

ILLINOIS VALLEY WHEELM'N



October/November 2007
Combined Issue to Cover No Baloney

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



PREZ SEZ: The No Baloney Ride was a big success!!! It was all due to the great support from our club members, our local bike shops, and our community – of course, the weather helped a little, too. We had over 300 cyclists participate in this event with the vast majority cycling the 54-mile route through Hanna City, Elmwood, and Brimfield; with the next most popular, the 25-mile Princeville Route.

Did you know that it takes over 40 volunteers to put on this day-long event? We are so fortunate to have some very active club members willing when asked, to take charge of areas and work all day at the event, as well as in the months, weeks and days, prior to get everything in place. By default, the president of the club ended up chairing this year's event; but if it had not have been for the two very key members, **Laurie Wilbur** and **Liliana Wong**, I couldn't have done it. For some of us it became a part-time job.

Lots and lots of planning, volunteers, and time goes into this event. To further understand what it takes to put on this event, take a look at the list of people involved and don't forget to thank them when you get a chance.

Food stop hosts:

- **Dan O'Brien:** hosted the Princeville food stop. He also started the process of getting donations from the bike shops and attended several of the No Baloney Ride meetings.
- **Bill Clark:** hosted along with his wife, **Brenda**, the Hanna City (Hawaiian) food stop. Bill also helped out by resupplying other food stops when his site closed down for the day and stayed until we closed down in order to gather any remaining food for a large donation to the South Side Mission.
- **Sheldon Schafer** not only hosted the Elmwood food stop, but purchased and prepared the French food for the cyclists.
- **Fred Smiser** was our host and chili maker for the Western (Jubilee) food stop. Fred bought all the supplies, cooked and served the chili all day at Jubilee Park. **Rob Alexander** also made his famous spicy chili for the event.
- Map maker: **Steve Kurt**
- Route markers: **Steve Kurt, Steve Alfred, Jerry Haley, Herb Unkrich, Barb Drake, & Laurie Wilbur**
- Shirt/brochure design: **Dennis Sans**
- Signage: **Mike Pula, Dan Weakley & Laurie Wilbur**
- Parking: **Ron Anderson, J. D. Keenan & Herb Unkrich**
- Driver/distribution: **Shai Wong**
- Setup: **Mike Pula, Rob Alexander, Jill Levine, Laurie Wilbur, & Liliana Wong**
- Registration: **Tom & Carol Romanowski and Bob and Jake Bevill**
- Shirt Distribution: **Cindy Alexander, Catharine Schaidle, & Linda Simkins.**
- Food stop helpers/servers: **Larry Davis, Cora Lynn Green, Ken Luthy, Patty Isit, Julie Smith, Ryder Church, Kim Miller, Chris Maushard, Noel Cline, Mike Therry, Mike Honnold, Bev Enslow, Shevaun Fennel, Jim & Pam McIntyre, Denise Cooksey, Kelsey Schroeder, Lynne Anderson-Loy & Karen King.**
- Late/takedown: **Tom Dorigatti, Mark Klokkenga, Chris Maushard, Mike Therry, Bill Clark, Alan McLouth & Laurie Wilbur.**

As you can see, people filled several roles in putting together this ride. If I've inadvertently missed someone you know helped, thank them for me. We need all the help we can get to put this together, but otherwise it was very well organized.

Please be sure to thank the owners/managers of the bike shops that contributed to the cost of printing our long-sleeve, technical-fiber shirts. It kept the shirts affordable for all! The following bike shops contributed: Bellevue Bicycle (Peoria), Bushwhacker (Peoria), Illinois Cycle & Fitness (Peoria), Little Ades Bicycles (Pekin), Russell's Cycling & Fitness Center (Washington), and Vitesse Cycle Shop (Normal). In addition to the monetary contribution, the following shops helped with SAG and/or mechanical services: Bellevue Bicycle, Illinois Cycle, Little Ade's and Russell's. When you stop in to any of the six bike shops, please let them know how much you appreciate their participation.

The process has already started for next year. Dennis Sans is working on the 2008 design. I plan on being the No Baloney Ride Chair again, so please mark your calendar for September 20, 2008, for next year's No Baloney Ride. Please plan on riding, volunteering or doing both! All is appreciated!

Turn to pages 6 & 7 for No Baloney pictures.

Tuesday Night Leader: Pamela Hoehne



Pictured above is Pamela Hoehne and pictured below is the Tuesday night Kinder, Gentler Level II group of riders out of Dunlap.

Here is how Pam Hoehne defines the “kinder, gentler” Level II ride she leads from Dunlap Grade School on Tuesday nights:

“On my ride we actually can talk and take a drink. We smell the roses if there’s pretty flowers along the way. We get good exercise. And sometimes I even bring treats.”

