

ILLINOIS VALLEY **WHEELMEN**



May 2008

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



PREZ SEZ: May is a busy month for most of us with graduations, vacations, and various family activities. It's a busy month for IVW activities as well. There are numerous events and bike rides this month. One of the reasons for all the club activity is that May is Bike Month and May 12-16 is Bike-to-Work Week with May 16 as Bike-to-Work Day. Mark your calendar and

celebrate being a cyclist by participating in one or all of these events.

Besides bicycling activities, there are many ways you can become involved in the club. The IVW board could use your help with the following positions or tasks:

- A committee or chairperson for "Adopt A Highway" (see inside the newsletter for more details).
- More routes are needed in areas not already covered in the routes received so far for our Routes & Recipes book. Please contact Mike Honnold at cannondale_25@juno.com for information. This is the last month to get your routes in to Mike – deadline is June 1.
- Recipes are still needed. We have over 40 recipes from IVW members and a few coming from "Not Your Average Joe" and "Harvest Bread Company". This is the last month to get your recipes in. Contact me at 243-9191. Deadline for recipes is June 1.
- Proofreaders are needed in late June or July for "Routes & Recipes". IVW board members are involved with some proofing, but an extra set of eyes or two are needed to proof spelling, punctuation, grammar, layout, etc. We want this book to be top quality.
- A ride leader is needed for the Level 2 ride on Monday night out of Dunlap. Please contact Laurie Wilbur if interested.
- Volunteers are needed to help with the Salvation Army's Bike for Kids program. Also consider donating any unused bicycles you may have. (See inside for more details)

So, please get involved in your club. New members, please don't be afraid to volunteer. We can use some fresh ideas and your involvement is wanted. It's a good way to meet other cyclists and we want to meet you.

There are so many ways to support your club. Please find an activity that fits your available time or comfort level. You can always call me or another board member and tell us about your background, and we can help you find something that fits your needs as well as the club's.

Most of all, get out on your bikes this month and celebrate Bike Month!



RIDE OF SILENCE

DATE: May 21, 2008

TIME: 7:00 pm

WHERE: Hundreds of locations worldwide.

Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/20 kph) in honor of those who have been injured or killed while cycling on public roadways.

The IVW will have a ride departing promptly at 7:00 p.m. on May 21 from Dunlap Grade School parking lot.

Please arrive at 6:45 p.m. Cyclists will go right out of the parking lot, right at Legion Hall Road, right at Mendenhall Road, right at Parks School Road, right at Duggins Road and then left at Legion Hall Road to return to the grade school parking lot for a total of 10.5 miles. The ride will be led by Bill Clark: wdclark190@comcast.net. Bill will read the following poem at 6:55 p.m. immediately preceding the start of the ride:

The Ride of Silence...

Tonight we number many but ride as one
In honor of those not with us, friends, mothers,
fathers, sisters, sons
With helmets on tight and heads down low,
We ride in silence, cautious and slow,
The wheels start spinning in the lead pack
But tonight we ride and no one attacks
The dark sunglasses cover our tears
Remembering those we held so dear
Tonight's ride is to make others aware
The road is there for all to share
To those not with us or by our side
May God be your partner on your final ride.
- Mugai

Out-of-the-Box Leaders Barb Drake and Cora Lynn



By Barb Drake

I met Cora Lynn Green two years ago on a Tuesday morning Wheelm'n ride. We shared a sense of adventure, a philosophy of politics and life, a love of reading and, of course, a belief that a pretty good way to spend a summer day in Illinois is on a bike -- even if you're not the fastest or strongest biker in the pack. That pretty much describes us.

