

ILLINOIS VALLEY **WHEELM'N**



June 2008

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



PREZ SEZ: June is prime biking weather and I hope all are enjoying the opportunity to get out there and join in one of the many IVW led bike rides. Maybe this is the year that you make it to each of the different rides at least once.

Please remember to follow the rules of the road while biking. From the responses to the May 9 article published in the Peoria Journal Star on "Bike law aims to improve safety on road," there are many cyclists not obeying those rules and this is upsetting to motorists. I know they are not necessarily IVW cyclists disobeying the rules, but we must set the example for others and gently remind those who are not.

League of Illinois Cyclists (LIB) <http://www.bikelib.org> provides the Illinois Bike Laws at their website in a printable form being provided to each one of you as an insert in this issue of the newsletter. We suggest that you carry this pamphlet with you when you bike. It can be easily placed in a jersey pocket or inside your bike bag. Please take the time now to cut out the pamphlet and then fold the three-panel down to business card size.

Briefly, the document states that cyclists riding on highways are granted all the rights, but must obey the laws applicable to the driver of a vehicle – stopping at stop signs & lights, signaling turns, etc... When riding on roadways (and bicycle paths) ride as far to the right-hand curb or edge of road as possible – except when passing or preparing to make a left turn or moving around a parked car or other obstacles. On one-way roads with two or more lanes, cyclists may ride to the far-left hand side of the road.

Riding two abreast is permitted as long as the normal and reasonable movement of traffic is not impeded. So, please remember to always move to single file when any traffic is approaching from either direction. For new cyclists, this is why you hear riders shout "Car up!" and "Car back!" in group rides. When you hear that, it means to move to single file as safely and quickly as possible.

The pamphlet also addresses the proper way to change lanes, use sidewalks, and install lights & other equipment on bikes for night riding.

These laws are put into place to protect and keep us safe while riding on Illinois roadways. Please follow these rules not only because it is the right thing to do, but also to avoid any unneeded confrontation or irritation to motorists. Remember, just as passionate as we are about riding our bikes on roadways, there are some motorists that have equal passions, but opposite views. Let's not stir up their anger, but be as courteous as possible at all times and share the road.



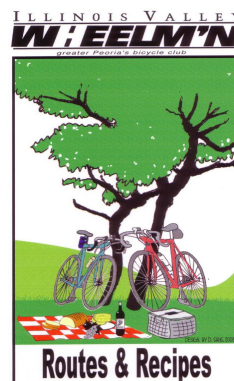
No Baloney Volunteers

Our annual club ride (September 20) is only three months away. Please make sure you have that date marked on your calendar to participate in this event.

For those who volunteered last year, please let me know if you can take on the same duties again. I'd like to post a list in the July newsletter of all the volunteer spots with names and, I hope, minimal vacancies.

At this point, I do know that we will need someone to take over the food stop in Elmwood. Sheldon Schafer is unable to do the French food stop this year. The food stop does not have to have a French theme; but keep in mind that we will have a German theme (Paula Douglas) in Princeville, a Hawaiian theme in Hanna City (Bill & Brenda Clark); and a western theme at Jubilee Park (Fred Smiser).

Contact the No Baloney chairperson, Kathy John, about filling these vacancies – runners2@npoint.net.



Routes & Recipes Book

*Just a reminder to all
IVW members that you
can sponsor the Routes &
Recipes Book for \$10 by
using the book form on
page 7.*

Friday Night Leaders: Jim and Sarah Emmons



After two kids in three-and-a-half years, Jim and Sarah Emmons took up biking so they could get fit. If there's any doubt about their need for a fitness focus, let Sarah describe their initial outing.

“Our first ride was on the Rock Island Trail in February. We rode out three miles and back three miles. I thought I'd die. I didn't know if I was ever going to get on a bike again.”

But of course, she did, as did Jim and the kids: Janel, now a 21-year-old Illinois Central College student, and Matthew, a 17-year-old junior at Midland High School. As the children grew up, cycling proved a consistent and important part of family life. Initially the Emmonses bought a cart and pulled their offspring behind them. Then, they graduated to being, in Sarah's words, “tandem captains,” often riding with similar parent-child teams. The family did the Hilly Hundred on tandems two or three times and spent a week in Minnesota riding with the Minneapolis Bike Club. “We had homemade root beer and the best ice cream I've ever had in my life,” says Sarah.

