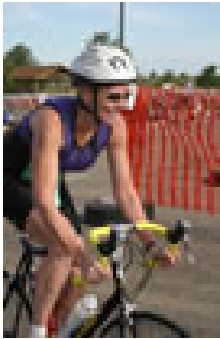


# ILLINOIS VALLEY **WHEELM'N**



November 2008

Greater Peoria's Bicycle Club  
Email: [members@ivwheelmn.org](mailto:members@ivwheelmn.org)



**PREZ SEZ:** Without the support of our local bike shops and club members, we would not be able to put on such an event as the No Baloney Ride. As promised, in this newsletter is a list of all the people who helped support the event. The ride was a great success, but most importantly, everyone was able to ride safely with the exclusion of just a few minor scrapes and bruises.

In addition, the ride generated enough revenue to pay all the expenses and have money left over to donate to worthwhile biking causes.

Many are aware, but most aren't that IVW traditionally donates money for the use of each food stop facility. This year, we donated \$100 to Illinois Historic Preservation Agency for Jubilee College State Historic Site, \$50 each to Hanna City and Elmwood Volunteer Fire Departments, and \$50 to Princeville's St. Mary of the Woods church. Additionally, any food left over is donated, with the bulk going to Southside Mission. The leftovers at Princeville food stop were left at the church to help feed the Princeville football team on Saturday night and the Sunday school children the following day.

This year, in the spirit of promoting cycling everywhere, the board will donate a bike rack to a non-profit community organization. It hasn't been decided yet, but the donation might go to Peoria Park District's Bicycle Safety Town. Bicycle Safety Town is equipped with a learning track, complete with traffic and road signs that provide a great place for younger riders to learn the rules of the road or a safe arena for older, more experienced, riders to have fun. It is also where we hold most of IVW's monthly board meetings.

Besides donating money as we regularly do to both the League of Illinois Bicyclists (LIB) and the League of American Bicyclists (LAB), we'll also donate \$500 to Pedals for Progress. If you don't know about this organization, please take the time to browse their website [www.p4p.org](http://www.p4p.org) and/or follow the link for an article about it: <http://www.cnn.com/2008/LIVING/07/23/heroes.schweidenback/index.html>

Pedals for Progress ships used, reconditioned bikes overseas to help poor families pedal out of poverty. What an ideal charity for IVW cyclists to make a difference in someone's life.

This is what our club is all about – participating in what we love and sharing what we can to help make the world a better place. So, when you participate or volunteer at our annual ride, not only do you get to enjoy the event, but you also help our cycling community and, this year, in particular, you took part in reaching out to others through cycling to create a better life. And that's No Baloney!



## *Annual IVW Banquet/ Election of Officers*

WHEN: Saturday, November 22  
WHERE: Sky Harbor Restaurant  
(1321 N. Park Rd., Peoria)  
TIME: 6:30 p.m.

Our annual meeting will take place at the banquet room. We will be ordering off the menu and the tip will be included.

Besides voting and nominating on the most improved female cyclist, most improved male cyclist, and HUB of the CLUB, we will vote on a slate of officers.

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*



# Ride Chairperson – Laurie Wilbur



By Barb Drake

Laurie Wilbur joined the Illinois Valley Wheelm'n before she even owned a bicycle. Five months later she rode 500 miles across Iowa with four high school and college friends – her first RAGBRAI.

The anecdote reveals as much about Laurie's personality – her determination, her leadership, her energy – as it does about her biking skills. It helps explain why those who wait for her to arrive for Tuesday morning "show-and-goes" – cede the decision-making to her.

Biking was not on Laurie's agenda when she grew up in Keosauqua, Iowa, a town of 1,200 in a county with more cows than people. She played basketball and golf and was a drum major, cheerleader and lifeguard, but not a biker. Nor was being a stay-at-home mom in her plans. "I always wanted a career," she says. "I couldn't even imagine not working outside the home."

For more than a dozen years after graduating from the University of Iowa she was a career woman. She started out in Iowa City as a bank loan officer, and then moved to a Toyota dealership, working in finance. Later she sold caps and gowns, diplomas, class rings and similar graduation paraphernalia to high schools and colleges in southeastern Iowa.

Marriage to Carl Wilbur, who'd come to Iowa City to study law, took her to Chicago, where she worked as a headhunter. A year later Caterpillar Inc. hired Carl as a patent attorney and Laurie found herself in central Illinois.

