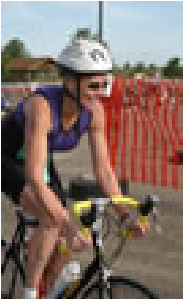


ILLINOIS VALLEY **WHEELM'N**



September 2008

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



PREZ SEZ: The **No Baloney Ride** is this month! This ride is always a good way to close out the summer and go into the fall season of cycling.

A list of No Baloney volunteer vacancies was going to be in this issue, but it's not necessary. We have plenty of volunteers. Forty IVW members have already come forward to help. What a great club!

We can all help in other ways at this event. We need each member to be club ambassadors during

No Baloney. Most of our members will be participating in this ride. Even if you are not volunteering at this event, you can help host the No Baloney Ride by chatting with the non-IVW cyclists. Some of these cyclists may be riding alone. Please make it a point to greet riders as you pass each other and ask how they are doing or where they are from. For those who know the course, you may want to give them encouragement and let them know how far it is to the next rest stop and what great food will be there when they arrive. Please keep your comments positive! We want our guests to return again and again.

The food stops will continue to have themes this year: Hanna City food stop will have a Hawaiian theme, Elmwood -- French, Princeville -- German with a bit of Italian (vegetarian lasagna), and the Jubilee Park -- Western with lots of chili. Yum! We always need fresh baked goods for this event. Please help keep the No Baloney as one of the best food rides in Illinois by providing homemade items, such as, cookies, brownies, cakes, muffins, bars, pie, etc... If you don't have time to bake, but still want to contribute, pick up a box of baked goods from one of the local bakeries in town. Another option is to donate money toward the baked goods and we can buy a few pies to add to our selection.

Our social chair, Sarah Emmons, is our baked goods coordinator this year. She will be at the Volunteer Party at Illinois Cycle in Peoria from 6:00 -- 8:00 p.m. and will accept baked goods (that can be kept fresh for three days) that evening or money toward purchasing bakery items.

For those IVW members who will be baking Friday night for Saturday's event, you can drop the goods off at Jubilee Park in the morning before you start your ride. When you arrive at the gate, please let the parking attendant know that you have items to drop off. Then just drive right up to the pavilion, drop off your treats, and then go park your car. We understand that last year, some of our members were tracking back and forth to their cars. We don't want that happening again this year. We will have a designated parking spot for unloading supplies or baked goods.

If you haven't registered yet, please do so now. Enclosed is a No Baloney Ride form or you can use your debit or credit card by signing up at Active.com. Here's the link:

http://www.active.com/event_detail.cfm?event_id=1568722

Let's all do our part and participate in our annual ride -- and **That's No Baloney!!!**

No Baloney Is Here and so is the Routes & Recipes Book!

*No Baloney is happening
September 20, 2008
rain or shine!*

*Get ready to enjoy one of the
best rides of the Midwest with
unique food stops and a
challenging course.*

*Upon check-in, don't miss the
chance to buy the No Baloney
technical long sleeve shirt
and the Routes & Recipes
Book (supply should go fast!).*

*The Routes & Recipes Book
has several routes along with
maps and detailed
instructions of the rides as
well as points of interest. All
the recipes have been tested
and carefully selected to
satisfy everyone's taste.*

And that's No Baloney!

Thursday Morning Ride Leader: Herb Unkrich



By Barb Drake

A bluebird led Herb Unkrich to biking. And on special days, Herb has been known to lead bikers who inquire to his bluebirds.

The story begins perhaps 15 years ago, when he heard that bluebirds were on the endangered species list, partly for lack of proper housing. The pretty little songsters don't build their nests out of twigs and mud, dwelling instead in cavities, namely hollows in trees or fence posts. But with more farmers tearing up fence posts, and farmland giving way to housing, too few have a place to call home. So those who care about the species are encouraged to build houses for them.

Herb, who had a bluebird house on his property near Edwards, put up a few more along a road leading to the Caterpillar proving grounds. But the birds require monitoring as well as shelter (after the fledglings leave home, the houses must be cleaned before Mom and Dad begin anew), so he had to walk or drive the road to check the houses. He didn't want to do either.