Sixteen years after that unforgettable Rock

Island Trail journey the Emmonses describe biking as an enterprise that goes well beyond fitness. “I just like to be outdoors,” says Jim. “I like being on the road – being out, pushing myself.” To that, Sarah adds “the fact that you can see things. I like the scenery. I like the wind blowing in my face on a hot day. I love doing the Amish ride and seeing the horses and buggies.... I enjoy the people too. It's fun to watch people grow” in their cycling abilities.

Promoting growth in ability was a goal of the Emmonses when they started the Friday night ride out of Chillicothe half-dozen years ago. At the time, Sarah says, the Wheelm'n offered no beginner rides. “We started it because in order for the club to grow you have to have beginner rides.” After taking a couple of years off to accommodate their children's activities, they returned this year to leading a ride Sarah describes as “very casual, non-competitive” and welcoming to families. They typically travel 20 to 25 miles at a Level One speed and go out to eat afterward.

Another Emmons tradition is the fall ride and wiener roast at their home outside Lacon – begun, Jim says, as a warm-up event for the Hilly Hundred. The bike-friendly Lacon area has been home to both Emmonses most of their lives. Jim manages the meat department at the local IGA store, and Sarah works in billing for OSF St. Francis. When they're not working, cycling or parenting, Jim and Sarah enjoy hiking, kayaking and cross-country skiing.

IVW CHAIRPERSONS

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<http://www.ivwheelmn.org>



"Out-of-the-box" Tours

With Barb Drake & Cora Lynn Green

Tired of the same scenery? Try one of these rides led by Cora Lynn Green and Barb Drake. All will be at a friendly, Level 1 pace.

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.

June 25, Mackinaw River Valley. We'll meet at 9 a.m. at the Barn Theatre parking lot on Timberline Road off Rt. 117. The distance is 25 miles with a few challenging hills. Afterward we'll have lunch at the Busy Corner Restaurant in Goodfield.

July 9, Spring Bay Road and Metamora. Meet at Russell's in Washington at 9 a.m. and plan on lunch in Metamora. The distance is 25-30 miles.

Call Barb (692-1201) or Cora Lynn (683-3083) if you have questions.



2003 Greenspeed GTO recumbent trike, red with yellow seat, 20" wheels, 72 speeds, S&S couplers, hydraulic disk brakes, front/rear fenders, head rest, tail light, computer, mirror, rear rack, flag, bottle cage. Ridden less than 200 miles. Equivalent new is \$4900. Asking \$3200.

Call Mike Dvorsky at 309-689-0420 or email bentbiker59-ivw@yahoo.com for info.



OUT OF TOWN RIDES

*Two fun rides are happening close to home.
Both are in McLean County.*

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 desserts. 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@archearthland.org.

July 12 - Pedaling for Kicks - Ride lengths ranging from 10 (Family Ride) to 64 miles. Starts and finishes at East White Oak Bible Church, just northwest of Normal. Scenic ride including Lake Evergreen and Lake Bloomington. Post ride meal at the church is excellent. More information is at www.fcfi.org or call toll free at 1-800676-2353.

Other rides not quite so close:

June 8 - 27th Annual Ramble presented by The Bicycle Club of Lake County - Register online at www.active.com. Ride lengths range from 12, 30, 50, 70 to 100 miles.

June 14 - The Great Carroll County Cycling Event - Starting in Savanna, IL, this is a 62-mile race and ride. More info can be found at cc-cycling.com.

June 15 - 21 GITAP (Grand Illinois Trail and Parks Ride) - This is a week-long supported bicycle tour using segments of the Grand Illinois Trail and state parks. It is sponsored by the League of Illinois Bicyclists. More details and photos at www.bikelib.org/gitap.

June 15 - The Fox Rides Again, Burlington, IL - Rides are 25,45,62, 75, 100 and 124 miles. For more info go to www.fvbsc.org.

July 4 - The Joliet Bicycle Club Fourth of July Metric Century - Starts at Plainfield South High School in Joliet. Ride lengths are 30, 45 and 62 miles. More info at www.jolietbicycleclub.org.

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

ILLINOIS VALLEY WHEELM'N – June, 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. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at **5:30 p.m.** all summer. Distance will be 20-25 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. 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 **6:00 p.m.** Distance will be 25-30 miles. 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 **8:00 a.m.** during **June.** 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.** all summer from Dunlap Grade School. 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 **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) 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 II: Departs from Russell's Cycle and Fitness at **6:00 p.m.** 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.** Distance 10-15 miles. Joe and Cheryl Russell (444-2098) jcrussell77@yahoo.com. 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 depart 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.

