



ILLINOIS VALLEY **WHEELM'N**



August 2008

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



PREZ SEZ: The No Baloney Ride is next month. You can help in many different ways. Enclosed is the registration form for your use. It can also be downloaded from www.ivwnobaloney.com and e-mailed to biking friends. Cyclists can also register on-line at www.active.com using a credit or debit card.

One way to help promote the ride is by taking flyers to other cycling events or bike shops this month or early September. Contact me at runners2@npoint.net and we can arrange to get you a bundle of No Baloney flyers. The ride information can be found on our website, the IVS upcoming events website, Mike Bentley's Mega Bike site <http://www.mikebentley.com/bike>, Silent Sports magazine, and local community calendars. We also have posters that can be displayed at businesses, restaurants, fitness clubs or wherever cyclists might see them.

This year we'll have a "Volunteers Party" on September 18 (the Thursday before No Baloney). This event is for organizing the food stops materials, the route materials, providing a drop off point for baked goods, and for an informal means of providing volunteers a venue to ask questions about roles and procedures. This will be held in the evening at Illinois Cycle & Fitness, 9016 N. Allen Road. It won't be a requirement for volunteers to attend, but it would be a great way to meet others you'll be working with and to help us get materials organized for the event. We are hoping to distribute the No Baloney shirts and Routes & Recipes book that evening. More information will be in the September newsletter.

Speaking of volunteers, many have stepped forward already, but we still need more help pre and post ride. It's possible to help and also ride. As an example, you could possibly bike part of the No Baloney route, work a food stop for two hours, and then finish the ride as normal. There are all sorts of ways to make it work.

Besides myself, you can also contact the following people directly:

- Laurie Wilbur rcwilbur@gmail.com routes, marking, and signage.
- Bill Clark wdclark190@comcast.com Hanna City food stop
- Pam Hoehne Pamela.shuckhoehne@sbcglobal.net Elmwood food stop
- Paula Douglas rkpjdouglas@comcast.net Princeville food stop.
- Kathy John runners2@npoint.net Jubilee food stop.

If we don't get enough volunteers, Laurie, Bill, Pam, Paula or I may be contacting you directly for help. In the September issue, we'll have a list of the volunteers and the No Baloney duties they'll perform. I hope to see a large number of our members listed. Please support this event!



Annual Poker Ride & Spaghetti Dinner is Coming Soon!

When: Tuesday, August 26

Where: Dunlap Grade School

Time: Riders can begin at 5:30 pm

Everyone should be on the route by 5:45 pm. This is an approximate 10-mile ride. You'll pick up a card at a designated stop along the route. Everyone is welcome to attend.

Cost: \$ 6.00/person which includes Avanti's spaghetti, salad, bread, and, of course, dessert. Please make your check payable to Marge Semmens and mail payment to 10214 N. Forrest Drive Peoria, IL - 61615. If you have any questions, please contact Marge at (309) 693-9388.

This is a great end of summer social event. There will be prizes for the best poker hand, etc.

Hope to see you there!!



Wednesday Night Leaders: Karen Kendall & Lou McMurray



By Barb Drake

He was always an athlete, a competitive runner in high school and college. She was “the kid who ate Oreo cookies and sat around reading books.”

He grew up in Peoria, graduated from Woodruff High School. The daughter of an Air Force pilot, she grew up all over the country.

He flunked out of college, got drafted, went to aviation electronics school after eye problems kept him from flying. He did well there – knowing that if he didn’t, he’d be off to Korea.

She won a debate scholarship to Southern Illinois University, where she majored in art history and philosophy. She worked as a personnel analyst for a while, didn’t find it challenging, and returned to school for graduate work in American history and English.

He married his high school sweetheart, an artist named Barbara, promising then that she would always have a drawing board. When he returned to Peoria, he was jobless and his wife was pregnant. Fortunately, Cilco was looking for a power plant maintenance electrician and he worked there 41 years.

She decided she didn’t “want to be a PhD who couldn’t get a job,” so gave up doctoral and teaching ambitions. Instead, she went to law school, where she met her husband, fellow student Steve Heine. After graduation she clerked for Illinois Supreme Court Justice Howard Ryan, and then worked briefly in Ottawa. An appellate law specialist, she was the first female partner at Heyl, Royster, Volker and Allen.

He likes theater, classical music and John Philip Sousa. He once took her and her husband to a John Philip Sousa concert.

