

ILLINOIS VALLEY WHEELM'N



April 2008

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



PREZ SEZ: Yes, I'm still on the same topic as the last two issues – the Routes and Recipes book. It is truly going to be a keepsake as well as a reference book. You'll enjoy the "Items of Interest" section on the route description page. It gives a bit of history or interesting facts about one or two landmarks along each route provided by a website or the IVW member.

Here's an update:

Routes: We now have more than half of the routes of the original goal of 50 with 28 routes submitted! If you've been thinking about submitting a route, please stop thinking and act on it now by putting the map together on www.mapmyride.com and then contact Mike Honnold at cannodale_25@juno.com with the rest of the information needed. You only have this and the next month to get your route published – deadline is on or before June 1.

Recipes: Those are even easier to submit than the routes, but we only have 24 recipes submitted. We have around 250 cyclists in the club and if all submitted just one, we'd have plenty of recipes. We want two of your recipes, in order to receive a nice variety. If you need instructions, they were in the February newsletter. If you don't have your February newsletter, remember you can go on line to our website and print the information: www.ivwheelmn.org. If you have any questions or need help with this or want me to e-mail the instructions, feel free to contact me at runners2@npoint.net. If you don't have a computer, mail your recipe to me at the IVW address. I'll enter it for you. Recipes must be submitted on or before June 1.

Book orders: Now, these books will definitely sell fast. We plan to have these printed and ready at the No Baloney Ride – September 20. If you want to guarantee that you will receive a book or two, please send your \$15 dollars for each book to the IVW address. Then, when we get the shipment, we'll set aside your books. They can then be picked up at the No Baloney Ride, or you can arrange to pick them up at another club event (after No Baloney).

Sponsors: If you want to be a book sponsor or place a statement in the book – such as in memory of another cyclist – we can list your name and statement (60 characters or less on a line) for \$10. We will then have a page or two of Routes and Recipes book sponsors. Plus several of the bike shops and other businesses have purchased ads with most buying full-page color advertisements.

Participate: Please contribute to this project, as it helps financially support our club. For this to be successful, we need those additional routes and recipes. It's important to remember that clubs can't operate on just a few members. If everyone gets involved and makes a small contribution of time, it makes everyone feel it's worth belonging.

IVW and the National Event "Ride of Silence" Wednesday, May 21

This is the 3rd year the Wheelm'n Club will be on the national calendar of the Ride for Silence.

The group will meet at 6:45 PM at Dunlap Grade School. The 10 mile ride will start promptly and silently at 7:00 PM.

Why is your participation in this event important?

1. To mourn those who have gone before us killed or injured by motorists while cycling.
2. To raise awareness of cyclists on the roads, which we have a legal right to use.
3. To raise awareness of the motorists' legal obligation to share the road with pedestrians in general.
4. To let motorists know how badly their lives can be affected if they kill or injure a cyclist.

Check the rules of the ride on the website www.rideofsilence.org.

As a reminder, all cyclists participating in The Ride of Silence should wear a **BLACK** arm band to show support to this cause.

Riders who have personally survived being hit by a motorist should wear a **RED** arm band.

Black arm bands from last year's ride will be available to those who need one.

Please, mark your calendar and join us in this important event!

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.

Tribute of Remembrance to David Schenk



As philosophies for living go, David Schenk's approach to cycling works pretty well.

In an interview for this newsletter a couple of months before his untimely death on Feb. 29, David complained that most cyclists think too much about how fast they are going and how far they can ride – when they should be thinking about having fun.

“I like to emphasize that cycling is fun,” he said. Bikers who have fun are more likely to keep riding.

Long after they'd advanced beyond the beginning stage cyclists kept coming to the Wednesday night beginner rides David led for the Wheelm'n. Lou McMurray explains why in six well-chosen words: “Riding with David was pure joy.”

Karen Kendall recalls heading out with David's group when she was “a rank beginner and David was very encouraging and helpful. He helped me develop confidence... He was both relaxed and attentive at the same time. He made the rides great fun. He joked and teased and kept me on my toes... Even after I was no longer a beginner, I wouldn't have missed his rides for anything.”

Like Karen, Kevin Thornberry says he “loved riding with David” and did so for years. “He always wore a bandanna (on his head) and for the longest time I thought he was some 30-year-old kid wearing out us older riders. Then I found out that he was even older than me.”

