

Join us Friday Evening
July 14

“Down on Main Street”
Food-Music-Drink

Register
Early!

Enjoy a Whole Weekend
of Cycling, Fun.

10, 30, 50, 65, 100 Miles
Preparing for RAGBRAI?
The Z-Tour offers an ideal long ride...one week before Iowa!



Z-Tour Velo News 2017

Saturday, July 15
Zearing Park, Princeton, IL



Remember This Number: 56

That's Exit 56 from Interstate 80 to Main
Street in Beautiful Downtown Princeton, Illinois

Why the Z-Tour?

Support a Great Cause—Kids!

The Zearing Childhood Enrichment Center serves our entire community.

It's Easy to Get Here!

Take Exit 56 from Interstate 80 to Main Street in Beautiful Downtown Princeton, Illinois.

Less than 2 hours drive from Chicago, 1 hour from Peoria or the Quad Cities.

You can come by Amtrak! Bring your bike on the train. Get off in Princeton. Simple!

Easy to Register Online or In Person

Save a lot of money. Sign up online before June 16th. Bring a group. Get all kinds of goodies from Princeton businesses and eateries. Save time. Check in Friday afternoon & evening at the Prouty Building on Main Street.

Easy to Stay Here

Camp at the Bureau County Fairgrounds. Ride to Main Street or the start at Zearing Park.

Stay at the Days Inn, right off Interstate Exit 56 at \$35 off normal rates. Only \$49.95 (tax included) for a room with two double beds.

It's Fun!

Dance, eat and drink at Down on Main Street Friday night. Great music.

Swim at the Alexander Pool, join a pool party at Days Inn or other hotels.

Meet Elvis and other local characters along the way.

It's Beautiful

See bald eagles, wildlife and scenery you can't find anywhere else.

(Continued on page 14)



From Z to A: Bet You Didn't Know...

ZWhy treat Z as though it's only the last letter of the alphabet? For Princeton, it's the first thing that comes to mind about this time of year. Ask the Zearings. For cyclists, kids and anyone who loves getting outdoors and exercising, Z can be the beginning of a great day!

Check out all 26 letters of the alphabet here in the
Velo News for fascinating facts and a few laughs.

Ride for Fun... Fitness...and the Kids!

Welcome to the Seventh Annual Z-Tour Bike Ride! On behalf of the Zearing Child Enrichment Center Board of Directors and the Z Tour Bike Ride Steering Committee, I look forward to seeing you in Princeton and the back roads of beautiful Bureau County this summer.

The *Z-Tour Velo News* in your hands is designed to help you learn more about our annual charity event-- the reasons we organize it every year, and the benefits of bike riding.

On Saturday, July 15, the Z Tour Bike Ride will begin and end at Zearing Park, with a choice of five routes of varying distances and degrees of difficulty: 10 miles, 30 miles, 50 miles, 65 miles, and 100 miles.

As usual, each route will feature food and refreshment stops and emergency medical service. Thanks to Bike Works in Peru and Mead's Bike Shop in Sterling, we'll have two bike repair locations and mobile service. At the conclusion of the ride, each rider will be provided lunch at Zearing Park.

This year, we have added many other opportunities to enjoy the weekend. Special rates at the Days Inn and camping spots at the Bureau County Fairgrounds will make it possible to stay a night or two and join the fun. Early sign-in at the Prouty Building and "Down On Main Street" street concert Friday evening July 14 will help get the weekend started. Princeton businesses will be offering special products and sales.

Local band favorite "212" will entertain at the Saturday afternoon lunch at Zearing Park and other activities around town will add to the reasons your family and friends will want to visit.

The Z Tour Bike Ride has grown from 185 riders in 2011 to 701 riders in 2016, with hundreds more supporters each year.

All of the proceeds are donated to the Zearing Child Enrichment Center, a not-for-profit early childhood learning program serving Bureau County since 1974. The more you know about the Center, the easier it is to see why we all work so hard for it every year...and why your participation is so important.

We are grateful to have continued support from individual volunteers, service clubs, businesses, employers, churches, and community groups. When you visit, please let them know that you appreciate how they are helping to make a difference in the lives of young people. We'll thank you for coming!

Be well and be safe,
Brian Church
Director
Z-Tour Bike Ride

The Z-Tour at a Glance

Your Registration Includes:

- Easy and fast check-in** 6-8:00pm Friday, Prouty Building on Main Street or Saturday from 5:30am
- Light breakfast** 6-9am at Zearing Park
- Detailed maps** and cue for all routes
- Five themed rest stops** supplied with good food, beverage and music
- Well-marked, paved and low-traveled roadways**
- RV-friendly and tent camping** at the Bureau County Fairgrounds. *Additional fees apply.*
- Radio-dispatched SAG and support** provided by Bureau County EMA until 3pm
- Post-ride meal** 11-4pm

...

Register at www.z-tour.org or www.eventbrite.com
No added fee for on-line registration.

Sign up early and save!

- Early Bird Registration (Before June 16) \$30
- June-17-July 12 \$35
- Regular Registration (After July 13) \$40

Rain or shine. Sorry, no refunds.

Swag available at www.z-tour.org!

- Adult Dri-Fit Shirt \$20
- Cycling Socks \$12
- Z-Tour Bike Jersey \$80



Remember: Easy and fast check-in
6:00-8:00pm Friday or Saturday from 5:30am



Accident - Why wait?

Perry Memorial Prompt Care Walk - In Clinic is here when you need it.
Simply walk in. No appointment necessary.

- Quality Service
- Typically NO Wait Time
- X-Ray On Site
- Most Insurances Accepted
- Local Providers

Convenient Hours
Monday - Friday 9 a.m. - 6 p.m.
Saturday - Sunday 9 a.m. - 2 p.m.

Convenient Location
2128 N. Main St., Princeton, IL
815-875-CARE(2273)

Dr. Paul Bonucci and his staff are ready to treat your minor illness or injury. From allergies to accidents, physicals to flu shots, Perry Memorial Prompt Care has you covered.



Consider the 10 Mile Route... Can You Do It? Sure! (Probably) And Here's Why

If you are a busy mom, office worker or someone who does a lot of driving, you may wonder: Why start riding a bike at my age? I'm not an athlete and am way out of shape. My body probably couldn't take it.

According to physical therapists and psychologists, even casual bike riding can have health benefits as you get older. Getting outside and exercising on two or three wheels offers a change of scenery and ways to keep your mind and body stimulated. It can be easier on your joints and stiff legs than walking. When you are riding, the two bones you notice when you sit down, called ischial tuberosities, carry most of your weight instead of your legs.

Riding a bicycle for as little as ten to twenty minutes can help keep oxygen flowing. Aerobic exercise triggers the release of endorphins, the "feel good" chemicals which can reduce feelings of discomfort, block the sensation of pain and improve your mood.

Cycling builds muscle. When you push down on the pedals, the muscles in your buttocks, thighs, and calves do most of the work. On the up-stroke, the hamstrings in the back of your thighs and muscles in the front of your hips get the job.

Your abdominal muscles help you keep upright and balanced. When you hold your handlebars and steer, your arms and shoulders are getting a workout, too.



Cycling can also help improve your balance in everyday activities from standing and walking to climbing stairs.

Pedaling builds bone density, too, without the physical stress on your joints.

Remember: you don't have to wear yourself out every time you get on a bicycle. Whether you are pedaling to work or around the block, to a park or a coffee shop, chances are that a short bike ride will help you feel more healthy.

If you are still uncertain about seeing yourself on a bicycle, find out what your physician thinks. Tell him or her what you're concerned about and how your body feels. Is it wise for someone at your age and shape to give it a try? Can you do ten miles on the Z-Tour on July 15 and enjoy it?

If you start now and ride a little bit further each time, each mile you ride can move the answer from maybe to absolutely.

What Kind of a Cyclist Are You? Bumping Up from Casual Rider to Serious Cyclist

It all depends on how serious you want to be. For instance...

Upping your game from 10 to 30 miles?

At 12 miles per hour and no rest, you can reach 30 miles in 2 1/2 hours. Mr. Take it Easy says, "Why rush yourselves? Ride with the fam and friends, stop a couple times and cool off at the end in about 3 1/2 hours? Not bad!"

Of course, 10 or 12 mph might seem a little slow for someone who has been training for several months. At 14 mph with two rest stops, you can still arrive at your destination in slightly more than 2 hours. Just for fun, why not target exactly two hours?

Going for 50?

If your goal is a 50-mile ride, at 14 mph, 50 miles will take about 3 1/2 hours. One of the Z-Tour's 69 year-olds says, "I don't know about you, but 14 miles per hour seems a little fast for 50 miles for me. I bet a fairly fit person could do 50 in four hours or so, though. With stops for water and fitness fuel, five hours might be about right."

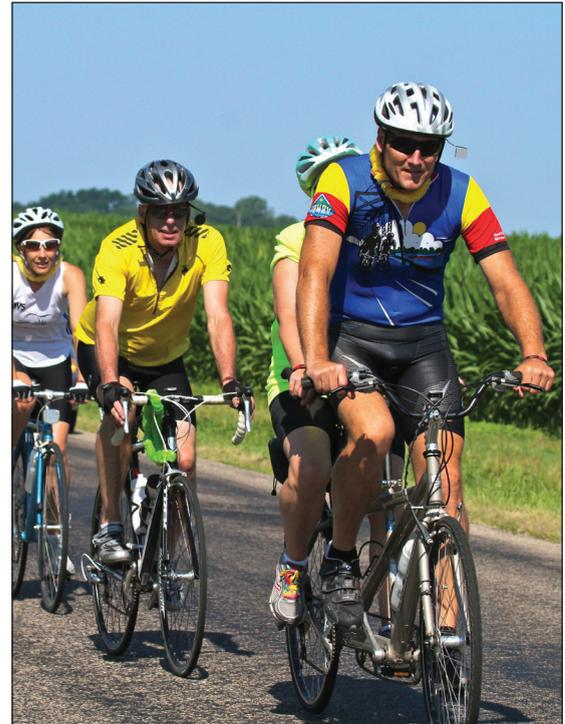
Aiming for 65?

