

June 2007

Greater Peoria's Bicycle Club Email: members@ivwheelmn.org



PREZ SEZ: Let's all promote our club!

The Illinois Valley Wheelm'n Greater Peoria Bicycle Club is a great organization, and we need to get the word out to others about what we have to offer.

Sometimes the best way to make people aware of the club is to "advertise" that we belong to

such an organization by displaying information about the club at bike shops, bike events or possibly on a t-shirt or jersey or even on our cars.

The IVW board is looking into selling our members (at a reasonable cost) club license plate frames and club static window cling-ons.

The license plate frame would look like the following with our website address, <u>www.ivwheelmn.org</u>, on the top part of the frame and the words "Share the Road" on the bottom line of the frame. Estimated cost, at this point, will be around \$15 a frame.



The board also is looking into buying the static window cling-ons for placing on the rear windows of our vehicles. These will most likely cost around \$3 per cling. The following design was made by an IVW club member, Dennis Sans, the "Art Guy."



We'll keep you informed about this venture into promoting the club. Please do your part in promoting IVW, too.

I would like to gauge the club's interest; so please e-mail me at <u>runners2@npoint.net</u> with your comments.

IVW Ride Chairperson, Laurie Wilbur

Laurie is both a strong cyclist and a strong leader for the IVW. Laurie has been a cyclist and an IVW member for 4 years and our Ride Chair for the past 2 vears. Without Laurie's strong organizational skills, and persuasion skills as well, we would not have the large number of group rides available today. Currently, IVW members are very fortunate to have 15 different group rides a week to choose from in the greater Peoria area. Our rides are available in Morton, Dunlap, East Peoria, Chillicothe, Princeville, Pekin, and Washington. Take a look at the ride schedule in our newsletter and you can truly appreciate the time and effort that goes into organizing such a variety of rides, levels and locations for our members. When you see Laurie out on her bike, be sure to thank her for being so active in our club and to congratulate her for her most recent adventure.

Along with **Fred Smiser, Edith Albright, Steve Sommer and Mike Pula** (see picture below), **Laurie Wilbur** went all the way to Nashville to meet up with some friends to ride the 500-mile **Natchez Trace Parkway** backwards from Nashville, TN, to Natchez, MS. in 6 days. They took turns driving the sag vehicles during the week and stayed at several different hotels and a B&B. The Natchez Trace Parkway is beautifully lined with trees and goes thru 3 different types of forests with very little traffic on the majority of the way. The road has a speed limit ranging from 40-50 mph and no large trucks are allowed in the area. The parkway runs adjacent to the original trail. The trail has been cleared and preserved for historical purposes at different points along the route.



RIDE OF SILENCE – MAY 16, 2007



Approximately 25 area cyclists participated in the IVW Ride of Silence event held in Dunlap, IL. The Ride of Silence has been held worldwide in 270 locations on the third Wednesday in May for the past 4 years, but this was only the 2nd year for the IVW. Cyclists took to the roads in a silent procession with black arm bands worn on the left bicep to honor cyclists who have been killed or injured while cycling on public roadways.



Family Potluck Picnic Ride

June 10 at Auer/Broshear's Park & Fondulac River Trails at 433 Veterans Drive

IVW is hosting a fun family gathering at Auer/Broshear's Park in East Peoria. This shady park provides playground equipment, picnic area, benches, and a basketball court.

Bring a dish to share and your own table service. The club will provide iced water, lemonade and

tea. **Biking start times: Road bikers – 1:00 PM** (30 mile-route – combination of road & paved trail) **Trail bikers – 2:30 PM** (12-mile route – paved trail route)

Dinner start time: 4:00 PM

Come, bring your family, make new friends and enjoy an afternoon of fun! For questions, please email Stacy Hanna at <u>stacyhanna@gmail.com</u>



New Members:

HALEY, GERALDPEORIA
HART, LARRY & REBECCAMETAMORA^
JOHNSON, CRAIGPEORIA
MARSAN, DOMINIQUEWASHINGTON
Renewing Members:
ALBRIGHT, EDITH CHILLICOTHE
ATKINSON, DAVID, JANICE & FAMILY
PEORIA
BAKER, BRANDONPEORIA
DEAN, RONALDGALESBURG
DRAKE, BARBPEORIA^
DVORSKY, MIKE & MATTHEWPEORIA
GROMER, DAVE & SUEMORTON
JACOBS, DONALDWASHINGTON
KAMP, JIM & ANNTREMONT
LUTHY, KENPEKIN
POPE, KEN & SHERIMORTON
SCHAFER, SHELDON & MARY ANNPEORIA^ WILSON, LAVERNE, ROGER & BRITTNEY
WASHINGTON

LIB Membership* Advocacy^

YARD SIGNS AVAILABLE:

If you are interested in posting a yard sign that states: BUILD THE TRAIL NOW! KELLAR BRANCH www.ritrail.org

in your front yard, please contact Kathy John at runners2@npoint.net

Coming Soon! IVW Roster is coming soon! Are You Current?