That's when he looked up and saw the old, three-speed, J.C. Penney's bike hanging in his garage. It had two flats, and he hadn't ridden it in years. He pumped up the tires and headed out. "I thought I was never going to make it up the hill," which he says was quite gradual. "I'm just huffing and puffing." The ride was only two-and-a-half miles, but "I was puffing at the three-quarter mile mark."

Six bikes and some 80 bluebird houses later, Herb is an experienced cyclist. "I love seeing different roads, different areas, and talking to friends while we ride," he explains. He's ridden RAGBRAI, done several other Midwestern rides and routinely cycles with the Tuesday and Thursday morning groups. He is among those who alternate leading the Thursday a.m. rides. The variety of leaders encourages a variety of routes, lending a different flavor and popularity to Thursdays.

Born on a farm in Iowa, Herb moved to Peoria in 1966 to work as a Caterpillar engineer. He retired in 2007. Retirement hobbies include woodworking (he makes furniture and bird houses), gardening (peas, tomatoes, potatoes, radishes, beets, spinach, cantaloupe and magnificent flowers) and photography. But bluebirds are his specialty. District coordinator for the East Central Illinois Bluebirds Society, he has been featured in two Journal Star articles and is about to be the subject of a story in *Birds and Blooms*, a national magazine. The good news about the birds? They are no longer considered endangered.

Herb is also the father of a son and daughter, both living in central Illinois, and grandfather of boys aged 8 and 6. His wife, Barb, bikes some but prefers walking and hiking.

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"Out-of-the-box" Tours

With Barb Drake & Cora Lynn Green

Again, this biking season Cora Lynn Green and Barb Drake will lead rides that promise a change of pace and scenery. Plan to join us on Sept. 10 – and set aside Oct. 4 for the second annual Barb's birthday ride

Sept. 10, No, Not That Hill! The hill is Spring Creek Road, and yes, you can do it. The scenery, the downhill (Ten Mile Creek Road) and the end-of-ride lunch are the payoffs for this Metamora-area ride. Meet at 9 a.m. at Russell's in Washington. LaVerne Wilson will help lead the ride, which will travel at a casual, Level I pace.

Oct. 4, "Barb's Birthday Ride" on the Great River Trail. Regardless of your level, age or interest, this is a fantastic ride. You'll be within view of the Mississippi River most of the time, including a couple of miles high atop a levee. You'll bike through charming small towns and past prolific flower gardens. While the suggested route is 35 miles in the morning, and 15 after lunch, the intention is to go at your own pace and ride as many, or few, miles as you wish. Since we are on a paved trail, you can't get lost, and you can turn around any time. The ride is ideal for families.

Meet at 9 a.m. at the Brother's Family Restaurant along Rt. 84 in Rapids City (last exit off I-80; turn north.) Park in back. We'll return there for lunch and birthday cake. Or meet at Barb's at 7:15 a.m., for carpool and caravan. A week ahead if possible, let Cora Lynn (683-3083) or Barb (692-1201) know if you intend to ride so we can work with the restaurant.



Tanner's Orchard Ride Oct 11TH 2008



Have you noticed the shorter days and the promise of cooler weather? Soon the leaves will be changing colors, which means it is time for a ride through the Illinois River bluffs to Tanner's Orchard! Tanner's is known for their great apples, as well as the fine baked goods.

The ride will take place on Saturday, October 11th at 9am. We will ride 40 miles (plus or minus a few). We'll stop at the orchard for snacks and drinks, so bring some money. The ride will be unsupported, so make sure you have spare tubes, a pump, cellphone, etc., and know how to use them. Steve Kurt will be leading a group of Level II riders or above, while Lou McMurray, Karen Kendall & Eric Hutchison will lead a Level I group.