If you want to work up to a metric century (62 miles) plus 3 miles, 14 miles per hour will get you there in about 4 3/4 hours of pedaling. Add in 6 stops of 10 minutes apiece and you can be comfortably done in less than 6 hours. Take time to eat, drink and relax!

If you slow down to 12 miles per hour with 4 to 5 stops, a little less than six hours will do it. If you're feeling full of energy, go for 5 1/2 hours and feel great about it.

100 Miles?

You know what to do. Just keep in mind that a few hills and an extremely hot, windy or wet day can make even the beautiful Z-Tour a challenge. Take a few breaks to eat and drink. Ride with a group of friends. Know your abilities. If you average 16-18 mph, you can be back at Zeiring Park within 6-7 hours.



Welcome to Princeton, Illinois



Princeton Illinois is a shopper's paradise
Our historic Main Street offers Over a mile of quaint shops.
Visit our website at www.princetonchamber-il.com
for events schedule year around.



Join us Friday, July 14 "Down on Main Street"
featuring "It's 5 o'clock somewhere...
on Main Street" highlighting a Jimmy Buffet Tribute band.
Great food, drink and music - bring your dancing shoes.



Summer Concert Series

June 23rd
July 14th
August 11th
September 7th
October 18th

Main Street Princeton in front of the Prouty Building 5-9 pm

Shop and Explore Princeton, Illinois



(815) 875-2616
princetonchamber-il.com



Fri and Sat, May 12 & 13	
Spring Fever Shopping Event	 Shop Princeton
Saturday, June 3rd	
Art in the Park	
Friday, June 16th	
Summer Solstice Main Street	
Saturday, June 24th	
Beef Days Soldier & Sailors Park	

Saturday, July 15th	
Z-Tour Bike Ride Zeiring Park	 z-tour.org
Friday-Sunday September 8th-10th	
35th Annual Homestead Festival	 homesteadfestival.com
Friday, October 13th	
Witches Night Out Main Street	
Saturday, Sunday October 14th -16th	
Shadows of the Blue and Gray	 shadowsoftheblueandgray.com

Saturday, October 28th	
Scarecrow Days Main Street	
Friday, Saturday, Sunday November 17-18-19th	
Annual Christmas Open House	
Saturday, November 25th	
Small Business Saturday	
Saturday, December 2nd	
Breakfast with Santa and Christmas Parade	



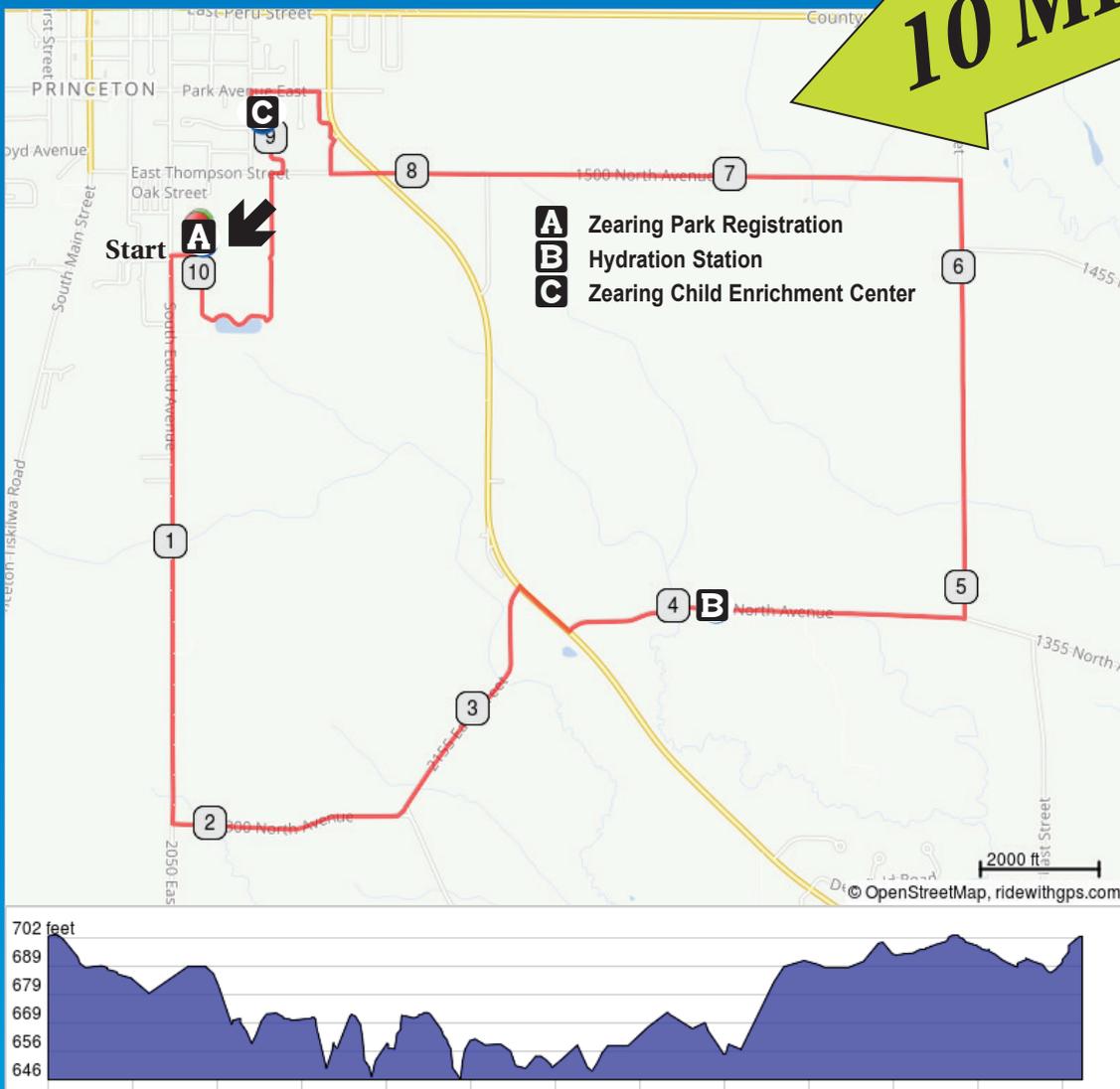
**Here's Where It All Starts
—Zearing Park**

Check yourself and your bike in at the shelter to make your ride official. Food and drink will be served before and after the ride. Don't miss the fun and excitement. The 10 mile ride is ideal for beginners and families with younger children wanting to ride at a leisure pace. If you start at 9, you'll have plenty of time to stop for water between 10 and 11am and be back to the park by lunch time.

Can you do 4-5 miles per hour? You bet!



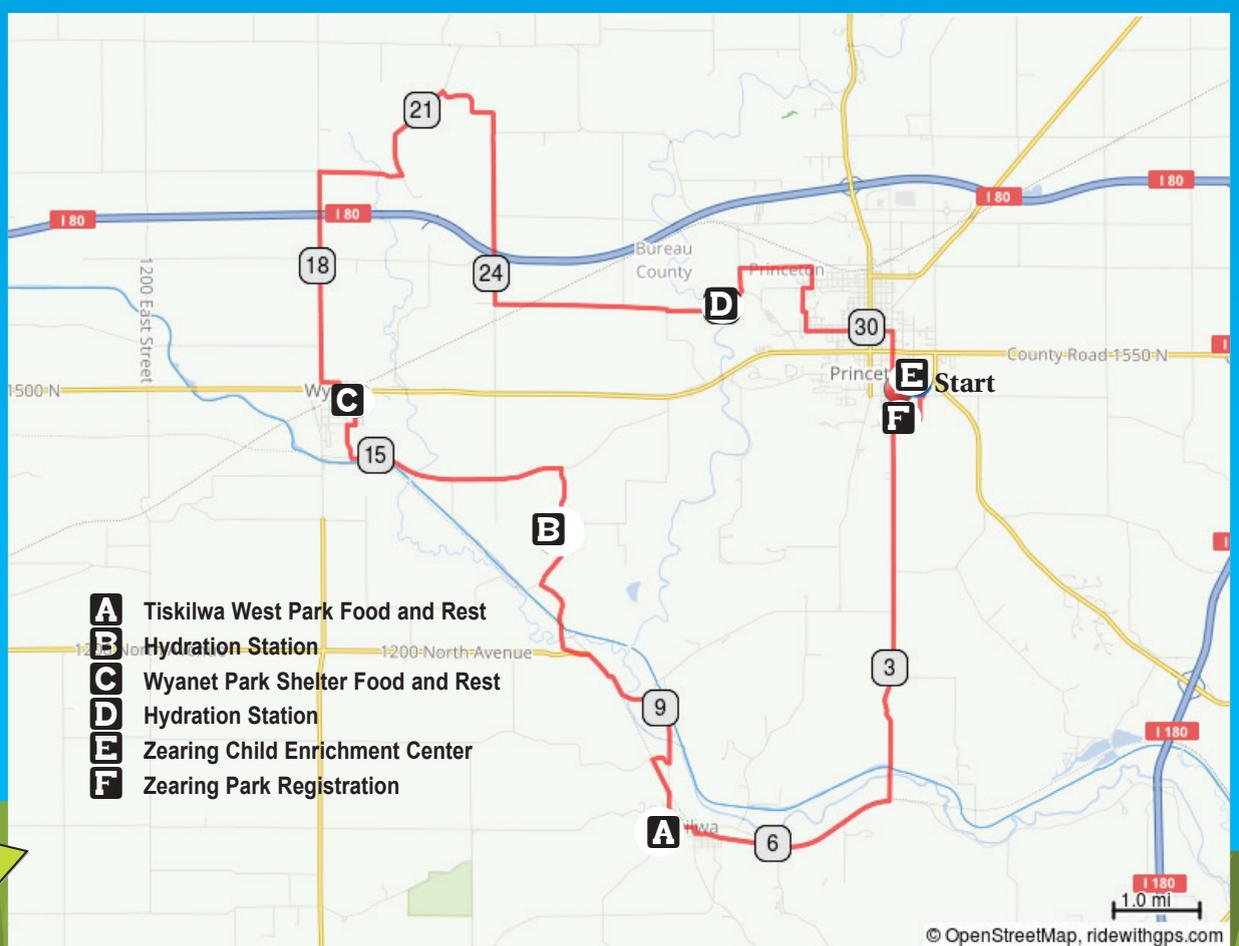
10 MILE



Z-Tour Registration and Answers to Your Questions:
www.z-tour.org and Facebook: Z-Tour Bike Ride



