

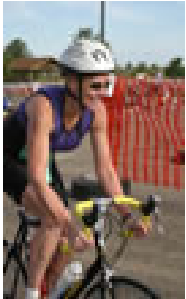


ILLINOIS VALLEY **WHEELM'N**



October 2008

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



PREZ SEZ: Beautiful weather and a great crew of volunteers greeted the 302 cyclists as they arrived for the 2008 No Baloney Ride at Jubilee College Historic Site in Brimfield. The weather continued to be ideal in the morning and for all who completed the 54-mile route, but for those who ventured north or near Princeville in the afternoon were surprised by a torrential downpour including hailstones.

A variety of foods were available on the course: Hanna City had its traditional Hawaiian theme with grass-skirted volunteers, leis and plenty of different fruits, breads, trail mix and Gatorade. Elmwood had a French theme minus the escargot, but a touch of class with volunteers dressed in black & white outfits carrying trays of chicken salad on croissants & sliced cheese on silver platters and serving sparkling grape juice. Brimfield rest stop was run by Kress Corporation and the Friends of the Glen Oak Zoo. Princeville went with a combination of German/Italian serving up brats, apple strudel, giant pretzels, and vegetarian lasagna along with other tasty dishes. Then, back at the ranch (start/finish) at Jubilee park pavilion was the traditional Western theme with volunteers serving up three different types of chili: regular, spicy and vegetarian along with bananas, grapes, chips, crackers, trail mix, etc...

At times we ran low on a few items such as desserts, but the club is determined to make every effort next year to ensure we can satisfy a hungry cyclist's sweet tooth.

Again we had the support of all our local bike shops with many providing SAG service and all buying paid advertising on the back of the technical shirts. In our November issue, we will provide a complete listing of those who supported this annual IVW event. Without the support of our volunteers and businesses, we could not put on the No Baloney Ride.

The 2009 No Baloney Ride will have some changes and improvements. One possibility of change that we do not look forward to is the potential closure of the Jubilee College Historic Site due to Illinois State budget cuts. Because of that, we may need to find a new location along with a revision of the routes. If you didn't sign the petition to stop the closure and want to keep the park open, get in touch with Lori Boland at LoriB1723@gmail.com. The other change for 2009 is that I'm stepping down as the Chair of No Baloney and I'm very pleased that Mike Honnold is stepping forward. Mike is very capable of taking on this major role in the club. Please be sure to thank Mike for taking this on and give him feedback from this year's ride or any ideas that you have that will improve the event. Mike can be reached at cannondale_25@juno.com

Thanks everyone and please be sure to check out our next newsletter for photos and a listing of supporters.



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 9 a.m. 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, cell phone, 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 (loucmurray@aol.com).

HELMETS REQUIRED!



Thursday Morning Ride Leader – Fred Smiser



By Barb Drake

Biking 6,000 miles is just an average year for Fred Smiser. This year, with the help of a cross-country trip, he hit the 6,000-mile mark by Aug. 1.

Like many bikers, Fred's come a long way since he "got tired of sitting around and not doing much" five years ago and bought a hybrid. "The first day I got my bike I rode four miles, and then the next day I couldn't walk. I could barely get out of bed," he recalls.

It was an unexpected struggle for someone as athletic as Fred has been. He was on the swim team at Pekin Community High School and played water polo – that's right, water polo – for Canton Community College, which at the time had one of the best teams in the state. He's also an experienced target shooter. In 1978 he won a national muzzle loader championship, which he calls his "claim to fame.... It surprised the heck out of me."

In the Illinois Valley Wheelm'n, Fred's claims to fame extend to cycling, of course, but also to cooking. He worked for a year as a cook in a private hunting club near Mackinaw and does all the cooking at home. The last two years he has organized bike rides and winery tours in the Mackinaw area that finish with fine, pot-luck dining!