We will meet at the Mossville Grade School (a half mile south of the Caterpillar Mossville plant north of Peoria, on Old Galena road). To get there, just travel north on Rt 29 from Peoria, and turn left on Old Galena road. If there are any questions, contact Steve Kurt at 243-7684 (kurtsj@mtco.com) or Lou McMurray at 678-0946 (loumcmurray@aol.com).

HELMETS REQUIRED!



OUT OF TOWN RIDES

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 information can be found at

www.decaturbicycleclub.or/arthur.html

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

ILLINOIS VALLEY WHEELM'N – September, 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. **Last ride September 29th.**

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. **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. **Last ride September 15th.**

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at **8:30 a.m.** during **September.** Mileage 30-40. 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.** 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. **Last ride September 16th.**

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.** **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: Karen Kendall (657-1338) kkendall@hrva.com and Lou McMurray (673-5795) loumcmurray@aol.com will 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. **Last ride October 29th.**

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. **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.**

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. **Last ride September 26th.**

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 5:30 p.m. as the days get shorter. Watch your newsletter or refer to the IVW Website: <http://www.ivwheelmn.org>

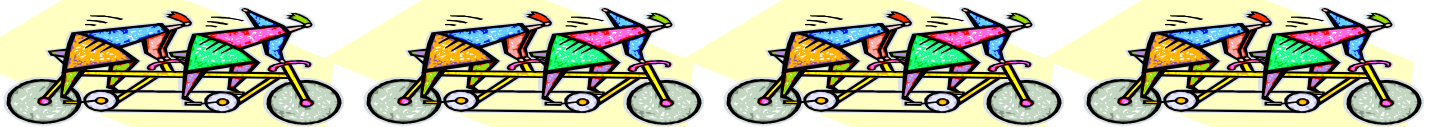
Daytime Thursday Rides Level I and II: Laurie Wilbur (446-9367) rcwilbur@gmail.com organizes these rides. All rides will depart at **8:30am** in September **EXCEPT SEPTEMBER 25TH**.

September 4, 2008 Laurie's Ride: Depart from Jubilee College Historic Site at 8:30am. Distance 50 miles of the No Baloney North Route with a lunch stop. Leader: Laurie Wilbur.

September 11, 2008 Jim's Ride: Depart from the Lacon Marina at the foot of the bridge at 8:30 a.m. Distance 50 miles with a snack stop. Lunch after the ride at Willie's. Leader: Jim King (274-5575) jk76@verizon.com

September 18, 2008 Fred's Ride: Depart from the Mackinaw Valley Vineyard located at 33633 Illinois Route 9, Mackinaw at 8:30 a.m. Distance 45 miles with a potluck at the winery after the ride. Please RSVP to Leader: Fred Smiser (346-9735) smizz4@gmail.com.

September 25, 2008 Mike's Ride: Depart from Pearce Community Center in Chillicothe at **8:00 a.m.** Caravan by car to Bureau County for Mike's famous Bureau County ride. Distance 45 miles with two Casey's stops. Leader: Mike Pula (264-9396) mikepula@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.



October 4 - Harvest of Talents Charity Bicycle Ride.

This is the second year for the Harvest of Talents Ride hosted by Chillicothe Christian Church. Benefits from the ride support the International Disaster Emergency Service in its effort to feed the world's hungry. Food is provided along the ride at stops in Princeville and Wyoming with lunch upon returning. Ride lengths are 15, 35 and 62 miles. Ride departs from Chillicothe Christian Church, 510 Frances Street in Chillicothe.

Contact Mark Kelly (309-369-7442) or Neil Terry (309-807-5072) with questions.

More info can be found at www.chillicothechristian.net/harvest.php.