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.ivwheelm.org>

Daytime Thursday Rides Level I and II: Laurie Wilbur (446-9367) rcwilbur@gmail.com organizes these rides. All rides will depart at **8:00 a.m.** in June.

June 5, 2008 Marge's Ride: Departs from the Wyoming Train Depot on E. Elm Street at **8:00 a.m.** The depot is located one block East off of Route 91. Turn right after Casey's onto Elm. Distance 50 miles. Lunch in Kewanee. Leader: Marge Semmens (693-9388) or M_B_Semmens@SBCglobal.net.

June 12, 2008 Herb's Ride: Departs from Brimfield Park on South Galena Street at **8:00 a.m.** The park is two blocks south of Rte. 150. Turn south at the library. Distance 48 miles with a lunch stop at Oak Run. Leader: Herb Unkrich (673-1074) bluebirdherb@yahoo.com.

June 19, 2008 Fred's Ride: Departs from the VFW Hall in Pekin at **8:00 a.m.** The hall is located 2 miles south of the Pekin Hospital on the corner of 14th St. and the VFW Road. Distance 40 miles with a lunch stop. Leader: Fred Smiser (346-9735) smizz4@gmail.com.

June 26, 2008 Edith's Ride: Departs from The Hub Ballroom in Edelstein at **8:00 a.m.** Distance approximately 40 miles with a break in Wyoming and a lunch stop at COOPS in Princeville. Leader: Edith Albright (274-4849) talbrighte@mtco.com.



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.



“Adopt a Highway”

IVW Chair is Cora Lynn Green

The IVW is still 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.

Cora Lynn Green will chair this activity.

We have agreed to clean up this section two times this year and four times in 2009. Please contact Cora Lynn at 683-3083 or Cora_Lynn@yahoo.com if you'd like to serve on one or all of the cleanups. Nothing can be scheduled until we hear that the Peoria County Board has approved our application at their June board meeting. Once we get approval, then each volunteer must watch a safety video. A time will be established for volunteers to watch it all together at a restaurant or an IVW member's home and then the video will be passed 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, and also picks up the filled bags.

Welcome New Members

DESALVIO, JAMES R & ARRON.....DUNLAP^
 DOLL, KEN.....PEORIA
 MOTTELER, BILL.....PEORIA
 NORRIS, JUDY.....PEORIA
 SCHAFFER, STEVEN & ELIZABETH.....PEORIA
 SILTMAN, MICHAEL & TONYA.....MIDDLETOWN^
 TERRY, NEIL & SARAH.....EDELSTEIN
 WILSON, DOUG, CATHY & KATIE..... MACKINAW^

Thanks to Renewing Members:

ALBRIGHT, EDITH.....CHILLICOTHE
 COVER, DAVID.....PEORIA HTS
 COVINGTON, ALLEN & LAURIE.....PEORIA^^
 DEAN, RONALD.....GALESBURG^
 DEHM, TOM.....ELMWOOD
 DONOHOE, THOMAS H.....WASHINGTON^
 DVORSKY, MIKE & MATTHEW.....PEORIA
 GROFF, JOHN.....PEORIA
 HALEY, GERALD.....PEORIA
 KAMP, JIM & ANN.....TREMONT
 KOLLAR, TODD, ANDREA & FAMILY...WEST PEORIA
 PARSONS, GEORGE.....GROVELAND
 POPE, KEN & SHERI.....MORTON
 SANS, DENNIS & DEREK.....PEKIN^
 SCHAFFER, SHELDON & MARY ANN.....PEORIA^
 SIEGRIST, LESTER E.....WASHINGTON*
 UNKRICH, HERB.....EDWARDS
 WILSON, LAVERNE, ROGER & BRITTNEY
WASHINGTON

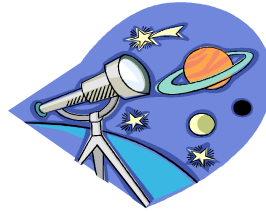
LJB Membership Advocacy^*

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



14th Annual **INTERPLANETARY BICYCLE RIDE** **June 21/22, 2008**

The Interplanetary Bicycle Ride follows a route from Dunlap, Illinois, through Lakeview Museum's Community Solar System, the world's largest complete model of the solar system. On Saturday, cyclists visit the outer planets on route lengths varying from 12 to 100 miles. Both road and trail routes are available.

