Salvation Army has already distributed the bikes to needy kids in the Peoria area. Thanks go out to everyone that participated. Special thanks to those that spent the day wrenching on the donated bikes: Greg Durst, Matt Durst, Bill Clark, Steve Grube, Mark Beiser, Eric Hutchinson, Mike Honnold, Tom Voegeli, Chris Everts, Rob Farlin, Brandon Baker and Mike Pula. We also want to thank Russell's and Bushwacker for their great support.Mike Pula

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IVW Website:

<http://www.ivwheelmn.org>

Tour de Princeville

Msgr. Soseman (224-8783)

Time: 6:00 p.m., Saturday evenings after Mass

Place: St. Mary of the Woods parking lot

A 14 Stage Ride to the North! – Stages 5 thru 9 in July.

Each week there will be a different route with a different stage theme. Riders may keep their own time, and scratch up to four through the summer. Once a month there will be a “family ride” in addition to the weekly “road ride”. Don’t miss the Individual Time Trial on July 15th! Families can participate in a “Team Time Trial” on the same day! It should be a lot of fun, and some good cycling.

PRIZE OF HONOR- Keep your own time over the summer for the Prize of Honor. Each person can scratch four stages and count the best 10.

5me etage: Tour de Spoon, JULY 1 ROAD

Theme: recite a soliloquy. A great stage ride north and west, crossing the river immortalized by Edgar Lee Masters. Distance 24.8 miles with a snack stop at the end of the ride at Casey’s. TOUR DE FRANCE starts today!

6me etage: Salute to Veterans, July 8 ROAD & FAMILY

Theme: best use of red, white, & blue wins prize. A stage past local cemeteries, honoring those who served our country. “Family Ride” 4.7 miles. “Road Ride” 18.6 miles.

7me etage: Contre-la-montre individual (Time Trial), July 15 ROAD & FAMILY

The one Saturday the Tour de France doesn’t have a Time Trial, we will have our own! Each person starts two minutes apart to time how hard and fast they can ride the course. “Family Team Time Trial Version” will be 5.5 miles. “Road Version” 12 miles. Prizes will be awarded in different categories! You class yourself I-III if we agree!

8me etage: de l’enfer au ciel, July 22 ROAD

Theme: wear purple or black. A very challenging, hilly stage through valleys of paradise and hills of inferno. Distance 22.5 miles.

9me etage: Summer’s Heat, July 29 ROAD

Theme: wear cool clothing. A long, flat stage through the hot country side. You’ll wish for a tailwind, both directions! Distance 22.5 miles.

All ride levels welcome. Various levels of riders will follow the same route at different speeds.

“No Baloney Ride” Volunteers Needed

Another reminder about the club’s premier event, the “No Baloney Ride” scheduled for September 23 at Jubilee Historical Site.

As in the past, for most of the assistance 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 – July, 2006 rides schedule

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 p.m. Distance will be 12-15 miles 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 p.m. 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 Dunlap Level II: Mike Pula (243-9394) mrpula@hotmail.com leads this popular ride from the Dunlap Grade School at 6:00 p.m. Ride distance will be 20 miles early in the season and then increasing. Riders will regroup periodically and make sure no one is 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. Depart at 6:00 p.m. Mileage will be 20-30 miles. 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 6:00 p.m. Note: please be ready to ride. Mileage will be 20-30 as daylight permits. The group will average 17 mph 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 6:00 p.m.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 8:30 a.m. 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 6:00 p.m. Various co-leaders will help with the ride each week. Ride distance will be 15 miles 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 p.m. Ride distance will start in the 20-mile 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 p.m. 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 8:30 a.m. in July.

July 6, 2006 Edith's Ride: Depart from the Hub Ballroom parking lot in Edelstein. Distance 35-40 miles with a break in Wyoming and a lunch stop at COOPS in Princeville. Leader: Edith Albright (274-4849)

July 13, 2006 Fred's 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: 35-50 miles depending on the temperature. Lunch at a great stop in Manito! Fred Smiser (346-9735)

Daytime Thursday Rides, continued.....