As we talked, Cora Lynn and I discovered that both of us wanted to bike more, but we didn't want to commit to a same-route, same-scenery, same-day sort of ride. So we developed "Out of the Box" tours designed to take people over unfamiliar roads and trails, to promote the idea that cycling is not just an exercise program but an adventure. This year we will lead 11 tours (see partial list on page 4). The highlights are spring (May 3) and fall trips along the Mississippi River and a 3-day adventure in Cedar Falls, Iowa, May 16-18. (Cedar Falls, which has more than 80 miles of paved trails, is just a great place to be. You can bike, walk, dine, enjoy birds and wildlife, and see some awesome lake and river views -- without ever stepping into your car.)

CORA LYNN GREEN

After biking as a child, Cora Lynn returned to cycling in 1988. The first time she rode her new bike she paid little attention to new-fangled gizmos called toe clips. That ride ended on the pavement.

The painful beginning did not dampen her enthusiasm, and through the years she has cycled in such far-flung states as Colorado, Maryland, Florida and Maine, as well as in Costa Rica, Holland, Newfoundland and Italy. She says she bikes for sociability, fun and exercise. Cora Lynn's family must have a biking gene in their DNA. Her California brother, an awesome cyclist, bikes in the Dolomite Mountains of Italy every year. Her brother in North Carolina cycles to work and

spends many weekends riding a tandem with his wife. Her younger son owns a bike shop in Austin, Texas, and gets around everywhere on a bike. Just last year her older son, who lives in Champaign, joined her on a biking trip in Quebec.

A native Texan, Cora Lynn moved with her family from Houston to Peoria in 1975 when her husband accepted a position on the faculty of the College of Medicine. After Houston, she says she really appreciated the abundance of nature and green space in central Illinois.

In the mid-1980s she moved to Bloomington-Normal, where she worked for State Farm Insurance Co., returning to Peoria in 2002. One of her greatest disappointments is the failure of efforts to get the Kellar Branch recreational trail developed. But she says there are lots of other good things about the city, including bicycling with the Wheelm'n.

BARB DRAKE

I got on a bike for the first time in a couple of decades back in 1997, when my husband was told to report to work in Chicago. I was editorial page editor of the Journal Star at the time, and both of us wanted and needed to keep working. A commuter marriage ensued.

Since we had to change *where* we lived, we also decided to change *how* we lived. We would give up our house, buy condos, explore Chicago's theater and restaurants -- and take up biking. We spent more than five years familiarizing ourselves with metropolitan Chicago's bike trails, pausing to enjoy the flora and fauna, the community festivals, the cafes and (in Bernie's case) the historical markers. On our Peoria weekends, we often biked the Rock Island Trail.

My husband retired in 2003, and our lives returned to their Peoria focus. Absent the Chicago trails, Bernie found he didn't enjoy biking all that much. I still loved it -- the outdoors, the speed, the chance to be where politicians and unhappy readers couldn't find me. When I tired of biking alone, I looked up the Wheelm'n's website.

My first ride was an embarrassment. I thought "15-17 miles" meant distance, not speed. Wanting a longer ride than that, I pedaled the eight miles from my house in Peoria to the Dunlap grade school on my thick-tired trail bike, intending to cycle back home alone after the group ride. I was shocked when the assembled group of Level 2 bikers took off at a speed I thought humanly impossible, and so I turned around to ride back home. But Roger John lagged back to keep me company and to encourage me to try again. When I retired in the fall of 2005, I did. I continue to be amazed at how kind, helpful and fun my biking buddies are.

When I am not biking, I spend a lot of time traveling. We've been to Turkey, Germany and Normandy in the last two years and traveled 3,000 miles across South Africa in a Volkswagen van. Speed and the outdoors being the attractions, I love to ski, especially when the kids join us. We have three sons, two daughters-in-law, one fiancée, two step-grandchildren and one great-granddaughter. I also spend a great deal of time and energy on good community causes -- health care, children, Bradley University, church, the downtown museum, the river. I still like to write, and I still love newspapers.



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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.



"Out-of-the-box" Tours

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. Here what's happening in May:

"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.