Lou first met David in 2005 when they showed up at the same time for the Black Partridge Ride. “Ceaseless conversations about family, jobs and biking experiences made the ride extremely enjoyable,” Lou says.

And a good thing, too, because they got lost. By the time they found their way back to the park, the 50-mile loop had grown to 65 and Lou had joined David's fan club. Many Wednesday nights David led and Lou trailed to make sure no beginner was left behind.

Several club members commented that David was an excellent biker, Level 2 or 3, easily capable of outriding his companions. He didn't care. Laurie Wilbur, rides chairman, says he told her “how much he enjoyed leading the beginner ride.” For a number of years he biked to work at Bradley University, where he was executive director of communications and engineering support. Both WTVP-TV, where he was a vice president, and WCBU Radio, where he was chief engineer, aired tributes of remembrance.

“All I can tell you is that David was a soft-spoken guy who was clearly eager to help the beginner riders and enjoyed being around us,” says Liliana Wong. She vividly remembers the picnic celebration he organized at the end of the 2006 season. “It was a beautiful afternoon. He prepared a delicious homemade hummus, brought bread and one or two bottles of wine. A few of us brought some dishes to complement the feast. It was all very simple but very luxurious at the same time because of the closeness and the way everything came together... One could clearly tell he truly enjoyed being there for us and with us.”

Cycling was not David's only sport. He enjoyed golf and racquetball, was a licensed youth soccer referee, and was preparing for a triathlon when he learned he had cancer. But his treatments went well and were nearly over, so he committed to another year as ride leader. “He was really looking forward to starting this again, to the weather breaking,” says his wife, Donna Goelz. His death was a shock because it came so unexpectedly and because severe, undetected heart disease, not cancer, appears to be the explanation. He was just 50 years old.

Besides his wife, David's two children survive him. Calvin is a Bradley freshman, and Anna a Richwoods High School freshman. David also leaves behind a fond group of cycling buddies who, as Kevin Thornberry put it, “cannot bear the thought of rides without him.”

Donna says he would want them to keep going. “He would really encourage everybody to be active.”

David's family has asked that contributions in his memory go to WTVP-TV.

Good Bye, David. You will be missed.

(By Barb Drake)



Spring Breakout Ride
April 12 at 9:00 a.m.

Grand Reopening
April 19 ~ 9 a.m. – 4 p.m.

We invite you to visit our newly-redesigned store during our grand re-opening special event on Saturday, April 19th. You'll be greeted with a sparkling new showroom, and the same friendly faces and top-notch service you've come to expect from Russell's!

Come check out all the '08 models of bikes and fitness equipment in our improved and expanded displays.

What better way to spend your Saturday than at Russell's Cycling & Fitness with friends, family, food and **GREAT SALE PRICES!** Mark your calendar now!

**IVW members receive 20% off
regular priced parts and labor.**



10 Valley Forge Plaza, Washington, IL 61571

(309) 444-2098

www.russellsfitness.com

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Thank you to all my bicycling friends that sent me cards for my February birthday.

It is always nice to be remembered.

See you all in the Spring.

Edith Albright

“Bike to Work Week” May 12-16 Proclamation

On April 22 at the City Council Meeting, Mayor Jim Ardis will proclaimate the *Bike to Work Week*. We encourage IVW members to attend this event. The signed document will be presented by the mayor to an IVW board member representing our club at 6:30 p.m. It is acceptable to arrive at 6:15 p.m. and leave immediately after this section of the council meeting. The meeting is held at the City Hall on 419 Fulton Street, Peoria.



“Out-of-the-box” Tour: Bicycling in Cedar Falls, Iowa

With Barb Drake & Cora Lynn Green



Bored with the same old cornfields and pumpkin patches? This biking season Cora Lynn Green and Barb Drake again will lead rides that promise a change of pace and scenery.

These rides are highlights:

April 18, Constitution Trail in Bloomington. The 25-mile ride will depart at 10 a.m. from the parking lot near the bike trail on Raab Road. Take I-74 to I-55 north to the Main Street exit toward ISU. Go right on Main, left on Raab (first traffic light). Cross the bike trail, then turn right into the parking lot. Call Cora Lynn or Barb if you intend to go.

