



# ILLINOIS VALLEY WHEELM'N



May 2007

Greater Peoria's Bicycle Club  
Email: [members@ivwheelmn.org](mailto:members@ivwheelmn.org)



## **PREZ SEZ:** The "Ride of Silence"

will be held again this year on

**Wednesday, May 16, at 6:45 p.m.**

We will meet at the Dunlap Grade School  
(across from the Dunlap Public Library.)

This ride is held simultaneously in several

cities within Illinois and other states as well as international cities. The ride is held to remember fallen cyclists.

One of the most recent deaths in our IVW cycling family was **Jesse "Jay" Jackson** who died on February 28, 2006, when his bike was hit by a van while cycling east of Princeville, IL. We bike to remember the loss to his family and to this community.

Additionally, we want to remember another cyclist in the IVW family, **Diane Matuska**, who was struck by a motorist while cycling home from work on April 7, 1986 on Smithville Road in Bartonville. More information about Diane can be found in the reprinted article on this page.

**Dr. Robert Breedlove**, formerly of Kewanee, who was a physician in Des Moines, IA, was also killed while cycling the Race Across America, RAM. In 2005, his bike was hit head-on by a pickup truck in the hills of Colorado. His family and friends attended our first Ride of Silence last year.

There have been several other IVW members and/or local cyclists injured or disabled by motor vehicles. The Ride of Silence is to remember those injured cyclists, too. If you plan to attend and have been seriously injured by a motorist while cycling, please wear a red armband. Our ride will provide black armbands to the first 50 cyclists.

This ride is also held to raise awareness of our right to bike on the roads and motorists obligation to respectfully share the roads with cyclists. It's also to let motorists know how many lives can be affected if a cyclist is killed or injured.

We plan to be on our bikes at 6:45 in order for those who would like to say a few words about Jay, Diane or Dr. Breedlove, or any other motor vehicle or cyclist death or major accident that has impacted their lives. Then, we will ride 10 slow and silent miles to remember those we've lost and to raise awareness among the non-cycling community.



## **In Memory of Diane Ziegler Matuska**

(Article written by Samuel Joslin, former IVW president, for the May 1986 IVW newsletter issue.)

The Illinois Valley Wheelm'n suffered a tremendous loss in April (1986) with the death of Diane Ziegler Matuska. There are many of us with memories of Diane. The fact that such a ball of energy and life is gone is incomprehensible. Diane had commitment to this area and this club; it was easy to think she would be the last member of the IVW. Now the world is a different place. It would be a credit to each of us if we could contain as much joyous energy as Diane did.

Diane had filled nearly every elected position in the club and was also a long time LAW member. She was a past president and newsletter editor. Diane had recently completed the latest roster of members in her capacity as membership chair.

Over the past few years Diane and husband Ron Matuska had practically turned the Summer Metric Century into a midsummer festival. After the hilly ride through southern Peoria County, the swimming and picnic completed the perfect invitational ride. On April 6th Diane and Ron held the annual Spring Break-out ride to celebrate the official start of the 1986 cycling season. Diane made an amazing number of cinnamon rolls for the riders who showed up for breakfast and then spent the ride at the back of the group, riding sweep.

Above all, Diane was a talented rider. And enthusiastic; not many people hold birthday parties for elderly green bicycles. Diane had ridden every TOMRV (Tour of the Mississippi River Valley) since the first. In 1982, accompanied by her sister Nancy, Diane pedaled from Oregon to North Carolina, a distance of 3800 miles. And in 1985, Diane racked up 8500 miles.

Diane sewed together my first good pair of cycling shorts. I can remember more than once gratefully accepting a cold beer from her at the end of a long ride. You just didn't need to be a member too long to become aware of her blazing orbit. Always ready with a broad smile, Diane was a barely contained, pigtailed wonder of exuberance.

Every seeming cliché about loss applies here. Our next miles will be our loneliest.

See you on the road, Samuel (Joslin).

