



ILLINOIS VALLEY **WHEELM'N**



November 2005

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

IV Wheelm'n Annual Banquet

Date: Saturday, November 12, 2005

Place: Lariat Steakhouse 2232 W Glen Ave,
Peoria

Time: Cocktails at 6:00 P.M., Dinner at 6:30
P.M.

It's that time of year again to get together with other club members and relax, have dinner, and of course, elect board members. We usually have about 40 in attendance and everyone enjoys greeting friends and exchanging bike stories. The venue has changed this year, just so we can have a little variety. Lariat Steakhouse is a great place to dine and has excellent banquet facilities. We will have choices between steak, chicken, or fish. I need a head count by November 5th, so please call Bonnie Johnson at 682-7771 or email her at ivwheelmn@yahoo.com to let me know how many in your party will be attending. Please try to attend this fun event.

At the banquet, we will be electing officers for the coming year. The slate as drawn up by the board is as follows:

President: Kathy John

Vice President: Bill Clark

Secretary: Pam Hoehne

Treasurer: Sheila Gribble

Ride Chairman: Laurie Wilbur

Social Chairman and Mailing: Bonnie Johnson

Database: Larry Davis

Advocacy/Government Relations: Eric
Hutchison

Editor: Dennis Sans

Webmaster: Bill Clark

Names will also be accepted from the floor for each position. Other nominations that will be accepted from the floor are names for: Most Improved Female Rider, Most Improved Male Rider and Hub of the Club.

Last year Matt Durst was named most improved male rider, Laurie Wilbur was named most improved female rider and Bonnie Johnson was named Hub of the Club.





Christmas Party

This year's Christmas party will be hosted by J.D. & Dena Keenan. The festivities will begin at 6:30 PM on Saturday, Dec. 3. A spiral ham, beer, wine and soda will be provided. Please bring a side dish or appetizer if your last name begins with A thru L. Bring a dessert if your last name begins with M thru Z.

The Keenans live at 1107 West Bennett Ct., Dunlap in the Bennington Park subdivision. Directions are north on Knoxville to Hickory Grove Road, right turn on Hickory Grove Road and then another right turn at the 2nd right on Bennett Ct. The Keenan's house is the 2nd house on the left.

Please RSVP by Dec 1. Their phone number is 309-243-5507.

New Members:

Fred & Sue Bally.....Metamora

Noel Cline.....Peoria

Darrel Crook.....Lacon

Frank Seipp & Family.....Peoria

Renewing Members:

Jack Marshall.....Goodfield

Christopher Maushard.....Peoria

Ken & Noreen Mettelmann..Groveland*^

Don Niemi.....Metamora^

Tim & Stella O'Hanlon.....Peoria*^

David Schenk, Donna Goelz & Family

Peoria^

*LAB Member ^Advocacy

Want Ads:

Condo Available in Mountain Biking Mecca, Winter Park, Colorado. Inquire: 694-4828

Recumbent for sale: 1997 Reveille Maxam 1 owner, rarely used, 21 spd, sofa seat, like new. \$300 Call Jinny Gunnar 309 688-8345.

1994 Santana Soverign Tandem Forest Green CroMo Frame Wheelsmith 40 spoke (700x26c) Edco Hubs Deore XT Group Bar End Shifters 56/53 configuration Excellent Condition. \$2200.00 Bill Clark (309)347-4841 wdclark@mtco.com

FOR SALE: BIANCHI Reparto Corse frame, seat tube length: 61cm, top tube length: 58 cm, wb: 101cm. 1" steel steerer tube, threadless headset carbon fork. Never crashed, never in the rain. Firm, responsive ride, but rock solid on high speed descents. Low miles. \$300

FREE: Cannondale CAD3 frame, seat tube length: 63cm, top tube length: 58cm, wb: 102 cm. 1" steel steerer tube, threaded headset. Carbon fork. Never crashed, been in the rain. Good ride, stable. Been around a while. Jack Welch, 309-387-6117, jack.welch@insightbb.com

2001 Italian UniVega for sale. Only ridden 5 miles! Call Orv Haun (309) 697-5834

ILLINOIS VALLEY WHEELM'N

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IVW affiliated with the League of American Bicyclists and League of Illinois Bicyclists. On the web @ <http://geocities.com/ivw.geo>

Enter the above as one line; no spaces

LIB Job Opening – Education Program Manager

The League of Illinois Bicyclists (LIB) seeks an enthusiastic individual to head our growing bicycle safety education program from his or her home office. LIB is an Aurora-based non-profit advocacy organization promoting bicycle access, education, and safety in Illinois.