We plan to mail a printed version of the IVW membership list with the July newsletter. The main purpose of the list is to help IVW members contact each other to arrange rides and other social events. Please, contact IVW database person **Larry Davis** if any of your contact info has changed (address, phone, email address). Likewise, if you prefer to have any (or all) of your contact info. excluded from the printed membership list – let Larry know (by June 15).

Contact Larry at davis.lar@InsightBB.com or (309) 691-3060.



2007 Proctor Cycling Classic Volunteer Information

Who: Peoria Bicycling Club is looking for able volunteers to help out with this years Proctor Cycling Classic & make it a huge success. Volunteers must be at least 18 years

old, or with a responsible adult.

What: We are in need of volunteers who can help out one day (or all three) with a variety of jobs, including setup, teardown, corner marshaling, water distribution, crowd control, etc. Shifts range anywhere from 2 to 3.5 hours, and you can work as many any or as few shifts as you please. Shifts do require you to be out in the weather for the entire shift, so plan accordingly with extra water, sunscreen, etc. Peoria Bicycling Club members receive FREE entry into their races, if they agree to work 1 shift on Saturday the 30th, and 2^{nd} shifts on Sunday the 1^{st} .

When: Prologue is on Friday, June 29th. Road Race is on Saturday, June 30th. Criterium is on Sunday, July 1st.

Where: Prologue is held at the corner of Old Galena and Cloverdale – West of Chillicothe. Road Race is held in the countryside around Brimfield, IL - 12 miles West of Peoria

Criterium is held in downtown Peoria, IL – starting and ending at the Civic Center.

Why: To be ambassadors of the exciting sport of Cycling to those who are already participating, or others who might not know a thing about it. All volunteers will receive a FREE Proctor Cycling Classic volunteer T-Shirt for coming out to help. Volunteers are also invited to a FREE Volunteer picnic June 28 from 6-8 p.m. at Bellevue Bicycle on Prospect.

For more details on volunteering, please contact Mike Honnold at (309) 696-2591, or <u>Cannondale 25@juno.com</u> OR If you are interested in volunteering for Registration activities, contact **Bev Enslow at 309-383-2610**.

Volunteering Shifts - <u>Prologue – June 29th, 2007</u> Communicators, parking attendants, corner of Marshalls, setup/teardown needed; varying shifts from 4:45 - 9:00 P.M.

Road Race – June 30th, 2007

Shift Schedule	Duties
6:00 – 8:00 AM	Course Setup
8:00 – 11:30 AM	Corner Marshaling
11:00 – 2:30 PM	Corner Marshaling
2:00 – 5:30 PM	Corner Marshaling
5:30 – 6:30 PM	Course Teardown

Criterium – July 1st, 2007

Shift Schedule	Duties
6:00 – 8:00 AM	Course Setup
7:45 – 9:30 AM	Corner Marshaling
10:15 – 1:00 PM	Corner Marshaling
12:45 – 3:30 PM	Corner Marshaling
3:15 – 6:00 PM	Corner Marshaling

Have you been logging your mileage?

If not, remember to go to <u>http://www.bikejournal.com</u>. Sign up, log in, go to the "Journal" upper tab and follow the instructions. That way, you can log your mileage, compare them to other fellow bikers, compete with other bike clubs, or just keep track of your progress. Let's keep it rolling!

IVW CHAIRPERSONS

PRESIDENT: Kathy John 243-9191 runners2@npoint.net

VICE PRESIDENT: Bill Clark 347-4841 wdclark@insightbb.com

SECRETARY: Pam Hoehne 681-0206 pamela.shuckhoehne@sbcglobal.net

TREASURER: Marge Semmens 693-9388 m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON: Laurie Wilbur 446-9367 rcwilbur@gmail.com

SOCIAL CHAIR: Stacy Hanna 712-3198 stacyhanna@gmail.com

MAILING: Patty Isit 692-0490 pisit1@ameritech.net

DATABASE: Larry Davis 691-3060 davis.lar@ insightbb.com

ADVOCACY/GOV.REL. Eric Hutchison 688-7038 erichutchison1@hotmail.com

EDITOR: Liliana Wong 691-8211 lilianawong@insightbb.com

WEBMASTER: Justin McWhirter 694-3736 justin.mcwhirter@gmail.com

IVW Website: http://www.ivwheelmn.org

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 corral. If you are interested, please contact **Kathy** at the **Peoria Park District** at **682-6684.**

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 <u>lilianawong@insightbb.com</u> as an attachment. The advertisement <u>MUST</u> 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 <u>lilianawong@insightbb.com</u> 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 15TH 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 <u>www.ivwheelmn.org</u>, log in entering your username and password, and click on "Forum" (on the left-hand side).