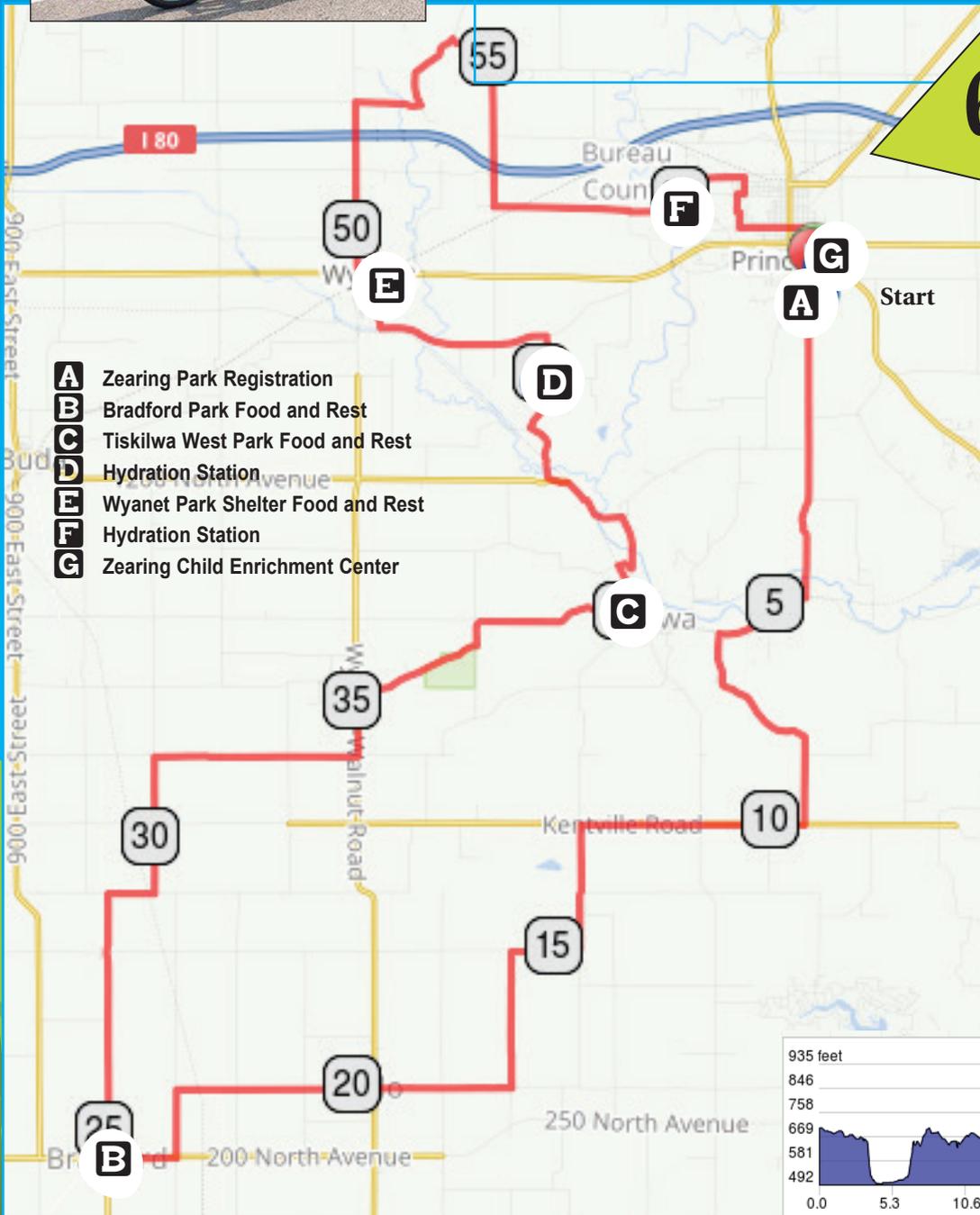
30 MILE

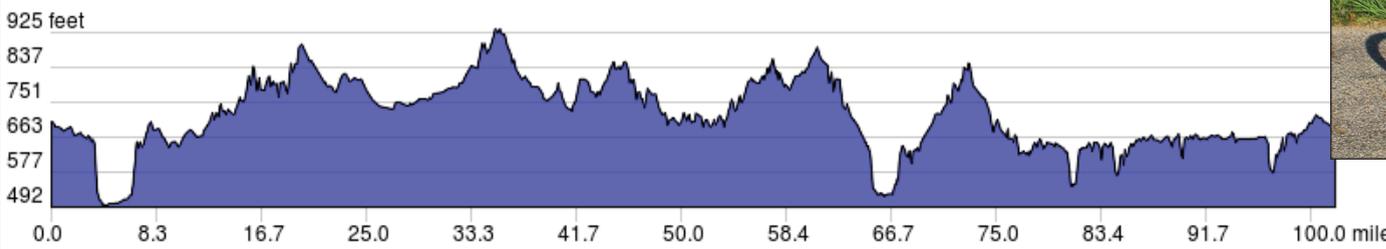
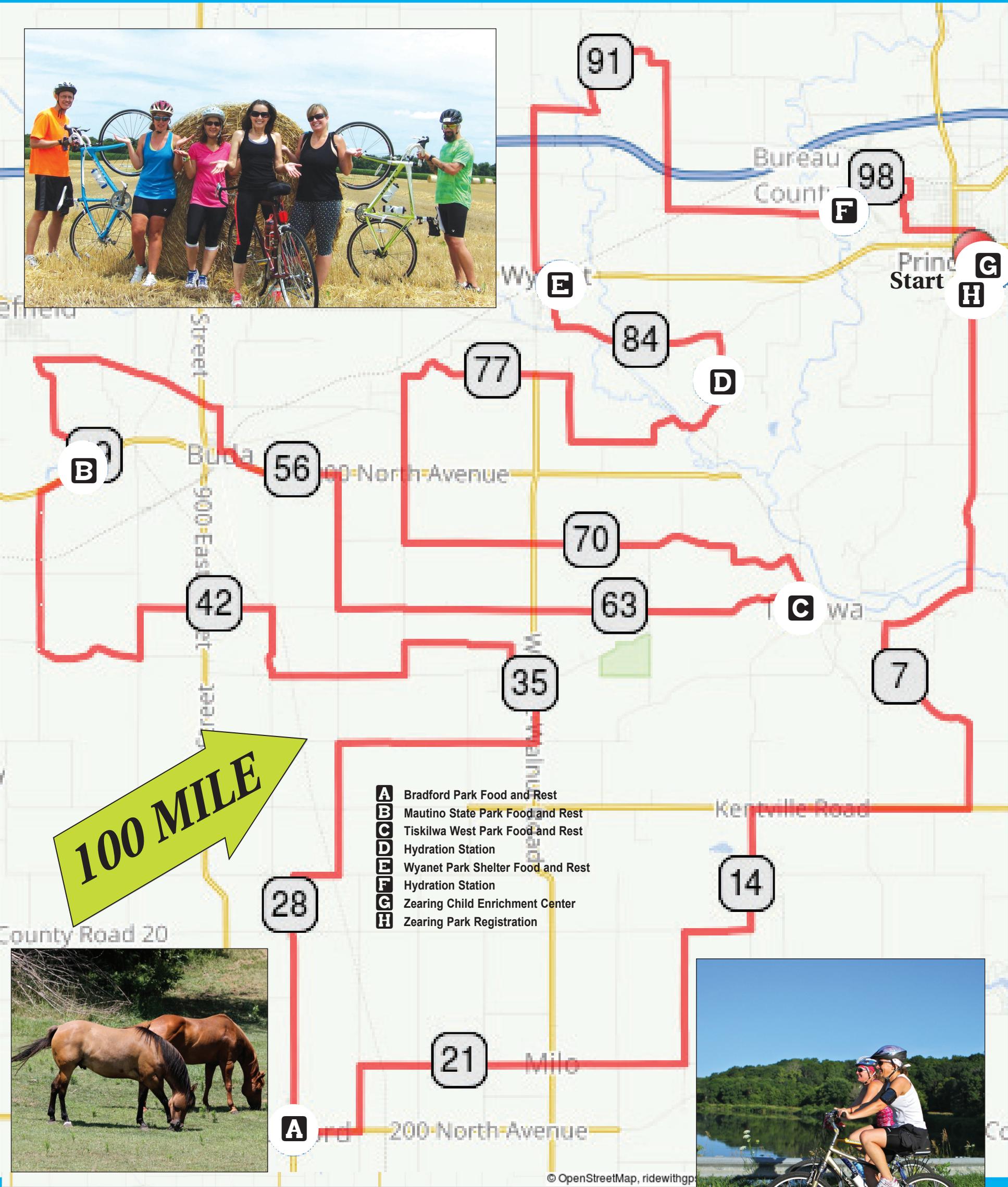




Z-Tour Registration and Answers to Your Questions:
www.z-tour.org
 and Facebook:
 Z-Tour Bike Ride

65 MILE

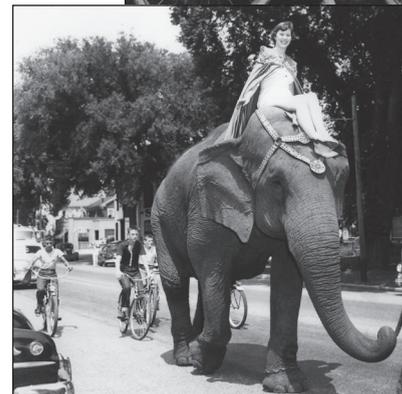




Z-Tour Registration and Answers to Your Questions:
www.z-tour.org and Facebook: Z-Tour Bike Ride

Bicycling in the past

Princeton and Bureau County have a long history of bicycle riding and community spirit.
Photographs provided by the Bureau County Historical Society.