For about a year she sold medical equipment, returning to work six weeks after Ryan was born. Every new working mom discovers unexpected challenges when she tries combining the two jobs, but Laurie had more than her share while covering a territory stretching to the Quad Cities. "I found myself trying to recharge my breast pump at gas stations," she says, "and being stuck somewhere outside of town when it was time to pick up from day care."

So she became a stay-at-home mom – "I prefer to call myself a domestic goddess" – to Ryan, who's 14 now; to 10-year-old Sean; and, over the years, to an assortment of horses, chickens, quail, dogs and cats at her rural Brimfield home. The mom/goddess combination pretty much describes her roles as ride leader, and ride chairman the last three years for the Wheelm'n.

If Laurie's the Mom, then Marge Semmens is Grandma.

They met at a health club, where Marge "was always talking about these great bike adventures she had with her husband," Laurie recalls. "She was in amazing shape, and I thought I'd like to be in great shape too. I looked on biking as a new way to get fit."

In a chat with a high school friend, Laurie casually mentioned she was thinking about taking up biking. "She said, 'Let's do RAGBRAI.'" The conversation took place in December of 2002 and her bicycle-less visit to the club two months later. "I wanted to learn before buying a bike," she explains. First lesson learned? Bikes cost more than she expected they would.

It's been worth the price.

Laurie says she alone among those first RAGBRAI companions really "caught the bug." She credits her love for the outdoors and her competitive spirit. "I think it's the challenge of distance for me. It gives me a great deal of pride when I tell someone 'I rode 50 miles today' and they say 'Oh, wow!'. But mostly I like being outside on a beautiful day." She says she also enjoys the friendships, social outings and lunch stops that take riders off the beaten path. Among the longer rides she's done, RAGBRAI remains her favorite – "It's Mardi Gras on your bicycle, basically." While her girlhood friends no longer ride, her sister does. Their mother drives.

In the Wheelm'n, Laurie first rode Monday night rides. Struggling to get more miles in, she started the Tuesday morning outings four years ago. As interest built, she added Thursday mornings. Club ride chairman duties include supporting and recruiting leaders and getting information to members. There are 13 regularly scheduled rides weekly.

In earlier years, Laurie served as president of the Newcomers organization and a local board member of the American Cancer Society. She was on the committee that launched the Relay for Life in Peoria County. Looking for a new challenge two years ago, she did a triathlon. "I highly recommend it; I was never in better shape," she says. "But it's a real time commitment, and right now life is a bit busy."

## IVW CHAIRPERSONS

### PRESIDENT:

Kathy John - 243-9191  
[runners2@npoint.net](mailto:runners2@npoint.net)

### VICE PRESIDENT:

Bill Clark - 347-4841  
[wdclark190@comcast.net](mailto:wdclark190@comcast.net)

### SECRETARY:

Vicki Padesky - 692-1552  
[vpadesky@yahoo.com](mailto:vpadesky@yahoo.com)

### TREASURER:

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[m\\_b\\_semmens@sbcglobal.net](mailto:m_b_semmens@sbcglobal.net)

### RIDE CHAIRPERSON:

Laurie Wilbur - 446-9367  
[rcwilbur@gmail.com](mailto:rcwilbur@gmail.com)

### 2009 NO BALONEY RIDE CHAIR:

Mike Honnold - 696-2591  
[cannondale\\_25@juno.com](mailto:cannondale_25@juno.com)

### SOCIAL CHAIR:

Sarah & Jim Emmons - 246-2166  
[tandemx1@grics.net](mailto:tandemx1@grics.net)

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[pisit1@ameritech.net](mailto:pisit1@ameritech.net)

### DATABASE:

Larry Davis - 691-3060  
[davis.lar@comcast.net](mailto:davis.lar@comcast.net)

### ADVOCACY/GOV.REL.

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[erichutchison1@hotmail.com](mailto:erichutchison1@hotmail.com)

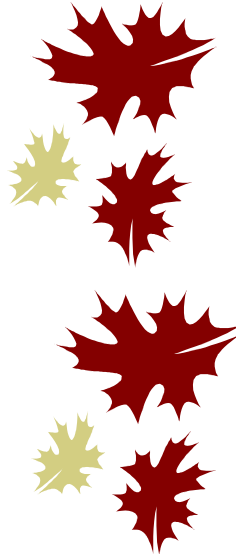
### EDITOR:

