September 2007



PREZ SEZ: The No Baloney Ride is just three weeks away on September 22nd. The majority of the arrangements and volunteers are in place for another great year of cycling, socializing and eating around the central Illinois countryside.

Once again, the ride will offer four food stops all loaded with homemade goodies with each offering up a unique specialty or atmosphere:

- The Jubilee registration area and food stop will offer up chili lovingly prepared by Fred Smiser and served by Larry Davis and other volunteers.
- The Princeville food stop will be hosted by Dan O'Brien plus volunteers from Tri-Peoria serving up Italian Beef.
- The Elmwood food stop will be hosted by Sheldon Shafer with a French theme serving escargot, crackers, cheese, fruit, etc. along with some bubbly.
- The Hanna City food stop will be hosted by Bill & Brenda Clark and will have a Hawaiian theme plus volunteers from the Peoria Bicycle Club.

If you haven't heard, the shirt will be totally different this year with a new design by our IVW member and art guy, Dennis Sans. The design will be silk screened onto a long-sleeve yellow technical shirt (microfiber). These shirts need to be ordered earlier than normal since they will be shipped from California. If you plan on ordering one of these fabulous shirts, please do it now – today. The shirts run slightly larger than regular sizing and are available in XS, S, M, L, XL and XXL for only \$20. The back of the shirts will have the logo of all the generous bike shops that contributed to the cost of the shirts so that our members and guests can be offered this shirt at such a low price. Be sure to thank the owners of the bike shops when you shop at their businesses, and tell them how much you appreciate their support.

Speaking of bike shops, SAG support will be provided by Russell's Cycle & Fitness, Illinois Cycle, and Little Ades. Bellevue Cycle will have a stand at Jubilee Park.

If you haven't already registered, do it now. This is the club's biggest annual event. Show your support. You can sign up on-line using your credit card at www.active.com or by using the form that came with this newsletter.

If you haven't already, be sure to thank all the volunteers and your No Baloney Committee: Liliana Wong, Laurie Wilbur and Dan O'Brien for this great event.

Poker Ride 2007

Email: members@ivwheelmn.org

A fun evening organized by Bill and Marge Semmens



Almost 40 people attended the annual IVW Poker Ride neatly organized by the Semmens.

The warm temperatures did not keep us from eating a lot of spaghetti and a delicious salad, and having a good time!!

The winning poker hand was held by Ellen Ceally who was our youngest rider. Second and third prizes went to Teri Burroughs and Mike Joslin.

Due to the generous donations from our local bike shops, each rider won a door prize. Please be sure to thank the owners of the following shops next time you visit them:

- Bellevue Cycle Peoria
- Bushwhackers Peoria
- Illinois Cycle Peoria
- Little Ades Pekin
- Russell's Cycle Washington

Thanks to Bill and Marge Semmens for the event organization, Cora Lynn Green, Dennis Sans and Phil & Teri Burroughs for their dessert contributions of brownies and watermelon, and Steve Kurt, Sarah Emmons, Edith Albright and Bill Kandler for staying under the sun handing out cards to the riders.

And don't forget to visit our website www.ivwheelmn.org to see the pictures. Sign in and click on "Photos". Scroll down and click on "Poker/Spaghetti Ride".

Monday Night Leader: Mike Pula



Pictured above is Mike Pula and pictured below is the Monday night Level II group of riders out of Dunlap.

Mike Pula began biking in the late 1980s when son Chris and a few other Boy Scouts were working on a cycling merit badge. A few years later, Mike helped son Kevin earn a similar badge. Now the Pula kids (the third son is Kevin, and the only daughter is Kacy) are grown and gone, and Mike is the one still pedaling.

What does he like about cycling?

"Just being out by yourself on the road," he says. "The quietness, peacefulness, relaxation." Beyond that, "It's an activity I can do."

And do well.

Mike leads the Monday night (6 p.m.) Level Two ride out of Dunlap. This spring he was part of the group that biked the Natchez Trace; other memorable days in the saddle include group trips in Kansas and Wisconsin and touring through Illinois, Indiana and Wisconsin with a couple of his sons. In recent years he has counseled Scouts working on their cycling badge.

Mike retired in April of 2006 from PenFlex, a small pension administration firm. During the season, he does some tax preparation work; off-season, cyclists have spotted him working at Menard's – part-time, he emphasizes.

Mike's wife, Sally, retired this spring after 34 years of teaching. The two retirements have enabled some travel, including a trip to Colorado, Washington and Oregon that consumed most of August. It was a combination sightseeing and family visit, since the Pula kids are split among those states and Indiana. Kevin, who represents the Midwest branch of the family, was able to join them – a rare opportunity for all to be together.