BIKE
WORKS
 Peru IL

4431 N. Progress Blvd., Peru, IL 61354 • (815) 223-2500

Monday	10:00-5:00	Friday	10:00-5:00
Tuesday	10:00-5:00	Saturday	10:00-4:00
Wednesday	10:00-8:00	Sunday	12:00-3:00
Thursday	10:00-5:00		

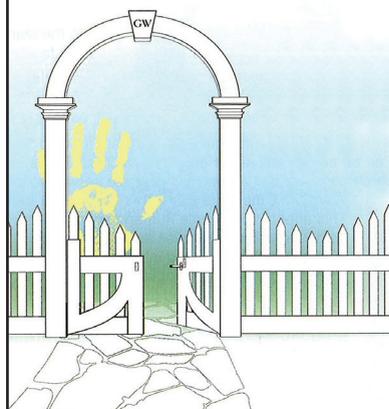
In a garden or on a bike,
 what's there not to like
 about a
 butterfly?
 And lots
 to like about
 a bee.

Ask a
flower...

then come and see!

Visit Princeton's Pollinator Gardens at Gateway
 Services on Peru Street and the Princeton Public Library
Help save the monarch butterfly.

Learn all about it on Facebook:
Princeton Pollinator Garden



Gateway
 SERVICES, Inc.

An affiliated
chapter of



406 S. Gosse Blvd., P.O. Box 535
Princeton, IL 61356

Make Riding a Natural Part of Family Life

Wait, Then Have Your Kids Participate—

By Nick Davis
BC Metro Center Recreation / Aquatic Coordinator

Although you should wait a year or more before you start pulling your child around in a trailer, you can still introduce cycling to your youngsters. The website babycenter.com says a baby should be 12 months old and quotes the American Academy of Pediatrics in stating that the child must be able to “sit up steadily and needs to have a helmet that fits properly.” She will see you riding, she can “help” you clean your

bikes, you can read bike-related picture books, and attend bike events like races and festivals.”

Be a Role Model— Remember that you are the cyclist that you want your little one to become. Just having parents who visibly love riding can be important in raising a future mountain biker, bike commuter or touring cyclist.

Do it Right— Wear a helmet, practice proper street and trail etiquette, and follow the rules of the road. In warmer weather, bike rides are a nightly routine for our family. My wife and I ride

on the tandem, pulling two of our kiddos in a trailer, while our 3 year old pedals alongside us. **Get a Bike That Fits Your Child—** Another routine my wife practices is the purchasing of cute toddler bikes. We have one child who is old enough to ride and a garage full of pink and purple bicycles, most equipped with tassels. If you are looking for a bicycle for your 3 or 4 year old you can probably find a used one at The Closet or we would be glad to lend you one of ours.

Sandy Says: Pay Attention to Your Body's Core Message

Ask Sandy Efflandt of the Metro Center and she'll tell you. It's good to pay attention to your entire body, especially your core, between your shoulders and your hips. A certified personal trainer and group fitness instructor at the Metro Center since 1995, she is a believer in both cardiovascular fitness and muscle strength, stretching and moving as naturally as possible.

Sandy has taught Pilates, Zumba, yoga, kettle works and other forms of exercise

including spinning. But her message is clear: every body is different. Each person's goals and motivations may require different approaches.

Using a Bosu, for example, will help with muscles you may rarely use in other daily activities. “It's all about balance and strength in your core,” she says. Standing on what looks like half of a large rubber ball can be a real challenge for some people. For others, Pilates class may be more appropriate.

It can help stretch the deep, small muscles of your core and low back, and help with aligning your spine.

“It's all about starting out in small increments,” she says. “Do little things like walking, then walk further. If you sign up for a spin class or more intense form of exercise, realize that you don't have to everything full steam. And keep in mind how all parts of your body work together if you're doing things right.”

2017 Z Tour Bike Ride Steering Committee

Lisa Vincent, Annette Schnabel, Bill Schnabel, Nicole Sampson, Lauren Widmer, LouAnn Birkey, Brian Gift, Tom Tester, Paul McMahon, Melissa Jesse, Kelly Sissel-Morris, Dave Mosier, Sarah Church, Sue Fandel, Scott Hartman, Julia Cain, Mary Brown, Rick Brooks, Tiffany Grawe, Ryan Crouch, Dennis Toth, Mike Judge, Kim Frey, Keenan Campbell, Peg Maciejewski, Rachel Skaggs, and Brian Church.

Thank you to the following sponsors:

Heartland Bank and Trust Company
Country Insurance and Financial Services
Midland States Bank
City of Princeton
Princeton Chamber of Commerce
ACE Retail Support Center
Central Bank
Dr. Mark and Cheryle Williams
Perry Memorial Hospital
Centrue Bank
2geekswdesign.com
Precision Auto Wash
Tiskilwa Community Association
Kramer's Kitchen
Dimond Brothers Insurance - Peru
Bike Works Peru

Bureau County Highway Department
Bureau County Sheriff's Department
Illinois Department of Transportation
Clif Bar - Anna Clark
Gary Swanson
Bureau County Emergency Management
Mike Vaughn
Prescott Motors
Princeton Park District
Village of Tiskilwa
Village of Wyand
John and Mary Greene
Mead's Bike Shop
212
Bureau County Townships - Road Supervisors
Sullivan's Food

Just So You Know...

The cheerful and hard working volunteers at Z-Tour rest stops and water stations include members of The People's Church, Evangelical Covenant Church, Princeton Rotary Club and Princeton Jaycees and many other groups. Bless you!

IVCC Graphic Design Program Teams with Z-Tour to Design Poster



The 2017 Z-Tour is excited to work with the talented students of the Illinois Valley Community College Graphic Design Program to create an official commemorative poster for this year's ride. Under the direction of instructor Francie Skoflanc, the students sought to capture the essence and uniqueness of the Z-Tour. The submitted designs reflect the beauty of the Illinois Valley countryside, the spirit of community we enjoy, and the opportunities for both serious and casual riders.

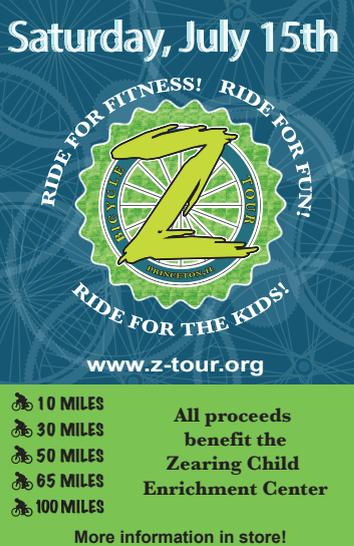
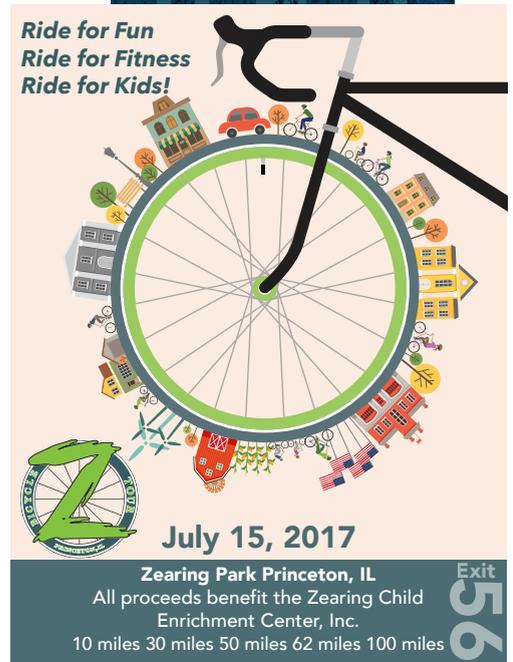
“I have worked on other events that developed commemorative posters,” commented Dave Mosier, Steering Committee member, “and I felt it would fit in well with the Z-Tour promotional effort.” Initially, the idea was proposed to offer a design contest through an online graphic arts forum. After seeing a newspaper article highlighting the work being done by IVCC students, however, it was clear that it was not necessary to look outside of our local area to find a designer.

Francie Skoflanc was excited to submit the project to her students. During the semester the class typically integrates several “real world” design projects into the curriculum, offering students opportunities to not only be creative, but to work within the business context they will experience after graduation. In addition, this project gives the students projects to include in their portfolios when they start looking for their first jobs. “We approached this as an actual design request would be handled, including a presentation to the students to familiarize them with the event and supplying resources from which they could draw ideas for their designs,” adds Mosier. The submitted designs will result in more than just a poster selection, as ideas for postcards, flyers, and banners have been developed.

The final selection of this year's poster will happen in April, followed by an unveiling and reception will give the public and opportunity to see the design and meet the students. Businesses that need graphic design work are encouraged to reach out to IVCC and the Graphics Design department.



Look for these posters and others on display in local businesses



Need a Boost? Then Hop on a Bike

By Brian Church

Whether you are commuting to work or communing with nature, riding a bicycle works on your body like a good rain soaks a farmer's field. Riding a bike pumps muscles, builds strength, and burns calories. Bikes are a terrific way to enjoy time with family and friends. Bike riding is also a healthy way to self-medicate.



The next time that you are feeling a little blue, or watch how your mojo gets your mind going and your breath changes gears and synchronizes. Riding your bike will not leave you feeling drugged or sluggish, and the most common side effects are a calmer brain, stronger legs, and renewed sense of well-being.

Are you ready to roll? Safety first. Start with the tires. Does the rubber look good? Is the tread intact? Do you have a spare tube? Do you carry a pump or CO2 cartridge in case of a flat tire? Checking the brakes and cables before your ride is a must. If any of these need to be fixed or replaced, give Bike Works in Peru a call. The staff is excellent and will have you ready to roll in no time.

"A recent study of Dutch cyclists found for every additional 75 minutes a week that you spend on a bike (that is, for every 11 minutes per day), you generally increase your lifespan by six months."

Check your wheels and chain. Be sure to clean your hubs and spokes from time to time. As you wipe away the dirt, double check to see that your spokes are secure at both the rim and the hub. If any of your spokes are loose, take your bike to a professional bike mechanic to have your spokes trued or tightened. Doing this yourself requires a spoke wrench and some expert knowledge, so unless you are willing to test it out on yourself, seek a professional like Russ at Bike Works in Peru or Bryce at Mead's in Sterling for this type of repair.