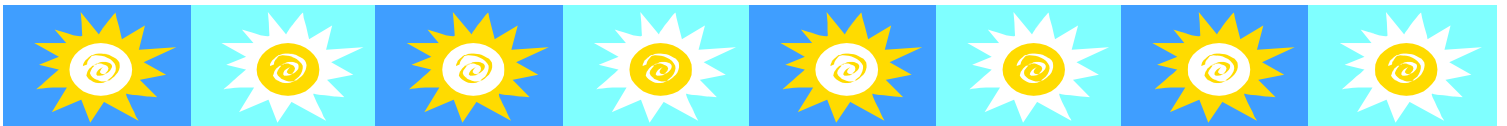
Fred grew up in Pekin and, except for two years in Georgia with the Army and schooling in Canton, has lived there all his life. He worked at Caterpillar Inc., as a tool and dye maker for 20 years and in machine repair for 10, retiring in 1999. Besides biking and cooking, he enjoys fishing, camping and "lots of woodworking." Building projects include tables, bookshelves and cabinets; he has built all of the kitchen, bathroom and living room cabinets in his home. A recent summer project was putting in a combination storage shed and playhouse for the three grandkids – eight-year-old twins and a grandson approaching his first birthday.

Fred and his wife Marilyn, whom he met in college, have a son living in Bloomington and a daughter in Mackinaw. Marilyn, who is president of First Federal Savings & Loan Assn. in Pekin, bikes some but plans to do more after she retires.

In spite of his shaky start, Fred got hooked on biking pretty quickly. "After about six weeks I was riding 30 miles at a time," he says. "Of course, it took me all day." Less than six months after he began, he joined the Wheelm'n and bought his first road bike. Since then he has biked through Kansas and Wisconsin and with other Wheelm'n buddies on the Natchez Trace. He says he wasn't ready for his cross-country ride with Steve Sommer to end, even after 2,500 miles. Just a couple of months after returning, he and Steve did a single-day ride across the middle of Indiana – 160 miles.

Fred says he likes biking because of the exercise; "it's keeping me from being 300 pounds. But the thing I like the most is the people. I enjoy their company. I just like to visit with everybody."

Fred is one of the rotating group of leaders who lend variety and atmosphere to Thursday morning rides. He remembers a couple of occasions two or three years ago when he and Laurie Wilbur were the only ones showing up. Now the Thursday rides sometimes attract more than 20.



IVW CHAIRPERSONS

PRESIDENT:

Kathy John - 243-9191
runners2@npoint.net

VICE PRESIDENT:

Bill Clark - 347-4841
wdclark190@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>



Welcome New Member

READING, ROBERT & MARIANNEPEORIA

Thanks to Renewing Members:

BEVILL, LYN & BOB.....PEORIA^
 GEOFFROY, PAMELAPEORIA
 GOELZ, DONNA, CALVIN & ANNA SCHENK.....PEORIA
 GREEN, CORA LYNN.....PEORIA^*
 JOHNSON, BONNIE.....PEORIA
 MAUSHARD, CHRISTOPHERPEORIA
 METTELMANN, KEN & NOREEN.....EAST PEORIA^*
 O'HANLON, TIM.....PEORIA^*
 PADESKY, MARK, VICKI & FAMILY.....PEORIA
 PAUSTIAN, LARRY.....EAST PEORIA
 SCHUCK-HOEHNE, PAMELA.....PEORIA
 SPONHOLTZ, BETH & FRED.....WASHINGTON^
 WHEELER, SUZANNE.....MAPLETON

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

About all those Beads on the Road-kills....
 the "Rest of the Story".

By Tom Dorigatti, 2008

Do you all think you were left hanging on the "Ramblings of a Rookie" article last month?

Well, you were! There wasn't quite enough room in the last newsletter to fit that last piece of the puzzle - the final paragraph and answer to the harrowing question "WHAT is about all those beads decorating the road-kills?" However, since I tend to enjoy writing puzzles and riddles, it turned out à propos, although not intentionally, so that you were left hanging. So, now, à la Paul Harvey, here's the "Rest of the Story":

It so seems and is indeed true that there is a cyclists' organization (I didn't write down the name of said organization), that decorates the road kills in order to pay homage to the animals that gave up their lives so that bicyclists can enjoy the roads and cycling around Georgia and I guess, the entire country. This group decorates dead animals on the roadways by placing brightly colored, plastic beads upon the carcasses. It certainly adds to the ride, and sure makes the road-kill more visible and avoidable. I guess it is better than picking them up and cooking them up for rest stop lunches - EGADS!

So now, there you have it, "The Rest of the Story."

Stay Informed – Sign Up for the Email List and/or Update Your Email Address!

Get the latest information emailed to you about special club rides, social events, club meetings and local cycling activities by signing up for the IVW email list!

To join the list, please send an email to:
members-request@ivwheelmn.org

Subject: **Subscribe**

At anytime you may remove yourself from the email list by sending an email to:

members-request@ivwheelmn.org

Subject: **Unsubscribe**

Note: You are not automatically on the email list by being a member. You must sign up to get emails from the club.