LIB - The League of Illinois Bicyclists

Don't forget to go to <u>www.bikelib.org</u> to receive the latest information on advocacy issues and the latest news, as well as rides and much more. LIB's efforts to improve bicycling are supported by over 1,000 members – many belonging to clubs like ours. So, become an individual member to help bills become laws.





MOVING SALE

1983 Santana tandem, Ishiwata chrome-moly tubing, 22 x 21 Marathon frame, Sierra Glacier Blue, dish-less 48 spoke 27" Ukai wheels, Phil Wood

sealed-bearing Hubs, Mafac cantilever brakes front & rear, Arai drum brake. 18-speed, 25" through 112" gearing. TA Crankset, Edco sealed bottom brackets. Suntour bar-end shifters & Suntour derailleurs. Four water bottle holders, rear rack, and pump brazeons. \$850.00

1986 Team Fuji, 55cm (20.7"), black with flamingo trim. All Suntour equipped, down-tube shifters, platform pedals, water bottle holder & pump braze-ons. 700c wheels. \$100.00

1995 Santana Sovereign tandem, Easton Aluminum tubing, medium frame, black. Shimano SPD Pedals, Shimano Deore XT 175/170mm Cranks, 28/44/54 Gears. Shimano XTR Hyperglide12-32 Cassette. Shimano bar-end shifters & derailleurs. Araya Wheels, 700c 48-spoke. Edco sealed bearing Hubs. Dia-Compe cantilever brakes with Arai rear drum. Four water bottle holders, front & rear rack, and pump braze-ons. \$1,400.00

Ron Matuska, 309-264-3419 or ramatuska@earthlink.net

ILLINOIS VALLEY WHEELM'N – June, 2007 Rides Schedule

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Closely view all the departure dates and times!

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) <u>dtresenriter@insightbb.com</u> 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) leads this ride departing from Dunlap Grade School at **6:00 p.m.** Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

Monday Dunlap Level II: Mike Pula (243-9394) <u>mrpula@hotmail.com</u> leads this popular ride from the Dunlap Grade School at **6:00 p.m.** Ride distance will be 20 miles early in the season and 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 **8:30 a.m.** Mileage 25-40. Contact Laurie Wilbur (446-9367) <u>rcwilbur@gmail.com</u> for more information.

Tuesday "Kinder Gentler" Level II: Pam Hoehne (681-0206) leads the level II riders or those level I riders looking for a challenge. This ride departs at **6:00 p.m.** from Dunlap Grade School. 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) <u>kurtsj@mtco.com</u> leads this popular ride from the Dunlap Grade School departing at **6:00 p.m.** <u>Note</u>: 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!

<u>Tuesday Dunlap Show and Go Level IV</u>: 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.**

<u>Wednesday Dunlap Beginner</u>: David Schenk (691-1339) <u>dschenk@bradley.edu</u> is the leader for this ride from the Dunlap Grade School departing at **5:45 p.m.** all summer. Ride distance will be 15 miles early in the season. Prepare to be able to ride 1½ hours. The group will ride together. No one will be left behind.

<u>Wednesday East Peoria Level II</u>: 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 II: Departs from Russell's Cycle and Fitness at **6:00 p.m.** Effective June 7th the group will increase the pace to a level II. The group will ride 15+ miles. Contact Rob Alexander (444-3297 or 231-2190).

Daytime Thursday Rides Level I and II: Laurie Wilbur (446-9367) <u>rcwilbur@gmail.com</u> organizes these rides. All rides will depart at **8:30 a.m.** for the summer.

- <u>June 7, 2007</u>: Departs from Brimfield Park on South Galena Street. The park is two blocks south of Rte. 150. Turn south at the library. Distance 35-40 miles with a lunch stop. Leader: Laurie Wilbur.