Cleaning your chain is a snap. To remove grime and dirt, use a product such as ParkTool Chain Cleaning Solution, and gently wipe it off with a clean rag or paper towel. Once you have finished cleaning the chain, it will need proper lubrication. One of the best products on the market for this purpose is also offered by ParkTool and can be purchased at most local bike shops.

Do not use WD-40 on your bike chain! Keeping your chain clean and properly lubed will definitely extend the life of it.

Fit your body to your bike. If your bike does not fit your body, you are an injury waiting to happen. And nobody wants that. So to avoid injuries due to an improper fitting, consider these guidelines:

Raise or lower your seat post so at your downstroke, your knee is slightly bent. When I ride, I often notice people - especially kids - riding with the seat too low. Raising the seat to a more appropriate height can help to avoid a painful knee issue.

Adjust your reach across the top of your bike so your body is stretched for easy and efficient breathing, but not so stretched out that you strain your back. It's a delicate balance. The handlebar adjustment points are the height of the stem post and the forward and backward position of the seat.

Riding with upright handlebars feels more comfortable and is fine for everyday cycling. But if you are riding competitively or for long distances, the rolled under handlebars are recommended. They are more energy efficient.

Your seat is actually called a saddle and should be parallel to the ground, not nose up or nose down. Wider, softer saddles may seem more comfortable for the short haul, but if you are a long distance rider, the narrower saddles create less friction, especially the saddles with open space built into them. I have found that finding the right saddle can be quite a challenge. Don't be shy about asking fellow cyclists what they like or dislike about the saddle they are using.

The old saying, "You get what you pay for" rings true when it comes to a good quality saddle. Be sure to consult your local bike shop before making that

purchase. You will be glad that you did.

Riding without a helmet is always tempting and never smart. Choose a good solid, hard-shell helmet that fits you well. Your helmet is designed to be worn squarely on your head; not tilted back. Looking cool isn't as important as keeping your brain intact.

"You get what you pay for' rings true when it comes to a good quality saddle."

And finally, a recent study of Dutch cyclists found for every additional 75 minutes a week that you spend on a bike (that is, for every 11 minutes per day), you generally increase your lifespan by six months. If that isn't reason enough to get out and ride, I am not sure what is.

So fellow cyclists, be well, be safe, and have a great ride no matter how far that you go!

Yum! Wait until you see the good food along the Z-Tour route!

Xactly what we want you be--an **example** for your friends and family. An **exceptionally** wise person to choose the Z-Tour as your July highlight!

Wow. One of Princeton's most enduring, artistic and devoted bicyclists belonged to a group with this name: Women on Wheels. Read all about Jeanne O'Melia on page 12

Want to keep up with bicycle news throughout the state and across the country? Ride Illinois is an excellent source for information about bicycle-friendly communities, safety, advocacy, racing and bicycle touring.



Call (815) 875-3371 today and say
"I'm here for the Z-Tour"



The Princeton Days Inn welcomes you!
Special offer Z-Tour riders and friends

July 14 or 15

\$49.95 per night,
taxes included

*Secure bike storage, pool, bar
and Continental breakfast*

North Main Street, next to I-80 - Exit 56



From pacifiers to planning for college,
you've got your hands full.
We offer options that fit your life.

hbtbank.com
866-897-2276



Banking is personal.

10- Z-Tour Bike Ride

Vocalize this verse as fast as you can: The vast expanse of Bureau County can offer a verdant vitality that can verily, verily impress your Uncle Verne.

UNo need to uvulate on this piece of wisdom for long: Umbrellas are fine for pedestrians, but probably not for cycling. If it rains, the universal answer for being soaked is to wait a while. The sun can usually do the job.

Tips for health and fitness can be found throughout the *Velo News*.

Safety is really, really important when riding a bike. Think you know all the laws that protect you? Test yourself here online: www.bikesafetyquiz.com A perfect score can save somebody's life...maybe yours!

R Gotcha! No, the Z-Tour is not a race. It's a recreational way to ride through beautiful

countryside with **Rich, Ron, Rod, Randy, Ruth and Rosie**. Get the idea? Want to see the Z-Tour routes on your smartphone? Check the Z-Tour website: www.z-tour.com And while you're at it, make sure you have the **Ready Bureau** app on your phone, iPad or other computer. Be prepared for almost any kind of emergency.

Q Yes. The mayor of Princeton's name begins with **Q**. He

challenges you to ride as far—or further—than he does in this year's Z-Tour.

Perry Memorial Hospital here in Princeton is setting an example for other employers by becoming a Bicycle Friendly Business. You can get businesses to follow their lead in your community. Learn how when you sign in at the Prouty Building on Main Street Friday evening July 14.

Register at www.z-tour.org or www.eventbrite.com

O "Oh my gosh," you will say at the end of your Z-Tour ride. "I can't believe I made it this far!" You will deserve a standing ovation if you ride further than last year.

Never say never when you're considering going for a bike ride on a nice day.

MM is for **Monarch**, the amazing butterfly that migrates to and from **Mexico**, and whose magical existence

depends on **munching on milkweed**.

Be sure to visit the pollinator gardens (rest stops for Monarchs) at Gateway Services on west Peru Street and at the Princeton Public Library.

KThe **Kompany** and **Kramer's** are among the more popular places to eat and drink on Main Street.

Z-Tour supporters invite you to stop and shop during Z-Tour weekend - July 14th and 15th.

25% Savings

During Z-Tour weekend July 14th and 15th. Seiko, Pulsar and Citizen watches, Howard Miller, Bulova and Seiko Clocks, and SteelX Jewelry



Bruce Jewelers

631 S. Main, Princeton, IL
815-875-2289

www.brucejewelers.com Like us on Facebook

Walk-ins Welcome!
We appreciate your business.

Ultimate Salon & Spa

Men • Women • Children

bareMinerals

- Spa Pedicures & Manicures
- Massages
- Facials
- Men's Haircuts
- Waxing (Facial & Body)
- Free Bare Minerals Makeover

432 S. Main • Princeton

815-875-8321

Junior - Missy - Petite - Plus

Try us on...
You're gonna love us.

FOUR Seasons

643 S Main St, Princeton
Phone: (815) 872-2225



Fill Your Pint for Our Half Pints Here

NIEL & SHORTY'S
BBQ CO.
PRINCETON, IL

646 S Main St, Princeton, IL 61356
Phone: (815) 303-6435

Amma's Attic

917 N. Main, Princeton, IL

815-915-8075

Fun Stuff

20% off

during Z-Tour Weekend with wristband

DRY GOODS, COLLECTIBLES & MERCANTILE

Cabbage Rose



Great Selection of

- Unique Gifts
- Home Decor
- Women's Wear
- Men's Wear
- Children's Wear
- Games, Toys & Books sure to inspire the little ones

20% off

during Z-Tour Weekend with wristband

Amma's Studio & LEARNING CENTER

956 North Main St, Princeton, IL 61356
E-mail: cbgrose@gmail.com
FB: [CabbageRoseUptown](https://www.facebook.com/CabbageRoseUptown)
phone: 815-915-8075

Kay Cushman

F · I · V · E

22

\$10 off a purchase of \$50 or more with wristbands during Z-Tour weekend.

522 S. Main Street, Princeton

\$1 off a \$5 purchase

Offer valid July 14 and 15th with Z-Tour wristband

Flour House

BAKERY & COFFEE

950 N Main St., Princeton, IL

815-989-8700

open 7am-4pm
closed Tues. & Wed.

princetonflourhouse.com

Homestead Flowers

Silks For Home or Office



Stop and take home fragrance....
Fresh Flowers or a Unique Oil

www.goodscentlimited.com

Good Scents Ltd.
The ART of Fragrance

504 S. Main
Princeton

815-872-3687
800-733-0687

Four and Twenty Cafe



420 S Main St
Princeton, IL

Phone: (815) 875-4200

free small cone

for all Z-Tour participants with wristbands



815-872-1200

920 W. Peru St., Princeton

815-663-8416

502 S. Spalding St., Spring Valley



Soft Serve Ice Cream • Hot Dogs • Cheeseburgers • BBQ • Gyros Off The Spit • Lunch Specials

Guys 'n Gals Salon
Hair Tanning Nails
507 S Main St, Princeton, IL 61356
Phone: (815) 875-4075

Water: Not Too Little... and Not Too Much!

Because all the cells and organs in our bodies need water to function properly, we need to constantly replace water lost through sweat, urine and breath. That's why you'll have access to plenty of water during the Z-Tour, *and you need to drink it before you get thirsty.*

Don't wait until you're parched. Not drinking enough water can lead to fatigue, dizziness and muscle cramps. But drinking *way too much* water can also cause water intoxication, and that may be an equally serious problem.

The first symptoms of water intoxication include a headache and nausea; even vomiting. Severe cases can produce more serious symptoms such as drowsiness, higher blood pressure, double vision, difficulty breathing, muscle weakness and cramping, and mental confusion. In severe cases, water intoxication can cause seizures, brain damage, coma or even death.

Bottom Line Advice: While you should be concerned about not drinking enough water on especially hot days, gulping down gallons of liquids is not a good idea either. Pay attention to what your muscles and brain are telling you. If you're feeling any of the symptoms of too much or too little, take a rest and get advice from emergency personnel.



What People Say

"I choose Z-Tour. That choice speaks to the quality of ride you offer - good roads, frequent refueling stations, amusing sights and road-notes along the way, meal when we're done, and a great cause. Thank you for what you do, and best wishes to the Zearing Child Enrichment Center! See you next year!"

"This is a great ride; one of the best of many we do. GREAT route marking. Frequent water and aid stations. Fun, safe course. Wonderful volunteers and police support... overall it's a really, really well organized and community supported event that is a lot of fun."

"We loved the whole ride and plan to bring a bigger group next year with us. We were initially going to do the 100 but opted for the 30. it was an amazing day with good food and music and scenery. See you next year!"

"Loved being able to count on water between food stops. Thank you for that. It's always hot!"

"Food at the end was fabulous. Loved my pork chop sandwich with fix-ins."

