**July 2007** 

Email: members@ivwheelmn.org



PREZ SEZ: Let's all pitch in where and when we can to help make our club ride "No Baloney" a huge success. The No Baloney committee has been working to get the volunteer positions filled. Here's what is filled so far, plus the vacant positions that maybe you or a non-biking friend of yours might be able to fill in.

(It's always possible to bike and volunteer.) Please also note for volunteering to fill any food stop position, contact Liliana Wong. To volunteer to fill any route mapping or marking, please contact Laurie Wilbur. For all other open positions or questions, please contact me at runners2@npoint.net.

#### **Jubilee Park**

Setup/signage 5:30 - 7:30 a.m. \*Jill Levine & \*Rob Alexander Registration: 6:00 - 8:00 a.m. \*Tom & Carol Romanowski

8:00 - 10:00 a.m. 2 volunteers

Shirt Distribution: 6:00 - 8:00 a.m. \*Kathy John + 1 volunteer

8:00 - 10:00 a.m. \*Catharine Schaidle + 1 volunteer

Chili Preparation: Fred Smiser & Chili Server: Larry Davis Jubilee food stop:9:00 – 11:00 a.m. Cora Lynn + 1 volunteer

11:00 - 1:00 p.m 2 volunteers

1:00 – 2:30 p.m. Chris Maushard + 1 volunteer 2:30 – 4:00 p.m. Chris Maushard + 1 volunteer

Late/Takedown: 4:00 – 5:00 p.m. Chris Maushard + 2 volunteers

Route Markers: (evening prior) Steve Kurt + 2 volunteers

Hanna City Food Stop (Bill & Brenda Clark)

7:30 - 9:30 a.m. **1 volunteer** 9:30 - 11:00 a.m. **1 volunteer** 

**Elmwood Food Stop** (Sheldon Shafer)

9:00 - 11:00 a.m. Pam Hoehne 11:00 - 1:00 p.m. **2 volunteers** 

**Princeville Food Stop** (Tri-Peoria group)

9:00 – 11:00 p.m. Bev Enslow + 1 **volunteer** 11:00 – 1:00 p.m. Shevaun Fennel & Beth Haynes 1:00 – 3:00 p.m. Jim & Pam McIntyre

<u>Drivers</u> (to run food to food stops): Dennis Sans + Liliana Wong

Baked Goods organizer: Liliana Wong

#### SAG Support:

Russells Cycle & Fitness Illinois Cycle Little Ades

Stand at Jubilee: Bellevue Cycle

\* person is also donating food or money to No Baloney



# No Baloney Shirt Design for 2007

Above is the new shirt design for this year's "No Baloney Ride." The design was created by one of our IVW members, **Dennis Sans**, the "Art Guy". We think this design is fantastic and we hope all of our members as well as non-members riding our annual fundraiser enjoy the shirt. Not only is the design new, but also the shirt material. The 2007 long-sleeve shirts will be technical fabric that wicks away moisture and keeps you cooler. The long sleeve shirt will be blue and the design will incorporate the blue and will also have four colors screen-printed in yellow, black, white and green.

You can get this shirt by either paying \$20 additional with your regular No Baloney registration or you can pick up this shirt for free when you volunteer at least 3 hours of your time or 2 hours with a donation of food for the No Baloney Ride. Again, it is possible to both volunteer and ride the course. If you want to volunteer, contact either **Liliana**Wong for food stop volunteer duties or food donation; **Laurie Wilbur** for ride mapping or marking the ride; or **Kathy John** for any of the other volunteer positions listed.

# **Monday Night Leaders: Dennis & Peggy Tresenriter**



Pictured above is Dennis & Peggy Tresenriter (photo provided by Sam Joslin) and pictured below is the Monday night group of riders out of Morton.

Dennis and Peggy Tresenriter have been bicycling through life together since high school.

Yes, that's a play on words, but only partly. They started dating when they were sophomores, married in 1971, and found their way onto a borrowed tandem in 1983. The prior year, says Peggy, her father-in-law had experienced medical problems that proved "a wake-up call" to her husband. Denny quit smoking, decided to lose weight and took up biking "for fitness and a life-style change."