Liliana Wong - 691-8211  
[lilianawong@comcast.net](mailto:lilianawong@comcast.net)

### WEBMASTER:

Justin McWhirter - 694-3736  
[justin.mcwhirter@gmail.com](mailto:justin.mcwhirter@gmail.com)

IVW Website: <http://www.ivwheelmn.org>



## Welcome New Members

KECK, PEGGY.....GROVELAND  
 MAHONEY, MICHAEL & THERESA.....PEKIN  
 NELSON, TOM.....DUNLAP  
 PANDURANGA, DEEPAK.....PEORIA

## Thanks to Renewing Members:

ANDERSON, DENNIS, KELLYANN & FAMILY.....PEORIA  
 COOKSEY, DENISE & RANDY .....PEORIA  
 DAVIS, LARRY D.....PEORIA\*  
 GEORGE, ELLEN.....PEORIA HTS  
 GRILLOT, JOHN.....WASHINGTON  
 GULLETTE, CHARLES F .....DUNLAP  
 HOEGH, DION.....PEORIA^  
 JOHNSON, CRAIG.....PEORIA  
 MC INTYRE, JIM.....EAST PEORIA  
 MYERS, CHARLES C.....PEKIN  
 TRESENWITER, DENNIS & PEGGY.....GROVELAND

*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

## *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](mailto: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](mailto: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.**

## Classified Ads

Classified ads for club members are welcome. If you want to post a bike for sale or a wanted item in the newsletter, send your advertisement to [lilianawong@comcast.net](mailto:lilianawong@comcast.net) as an attachment. The advertisement **MUST** be formally key-boarded as a "Word" document. Commercial ads are also welcome at a charge of \$25 for a ½ page and \$50 for a full page. To submit a commercial ad, send an electronic document compatible with Windows to [lilianawong@comcast.net](mailto:lilianawong@comcast.net) as well as a hard copy to:

Liliana Wong

2856 W. Willow Lake Dr., Peoria, IL., 61614

All materials (including payment) must be received no later than the 15<sup>TH</sup> of the month preceding the appearance of the advertisement.

Go to [www.ivwheelmn.org](http://www.ivwheelmn.org), log in entering your username and password, and click on "Forum" (on the left-hand side).



## Check the Website for Updates and General Information

Our webmaster Justin McWhirter is constantly updating our website and will be glad to hear your comments and ideas.

You can upload your pictures, post upcoming bike ride information, check club events, advertise wanted or for sale items, communicate with other members through our forum, view the newsletters in color, and check the most recent club calendar.

The more we use it, the better it will become!



## ILLINOIS VALLEY WHEELM'N – November, 2008 Ride Schedule

**Wednesday Dunlap:** Karen Kendall (657-1338) [kkendall@hrva.com](mailto:kkendall@hrva.com) and Lou McMurray (673-5795) [loumcmurray@aol.com](mailto:loumcmurray@aol.com) lead this ride from the Dunlap Grade School at **5:30 p.m.** Distance will be about 15 miles as daylight permits. The group will ride together. No one will be left behind.

**P.S. This group will ride up until weather permits.**

**Saturday Show and Go Level III:** Ride meets at Washington Square at **8:30 a.m. all year.** Distance varies from 25-60 miles.

Please let me know if you would like me to “get the word out” about a ride during the months of November through March. I can send a message via email.

*Laurie Wilbur, IVW Ride Chairperson*



### 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.

## **Bike Ride/Turkey Dinner at Methodist Church in Dunlap next to the Elementary Grade School**



WHEN: Saturday November 1<sup>st</sup>  
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.