About the Z-Tour

Z-Tour supporters invite you to stop and shop during Z-Tour weekend - July 14th and 15th.

juniper & mae

JULY 14-16
20% OFF
FULL PRICE APPAREL

930 N. MAIN - PRINCETON, IL

Receive a FREE cookie with purchase of Sandwich combo with wristbands during Z-Tour weekend

KRAMER' KITCHEN N' CATERING

(815) 872-2715

421 South Main Street * Princeton, IL

Riders Enjoy Your Visit in Princeton



1221 N Main St, Princeton, IL 61356
Phone: (815) 875-1221

JULY 14-16
20% OFF ALL REGULAR PRICE APPAREL

the MILK MOUSTACHE KIDS SHOP

944 N. MAIN PRINCETON, IL

TOUR OUR "SEA OF CHINA"

- China & Dinnerware
- Collectibles
- Glassware
- Jewelry

Over 1,000,000 current and discontinued patterns, dating back beyond the 1800s. Appraisal service also.



HOFFMAN'S PATTERNS OF THE PAST

513 South Main Street, Princeton • 815-875-1944
Hours: Monday thru Saturday: 9-5
www.patternsofthepast.com

ANTIQUE • COLLECTIBLE • NEW

Bring in Your Z-Pints Glass!
Proud to support Z-Tour!



406 S Main St, Princeton, IL 61356
Phone: (815) 875-6216

10% off
all food during
Z-Tour weekend

SPOONS

RESTAURANT & BAR
541 S. MAIN ST., PRINCETON
spoonsrestaurant.net • (815) 872-9001

Buy 2 items get
3rd item half off
offer valid July 14 and 15th



809 N Main St, Princeton, IL 61356
Phone: (815) 872-5252

We invite you to shop

Meadows
Home Decor & Gifts

501 S. Main
Princeton, IL
815-872-2811

Princeton's Newest Home
Decor and Gift Shop

Into the Wild Blue Yonder and Back: A Lifetime of Bike Riding Stories

By Rick Brooks

"Will she ever return? No she'll never return, and her fate is still unknown."

That musical refrain could well be Jeanne O'Melia's personal anthem. Ask and she'll tell you...with a smile, of course. When her husband Dave put Jeanne and her 16 year old son on the plane to Germany several decades ago, he thought he might never see them again. His wife and son were merely taking a little bicycle ride around Heidelberg and, well, Paris.

The 75-year old artist and adventurer who lives on a farm outside of Kasbeer remembers more than a few events that might suggest that her return was uncertain.

"On the third day of (the week-long) Ride the Rockies I thought I might die," she admits. "Once I was acclimated, it was great. I hoped to ride my age, 50, in speed down the mountain. But I only got to 46 mph on I-70 going into Denver.

Then there was the time she was riding at the Arizona-New Mexico border. "We had ridden up 2000 feet on one mountain," she recalls, "and I made a fast descent. Wheel!"

At noon she rode $\frac{3}{4}$ of the way up the second 2000 ft. climb in temperatures close to 90 degrees. Having depleted her electrolytes, she drank too much water and ended the day being taken in an ambulance to the hospital in Silver City, New Mexico. She continued her ride across the state a little more than a day later.

Such stories are part of the reasons one might be tempted to call Jeanne and her female bike riding friends the

"Why ride a bike? you ask." Her answer is enthusiastic. "You can see the countryside better. It's great exercise. It feels good."

"Women of Wonder" instead of Women on Wheels. "We must have done TOMRV, a weekend ride out of the Quad Cities, 15 or more times together--100 miles out and 86 miles back," she says.

"On our first Tailwind Ride, one of our group was nursing her baby. Her mother brought the baby to breast feed at lunch, then at night. When we finally got to a motel, every room was occupied and the next town was 30 miles away. We asked the motel owner what to do. She

invited us to her house and loaned us her car so we could go out for dinner."

"On tailwind rides, our husbands took turns coming to get us wherever we were at the end of five days. Once, they had to go clear to Lake Superior to get us."

Jeanne has ridden in the freezing wind and snow of Illinois winters. On the gravel roads of the Himalayas in Tibet. She rode through the Baja Peninsula, and 300 miles in two weeks on the big

island of Hawaii. She also rode through the state of Chiapas in Mexico and on a 1993 trip to China. "I borrowed a beat up old bike and was riding so slow that I just had to speed up," she recalls. "The problem was, the only thing I could say in Chinese was the name of my hotel!"

When she started a Montessori School in her 30s, she would ride her bicycle 16 miles a day from Milan to Moline. But even such "short" rides offered excitement...and still

make her laugh when she remembers the time she threw herself off her bike blowing her nose.

Since then, she learned a few tricks in 4 $\frac{1}{2}$ decades of cycling. "To cut down on what we had to load on the bikes, on the longer trips, we learned to carry our food on the shady side of the bike," she says. "I even sawed off half the handles of my tooth brushes!"

Her most ambitious trip, though, was a five-week ride from San Diego to St. Francisville, Louisiana, and one year and three weeks later, from St. Francisville to St. Augustine, Florida. "At age 60 and 61, I wanted to mark the millennium," she muses.

Now in her mid-70s, Jeanne O'Melia still rides in Bureau County and near her summer place in northern Minnesota. Her devotion to pedaling has a long history of reward and challenge.

"Why ride a bike? you ask." Her answer is enthusiastic. "You can see the countryside better. It's great exercise. It feels good. I use it

to write poetry in my mind..."

"I want to encourage parents to go riding with their children. Go for a Father's or Mother's Day ride to Tiskilwa and back. Or just to the grocery store!"

If you do that, you might see her on the back roads, riding leisurely past the cornfields and writing that poetry.



Tibet!



Jeanne tour biking in France.



Women on Wheels - Jeanne is third from left.

**Welcome Riders and
Visitors to Bureau County.
Enjoy your stay and visit
us for your grocery needs.**

**Fresh Produce
Fresh Meat
Full Departments of:
Salad Bar • Hot Food Bar
• Deli • Bakery
Liquors • Wines • Beers
Full Service Fuel Station**



**125 Backbone Road East, Princeton
815-879-7351 • Open 6 a.m. - 11 p.m.
sullivanfoods.net**



Wanted: Your (old, not recently used but repairable) Bicycle

Have an old bike you haven't ridden in years?

A two-wheeled treasure that has been sitting in your garage or basement?

If someone might be able to ride it--with a little repair or as is—your bicycle could be a tax-deductible contribution to Princeton's two-wheeled future! Call Mr. Bicycle Friendly at 608-345-0750. We'll pick it up and you'll feel great!

Cycling Through Tiskilwa and History

By Dave Mosier

The long downhill ride as you head South from Zearing Park takes you on a trip through some of Bureau County's richest history.

The Hennepin Canal was first conceived in 1834 as a connection between the Illinois and Mississippi River. But construction did not begin until 1892 and the first boat went through in 1907. While the canal was under construction, however, improvements to locks on the Illinois and Mississippi Rivers made the canal largely obsolete for commercial traffic.

In the 1930s the Hennepin Canal was used primarily for recreational traffic. The Hennepin Canal, which at one time was known as the Illinois and Mississippi Canal, was open to boat traffic until 1951 at no cost. Ice made from the canal's frozen waters was sold during the winters to help pay the canal's maintenance costs.



The Hennepin Canal was the first American canal built of concrete without stone cut facings. Although the canal enjoyed only limited success



as a waterway, engineering innovations used in its construction were a bonus to the construction industry. The Hennepin was used as a training ground for engineers that later worked on the Panama Canal. Both the Hennepin and Panama Canals used concrete lock chambers and both used a feeder canal from a man-made lake because both needed water to flow "uphill."

Just past the canal flows the Big Bureau Creek, which terminates into the Illinois River at Bureau Junction. Locals know the creek by its Potawatomi name, the Wapsipinicon. This creek may look tame in July, but has been known to flood its banks quickly during heavy rains.

Several pairs of bald eagles have made the creek their winter home in the past few years.

The tracks you'll cross before turning west onto the Tiskilwa Bottom Road were once owned by the Chicago Rock Island and Pacific Railroad, aka the Rock Island Line, and train service to Tiskilwa began in 1877, providing commuter rail service between the

Quad Cities, Peoria and Chicago. The CRI & PRR was dismantled in the late 1970's and the tracks are now operated by the Iowa Interstate Railroad.

The Bottom Road is one of seven roads that lead to Tiskilwa, and the only exit that does not require climbing a hill! Plow Creek Farm is on your left as you pedal into Tiskilwa, and the farm stand sells fresh fruits and vegetables in season, as well as fresh-baked deliciousness from the Plow Creek Bakery. Blueberries and blackberries are in season in July, so make sure you get some to take home!

The farm is owned and operated by members of Plow Creek Fellowship and Church, an intentional Christian community associated with the Mennonite Church, USA, which made its home on the 189 acre farm in 1991.



You may hear legend of how Tiskilwa got its name because of a battle between two Indian chiefs, but the name is actually derived from the Potawatomi word meaning "gem of the valley". According to historical records, the town was a thriving center of commercial activity in the late 1800's, with something like 10 or 12 stores, each doing a business of \$50,000 or \$60,000 per year. The gross business revenue of Tiskilwa topped about half a million per annum. That would equal \$11 million in today's economy!

As the road winds upward out of Tiskilwa you will crest near the highest point in Bureau County, Providence. A colony was formed in Providence, RI in 1836, for the purpose of settling in Illinois. Several men ventured to Bureau County that same year, registered the Providence claim, platted out a town and began building a large frame building. When the first group of 40 settlers arrived in May, 1837 after an arduous two-month trip, they found a partially finished building surrounded by a prairie blackened by fire.

The hard-working pioneers persevered, but the town's scenic vista was also its downfall; the grade was too steep for the railroads that were needed to promote economic growth.

Enjoy the relaxing downhill cruise as you depart Providence but remember: this is Bureau County; the next climb won't be too far down the road!

If your name is **Jack** and you haven't yet registered for the Z-Tour, **just** do it. And while you're at it, get **Jane, June, Julie** and **Jasmine** to come with you.

Take **Interstate 80** to Exit 56 and you'll be in Princeton. It's just inches on the map from **Iowa**, Chicagoland and **Indiana**. It also has a lot of **Italian** food. Pizza with pizzazz, for **instance**.