“Hello To Spring” Ride on the Great River Trail, May 3. The route paralleling the Mississippi River features quaint towns, pretty gardens and awe-inspiring views of the Mississippi River. Lunch will be at the Captain’s Table. Distance will be 35-50 miles, depending on whether you choose to ride after lunch. The ride begins at 9:30 a.m. at the Illiniwek Forest Preserve Campground, just north of Hampton and south of I-80. (Take the last exit off I-80, and go 2.5 miles south on Rt. 84.) Or meet at Barb’s at 7:30 and we can buddy-up for the drive. Let her know if you plan to take part.



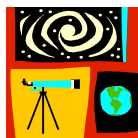
OUT OF TOWN RIDES

April 20, Sunday - Easter Ride - University Park, Illinois. Ride Lengths are 16, 50, and 68 miles. Organized by Folks on Spokes. Get more information at www.Active.com

May 17, Saturday - Beautiful Southern Ride. Starts at Carbondale with a breakfast given by Rotary Club. Organized by Carbondale Bicycle Club. To get more information, email beautifulsouthernride@gmail.com, call 618-529-3307, or go to www.carbondalebreakfastrotary.org/bikeride.html.

May 18, Sunday - Arlington 500 Bicycle Ride. Starts at Barrington, IL. Ride lengths are 30, 44, 54 and 68 miles. Get more information at www.cyclclearlington.com.

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



Interplanetary Bicycle Ride

Remember, 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.

Volunteers are needed. Please call Sheldon Schafer (686-7000) or email him at sschafer@lakeview-museum.org if you would like to help.



Join us for our annual Spring Breakout Ride on Saturday, April 12, 2008 at 9:00 a.m. We will start at Russell's Cycle and Fitness in Washington. The Beginner/Level 1 Ride will be about 20 miles with a meal stop led by Rob Alexander. We will also offer a Level 2 Ride traveling 30 miles led by Gary Jacob. All levels are welcome. For further information, contact Laurie Wilbur (309) 446-9367.

Also, Russell's Cycle and Fitness has invited us in for snacks and drinks.

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 9:30 a.m. during April. 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: This ride from the Dunlap Grade School will begin 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. Interested in leading? Contact Laurie Wilbur (446-9367).

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).

Friday Chillicothe Level I – Family Ride: Jim & Sarah Emmons (246-2166 or 238-3420) tandemx1@grics.net will lead this ride from the Pearce Center. The ride will begin May 2nd at 5:30 p.m. all summer. Ride distance will begin in the 20 mile range and increase over the summer. No one will be left behind. Join the Emmons for dinner at the local restaurant after 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.

Daytime Thursday Rides Level I and II: Laurie Wilbur (446-9367) rcwilbur@gmail.com organizes these rides. All rides will depart at 9:30 a.m. in April.

April 3, 2008: Departs from Brimfield Park on South Galena Street. The park is two blocks south of Rte. 150. Turn south at the library. Distance 25-30 miles with a lunch stop. Leader: Laurie Wilbur.

April 10, 2008 – Herb's Ride: Departs from Brimfield Park. Refer to directions above on 4/3/08. Distance 25-30 miles with a lunch stop. Leader: Herb Unkrich (673-1074) bluebirdherb@yahoo.com.

April 17, 2008 – Edith's Ride: 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) talbrigte@mtco.com.

April 24, 2008 – Tom's Ride: Departs from the VFW Hall in Pekin, 2 miles south of the Pekin Hospital on the corner of 14th St. and the VFW Road. Distance 30-35 miles with a lunch stop. Tom Dorigatti (347-2844) dorigat@insightbb.com.

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:
<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 weather.
11. Riders should arrive in time to be ready to ride at the start time.

Group Ride Etiquette

Communicate: Communication is the key to safe group rides. Because roads are full of traffic and hazards, and because visibility is limited when riding in a group, it's important to warn others about hazards and to remain alert at all times to the warnings shouted and pointed out. Warnings you are likely to hear:

- **Car back:** there's a car approaching the group from the rear
- **Car up:** car approaching from the front
- **Car right (or left):** a car's approaching on a cross street
- **Stopping:** the group is stopping for a stop sign or light
- **Walker up:** there's a pedestrian on the road ahead
- **Gravel, Sand, Glass or Hole:** there's a road hazard ahead

Ride Smart to Stay Safe:

Group-ride dynamics are interesting and ever-changing. As the pace and terrain changes, the pack stretches and compresses. The latter can cause some very tight quarters and even an occasional crash. In order to ride safely it's important to ride smoothly and avoid hard braking as much as possible. In fact, even light braking or swerving by someone in front can have a ripple effect and cause problems at the rear of the pack. Inexperienced riders who panic and touch a wheel may crash. Never fear! You can avoid problems by practicing these simple rules:

1. **Stay alert at all times.** Never assume that it's safe. Keep "reading" the dynamics of the group and always leave yourself an out by keeping an opening on one side that you can escape through if there's a crash or obstacle you have to avoid.
2. **Hold your line.** This means swerving as little as possible. If you need to move left or right, do so gradually after checking the area for other riders and pointing out your move to make your fellow riders aware of your intentions. If you notice that someone is swerving, he's probably tired or inexperienced. Stay away from him!
3. **Don't overlap wheels.** Overlapping is putting your front wheel next to someone's rear wheel. This is asking for trouble, because if they move, they'll bump your front wheel knocking you down. Try to always be behind the bike(s) in front unless you're passing.
4. **Don't look back!** Looking back causes even skilled riders to swerve, which can cause a crash.
5. **Relax!** Use a relaxed grip on the handlebars, keep your shoulders down (not up against your neck) and bring your elbows down so that they're slightly bent. These steps will help you stay relaxed, which allows quicker reacting time and prevents tension in the neck and shoulders that can lead to fatigue and sloppy riding.
6. **Focus on the rider(s) ahead.** Don't make the common mistake of focusing on the back wheel in front of you. Look up at the shoulders of the riders ahead and occasionally look at the road ahead and the riders up front so you can see what's going on and be prepared for sudden changes.
7. **Don't brake unless absolutely necessary.** If you must brake, do so lightly to scrub off a little speed. You can also slow down by sitting upright and catching more wind in your chest.
8. **Warn others of hazards.** Keep on the lookout for things that could cause problems and shout out a warning or point out the hazard.
9. **Pass carefully.** Sometimes you'll see the riders ahead starting to accelerate and you'll want to jump up to them. Be careful! Make sure you're not going to get cut off or cut someone else off. Usually, a moment's hesitation is all it takes to make the move safely. Do not pass on the right.
10. **If you get tired, move to the rear.** Fatigue causes dangerous riding, so it's safer to go to the back of the group than to be in the middle of the action. Don't just swerve and slow, though! Tell those around you that you're dropping back so it's a safe move.
11. **Wear a bike helmet.** We know that's not part of bike group etiquette, but we decided to add it anyway. We want you safe so you can come back again for another group ride!

(edited from the "Monthly Meanders" March newsletter which was an edited article from wheelsprocket.com)

Welcome New Members

ARNOLD, JACK C.....PEORIA
SAAL, TOM.....PEORIA

Thanks to Renewing Members:

ALLEN, TIM.....LACON*
ANTRAM, JOHN.....MORTON
DOUGLAS, RON & PAULA.....PEORIA^
EMBREE, BILL.....ST. DAVID^
GALBREATH, JOHN, JAN & FAMILY...PEORIA^*
GODFREY, ROLLA P.....TOULON
JOSLIN, MIKE.....PEORIA^
LAGODA, AL & ELAINE.....MAPLETON
MC COY, ROB & MAGGIE.....PEORIA^
MC GARVEY, KEN.....DUNLAP
MC GOVERN, PAT & CHERYL.....VARNA
MC GUIRE, DIRK & MICHELLE...EAST PEORIA
ROMANOWSKI, TOM & CAROL.....PEORIA
SIECK, CHARLIE & JANE.....DUNLAP^
SMISER, FRED B & MARILYN K.....PEKIN
STASH, FRANK.....PEORIA
TERRY, MICHAEL & EMILY
.....MARQUETTE HTS^*
VOEGELI, TOM.....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



Rome Bound Princeville Ride Leader: Monsignor Richard Soseman

Congratulations to Msgr. Soseman, who has accepted an appointment to the Congregation for the Clergy at the Vatican in Rome, Italy. What an honor!

Msgr. Soseman has been leading weekend bike rides after Mass from St. Mary of the Woods Catholic Church for the past few years, creatively named the "Tour de Princeville".

He is the youngest of 8, and his grandfather on his mother's side was Belgian, "so in some ways I come by biking naturally", he explained. He recalled the ancient "English Racer" in the garage with no brakes, probably from the teens or twenties.

As a young boy, he received his first bike for his First Holy Communion. "It was a green Schwinn with a banana seat, very 1970, but sturdy and comfortable.