# NO BALONEY





## Thank You for Supporting No Baloney!!!

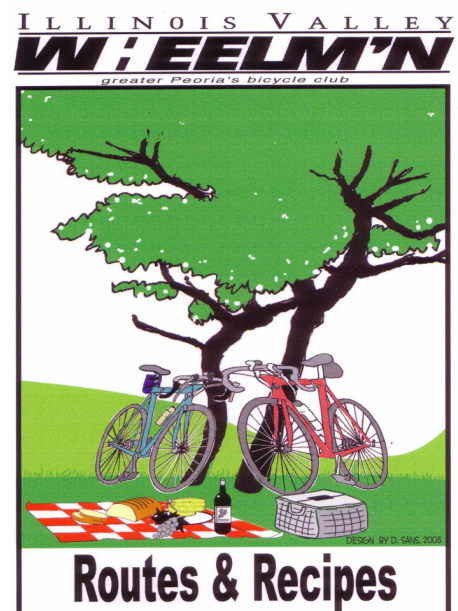
- The following local bike shops advertised on the back of the technical shirts to help make the cost affordable so that each volunteer received a shirt and kept the price down for the cyclists:  
**Bellevue Bicycle, Bushwhacker LTD, Illinois Cycle & Fitness, Little Ade's Bicycles & Repairs, Russell's Cycle & Fitness, and Vitesse Cycle Shop.**
- **Illinois Cycle & Fitness** for hosting the first No Baloney volunteer party.
- SAG and/or mechanics: **Bellevue Bicycle, Illinois Cycle & Fitness, Little Ade's Bicycles & Repairs, and Russell's Cycle & Fitness.**
- Free moving van for 4 days from: **River Valley Real Estate, L.L.C, Lacon, IL.**
- Two dozen bagels from **Panera Bread** on Sterling Avenue in Peoria.
- \$25 gift certificate from **Sam's Club** and \$20 gift certificate from **Kroger.**
- Sixteen loaves of bread from **Great Harvest Bread** on N. Allen Road in Peoria.
- Hundreds of large pretzels and streusel from undisclosed businesses through the help of **Paula Douglas** – which supplied – actually overflowed the Princeville food stop.
- Monetary donations from IVW members: **Karen Kendall & Marcia Ray.**
- Brimfield rest stop – Gatorade & porta-potties – donated by **Kress Corporation** and Friends of the Glen Oak Zoo.
- Volunteers: **Laurie Wilbur, Liliana & Shai Wong, Bill & Brenda Clark, Larry Davis, Fred Smiser, Pam Hoehne, Paula Douglas, Dan O'Brien, Karen King, John Grillot, Steve Kurt, Jerry Haley, Suzanne Wheeler, Sarah Emmons, Cora Lynn Green, Jill Levene, Rob & Cindy Alexander, Ken Luthy, Anselmo & Gabriel Ferreira, Tom & Carol Romanowski, Bob & Lyn Beville, Catherine Schaidle, Ron MacGregor, Dan Weakley, Herb Unrich, Mike Pula, Frank Stash, Tom Dorigatti, Dennis Sans, Dale Cook, Scott & Melissa Wright, Rebecca Senneff, Linda Simkins, Pam & Jim McIntyre, Chris Maushard, Mike Dillard, Steve Alfred, Paula Douglas, Barb Drake, Sheila Gribble, and Eric Hutchison.**

Sorry if we missed listing your name or business – it was just an oversight.

## IVW "Routes & Recipes"

*You can purchase the IVW "Routes & Recipes" book at:*

- **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. 5<sup>th</sup> 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





## Help Wanted

Current newsletter editor plans to "retire" as IVW editor January 09. Editor for the IVW newsletter will train the right person. Please contact Liliana Wong at [lilianawong@comcast.net](mailto:lilianawong@comcast.net).



## IVW BIKE PLANTER RAFFLE

Tickets: \$5 a piece or 3 for \$10 for purchase at Bellevue Bicycle

Drawing held at the Annual Dinner (November 22). Proceeds to go toward a bike rack for a community organization. Winner will be contacted. Result will be posted at Bellevue Bicycle and in the IVW December newsletter.



## HIGHWAY CLEAN-UP

Last highway clean-up for the year will take place Saturday, November 8.

We will meet at Not Your Average Joe on Second Street in Dunlap at 10:00 a.m. and carpool over to Park School Road.

The clean-up will take between one and two hours depending on the number of volunteers.

Please let me know if you think you could come so I can notify you of our plans in case of bad weather.

Thanks.

Cora Lynn Green - [cora\\_lynn@yahoo.com](mailto:cora_lynn@yahoo.com)

# 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](http://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:

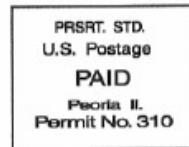
(\$5, \$10, \$15, other) \$ \_\_\_\_\_

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.