Cedar Falls, Iowa, May 16-17-18. We'll bike for two or three days over some 80 miles of paved trails, stay at the historic Black Hawk Hotel in the charming downtown, and eat at restaurants reachable either by bike or on foot. We'll bike through woods and wetlands and along rivers and lakes and see lots of birds. We promise a delightful, memorable weekend. Rooms at the Black Hawk range from \$89 to \$159 a night; some sleep 4. Make your own reservations by calling 1-800-488-4295 or 319-277-1161. (Other lodging is available.) Let Cora Lynn or Barb know if you are interested. We'll try to car-pool.

June 4, Ron Reagan's Eureka. OK, we'll only eat there, but what's wrong with dropping names? The ride begins at 9 a.m. at Russell's Cycling in Washington. We'll travel 25-30 miles.

All rides will be at a friendly, Level 1 pace, though you should feel free to set your own speed and duration on the Great River Trail.

New! Yoga for Cyclists

PPD Franciscan Recreation Complex located on Heading & Sterling Ave., West Peoria - (309) 677-6705 – Instructor: Vicki Culbertson

Starts Tuesday, June 3-July 22 from 7-8 p.m. - \$30 Peoria residents, \$35 non-residents. For more information, contact Jill Levene at (309) 251-2680

OUT OF TOWN RIDES

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.cyclearlington.com.

May 24 & 25 - Saturday and Sunday Blackhawk Country Roads 2008. Starts at Rockton, IL. Ride lengths are 10, 30, 45, & 60 miles. Learn more by sending an email to rplantz@aol.com, calling 815-399-1404, or going to www.blackhawkbicycleclub.org.

June 14 - The Ride & Stride Red Cross/Wheeler event. Registration starts at 6:30 a.m. with light breakfast snacks. Ride lengths are 13, 30, 62 and 100 mile routes with ample rest stops and SAGS. Lunch will be either pork or Boca Burgers, baked beans, veggies and plenty of those great Red Cross Volunteer home made deserts. The event is being held at the large north shelter at Tipton Park located at the corner of Airport Road and East College Ave in Bloomington. For more information contact Red Cross at 309-662-0500 ext. 25 or Scott Vogel at scott@archeartland.org.

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

ILLINOIS VALLEY WHEELM'N – May, 2008 Rides Schedule

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

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@comcast.net 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 Show and Go Dunlap Level II: 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. Contact Laurie Wilbur (446-9367) rcwilbur@gmail.com for more information.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 9:00 a.m. during the month of **May**. 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 rider 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) kurtsi@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: Eric Hutchison (688-7038) will lead this ride from the Dunlap Grade School starting **May 7th** at 5:30 p.m. 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@comcast.net 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 Levels 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).

NEW! Thursday Washington Level I: Departs from Russell's Cycle and Fitness at 6:00 p.m. Joe and Cheryl Russell (444-2098) jcrussell77@yahoo.com will team up with Rob Alexander in May to lead the Level I ride. The Russells will continue to offer the Level I ride all summer. No one will be left behind.

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 a 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 Levels I and II: Laurie Wilbur (446-9367) rcwilbur@gmail.com organizes these rides. All rides will depart at 9:00 a.m. in May.

May 1, 2008: Departs from Princeville Park located next to the railroad tracks. Distance 35-40 miles with a lunch stop. Leader: Laurie Wilbur.

May 8, 2008 Herb's Ride: Departs from Brimfield Park on South Galena Street. The park is two blocks south of Rte. 150. Turn south at the library. Distance 30-40 miles with a break. Lunch after the ride for anyone interested. Leader: Herb Unkrich (673-1074) bluebirdherb@yahoo.com.

May 15, 2008 Tom's Ride: Departs from the VFW Hall in Pekin located 2 miles south of the Pekin Hospital on the corner of 14th St. and the VFW Road. Distance 35-40 miles with a lunch stop. Leader: Tom Dorigatti (347-2844) dorigat@comcast.net.