Major tasks:

- Coordinate opportunities to teach bicycling skills to adults and children in Illinois. Publicize and distribute bicycle safety information to local organizations, schools, bike shops, bike clubs, and others.
- Become familiar with selling points, delivery models, and materials for "Safe Routes to School" programs. Publicize these and be a resource to Illinois teachers, parents, and school administrators.
- Assist with LIB's Driver Education "Share the Road" video production project.
- Identify and pursue relevant grants and partnerships from foundations and government sources, to support ongoing activities and new initiatives.
- Assist in LIB's other programs, initiatives, and events, as appropriate.

This position is open until filled, but applications received by November 7th, 2005 will take priority. Further details – visit <http://www.bikelib.org>



There is a new ride Sunday afternoons starting October 16th from Metamora Square. Check the ride schedule for more details

Wheelman Completes Ironman Triathlon

Kathy John, who has been an Illinois Valley Wheelman for 10 years recently participated in an ironman competition in Oklahoma City. The requirements for the ironman competition are truly breathtaking—2.4 mile swim, 112 mile bicycle ride and then a marathon (26.2 mile run), but on top of this Kathy had many obstacles thrown at her.

On the Tuesday before the race weekend, Kathy came down with the stomach flu. She was so sick she couldn't eat and only wanted to sleep. However, she got well enough to head on down to Oklahoma City. The night before she slept well and felt healthy enough to compete. The race started at 7:00 AM while still dark.

The swim was the first event. Despite being kicked in the stomach by the swimmer next to her, Kathy felt confident that she could handle the distance. Her goal was to finish in about 2 hours. She actually finished in 1hour 57 minutes, easily under the 2:20 cutoff. After getting out of her wetsuit and changing in bicycling clothes, she was off for four 28-mile segments.

During the first loop, she was handed a bottle of Gatorade. Good enough except that the seal had not been taken off the bottle. So then begin the gymnastics of bicycling while unscrewing the lid, finding the tab and pulling it off without spilling Gatorade all over your legs and the bike. Not totally successful she kept bicycling with Gatorade all over her legs and bike. On the second loop one policeman was directing the bicyclists thru a busy intersection while another policeman was suppose to stop the oncoming traffic. It didn't quite work that way and Kathy was almost flattened by a car coming on through.

On the third loop at that same intersection a driver talking on his cell phone almost turned right into her. Her screams and the cop's screams got the attention of the driver in time for him to stop. By the fourth loop the police and volunteers had given up on traffic control and

Kathy had to navigate her way back thru Oklahoma City traffic on her own.

Now she is off the bike and beginning to run the marathon. The course was very flat and on winding trails that cross over roads leading in the park/lake. It is an out-and-back of 13.1 miles twice. By this time it was beginning to get dark. The trail was lighted in sections but other areas were pretty dark. By the last 6.5 miles to go, it is quite dark and the volunteers guiding the runners at the "tricky" parts of the routes had evidently gone home. Kathy couldn't figure out which way to go at a T intersection and there were no markings. She chose the wrong way and had to ask a motorist which way back to the trail. Once she got back to the trail, she started running but quickly realized she was going the wrong way when she ran into a couple she had previously passed. To be a true ironman you have to complete the whole competition in less than 17 hours. As she approaches the finish line, she hears her name being read out over the loudspeaker and her Peoria teammates enthusiastically congratulating her on being an ironwoman. So do we. Congratulations Kathy!!!



Another Bill Clark Adventure

"Ride your bike all the way to here from Illinois" (emphasis on the "noise") "Boy, you got to be nuts." (Emphasis again on the "nuts") That was the reaction I got when I mentioned to a friend that riding a bicycle from Pekin to Big Sandy, Tennessee would be a "fun" thing to do. No hill for a climber so to speak. "You do that, and I will cook you the best steak you ever had", he mentioned. Now I had never thought of riding down to Kentucky Lake before, but you've got to understand how I feel about steak. And free steak at that. And I knew that my brother would be good for at least one meal of some of the best Crappie filets you've ever tasted. The challenge and reward were thrown out there. The boasting time was over. It was time for me to step (pedal) up to the plate and prove myself.

I was on a fishing trip, and at the home of some friends, who live on Kentucky Lake, down in Tennessee. True, down to earth, good ole southern folks whom I had met through my older brother. They had opened up their home and treated me like family. He, a southern gentleman who likes his beer, and she, a southern lady who could not do enough to make a guest feel at home. We had been shooting pool along with my brother and one of my best friends, and of course imbibing somewhat of our favorite malt beverage until the wee hours, when the subject of my riding habit came up. I was about due for another bike trip, and when he said I had to be nuts, the wheels started turning. One thing led to another, and well, here we go again. When I got home and told my wife, she just rolled her eyes, and gave me her blessing. I was headed out without her again. But she knew. The cowboy had a need to wander.