# New Bicycle Routes Trace Underground Railroad

Article featured and extracted from USA Today.com on 03/08/2007

Pg. 2



Xenia, Ohio: Five routes of about 400 miles each make up the project from the Adventure Cycling Association.  
By Dennis Coelho, Adventure Cycling Association



By [Jayne Clark](#), USA TODAY

In the 19th century, thousands of people who sought release from slavery followed the North Star to freedom. Now, bicyclists can follow a series of maps that approximate the historic 2,100-mile Underground Railroad from the Deep South into Canada.

The just-completed Underground Railroad bicycle route is chronicled in five maps of about 400 miles each starting in Mobile, Ala., and ending in Owen Sound, Ontario. The course meanders along back roads and through wildlife refuges and small towns. It highlights sites, from a former slave market in Mobile to Owen Sound, a town founded by freedom seekers and known as the final terminal of the figurative railroad. Also included are detailed lists of services, including lodgings and libraries, many of which will serve as "stations" on this 21st-century version of the route. Participating libraries will offer resources such as Internet access, plus displays related to the route.

The project was conceived by the Adventure Cycling Association, a non-profit group. Coming off the success of a Lewis and Clark heritage bike trail it created for the explorers' bicentennial, Adventure Cycling polled its 43,000 members for ideas on where to create a new one. The Underground Railroad route got the nod.

"You're not only getting an adventurous outdoor travel experience but the historical context as well," group spokesman Aaron Teasdale says.

That the predominantly white sport of bicycle touring is spotlighting black history isn't lost on Stephen Thomas, director of the Center for Minority Health at the University of Pittsburgh. The center, which works to eliminate racial and ethnic health disparities, is using the Underground Railroad route as a vehicle to draw more black Americans to cycling. After three years in development, Thomas calls it "one of the most interesting partnerships to advance minority health and lift up black history."

## **IVW MEMBERSHIP BENEFITS**

**If you are not an IVW member, join the club now to avoid missing out on the innumerable advantages the club offers!**

IVW members receive a monthly informative and attractive newsletter with a lot of useful information, such as our local bike ride schedule listing daily rides offered at several different central Illinois locations plus out of town rides as well as a listing of across state rides that happen year round. Besides this, the newsletter provides local and state bicycling news as well as an entertainment section featuring cartoons, crossword puzzles and matching exercises graciously provided by IVW members. And more...you can advertise your bike for free in the "For Sale" section!

The Wheelm'n Club also offers invitational events, such as "New Year's Day Ride", "Pedal Peoria", "Spring Breakout Ride", "Tanner's Orchard Ride", "The Interplanetary Ride" and the ever famous "No Baloney Ride".

Plus our advocacy program actively promotes safe cycling and increasing bicycle accessibility to the area's road and trail system.

And our new website [www.ivwheelmn.org](http://www.ivwheelmn.org) ... Wow, you should see it! It has all of the above plus much, much more.

And if all these benefits were not enough, your membership provides you discounts at all local bike shops!

And most importantly, the club has a high reputation for its friendly environment. Our rides may or may not physically challenge you, but for sure they will be fun and relaxing. You will meet friendly people always willing to lend you a hand, give you advice on how to bike faster and stronger, or even make you have a few good laughs.

After a hard day of work, what can be better than this?

**New Members:**

- BITTNER, GREGG.....PEORIA
- CASTLE, ROBERT, MARGARET & FAMILY.....  
.....PEORIA
- KROGMAN, KEITH.....WASHINGTON
- MONTGOMERY, ROBERT & ALLISON.....  
.....PEORIA

**Renewing Members:**

- COOK, DALE & SHARON.....PEKIN
- COVER, DAVID.....PEORIA HTS
- FARLIN, ROB.....GREEN VALLEY^
- GULLETTE, CHUCK.....DUNLAP
- HOEGH, DION.....PEORIA
- HUGGINS, JACK & CAROL.....EAST PEORIA
- JOHN, ROGER & KATHY.....DUNLAP
- JOSLIN, MIKE.....PEORIA^
- KEENAN, JD, DENA & FAMILY.....DUNLAP
- MOORE, RICHARD & TWILA.....DUNLAP
- SIECK, CHARLIE & JANE.....DUNLAP^
- SIEGRIST, LESTER .....WASHINGTON
- VAUPEL, JIM.....PEKIN^
- VOEGELI, TOM.....PEORIA^
- WEISS, KATHY.....METAMORA

