



ILLINOIS VALLEY **WHEELM'N**



March 2008

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



PREZ SEZ: The club is making great progress on the "Favorite Routes & Recipes" book. The more input we receive from our members, the better the end product will be. Mike Honnold has put in many hours already by establishing guidelines (see February newsletter), inputting his own routes with cue sheets, and finalizing routes/cue sheets submitted by IVW members.

Remember the first step to submitting a route is to input the information into www.mapmyride.com.

We are about 1/3 of the way to our goal of 50 maps with the following routes:

- Big Bovine Route – 55 miles – Rich Giebelhausen
- Brimfield Oak Run Route – 47 miles – Herb Unkrich
- Clydesdale Route – 21 miles – Kathy John
- East Peoria / South Pekin Route – 43 miles – Mike Honnold
- Pedal Peoria History Route – 11 miles – Sheldon Schafer
- Peoria-Brimfield-Elmwood Route – 49 miles – Mike Honnold
- Peoria-Glasford Route – 54 miles – Mike Honnold
- Route to Nowhere – 54 miles – Regina Walk
- Sand Ridge / Manito Route – 54 miles – Fred Smiser
- Scenic Peoria County Route – 30 miles – Mike Honnold
- Tanner's Orchard Route – 44 miles – Steve Kurt
- Washington Loop – 23 miles – Rich Giebelhausen
- Washington to Goodfield Loop – 28 miles - Ron Anderson
- Weaveridge North to County Line – 40 miles – Steve Alfred
- Wrecking Crew Chilli. Route – 25 miles – Melissa McClure

Dennis Sans has put lots of time and effort in the artwork for this book, as you can see by the copy of the cover on the right of this page. The same art will be modified for the 2008 No Baloney technical shirt. Isn't it great to have such talents like Mike and Dennis in the club?

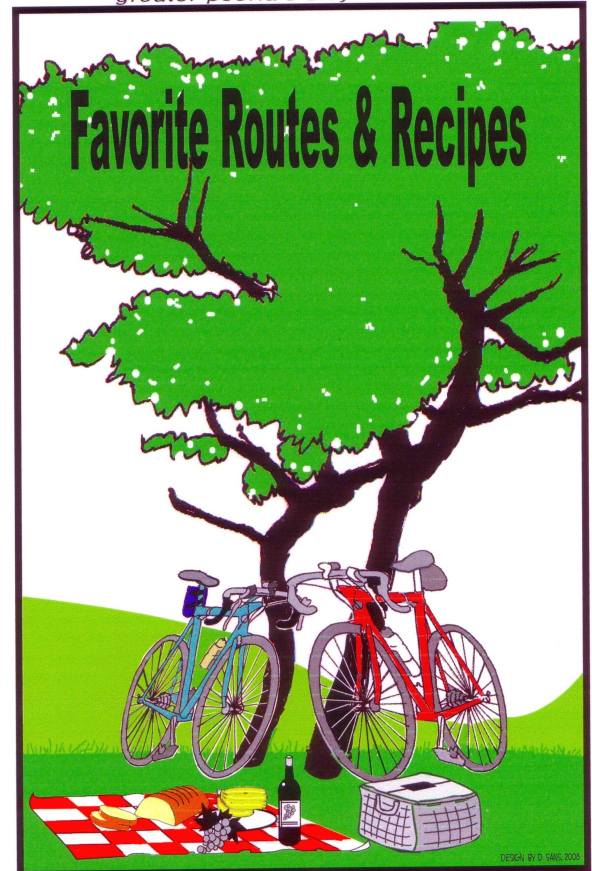
Instructions on how to submit your recipes are on page 4 of this newsletter issue.

Additionally, we are looking for sponsors for the book. IVW members can be sponsors with a \$10 donation. Sponsors will be listed in the front section of the book. Businesses can also be a sponsor as well as an advertiser. Ads can be purchased as follows: \$25 for ¼ page logo or business card ad, \$35 for ½ page ad or \$50 for full page ad.

Please assist with this book in any way you can. We need routes, recipes, sponsors or members willing to market the book to sponsors. We have a limited number of sample booklets of "Favorite Routes & Recipes" to show to potential advertisers. These sample booklets have the cover, binding, 3 routes, and advertising suggestions.

Again, please get involved in this project and help make it a success for the club. It will be a great reference book for our members as well as for fellow cyclists wanting to ride in the tri-county area.

ILLINOIS VALLEY **WHEELM'N** greater peoria's bicycle club



SUPPORT YOUR CLUB WEBSITE!

Log on often and tell your friends to do the same.

