

ILLINOIS VALLEY **WHEELM'N**



SEPTEMBER 2006

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



PREZ SEZ :

As summer draws to a close, it's time to schedule some fall/winter club meetings. If we can't bike; let's at least get together to eat, drink and talk about biking.

I have one speaker booked for our first club meeting to be held October 11. Greg Springborn, president of the Peoria Bicycle Club and competitive cyclist, will be our guest speaker next month. For those interested in bike racing or possibly participating in a bike race, you won't want to miss this presentation. Greg will show a couple of short videos as well as tell us about his training and racing experience. Location is TBA, but most likely we'll have this meeting and others at local restaurants.

Speakers are needed for January, February and March. November is our annual meeting/awards banquet and December is too busy with the holidays. The type of presentations that the majority of the club would be interested in is a 30-45 minute talk about a great weekend or weeklong bike ride that our club members have experienced. These presentations do not have to be put on by an individual. Be creative! If you and three or four friends attended the same event (for instance, GRABAWR or RAGBRAI); feel free to do a group presentation – sort of safety in numbers if you are a bit shy.

Or, if you plan on scheduling an out-of-state (or country) IVW group ride, please put a presentation together about that event. There are rumors flying that a particular recently retired IVW member may be putting together a team or busload of cyclists to go to RAGBRAI next year. That would be a great presentation. Additional rumors are that another IVW member may possibly be planning a trip to Spain for a small group of cyclists planned for 2007 or 2008. That, too, would make a great topic for a club meeting.

Please contact me if you'd like to be a speaker this winter. Club meetings are typically held on the second Wednesday of the month at 7 p.m. Let me know the topic, the month that you are interested in speaking, and we'll be sure to get the word out.

Saturday, September 23th, 2006 “No Baloney” Has it All

- Well-marked, color-coded routes
- Friendly, professional sag service
- Food, food, glorious food! and...
- Gravity (drat!)

Where: Jubilee College State Historic Site and Park (10 miles west of Peoria, IL)

Time: Register from 6:30 AM to 10 AM (Please no 75 or 100 mile riders after 8 AM)

Food: Well, of course - it's No Baloney! Each food stop team provides quantity and quality. Look for different themes at each food stop.

Fee: \$15 before September 15; \$20 thereafter. Special family rate - \$40 before September 15, \$45 thereafter. (Children under 16 must be accompanied by adult.) Helmets required.

T-Shirt Design: long-sleeved brightly colored T-shirt with unique design. Each is only \$15. Order yours before Sept. 15 to guarantee availability.

Road Routes: It's Midwest road cycling at its best! This ride was voted "Best Country Tour" and "Best Food" by the League of American Bicyclists Best Biking In America Contest. Experience the bicycle-friendly atmosphere of central Illinois' rolling back roads and unique small towns. Ride 25, 50, 75 or 100 miles. Choose the distance that's right for you.

Camping: Jubilee College State Park is next door and accommodates RVs & tents. It includes a shower building with flush toilets, a trailer dump station, graveled pads, and grills, with water hydrants and privies. Reservations are not accepted. Permits can be obtained from the site staff or campground host.

Contact Name: Mike Pula at (309)-243-9394

Contact Email: mrpula@hotmail.com

New Members:

HANNA, STACY & GREG...EAST PEORIA
 JUNKER, MARK & FAMILY..GLASFORD
 KLOKKENGA, MARK E..... PEORIA
 MATUSZYK, SHERRI....KEWANEE,
 MC LOUTH, ALAN & CINDY & FAMILY.....
 MARQUETTE HTS

Renewing Members:

BEVILL, LYN & BOB.....PEORIA*^
 CHUZHOUY, LEO.....DUNLAP^
 FREDERICKSEN, GRANT... METAMORA
 HOEHNE, PAMELA.....PEORIA
 METTELMANN, KEN & NOREEN.....
 GROVELAND*^
 PRICE, LOU.....CHILLICOTHE
 RAMACHANDRAN, ARVIND.....PEORIA
 SANS, DENNIS & DEREK.....PEKIN^
 THOMPSON, GLEN & MARTY & FAMILY
 TREMONT
 WALK, REGINA & JEFF.....TOULON
 WITTMER, JIM & ANN & FAMILY.....
 PEORIA^
 LIB Member * Advocacy^

Classified ads:

Classified ads for club members are welcome. Please e-mail your advertisements to thesans@insightbb.com as an attachment. The ad MUST be formally key-boarded as a "Word" or "Word Perfect" document.