ILLINOIS VALLEY WHEELM'N – October, 2008 Rides Schedule

**NOTE: Closely view departure dates and times!

Monday Dunlap Show and Go Level I: Departs from the Dunlap Grade School at **5:30 p.m.** during October. Distance will be 15-20 miles as daylight permits. The group will ride together and regroup frequently.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at **9:00 a.m.** during October. Mileage 30-40. Contact Laurie Wilbur (446-9367) rcwilbur@gmail.com for more information.

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) loucmurray@aol.com lead this ride from the Dunlap Grade School at **5:30 p.m.** Distance will be 15-20 miles as daylight permits. The group will ride together. No one will be left behind. **Last ride October 29th.**

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: Ride meets at Russell's in Washington at **8:30 a.m.** Distance ranges from 25-40 miles and includes a meal stop.

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

October 2, 2008 Edith's Tanner's Ride: Depart from Pearce Community Center in Chillicothe at **9:00 a.m.** Distance 40-45 miles with a lunch stop at Tanner's Orchard. Leader: Edith Albright (274-4849) talbrighte@mtco.com

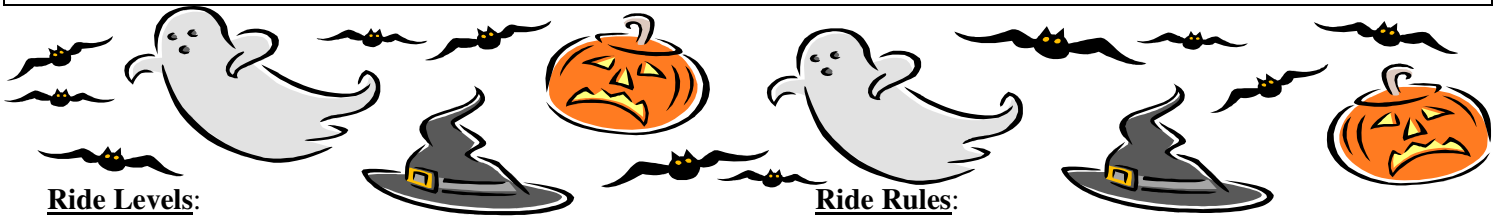
October 9, 2008 Laurie's Ride: Depart from Brimfield Park at **9:00 a.m.** Distance 40 miles with a lunch stop. Leader: Laurie Wilbur.

October 16, 2008 Fred's Pekin Ride: Depart from the VFW Hall in Pekin at **9:00 a.m.** The hall is located 2 miles south of the Pekin Hospital on the corner of 14th St. and the VFW Road. Distance 45 miles with a lunch stop. Leader: Fred Smiser (346-9735) smizz444@gmail.com.

October 23, 2008 Jim's Lacon Ride: Depart from the Lacon Marina at the foot of the bridge at **9:00 a.m.** Distance 50 miles with a lunch stop. Leader: Jim King (274-5575) jk76@verizon.net.

October 30, 2008 Herb's Oak Run Ride: Depart from Brimfield Park at **9:00 a.m.** Distance 47 miles with a lunch stop in Oak Run. Leader: Herb Unkrich (673-1074) bluebirdherb@yahoo.com.

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>



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.



OUT OF TOWN RIDES

Harvest of Talents Charity Bicycle Ride- October 4 - This is the second year for the Harvest 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.

The 19th Annual Pumpkin Pie Ride - October 5 - Held at the Ottawa YMCA, 201 E. Jackson St in Ottawa, IL.
Mountain Bike on the I & M Canal Towpath - 15/20/30/45 miles crushed limestone.

Flat terrain Road Rides - 31/62/100 miles (light traffic and rolling hills)

