



ILLINOIS VALLEY **WHEELM'N**



January 2009

greater peoria's bicycle club

email: members@ivwheelmn.org



Tailwinds: Hello – I'm sure you all are shocked to not see Kathy John's smiling face looking back at you from this newsletter after being president for the past three years!

Kathy did a wonderful job as president of our club, and I am sure her contributions will be appreciated for many years to come. Because of my active participation with the Peoria Bicycle Club, the only way I got to know Kathy was from whatever I read in the monthly newsletters.

When I became more involved by helping Kathy out with the "Routes and Recipes" book, I was amazed with the energy and enthusiasm Kathy projected from her position. Near the end of our collaboration, Kathy asked me in an e-mail to consider taking over her position. I only had to think about the decision for a few days before saying, "Yes!" If you haven't taken the opportunity already, please call or send Kathy an e-mail to give thanks for her service to the club. While you are at it, also send a quick note to Bill Clark and Liliana Wong, who are also stepping down from their positions as vice president, and newsletter editor.

Now I am sitting here as president of the premier cycling club in our Central Illinois community of a few hundred-thousand residents. Nervousness, anxiety – yes, I'll admit those are both things I am feeling a lot right now. However, I've learned quickly by attending a couple of meetings that I am not alone in my job to head our club. Once I get a couple of meetings under my belt without the help of Kathy a few steps away, I'm sure I'll latch right on.

Many of you probably know my name or face from many years of rounding up volunteers to help at the Proctor Cycling Classic, but know little else concerning who/what I am about.

Let me start at the beginning....I was raised in Kansas, Illinois - a small farming community of 900 people about 1 hour due southeast of Champaign-Urbana. Most people are amazed to hear my graduating class in high school only consisted of 24 people, but I found the circumstances advantageous to receiving a good, public education. Including my dad, farming was the way of life in my family for six generations. All through high school, I helped out on the farm when I could during the school year, and it was my main source of work (my dad called it entertainment) during the Summer months. I always enjoyed the physical aspect of this line of work, but felt farming wasn't in my blood.

After graduating Valedictorian of my high school class, I headed off to Eastern Illinois University in Charleston, IL to pursue an Industrial Technology degree. You may ask, "What is Industrial Technology?" Well – the simplest way to explain this degree in a few words is "hands-on" engineering. Instead of taking class after class in mathematics, chemistry, physics, etc... I was enrolled in classes where I was taught the finer points of machining, welding, assembly line efficiency, and other subjects necessary to designing the process around how things are made. My hard work paid off, because before I graduated from Eastern in Spring of 2001, I was offered a position at Caterpillar as a "Guinea Pig"

in the first year of a manufacturing training rotational program – MPDP for short.

Of course, this is how I found my way to Peoria. Prior to interviewing with Caterpillar, I'd only driven through Peoria a few times coming back from vacations or other trips. So, moving here was a whole new experience. During my first three years at Caterpillar, I spent each year in a different, prescribed training rotation including purchasing, planning, and finally first-line supervision. Once out of the training program, I was placed out at the Tech Center in Mossville working as a manufacturing engineer for our research machine and fabrication shop. Initially, I supported the operations at the Tech Center, but with my experience, I am now working on new product introductions, and other exciting projects.

Now you are likely wondering how I got into bicycling. The summer before I started high school, rollerblading was the latest fad, and I became quite the skater. Unfortunately, in our small town, the streets were not of good quality, and little concrete was to be found. So, I started riding my mountain bike in the country to keep in shape for rollerblading. As time passed, I enjoyed riding so much that my rollerblades sat in the basement, and my Wal-Mart cruiser began eating up the road.

With each progressive summer, I started riding longer distances from home – at least as far as my mountain bike would take me. I finally earned enough money one summer to purchase a Cannondale mountain bike, and things really took off from there. Luckily, I didn't stop riding once I went off to college, and had many more things on my plate to worry about. During my senior year in college, I had an accident at work where I broke my wrist, and received some worker's compensation funds that I used to purchase my first road bike. I'm not sure if the pain was worth the bike, but this was the final piece of the puzzle I needed to completely feel like a real cyclist. Now that I'm out of college and in the working world, I typically ride around 7,000 outside miles a year as long as time and weather allow.