When not biking, Mike enjoys camping, gardening and working with Habitat for Humanity.

(Profile provided by our official writer, Barb Drake)



New Members:

HOLMES, BILL & RUTH.....EDELSTEIN LAYETTE, MICHAEL.....PEORIA^

Renewing Members: BIERRE, TERRY & JOHN.....WASHINGTON^ COVINGTON, ALLEN & LAURIE.....PEORIA*^ FARLIN, ROB......GREEN VALLEY^ GEHRT, DAVID, ALBERTA & FAMILY......SPEER HOEHNE. PAMELA.....PEORIA MAROUN, PETER.....PEORIA^ MATUSKA, RON......MACKINAW* PARSONS, GEORGE......GROVELAND PULA, MIKE......DUNLAP^ SANS. DENNIS & DEREK......PEKIN^ SMISER, FRED & MARILYN......PEKIN THOMPSON, GLEN, MARTY & FAMILYTREMONT WALK, REGINA & JEFF......TOULON WIKOFF, JOHN & EILEEN.....PEORIA^



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 as an attachment.

LIB Membership* Advocacy^

The advertisement MUST be formally keyboarded 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 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 www.ivwheelmn.org, log in entering vour username and password, and click on "Forum" (on the left-hand side).

New Rock Island Trail **Hot Spot** Jane's Ice Box

Jane's Ice box is a new restaurant located on the Rock Island Trail in Dunlap offering a full menu featuring a Famous Tenderloin, a Great Steak & Chicken Mixed Grill; and for breakfast, something called Elephant Sticks which are very unique and tasty! For dessert, the Ice Box has the world famous Edv's Grand Ice Cream with Jane's special twist, a treat called Spaghetti Ice Cream, Dessert Nachos, and a Brownie Supreme that you would have to see to believe. All three desserts would feed two for sure! In a recent Peoria Journal Star newspaper review, the Ice Box received 3 ½ stars out of 4 in food quality and service - a true asset to the trail. Be sure to stop by and try it out!!!

Added bonus: Jane's recognizes your trail efforts by offering FREE incentives for just logging your miles on the charts located in the Trail Check Point area of the restaurant.

Restaurant hours:

Monday - Thursday: 7:30 a.m. - 8:00 p.m. (Window open until 9:00 p.m.)

Saturdays: 6:30 a.m. – 8:00 p.m. (Window open until 9:00 p.m.)

Sunday: 6:30 a.m. – 2:00 p.m. (Window open until

3:00 p.m.)

Call 243-7744 for dine in and carry out & delivery (\$50 minimum order)

211 N. 1st Street, Dunlap, IL (across from Monica Grain bins)



Coupons for Jane's Ice Box

Coupons are not valid with any other discount or offer.

Buy 1 get 1 Free Breakfast w/ purchase of 2 drinks Expires 10/15

\$5.00 off \$20 Purchase w/ purchase of 2 drinks Expires 10/15

\$5.00 off \$20 Purchase w/ purchase of 2 drinks Expires 10/15

Buy 1, get 1 Free Icecream Treat! Value up to \$3.99 Expires 10/15

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runners2@npoint.net

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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.

SAGBRAW

Schramm's Annual Great Bicycle Ride Across Wisconsin

Five IVW members participated in the 5-day SAGBRAW ride. The ride started at Sturgeon Bay on July 30th, with a loop ride the first day in Door County. It ended on August 3rd at Kewaskum. The group covered over 272 miles. Steve Sommer & Fred Smiser chose to add a few miles on Monday and Thursday to round up a century on those days.



Left to Right: Edith Albright, Lou Price, Fred Smiser, Steve Sommer and George Bacon from Trussville, AL. Jerry Haley is not pictured, but also participated in the ride.

Editor's Note About RAGBRAI

Stacy Hanna (among many other IVW members) participated in this event. It was her first year and I asked her to provide us with a brief description (due to room limitations) of the event. However, as she explained to me, the experience cannot be described in a mere 200/400-word report. There is so much to be said about it that she decided to write the report and post it on her website www.teampottercycling.com. So, visit her website to read her full report and learn more about this popular event. Liliana

PARTY TIME!!!

Back by popular demand: **Fall Bike Ride/Potluck with Bonfire** at the Emmons house.

Date: Saturday October 6th

Place: Jim & Sarah Emmons - 529 County Rd 1300 E Lacon

Time: If you are planning to ride we are departing from our driveway

at 4:00 pm - (20 - 25 mile) Level 1 ride with a couple of hills.

