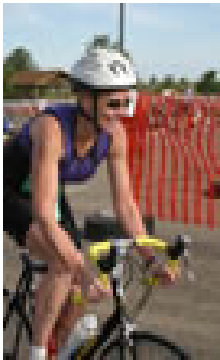


ILLINOIS VALLEY WHEELM'N



December 2008

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



PREZ SEZ: December marks the end of another year and ends the terms of many political offices as well as our own club board members' terms of office. After three years as the president of the IVW, it is time for me to step down and let another very capable member take over.

Mike Honnold was elected president along with a slate of officers during our annual board meeting on November 22nd. Mike has been very active in the club. He's helped at the No Baloney Ride in 2008 and took on a major role in assisting with the production of the Routes and Recipes book. Mike not only submitted routes, but entered all 50 routes, with cue sheets and maps, that were submitted by other club members. He put together the indexes by mileage and by starting point and organized the routes within the book by county and then, again, by mileage. Mike also had the idea of adding the routes to a CD that is placed inside each book's inside back cover. On top of all that, he's an avid cyclist, cycling more miles and in more inclement weather than I would attempt. Mike will bring energy and new ideas to our club.

Bill Clark is stepping down as the Vice President. Bill has been the VP for several years. He not only added great input, but livened up the meetings with his unique sense of humor. Bill has been very active in the club. He and his wife, Brenda, have run the No Baloney Hawaiian food stop for several years. Besides that, this year, Bill led the Ride of Silence and has accepted the "Bike to Work Week" proclamations from the mayors of Peoria and Peoria Heights.

Replacing Bill as VP is Lori Boland. Lori is an active advocate for the club. Lori attended the League of Illinois Bicyclists (LIB) advocacy class in Pontiac this year and volunteered to represent the IVW on IDOT's Eastern Bypass Study Advisory Group. On top of that, Lori was and is actively petitioning to keep the Jubilee Park Historic Site open. Lori's background is a welcome asset to the IVW Board.

Marge Semmens has agreed to stay on as the treasurer. Marge has taken on many roles in IVW. Marge has been the social, the president, and the treasurer. This year, as well as last, she organized the annual Poker Ride event. We are so glad that Marge can continue on as the IVW treasurer. Marge's diverse background will no doubt add to the knowledge base of the board.

Last, but not least, of the elected board, is Vicki Padeksy. Vicki agreed to come back again for another year as the IVW secretary. She's been a member of the club for several years. This year, as the secretary, she mailed out the new member packets, took minutes at the board meetings, and did a special mailing to past-due members. Additionally, Vicki took the time to update and revise our outdated membership packets.

As you can see the future looks great for our club. Please be sure to support our new board members in their roles.



IVW Christmas Party

WHEN: Friday, December 12th

TIME: 6:30 p.m.

WHERE: Pam Hoehne's home
3817 N Hawthorne Place, Peoria

Directions: Heading south on Knoxville, turn right on Lake St. and then turn right again on Hawthorne. Go all the way to the end (about 4 blocks). Pam's house is the last house on the right.

Main dish (meat) and drinks will be provided by the club.

Please bring an appetizer, dessert, or salad.