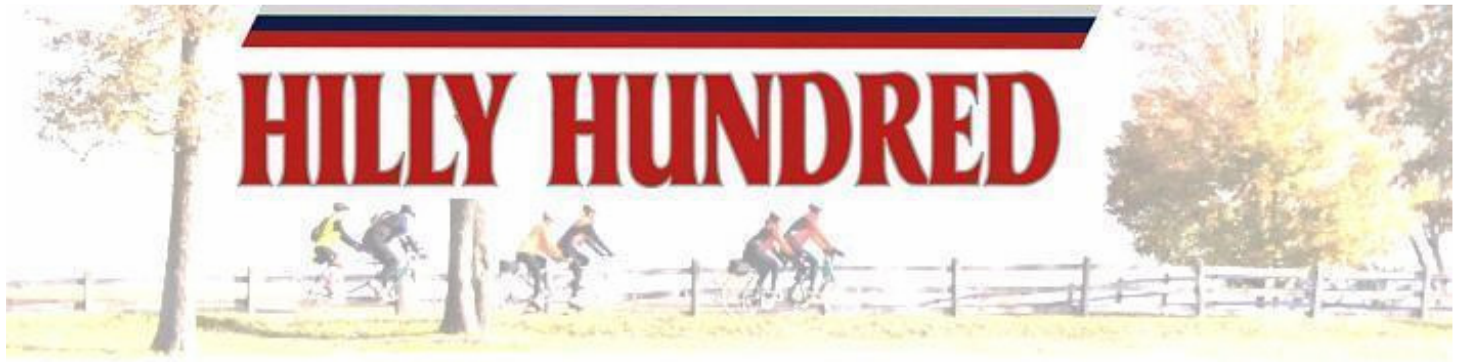
Cost \$ 20. Registration opens: 7:00 am to 10:00 am (100 mile riders encouraged to begin at 7:00 am)

Starved Rock Cycling Association

P.O. Box 2304 - Ottawa, IL 61350

For more information, call (815) 433-5035

A good source of information about rides in the Midwest can be found at www.mikebentley.com



41st Annual: October 17-19, 2008

Edgewood High School
601 S Edgewood Drive
Ellettsville, IN 47429

The Central Indiana Bicycling Association, Inc. (CIBA) is proud to sponsor the 41st Annual Hilly Hundred Weekend, a classic bicycle event designed for the touring bicyclist. If you like a bicycling challenge that includes entertainment, the Hilly is for you.



"Out-of-the-box" Tours

With Barb Drake & Cora Lynn Green

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.

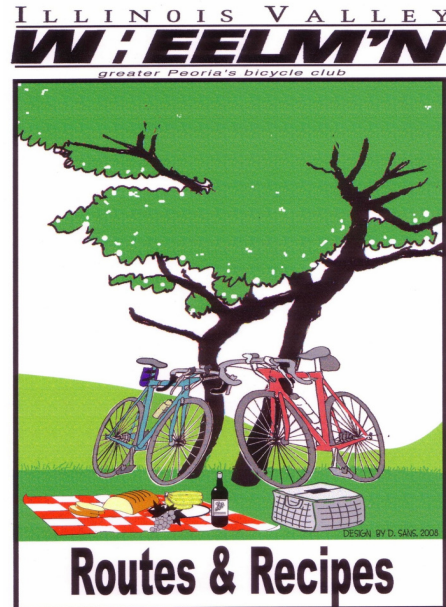
Meet at 9 a.m. at the Brother's Family Restaurant along Rt. 84 in Rapids City (last exit off I-80; turn north.) Park in back. We'll return there for lunch and birthday cake. Or meet at Barb Drake's at 7:15 a.m. for carpool and caravan. As soon as possible, let Cora Lynn Green (683-3083) or Barb (692-1201)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

Oct. 22, Fall Colors Ride. With luck, fall colors will be at their peak as we bike down Singing Woods Road, follow the river into Chillicothe, and bike Hallock Hollow's gentle hill up the bluff. We'll travel 31 miles at a Level I pace and enjoy lunch in Dunlap. Meet at 9:30 a.m. at Dunlap Elementary School for Cora Lynn Green's and Barb Drake's final Out-of-the-Box ride of 2008.

IVW "Routes & Recipes"

If you haven't pre-ordered this book, you can purchase it at any of the following:

- **Bellevue Bicycle**
3712 N. Prospect Road, Peoria 688-5709
- **Bushwhacker Ltd.**
4700 N. University, Peoria 692-4812
- **Illinois Cycle & Fitness**
9016 Allen Road, Peoria 693-2691
- **Lakeview Museum**
1125 W. Lake Avenue, Peoria 686-7000
- **Little Ade's Bicycles & Repairs**
305 N. 5th St. Pekin 346-3900
- **Often Running**
206 South Linden St., Normal 454-1541
- **Running Central**
700 Main Street, Peoria 676-6378
- **Russell's Cycle & Fitness**
10 Valley Forge Plaza, Washington 444-2098
- **Tanner's Orchard**
740 State Route 40, Speer 493-5442
- **Vitesse Cycle Shop**
206 South Linden, Normal 454-1541