The next summer, I was visiting my aunt in Danville, and we stenciled my name onto a bright orange pennant on a long pole, which mounted on the back wheel. I was set for several years. In 6th grade, I got a John Deere Bike for Christmas. I always cycled, but started avidly again around 2006." He presently rides a Trek 5200 which he has shipped to Rome.

The Tuesday night rides got him involved with the IVW. He would often start up front with the faster group, and sometimes fall back, but not always. This was prior to the kinder, gentler ride. "As I got busier, and my bike got heavier and heavier (I just don't understand how a bike could add 50 lbs.) I fell further back in the pack. The "Kinder, Gentler" group was really good to be associated with!"

Not only is Msgr. Soseman an enthusiastic rider, he loves watching competitive cycling too. While in Spain in 2002, he had the opportunity to "hang around" four stages of the Vuelta. He explained the Vuelta is a great race for fans because you have direct access to the pro cyclists

who are gathered by their team buses warming up.

In Cordoba, he was observing as the cyclists were riding up and down the road chatting as they cooled down. A young kid shouted out to them, "Give me your glass, please!" Msgr. Soseman figured out what he was trying to say. He corrected him, and the boy began shouting to the passing cyclists, "give me your glasses please!" but no one parted with their Rudy Project shades. In 2005, he was able to see three stages of the Tour de France with the impressive Pyrenees in the background.

His passion for cycling also extends to collecting posters. He has cycling posters of Tyler Hamilton, Lance Armstrong, and other greats. His posters, magazines, and Tour de France videos have been part of the decor at the Princeville rest stop during the No Baloney. St. Mary of the Woods has generously allowed the IVW to use the church hall for a food stop for many years.

Msgr. Soseman studied at Marquette University for his undergraduate and graduate degrees. He attended Mount Saint Mary's in Emmitsburg, MD for seminary which is in the foothills of the Catoctin Mountains. ("It was great fun cycling there.") He spent his first year or ordination at St. Mary's in Moline, and then he was sent to Rome for two years. Since returning in 1995, he was involved at the Tribunal, and served for two years at St. Joseph's Home. In 1998, he was assigned to St. Mary of the Woods in Princeville. He has continued his work at the Tribunal, and as Mission Director, and recently with the investigation to see if Fulton Sheen might be a saint someday.

Early this winter, Msgr. Soseman was asked to come to Rome to work. He will return to Princeville for Holy Week, and he will move to Rome permanently in April.

His new mailing address: Via della Nocetta 63
00164 Rome, Italy

For drop by visits at the Congregation, it is the office building to the right as you face St. Peter's Square.

An Open house will be held for Monsignor Soseman on Sunday, April 6 from 2:00-5:00 p.m. in St. Mary of the Woods Parish Hall on 119 Saint Mary Street – Princeville, IL 61559

Farewell & Best Wishes Msgr. Soseman.

Farewell



Trek changes the rules again with a new benchmark for total performance. Compared to it, everything else is history.

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Corner of War Memorial and Prospect
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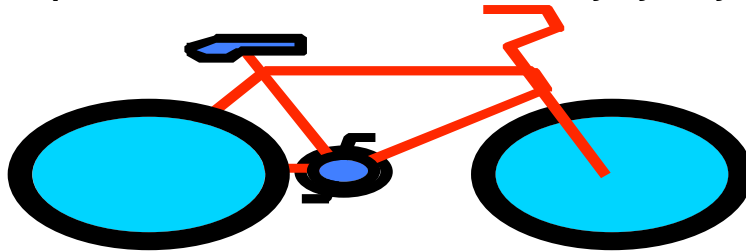
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Pedal Peoria 2008

Explore Peoria's Art, Science & History by Bicycle



Sponsored by the Illinois Valley Wheelm'n & Lakeview Museum of Arts & Sciences

Selected Rides co-sponsored by the Peoria Historical Society[†]

All rides are designed for the casual rider, 13 - 15 miles (one steep hill)

Approximately 2 hours starting at 6 pm (Except April 20, June 22, July 5)