At a speed of 15 to 17 miles per hour late season, some might quibble about exactly how kind and gentle Pam’s ride is. But the extent of her following – eight to 12 riders most Tuesdays – proves she was onto something when she created this alternative some four years ago because, she says, she was working so hard to keep up with the other Tuesday nighters that “I didn’t even have the time to get a drink of water.”

Not that Pam is afraid of speed. She was a skier before she was a biker and says she is actually more proficient on skis. She learned in high school while living in Switzerland and typically skis 20 days a year.

About 10 years ago Pam started accompanying Peoria Ski Club friends on short biking jaunts, on a mountain bike at first, then a hybrid and now a road bike. “It was a natural progression to where I am now,” she says.

Biking appeals to her because it relieves stress, she likes being with Wheelm’n members, and it’s great exercise, she says. She has particularly enjoyed the Amish rides and the TOMRV, a two-day trip from the Quad Cities to Dubuque, Iowa, with “incredible hills” and beautiful scenery.

A native of Washington, Ill., Pam has the unusual distinction of having gone to high school in three countries – the United States, England and Switzerland. (Her father worked for Caterpillar, Inc.) She returned to the Midwest to attend Bradley University, where she majored in international relations, intending to go into the foreign service. She married and had a family instead – five children and four grandchildren, strung from Peoria to Denver. Her master’s degree is in human development/counseling, and she works at Proctor Hospital as a psychotherapist.

Besides being an athletic individual, Pam has a creative side. She dabbles in art and likes to “make things.... If something strikes my fancy, instead of buying it, I’ll make it,” she says.

(Profile provided by our official writer, Barb Drake)



New Members:

CEALEY, MARK & FAMILY.....PEORIA
 CORNISH, PHIL & SUE.....DUNLAP
 HARROLD, MICHAEL & KATRINA.....PEORIA
 KNIGHT, REBECCA.....PEORIA^
 LIENBY, JERRY & LYNNE.....PEORIA
 PUTMAN, CLAIRE & DENNIS.....PEORIA
 SMITH, DAVID & MICHELE.....BRIMFIELD
 WHEELER, SUZANNE.....MAPLETON

Renewing Members:

ALEXANDER, ROB & CINDY.....WASHINGTON
 BOLAND, LORI.....PEORIA
 GEORGE, ELLEN.....EAST PEORIA
 KLOKKEGA, MARK E.....PEORIA
 LE MASTER, BRIAN.....CHILLICOTHE
 MAUSHARD, CHRISTOPHER.....PEORIA
 MC INTYRE, JIM.....EAST PEORIA
 METTELMANN, KEN & DOREEN.....GROVELAND**
 O'HANLON, TIM.....PEORIA**
 PAUSTIAN, LARRY.....EAST PEORIA
 PRICE, LOU.....CHILLICOTHE
 SILZER, ALLAN, GAIL & FAMILY.....PEORIA
 SPONHOLTZ, BETH & FRED.....WASHINGTON
 STREIB, RON & SHIRLEY.....DUNLAP
 TRESERITER, DENNIS & PEGGY.....GROVELAND
 WEBSTER, BILL.....CHILLICOTHE

LIB Membership* Advocacy^

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.

The advertisement **MUST** be formally key-boarded as a "Word" document.

Commercial ads are also welcome at a charge of \$25 for a 1/2 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 your 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 Edy'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 1/2 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 12/15/07

\$5.00 off \$20 Purchase
 w/ purchase of 2 drinks
 Expires 12/15/07

\$5.00 off \$20 Purchase
 w/ purchase of 2 drinks
 Expires 12/15/07

Buy 1, get 1 Free Icecream
 Treat! Value up to \$3.99
 Expires 12/15/07

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
rewilbur@gmail.com

SOCIAL CHAIR:

Stacy Hanna 712-3198
stacy.hanna@gmail.com

MAILING:

Patty Isit 697-0490
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>

Why every cyclist should become a IVW member?

Benefits of IVW Membership

Here is an outline of some of the benefits of your monthly membership \$12 (individual) or \$15 (family).

(If you currently aren't a member, please see the back of this newsletter for information on how to join the club.)

- Monthly 8-page newsletter
- Scheduled daily rides during the summer (15 rides a week during peak summer months)
- Discounts at most local bike shops
- Safety of riding with a group
- Meet others with similar biking interests
- Helpful, riding companions
- Group rides close to where you live (groups meet in Chillicothe, East Peoria, Peoria, Washington, Dunlap, Princeville, & Pekin)
- Daytime rides for those who are retired or have flexible work schedules
- Interesting speaker programs that include topics on bike vacations, biking across U.S., bike maintenance, and other related subjects
- Support for more urban non-motorized transportation routes (bike trails & bike lanes)
- Bicycle safety programs
- Bicycle advocacy
- Opportunities to volunteer
- Activities particularly during non-biking winter months such as hiking and cross country skiing
- Social events hosted by club members, our annual banquet, Poker Ride, and other get-togethers
- One to two-day out-of-town rides planned and coordinated by club members

Membership is a bargain. Introduce our club to someone you know who hasn't joined yet or has expressed an interest in getting into cycling. Invite them to one of our rides as a guest. Clubs like the Wheelm'n survive and thrive when everyone becomes a club ambassador.