On Sunday, riders travel from the Sun to Saturn and back, a 24-mile route connecting the inner planets through the streets of Peoria and East Peoria. Registration is \$20 (\$24 after June 15th). A family can ride for \$46. Fee includes museum admission, the Saturday night Star Party, and more.

For more information, visit:

www.lakeview-museum.org/iplanet/iplanet.html or call (309) 686-7000. You can register online at [active.com](http://www.active.com/event_detail.cfm?event_id=1527082) http://www.active.com/event_detail.cfm?event_id=1527082

We also have a short list of volunteer opportunities:
 Everyone – spread the word, take flyers to other events
 1 – 2 persons with van – extra sag help Saturday
 1 – 2 persons - setup Friday evening
 1 – 2 persons - registration 5:15 – 9 a.m. Saturday morning
 1 – 2 persons - help with end of ride food 10 a.m. – 4 p.m.
 1 – 2 persons - help with cleanup and move back to museum 4 p.m. – 6 p.m.
 3 persons - route marking

Please call Sheldon Schafer at 309-686-7000 if you can help.

PEDAL PEORIA RIDES

June 12 - Sculpture Ride - Starts at Bradley University Quad.

Highlights: Public sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, and 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 ½-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 at 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.



Elroy-Sparta Weekend

Please join your fellow IVW members on the Elroy-Sparta Bike Trail in Wisconsin. This is almost an annual adventure in the hills & dales of west central Wisconsin the last weekend in June (June 27, 28 & 29). For those who have never been on the trail, it is the premier "Rails to Trails" trail in the country and maybe in the world. This 100-mile abandoned RR trail goes through three tunnels. One tunnel is almost one mile long.

The scenery alone is worth the trip. Then when you see it all by bike, it is even better. We generally ride the trail in one direction each day and then ride the country roads in the other direction. Oh, I forgot to mention, there is a reason for those tunnels. There are a few hills in that neck of the woods. But if you don't like hills, take the trail both ways. The trail's surface is similar to the Rock Island trail. So road bikes are OK on it.

The location is about a six-hour drive from Peoria, so plan accordingly. Car pooling is a very good idea. If you are even slightly interested in this trip, please call Marge & Bill Semmens at 309-693-9388 or e-mail us at M_B_Semmens@SBCglobal.net. Most people drive up Friday and camp out in the Wilton city park. That way you will be ready to ride on Saturday morning. We try to leave the park about 9:00 a.m. each day to ride the trail in one direction. Meals are your responsibility, so bring some food or enough money to eat at several restaurants near the camp grounds. Generally, we try to do a potluck supper (and maybe a wine & cheese party) on Saturday night and then maybe walk over to Pie are Squared for dessert. On Sunday, we try to leave the park at 9:00 a.m. and ride out the other direction. We try to get back to the park in time to pack up and get home late Sunday night. Yes, there are showers in the park.

Hope you can join us on this fun ride. The mileage each day is up to you. If you can only handle 20 miles, ride out 10 and then ride back to the park. The pool should be open and the park might be a good place for some R&R.

For more information, please call us.

Bill & Marge Semmens

IVW "Routes & Recipes" Book Order Form

Name _____
(Please print clearly)

Email address (print clearly) _____

Address _____

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

Phone () _____

_____ # books X \$15 each = \$ _____

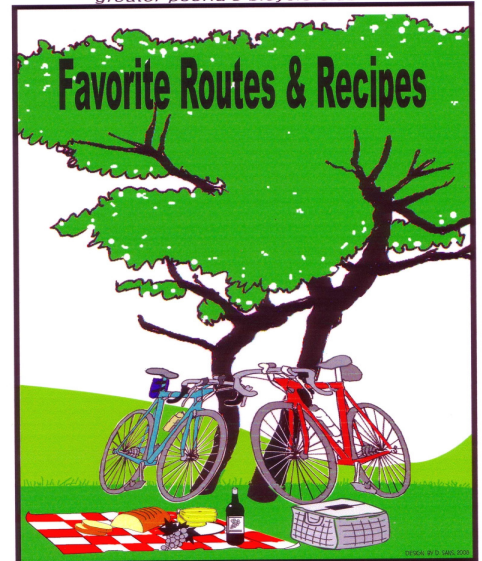
_____ Sponsorship \$10 each = \$ _____

(sponsorship must be received by **June 15** in order to have your name published in the book)