She likes to get lost in good fiction, escaping from days spent in “intense reading and writing” of drier materials. He’s been a dinner guest at her house.

He began biking in 1991 after his wife died, looking for something to do and figuring “I can’t just run all the time.” He took a beginning cycling class at Illinois Central College, the only student in the class who didn’t own a bike.

She always biked. “It was my transportation in graduate and law school,” she says. “I had a car but I couldn’t afford to maintain it.”

She is Karen Kendall, and he is Lou McMurray. They met while running, and he encouraged her to try a triathlon. He’d been doing them for years, as well as duathlons (run, bike, run) and marathons. It should surprise no one who knows Lou that he was the coach and she the pupil.

In June this team took over leadership of the Wednesday night beginner rides. “There is one remarkable lady,” says Lou of Karen. Karen says she’s boring by comparison to Lou.

In a sense, Lou’s been leading rides since he started biking. He leads from the rear, encouraging the first-timers, boosting the confidence of stragglers, making sure no one gets lost or discouraged. “It’s my job,” he’s been known to say, and he says the rewards are abundant. He’s been sent cards of appreciation, been greeted and thanked at Cornstock or while out shopping, sometimes years after the initial encounter. “I’ve gotten so much satisfaction out of helping people,” he says.

Lou also says that at 77, he’s slowing down. To a very fast pace, evidently. In 2004, he rode a portion of the Tour de France course on a bike tour, just ahead of the competitors. In 2003, the 50th anniversary of what should have been his graduation from Carleton College in Northfield, Minn., he rode his bike the 539 miles home from the reunion. He would have done it again this year for the 55th, he says, but instead went to New York City with his older son and two grandchildren, Wisconsin residents. His younger son is a Peorian.

Karen is getting stronger, on and off her bike. Lou says she’s won her age group in every triathlon she’s entered. True, she says, but that’s because in six of the seven, she was the only entrant in her age group! A June competition in Chicago was the exception – she bested 15 others to win. “I love it,” she says about biking. “I find it a great social experience, a great group.” She and her husband (“a biking fanatic”) have a daughter in Springfield and three grandsons.

It is true that the Wednesday beginner rides (leaving Dunlap Grade School at 5:30 p.m.) offer good exercise, good times and an opportunity to become a better cyclist. But with this improbable and engaging duo at the helm, Lance Armstrong’s words are worth adapting: No, it really isn’t about the bike.

IVW CHAIRPERSONS

PRESIDENT:

Kathy John 243-9191
runners2@npoint.net

VICE PRESIDENT:

Bill Clark 347-4841
wclark190@comcast.net

SECRETARY:

Vicki Padesky 692-1552
vpadesky@yahoo.com

TREASURER:

Marge Semmens 693-9388
m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:

Laurie Wilbur 446-9367
rcwilbur@gmail.com

SOCIAL CHAIR:

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

MAILING:

Patty Isit 697-0490
pisit1@ameritech.net

DATABASE:

Larry Davis 691-3060
davis.lar@comcast.net

ADVOCACY/GOV.REL.

Eric Hutchison 688-7038
erichutchison1@hotmail.com

EDITOR:

Liliana Wong 691-8211
lilianawong@comcast.net

WEBMASTER:

Justin McWhirter 694-3736
justin.mcwhirter@gmail.com

IVW Website:

<http://www.ivwheelmn.org>



"Out-of-the-box" Tours

With Barb Drake & Cora Lynn Green

Bored with the same old cornfields and pumpkin patches? These two August rides, led by Cora Lynn Green and Barb Drake, offer a change of pace. Both will be at a friendly, Level I pace. Call Cora Lynn (683-3083) or Barb (692-1201) if you plan to go.

Aug. 15, McLean County Parks. We'll travel about 40 miles beginning at 9:00 a.m. at Comlara Park at Lake Evergreen (park in a lot near the entrance). Lunch will be at a small, funky restaurant near Lake Bloomington that does not believe in plates. It's called Green Gables, but don't let the name fool you.

Aug. 27, Tanner's Orchard. Meet at Pearce Community Center in Chillicothe at 9:30 a.m. Bike to Tanner's Orchard, where we will have lunch before biking home.