<http://www.ivwheelmn.org>

And Don't Forget to Sign Up for the Email List to Stay Informed!

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.

Wednesday Night Ride Leader: Dirk McGuire

Dirk McGuire took up biking in 1991 after he quit smoking. He said he needed to do “something for the lungs. And I’m not built for running.”

He does appear to be built for biking. His first year as a cyclist, he entered the MS 150, riding 150 miles over two days -- on a mountain bike.

“That was a really bad idea,” he said, acknowledging “it took a while to decide” just to get back on the bike. He did when his legs quit hurting. Sixteen years later, Dirk is still biking. He said he enjoys “the opportunity to see something” while exercising and also likes to fish and hunt.

For the last decade, McGuire has led the popular East Peoria Level 2 ride on Wednesday nights. The past season was the best, with 12 to 15 showing up routinely for the fast-paced ride, he said. The presence of two Brits and a Hispanic gave Wednesdays an international flare. When one of the men had to return to England, he invited the local bikers to his going-away party.

For the last couple of years, McGuire has been riding a recumbent, for the comfort. His wife, Michelle, also bikes, and the two have a recumbent tandem. He says a recumbent uses different muscles, “higher up in your hips” than a traditional bike, but is no more difficult.

Born and raised in Deer Creek, McGuire lives in East Peoria, where he works for the city water department. He’s responsible for testing the water and adding the right mix of chemicals to keep it safe to consume. He is the father of two adult daughters.

(Profile provided by our official writer, Barb Drake)



HIKE & BIKE

IVW had 13 people and one dog (pictures on the left) attending the winter hike on January 20. The group gathered at the home of Bill & Marge Semmens and then carpooled to the north end of Robinson Park where they hiked about 5 miles. Even though the temps were cold, the group stayed comfortable hiking through the woods. If you haven't discovered Robinson Park, you should check it out. There is easy access off Mossville Road at the north end of Peoria. Or you can also get there from the Oakbrook subdivision, off Knoxville.

The hikers took a trail that went down into a creek valley and back up again and also hiked most of the trail to Camp Wauconda. After about an hour and a half hike, the group returned to the Semmens' house for a potluck supper of some great soups provided by Kathy John, Vickie Padesky, Sarah Emmons and Marge Semmens. Other members of the club provided salads and desserts. Some in the group stayed after supper for a fast round of Hoopla.

Big thanks to the Emmons for planning the event and the Semmens for hosting it.

Welcome New IVW Member:

FERREIRA, ANSELMO.....DUNLAP

Thanks to Renewing Members:

DAGGS, STEVE.....WASHINGTON^

EVERTS, CHRIS, MARGUERITE & FAMILY.....PEORIA

GIEBELHAUSEN, RICH & PEG.....MORTON^

GRIBBLE, SHEILA.....DUNLAP

HALLOCK, STEVE & CAROL.....PEORIA

HANSEN, CELESTE.....PEORIA

HANSEN, SHEILA & REID.....PEORIA*^

HONNOLD, MICHAEL & KATRINA.....PEORIA

HUTCHISON, ERIC.....PEORIA*

LEVENE, JILL S.....WEST PEORIA

MC WHIRTER, JUSTIN.....PALATINE

MOYER, ELSIE C.....HANNA CITY

PERRILL, MEL.....PEKIN

SIMKINS, LINDA.....PEORIA

THOMAS, DALE, KATEY & FAMILY.....PEKIN^

VENTURI, DOROTHY.....FARMINGTON

WONG, SHAI & LILIANA.....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

IVW CHAIRPERSONS

PRESIDENT:

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runners2@npoint.net

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IVW Website:

<http://www.ivwheelmn.org>



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).



YOGA FOR CYCLISTS

Interested?

A yoga class for cyclist will be offered in April (possibly on Thursday nights - 7:15-8:15 p.m.) at the **Franciscan Center** in West Peoria.

The classes are set up as a drop in for \$3.50 per class or as a 12-class punch card for \$36.

Signup is not required. You can come whenever you want and pay only when you attend the class.

For additional information, please contact Jill Levene at jillseiler@sbcglobal.net.

How to Submit Recipes

We need everyone to submit at least one recipe so that we have a large variety for this book. So, please take the time to type up a recipe by using the instructions below.

You can also add the reason why you selected the recipe – especially if you can tie it back to the club, cycling or fitness – but it could also be a favorite family recipe.

Sample remarks of a reason for using a recipe could be:

“I make these bars the night before a long ride. Two or three of these bars fit perfectly in a zip lock and are great for refueling during the ‘Bovine Route’.”