IVW "Routes & Recipes" Book Order Form

Name _____
(Please print clearly)

Email address (print clearly) _____

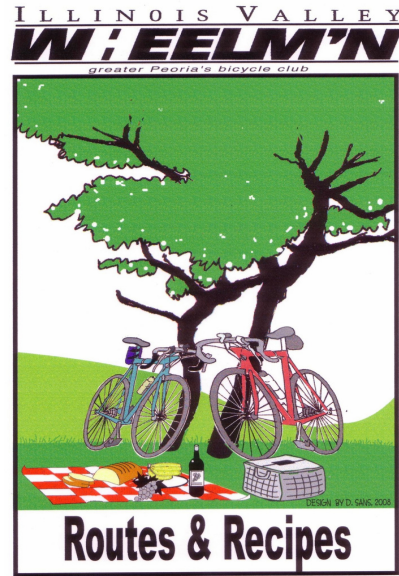
Address _____

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

Phone () _____

books X \$15 each = \$_____

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 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.

Welcome New Members

JOHNIGK, DR. JOSEPH & MARY ELLEN.....BARTONVILLE
 LOVE, JOHN & DEBRA & FAMILY.....DUNLAP

Thanks to Renewing Members:

ALFRED, STEVE & RITA HUNGATE.....PEORIA*
 BIERRE, TERRY & JOHN..... WASHINGTON^
 DILLARD, MICHAEL A.....PEORIA^
 GILLIS, GARY.....PEKIN
 HODSKINS, GARY & LYNN & FAMILY.....PEORIA^
 HUTCHINS, MICHAEL.....MORTON
 JACOB, GARY R..... GROVELAND^
 POWERS, MICHAEL & PEGGY.....DUNLAP
 PRICE, LOU.....CHILLICOTHE
 STREIB, RON & SHIRLEY.....DUNLAP^
 WALK, REGINA & JEFF..... TOULON
 ZWICKER, CHERYL.....VARNA

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

Advocacy Training Offered

Would you like to learn about a variety of bike advocacy topics, perhaps to help you get involved locally?

LIB invites our members to an LIB board training session on the following:

- Bike-friendly and “Complete Streets” road designs, including on-road and off-road bikeway types and LIB’s Complete Streets road project audits
- LIB’s Share the Road driver education video and curriculum
- Bikeway (and roadway) dollars – bikeway funding sources and strategies, also tracing the flow of federal road dollars
- How to start, do, and implement a bike plan in your town

The seminar, to be presented by LIB Executive Director Ed Barsotti, is scheduled for 10 a.m. September 28 at Pontiac City Hall, 115 W. Howard St., Pontiac.

Members are also invited to stay for lunch and the LIB board meeting to follow.

Please RSVP Ed Barsotti (630) 978-0583 or ed@bikelib.org

If interested, contact Kathy John 243-9191 for more info. and carpool arrangements.

Ramblings of a Rookie – BRAG, 2008

©by Tom Dorigatti

What on earth is BRAG, you say? BRAG is the acronym for Bicycle Ride Across Georgia. 5 IVW riders went to this annual affair from June 7- 14, 2008. Riders were, the "rookie", Tom Dorigatti, and the veterans, Edith Albright, Mary-Lou Price, Jerry Haley, and Mike Therry. The ride started in Oxford, Georgia and ended on St. Simon's Island. Sorry we don't have pictures, but each day, we found ourselves separated by one means or another and just never got around to getting a group picture...more "ramblings of a rookie." So, what we have here are quips and quotes from my memory banks and the ride diary that I somewhat diligently filled out along the way.

Let's start with "the day before", Saturday, June 7. Got to Oxford after staying overnight about 50 miles from that destination. The "veterans" were starving for some fun, so picked the "rookie" as their target and their "feast" was on...From driving style to color selection, they were on a roll that was to last the entire week, and beyond; but I digress...back to Saturday. The rookie goes to the van to get ready for a warm-up ride with Jerry and Mike. Open the door, grab the front tire, and it is as flat as a pancake. Never even got the bike out of the vehicle and I have a flat. This is going to be a good week! We rode a bit over 28 miles on pretty good roads that are hot enough to cook an egg on. I should have seen the writing on the wall about the heat and humidity. But we had an ice cream appointment, so I wasn't thinking about the heat...only the reward after abusing myself.