LIB Membership\* Advocacy^



**Spring Breakout Ride Die Hards**

In spite of lack of cooperation from Mother Nature, John Jackson, Don Stickel, Bonnie Johnson, Eric Spencer, Ron Anderson and Don MacGregor showed up in good spirits and appropriate gear to hit the roads for the official kickoff of the biking season. Kathy John (taking the picture), Laurie Wilbur and Liliana Wong popped in for emotional support and to take advantage of the great deals going on at Russel’s (and, of course, for the flavorful coffee and yummy snacks, too!)



**Stay Informed – Sign Up for the IVW Email List!**

Get the latest information emailed to you about special club rides, social events, club meetings and local cycling activities by signing up for the IVW Email List!

To join the list, please send an email to:

[members-request@ivwheelmn.org](mailto:members-request@ivwheelmn.org)  
Subject: **Subscribe**

At anytime you may remove yourself from the email list by sending an email to:

[members-request@ivwheelmn.org](mailto:members-request@ivwheelmn.org)  
Subject: **Unsubscribe**

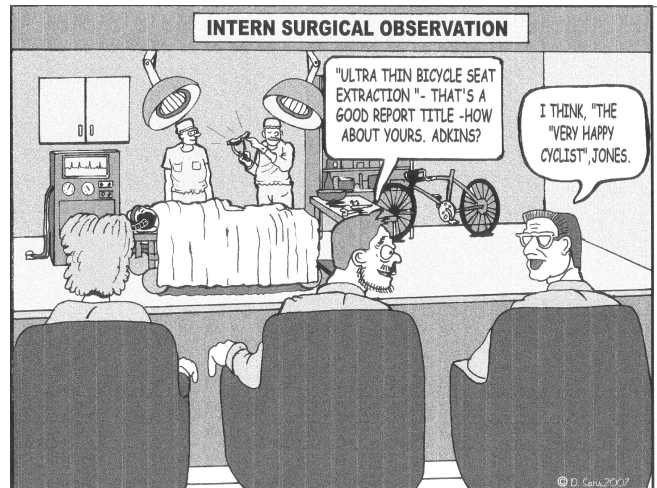
**Please note: You are not automatically on the email list by being a member. You must sign up to get emails from the club.**

**Volunteers Needed**



Volunteers are needed for simple bike maintenance (pump up tires, adjust seats, etc.) for a **Bike Rodeo** at American Red Cross located at 405 W. John H. Gwynn Jr. Avenue, Peoria – IL, on **June 23, 2007**.

Volunteers are needed from 9-11:30 AM. The actual Bike Rodeo for kids ages 6-10 years old starts at 10:00 AM, but they want the volunteers to arrive at 9:00 AM. Each bike is “inspected” by the volunteers prior to leaving the bike coral. If you are interested, please contact **Kathy** at the **Peoria Park District** at **682-6684**.



## IVW CHAIRPERSONS

### PRESIDENT:

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[pamela.shuckhoehne@sbcglobal.net](mailto:pamela.shuckhoehne@sbcglobal.net)

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### IVW Website:

<http://www.ivwheelmn.org>



## CLASSIFIED ADS

Classified ads for club members are welcome. If you want to post a bike for sale or a wanted item in the newsletter, send your advertisement to [lilianawong@insightbb.com](mailto:lilianawong@insightbb.com) as an attachment. The advertisement MUST be formally key-boarded as a "Word" document.

