

ILLINOIS VALLEY **WHEELM'N**



February 2008

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



PREZ SEZ: The IVW will be taking on the project to create a publication entitled "Favorite Routes & Recipes" which will combine two passions into one book. This book will be a collaboration of our Wheelmn's favorite routes in Central Illinois and their favorite foods. Some of us bike to eat the foods we love, and some of us eat to bike those long miles. Hopefully, we balance these two areas wisely...or not.

Let's make this a team effort with everyone pitching in with at least one or two recipes and routes. We are looking for recipes such as Fred Smiser's infamous Western chili or Larry Davis' fruit bars; both dishes were gobbled up at previous No Baloney Rides. If you don't have a recipe, ask one of your relatives (aunts, uncles, grandmothers, cousins, etc.) for one and then give them credit in the comments section of the recipe such as "this recipe is from my great grandmother, Ida Lahman".

As far as the routes, please send in one or two each and give them a unique name that describes the area you cycle through such as: "The Pedal Peoria Historical Route" or "Wyanet Windmill Route" or "Metamora Black Partridge Route" etc...

If the same route is mentioned by more than one cyclist, the first one submitted will be used, and if there is room on the page, other cyclists' comments can be added, such as: "This route is also a favorite of Joe Smith. Joe attributes his amazing quads to the 2-mile, continuous climb on the Hicks Hallow Road portion of the 'Tuesday Night Singing Woods Route'."

Instructions and a sample on how to submit a route are located on pages 4 & 5 of this newsletter. Instructions for the recipes will be in the March issue. The book is already taking shape with the cover design (by Dennis Sans) nearly finalized. Regular updates on the book's progress as well as a sneak preview of the cover will be reported in future newsletter issues.

Again, we want this to be a team effort, so please start sending in your input now. This book will be both a keepsake as well as a resource for our cyclists.

IVW BOWLING AND PIZZA



WHEN: Saturday February 9th

WHERE: Mt Hawley Bowl
8200 N. Hale in Peoria

TIME: Meet at 5:30 p.m. for bowling. Cost is \$6.00 per person for 2 games and shoe rental (for those who need bumper pads, add 50 cents more)

DINNER:

Plan A - Following bowling, join us at (hopefully) the New Avanti's on North Knoxville

(I called Avanti's on Rockwood and was told that the N. Knoxville location is to be open by the end of January)



Plan B - If N. Knoxville Avanti's in not open we will go to the one on Rockwood (out by Northwoods Mall)

Whether you bicycle or not, come out for a night of fun. Hope to see you at Mt Hawley Bowl. Any questions, please contact Jim & Sarah Emmons @ (309) 246-2166.

Do You Bike to Work?

To promote the National Bike to Work Week (May 12-16), IVW would like to publish an article in our newsletter and submit to our local newspaper, Peoria Journal Star, and hopefully other media, on the benefits of biking to work (physical, mental, environmental, cost savings, etc.) and the difficulties (lack of bike lanes, courteous drivers, etc.).

The idea is to have this article written based on your bicycling commute experience.

If you bike to work, please contact Kathy John at runners2@npoint.net.

Thursday Night Leader: Rob Alexander



Featured above Rob Alexander and wife Cindy

North Dakota. He has five bikes, including a tandem, and she has three. Besides the Wheelm'n, they belong to the Pimeteoui Hiking Club, the Mackinaw Canoe Club and the Sierra Club. This past October they hiked in Glacier National Park on a week's vacation – it was raining in the lower elevations and snowing in the higher. They've also hiked in the Grand Canyon and the Smoky Mountains.

A Washington resident, Rob repairs machines for Boley Tool Co. in East Peoria. He has an associate's degree in electronics from Illinois Central College.

(Profile provided by our official writer, Barb Drake)

Ask most people what they get out of biking, and they're likely to say something about exercise or camaraderie or the opportunity to be outdoors. Rob Alexander can go most people one better: He got a wife, Cindy.

"I met her on a ride," he says. "I thought she was kind of cute. So I called her up, but she was gone, and I left a message on her answering machine. She never called me back." He left it there.