Potluck begins at 6:00 pm. The Emmons will provide the brats, buns, and soft drinks. Please bring a dish to pass and if you want any alcoholic beverage (BYOB).

PS: Jim & Sarah are celebrating 25 years of marriage—time goes by quickly—they will also have a cake for all to enjoy.

Please try to RSVP by Friday 10/05/07 to make sure the Emmons have enough brats. Any questions or for directions, please call Jim or Sarah at (309) 246-2166.

ILLINOIS VALLEY WHEELM'N - September, 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. **Last ride September 24**th.

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. Effective September 10th, the ride will become a Show & Go departing at **5:30 p.m.**

Monday Dunlap Show and Go Level II: This ride will change to a Show & Go for the remainder of the riding season. Depart from the Dunlap Grade School at **5:30 p.m.** effective September 10th. 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.** in September. Mileage 30-40. Contact Laurie Wilbur (446-9367) rcwilbur@gmail.com 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 **5:30 p.m.** effective September 4th. <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 7th the group will increase the pace to a level II. The group will ride 20+ miles. Contact Rob Alexander (444-3297 or 231-2190). **Last ride September 13th**.

<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. during the month of September.

- <u>September 6, 2007</u>: Depart from Pearce Center in Chillicothe at **8:30 a.m.** Distance 30-40 miles with lunch after the ride. Leader: Laurie Wilbur.
- <u>September 13, 2007</u>: Depart from Jubilee College Historic Site at **8:30 a.m.**. No Baloney 50 mile route with a lunch stop. Leader: Laurie Wilbur.
- September 20, 2007: Depart from the Hanna City Sportsman's Club at 8:30 a.m. Distance 35 miles. Leader: Laurie Wilbur.
- <u>September 27, 2007 Fred's Ride</u>: Depart from the Mackinaw Valley Vineyard at the intersection of Rt. 9 and Boston Rd. at **8:30 a.m.** Distance around 40 miles. Lunch will be provided. Tour and wine tasting \$5. Leader: Fred Smiser (346-9735). RSVP please.

<u>Friday Chillicothe Level I</u>: The Level 2 ride will not be offered again until next Spring. Edith Albright (274-4849) <u>talbrighte@mtco.com</u> will lead a level I ride from the Pearce Center. The group will travel at the Level I pace, which will be 12-14 mph. The ride will change to **5:30 p.m.** for the remainder of the season. <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. **Last ride September 21**st.

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 10-20 miles and will accommodate a range of abilities. Departing at **6:00 p.m.** after Mass.

Some of the evening rides will depart at 5:30 p.m. as the days get shorter. 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.)

<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.

Level II: 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 ready to ride.

Bicyling Trips for All

with Barb Drake & Cora Lynn Green

Here are the rides Barb Drake and Cora Lynn Green have planned for September. 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. Call Barb (692-1201) or Cora Lynn (683-3083) if you have questions plus we would like to know if you plan to come since it is possible there will be last minute changes.

<u>September 10:</u> <u>Tanner's Orchard Ride</u> - Since this ride got rained out when we offered it July 27, we are going to try it again. Meet at Pearce Community Center parking lot in Chillicothe at 9:30 AM. Bicycle to Tanner's Orchard where we will have lunch and then bicycle home a different route. The ride will be approximately 30 miles.

September 21: Biking through Tazewell and Woodford Counties

Cora Lynn Green, Barb Drake and LaVerne Wilson will lead a ride in and around Washington and Goodfield. Be ready to leave Russell's Cycling at 9 a.m. We will ride 25-30 miles at no more than a Level I pace. Afterwards, we'll enjoy lunch on the Washington Town Square.

October 13: Bike the Mississippi River Trail

When Barb Drake and Cora Lynn Green led 11 members along the Great River Trail in July, several of those who went along begged for a redo in the fall, when the colors were out. This time we will follow the Mississippi River south, stopping for lunch again at the Captain's Table. We'll go 35-50 miles at a fairly individual pace, mostly Level I. More details will follow in the next newsletter. Call Cora Lynn or Barb if you have questions.

Illinois River Bluffs to Tanner's Orchard Ride - October 06

Have you noticed the shorter days and the promise of cooler weather? Soon the leaves will be changing colors, which means it is time for a ride through the Illinois River Bluffs to Tanner's Orchard! Tanner's is known for their great apples, as well as the fine baked goods.