Some change! By 1984, he was racing. He became a Category 2 racer – second highest ranking apart from world-class – and won the Illinois Criterion championships in 1987 and 1988.

Meanwhile, Peggy had taken up biking, initially on a bike she got from "Sears or Penney's." The tandem came next, then a new bike and club rides. Soon the whole family was racing – including their seven-year-old son. Over the years Peggy also officiated at races. Because of her talent for "talking really fast," she often stood at the finish line and read off the racers' numbers as they crossed. Racing weekends proved a grand time for the family.

Things changed when Dennis got a promotion to county engineer – that means roadwork -- and could no longer spare the time racing required. Things changed even more in 2003 when he was diagnosed with a fast-moving form of prostate cancer which required surgery. He's been riding a recumbent since.

Peggy, who'd gone back to college to earn a master's degree and a principal's certificate, also found biking time waning. In 1999, she took the top job at Metamora Elementary School, a position she held until retiring last year. Denny retired two years ago, though he works part-time as a consultant. Their son is a state trooper with young children and no time to bike.

"We've always led rides," Peggy says, and the Level II Monday night (5:30 p.m.) ride out of Morton is just another example. She says the event benefits from Denny's knowledge of "all the roads around here." After all, he's worked on many of them.

(Profile provided by our official writer, Barb Drake)



New Members:		
BIEGLER, AMY	PEORIA	
<b>DEHM</b> , TOM	ELMWOOD	
GIBSON, CHRIS	DUNLAP	
<b>GILLIS</b> , GARY	PEKIN	
<b>MARTIN</b> , JEFF	DUNLAP	
POWERS, MICHAEL & PEGGY	DUNLAP^	
ROWLEY, GARY		
Renewing Members:		
ALFRED, STEVE & RITA	PEORIA*^	
BOEHME, CHRIS	MACKINAW	
BROWN, SANDRA		
CHAFFER, WILLIAM	PEORIA	
CHANDLER, RON & GWENEA	ST PEORIA	
CLARK, WILLIAM, BRENDA & FAMILY		
	PEKIN*^	
<b>DEAN</b> , RONALDG		
DEVORE, JAMES		
<b>DEWALT</b> , MIKE & KATHY	PEORIA^	
GRUBE, STEVEWAS		
HAEDICKE, MIKEEA	ST PEORIA	
HODSKINS, GARY, LYNN & FAMILY		
KANDLER, BILLP		
KLOKKENGA, MARK		
KURT, STEVE		
MARTIN, BONNIE		
<b>O'BRIEN</b> , DAN		
PULA, MIKE	DUNLAP*^	
RAWLINGS, PAULA & ARTHUR		
WAS	HINGTON	
THORNBERRY, KEVIN	PEORIA	
UNKRICH, HERB	.EDWARDS	
VAUPEL, JIM	PEKIN^	
WEAKLEY, DANPE		
LIB Membership* Advo	cacy^	

## Stay Informed – Sign Up for the 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

Subject: Subscribe

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

members-request@ivwheelmn.org
Subject: **Unsubscribe** 

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.



#### **Family Potluck Picnic Ride**

In spite of not getting a great turn out, John Jackson, Eric Hutchinson, Jerry Haley, Laurie Wilbur, Bonnie Johnson, Amy Biegler, Stacy Hanna, and Pam Hoehne and Larry Paustian (not pictured) enjoyed a good ride together. Larry's family joined them for the picnic as well as Stacy's husband.

# POKER/SDAGHETTI RIDE IS COMING SOON!

Thursday, August 9<sup>th</sup>

## **Dunlap Grade School starting at 6 p.m.**

It's time again for the annual Poker Ride/Spaghetti Supper. So, mark your calendar! This ride is for all levels and will be 10-12 miles long. We will start at the pavilion at Dunlap Park, next to Dunlap Grade School. You will be given a map and will pick up a playing card at each of the 4 stops, picking up the last card at the end of the ride. The top five poker hands will win valuable prizes!!! Slower riders should begin at 5:30 p.m., faster riders not later than 6:00 p.m.