As far as my personal life goes, I married my lovely wife, Katrina, in October of 2005. She is a Peoria native, and we met by chance on the Internet! How's that for technology? You may have met my wife at some point, because she works as a pharmacy technician at Walgreen's. We do not have any kids yet, but are owners of a very spoiled border collie mix adopted from the local shelter. In my free time, I also enjoy mountain biking, cross country skiing, hiking, video editing, dog walking, keeping my many bikes (count now up to 7 if you count the tandem and unicycle) in tip-top shape, and trying new craft/specialty beers.

I think I will end things here before I go to the second page. Like I stated before, I am excited to be president of the club, and have a few new ideas up my sleeve – to be discussed in future newsletters. Please feel free to call/e-mail anytime to discuss matters or things concerning the club.

Thursday Morning Ride Leader – Jim King



By Barb Drake

When Jim King retired seven years ago after four decades as a carpenter, his boss said boredom would have him back at work in a year.

Fat chance.

Jim had too many hobbies – hunting, fishing, traveling, Civil War history – to be bored. And that was before he took up biking, just last spring.

His newest hobby has fully engaged him. As of early December, his odometer read a proud 3,322. The pride comes from a friendly competition with Lou Price to see who would chalk up more miles over the course of the year. He's claiming victory.

More importantly for the Wheelm'n, Jim's interest in biking has put lucky members on some roads less traveled – notably those in Marshall and Putnam counties, not far from Hopewell Estates, where he lives in the house he built 35 years ago. You can't really say you've seen Central Illinois until you've experienced the wild and winding Old Rt. 29 from a bike on a rare sunny Thursday in August. Jim is among the reasons those Thursday morning rides have become a popular adventure.

Born in the Chicago suburb of Evergreen Park, Jim King graduated from Hinsdale High School, decided college wasn't for him and became a carpenter. Seventeen years later he and the suburban girl he'd married decided Chicago-land wasn't for them or their children either. The Chillicothe area, where his mother had been raised, seemed a good alternative.

And it was. His parents moved back. His three surviving brothers live there. His children had academic and athletic opportunities they would not have had at the bigger Chicago-area schools, he says. Son Dave, a CILCO lineman; daughter Amy, a trouble-shooter for a pharmaceutical company; and four of his five grandchildren live in Chillicothe. Only daughter Missy opted for warmer pastures. She works for the Orlando, Fla., police department.

Central Illinois has also been a good place for a guy who thinks a great day is one spent lying in the snow with his son, waiting for ducks to fly over so he can shoot them. Or can laugh about shooting his only turkey – just one per season is allowed – after much preparation and just five minutes into the hunt. But he and wife Jan enjoy other parts of the country as well. He's fished blue-ribbon trout streams in the West; biked with Jan through Acadia National Park in Maine; and taken his interest in the Civil War to such battlefield sites as Vicksburg and Shiloh. In 2007 the Kings visited Fort Stedman at Petersburg, Va., where his great-grandfather was wounded in one of the last battles of the war. Jim says he found the gully where his great-grandfather's battalion was kept in reserve.

Travel was his first retirement goal after a career spent helping build many familiar structures in the Peoria area: the Salvation Army building on Northeast Adams; the Air National Guard headquarters; PMP's fermentation plant; and those parts of the Murray Baker and McClugage bridge reconstruction that required carpentry. As far as notable projects, however, nothing beats the work he did on structures associated with Fermi National Accelerator Laboratory at Batavia, the center for particle-physics research.

Though he and Jan enjoyed biking the Hennepin Canal and Rock Island trails together, road biking was not in Jim's retirement plans. He says a biker he met on the Hennepin sparked his interest and a conversation with Wheelm'n member Sheila Gribble -- while exercising at Pearce Community Center -- persuaded him to look into the Wheelm'n.

Biking helps him keep his commitment to stay fit, he says. But there is a more important benefit.

"It's relaxing for me. I kind of get mellow."