Commercial ads are also welcome at a charge of \$25 for a ½ page and \$50 for a full page. To submit a commercial ad, send an electronic document compatible with Windows to [lilianawong@insightbb.com](mailto:lilianawong@insightbb.com) as well as a hard copy to:

Liliana Wong

2856 W. Willow Lake Dr., Peoria, IL., 61614

All materials (including payment) must be received no later than the 15<sup>TH</sup> of the month preceding the appearance of the advertisement.

And remember that, in addition to posting your ad in the newsletter, you may also advertise all your "for sale" and/or "wanted" items (bikes, clothes, shoes, accessories, etc.) on our website. Go to [www.ivwheelmn.org](http://www.ivwheelmn.org), log in entering your username and password, and click on "Forum" (on the left-hand side).



**Recumbent bicycle – reasonable.  
 Call Cheryl @ 359-8697 (Mackinaw)**

## BIKING ADVENTURES FOR ALL

Barb Drake and Cora Lynn Green are planning some out-of-town, one-day trips and a couple of overnight trips. These will be Level I rides but you can certainly ride faster if you would like. Here are the dates and destinations so far. More details will follow in subsequent newsletters. Call **Barb (692-1201)** or **Cora Lynn (683-3083)** if you have questions.

**May 19 - 20** - Cedar Falls, Iowa. There are 65 to 70 paved bicycle trails in this area. One of the trails goes thru George Wyth State Park; another follows along the Cedar River. We'll be staying at the historic Black Hawk Hotel (319-277-1161), but there are several hotels/motels in the downtown area. Cedar Falls has a quaint downtown, which is very close to the trails. **Overnight Trip**

**May 25** - Tazwood Ride. We will start in Washington, go up around Metamora, and eat lunch in Eureka. Ride will be about 25 - 30 miles long. We will meet at 9:00 at Russell's Bicycle Shop in Washington. **Day Trip**

**June 1** - Ride along Hennepin Canal Trail. **Day Trip**

**July 14** - Quad Cities. Paved trail along the Mississippi River. **Day Trip**

**July 27** - Ride out to Tanner's Orchard. Lunch at Tanners. **Day Trip**

**Closely view all the departure dates and times!**

**Monday Morton Level II:** Dennis and Peggy Tresenriter (387-6617) [dtresenriter@insightbb.com](mailto:dtresenriter@insightbb.com) co-lead this ride out of Morton. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 5:30 p.m. all summer. Distance will be 15-20 miles early in the season and increase over the summer. The ride will regroup periodically.

**Monday Dunlap Level I:** Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School starting May 21<sup>st</sup> at 5:30 p.m. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

**Monday Dunlap Level II:** Mike Pula (243-9394) [mrpula@hotmail.com](mailto:mrpula@hotmail.com) leads this popular ride from the Dunlap Grade School at 5:30 p.m. starting May 7<sup>th</sup>. Ride distance will be 20 miles early in the season and increase over the summer. Riders will regroup periodically and make sure no one is left behind.

**Daytime Tuesday Show and Go:** All levels of riders depart from the Dunlap Grade School at 9:00 a.m. Mileage 25-40. Contact Laurie Wilbur (446-9367) [rcwilbur@gmail.com](mailto:rcwilbur@gmail.com) for more information.

**Tuesday "Kinder Gentler" Level II:** Pam Hoehne (681-0206) will lead the level II rider or those level I riders looking for a challenge. This ride departs at 5:45 p.m. from Dunlap Grade School. Effective May 8<sup>th</sup> departure changes to 6:00 p.m. Mileage will be 20-30 miles. The group will travel 13-15 mph early in the season and 15-17 mph toward the end of the summer. Goal is to have fun and no one will be dropped.

**Tuesday Dunlap Level III:** Steve Kurt (243-7684) [kurtsj@mtco.com](mailto:kurtsj@mtco.com) leads this popular ride from the Dunlap Grade School departing at 5:30 p.m. Starting May 8<sup>th</sup> the ride will depart at 6:00 p.m. **Note:** Please, be ready to ride! Mileage will be 20-30 as daylight permits. The group will average 17 mph or more and will regroup as needed!