Five years went by before Rob encountered Cindy on another ride; they happened to be camping in the same area. He was more persistent this time, and she agreed to go out with him – on a bike, of course. Less than two years later, they married. Cindy often joins Rob on the Thursday night rides he leads out of Washington. "I'm a little stronger and faster," he says, "but she's more like the Energizer Bunny."

Rob had done some biking earlier in his life but given it up. Then he quit smoking and "started blossoming, is a good word for it," he says. "When I hit 200 pounds, I knew I needed to do something, so I got my old bicycle out again."

He vividly remembers his first ride with the Wheelm'n. He wasn't going as fast as the first part of the group, but faster than the second, and found himself alone. "We got out in the middle of nowhere and I had no idea where I was." Eventually Sheila Hansen caught him and showed him where they were. It was the sort of friendly help that makes a new rider want to come back.

Rob says he likes biking "because it allows me to eat like I like to" and because it's enabled him to meet people like Lou McMurray. "He's a really fantastic person, and he's 20 years older than me," Rob says. At the other end of the age gauge, he sometimes finds 19 and 20-year-olds along for his ride. "You're riding with people between 20 and 70 or 80, and you've got something in common with them.... Name something else you do where you hang out with people 20 years older than you and 30 years younger."

Rob's ride starts out as a Level One, moving toward a Level Two, sometime in June. "What I'm trying to do is help the people who are kind of in the middle pick up the pace, work a little harder, try a little faster ride." Cindy and Rob have pedaled together on rides in Illinois, Indiana, Wisconsin and



Welcome New IVW Member:

TERRY, RACHEL.....DUNLAP

Thanks to Renewing Members:

ANDERSON, RON.....WASHINGTON*

COMFORT, JIM.....PEORIA HEIGHTS

DAVID, LORIPEORIA^

DOUGLAS, RON & PAULA.....PEORIA^

EMMONS, JIM, SARAH & FAMILY.....LACON

GEOFFROY, PAMELA.....PEORIA

GIBSON, CHRIS.....DUNLAP

KENDALL, KAREN & STEVE HEINE.....PEORIA

MEISMER, STEPHEN & THERESA.....PEORIA

SEMMENS, BILL, MARGE & SHANE

HICKAM.....PEORIA^

LIB Membership* Advocacy^**REMINDER TO ALL IVW MEMBERS**

Please check your mailing label for the expiration date of your membership.

The IVW does not send out bills or notices, but requests that members keep track of the expiration of their annual memberships and submit the payments accordingly.

Thank You

**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 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 your username and password, and click on "Forum" (on the left-hand side).

IVW CHAIRPERSONS**PRESIDENT:**

Kathy John 243-9191
runners2@npoint.net

VICE PRESIDENT:

Bill Clark 347-4841
wdclark@insightbb.com

SECRETARY:

Vicki Padesky 692-1552
vpadesky@yahoo.com

TREASURER:

Marge Semmens 693-9388
m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:

Laurie Wilbur 446-9367
rcwilbur@gmail.com

SOCIAL CHAIR:

Sarah & Jim Emmons 246-2166
tandemx1@grics.net

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 208-5662
justin.mcwhirter@gmail.com

IVW Website:

<http://www.ivwheelmn.org>

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.

Scenic Peoria County Route

Location: Peoria County; Peoria; Nelson Sprinkler Factory
 1 Sprinkler Lane, Peoria, IL 61615

Location Note: Please park near the North side of the main employee parking lot.
 Do not park in the lot used for semi truck trailers!

Distance: 30 Miles

Terrain: Moderate route with rolling hills – flat at the end

Features: Nice rural ride – passing through the scenic Jubilee College Park along the way. Jubilee does offer opportunities for filling up water bottles or using the bathroom.

Internet Link to Ride Map

<http://www.mapmyride.com/ride/united-states/il/peoria/355048381>

Why this ride is a favorite: This was one of the first routes I discovered after moving to Peoria in 2001. The route is only 30 miles long, but in that short distance you have opportunities to climb hills, time trial, and even cruise along looking at the scenery.