- June 14, 2007 Mike's Ride: Departs from the Pearce Center in Chillicothe. Distance 30-40 miles with a break. Mike Pula (243-9394)

- June 21, 2007 Fred's Ride: Departs from the VFW Hall in Pekin located 2 miles south of the Pekin Hospital, on the corner of 14th St. and the VFW Road. Distance 40 miles with a lunch stop. Fred Smiser (346-9735)

- June 28, 2007 Herb's Ride: Departs from Brimfield Park at 8:00 a.m via car. We will caravan to Williamsfield. 8:30 a.m. Bike to Victoria. Distance - 50 miles with a lunch stop. Herb Unkrich (673-1074) <u>bluebirdherb@yahoo.com</u>

Pedal Peoria Rides: Casual riders, 13–15 miles (1 steep hill), ± 2 hours, most of them starting at 6 p.m. (see page 6 for details) - June 14: East Peoria Trail & Fondulac Ride starts at Shopko parking lot, East Peoria at 6:00 p.m.

- June 16: Praire to Praire Ride starts at the Riverfront Visitors Center parking lot at 10:00 a.m.

- June 28: Sculpture Ride starts at Bradley University Quad, 6 p.m.

Friday Chillicothe Level I and II: Edith Albright (274-4849) <u>talbrighte@mtco.com</u> co-leads this ride with Melissa McClure <u>memmac@mtco.com</u> from the Pearce Center. Melissa leads 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 at **6:00 p.m.** for the summer. <u>Note</u>: Please, be ready to ride. Distance will be 20-25 early in the season with a probable 25-30 miles as the season progresses.

<u>Saturday Show and Go Level III</u>: Ride meets at Washington Square at <u>8:30 a.m. all year</u>. Distance varies from 25-60 miles. <u>Saturday Show and Go All Levels</u>: 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.

Sunday Rides: Departs at various times and from different locations each week.

- June 3, 2007: Departs from Pearce Center in Chillicothe at 10:00 a.m.. Distance 20-35 miles. Bring a snack. All levels. Leader: Mike Pula (243-9394) mrpula@hotmail.com.

- June 10, 2007 Family Ride & Picnic: details on page 2

- June 24, 2007: Departs from Metamora Town Square at 1:00 p.m. Distance 25-30 miles with a snack stop. Level I & II. Leader: Pam Hoehne (681-0206).

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: <u>http://www.ivwheelmn.org</u>

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 <u>ready to ride</u> at the start time.

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 <u>Level I</u> 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 any questions.

<u>June 1</u> - Ride along Hennepin Canal Trail. Day Trip

<u>July 14</u> - Quad Cities. Paved trail along the Mississippi River. **Day Trip** July 27 - Ride out to Tanner's Orchard. Lunch at Tanners. **Day Trip**

Stay Informed – Sign Up for the Email List!

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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: <u>members-request@ivwheelmn.org</u> Subject: **Subscribe**

At anytime you may remove yourself from the email list by sending an email to: <u>members-request@ivwheelmn.org</u> Subject: **Unsubscribe**

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



Pedal Peoria 2007

Explore Peoria's Art, Science & History by Bicycle Sponsored by the Illinois Valley Wheelm'n & Lakeview Museum of Arts & Sciences

For the casual rider, 13 - 15 miles (one steep hill), approximately 2 hours, most of them starting at 6 p.m.

- **June 14** East Peoria Trail & Fondulac Ride starts at Shopko parking lot, East Peoria 6 p.m.
- Highlights: East Peoria Trail & views from Fondulac Drive
- **June 16** Prairie to Prairie Ride starts at the Riverfront Visitors Center parking lot - 10:00 a.m.
- Highlights: Two prairie restorations inside the city, Giant Oak
- Park, Whittier School Outdoor Science Classroom, plus selected historic sights - Riverfront, Springdale Cemetery, & historic
- homes. **June 28** - Sculpture Ride starts at Bradley Univ. Quad, 6 p.m. **Highlights:** Public Sculptures around Peoria, including Sonar Tide, Basses & Harriset, Mother Thereas, Ingerrall, and various
- Tide, Peace & Harvest, Mother Theresa, Ingersoll, and various Riverfront Park sculptures by Preston Jackson.



OUT OF TOWN RIDES

The American Red Cross of the Heartland and McLean County Wheelers are proud to present **Ride & Stride**" on Saturday, **June 16** at Tipton Park in Bloomington (College Ave. entrance). Registration is underway and participants can choose to ride 13, 35, 65 or 100 miles. Walkers can support local Red Cross services by choosing the 3-mile "Stride." All cycling and walk routes have been redesigned.

65 AND 100-MILE RIDERS 6:30 am-8:30 am Check-in, Registration, & Begin

13-MILE RIDERS/3-MILE WALKERS

9:30 am-10:30 am Check-in and Registration 10:30 am Group Start

35-MILE RIDERS

9:30 am-10:30 am Check-in, Registration, & Begin

EVERYONE

11 AM - 2:30 PM Lunch Is Served

All routes are supported by SAG (assistance) vehicles and fully stocked rest stops. **The registration fee for cyclists is \$25 before June 1** and \$30 after and day-of-event. There is a special \$30 flat rate for families choosing the 13-mile Family Route. Walkers register for \$10. For more information click on the Ride & Stride link at either www.archeartland.org or www.mcleancountywheelers.com, or call the Red Cross at 662-0500.