Herons hang out at the **Hennepin** Canal. Say **hi**, then watch them flap those glorious wings and fly away.

Gears make it easier for you to climb a hill, go faster or use less energy to pedal. Make sure your gears are working right for you. Stop by Bike Works in Peru or Mead's Bike Shop in Sterling get a tune up.

Faster is not always better, especially when you're going downhill. The road down to the Captain Swift covered bridge and, oh...Tiskilwa, for example... can help you learn this valuable lesson. And by the way, did you notice the four **Flags of Freedom** at Exit 56 of Interstate 80? Hard to forget!

Looking for Other Rides in Illinois This Summer and Fall?

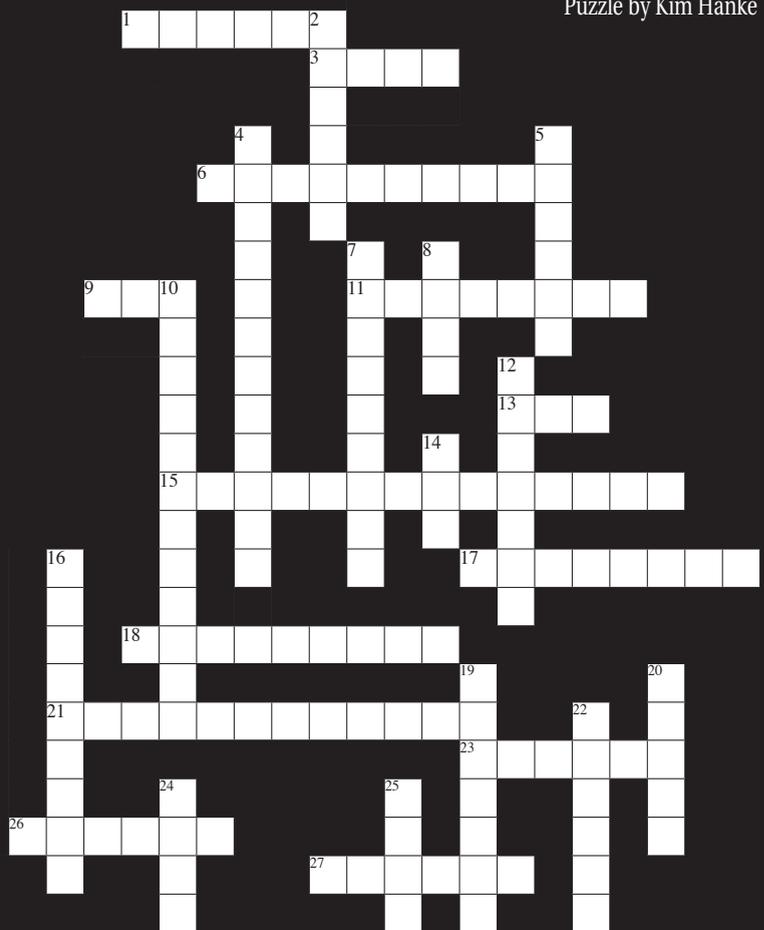
- May 27-28.....Blackhawk Country RoadsHononegah, IL..... rplantz@aol.com
- June 4.....Tour de CornMorris, IL jabianch@sbcglobal.com
- June 10-11TOMRV..... Bettendorf, IA Quad Cities Bicycle Club
- June 11-16Grand Illinois Bike TourByron, IL info@Ridellinois.org
- June 18.....Ride Across Illinois (North)Moline, IL Rob Layton
- June 26.....Swedish Days RideBurlington, IL www.vbsc.org
- July 4.....4th of July RideJoliet, IL jbc4thride@jolietbicycleclub.com
- August 19.....Ride Like an EgyptianDekalb, IL..... info@egyptiantheatre.org
- August 20.....Bike Psychos CenturyCoal City, IL info@bikepsychos.net
- Sept 11Capital City CenturySpringfield, IL Springfield Bicycle Club
- Sept 105th Annual FarMondoSterling, IL Tempo Velo Cycling Club
- October 1.....Pumpkin Pie Ride.....Ottawa, IL Starved Rock Cycling Association

For a more complete list of bicycle events, resources and organizations in the Midwest, see the links on the Z-Tour website: www.z-tour.org



TEST YOUR BICYCLE KNOWLEDGE

Puzzle by Kim Hanke



ACROSS

- 1 An all-out burst of speed at the end of a race to go for the win
- 3 Slang for aerodynamic
- 6 Bicycle-friendly city in Europe
- 9 Short for League of American Bicycloists
- 11 A light, durable and affordable material widely used for bicycle frames
- 26 If you had any brains, you would protect them with this
- 27 Rods radiating from the center of a wheel
- 13 Short for American Bicycle Association
- 15 Former professional road cyclist
- 17 A roadway for cyclists only.
- 18 The steering mechanism on a bicycle
- 21 An off-road bicycle
- 23 A device that produces electricity as you pedal, powering your bike lights

DOWN

- 2 A bicycle built for two
- 4 Famous bicycle race in France
- 5 In cycling, that's you!
- 7 When a group ride or race begins with everyone leaving the starting line at the same time
- 8 An inflator used to add air to tires
- 10 Transfers power from the pedals to the drive wheel
- 12 Common term for the rider in front on a tandem or two-person bicycle
- 14 An off-road sport bicycle used for racing and stunt riding
- 16 An indoor cycling device used for training or testing fitness
- 19 Another term for E-bike
- 20 Bicycle ride in Princeton in July
- 22 Seat on a bike
- 24 Signaling instrument mounted on a bicycle
- 25 Material the German-made Draisienne bicycle was made of

Be Safe: Be Aware. Take Care. Get There.

Hydration

Although you will see plenty of stops where you can drink something wet and cold, it's smart to carry two water bottles with you. Beware of heat stroke. Don't wait until you are thirsty to get a drink. Depending on the temperature and wind, that means water...and/or a sports drink.

One bottle of water every 10 miles is a good rule of thumb. Feeling exhausted? Take a rest...in the shade! And don't forget to use sunscreen on your face, neck, arms and legs.

Severe Weather

Rain--The Z-Tour will take place even if it rains or the temperature is extremely hot, humid or cold. Be prepared with rain gear or dry clothes, just in case.

Hail--Your helmet will protect your head. But hail on the ground can be slippery. If there is no lightning, staying under a tree may be safe. If there is lightning, do not stay under a tree.

Lightning--Take shelter immediately, in a farm house, barn, or building with a roof. If you can't find a shelter, find a clearing away from trees. Because you are moving and not high up, the chances of being hit by lightning are low. Even so, staying on your bike is not the safest place to be.

Tornado

If you hear a warning siren or are advised to take cover, do so immediately. If you cannot find shelter—no homes, caves, or buildings with basements, stairs or bathrooms—lay down on the ground in the lowest spot you can find that is not subject to flooding.

The safest bet—If the clouds look threatening, winds are rising, there is a sudden shift in temperature or you hear a siren, check the **Ready Bureau** app on your cell phone. Follow instructions of emergency personnel. Don't try to stick it out alone. Make sure someone knows where you are.

Hmmm. Safety? Preparedness? Rescue and Assistance?

There's No Need to Feel Alone If You Have Ready Bureau App on Your Phone

This unique service of the Bureau County Emergency Management Agency (EMA) can keep you informed and protected before, during and after an emergency. You can sign up for alerts, keep up with road and waterway conditions, identify evacuation routes, call emergency contacts, report storm damage and utility outages, and get valuable advice on preparing for severe weather, fires, bomb threats, hazardous materials and suspicious packages.



Maps, Too! This app also offers travel assistance. You can share your location with a friend or emergency service by sending them a map to your position.

The Ready Bureau App also has weather radar map of Bureau County, current road closures, Ameren, Cornbelt and ComEd outage maps.

A Miracle?

Guess what. You can now see the actual Amtrak arrival times at the Princeton Depot...all on your cell phone or computer screen.

Want to Volunteer?

You can be part of a Community Emergency Response Team, find out about the Medical Reserve Corps or apply to be a National Weather Service Spotter. Just hit the Volunteer button on your Ready Bureau screen.

Why the Z-Tour?

Continued from page 1

(Continued on page 14)

From sunrise to sunset, you can see more countryside and sky than you've seen in years. Stay in town and see the moon and stars...better than ever!

See barn quilts, the Hennepin canal and creek. Alpacas and champion livestock. Gardens, orchards and rich fields of corn and soy.

See beautiful people. Muscular legs, arms and physiques. Individuals like you who are experiencing the benefits of exercise and the great outdoors.

It's Challenging

No matter how far you ride, the Z-Tour offers personal goals you can achieve.

See if you and your peers (your club, social or business group) can win your category of the Z-Tour

Continued on page 15



TAKE INTERSTATE 80 TO EXIT 56 How Can You Remember Which Exit?

56 is the number of consecutive baseball games in which Joe Dimaggio had a base hit in 1941.

Hack Wilson hit 56 home runs in 1930, a National League record until the time of Mark McGwire.

It's the atomic number of barium.

56 is the code for international direct dial phone calls to Chile.

Shirley Temple, as a child, wore 56 curls in her hair.

Cape Horn, the southernmost tip of South America, is located at almost exactly 56 degrees south.

56 men signed the United States Declaration of Independence in 1776.

Answer These Questions

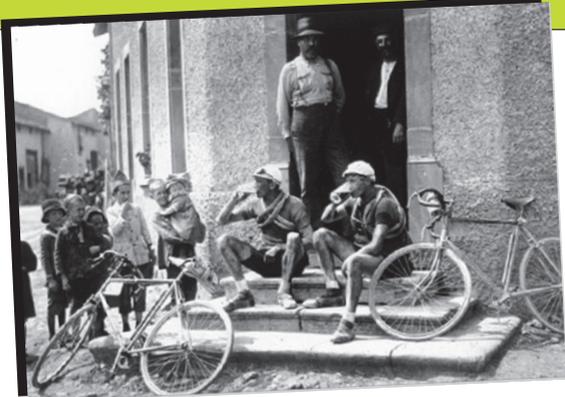
1. Gunther Tootie and Francis Muldoon rode in a police car that was definitely not #56 in their TV series in the 1960s. What number was it and where was it?
2. Which would weigh more—56 pounds of cast iron or 56 pounds of ostrich feathers?
3. Name the President of the United States in 1956.
4. How many tears were there in that 1960s tune with the organ playing in the background? 56 or 96?
5. Which of these events occurred in 1956?
 - The first Trans Atlantic crossing by a woman on a bicycle in a row boat
 - The last year of the tiny, two-passenger Nash Metropolitan
 - The first American drive-in restaurant to serve a waffle cone with Neapolitan ice cream
 - Philadelphia's pro basketball team signed Wilt Chamberlain and graduated from being the 56ers to the 76ers
 - None of the above

Still not sure about which Interstate 80 exit will get you to the Days Inn, the shops on Princeton's Main Street, the Bureau County Fairgrounds and the start and finish of the Z-Tour? Try these little memory builders...