The years have taken their toll on the old bones, and I have aches where they never used to be, so I had some doubts to overcome. I knew if I could knock out a couple of long mileage days before reaching the hills of southern Illinois, Kentucky and Tennessee, I would have an easier time the last two or three days. Just for the record, I do not do the hilly hundred for the same reason. Just for the record. So ya'all know where I stand. I don't do hilly anything if I can avoid it. I like flat ground. And tail wind. But I went ahead and started planning. I estimated it would be somewhere around 450 miles in 6 days. I know that isn't a lot compared to some rides, but like I said, "the old bones".

I contacted the IDOT district offices of the counties I would travel through and got maps. I researched my routes and daily mileages, located lodging and began training in February. I would have a couple of long days the first two or three, so I focused on doing longer and longer rides back to back as the season progressed. I am usually good up to about 75 miles, and then I start looking forward to something to sit on that doesn't have pedals. I would have several of these before I got to the end of the trail.

Day One led me out of Pekin headed south to Taylorville. For the most part, just county farm roads and no traffic. Somewhere just shy of a century. Fully loaded! Heck, I hadn't done a century in a couple or three years fully unloaded. I had hoped for a tail wind, but it turned out the wind was from the southeast at 5-10 mph, but not enough to really slow me down. And the fact that I wasn't going round in circles! I was actually headed somewhere. No surprises today. Just a great ride. Mostly flat ground and only one dog to outrun. OK, so it ended up he only had three legs, but I still outran him. I've got to admit, at the end of the day I was tired, but not completely wasted. One doubt down and 5 to go.

Day Two put on state highways, which would be the norm for the next three days. Not until I got into Kentucky and Tennessee would I get back on the country roads and the solitude that they offer. But unless you enjoy hills, state routes are flatter and more direct. I've seen what those squiggly lines on maps can do. Roughly translated squiggly means hills! I had just crossed the county line into Fayette County when I heard that dreaded "ping" come from the rear wheel. Sure was hoping that was a rock, but after checking, my suspicions were confirmed. Broken spoke. Well, I haven't spent all that time on the throne reading *Bicycling* for nothing. I got off on a side road, stripped down the back of the bike, whipped off the rear wheel, removed the busted culprit, put a new spoke in place and re-trued the wheel. Maybe not as good as Kevin could have done, but it lasted until I got to Tennessee. Lance will probably want me wrenching for him next year. Total down time, 22 minutes. Not bad for a plumber. The rest of the day went without any more events. I got into Salem, Ill., checked into the motel and headed for the pool. High temperature for the day was 94 degrees. That cool water felt great. After a big dinner and 5 minutes of TV, I turned in. Time – 8:45pm. What a party animal!

Day Three lead me out of Salem to Marion. The country was getting prettier, although it was starting to get hillier also. Less flat fields of corn and beans and more timber. I was on the road before 7 a.m. The forecast was for 10-15mph winds out of the south/south-east, with a high of 93 degrees in the afternoon. I wanted to be off the road before either one hit it's peak. The high point of my day was when I got a phone call from Roger Truitt who rides with the Paducah Bicycle Club. I had been in touch with him about how to get across the Ohio River from Illinois to Kentucky while planning this trip. There are only two routes across the river going into Paducah. The Interstate and US Route 145 at Brookport. He had warned me about the infamous "Brookport Bridge." Exactly wide enough for two vehicles, no walkway, and a steel grating deck that you could fit a soda can through. I wasn't exactly sure how I was going to cross this barrier before he called. He offered to come pick me up and haul me across. Problem solved! I had a lift across the Ohio. The rest of today was a breeze. Even the hills seemed flatter after this problem was off of my mind.

Day Four. Sunday. Marion, Ill to Paducah, KY. I wanted to ride this portion on Sunday morning because of the roads. Narrow. Twisty. Hilly. I knew there would be less traffic and hopefully no logging trucks. Safer. But I still managed to crash while turning around to go back and take a picture of a historical marker. Don't know how. I just did. Skinned both knees, but the bike was without a scratch. I'd heal but my pride was hurt. And it wasn't even good for any sympathy from my stoker, who was at home. Oh well. I'd carried a first aid kit on many trips, and finally I would have an opportunity to use it. It didn't seem to be wasted weight anymore. I finally arrived at the Brookport Bridge and called Roger. He was there in less than 10 minutes and hauled me across the river. Even gave me the guided tour through town to show me the route out the next morning. He dropped me off at my motel and we parted ways. What is it about other cyclist? He had to go out of his way on a Sunday afternoon and did not mind at all because he was helping a fellow bicycle rider. A name and face I will remember in years to come. I just hope I can repay the favor someday to another wayward rider. Thanks Roger.