**Tuesday Dunlap Show and Go Level IV:** For faster riders this group will get your heart rate up. But don't expect them to regroup or wait for stragglers. Departs at 5:30 p.m.

**Wednesday Dunlap Beginner:** David Schenk (691-1339) [dschenk@bradley.edu](mailto:dschenk@bradley.edu) is the leader for this ride from the Dunlap Grade School departing at 5:45 p.m. all summer beginning May 2<sup>nd</sup>. Ride distance will be 15 miles early in the season. Prepare to be able to ride 1 ½ hours. The group will ride together. No one will be left behind.

**Wednesday East Peoria Level II:** Dirk McGuire (699-8482) will lead this ride from the Pleasant Hill Head Start School (across from the antique mall) at 5:30 p.m. all summer. 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 left behind.

**Thursday Washington Show and Go Level I and II:** Departs from Russell's Cycle and Fitness at 6:00 p.m. The ride will begin as a Level I traveling 10 miles. The group will increase mileage and speed to a Level II by June. Contact Rob Alexander (444-3297 or 231-2190).

**Daytime Thursday Rides Level I and II:** Laurie Wilbur (446-9367) [rcwilbur@gmail.com](mailto:rcwilbur@gmail.com) organizes these rides. All rides will depart at 9:00 a.m. in May.

- **May 3, 2007:** Departs from Jubilee College Historic Site. Distance 35-40 miles with a lunch stop. Leader: Laurie Wilbur.
- **May 10, 2007 Fred's Ride:** Departs from the VFW Hall in Pekin located 2 miles south of Pekin Hospital, on the corner of 14<sup>th</sup> St. and the VFW Road. Distance 35-40 miles with a lunch stop. Fred Smiser (346-9735).
- **May 17, 2007:** Departs from Brimfield Park on South Galena Street. The park is two blocks south of Rte. 150. Turn south at the library. Distance 30-35 miles with a snack stop. Leader: Laurie Wilbur.
- **May 24, 2007 Edith's Ride:** Departs from the Hub Ballroom parking lot in Edelstein. Distance 30-40 miles with a break in Wyoming and a lunch stop at COOPS in Princeville. Leader: Edith Albright (274-4849)
- **May 31, 2007:** Departs from Dunlap Grade School. Distance 30-40 miles with a break. Leader: Laurie Wilbur.

**Friday Chillicothe Level I and II:** Edith Albright (274-4849) [talbrighte@mtco.com](mailto:talbrighte@mtco.com) will co-lead this ride with Melissa McClure [memmac@mtco.com](mailto:memmac@mtco.com) from the Pearce Center. Melissa will lead the Level II group. Level II will travel at 15-17 mph, with an average of 16 mph. Occasionally, if only one leader is present, the entire group will travel at the Level I pace, which will be 12-14 mph. The ride will start May 4<sup>th</sup> at 5:30 p.m. **Note:** Please, be ready to ride. Distance will be 20-25 early in the season with a probable 25-30 miles as the season progresses.

**Saturday Show and Go Level III:** Ride meets at Washington Square at **8:30 a.m. all year**. Distance varies from 25-60 miles.

**Saturday Show and Go All Levels:** Meet at Russell's in Washington at 8:30 a.m. Distance ranges from 25-40 miles and includes a meal stop.

**Saturday Princeville Family Ride:** Richard Soseman (224-8783) leads this ride from St. Mary of the Woods Catholic Church. Distance and difficulty varies, but about 20 miles and will accommodate a range of abilities. Departing at 6:00 p.m. after Mass starting May 5<sup>th</sup>.

*Some of the evening rides will depart at 6:00 p.m. as the days get longer. Watch your newsletter or refer to the IVW Website:*  
<http://www.ivwheelmn.org>

**Ride Levels:**

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

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

**Level I:** Rides average 12-14 miles per hour and regroup on a regular basis.

**Level II:** Rides average 13-17 miles per hour and regroup occasionally.

**Level III:** 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 & Go:** Riders have **NO** leaders. The distance and speed is decided upon by the group, but governed by the ride level designated.