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**

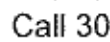
Note: You are not automatically on the email list by being a member. You must sign up to get emails from the club.



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



\$100.00



Call 309-264-3419 or email ramatuska@gmail.com to contact Ron Matuska.

\$



Mountain bike (about 55cm) in good conditions and reasonable price. Please contact Liliana Wong at 691-8211 or lilianawong@InsightBB.com

ILLINOIS VALLEY WHEELM'N – November, 2007 Rides Schedule

Closely view all the departure dates and times!

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at **10:00 a.m.** in November. We will plan to ride if it is 40 degrees or above. Mileage 20-25 miles. Contact Laurie Wilbur (446-9367) rcwilbur@gmail.com for more information.

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School departing at **5:30 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! Steve will ride as long as people continue to show up for the ride.

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.

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.)

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.

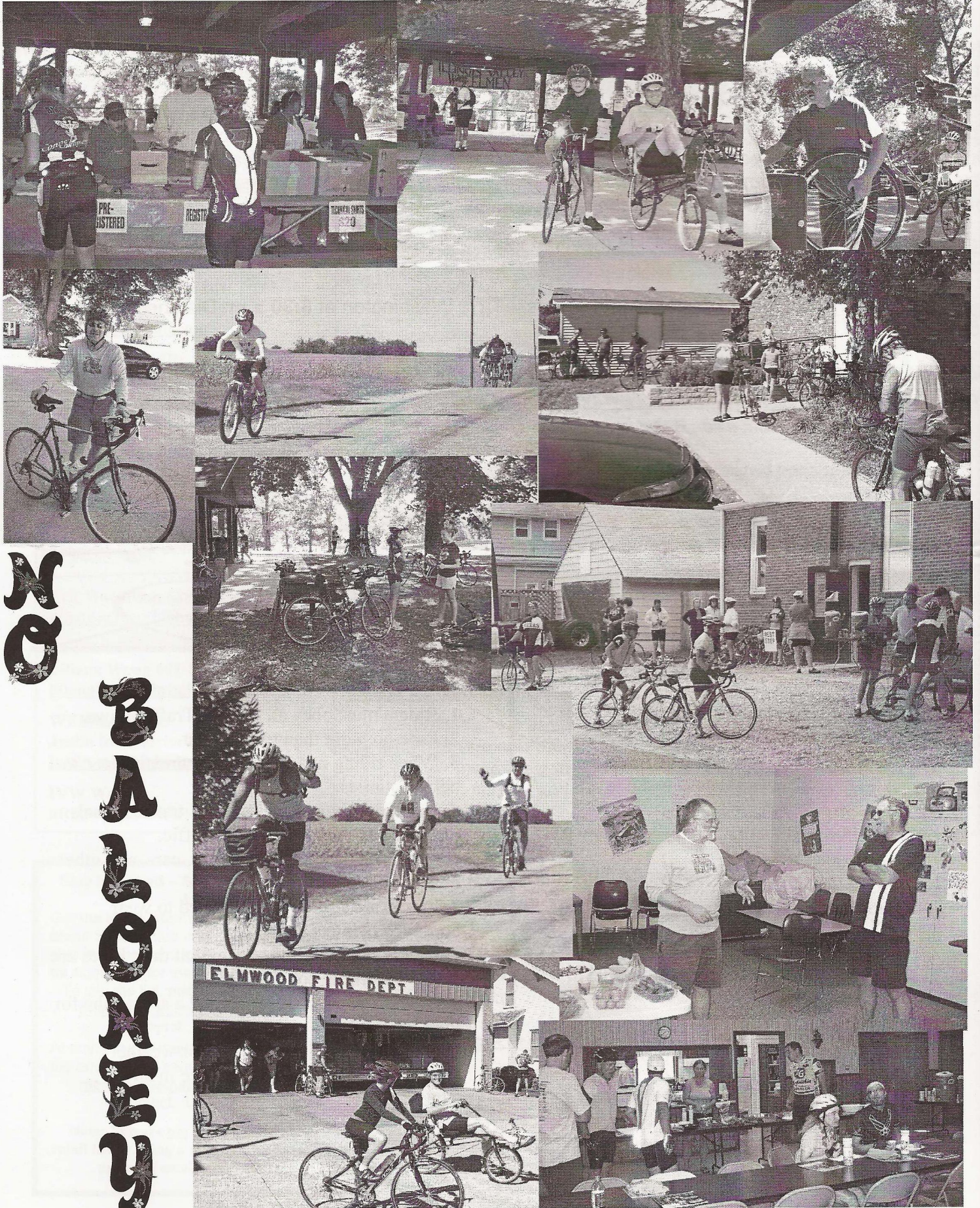
Level III: Rides average 17 miles per hour and over. Riders may regroup periodically but should be prepared to ride in pace lines to keep from being dropped.