June 3 - The 25th Annual Udder Century in Union, Illinois - More info can be obtained at www.mchenrybicycleclub.org

June 9 – **Ogden 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 <u>www.members.aol.com/LionE1Z3</u>

June 10 - BCLC Ramble presented by the Bicycle Club of Lake County. More info can be obtained at www.bikebclc.com

June 17 – 23 - Grand Illinois Trail and Parks Ride - A weeklong supported bicycle tour using segments of the Grand Illinois Trail and some state parks. More info can be obtained at www.bikelib.org/gitap

June 17 - The Fox Rides Again (38th Annual Swedish Days Ride in Burlington, Illinois - Located in the beautiful Fox River Valley. Lengths are 25, 45, 62, 75, 100 and 124 miles. More info can be obtained at <u>www.fvbsc.org</u>

June 22 - Swine Trek Bike Ride – This is an annual ride organized by the Hawkeye Bicycle Association at Pleasant Creek State Recreation Area in Iowa. Riders can ride 25, 50, 75 or 100 miles. Lunch provided by the club consists of fried chicken and potluck style food. You can register online <u>http://www.hawkeyebike.com/swine_trek.htm</u> or on the day of event. Rides start at 7:00 AM.

July 4 - The Joliet Bicycle Club Fourth of July Metric Century - Starts at Plainfield South High School. Ride lengths are 30,45 and 62. More info can be obtained from <u>www.jolietbicycleclub.org</u>

July 7- Pedaling for Kicks. The ride starts at the East White Oak Bible Church in Normal. You can register online at <u>www.fcfi.org/html/pedaling for kicks.html</u>. If you register before June 22 you will save \$5.00. Rides vary in length from the 15-mile family ride to 25, 40, 50, and 64 miles. The post ride meal, which is delicious, is only \$5 extra.

July 22 - Melon Metric XXI in Plano, IL. Ride lengths are 15-mile family ride plus 32, 62 and 100 miles. For more info www.napervillebikeclub.com

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

13th Annual INTERPLANETARY BICYCLE RIDE – AUGUST 11/12, 2007

The Interplanetary Bicycle Ride follows a route from Dunlap, Illinois, through Lakeview Museum's Community Solar System, the world's largest complete model of the solar system. On Saturday, cyclists visit the outer planets on route lengths varying from 12 to 100 miles. Both road and trail routes are available.

On Sunday, riders travel from the Sun to Saturn and back, a 24-mile route connecting the inner planets through the streets of Peoria and East Peoria. Registration is \$20 (\$24 after August 1st). A family can ride for \$46. Fee includes museum admission, the Saturday night Star Party, and more. For more information, visit www.lakeview-museum.org/iplanet/iplanet.html or call (309) 686-7000. You

can register online at active.com following a link from the ride's webpage.

We also have a short list of volunteer opportunities:

Everyone – spread the word, take flyers to other events,

- 1-2 persons with van extra sag help Saturday
- 1 2 persons, Setup Friday evening
- 1-2 persons, registration 5:15-9 am Saturday morning
- 1-2 persons, help with end of ride food 10am 4 pm
- 1-2 persons, help with cleanup and move back to museum $4-6\ \text{pm}$

3 persons for route marking

Please, call Sheldon Schafer at 309-686-7000 if you can help



ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION			
Name #1(Please print clearly)	Birthdate	Are you renewing, or is this a new membership? (Check one)	
Name #2	Birthdate	Renewing□ New□ If new, how did you find out	
Name #3	Birthdate	about the club?	
Name #4	Birthdate	Are you a LAB member?	
Email address (print clearly)		$\begin{array}{c} \text{(Check one)} \\ \text{Yes} \square & \text{No} \square \end{array}$	
Address		Basic membership: Individual (\$12) \$ Household (\$15) \$	
CitySta	ateZip+4 Zip+4 look-up website: <u>www.usps.com/zip4</u>	Voluntary advocacy contribution:	
Phone ()		(\$5, \$10, \$15, other) \$	
Signature (Name #1)	Date	Total enclosed \$	
DISCLAIMER: In signing this form, I understand and agree	e to absolve the officers and members of the Illinois Valley Wh result of taking part in any activity sponsored or advertised by		

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 PRSRT. STD. U.S. Postage PAID Peoria II. Permit No. 310