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



Rhode Gear 2-bike carrier that uses straps to hold it onto the spare

Thule Spare-Me 2-bike older carrier that has a dedicated bracket/socket that bolts between the body and spare to hold the rack on very securely - 25\$ or best offer

If interested, call Larry Davis (691-3060) or email him at davis.lar@comcast.net

OUT OF TOWN RIDES

August 2 - The T.O.O.C Tour - The Triangle of Opportunity Cycle Tour starts at Deer Creek, IL at the City Park. Ride lengths are 6 and 52 mile routes. For \$ 15.00 you get a lunch after the ride and several rest stops run by very friendly people. Registration opens at 7:00 p.m.



August 16 - C-U Across the Prairie - The ride will visit communities near Mahomet on flat to slightly rolling terrain. Routes of about 17, 35 and 65 miles (100 km) are suited for riders of all abilities. Marked routes, maps, sag support, a bagel breakfast, food stops and a post-ride hot meal with vegetarian options. The ride will begin and end at Lake of the Woods County Park in Mahomet, IL. Registration forms can be found at www.prairiecycleclub.org

August 17 - Wright Ride in Oak Park, IL. - Starts in downtown Oak Park. Ride lengths are 15, 25, 59 and 62 miles.

More info. at www.oakparkcycleclub.org

August 17 - Ronald Reagan Heritage Bicycle Ride (organized by the Rock River Valley Bicycle Club) - Starts at Dixon Page Park in Dixon, IL. Ride lengths are 25, 50, 75 or 100 miles. More info. at www.rrvbc.com

August 24 - Bike Psychos Century Coal City, IL. - More info. at www.bikepsychos.org

September 13 - Bob Galloway Memorial Amish Country Bicycle Tour - Ride starts at Arthur High School and fairgrounds in Arthur, IL. Ride lengths are 17, 25, 38 and 66 miles. The lunch provided by the Mennonite mothers as a benefit for their school is not to be missed. More info. can be found on www.decaturbicycleclub.or/arthur.html

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

IVW WHEELMN

September 20, 2008



NO BALONEY
BICYCLE RIDE
(25, 50, 75 or 100 miles)
Justice College Historical Site

No Baloney Flyers

Are you going out of town for organized rides in August or early September?

If so, please contact either
Kathy at
runners2@npoint.net or
Laurie at
rcwilbur@gmail.com to take
 25-50 flyers along and help
 advertise our great event.

ILLINOIS VALLEY WHEELM'N – August, 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. The group meets 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. **Last ride September 29th.**

Monday Dunlap Level I: Bonnie Johnson (682-7771) leads this ride departing from Dunlap Grade School. Riders should be ready to leave at **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. **Last ride September 15th.**

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 **August.** Mileage 30-40. Contact Laurie Wilbur (446-9367) rcwilbur@gmail.com for more information.

Tuesday "Kinder Gentler" Level II: Pam Hoehne (681-0206) leads the Level II rider 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) kurtsj@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! **Departure changes to 5:30 p.m. September 2nd.**

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: Karen Kendall (657-1338) kkendall@hrva.com and Lou McMurray (673-5795) loumcmurray@aol.com lead this ride from the Dunlap Grade School 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 leads 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. **Last ride September 24th.**

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). **Last ride September 11th.**

NEW! Thursday Washington Level I: Departs from Russell's Cycle and Fitness at **6:15 p.m.** Distance 10-15 miles. Leaders: Joe and Cheryl Russell (444-2098) jcrussell@russellsfitness.com. No one will be left behind. **Last ride August 28th.**

Friday Chillicothe Level I – Family Ride: Jim & Sarah Emmons (246-2166 or 238-3420) tandemx1@grics.net lead this ride from the Pearce Community 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.ivwheelmn.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 August.

August 7, 2008 Jim's Ride: Departs from the Pearce Community Center in Chillicothe. Distance - 50 miles with a snack stop. Lunch after the ride. Leader: Jim King (274-5575) jk76@verizon.net.

August 14, 2008 Laurie's Ride: Departs from Princeville Park, on the south end of town next to the railroad tracks. Distance - 45 miles with a snack stop. Lunch at COOPS after the ride. Leader: Laurie Wilbur.

August 21, 2008 Edith's Ride: Departs from the Pearce Community Center in Chillicothe. Distance - 50 miles with a Casey's stop and a lunch stop at Tanner's Orchard. Leader: Edith Albright (274-4849) talbrihte@mtco.com.

August 28, 2008 Fred's Ride: Departs from the VFW Hall in Pekin. The hall is located 2 miles south of the Pekin Hospital, on the corner of 14th St. and VFW Road. Distance - 40-50 miles with a lunch stop. Leader: Fred Smiser (346-9735) smizz4@gmail.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

Peoria County has now given the Illinois Valley Wheelm'n the OK to adopt Park School Road between Rt. 91 and Feuchts.