A spaghetti dinner from Avanti's will follow. There will be a choice of meat sauce or vegetarian. The cost is \$5.00 per person. Make your check out to IVWheelm'n and mail it to **6518 N. Sheridan Rd. Suite 2** -

Attn: Stacy Hanna. The deadline is Friday, August 5th. It is important that you sign up ahead of time so that I know how much spaghetti to order.

Volunteers are also needed. I need:

- 5 people to hand out playing cards along the route
- a salad maker
- a dessert maker
- a tea maker
- someone to pick up spaghetti at Avantis

Contact Stacy Hanna at 309-712-3198 or <a href="mailto:stacy.hanna@gmail.com">stacy.hanna@gmail.com</a> to volunteer or for more information.

#### **IVW CHAIRPERSONS**

PRESIDENT:

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runners2@npoint.net

VICE PRESIDENT:

Bill Clark 347-4841

wdclark@insightbb.com

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rcwilbur@gmail.com

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 $\underline{stacy.hanna@gmail.com}$ 

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**IVW Website:** 

http:/www.ivwheelmn.org

# Rolling on the River

Illinois' Ride for the Environment
August 25, 2007

This is a fully-supported one day ride with 5 distances of 15 to 100 miles. Incentives are offered if IVW gets a team together. Check out the ride at

www.rollingriverride.org. It sounds great!!!

For further questions, please contact Lindsay Record at (217) 498-9707 (work), (217) 206-5750 (cell), or by email at lindsayrecord@yahoo.com

### **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 <a href="mailto:lilianawong@insightbb.com">lilianawong@insightbb.com</a> as an attachment. The advertisement <a href="mailto:MUST">MUST</a> 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 <a href="mailto:lilianawong@insightbb.com">lilianawong@insightbb.com</a> 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 <a href="www.ivwheelmn.org">www.ivwheelmn.org</a>, log in entering your username and password, and click on "Forum" (on the left-hand side).



#### **Special Offer for IVW Members!**

SafeTurn is offering our club 2 for 1 on their product. For more information about the offer, go to their website at

http://safeturn.com/illinoisvalley.html





1996 Santana Noventa tandem - Metallic blue paint; Columbus Encore tubing; 52cm (20.5 in.) front / 49cm (19.25 in.) rear; Campy 8 speed grupo; Santana cantilever brakes; Mavic wheels w/Campy hubs, good tires; Cinelli bars; Shimano SPD pedals; Blackburn rack with bag, CO2 kit; Cat Eye Computer, bottle cages, etc.

This bike is ready to go. No reasonable offer refused.
Contact Steve Daggs by phone at 444-3458/696-3245 (cell) or

by e-mail: sdaggs@sportsphotonews.com

#### THE WEBSITE FORUM

Looking to find other people to try a ride with you? Want to meet and chat with other members? Have a bike or some gear for sale? Then check out the Forum on the Website!

Just go to <a href="www.ivwheelmn.org">www.ivwheelmn.org</a> and sign in or register! Then click on Forum on the left-hand column. There is a category for everything: Rides, Nutrition, Social Events, For Sale, No Baloney, Advocacy – you name it! Just find a category that interests you and click on it. You can then read and respond to any topic in that category or start your own topic!

The forum is a great way to communicate with the board and other members! Remember to check back to see if anyone has signed up to ride with you, wants to buy those pedals, or just wants to chat about that latest Tour de France hype!

The website is only as good as the members make it – so lets get online and get together!

# ILLINOIS VALLEY WHEELM'N – July, 2007 Rides Schedule

Closely view all the departure dates and times!

<u>Monday Morton Level II</u>: 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) <a href="mailto:mrpula@hotmail.com">mrpula@hotmail.com</a> 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.

<u>Daytime Tuesday Show and Go</u>: All levels of riders depart from the Dunlap Grade School at **8:30 a.m.** Mileage 25-40. Contact Laurie Wilbur (446-9367) <a href="mailto:rewilbur@gmail.com">rewilbur@gmail.com</a> for more information.

<u>Tuesday "Kinder Gentler" Level II</u>: Pam Hoehne (681-0206) leads the level II riders or those level I riders looking for a challenge. This ride departs at **5:45 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.