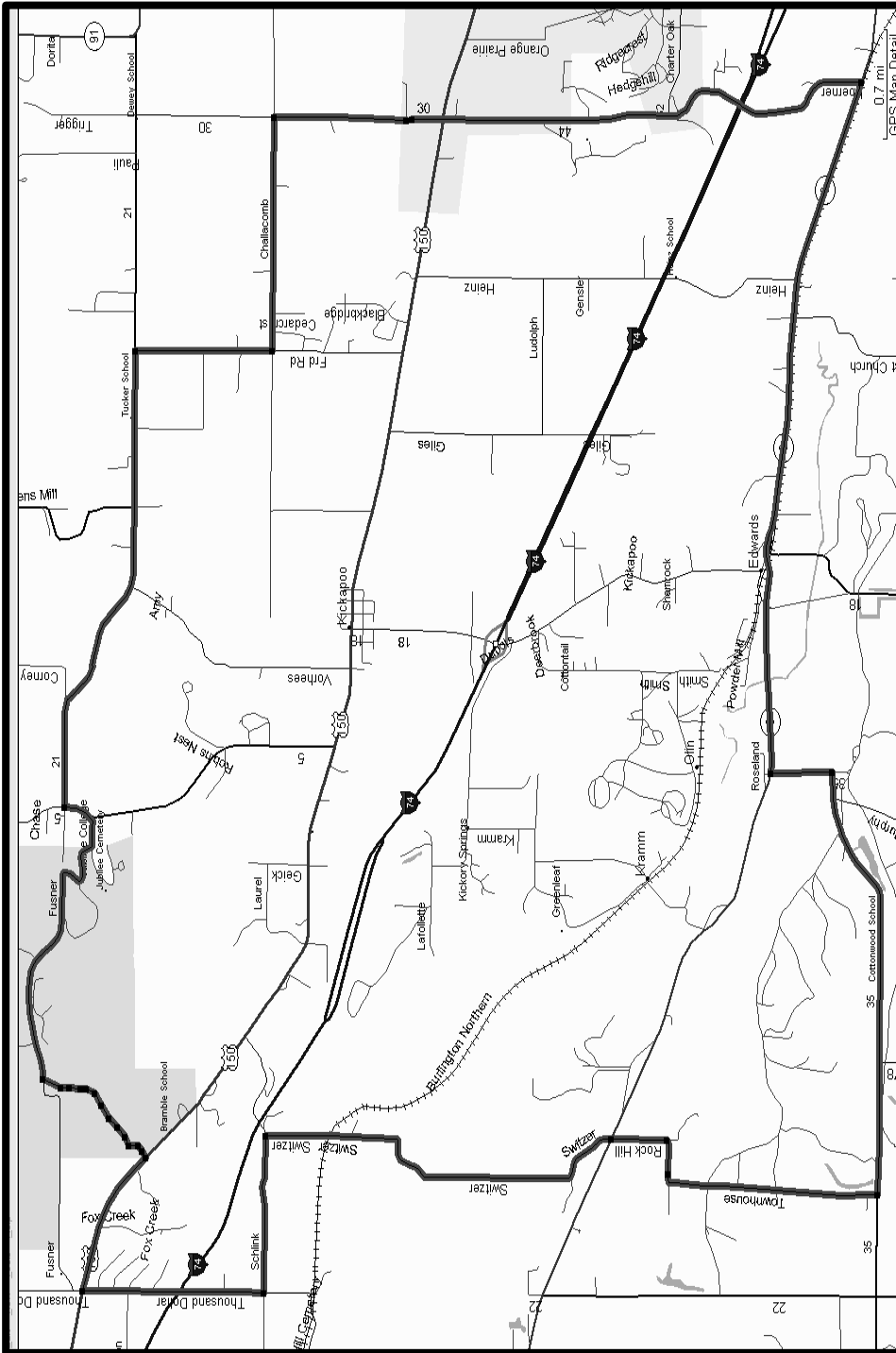
Submitted by: Michael Honnold, IVW & PiBC