The county requires all volunteers to watch a safety video before the clean-up. We will be showing the video at Safety Town on Sheridan Road on August 13 at 7:00 PM, right after the IVW board meeting. Our first clean up will be Saturday, August 23 at 9:30 AM. If you cannot watch the video on the 13th, but would like to help with the clean-up, let me know and I will get the video to you for viewing.

Since we are starting so late in the year, we will only have 2 clean-ups in 2008.

More volunteers are needed. Please call me at 683-3083 if you can help. Thanks to all of you who have already volunteered to come.

Cora Lynn Green

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

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 () _____

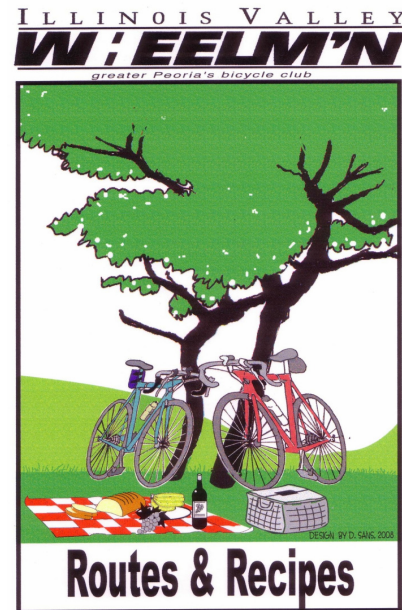
books X \$15 each = \$ _____

Sponsorship \$10 each = \$ _____

(sponsorship must be received by **July 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



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.



PEDAL PEORIA RIDE

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 more information, contact Sheldon Schafer at 682-1876 or sschafer@lakeview-museum.org



Ride and Potluck at Mackinaw Valley Winery located on Route 9



Date: Sunday, August 10th

Time: Meet at Winery at 8:30 a.m. for 40 – 45 mile Level I & II ride lead by Fred Smiser. No one will be left behind. Fred also has a map available of the route.
Meet back at the Winery around 12:00 noon for the potluck immediately following the bike ride.

Potluck: Please bring a dish to share. Note: The Winery does not open for business until 12:00 noon, so you will need to bring a cooler if your food item(s) need to stay cold. You can order your favorite wine or beverage to accompany you lunch.

Hope you plan to attend!

Jim & Sarah Emmons



Happy 50th



Wedding anniversary to

Doyle and Connie Collins

Proud owners of Bellevue Bicycle for over 32 years now.



I'm inviting you to help me celebrate my parents 50th anniversary. The first 5 people to come into the store on August 15th and say "Happy 50th" to Doyle will get a **\$50 gift card**.



Register's Annual Great Bicycle Ride Across Iowa™

July 19 - 25, 2009

RAGBRAI is an acronym for **Register's Annual Great Bicycle Ride Across Iowa**. It is a non-competitive bicycle ride across Iowa that draws recreational riders from across the United States and overseas. They ride from a community on Iowa's western border to a community on Iowa's eastern border, stopping in towns across the state. RAGBRAI is limited to 8,500 week-long riders and 1,500 day riders. Estimates of unregistered riders vary greatly anywhere from three to ten thousand.

The length of the route averages 472 miles. Eight "host communities" are selected each year; one each for the beginning and end points, while the other six are overnight stops. The distance between host communities is on average sixty-eight miles. At the beginning of the ride, riders traditionally dip the rear wheel of their bikes in either the Missouri River or the Big Sioux River (depending on the starting point of the ride). At the end, the riders dip the front wheels in the Mississippi River.

This year, the event started on July 19 and ended on July 26. The 2008 route started in Missouri Valley and continued to Harlan, Jefferson, Ames, Tama/Toledo, North Liberty, Tipton, and ended in Le Claire near the Quad Cities.

Every year, the IVW is represented at the event by some faithful participants and other casual ones. Our ride chairperson, Laurie Wilbur, enjoyed her annual ritual at this popular ride and hopefully will sort through her photographs and provide us with a couple of photos and a story for the next newsletter.