May 22, 2008 Mike's Ride: Departs from Dunlap Grade School across the street from the library. Distance 40 miles with a short lunch or a Casey's break. Leader: Mike Pula (243-9394) mikepula@gmail.com.

May 29, 2008 Edith's Ride: Departs from the Pearce Center in Chillicothe. Distance 35-40 miles traveling to Dunlap and then on to Princeville for a lunch stop at COOPS. Leader: Edith Albright (274-4849) talbright@mtco.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.

May 12-16 is Bike-to-Work Week

May is National Bike Month, May 12-16 is Bike-to-Work Week and Friday, May 16th is Bike-to-Work Day. All types of activities celebrating bike week are happening in the Peoria area.

Mayor Jim Ardis and the Peoria City Council made a proclamation on April 22 for Bike-to-Work Week and the mayor of Peoria Heights, Mark Allen and his board of trustees will make a similar proclamation on May 6 at 6:30 p.m. On May 11, please look for one or two editorials in the Peoria Journal Star.

The Recreational Trail Association (RTA) will be offering free coffee and donuts at the Gateway Building in downtown Peoria from 7:30 a.m. to 9:30 a.m. each morning of Bike-to-Work Week. RTA has organized several morning "show & go" bike commutes with the Gateway Building as a destination. Please contact David Pittman at 676-5237 or dvdptmn@aol.com for more details.

- Monday, May 12, 6:15 a.m. – meet and bike from West Peoria Haddads
- Tuesday, May 13, 6:15 a.m. – meet and bike from West Peoria Haddads & 6:30 a.m. at Hardees on Willow Knolls
- Wednesday, May 14, 6:00 a.m. – meet at the Morton trail head
- Thursday, May 15, 6:00 a.m. – meet at Washington Square



Welcome New Members

KING, JIM.....HOPEWELL
 READING, ROBERT & MARIANNE.....PEORIA
 ROE, DIANA.....PEORIA
 STOOR, DEBORAH & DAVID.....PEORIA
 TERRY, NEIL & SARAH.....EDELSTEIN

Thanks to Renewing Members:

CASTLE, ROBERT, MARGARET & FAMILY.....PEORIA^
 COOK, DALE & SHARON.....PEKIN
 DEVORE, JAMES.....METAMORA
 EMBREE, BILL.....ST. DAVID^
 DORIGATTI, TOM & SHERRY.....PEKIN
 GUDAT, MICHAEL.....PEORIA^
 HEINE, STEVE & KAREN KENDALL.....PEORIA^
 HOLMES, BILL & RUTH.....EDELSTEIN
 HOUSE, DAVID.....PEORIA^
 HUGGINS, JACK & CAROL.....EAST PEORIA
 ISIT, PATTY.....BARTONVILLE
 JACOBS, DONALD.....WASHINGTON
 JOHN, KATHY & ROGER.....DUNLAP^
 KANDLER, BILL.....PEORIA HTS
 MOORE, RICHARD & TWILA.....DUNLAP
 ROBERTSON, SUE.....PEORIA^
 SAGE, PATTY & TODD.....MORTON*^
 SCHAFER, SHELDON & MARY ANN.....PEORIA^
 SMITH, QUINTON, BARB & FAMILY.....PEORIA
 SOMMER, STEVE.....MORTON^
 WEISS, KATHY.....METAMORA
 WILBUR, LAURIE.....BRIMFIELD^

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 is Adopting a Highway**Volunteers needed for Cleanup Committee**

Most cyclists are well aware of the problem with litter along the streets and highways. Now, as a club, we can pitch in and clean up one of the major roads that we cycle in Peoria County – Parks School Road. The IVW is in the process of adopting a two-mile stretch of Parks School Road between Route 91 and Feuchts Road through the Peoria County Highway Department “Adopt a Highway Program”.