A-G Appetizer

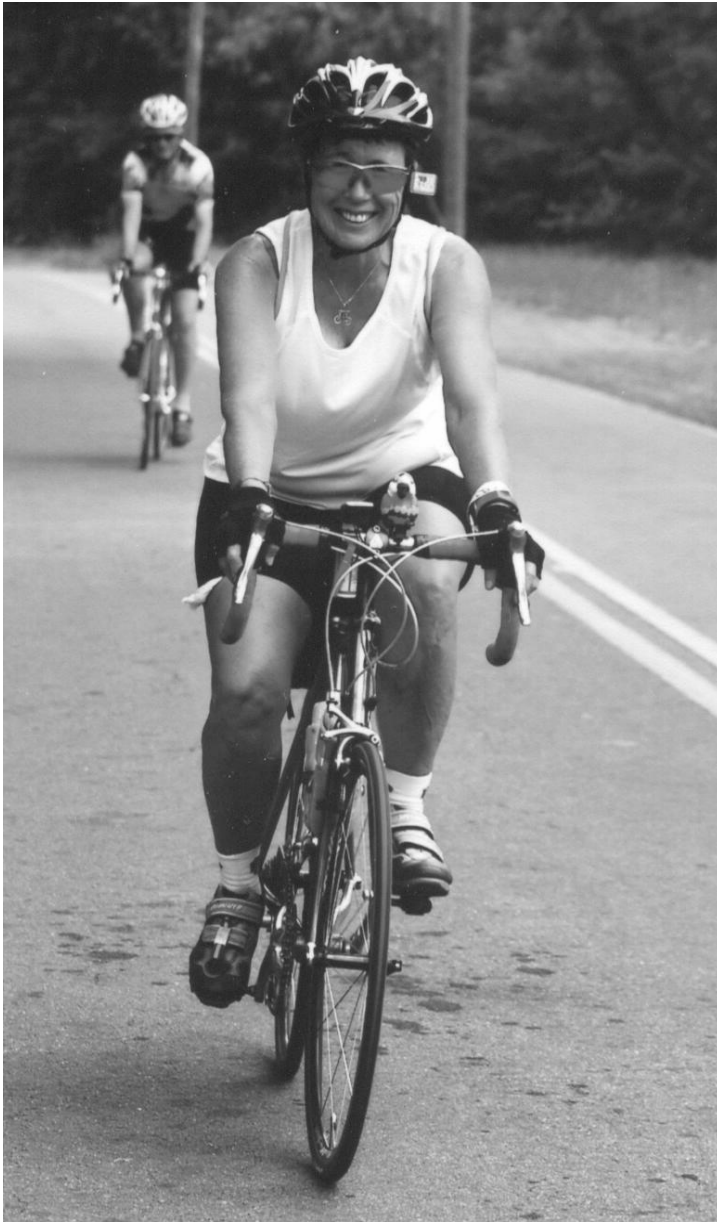
H-O Salad

P-Z Dessert

Please call Sarah Emmons at (309)246-2166 to RSVP by 12/10/08.



Thursday Morning Ride Leader – Edith Albright



By Barb Drake

In Illinois Valley Wheelm'n biking circles, one name is enough: Edith.

She has a last name – it's Albright – but you know who she is without hearing it. Edith is the woman who rides behind a rubber parrot (George) on a custom-made bike (Roark). She's ridden in more countries than most people have been to. She hates hills but persists in climbing them. She has more energy than two people half her age. And she's usually found at the head of the pack.

Edith Albright began biking when she was seven years old and got "a balloon-tired Schwinn you could put a Whizzer motor on. It probably weighed 50 pounds. My dad wanted a good, heavy, sturdy bike because we lived in the country."

Kansas country, actually. Her father farmed outside of Colby, in northwest Kansas, and she rode her bike everywhere, especially after moving to town. "Back then, it wasn't 'uncool' to ride your bike to school."

After high school graduation Edith began the long process of nurses' training that, if nothing else, proved her persistence. Her first attempt, at Hutchinson, KS, was interrupted by marriage. Her second effort, at Topeka, was a casualty of pregnancy. Her third try, at Peoria's Methodist Hospital, proved a charm – even with a second child to care for by then. In 1964 Edith started her nursing career at Galena Park Home. She was director of nursing there and later at the Lutheran Home, subsequently working as a staff nurse at WABCO (now Komatsu) and Caterpillar before retiring.

The man responsible for Edith's circuitous route to an education, as well as her move to Peoria, was her husband, Tom Albright. Caterpillar hired him in 1960 after he graduated from college. Tom died in 2004.

The heavy old Schwinn also made it to Peoria. Restored, it's in Edith's basement now. But marriage and children brought a temporary halt to her biking days.

She took the sport up again in 1980, when her daughter-in-law quit biking and gave Edith her 10-speed. Tom took up biking as well, and it wasn't long before they graduated to Sears models.

"Then I made the mistake of going to Russell's, and it's been downhill since," she says. (Unfortunately, for every downhill there is usually an uphill. And you did know, didn't you, that Edith doesn't like them?)

In 1986 the Albrights and a neighbor biked through England. She doesn't recall how many miles they rode ("This was before I was into miles") but does remember they had a great time. She was hooked. She's ridden across Kansas six or seven times; through Iowa, Indiana, Wisconsin, Colorado, Maine, New Hampshire and some other states she can't recall. She's seen both coasts on a bike. She's done the United States north to south once and west to east two-and-a-half times. She's traveled through parts of China by bike and made two cycling trips to New Zealand, where, she insists, the hills were steeper the second time around. Next spring she'll see if she has another coast-to-coast trip in her.

A veteran Wheelm'n member, Edith is among the group that leads the Thursday morning rides known for their variety and popularity. She also leads informal Sunday morning rides. She bikes the winters away in Florida.

The three Albright children include a daughter who's a veterinarian in Chenoa, a son who works for a trucking company in East Peoria, and a son who works for Sports Authority in Colorado. She has two granddaughters and a grandson. "None of my grandkids bike," she laments. "Where did I go wrong?"

Now just in case you're still wondering about the parrot perched on her handlebars....

She bought her first one eight years ago in honor of the live parrot that shared her home, also named George. He's 20 years old and currently residing with her daughter. "That parrot's going to outlive me," she insists.

She means the real George, the one that doesn't ride a bike. Her hitchhiker parrots lose their rides at the end of biking season.

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

2009 NO BALONEY RIDE CHAIR:

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cannondale_25@juno.com

SOCIAL CHAIR:

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

MAILING:

Patty Isit - 697-0490
pisit1@ameritech.net

DATABASE:

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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

PURTLE, CARIN.....PEORIA

Thanks to Renewing Members:

ALEXANDER, ROB & CINDY.....WASHINGTON
ALWOOD, SCOTT.....GOODFIELD*
ANDERSON, RON.....WASHINGTON*
BITTNER, GREGGPEORIA
BURROUGHS, PHIL & TERRY.....PEORIA
CORNISH, PHIL & SUE.....DUNLAP
DURST, GREG, LORI & FAMILYWASHINGTON^
GALLAGHER, TONI & MEG BARNOSKYPEORIA
GRAHAM, MICHELLE.....MANITO
GRANE, JO-ANBRIMFIELD^
HANSEN, CELESTEPEORIA
HOOKER, JIM & SUE.....CHILLICOTHE^
KURT, STEVE.....DUNLAP*^
LISENBY, JERRY.....PEORIA
MACGREGOR, DONALD.....PEKIN^
MC CLURE, MELISSA & LISA ROGERS.....CHILLICOTHE^
NIEMI, DON & MARY.....METAMORA^
REITER, MARY.....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

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.