Welcome New Members

CLAY, MORGAN.....PEORIA
 COOK, REBECCA JO.....BRIMFIELD
 IFFT, KEITH H & ALEXANDER K.....PEORIA
 KAHL, FRANKLIN.....PEORIA
 NELSON, CRAIG DMORTON
 URBAN, REX & ANNETTE.....MORTON
 WRIGHT, SCOTT.....MAPLETON^

Thanks to Renewing Members:

BARR, JOHN & JENNIFEREAST PEORIA
 BRADFORD, JUDY GPEORIA^
 BRUBAKER, BEN.....WASHINGTON
 CAMP, JERRY D & LORI APEORIA
 CLARK, WILLIAM, BRENDA & FAMILY.....PEKIN^*
 COVER, JEFFREY CEAST PEORIA
 FREDERICKSEN, GRANT AMETAMORA
 GEHRT, DAVID & ALBERTASPEER
 GREER, JEFF & MICHELLEPEKIN
 KEENAN, J D.....DUNLAP*
 KETELSEN, KEN.....MORTON
 LUTHY, KEN.....PEKIN
 MATUSKA, RONMORTON*
 RAY, RANDY & MARSHA.....PEORIA
 SILZER, ALLAN F & GAIL CPEORIA^
 THOMPSON, GLEN, MARTY & FAMILY.....TREMONT
 WEAKLEY, DANPEORIA HTS
 WEGMAN, LARRY & CHERYL.....MACKINAW
 WITTMER, JIM.....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



GITAP

By Barb Drake

If not for the promise of two days off – and Jill Levene’s enthusiasm – I wouldn’t have gone. Oh, yeah, the motels helped, too.

As things turned out, I didn’t take any days off. And a work conflict kept Jill at home. But I still had a terrific time on the GITAP – acronym for Grand Illinois Trail and Parks – ride in June. I saw gorgeous parts of northwestern Illinois I’d not seen before – rolling hills, green valleys, charming farm houses and magnificent country estates, gardens to die for, a sand prairie where cacti grew. I dodged flood waters along the Mississippi and Rock rivers, toured a windmill, stopped en route to taste-test at a local winery, visited the John Deere home and blacksmith shop, toured an art museum, and was charmed by the unexpected performance of a folk singing trio over lunch at a coffee house. Of course, I met the sorts of characters extended rides are known for – the woman who has an attachment that allows her to work a blender while pedaling, the marathoner who rides without a seat, the trickster who hailed a taxi on one infamous hill in hopes of getting up first and being able to ask his buddies what took them so long.

Did I mention that I biked? Over seven days, I went 339 miles. If that doesn’t seem like much to those of you who routinely cycle through Iowa-Wisconsin-Michigan-Georgia-Colorado-New Zealand, then consider that it was a big deal for me. I’d never ridden more than 53 miles in a single day and never gone a week on a bike. But I’d been eager to try – even if I ended up spending the two optional days with book in hand and big old Cannondale parked. (I’d brought along a fictional account of a troubled, 270-pound alcoholic who reinvented himself by biking across country. Details aside, it seemed fitting.)

But the down times never happened, and the book went largely unread. On our potential day off in Savanna, I rode a 35-mile loop that took us up the bluff, onto a high ridge, out to that winery and over a series of challenging hills that offered dramatic valley views. In Rock Island, another two-day stop, I accepted the invitation from a local biker to follow him around the flood waters, across the bridge and through a necklace of parks in Iowa. Many did more – an 80-mile loop to Galena that included the notorious Blackjack Mountain was a popular option out of Savanna – and others did less. The Illinois League of Cyclists did a fantastic job of offering a variety of routes and distances almost every day.

I think it is hard for those who do this kind of thing routinely to appreciate what a challenge it seems to those who do not. And while the chance to take a break from biking on a bike trip may seem an oxymoron to some, it was reassuring to me. For those Wheelm’n who, like me, are somewhere between casual bikers and RAGBRAI devotees, GITAP is the right ride. But the opportunity to pedal all those extra miles, as well as the scenery and camaraderie, also makes it a great adventure for those who don’t give a whit about art museums or wine tasting and just want to bike. Several riders did centuries almost every day.

In fact, the only thing wrong with the sold-out trip was the almost total absence of Wheelm’n on it. The 157 riders included eight, nine, 10 apiece from other bike clubs statewide – but just two Wheelm’n. I hope this account inspires a new look at this ride in 2009. The dates are June 14-20. The route will change.

← On left, the flooded Mississippi river.

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:

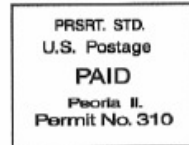
(\$5, \$10, \$15, other) \$ _____

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
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PEORIA, IL 61614-2933



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