I stayed at the convention center in Paducah on Sunday night. It's a great place right on the river and only \$51.00 dollars per room. The city has rehabbed the riverfront, and it is amazing. There is a lot to see and do in this town, and I plan on taking the bikes and going back down for a long weekend sometime. With my stoker!

Day Five. Paducah to Murray, KY. Today was going to be somewhat shorter but more difficult. I think I figured out why Illinois is mostly flat. Someone pulled out the "wrinkles" and put them all down in Kentucky and Tennessee. Kinda like being on a roller coaster at an amusement park. But, as I slowed down I enjoyed the scenery more also. I stopped and visited with an old man who was working in his front yard at a home tucked away "down in the holler" as they say in the south. He was grateful for the company and I was grateful for the ice-cold well water he provided.

After I arrived in Murray at the end of the day, I reflected back on the days ride. It was fun, but I felt like I'd just done another century. My legs were shot. But, as this was a college town, I couldn't look too worn out in front of all of those "kids" as I rode through the campus. They just stared at the old guy on the bike pedaling down the road. Hopefully someday, they will have a chance at a real education, via the seat of a good bike, going across country.

Day Six. Murray, KY to Big Sandy Tennessee. This was the last day on the trip that I had spent 6 months preparing for. I was sorry to see it end. Only 52 more miles and I would accomplish what had started in a basement as a challenge, over way too much beer. I tried to ride slower today, to savor the last few hours of a great ride. It was hilly again but I was too busy to notice. I was busy enjoying the scenery. I was busy listening to the cicada's singing knowing that fall would soon be here, along with the end of another riding season. I was busy thinking of all the people I had met the past six days that had helped make this a great ride. I stopped and took my last break at a small country Baptist church and visited with some gentlemen putting up spotlights on a cross. All too fitting when I realized why I was able to do these trips. They too thought I was "touched" for riding a bike all the way to Tennessee.

Glimpses of the lake meant that I was nearing the finish. I rode into town without any fanfare. No one noticed the quiet whisper of my tires on the pavement as I passed through. No one knew I had just crossed the finish line. But I knew. And those memories are stored away for the day when "the old bones" won't allow me to climb on the bike again. But for now, I was already planning my next trip. Stay tuned. The summer of 2007 I will be off again. This time I hope, with my stoker.

Illinois Valley Wheelm'n Ride Schedule

Closely view departure dates and times!

Monday Morton Level 1 Dennis Tresenriter (387-6617) is the new leader for this ride out of Morton. Meet at McClallen Park (Soccer Fields at Jackson and Tennessee) Departure time 5:30 PM. Distance will be 15 miles early in the season and increase over the summer. The ride will regroup frequently. **Last ride is Sept 26.**

Monday Dunlap Level 1 Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School at 6:00 PM starting in June. 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 is August 29.**

Monday Dunlap Level 2 Leo Chuzhoy (740-4266) will lead this newly created ride departing from Dunlap Grade School at 6:00 PM. Ride distance will be 20 early in the season and then increasing. Riders will regroup periodically and make certain no riders are left behind. **Last ride is August 29.**

Tuesday Dunlap Levels 2 & 3 Steve Kurt (243-7684) leads this popular ride from the Dunlap Grade School. Departure time 5:30 PM. Be ready to ride at departure time. Mileage will be 20 early in the season and then increasing. The ride will sometimes break into two groups. One will generally average 16 mph and the other can be faster. Both groups regroup periodically and make certain no riders are left behind. **The last ride will be when people stopped coming.**

Tuesday Dunlap "Kinder Gentler" Level 2 Pam Hoehne (694-4828) will lead the group again this year for the Level 2 rider, or those Level 1 riders looking for a challenge. Departure 5:30 to 5:45PM. **Last ride will be Oct 25.**

Daytime Tuesday Dunlap Show & Go All levels of riders depart from the Dunlap Grade School at 9:00am. Distance 25 miles. Contact Laurie Wilbur (446-9367) for more info.