We have agreed to clean up this section three times this year and four times in 2009. We need a cleanup committee to organize and recruit 6-10 people for each cleanup. Nothing will be scheduled until we hear that the Peoria County Board has approved our application. Once we get approval, then each volunteer must watch a safety video. We can set up a time for volunteers to watch it all together at a restaurant or an IVW member’s home and then we will pass the video around to those who are unable to attend the safety video party. Additionally, Peoria County will put up a sign on Parks School Road that states:

Peoria County Highway Department, Adopt A Highway, Illinois Valley Wheelm’n (IVW), Next 2 Miles.

Peoria County provides the cleanup committee with signs, vests, and garbage bags. It also picks up the filled bags.

Please contact me before May 10, if you’d like to be on the IVW Adopt a Highway cleanup committee or participate as one of the many volunteers. We will then post the committee names (prior to each cleanup date) in upcoming newsletters and more details will be sent to these committee members. We have several members of the board who will help with the litter cleanup – we just need a couple cyclists to step forward to be on the committee for the next two years. Please either e-mail me at runners2@npoint.net or call at (309) 243-9191 (evenings).

Cannondale for Sale

Cannondale R600, 52 cm, yellow.
 Asking \$450.00. For more information,
 contact Gary 243-5835 or
tuskwow@aol.com

***Coming Soon!***

**IVW Roster is coming soon!
 Are You Current?**

We plan to mail a printed version of the IVW membership list with the July newsletter. The main purpose of the list is to help IVW members contact each other to arrange rides and other social events.

Please, contact IVW database person **Larry Davis** at davis.lar@comcast.net or (309) 691-3060 if any of your contact info has changed (address, phone, email address). Likewise, if you prefer to have any (or all) of your contact information excluded from the printed membership list – let Larry know (by June 15).

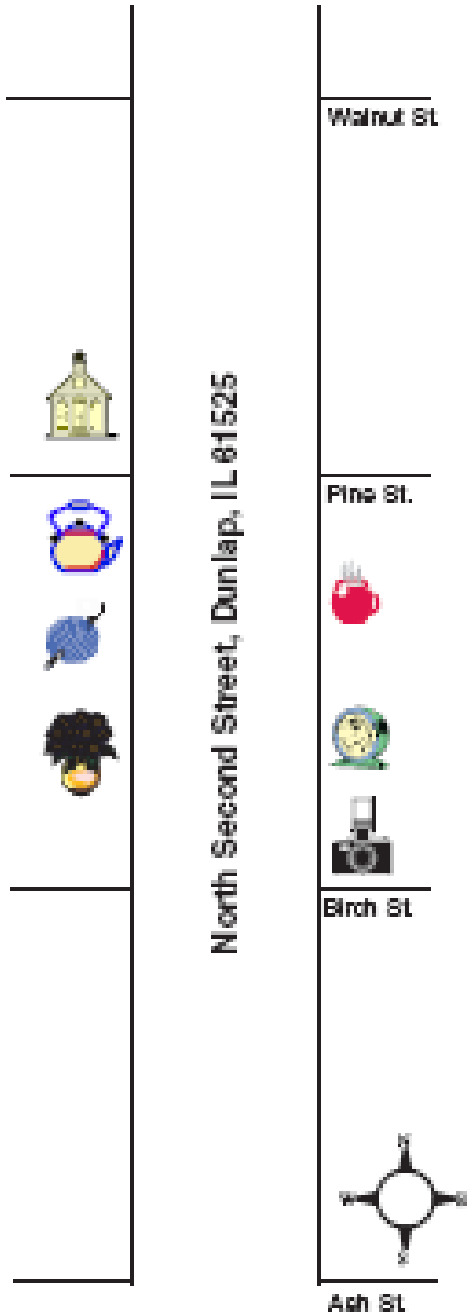


We want to thank everyone at the IVW for their many kind words and stories about Dave. We knew how fun and special Dave was, but it was certainly nice to hear about how he gave encouragement to so many. Dave truly loved biking and couldn't wait for the beginner rides to start again in May.