Description: Scenic Peoria County Ride	Starting Point: Nelson's Sprinkler Factory
Length: 30 Miles	Difficulty: Numerous rolling/steep hills w/ flats

b/c.....becomes	POI.....Point of Interest	SS.....Stop Sign	TRO.....To Remain On
BL.....Bear Left	R.....Right Turn	ST.....Straight Thru	UM.....Unmarked
BR.....Bear Right	RL.....Right then immediate Left	T.....Intersection	X.....Cross
L.....Left	LR.....Left then immediate right	TL.....Traffic Light	Y.....Y Intersection

Go	ACT	DESCRIPTION	Cum Miles	Go	ACT	DESCRIPTION	Cum Miles
0.00	R	Turn Right out of Sprinkler Drive onto N. Trigger Rd.	0.00	2.82	BL	Continue toward the left on Cottonwood	21.40
1.15	L	West on Challacomb Road	1.15	0.45	R	East on Route 8 (busy road - SINGLE FILE)	21.86
1.50	R	North on Ford Road	2.65	4.55	L	North on Koerner-Trigger Road	26.41
1.02	L	West on Grange Hall Road	3.67	3.29	X	Caution - cross Route 150 - BE CAREFUL!!	29.70
3.10	L	South on Princeville-Jubilee Road	6.77	0.10	R	Arrive back at Nelson's	29.80
0.23	R	West on Jubilee College Road (enter park)	7.00				
0.19	R	North on Fussner Road (dangerous hill here)	7.19				
0.28	BR	Follow Northerly section of circular road in Park	7.48				
2.50	ST	Follow remaining Fussner road out of park to 150	9.98				
	R	West on U.S. Route 150	9.98				
	POI	Strange Rock house on R.H side of 150	9.98				
1.15	L	South on Thousand Dollar Road	11.13				
1.35	L	East on Schlink Road	12.48				
1.01	R	South on Switzer Road	13.49				
0.48	X	Caution Railroad Tracks and STEEP hill	13.96				
2.37	X	Caution - Cross Route 8 - can be busy at times	16.33				
		Road becomes Townhouse Road	16.33				
2.25	L	East on Cottonwood Road	18.58				

ROUTE MAP EXAMPLE



ROUTE GUIDELINES

(by Michael Honnold)

1. All routes must be composed of one loop only for simplicity & publishing reasons. If we start trying to convey more than one way home from a single route ride, it will be impossible to translate the information to a cue sheet. For all routes submitted with more than one loop, the route will be edited to include the longest loop possible - shortcuts will be taken out.
2. Electronic submissions for this project will be the easiest and fastest way for me to format it into our standard book form. Below is a list of websites and software programs I will be able to accept: www.mapmyride.com; Microsoft Streets and Trips; Garmin Map Source; Delorme Topo USA; Delorme Street Atlas USA; www.gmap-odometer.com. If a paper copy is the only way a route can be submitted, I recommend copying a page out of a county/state gazetteer, and highlighting the route with a dark-colored marker. Finally, if you do not have access to a detailed paper map, make a list of the starting location, specific turns, and the ending location.
3. If similar routes are turned in by different people, a "best-fit" combination of both routes will be created, and both persons will be credited for the submission.
4. Likewise, if identical routes are turned in by different people, both will be given credit for the route.

5. Before each route is given a final OK for the book, it will be reviewed by our official map checker, Bill Clark, and the original submitter(s).

6. Rides **MUST** have a starting location in either Bureau, Peoria, Tazewell, or Woodford counties. During the course of the ride, a route may travel outside of these boundaries, but must be limited to around 50 miles. For obvious reasons, a ride may go a little over 50 miles, such as to get to a town stopping location, or tourist spot. However, due to the paper size (6X9") of our book, rides over 50 miles may not fit into the allotted space, and still be easy for a cyclist to understand.

To submit your route or if you have any questions, please contact Michael Honnold at cannondale_25@juno.com.

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