All are welcome! No fee or registration

- April 20** **Earth Day Ride** - Starts at Lakeview Museum east parking lot **2:00 p.m.**
Highlights: Celebrate Earth Day, visiting the urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale Prairie section, Pimetoui Trail to the Riverfront Trail, and back through Glen Oak to Lakeview Park.
- May 15** **East Peoria Trail & Fon du Lac Ride** - Starts at Town Center II parking lot, East Peoria.
Highlights: East Peoria Trail & views from Fon du Lac Dr.
- May 29** **Grandview Ride** - Starts at Lakeview Museum east parking lot.
Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindberg's airmail flight plaque
- June 12** **Sculpture Ride** - Starts at Bradley University Quad.
Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- June 22** **Tour of the Solar System[†]** plus highlights from the **History Ride** (See June 26).
Starts at Lakeview Museum main entrance at **7:00 a.m.** This 3.5 hour, **24 mile** ride will start at the Sun and tour the planets from Mercury to Saturn in Peoria's Community Solar System.
- June 26** **History Ride[†]** - Starts at the Riverfront Visitor Center Parking Lot.
Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.
- July 5** **Prairie to Prairie Ride[†]** - Starts at the Riverfront Visitor Center Parking Lot **8:30 a.m.**
Highlights: Two prairie restorations inside the city, Giant Oak Park, Whittier School Outdoor Science Classroom, plus selected historic sights - River front, Springdale Cemetery, & historic homes.
- July 17** **Eric's West Peoria Deli Ride** - Starts at Loucks School parking lot.
Highlights: Pettengill-Morrison House, West Peoria, Glen Oak Park, Fedora's Deli
- August 7** **50's Soft Serve Ride** - Starts at corner of Lake and Knoxville.
Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- August 14** **Garden Ride** - Starts at Botanical Gardens, Glen Oak Park.
Highlights: Luthy Botanical Gardens & selected city gardens

For Information Call Ride Leader Sheldon Schafer 686-7000 or sschafer@lakeview-museum.org



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) \$ _____

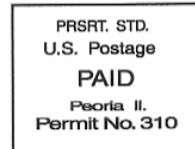
Voluntary advocacy contribution:
 (\$5, \$10, \$15, other) \$ _____

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
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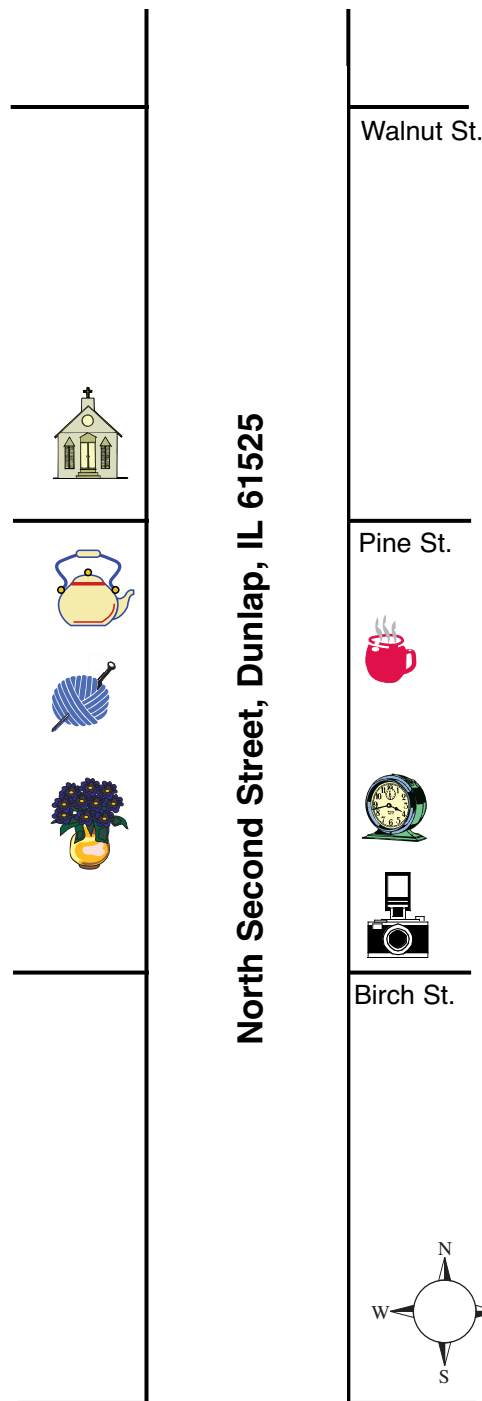


**When does your annual membership expire?
 Check the date on the upper right corner of your mailing label.**



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Saturday 8:00 - 5:00
Sunday 10:30 - 3:00

Rock Island Trail **X**