**Ride Rules:**

1. Riders must obey all Illinois Traffic Laws.
2. Ride no more than two abreast.
3. When riding in a large group, create space to help motorists.
4. Use hand signals and obey all traffic signals.
5. Check all intersections for traffic.
6. Warn riders of potholes, dogs, cars, and other obstacles.
7. Riders are strongly encouraged to wear approved helmets.
8. Riders should make certain that their bikes are in good working condition.
9. Riders should carry water and a spare tube for their wheel size.
10. Riders should be prepared for weather conditions. Most rides take place in any weather.
11. Riders should arrive in time to be ready to ride at the start time.

## OUT OF TOWN RIDES



Two popular rides in our area are coming up in June and July:

**The McLean County Wheelers/Red Cross Ride & Stride and Pedaling For Kicks.** So, mark your calendars!

**May 6 – Sudden Century Bike Ride**, Joliet, Illinois. Ride distances are 10, 20, 40, 56, 70 and 100 miles. More info can be obtained at [www.JolietBicycleClub.org](http://www.JolietBicycleClub.org)

**May 27 – Bike the Drive**, Chicago, IL Lake Shore Drive is closed to cars between 5:30 AM to 9:45 AM. More info can be obtained at [www.bikethedrive.org](http://www.bikethedrive.org)

**June 3 –** The 25<sup>th</sup> annual **Udder Century Invitational**, in Union, IL. More info can be obtained at [www.mchenrybicycleclub.org](http://www.mchenrybicycleclub.org)

**June 9 – Ogdan Lions Club** is a ride to benefit Camp Lions in Illinois which provides a summer camping experience for vision and hearing impaired children. More information is available at [www.members.aol.com/LionE1Z3](http://www.members.aol.com/LionE1Z3).

**June 10 – bclc Ramble** presented by the Bicycle Club of Lake County. More info can be obtained at [www.bikebclc.com](http://www.bikebclc.com)

**June 16 – The McLean County Wheelers/Red Cross Ride & Stride** – Starts in Tipton Park, Bloomington and besides the usual distances of 10, 35, and 65 miles, this year a century has been added. Because this ride supports the American Red Cross of the Heartland, registration fee during the month of May is \$25 but will go up to \$30 in June. For more information or to register by phone call 309-662-0500. Lunch is provided at the end of the ride.

**June 17 – 23 Grand Illinois Trail and Parks Ride** - A week-long supported bicycle tour using segments of the Grand Illinois Trail and some state parks. More info can be obtained at [www.bikelib.org/gitap](http://www.bikelib.org/gitap)

**July 7 – Pedaling for Kicks** is Sat., **July 7**. More information to follow in the June issue about this ever popular event.

- A good source for rides in the Midwest can be found at [www.mikebentley.com](http://www.mikebentley.com)