Send check made out to:

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

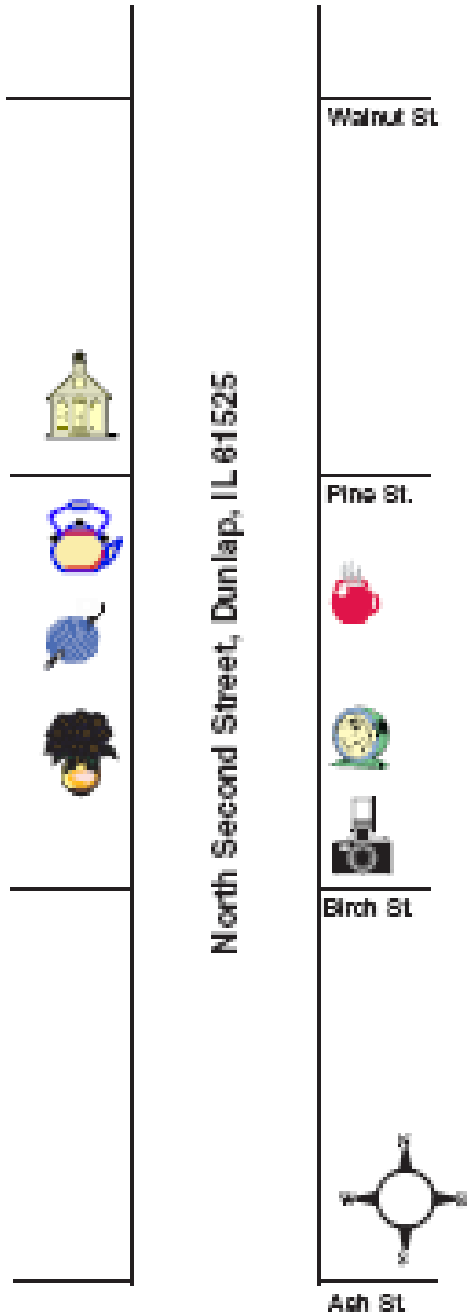
ILLINOIS VALLEY
WHEELM'N
greater peoria's bicycle club



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.

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**

2008 Proctor Cycling Classic **Volunteer Information**

- Who:** Peoria Bicycling Club is looking for able volunteers to help out with this years Proctor Cycling Classic & make it a huge success. Volunteers must be at least 18 years old, or with a responsible adult.
- What:** We are in need of volunteers who can help out with a variety of jobs, including setup, teardown, corner marshaling, water distribution, crowd control, etc... Shifts range anywhere from 1 to 2.5 hours, and you can work as many or as few shifts as you please. Shifts do require you to be out in the weather for the entire shift, so plan accordingly with extra water, sunscreen, etc...
- Peoria Bicycling Club members receive FREE entry into their races, if they agree to work 2 shifts on Sunday the 29th.
- When:** Criterium is on Sunday, June 29th.
- Where:** Criterium is held in downtown Peoria, IL – starting and ending at the Civic Center
- Why:** To be ambassadors of the exciting sport of Cycling to those who are already participating, or others who might not know a thing about it. All volunteers will receive a FREE Proctor Cycling Classic volunteer T-Shirt for coming out to help. Volunteers are also invited to a FREE volunteer picnic @ Bushwhacker! (date to be announced later)

For more details on volunteering, please contact Mike Honnold at (309) 696-2591, or
Cannondale_25@juno.com

OR

If you are interested in volunteering for Registration activities, contact Bev Enslow at 309-383-2610

Volunteering Shifts Available Criterium – June 29th, 2008

6:00 A.M. -> 8:00 A.M.	Course Setup
7:45 A.M. -> 10:00 A.M.	Corner Marshalling
9:45 A.M. -> 12:00 P.M.	Corner Marshalling
11:45 A.M. -> 1:30 P.M.	Corner Marshalling
1:15 P.M. -> 3:45 P.M.	Corner Marshalling
3:30 P.M. -> 6:00 P.M.	Corner Marshalling
6:00 P.M. -> 7:00 P.M.	Course Teardown

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:

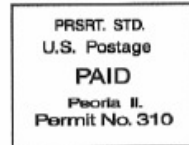
(\$5, \$10, \$15, other) \$ _____

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.