The ride will take place on **Saturday, October 6th at 9 am**. We will ride 40 miles (plus or minus a few). We'll stop at the orchard for snacks & drinks, so bring some money. The ride will be unsupported, so make sure you have spare tubes, a pump, cellphone, etc., and know how to use them. **Steve Kurt** will be leading a group of **Level 2** riders or above. **Lou McMurray** will lead the **Level 1** group. Please, don't forget your helmets!

We'll meet at the **Mossville Grade School** (a half mile south of the Caterpillar Mossville plant north of Peoria, on Old Galena road). To get there, just travel north on Rt 29 from Peoria, and turn left on Old Galena road. If there are questions, please contact **Steve Kurt at 243-7684** (kurtsj@mtco.com) or **Lou McMurray at 673-5795** (loumcmurray@aol.com).

OUT OF TOWN RIDES

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

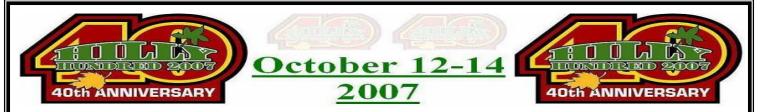
September 15 - The Bob Galloway Memorial Amish Country Bicycle Tour sponsored by the Decatur Bicycle Club. Starts and stops in Arthur, IL with lengths of 16, 30 and 60 miles. The lunch meal offered for the benefit of the Mennonite School is outstanding. More info. can be found at www.decaturbicycleclub.org/arthur.hutml.

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.

September 30 - Ride to the Depot sponsored by the Prairie Cycle Club of Champaign County, Illinois. Starts in White Heath, IL and includes touring thru Allerton Park and Lake of the Woods. Ride lengths are 16, 35, 40, 75 and 110 miles. More info can be found at www.prairiecycleclub.org/node21

October 13 - Harvest of Talents Charity Bicycle Ride. This is a new ride offered by the Chillicothe Christian Church to benefit the International Disaster Emergency Service in its effort to feed the world's hungry. Ride lengths are 15, 35 and 62 miles. Mark Kelly (309-369-7442) would love having your support either to ride or to help out. Ride starts at Chillicothe Christian Church, 510 Frances Street in Chillicothe. More info can be found at www.chillicothechristian.net/harvest.php.

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



You know, we have a lot of new riders in the club this year. I'll bet a lot of you, new riders, are surprised at the number of miles you have gotten in so far this season. They start to add up, don't they? I'll bet you are also surprised at how easy those "long" spring rides have become. I hope you continue to train and tour with all of your new friends in the IVW. As the temps start to go down, the miles get easier.

Do you know why you need to keep on training? Because all the Fall Invitational Rides are fast approaching. Invitational rides are rides that area clubs sponsor to help fund their clubs' activities. Of course, we all too support our own invitational ride, the **NO BALONEY RIDE**. It's coming up on Sept 22. But here is a bit of information about a very neat ride coming up soon – the **HILLY HUNDRED 2007**.

Oct 12th-14th is the end-of-the-season party at the HILLY HUNDRED. Don't let the name fool you. We don't actually do 100 miles in one day. Most of us do it in two. The HILLY is one of the best weekend rides in the Midwest. The route is awesome with the hills and fall colors. There is more food than you can eat in a whole week. The Hilly always has plenty of apples, fresh cider and donuts each morning and then fried chicken for lunch.

Did I mention party? The **Hilly** is one rolling party. Each and every food stop has entertainment that's bound to please. In fact, they usually have a band at the start of each day and another one at the end. There is plenty of room for sleeping bags in one of the many gyms at the school. They also have plenty of space for tents and campers.

So, follow the link http://www.hillyhundred.org/ to sign up for the ride and meet Marge and I at the Hilly. We'll have our camper set up and a fire going. You can bring some food to our site Saturday night to commiserate with the rest of us as we complain about the hills.

By Bill Semmens.

Name #1(Please print of	Birthdate	Are you renewing, or is this a new membership? (Check one)
Name #2		Renewing New
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	StateZip+4 Zip+4 look-up website: www.usps.com/zip4	Voluntary advocacy contribution:
Phone ()		(\$5, \$10, \$15, other) \$
Signature (Name #1)	Pent or guardian if registrant is under 18)	Total enclosed \$
	rstand and agree to absolve the officers and members of the Illinois Valley Whee suffered as a result of taking part in any activity sponsored or advertised by	
Make check payable to: ILLIN	OIS VALLEY WHEELM'N, 6518 North Sheridan Rd. Ste	e. 2, Peoria, IL 61614-2933

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