## Across State Bicycle Tours

Alabama -	<a href="http://www.al-solar.org/">http://www.al-solar.org/</a>
Arizona -	<a href="http://www.bikegaba.org/Ride2006/main.htm">http://www.bikegaba.org/Ride2006/main.htm</a>
British Columbia -	<a href="http://www.tourbc.net/">http://www.tourbc.net/</a>
California -	<a href="http://stts.actc.org/index.htm">http://stts.actc.org/index.htm</a> <a href="http://www.sandiegohostels.org/bike.shtml">http://www.sandiegohostels.org/bike.shtml</a>
Colorado -	<a href="http://www.ridetherockies.com/default.asp">http://www.ridetherockies.com/default.asp</a> <a href="http://www.bicycletourcolorado.com/">http://www.bicycletourcolorado.com/</a>
Connecticut -	<a href="http://www.ctaidsbiketour.org/home.htm">http://www.ctaidsbiketour.org/home.htm</a>
Florida -	<a href="http://www.bikeflorida.org/">http://www.bikeflorida.org/</a>
Georgia -	<a href="http://www.brag.org/">http://www.brag.org/</a>
Idaho -	<a href="http://www.oregonbicycleride.org/bi_itinerary.html">http://www.oregonbicycleride.org/bi_itinerary.html</a>
Illinois -	<a href="http://www.jolietbicycleclub.org/">http://www.jolietbicycleclub.org/</a> <a href="http://www.bicycleillinois.com/">http://www.bicycleillinois.com/</a> <a href="http://www.bicycleillinois.com/bicycleillinoispremier/bicycleillinoispremier.htm">http://www.bicycleillinois.com/bicycleillinoispremier/bicycleillinoispremier.htm</a> <a href="http://www.bikelib.org/gitap/2007/index.htm">http://www.bikelib.org/gitap/2007/index.htm</a> <a href="http://www.illinoisgreatriversride.com/">http://www.illinoisgreatriversride.com/</a> <a href="http://www.marthas-miles.org/joomla/">http://www.marthas-miles.org/joomla/</a> <a href="http://www.bicycleillinois.com/bicycleillinois/bicycleillinois.htm">http://www.bicycleillinois.com/bicycleillinois/bicycleillinois.htm</a>
Iowa -	<a href="http://www.ragbrai.org/">http://www.ragbrai.org/</a>
Kansas -	<a href="http://www.bak.org/">http://www.bak.org/</a> <a href="http://www.borderraiders.com/">http://www.borderraiders.com/</a>
Louisiana -	<a href="http://www.cyclezydeco.com/">http://www.cyclezydeco.com/</a>
Maine -	<a href="http://www.mainelung.org/bike_treks/home_trek.htm">http://www.mainelung.org/bike_treks/home_trek.htm</a> <a href="http://www.moosetour.com/">http://www.moosetour.com/</a>
Maryland -	<a href="http://www.onelesscar.org/index.php">http://www.onelesscar.org/index.php</a> <a href="http://www.bikeandthelike.com/cocanal.html">http://www.bikeandthelike.com/cocanal.html</a>
Massachusetts -	<a href="http://www.pmc.org/">http://www.pmc.org/</a>
Michigan -	<a href="http://www.lmb.org/">http://www.lmb.org/</a> <a href="http://www.michigantrails.org/michigander.asp">http://www.michigantrails.org/michigander.asp</a> <a href="http://www.biketcba.org/DALMAC/dframe.html">http://www.biketcba.org/DALMAC/dframe.html</a>
Minnesota -	<a href="http://www.hfhn.org/habitat500/habitat500.html">http://www.hfhn.org/habitat500/habitat500.html</a> <a href="http://www.nationalmssociety.org/mnm/event/event_detail.asp?e=6475">http://www.nationalmssociety.org/mnm/event/event_detail.asp?e=6475</a>
Missouri -	<a href="http://www.moonlightramble.com/featured_rides_06.htm">http://www.moonlightramble.com/featured_rides_06.htm</a> <a href="http://www.mostateparks.com/katytrail/2006ride.htm">http://www.mostateparks.com/katytrail/2006ride.htm</a>
Nebraska -	<a href="http://www.bran-inc.org/">http://www.bran-inc.org/</a>
Nevada -	<a href="http://www.tourdenez.com/">http://www.tourdenez.com/</a> <a href="http://www.bikethewest.com/OATBRAN.html">http://www.bikethewest.com/OATBRAN.html</a>