IVW CHAIRPERSONS

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



Thanks to Lifetime Members:

HEINE, KAREN & STEVEPEORIA*^

Welcome New Members:

ANGOT-LEWIS, TERESA & FAMILY.....PEORIA
SCHMIDT, MARVIN.....EUREKA^

Thanks to Renewing Members:

DAGGS, STEVE.....WASHINGTON^
GEOFFROY, PAMELA.....PEORIA
KENT, LINDA & SAM.....MORTON
MC LOUTH, ALAN & CINDY.....MARQUETTE HTS
POPE, KEN & SHERI.....MORTON
READING, JIM & DIANA.....DUNLAP
STASH, FRANK.....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

Men's Scattante R660



Bike includes Travel Track Trainer/Base and Vehicle Mount.

For more information, call Cheryl Lynn Zwicker at (309) 361-5114 (8 a.m.- 8 p.m.)

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 wdclark190@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 wdclark190@comcast.net as well as a hard copy to:

William Clark
308 Linden St., Pekin, IL., 61554-2522

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

NEWS



GREAT NEWS!!!

I am pleased to announce the new IVW newsletter editor, Bill Clark – a very active longtime IVW member.

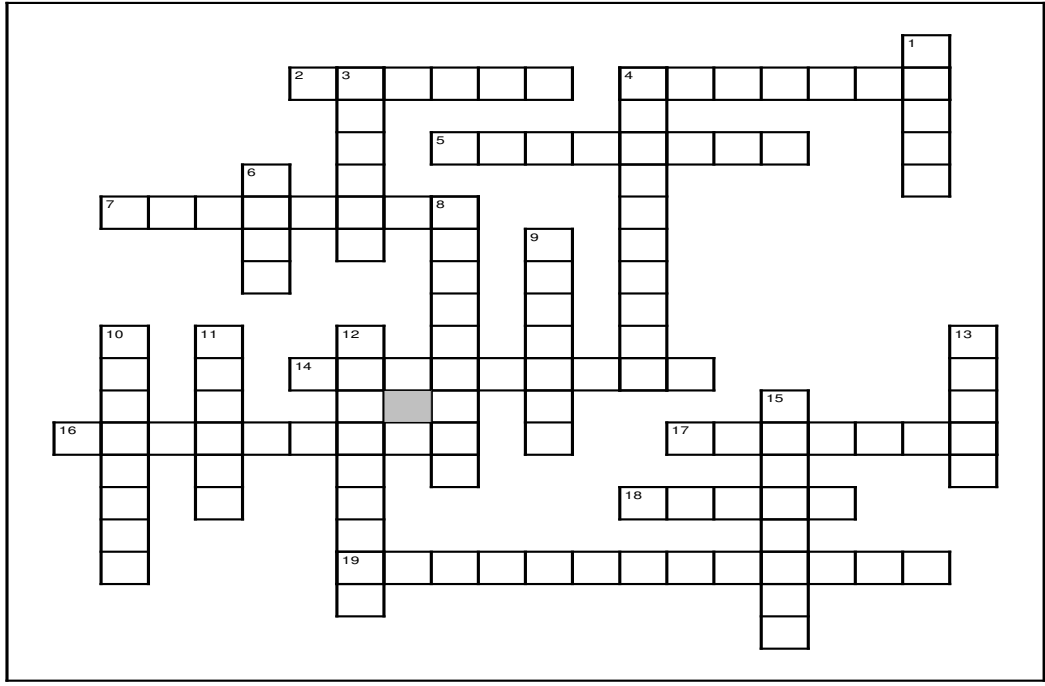
Besides serving as president and vice-president of the club, he – along with his wife Brenda – has run the No Baloney Hawaiian food stop for many years and has taken many other responsibilities.

So, let's welcome and thank Bill for stepping up one more time to help the club.

Well, here it is, nearly winter, the weather is colder, and the new 2009 bicycle models are out. Here's a little test of your bicycle model and manufacturer savvy. To chide you along into at least trying the puzzle, I've even provided you with the word bank. This is a puzzle, so piece it together. There are no blanks, spaces, or hyphens. And I have also included a challenge for all recumbent riders. Are you up to this challenge? I haven't left the ladies out either. But, are you able to figure out your models of bicycles? Enjoy.

-Tom Dorigatti.