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 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 1/2 page and \$50 for a full page. To submit a commercial ad, send an electronic document compatible with Windows to 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 15TH of the month preceding the appearance of the advertisement.

Go to 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!

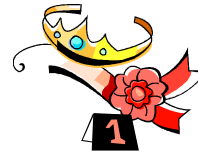


Above, Bill Homes, Torsten Van Wassenhove, Karen Kendall and Lou McMurray (part of the Wednesday night group) on their last ride of the season.

Congratulations!!!

Karen Kendall for being nominated the “**most improved female cyclist**” and **Al Covington** for the “**most improved male cyclist**”.

Lou McMurray received the very well deserved nomination as the “**Hub of the Club**”.



Congratulations to all and keep up with the good work!



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 PROGRAM



Saturday, Nov. 8, nine Wheelm'n met at Not Your Average Joe in Dunlap for some good hot coffee and a little bit of warmth before heading out into cold, blustery weather to again clean-up Park School Road.

Since there were so many of us, the clean-up took less than an hour. That was a blessing since the weather was pretty miserable.

Thanks to everyone who came out – Liliana and Shai Wong, Mike Pula, Kathy John, Marge Semmens, Eric Hutchison, Dave Gehrt, Mark Klokkenga and Cora Lynn Green.

All those people eating fast food in their cars, along with people drinking both beer and vodka while driving, made our clean-up worthwhile. What would we do without them?

Cora Lynn Green, Chairman



IVW Newsletter Editor

A good creative soul willing to dedicate some time to our club's monthly newsletter. The current editor plans to "retire" from the position January 2009. So, hurry up and volunteer! The training is easy. Please contact Lillian Wong ASAP for this exciting opportunity (lilianawong@comcast.net).

2009 NEW YEAR'S DAY RIDE/POTLUCK



WHERE: MARK & VICKI PADESKY (309) 692-1552

5124 N. Sherbrook Lane, Peoria, off Sheridan, across from Notre Dame HS

TIME: Ride will begin at 1:00 p.m. (Distance will depend on weather conditions)

POTLUCK: Will begin immediately following ride. If you are not riding and want to join the potluck, please arrive at approximately 2:15 p.m.

Please bring a dish to share.



Starved Rock Hike - January 11 at 11:00 a.m.

Put on your layers and hiking boots and come join the IVW on a hike in Starved Rock State Park.

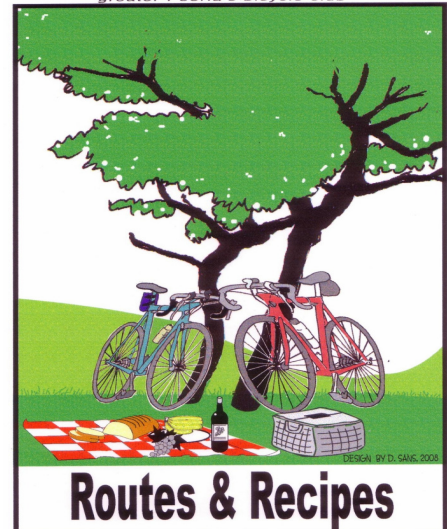
<http://dnr.state.il.us/lands/landmgt/parks/I&M/EAST/STARVE/PARK.htm> January 11 at 11:00. Hikers can meet at the Lodge at 11:00 a.m. or at the Pearce Community Center in Chillicothe at 9:30 a.m. to car pool. We plan to hike around 1.5 to 2 hours. This is a vigorous hike with some hills, steps and possibly patches of slippery terrain if it snows or rains. We will stop briefly to regroup. There will be several opportunities for viewing eagles. Hikers may want to bring some snack or energy bars along with something to drink. After the hike, we will have a late lunch at Ron's Cajun Connection in Utica sometime around 1:00 p.m. <http://www.ronscajunconnection.com/> If you'd like to invite a guest who is capable of hiking in these conditions, please feel free to do so. For those not wanting to hike, bring along a book to read and curl up by the fireplace in the lodge instead. For more information, contact the hike leader, Roger John at either (309) 243-9191 or runners2@npoint.net

IVW "Routes & Recipes"

You can still purchase the IVW "Routes & Recipes" book at the following locations:

- **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

ILLINOIS VALLEY
WHEELM'N
greater Peoria's bicycle club



This book can be a great gift and a stocking stuffer!

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:

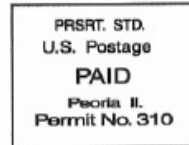
(\$5, \$10, \$15, other) \$ _____

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.