June 8: Oxford to Griffin, nicknamed the "Noah's Ark Ride". Must be from Mount Ararat, or it sure felt like it after the long, but not too steep climbs we made all day, ha. I have 57.2 miles in my journal. Ride was seemingly all uphill, and a phenomenon called "shake and bake" (rough chip seal) dominated the day. Started out at a clip that I should have known wouldn't cut it, but did it anyway. Mistake number one. Didn't cramp up much until after last rest stop. Drank enough to float a battleship, but it wasn't enough. Mike and I stayed in a motel, thank heavens. But what a great day of riding, cramps or not cramps, this is FUN! What are all those beads doing all over those roadkills lying on the road?

June 9: Get up with the chickens, get bus to departure point, find bike, and ride, Sally, ride. Today's ride: "The Buggy Works Ride", 66 miles, Griffin to Macon. The points of interest were all the long, shallow hills. More shake and bake, and now I know why they call it the buggy works ride....cuz the road felt like a buggy without any shock-absorbers. It was hot and humid today, but in spite of it all, having a great time. Broke out too fast again (mistake #2), and then found out that the rear tire was down to 80 pounds (mistake #3). . . Lou, Edith, and Jerry are doing just great. Mike is staying hydrated and riding like a champ. The rookie drank enough to float two battleships...but still not enough. Cramps were really bad today; but this is still a ton of fun. The rookie goes down one hill way too fast...thankfully, I didn't know it until after the ride, but 55 mph is a bit much on a bicycle, don't you think? Those beads? What the heck is this?

June 10: Mike and I decide not to run with the veterans at that pace. Today's ride is the "Indian Mounds Ride", Macon to Dublin, our lay-over stop. We are too busy trying to keep our bikes in line with other riders to see those mounds. Still going uphill (will the hill ever end...these are sure long, but not steep hills around here). 61 miles today for the "veterans", that is. The rookie, in spite of thinking he had drank enough for three battleships...cramped up in both legs, and couldn't get heart-rate down. SAG'ed in after riding 48 miles of the 61. Veteran Mike wants me to call 911, but I just SAG in. My body told me to stop, so I listened for a change. Veterans talk me into a massage, which is a thankful relief. Staying in motel again, so I'll get a good rest. All those beads on the dead animals are sure bugging me.

June 11: Layover in Dublin. Today is 'eat and drink' day for me. Veterans go out and ride 57 miles. They say it was shake and bake and very hot. Rained in the early afternoon, but the vets don't get wets, ha! The rookie eats enough to feed an army, and drinks more than enough to float a fleet. All the dinners are good. One of the veterans is concerned about a comment made about his legs, but we won't tell which veteran this is, ha! Wonder if the veterans saw any more of those beads on the road roadkills?

June 12: Get up with the chickens, hitch a ride to the departure point and saddle up. Today, the rookie feels really good. The veterans are ready to rumble. This is the "Ocoee Altamaha Ride" for 64 miles, from Dublin to Hazelhurst. We are on the road before light. The fog hasn't lifted yet, and it is absolutely beautiful out there, for now. Mike, the smart veteran, and designated rookie guard, decides to enjoy the ride, while the rookie decides to ride with a bit more pace today. We finally flatten out, but the shake and bake persists again today; man do my hands and butt hurt, my computer is locked up, and my handle-bar tapes are all loose. One of the veterans freaks out each time she sees a dead snake, but we won't tell you who that veteran is either, ha. The rookie makes the pace today, but of course is sore from the shake and bake being so rough. The rookie parks the bike, goes and gets the stuff, sets up in the gym, and can't find his glasses. Goes back to the bike to get them, and finds...a blown out tire with a gash in it about 3 inches long. One of the veterans had told the rookie to bring along a spare tire, which he didn't do. (Mistake #4). That cost me \$75. Tonight is "time in the gym", and color selection critique night. But the rookie is smart; he offers the color selection to one of the rookies that forgot to bring those items. We won't tell you which veteran forgot something either. One of the other veterans has decided to shift where they bed down to avoid more leg comments. Mike definitely loves his job of rookie guarding. More of those beads; I must ask someone what this is all about.