<u>Tuesday Dunlap Level III</u>: 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.

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

<u>Daytime Thursday Rides Level I and II</u>: 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>July 5, 2007</u>: Departs from Jubilee College Historic Site. Distance 50 miles of the No Baloney route with a lunch stop. Leader: Laurie Wilbur
- <u>July 12, 2007 Fred's Ride</u>: Departs from the VFW Hall in Pekin located 2 miles south of the Pekin Hospital, on the corner of 14<sup>th</sup> St. and the VFW Road. Distance 40 miles with a lunch stop. Fred Smiser (346-9735)
- <u>July 19, 2007 Edith's Ride</u>: 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)
- <u>July 26, 2007 Mike's Ride</u>: Depart from the Pearce Center in Chillicothe. Distance 30-40 miles with a break. Bring a snack and plenty to drink. Mike Pula (243-9394)

Friday Chillicothe Level I and II: Edith Albright (274-4849) <a href="mailto:talknown-nation-width-nation-width-nation-width-nation-width-nation-width-nation-width-nation-width-nation-width-nation-width-nation-width-nation-width-nation-width-nation-with-nati

Saturday Show and Go Level III: Ride meets at Washington Square at 8:30 a.m. all year. 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.

<u>Saturday Princeville Family Ride</u>: 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:** Various times and locations.

-July 8, 2007 Laurie's Ride: Departs from Brimfield Park on South Galena Street at 8:00 a.m. The park is two blocks south of Rte. 150. Turn south at the library. Distance 40 miles with a break.

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: <a href="http://www.ivwheelmn.org">http://www.ivwheelmn.org</a>

## Ride Levels:

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

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

<u>Level I</u>: Rides average 12-14 miles per hour and regroup on a regular basis.

<u>Level II</u>: Rides average 13-17 miles per hour and regroup occasionally.

<u>Level III</u>: 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.

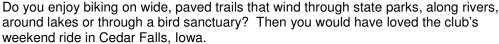
**Show & Go**: Riders have **NO** leaders. The distance and speed is decided upon by the group, but governed by the ride level designated.

## **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.

## "Out-of-the-box" Tour: Bicycling in Cedar Falls, Iowa

with Barb Drake & Cora Lynn Green



Three of us made the 4-hour drive to Cedar Falls to try out its 80-plus miles of trails.

We stayed at the historic Black Hawk Hotel, which sits in the middle of a quaint downtown with brick sidewalks, wrought iron streetlights and lots of interesting shops and restaurants. From the hotel we bicycled a half block to cross the river and from there had to decide which trail to take. One loop started with the Big Woods Trail that winds through wetlands and past Big Woods Lake, through a stretch of residential area and then into Black Hawk Park, returning by way of Cedar Valley Lakes Trail. Another trail heads off in the opposite direction, going through George Wyeth State Park and a continuation of the Cedar Valley Lakes Trail. Most of this ride is in deep woods with an occasional lake. Besides being serenaded by lots of bird songs, we saw a scarlet tanager along the trail.

On Saturday Barb Drake's cousin, Kirk Ney, who lives in Waterloo and knows the trails, led us on a 37-mile ride east and then south to Hudson, Iowa, a suburb, and into Waterloo. We crossed Iowa's longest bridge made exclusively for bikes (it spans the Cedar River) and pedaled past the John Deere Engine factory, 23 acres in size, so big that an annual 5K race goes through the middle. We passed soccer fields being used for a state tournament, children playing hockey, two wedding couples posing for pictures along the river, and lots and lots of woodland beauty. Kirk also gave us a bicycle tour of the University of Northern Iowa.

When we weren't bicycling, we checked out downtown Cedar Falls, totally walkable and featuring lots of unusual stores. A bicycle shop is located right across from the hotel and came in handy for some small maintenance problems. There are quite a few restaurants from which to choose. The first night we ate at Los Cabos, an excellent Mexican restaurant across the street from the hotel. Saturday night we walked a few blocks to eat at Bourbon Street, a restaurant with a life-like, large tree in the center of the main dining room. It features very good Cajun food. Sunday noon we ate at a tavern-restaurant with a banner in front declaring it to be "Wrigleyville."