Commercial ads are also welcome at a charge of \$25 for ½ page ad \$50 for a full-page ad. Please send an electronic document compatible with Windows to: thesans@insightbb.com plus a hard copy too: Dennis Sans, 2238 Autumn Drive, Pekin, IL 61554. All materials (including payment) must be received no later than the 15TH of the month preceding the appearance of the ad.



“No Baloney” Nostalgia..... Poetic remembrances of a past rider to Steve Kurt, the club’s “Iceman”

Excerpts from ordinary rider, “Richard” (2003 “No Baloney” Ride) as told to Steve Kurt, and then retold to Larry Davis who passed them on to your editor):

--"Sat the 20th was the 29th annual “No Baloney” sponsored by the Illinois Valley Wheelmen and included “iBob” Steve Kurt. It was my third annual No Baloney and not my last. For each of my three years it has been an absolutely beautiful equinoxic ride. Idyllic is not too strong a word.”

“The food is endless and wonderful”.

“Those of you from the PNW and Boston and Pennsylvania all think that Peoria is heartland and cornfields and boring and flat and colorless. This ride does cruise past some beautiful cornfields (about ½ cut now) but other than that, you just can’t imagine.”

“The starting point is Jubilee College State Park which we left at 7:55 am. Coming out of the park, we immediately dropped 200’ on a 13% hill and commenced a hilly first third of the ride to Hanna City.”

“At Hanna City we were greeted by a Hawaiian theme group. They had pineapple and all kinds of fresh fruit. My very favorite though, was a home-made peanut butter cookie to die for. We each got a plastic lei.”

“Butterflies filled the second stage too. After leaving a group of six, we (Richard and his brother) played “cows and stones” for awhile. You count all the cows on your side of the road, but if you pass a cemetery you “bury” all your cows; the count goes to zero.

“Elmwood is a great little town, the course climbing out of a little creek valley, across a double set of railroad tracks and up to an east-west main street. There we enjoyed escargot in big plump mushroom caps.”

“Past Brimley, we hit the roller-coaster hills, 8 or 10 of them depending on how you count.”

Total ride was 50 miles. We rolled into the state park for chili and other good stuff at about 12:15. My partner Timmy and I have the No Baloney marked for next year. Timmy counted 85 cows and I had 7....later, Richard

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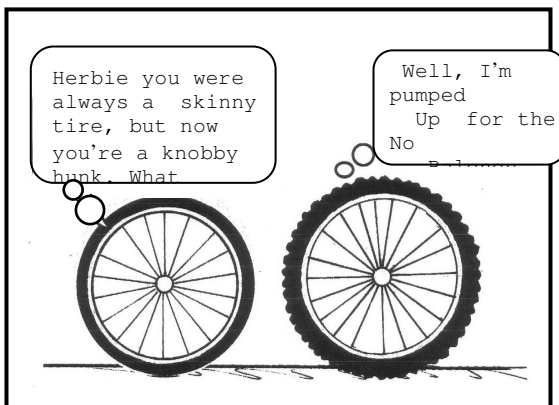
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<http://www.ivwheelmn.org>



Featured ongoing special ride(s).....

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Tour de Princeville- Final Stage

Msgr. Soseman (224-8783)

Time: 6:00 p.m., Saturday evening

Place: St. Mary of the Woods parking lot

14 etapa: Rest From Our Labor, September 2 Road &

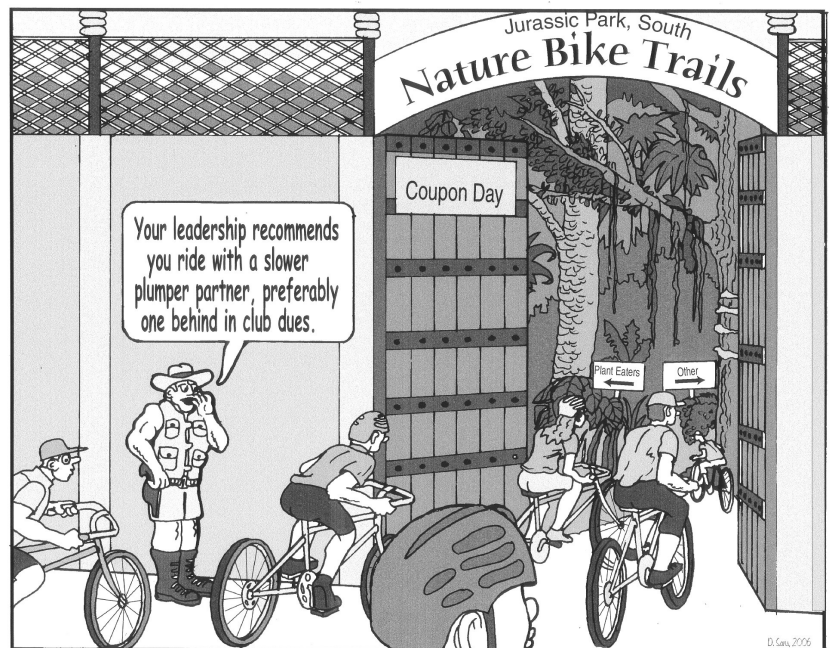
Family Theme: Show how weary you are. A restful stage, the victory lap.
"Family Ride": 8 miles. "Road Ride": 12 miles.