1. Go to www.gatebook.com
2. Half way down the first page, on the right hand side, there is a button that says "Already Registered?" Click on this button.
3. Under "General Users", the word "here" is highlighted. Click on this word.
4. The username is "IVW" and the password is "Cookbook".
5. Now you are in! You can add, delete or modify recipes from this screen.
6. Fill out all the information boxes and don't forget to add your name as the author after the recipe title.

Please submit your recipes within the next few weeks.



FACEBOOK?



Not sure how many of you are on Facebook, but I've started a Group titled, "Peoria Cycling Community". Hopefully this will bring together those involved in IVW, Proctor, and PAMBA. I am not sure what the group will be used for, but I see rides being planned, equipment issues being discussed, etc. It will also be a new way to "recruit" riders into the various clubs who are moving to Peoria to work for Caterpillar or attend Bradley.

If you are a member of Facebook, feel free to join.

Michael Honnold



Earth Day Ride

The first ride of the **Pedal Peoria 2008** Program is the **Earth Day Ride** on **April 20th**. Please save the date. The flyer with all Pedal Peoria rides will be included in the April issue.

Interplanetary Bicycle Ride

Also, make a note that the **Interplanetary Bicycle Ride** has been moved to **June 21 & 22**. Follow the routes of interplanetary explorers through the world's largest complete model of the Solar System.



Loss of a great bicycle mentor and friend, Sheldon Brown

Sheldon Brown died of a massive heart attack on February 4, 2008. He knew more about bicycles than anyone else and was always happy to share his knowledge with everyone.

To learn more about him and his legacy, go to <http://www.sheldonbrown.com>

ILLINOIS VALLEY WHEELM'N – Spring, 2008 Rides Schedule

****NOTE: Closely view departure dates and times!**

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@insightbb.com co-lead this ride out of Morton starting **April 7th**. 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) will lead this ride departing from Dunlap Grade School starting **May 5th** at 5:30 p.m. Effective June 2nd departure changes to 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: ?????????????????? leads this popular ride from the Dunlap Grade School at 5:30 p.m. starting **May 5th**. 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 10:00 a.m. during **March**. Mileage 25-40. Contact Laurie Wilbur (446-9367) rcwilbur@gmail.com for more information.

Tuesday "Kinder Gentler" Level II: Pam Hoehne (681-0206) will lead 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 starting **April 8th**. Effective May 6th departure changes to 6:00 p.m. 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) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School departing at 5:30 p.m. beginning **April 8th**. Starting May 6th the ride will depart at 6:00 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!

Tuesday Dunlap Show and Go Level IV: 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.

Wednesday Dunlap Beginner: David Schenk (691-1339) dschenk@bradley.edu is the leader for this ride from the Dunlap Grade School departing at 5:45 p.m. all summer beginning **May 7th**. Ride distance will be 15 miles early in the season. Prepare to be able to ride 1 ½ hours. The group will ride together. No one will be left behind.

Wednesday East Peoria Level II: Dirk McGuire (699-8482) dirkbike1@insightbb.com will lead this ride from the Pleasant Hill Head Start School (across from the antique mall) beginning **April 2nd** 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 Level I and II: Departs from Russell's Cycle and Fitness at 6:00 p.m. beginning **April 10th**. The ride will begin as a Level I traveling 10 miles. The group will increase mileage and speed to a Level II by June. This ride is for those wishing to increase speed and distance. Contact Rob or Cindy Alexander (444-3297 or 231-2190).

MARGARITAS & TACOS

Our March social will be on **March 14th at 5:30 p.m.** at the American Legion Hall in Lacon, IL. The hall is located at the foot of the Lacon bridge at 110 4th Street. The hall offers a full bar, but tacos are the only type of food served this date, but are great and inexpensive. Our favorite drink with tacos is their large margarita. Sarah plans on bringing a cake for dessert. Bowling at the Lacon alley will be an optional activity for those who want; others can just stay at the hall and visit.



Call Sarah Emmons at 246-2166 or 238-3420 for additional information.



ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ Birthdate _____
(please print clearly)

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

E-mail 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 (\$10) \$ _____
household (\$12) \$ _____

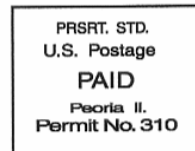
Voluntary advocacy contribution:
(\$5, \$10, \$15, other) \$ _____

Total enclosed \$ _____

DISCLAIMER: In signing this form, I understand and agree to absolve the officers and members of the Illinois Valley Wheelm'n Bicycle 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 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



**When does your annual membership expire?
Check the date on the upper right corner of your mailing label.**