New York -	<a href="http://www.fanyride.com/">http://www.fanyride.com/</a> <a href="http://www.ptny.org/canaltour/">http://www.ptny.org/canaltour/</a> <a href="http://www.ptny.org/hudsontour/">http://www.ptny.org/hudsontour/</a>
North Carolina -	<a href="http://ncsports.org/cncevent1.php">http://ncsports.org/cncevent1.php</a>
North Dakota -	<a href="http://www.ndparks.com/recreation/activities/candisc.htm">http://www.ndparks.com/recreation/activities/candisc.htm</a> <a href="http://www.biketheborder.org/">http://www.biketheborder.org/</a>
Ohio -	<a href="http://www.goba.com/">http://www.goba.com/</a> <a href="http://www.tosrv.org/07/index.htm">http://www.tosrv.org/07/index.htm</a> <a href="http://www.outdoor-pursuits.org/xoba/">http://www.outdoor-pursuits.org/xoba/</a>
Oklahoma -	<a href="http://www.okfreewheel.com/">http://www.okfreewheel.com/</a>
Oregon -	<a href="http://www.cycleoregon.com/">http://www.cycleoregon.com/</a> <a href="http://www.oregonbicycleride.org/obr_itinerary.html">http://www.oregonbicycleride.org/obr_itinerary.html</a> <a href="http://www.democracymbike.com/routes.shtml?file=tour_routes.shtml&amp;id=">http://www.democracymbike.com/routes.shtml?file=tour_routes.shtml&amp;id=</a>
Pennsylvania -	<a href="http://home.comcast.net/~whertler/">http://home.comcast.net/~whertler/</a> <a href="http://www.pedalpa.com/">http://www.pedalpa.com/</a> <a href="http://www.railstotrails.org/wherewework/northeast/news/nereg_news_2007Sojourn.html">http://www.railstotrails.org/wherewework/northeast/news/nereg_news_2007Sojourn.html</a>
Rhode Island -	<a href="http://www.nationalmssociety.org/%5CMSBike-RhodeIsland.asp">http://www.nationalmssociety.org/%5CMSBike-RhodeIsland.asp</a>
South Dakota -	<a href="http://www.nationalmssociety.org/%5CMSBike-SouthDakota.asp">http://www.nationalmssociety.org/%5CMSBike-SouthDakota.asp</a> <a href="http://www.tourdekota.com/">http://www.tourdekota.com/</a>
Tennessee -	<a href="http://www.state.tn.us/environment/parks/BRAT/">http://www.state.tn.us/environment/parks/BRAT/</a> <a href="http://www.choochoochallenge.org/index.asp">http://www.choochoochallenge.org/index.asp</a>
Texas -	<a href="http://www.livestrongchallenge.org/site/c.gfIMKVOEJsG/b.1421623/k.BD80/Home.htm">http://www.livestrongchallenge.org/site/c.gfIMKVOEJsG/b.1421623/k.BD80/Home.htm</a>
Utah -	<a href="http://www.lagbrau.com/">http://www.lagbrau.com/</a>
Virginia -	<a href="http://www.bikevirginia.org/index.htm">http://www.bikevirginia.org/index.htm</a>
Washington -	<a href="http://www.cascade.org/EandR/raw/index.cfm">http://www.cascade.org/EandR/raw/index.cfm</a> <a href="http://www.redspoke.org/">http://www.redspoke.org/</a>
Wyoming -	<a href="http://www.cyclewyoming.org/">http://www.cyclewyoming.org/</a>

**P.S.** - If any IVW member plans to attend an across state ride, please consider providing the newsletter editor one or two photos and a short story/review of the ride.

# ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 \_\_\_\_\_ Birthdate \_\_\_\_\_  
(Please print clearly)

Name #2 \_\_\_\_\_ Birthdate \_\_\_\_\_

Name #3 \_\_\_\_\_ Birthdate \_\_\_\_\_

Name #4 \_\_\_\_\_ Birthdate \_\_\_\_\_

Email address (print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip+4 \_\_\_\_\_  
Zip+4 look-up website: [www.usps.com/zip4](http://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 a LAB member? (Check one)

Yes  No

Basic membership:

Individual (\$12) \$ \_\_\_\_\_

Household (\$15) \$ \_\_\_\_\_

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 club 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 VALLEY WHEELM'N, 6518 North Sheridan Rd. Ste. 2, Peoria, IL 61614-2933

ILLINOIS VALLEY WHEELM'N  
6518 SHERIDAN RD. STE. 2  
PEORIA, IL 61614-2933