Tanner's Orchard Ride

The leaves are turning colors and the weather is cooler, which means that the last great days of biking are here! Join us in celebrating the season by participating in a ride through the Illinois River bluffs to Tanner's Orchard. Tanner's is known for their great apples, as well as the fine baked goods.

The ride will take place on Saturday, October 14th at 9 a.m. Maps will be provided and the road will be marked. The marked route will be 40 miles (plus or minus a few). We'll stop at the orchard for snacks & drinks, so bring some money. The ride will be unsupported, so make sure you have spare tubes, a pump, cellphone, etc., and know how to use them. Riders should be level 2 or above.

Meet at the Mossville Grade School (a half mile south of the Caterpillar Mossville plant north of Peoria, on Old Galena road). To get there, just travel north on Rt 29 from Peoria, and turn left on Old Galena road. If there are questions, please contact Steve Kurt at 243-7684 (or kurtsj@mtco.com).



ILLINOIS VALLEY WHEELM'N – September, 2006 Rides Schedule Pg. 4

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 **5:30** p.m. Distance will be 12-15 miles early in the season and increase over the summer. The ride will regroup frequently. **Last ride September 25th.**

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. **Last ride September 18th.**

Monday Dunlap Level II: Mike Pula (243-9394) mrpula@hotmail.com leads this popular ride from the Dunlap Grade School at **5:30** 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. **Last ride September 25th.**

Tuesday, “Kinder, Gentler” Level II: Pam Hoehne (681-0206) will lead the group again this year for the level II rider or those level I riders looking for a challenge. Depart at **5:45** 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. **Last ride September 26th.**

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsi@mtco.com leads this popular ride from the Dunlap Grade School, departing at **5:30** 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! **Last ride – Steve will continue to lead as long as riders come to ride. He enjoys ice on his facial hair!**

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 **5:30** p.m.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at **8:30** a.m. Mileage 25-40. Contact Laurie Wilbur (446-9367) rcwilbur@att.net for more info. **Last ride October 24th.**

Wednesday Dunlap Beginner: David Schenk (691-1339) dschenk@bradley.edu is the new leader for this ride from the Dunlap Grade School at **5:45** 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. **Last ride September 27th.**

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. **Last ride October 25th. Will start at 5:00 p.m. in October.**

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). **Last ride September 14th.**

Daytime Thursday Rides, All Levels begin next page.....

Daytime Thursday Rides, All Levels: Laurie Wilbur (446-9367) rcwilbur@att.net organizes these rides. All rides will depart at 8:30am in September. **Last ride October 26th.**

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September 7, 2006: Depart from Jubilee College Historic Site. Distance 50 miles of the No Baloney route with a lunch stop in Elmwood. Leader: Laurie Wilbur.

September 14, 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 40 miles with a lunch stop. Fred Smiser (346-9735)

September 21, 2006 : Depart from Jubilee College Historic Site. Distance 40-50 miles with a lunch stop. Leader: Laurie Wilbur.

September 28, 2006 Tanner's Orchard Ride: Depart from The Hub Ballroom parking lot in Edelstein. Distance 40 miles with lunch at Tanner's. Leader: Edith Albright (274-4849)

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 averaging 15-17 mph. 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 20-25 miles early in the season with a probable 25-30 miles as the season progresses. **Last ride September 29th.**

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. **Last ride September 2nd.**

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 (681-0206) 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 that 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.

Party After No Baloney

Laurie & Carl Wilbur (446-9367) rcwilbur@att.net

Place: 13308 N. Savage Rd., Brimfield, IL

Time: 4:30pm – 10:00pm, Saturday

Date: September 23rd

Please join us for our 4th annual party after the No Baloney Ride. We will have outdoor games, a bonfire, s'mores, and lively conversation.

Who is invited? Bike club members & their families. Children are welcome. The Wilbur boys are 8 & 12 years of age. You do not have to ride No Baloney to attend.

What do I bring? A dish to share, lawn chairs, warm clothes for around the campfire.