June 13: Up with the chickens and on the road before light. "The Yellow Jacket Ride: 63 miles, Hazlehurst to Jesup. I could get to liking this riding at the break of dawn, it is "cool", weather-wise and from a fun standpoint! This is the way bicycling is meant to be! Well, up until around 11AM when the heat and humidity hits at the same time as some more shake and bake. I keep thinking of the commercial where the kid says, "It's Shake and Bake, and I helped", complete with a Southern accent nobody can duplicate. Today, we find a Dairy Queen near the end of the ride. Me and one of the veterans are making this an automatic stop. There is some "controversy" on this decision, and three of the veterans decide to pass on ice cream and secure their spots (and ours) in the gym. The other three of us sure did enjoy the ice cream that the others didn't get. Where did number six come from? Well, he's a veteran of many a ride, just like Edith and Lou, and has this stuff down to a fine art. He rides like there isn't anything to it, what with his pedal stroke as smooth as glass and a demeanor that makes it a pure pleasure to be in his company! His name is George, but for the life of me, I cannot remember his last name.

June 14: The last riding day. "The End of the Road Ride", 55 miles from Jesup to St. Simon's Island. We get our daily dose of shake and bake, but then we are in for a real treat. Mile after mile of smooth road, flat as a pancake, and down a lane of shaded, tree-lined comfort. Swamps on both sides of the road. One kid says he saw two alligators. Rookie guard Mike and myself, decide to lag back, since we have to wait on the bus while the other three veterans have a ride back to Oxford right away. If I hear "take BOTH your gloves off and wash your hands" one more time....I'll comply, just like I always do. We get to go through Brunswick, Georgia, and then over two large bridges to get onto the island. Those bridges are a walk in the park alongside of the three solid days that we did nothing but climb. So, we get to St. Simon's have a great lunch, and a welcome shower. We find our bags with no problem, and wait on the bus. Get on the bus back to Oxford. Mike finds his bike easily, while mine comes off the truck without me seeing it. Rookie guard Mike finds my bike, just like a guard is supposed to do. Not as many beads today, are the animals getting smart and avoiding the beads or did they run out of beads?

In retrospect, the Ramblings of the Rookie: So, as a rookie, here are the big things and mistakes to avoid:

Watch your driving; fit the "mold", but realize that if you make any comment, slip, or faux pas, the veterans will be on you in a heartbeat. You are the victim of the week, get used to it.

Take that spare tire along. The veteran was right.

Be careful of your color selection for some items.

No matter how you train for the distance, the heat will get you. When you think you are thirsty, you are already in trouble.

Check your medications for side-effects before you go. It will help you to know ahead of time if those meds are going to cause you a problem in the heat and humidity. I didn't, and paid a price for it!

Don't skimp on food a few days prior to the ride in an effort to lose some weight. If you do, you may get yourself into trouble.

Have your seat height set correctly. I thought I was fine, only to find out that the seat was too high and robbing me of power, thus causing more push than pull and a hitch in my giddyup, resulting in the cramping (that and the dehydration are a bad combination).

Get the right bag for your goodies. I bought a nice duffel bag, but it didn't have a setup on the straps where I could sling it over BOTH shoulders. It was a real problem dragging that thing around. On tired legs, carrying an off balanced load really hurt my left leg more than it already was hurting.

Definitely, if you are going to sleep in a gym, get a good air mattress. I did, and it was worth its weight in gold!

Don't try to keep up with the veterans right out of the gate. They know what they are in to and how to handle riding long miles day after day after day.

If you are a "rookie" expect a rookie guard and for any and every faux pas or comment to cause a bit of ribbing and funning around.

Remember that rookies do have the chance in the future to pick on the next rookie, since you are only a rookie ONCE.

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:

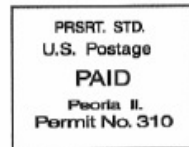
(\$5, \$10, \$15, other) \$ _____

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.