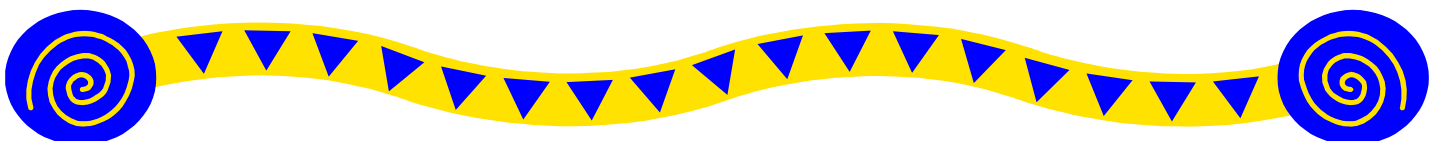
ADOPT A HIGHWAY

On the morning of August 23, six Wheelm'n members met at Not Your Average Joe in Dunlap for a good cup of coffee, food and conversation. From there we carpoled over to Park School Road for our first highway clean-up.

Our designated area is between Rt. 91 and Feuchts, both sides of the road. We started at both ends with big orange bag in hand, wearing fluorescent vests and walked toward the middle filling our bags. Kathy John found the most interesting piece of garbage—a cardboard container for a car litterbag, but we all did our part picking up beer cans, paper and plastic. Many thanks to Mike Pula, Kathy John, Eric Hutchison, Marge Semmens and Dan Weakley for spending their Saturday morning beautifying that section of road.

Our next clean-up date will be a Saturday in November. Watch for the November newsletter article giving the exact date. If you think you would like to help us and haven't yet seen the very short video, call me and I will get it to you.

Cora Lynn Green 683-3083



Juvenile Diabetes Research Fund Bike-a-Thon

On September 5th – 6th, Caterpillar Production System employees at the Tech Center in Mossville, IL held a 24 hour bike-a-thon to raise funds for the Juvenile Diabetes Research Fund (JDRF). Employees were challenged by their Vice-President, Jim Waters, to raise \$5,000 dollars up to which he would provide a matching contribution of 100%.

Starting at 5:00 p.m. on Friday, September 5th, the first rider set off on a one-hour shift to ride as many laps as they possibly could around the Tech Center quad. Over the course of the next 24 hours, employees traded off shifts to make sure someone was riding at all times. Varying abilities of cyclists came out to support the effort – even one on a unicycle! Finally at 5:00 p.m. on Saturday, September 6th, the last rider finished his shift to cap off a very successful fund-raising effort.

Thanks to the hard work of all riders, a total of \$5,600 dollars was raised for the JDRF – not counting the match by their Vice-President! The Illinois Valley Wheelm'n supported this bike ride by donating two copies of "Routes and Recipes" to be given away as door prizes to lucky winners.

The winners of our two books were Keith Herman and Sharon McIntosh.

Congratulations!



DON'T MISS THESE GREAT NOVEMBER SOCIALS!



Bike Ride/ Turkey Dinner at Methodist Church in Dunlap next to the Elementary Grade school

WHEN: Saturday November 1st

WHERE: Dunlap Grade School

We'll meet at the Dunlap Grade School at 2 p.m. for a 25 mile Level I ride. Please bring shoes to change into because they will not allow cleats in the church. Bike shorts & jersey are OK but no cleats. Following the ride we will go across the parking lot to the Methodist Church for a fabulous turkey dinner served family style and open to non-members. They will be serving turkey, mashed potatoes, gravy, green beans, homemade pies, cakes, etc- from 4 - 7 p.m. The cost for this great meal is about \$10 per person. If you just want to join us for the meal, please plan to meet at the parking lot at 4 p.m.

Annual IVW Banquet/ Election of Officers

WHEN: Saturday, November 22, 2008

WHERE: Sky Harbor Restaurant (1321 N. Park Rd., Peoria)

TIME: 6:30 p.m.

I have reserved the banquet room. We will be ordering off the menu and the tip will be included. Also we will be voting on the most improved female cyclist, most improved male cyclist, and HUB of the CLUB.

Please RSVP by 11/15/08 by calling (309) 246-2166 so we can give them an idea of how many will be attending.

Hope to see everyone there! Jim & Sarah Emmons



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:

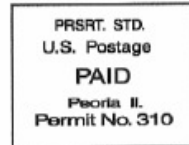
(\$5, \$10, \$15, other) \$ _____

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.