Laurie and Carl will provide: hot dogs, hamburgers, s'mores, soda, beer, and wine. We will bring the party inside if we have bad weather.

RSVP by September 20th

Out of Town Rides

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As the organized ride season begins to wind down, there are still some of our favorite rides left.

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. What other ride have you been on which will serve you a refreshing daiquiri upon completion of the ride? More info at www.spfldcycling.org

September 16 Arthur, IL Bob Galloway Memorial Amish Bike Tour. Very popular ride because of the flat to rolling terrain and the opportunity to see the friendly Amish and to enjoy the lunch prepared by the Mennonite women. Cost is \$9 by 8/25 and \$14 after. Lunch is extra. More info can be found at www.decaturbicycleclub.org

October 1 Three Oaks, Michigan Apple Cider Century is an annual one-day, 25, 50, 62, 75 or 100 mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan. ACC is a recreational and social tour for bicyclists. More info and application can be found at www.applecidercentury.org

October 1 Ottawa, IL Offers both road rides (31, 62 and 100 miles) and Mountain bike rides on the I & M Canal Towpath (15, 20, 30, 45 miles) Fee is \$15.00 before 9/18 and \$20.00 after. More info can be found at www.geocities.com/Colosseum/2947. Offered by the Starved Rock Cycling Assn.

A good source for rides in the Midwest can be found at www.mikebentley.com

2006 Delavan Fall Festival

“Tour de Delavan Bike Race”:

Saturday, Sept. 2 Start Time 8:00 AM

This new event will bring you in and around Delavan to enjoy approximately 23 miles of rolling farm country. Water stations will be available. All riders must wear a helmet and supply own repair equipment. There will be four categories: beginner/intermediate male & female and advance male and female. Medals will be awarded to top finishers in each category. All participants will receive a water bottle.

Entry fee is \$8.00 for pre-registration and \$10.00 on day of race. Please make check payable to “Delavan Fall Festival” For additional information, contact Phil Anello at (309) 244-7224. Mail all entries to Phil Anello, 207 . Third, Delavan IL., 61734

LIB Extra – from the League of Illinois Bicyclists

IDOT Enhancements Grants Announced

The Illinois Department of Transportation (IDOT) has announced over \$17 Million in grants for 35 trails and other bike/pedestrian projects. The federal funding was awarded under the Illinois Transportation Enhancements Program (ITEP). The program pays 80% of costs with the local sponsor picking up the rest.

Competition for funds was particularly intense, due to a growing local demand for bikeways and a lack of ITEP awards since 2001. A complete list of Enhancements winners is at www.dot.state.il.us/opp/Webrep2.html.

“These grants mean more trails and bikeways in Illinois. Bicyclists around the state are very grateful,” commented LIB’s Ed Barsotti. For several years, Barsotti has joined other bike advocates and industry leaders in annual trips to Congress to support ITEP, which has been improving communities since 1991.

However, LIB and others are concerned about IDOT’s administration of the program. “Bike trails have traditionally received half of the available Enhancement funding, both in Illinois and around the country,” added Barsotti, “but this time we got only 28%. Also, IDOT has been disproportionately raiding ITEP when the feds have ordered a fraction of their transportation dollars back. They’re not following the intent of Congress.”

Barsotti recently met with IDOT Secretary Tim Martin about these concerns, plus a call for a selection process more visible to the public, as other states have.

Bicyclists are asked to contact the Governor and IDOT to reiterate these concerns.

Sen. Durbin: 9 Trails Slated for Funding

U.S. Senator Dick Durbin announced that the Senate Appropriations Committee, of which he is a member, has approved \$2 Million in the annual transportation appropriations bill for the following trails: Aurora’s Fox River Trail gap (\$300,000), Cal-Sag Greenway Bike Trail (Palos Heights, \$250,000), Harrisburg to Eldorado Bike Trail (\$250,000), Grand Illinois Trail gap (Carbon Cliff, \$200,000), General Dacey Trail - Phase 2 (Shelbyville, \$200,000), SIU-Edwardsville Morris Bike Trail (\$200,000), Urbana to Danville Trail (\$200,000), Great River Trail near Savanna (\$200,000), and Springfield Park District's Interurban Bicycle and Pedestrian Trail (\$200,000).

The specific funding levels are subject to change when the Senate and House bills are combined. Results will be known this fall. Each project is subject to a 20% local match.

Durbin’s office worked with LIB to identify worthy projects around the state. LIB encourages you to call or send a note of thanks to the Senator (contacts: Bill Houlihan, 217-492-4062; Mike Daly, 312-353-0150; or Sally Brown-Shaklee, 202-224-2152)

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

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 \$ _____

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