Bicycle Manufacturer's & Models Crossword Challenge



- XTREMEXB
- SYNAPSE
- COLNAGO
- TURNER
- DEFY
- PINARELLO
- BARCROFT
- BIANCHI
- AVAIL
- CANNONDALE
- SLICE
- DOLCE
- LITESPEED
- MADONE
- VELOCRAFT
- LANGSTERTOKYO
- BACCHETTA
- STRAFE
- FEMININE
- SUPERSIX

Across

- 2. Specialized model of cycling glasses.
- 4. Bicycle from the "House of Ernesto.: (CX-1 & EPS).
- 5. Cannondale uses this suffix for their bicycle line of Women's models. How appropriate!
- 7. Raleigh's electric bicycle line.
- 14. Maker of the "Ghisallo" model of bicycle.
- 16. Maker of radical design carbon recumbents out of Krakow, Poland.
- 17. Dama Valentina is a model for ladies built by this bicycle maker.
- 18. Cannondale's Multi-Sport bicycle model.
- 19. Specialized bicycle model that comes with a flip-flop rear hub that allows the rider to switch between a fixed gear or a freewheel.

Down

- 1. Yet another line of less expensive Specialized bicycle models.
- 3. The oldest manufacturer of short wheelbase recumbent bicycles in America.
- 4. The CAA D-9 is a model from this bicycle builder.
- 6. Giant makes this line of performance bicycle models.
- 8. Builder of the Bellendare model recumbent bicycle.
- 9. Performance road bicycle model from Cannondale.
- 10. Cannondale's series of Elite road bicycle models.
- 11. Famous model line built by Trek. (Well, one had to be a cinch, didn't it?)
- 12. Fausto & Co. makes this Italiana Bicycle. (Pina).
- 13. Giant makes this model line of performance bicycles for women.
- 15. Builder of the "Colombia" model of recumbent tandem bicycles.

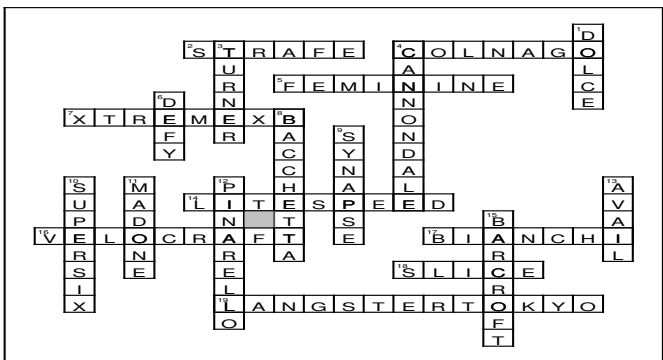
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A QUICK NOTE FROM THE NEW PRESIDENT

At the meeting held on December 4th in East Peoria to discuss finishing out the Peoria "ring" road, the meeting facilitators requested the focus groups to discuss the following questions:

- 1. What positive things do you see resulting from a complete ring road?
 - 2. What negative things do you see resulting from a complete ring road?
- Would you have a few ideas to take back to the next meeting being held in February?
 If so, please send a quick e-mail to Mike Honnold (cannondale_25@juno.com). He will compile the responses and include in the following newsletter.

Bicycle Manufacturer's & Models Crossword Challenge KEY



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 High School

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>).

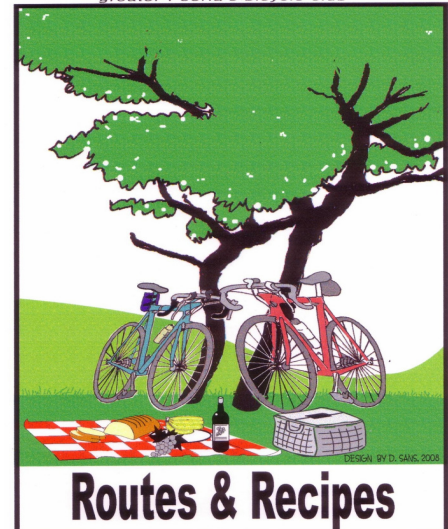
If you'd like to invite a guest who is capable of hiking in these conditions, please feel free to do so. For those not wanting to hike, bring along a book to read and curl up by the fireplace in the lodge instead. For more information, contact the hike leader, Roger John at either (309) 243-9191 or runners2@npoint.net

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 has great routes and maps (and recipes too)!

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) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution:

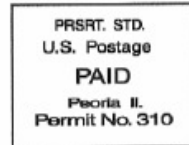
(\$5, \$10, \$15, other) \$ _____

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.