True or False

- T or F The regulation distance between baskets in the official Bicycle Basketball World Championship in San Pedro, Texas is 56 feet.
- T or F The specific gravity of a cup of flan, a delicious caramel flavored Latin American pudding, is 56 oz.
- T or F Richard Widmark, a native of Princeton who became a famous movie star in the 1940s, 50s and 60s, used the Heimlich Maneuver to save Veronica Lake from choking on a peanut butter sandwich in the 1956 film.

Pints for Our Half Pints



Easy as ABC

- A** Purchase a keepsake Z-Tour Glass at various events during Z-Tour weekend
- B** Get 3 FREE Pint Tokens
- C** Go to a participating watering hole. Look for the Z-Pints sign! (Not all Princeton watering holes will be participating.)

Support Our Half Pints

Early childhood can be enriched by great teachers, fun, good health, physical activity and excellent child care—all part of what makes the Zearing Childhood Enrichment Center in Princeton so important to families. The Z-Tour supports the ZCEC!

Drink lots of water when you ride. Enough to keep from getting dehydrated. Get water along the route and be sure to carry some with you. Don't wait until you are exhausted or thirsty. Every half hour is not too often to refresh yourself.

C If you can't tell how far you have ridden, try counting each time you pedal. Set reachable goals by counting to 300. Do that ten times and you'll be close to ten miles. It's like meditating on wheels...and can help prevent catatonia.

Bald eagles, and barn quilts will be here along Bureau County roads. Dog bites should not be a problem, as far as we know.

Alpacas, Angus cattle and animals of all sizes grow in Bureau County. You can see them along the Z-Tour route. Bet you didn't know that. A final note: Amtrak will carry your bike to the Princeton depot if you like. Check it out!

Carol Gugerty: A Nurse. Athlete. Recreational Cyclist

Let's see...would a five mile run, Pilates class, five mile walk and an intense hour of riding a bicycle trainer-- all in the same day-- be too much for you if you were 72 years old?

If you were Carol Gugerty, probably not.

It has been several decades since she ran the Chicago and Boston Marathons. Her 1982 Boston run was only a few years after the first woman was allowed to participate, and her most recent running event of note was a half marathon in France *last year*.

But most of Bureau County would probably know her in her bicycling personae or her professional role as a nurse. Now retired and a resident of Bryant Woods, Carol lived for years between Princeton and Dixon, cherishing the chance to do her errands by bicycle instead of driving.

"Inevitably I'd purchase too much to fit in my basket and sometimes I'd have to go back in the car," she says.

"Thankfully, the bear wandered off."

No problem. More than 60 years of cycling has built an affection for the pleasures of being

outdoors. "I've always felt that exercise was important to health," she admits, "and you like your bike better when it's a part of your everyday habits. Besides, it's good for my knees and my back."

"Mainly I ride alone," she says, "When I travel

"I've always felt that exercise was important to health," she admits, "and you like your bike better when it's a part of your everyday habits. Besides, it's good for my knees and my back."

to Madison or other places, I take a bike along. But I'm not in a hurry when I ride. I just choose my pace and keep moving."

For 21 years, she and a friend have gone to Amish country near Lanesboro, Minnesota, which has paved bike paths and rolling hills. "We'd ride all day long--40 to 55 miles a day, four or five days in a row." Among her favorite Amish country memories: "wonderfully friendly people with home made pie!"

Her cycling adventures have taken her far beyond the Z-Tour in Bureau County, Biking with Beanie in Dekalb and Pumpkin Pie Ride near Ottawa, to places like Finland and Alaska.

For each trip, she stressed physical preparation and safety. In Alaska, for example, her group of cyclists was instructed to be on the lookout for grizzly bears. "Our guide showed us how to make a circle with our bikes, standing inside the circle as though we

were behind a fence. But just as he said he thought such an event wasn't likely, I saw something very big--and brown--moving near the woods by the side of the road.

My question? "What is that over there?" Thankfully, the bear wandered off.

For years, she admits, she didn't know much about "high end" bikes, and it was a big transition from pedal brakes to hand brakes. Her most recent acquisition in the pedaling department offers clear evidence of that lifelong commitment. She reports that "It took more than two hours for the Chicago bike shop staff to measure every inch of me."

Her current bicycle



Carol Gugerty

was custom built to match her size and physique, and the results were spectacular in terms of ergonomics and comfort. Now, instead of a two car garage full of motor vehicles, her bicycles are always at the

ready. "I can go faster with less fatigue now, and my weight is distributed better. As we age, you know, balancing becomes so important. And cycling can help that."

Having ridden a bicycle "all my life," she is not likely to stop soon. Her formula for fitness and health? "I want to continue to bike for as long as possible."

You will see her in the Z-Tour.

Why the Z-Tour?

Continued from page 14

Challenge.

Beat your boss. Challenge your peers from other towns and cities.

Kids: Beat your teachers and parents!

Grown ups: Show your kids you can do it!

It's Safe

The entire route is paved, clearly marked and protected by law enforcement and volunteers.

Emergency personnel are posted throughout the routes.

It's Delicious

Each year the food at SAG stops, restaurants and events gets better. We act on your suggestions.

Great choices for food and drink throughout Princeton and Bureau County.

Tasty, healthy snacks to replenish your energy as you ride

A free meal at the end of your ride.

It Makes You Feel Good

Z-Tour proceeds support parents and kids at the Zearing Childhood Enrichment Center.

You feel energized and fit when you're done.

You are inspired when you see who else

rode with you...and how well you did. You might amaze yourself!

You discover all kinds of friendly people and places you didn't know about before.

You get to show off your new Z-Tour jersey, T shirt, beer glass or other merch.

Enjoy the company of friendly small town residents who are here to serve you. Smile! Be happy!

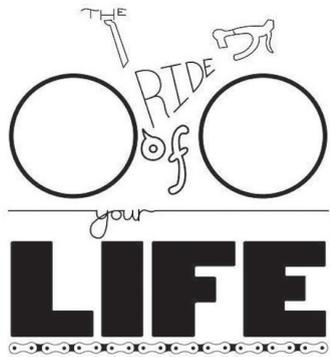
It's Educational

Learn about good bicycle touring safety and health tips from riders who have done this before.

Did You Know...

That Princeton is Becoming More Bicycle Friendly Every Year?

More than 150 years of photos at the Bureau County Historical Society prove that bicycles have been part of the local scene for generations. Led by Perry Memorial Hospital, Princeton is signing up local businesses and employers as Bicycle Friendly. Ask about it at the Z-Tour.



ZEARING CHILD ENRICHMENT CENTER, INC.

"Providing Educational Child Care Services for Children Ages Six Weeks to Twelve Years"

What would the Zearing Center wish for this year?

- Replace the carpet throughout the Center using a local vendor.
- Purchase three desktop computers and eight Chrome books for the staff.
- Replace the tables and chairs in each room used daily by the children.
- Resurface the parking lot resurfaced.
- Replace ballasts and upgrade lighting.
- Replace the commercial oven in the kitchen.
- Long term project - Construct a bike path around the outdoor play area. Looking for other information about the value of early childhood education and care for someone you know? Take a look at the Zearing Child Enrichment Center News at www.zcec.org



The Zearing Child Enrichment Center Benefits Children, Families and the Community

Meet the Director

The Zearing Child Enrichment Center is fortunate to have Lauren Widmer leading our dedicated staff. A 2010 graduate of Northern Illinois University, Lauren believes in a hands-on, play-based approach to learning and development for children of all ages.



Lauren Widmer

What role do you think the availability of quality child care plays in helping Princeton remain an economically vital community, both in retaining current businesses and attracting new investment?

In this day and age, both parents often work to sustain their home and meet the needs of their family. This can put a lot of stress on parents when it comes to caring for their children during the work day.

Having Zearing Child Enrichment Center in Princeton gives parents the opportunity to work in or near Princeton because quality child care is available. This draws people in from other communities as well. We have quite a few families that live in other towns but work in Princeton, so they bring their children to our center. From early morning to later in the afternoon, they can count on us.

The name Zearing Child Enrichment Center strongly suggests that this offers more than just ordinary day care. What are some of the benefits of the Center's approach?

In a program like ours, teachers are required to have specific educational

qualifications to be considered as a lead teacher. They take at least 15 to 20 hours of training every year to stay current on early childhood development and teaching techniques. There is a specified teacher-child ratio we must follow based on the age of the children in our care.

The Center is set up to create learning opportunities based not only on children's age but also tailored to their physical, emotional and social abilities as well as thinking skills. Classrooms are designed with appropriate materials and activities to encourage each child to explore and learn freely. In groups, they discover the value of sharing and cooperation.

What development advantages do you see in children who experience increased social interaction at the Center?

other children and staff talking with them throughout the day. Reading aloud with children builds vocabulary and listening skills, and helps prepare them to read on their own as they start elementary school.

We also see children pick up self-help skills like potty training, washing hands, cleaning up, feeding themselves and other daily tasks when watching other children the same age.

How does the Z-Tour help accomplish the mission of Zearing Child Enrichment Center?

Z-Tour is such a wonderful fundraising opportunity for our program. With the money raised during this event we are able to make improvements to our classrooms, get new equipment, and any other supplies we need to keep the center running smoothly. We are so thankful for this event every year!



Children learn by watching and interacting with other children. Their language development can flourish in this type of setting, with the

Learn more about the Zearing Child Enrichment Center at www.zcec.org