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

SEPTEMBER 22, 2007



**N
O
B
A
L
L
O
O
N
R
Y**



Special Thanks to Rebecca Knight, featured above with Mark Klokkenga, for her great contribution to our club last month when she provided over 200 issues of the IVW newsletter color printed for free! Her generosity is greatly appreciated by all.

**Come In, Relax and Enjoy...
We'll Keep You Coming Back!**

- ~ Hot/Cold Espresso Drinks
- ~ Smoothies
- ~ Chai
- ~ Snacks
- ~ Breakfast Sandwich
- ~ Bagels with assorted cream cheeses
- ~ Daily Lunch & Drink Specials
- ~ Free Wi-Fi
- ~ Ask how you can hold your next event at Joe's
- ~ Located in the Old Bicycle Inn

Sunday 10:30 - 3:00

Monday - Friday 6:30 - 8:00

Saturday 8:00 - 5:00



208 N. Second St. | Dunlap, IL 61525
309-278-5297
(Old Bicycle Inn)

Proposed Changes for 2008 No Baloney Ride

Here are some of the ideas we have in mind for next year's event:

- New design each year for brochures/shirts
- Major change in the route (75/100) by eliminating the 25-mile loop south of Hanna City. Planning a new 25-mile north loop from Princeville. The cyclists can decide at the 50-mile mark whether they want to continue to travel on for a 75 or 100-mile day.
- Wrist bands for each No Baloney cyclist as ID at food stops
- Add route selection (25, 50, 75 or 100) on brochure/registration form to help with planning (food/supplies/volunteers needed)
- Volunteers' meeting/party week prior to No Baloney for distribution of information & shirts and for question and answer session
- Rent a U-Haul for the weekend of No Baloney to make it more convenient/efficient to haul supplies back & forth to Jubilee from the storage site and to store extra supplies/equipment away from the picnic shelter
- Obtain professional photographer(s) to cover the event and possibly sell photographs to cyclists from the photographer(s)' website
- Jubilee Park food stop host to oversee this stop similar to Elmwood, Princeville & Hanna City stops
- Maps on No Baloney Ride website so cyclists can have the information prior to the ride
- A volunteer to man an informational table at Jubilee Park with route maps and IVW "Join the Club" brochures.



IVW Annual Banquet

*Saturday, November 10, 2007
at Alexander's Steakhouse in Peoria at 7 p.m.*



Stacy Hanna, our Social Chairperson, has reserved a space for about 45 people at Alexander's Steakhouse for our annual dinner with a full bar and menu (15% gratuity is charged for large groups).

Please, join us to celebrate the end of a very successful biking season, hear and tell stories, and get a full report from our president about our club accomplishments. Awards will be given to elected "Most Improved Male Bicyclist", "Most Improved Female Bicyclist", and "Hub of the Club".



Please RSVP to Stacy Hanna at stacy.hanna@gmail.com ASAP.



Nominations for IVW 2007 Awards



Laurie Wilbur (446-9367) rcwilbur@gmail.com is seeking nominations for the following positions:

2007 Most Improved Male Bicyclist – Recent recipients: 2003 Leo Chuzhoy, 2004 Matt Durst, 2005 Fred Smiser, 2006 Matt Dvorsky

2007 Most Improved Female Bicyclist – Recent recipients: 2003 Lori Durst, 2004 Laurie Wilbur, 2005 Kathy John, 2006 Liliana Wong

2007 Hub of the Club – This award is presented to the person in the club who takes on many responsibilities, and he/she greatly enhances the effectiveness of the club. Recent recipients: 2003 Mike Pula, 2004 Bonnie Johnson, 2005 Laurie Wilbur, 2006 Kathy John

Please email Laurie Wilbur to submit your nominations with a few sentences about this person's accomplishments. The nominees will be presented at the IVW Annual Banquet on November 10, 2007 at Alexander's Steakhouse. The club members attending the banquet will vote on the nominees. The three recipients will each be awarded an engraved plaque at the dinner.



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

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:

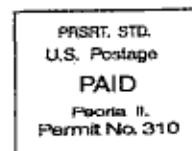
(\$5, \$10, \$15, other) \$ _____

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



[9/24/2007]

LARRY D DAVIS
6809 FROSTWOOD PKY B-53
PEORIA, IL 61615-5604