**We hope to join in soon and continue in his memory.
 Donna, Calvin and Anna Schenk**

In the Heart of the Village, just a stone's throw from the bike path.

- Stop at **joe's**
- Full service espresso
- Serving breakfast & lunch all day



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

Monday - Friday 6:30 - 8:00
 Saturday 8:00 - 5:00
 Sunday 10:30 - 3:00

Rock Island Trail **X**



BIKE FOR KIDS

The IVW is supporting the Salvation Army in its annual "Bike for Kids" program happening in May (date tentatively scheduled for May 31 - an email will be sent to all subscribed members as soon as we get a date confirmation.)

This wonderful program has put hundreds of reconditioned bikes in the hands of underprivileged kids throughout the Peoria area.

The Salvation Army solicits the donations of used bikes and volunteers from the IVW and other biking organizations, as well as local bike stores, to put them into working conditions for distribution to the kids.

This event will take place between 8:30 a.m. and 3:00 p.m. on a Saturday, possibly May 31 (yet to be confirmed), in the parking lot of Sheridan Village.

There are two ways to support this great bicycle advocacy program:

- First, you can donate. Clean out your garage of those old bicycles or tricycles that did not sell in last year's garage sale and encourage your friends to do the same. Collections will begin at 8:30 that morning.
- Second, commit a few hours to help clean or repair the bikes that are donated. It's a great day of working together and the hundreds of kids that may ride their first bike will thank you.



Mark it on your calendar, and scrounge around for those bikes to donate. If you can commit a few hours to work that day, please call or contact Mike Pula at 243-9394 or mikepula@gmail.com.

IVW "Routes & Recipes" Book Order Form

Name _____
(Please print clearly)

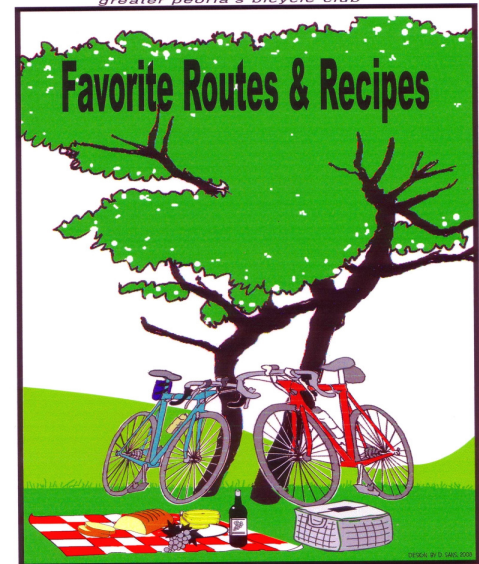
Email address (print clearly) _____

Address _____

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Zip+4 look-up website: www.usps.com/zip4

Phone () _____

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books X \$15 each = \$ _____

Send check made out to:

Illinois Valley Wheelm'n
Routes & Recipes Book Order
6518 Sheridan Road, Suite 2
Peoria, IL 61614-2933

Each book will contain around 50 routes with description, points of interest, cue sheet, map and an area for notes. Advertising will be less than 5% of the pages. Club members and some local restaurants and bakeries have submitted some very good recipes – "since we ride to eat and eat to ride." The book will have a laminated cover with a coil binding. All proceeds will be used to promote the club's advocacy programs. These books are scheduled to be printed in August and will be available at the No Baloney Ride or other club activities. The \$15 does not include any shipping cost and members are responsible for picking up their orders. Ordering books ahead of time will ensure books you need for yourself or for gifts – plus you will be the first to get them.

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:

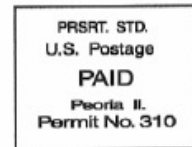
(\$5, \$10, \$15, other) \$ _____

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



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