Wednesday East Peoria Level 2 Dirk McGuire (699-8484) will lead this ride from the Pleasant Hill Head Start School (across from the Antique Mall) departing at 5:00 PM. Ride distance will start in the 20 mile range and increase throughout the season. Average speed will be 13-17 mph and no one will be dropped. **Last ride will be October 26.**

Thursday Pekin Levels 2& 3 Jim Vaupel (353-6104) leads this group from Coal Miners Park . Departure time 5:30 PM. The ride is a fast pace (16-18 plus) and includes pace line riding and some challenging hills. Ride distance is 20-40 miles. Jim says the ride may do a rolling re-group to gather up strays but suggests that all riders bring a photo ID or pre-completed toe tag. **Last ride will be September 15.**

Daytime Thursday Brimfield All Levels Laurie Wilbur (446-9367) organizes this ride from various locations each week at 9:00 AM. Refer to the Thursday ride schedule. Ride distance 25-50 miles. **Last ride will be November 3**

Friday Chillicothe All Levels Edith Albright (274-4849) will co-lead this ride with Melissa McClure from the Pearce Center. Departure time 5:30 PM all summer. Distance varies depending on the group. The ride is normally followed by a dinner at a Chillicothe restaurant for those interested. **Last ride will be September 30.**

Saturday Show and Go Washington Level 3 ride meets at Washington Square at **8:30 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 Saturday. Distance ranges from 25-40 miles and includes a meal stop.

Sunday Princeville Family Ride Richard Soseman (224-8783) leads this ride from St. Mary of the Woods Catholic Church. Distance and difficulty varies, but about 15 to 20 miles, and will accommodate a range of abilities. Departure time 10:30 AM. **Last ride September 4**

Sunday Show & Go Metamora Levels 1 & 2 Meet at Metamora's town square at 1:00 pm through the winter. Distance 20-30 miles. North route to Washburn or South route to Roanoke. Contact person: Pam Hoehne (694-4828) or pams@mtco.com.

Ride Levels More details regarding ride levels is available on the web site. Ride leaders can be contacted for specific details about their individual rides.

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

Level 1 Rides average 12-14 mph and regroups on a regular basis.

Level 2 Rides average 13-17 mph 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 and single file at intersections and in traffic.
- 3) When riding in a large group, create space to help motorists pass safely.
- 4) Use hand signals and obey all traffic signals.
- 5) Check all intersections for traffic. Avoid "group think".
- 6) Warn riders of pot holes, dogs, cars and other obstacles.
- 7) Riders are strongly encouraged to wear approved helmets.
- 8) Riders should make certain their bikes are in good working order.
- 9) Riders should carry water and a spare tube for their wheel size.
- 10) Riders should be prepared for weather conditions. Most rides will take place in all weather.
- 11) Riders should arrive in time to be ready to ride at the start time.

Daytime Thursday Rides November 2005

Final Thursday Ride for 2005 at 9:00am

All Levels

Contact: Laurie Wilbur (446-9367)

November 3, 2005 Depart from Laurie Wilbur's Home, 13308 N Savage Rd (15000N),
Brimfield, IL. Distance: around 35 miles. Plan on chili soup after the ride at Laurie's.

Hilly Hundred Weekend

Bean Blossom, Water Tower, Heartbreak, Three Sisters, Stineville, Cemetery, Photo, Mt. Tabor; If these names sound familiar they may initially bring on a tinge of anxiety, but then memories of a great weekend of riding will certainly follow. These are some of the geographic features that give the Hilly Hundred its name.

The 2005 edition of the Hilly Hundred was held on October 15th and 16th. The weather was as perfect as you could hope for on a late fall weekend in Southern Indiana. Over 5,000 riders converged on Ellettsville (just outside of Bloomington) for the last great mid-west riding event of the year. There was a different 50-mile loop both Saturday and Sunday. Each of them was on low traffic scenic roads. The ride organizers promote the ride as not being a race, so they make certain each of the rest stops (three each day) are stocked with food and cider. In addition there are live bands at each stop. We found ourselves spending a lot of time just enjoying the food, weather, music and 5,000 of our close riding friends. It was also a way to put off the next set of hills as long as possible.

The IVW was well represented at this year's Hilly. Bill and Marge Semmens were there for what Bill believes was close to his 20th Hilly. Fred Smiser attended his first and is already planning next year's trip. Other IVW members included Ray and Joyce Stratton, Steve Kurt, Jim Vaupel, Tim O'Hanlon, Ron Chandler, Gary Jacob, Mike Pula, Ron Anderson, Randy Senneff and Mike Haedicke.

The Hilly is one of those special riding weekends that every rider should experience. Don't let the name intimidate you and plan on joining 5,000 others for a great October weekend. Next year's ride is October 7th and 8th, so mark your calendar now.

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)

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 an LAB member (check one)
 Yes No

Basic membership:
Individual (\$10) \$ _____
Household (\$12) \$ _____

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

Total enclosed \$ _____

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

**ILLINOIS VALLEY WHEELM'N
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