The whole weekend was so perfect; this will probably become an annual trip. Hope you will be able to join us next year. The Cedar Falls ride was one of several out-of-the-box tours Cora Lynn Green and Barb Drake are leading this year. Join them on the two July rides:

July 14: Bike the Mississippi River Trail - A paved path that will take you in and out of parks, onto a high levee with a spectacular view, through cities and towns, all paralleling the river. The 35-50-mile ride – some may quit earlier than others – starts at 9:00 a.m. It includes a lunch stop at the Captain's Table in Moline. The ride begins at the Illiniwek Forest Preserve Campground just north of Hampton and south of Interstate 80, off Rt. 84. If you plan to ride, please notify Barb Drake, 692-1201. She will help match riders and available vehicles for the 90-minute trip to the trail.

July 27: Tanner's Orchard Ride - We will meet at Pearce Community Center parking lot in Chillicothe at 9:30 a.m., bicycle to Tanner's Orchard where we will have lunch and then bicycle home a different route. The ride will be approximately 35 miles.

# **OUT OF TOWN RIDES**

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 www.jolietbicycleclub.org.

July 7- Pedaling for Kicks. The ride starts at the East White Oak Bible Church in Normal. You can register online at www.fcfi.org/html/pedaling for kicks.html. 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

August 4 – 10 Around Illinois Back Roads, a 7 Day Loop Tour presented by the Joliet Bicycle Club co-sponsored by the League of Illinois Bicyclists (LIB). Register on line at www.signmeup.com

August 19 - Old Mill Century presented by the Rock River Valley Bicycle Club in Dixon, IL. Choose from rides of 25, 50, 75 or 100 miles. Website www.oldmillcentury.com

August 19 - 3<sup>rd</sup> Annual Wright Ride presented by Oak Park Cycle Club. Routes are 10, 25, 50 and 62 miles in length. Register at www.oakparkcycleclub.org

August 26 - Bike Psychos Century Coal City, IL Routes are 30, 50, 70, 100 and 124 miles. Registration at www.bikepsychos.org

August 26 - CU Across the Prairie. Presented by Champaign Cycle Club. Starts at Lake of the Woods with rides varying in length from 25, 35 and 65 miles. Registration at www.cuacrosstheprairie.org

September 9 - Capital City Century, Springfield, IL, Rides vary in length from 12, 25, 40, 62, and 100 miles. Registration at www.spfldcycling.org

September 30 - Pumpkin Pie Ride, Ottawa, IL - Starved Rock Cycling Association. Road Rides 31, 62, 100 miles. Mountain Bike on the I & M Canal Towpath 15, 20, 30, and 45 miles

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

## Pedal Peoria 2007

**History Ride<sup>†</sup>** Starts at the Riverfront Visitor Center Parking Lot @ 6:00 p.m. July 12

Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave

Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.

**50's Soft Serve Ride** Starts at corner of Lake and Knoxville @ 6:00 p.m. July 26

Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In

# 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 1<sup>st</sup>). 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 pm
- 3 persons for route marking

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



Name #1(Please print	Birthdate	Are you renewing, or is this a new membership? (Check one)
Name #2		Renewing New I
Name #3	Birthdate	If new, how did you find out about the club?
Name #4	Birthdate	Are you a LAB member?
Email address (print clearly)_		(Check one) Yes□ No□
Address		Basic membership: Individual (\$12) \$ Household (\$15) \$
City	State Zip+4 Zip+4 look-up website: <u>www.usps.com/zip4</u>	Voluntary advocacy contribution:
Phone ( )		(\$5, \$10, \$15, other) \$
Signature (Name #1)	Date urent or guardian if registrant is under 18)	Total enclosed \$
	erstand and agree to absolve the officers and members of the Illinois Valley WI ce suffered as a result of taking part in any activity sponsored or advertised by	
Make check payable to: ILLIN	NOIS VALLEY WHEELM'N, 6518 North Sheridan Rd. St	e. 2, Peoria, IL 61614-2933

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

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