July 20, 2006: Depart from Brimfield Park on South Galena Street. The park is two blocks south of Rte.150. Turn south at the library. Distance 40 miles with a sandwich stop. Leader: Laurie Wilbur.

July 27, 2006 SHOW AND GO: Depart from Dunlap Grade School. Distance 30–40 miles.

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. Note: be ready to ride at 5:30 p.m. Distance will be 20-25 miles 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 a.m. 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 a.m., Saturday. Distance ranges from 25-40 miles 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 miles and will accommodate a range of abilities. Departing at 6:00 p.m. after Mass.

Sunday Show and Go Metamora Levels I and II: Meet at Metamora Town Square at 1:00 p.m. Distance is 20-30 mi. North route to Washburn or south route to Roanoke. Contact person is Pam Hoehne (694-4828) or pamela.shuckhoehne@sbcglobal.net

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.

POKER/SPAGHETTI RIDE:

It's time again for the annual Poker Ride & Spaghetti Supper. Mark your calendar for Tuesday, **August 8th**. This ride is for all levels and will be 10-12 miles long. We will start at the pavilion at Dunlap Park, next to Dunlap Grade School. You will be given a map and will pick up a playing card at each of the 4 stops, picking up the last card at the end of the ride. The top five poker hands will win valuable prizes!!! Slower riders should begin at 5:30 p.m., faster riders not later than 6:00 p.m.

A spaghetti dinner from Avanti's will follow. There will be a choice of meat sauce or vegetarian. The cost is \$5.00 per person. Make your check out to IV Wheelm'n and mail to Bonnie Johnson, 920 E Fair Oaks Ave., Peoria, IL, 61603. *The deadline is Friday, August 4th. It is important that you sign up ahead of time so that I know how much spaghetti to order.*

Pedal Peoria Series

Sheldon Schafer (686-7000)

History Ride:

Start at the Riverfront Visitor Center parking lot at 6:00 p.m., **July 6**. Highlights: river front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave. homes, Frank Lloyd Wright homes. Casual pace 13-15 miles.

Eric's West Peoria Deli Ride:

Start at Loucks School parking lot 6:00pm, **July 20**. Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park, Fedora's Deli.

Book Signing: David Johnson, author of "Biking Illinois: 60 Great Road Trips and Trail Rides" will be at Borders in Peoria, IL on Saturday July 15th at 7:00 p.m.

Out of Town Rides

July 4, Joliet, IL. Fourth of July Metric Century, Lengths are 30, 45 and 62 miles. Register online at www.signmeupsports.com or at www.jolietbicycleclub.org

July 8 - 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. Lengths are 25, 40, 50, 64 and a 15-mile family route. Start time, 6:00am to 8:00am. 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

July 16, Plano, IL. Melon Metric XX. For information call Naperville Bicycle Club's Melon Metric hotline at 630-517-4942 or www.napervillebikeclub.com

July 16, DeKalb, IL. Biking with Beanie Ride. Lengths are 23, 46, 64 and 101 miles. Website is www.kish-kiwanis.com

July 30, Elmhurst, IL. MetroMetric XXVI www.elmhurstbicycling.org

August 5 – 11, a 7-day Loop Tour sponsored by the Joliet Bicycle Club. Fee includes camping with showers, baggage transport to campsite each day, water and food stops along the route, SAG support, tour route maps and some selected meals. For more info go to www.bikelib.org

August 19 – 20, Keosauqua, IA. Laurie Wilbur is encouraging Wheelman to plan on participating in Bike Van Buren XX. This is a 2-day ride discovering the eleven historical villages of Van Buren County, Iowa (God's country). You can get more information from Laurie or by calling 800-868-7822 or visiting the website www.villagesofvanburen.com

September 10, Springfield, IL. Capital City Century Starts at Lake Springfield Beach house located in Center Park. Ride lengths are 25, 40, 62 and 100 miles. Homemade cookies and muffins at the food stops, Lunch with fried fish, brats and hot dogs. More info at www.spfldcycling.org

If you would like brochures for any of these rides, please contact Cora Lynn Green at 683-3083

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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 WHEELMN, 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 \$ _____

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