

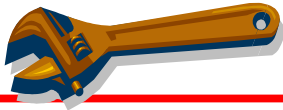


ILLINOIS VALLEY WHEELM'N

February
2009

greater peoria's bicycle club
Email: members@ivwheelmn.org

SPRING IS JUST AROUND THE CORNER
ARE YOU AND YOUR
BIKE READY?
GET YOUR BIKE IN SHAPE NOW
FOR THE UPCOMING SEASON.
SEE A LIST OF LOCAL BIKE SHOPS
ON PAGE 4



ADVOCACY NEWS
INTERESTED IN NEWS ON
THE STATE AND FEDERAL
LEVEL.
READ WHAT OUR
REPRESENTATIVES ARE
DOING TO PROTECT OUR
RIGHTS Page 2

Have you visited our website?
Need to look something up but
don't have your paper copy
available. Check out our
website for all of the latest and
greatest about the Illinois
Valley Wheelm'n at:
www.ivwheelmn.org



Support our local Bike Shops

See where you can spend your
hard earned money for quality
bicycles and equipment.
See page 4 for a listing of local shops.



Tailwinds: Hello, again. As I'm writing this column at my computer in a chilly basement office, I'm thinking of how much fun it was go cross-country skiing tonight at Donovan Golf Course in Peoria. I started out after dark, but due to falling snow and slightly misty conditions, I had no problems seeing thanks to the ambient city light. Once I got into my rhythm, I remembered how much fun skiing was this time of the year! There's nothing like being out in the middle of a silent golf course at night with the "swooshing" of skis as the only sound you can hear.....

Now with the dead of winter upon us, I hope you all are busy keeping fit with other activities such as cross-country skiing, hiking, skating, walking, or hitting the gym/trainer. Sometimes the desire to keep fit during winter is hard when it's just as easy to plop down on the couch with a bag of Cheetos and watch whatever may be on the tube. However, we all know a little maintenance work over these cold months can pay off big when it's time to get back on the bike in Spring. Bill Clark always needs good material for our newsletter. Let's surprise him next month by submitting our favorite ways to keep fit over the winter months. If you have the time, please send Bill (wdclark190@comcast.net) a few notes about your favorite way(s) to melt away the cold hand of winter. We will be sure and post your tips in the March newsletter for all to read and be inspired!

One of my favorite non-active ways to spend spare time on cold winter days is listening to podcasts. Podcasts are audio or video "magazines" downloaded over the Internet – typically for little or no cost. Once the podcast is downloaded from the Internet, you can transfer them into an iPod or other mp3 player, and listen at your own convenience. There are literally thousands of free podcasts on the Internet. Topics covered range anywhere from dog grooming to automotive repair, and everything in between. If you have the right equipment, your computer automatically searches for the most recent podcasts and downloads new content onto your computer each time you logon. One of my favorite podcasts to listen to on a weekly basis is "Fredcast". The name of this podcast can throw you off, because you may think it's about people named Fred, or for those who know someone named Fred. "Fredcast" is actually about the sport we all know and love, cycling! Each week, the host of the show starts off by discussing cycling news from the previous week. Typically, news stories concern the bike racing world during warmer months, and switch over to more off-beat items for the fall and winter. Once the news is finished, each show is finished off by 3-4 stories about cycling. These stories range anywhere from product reviews to travelogues from interesting bicycle trips. The hour passes quickly, and you learn a lot about cycling during this time. If you are interested in finding out more about this podcast, please visit www.thefredcast.com.

As an added bonus, I have a small prize for the first person who can e-mail me the definition of a "Fred" and how the definition is applied to this Podcast!

HAVE
YOU
HEARD
THE
NEWS



League Welcomes New Secretary of Transportation (12.18.08)

The Obama Administration has announced that it will nominate retiring Congressman Ray LaHood (R-IL) to be the next Transportation Secretary and on behalf of the League's 300,000 affiliated members, we would like to take this opportunity to welcome him to his new post.

Editors Note: Since this was posted on the LIB website, it has been confirmed that Congressman LaHood will be the next Trans. Secretary. This should help everyone here in central Illinois who is concerned with alternative transportation.

Next Steps for Bicycle Commuter Act

The bicycle commuter provision is law and became effective January 1, 2009. Continue to check our web site for new info and updates to **Frequently Asked Questions**. Please **read** the tax provision and **Congressman Blumenauer's explanation**.

Bike to Work Week takes place May 11-15, 2009 Get more information at www.bikeleague.org

League of American Bicyclists

Do you know what all of the above information means to you as a cyclist? Are you aware of your rights and responsibilities while riding on public roadways? If you are not already a member please consider joining the League of American Bicyclists. More information can be obtained at their website, www.bikeleague.org

Did you notice the NEW LOGO on the front page? Do you know who your state and national organizations are that are fighting for your rights as Bicyclists.

The IVW is affiliated with both the League of Illinois Bicyclists and the League of American Bicyclists. Each year we earmark money to donate to both of these organizations towards Advocacy. Please consider joining one or both of these worthwhile causes

Watch future issues of the newsletter for updates on these and other issues.

Illinois - Land of Safe and Enjoyable Bicycling for all.

The League of Illinois Bicyclists (LIB) is the statewide advocate for all Illinois bicyclists, promoting bicycle access, education, and safety. Find out more about the League of Illinois Bicyclists at www.bikelib.org

Peoria Ring Road Input Request

In December, Lori Boland and I attended the 2nd public meeting in regards to finishing Route 6, so a "ring" road bypass is finally completed around the greater Peoria area. Representatives from the Wheelm'n have been asked to be part of this community effort due to the impact this project may have on local roads and our ability to safely ride bicycles. At the end of each meeting, members of the team are given a series of questions to take back to their respective focus groups. By doing this, inputs of more people are involved in the project to hopefully give the state enough information to determine if the bypass is a viable solution.

If you have a few spare minutes, please consider the following questions, and e-mail me your thoughts. Should there be enough responses, I'll post the information (anonymously) in a future newsletter. Ok – here are the questions...please send all replies to cannondale_25@juno.com.

1. What do you believe would be the largest negative impacts from a ring road being completed around the north side of Peoria?
2. What do you believe would be the largest positive impacts from a ring road being completed around the north side of Peoria?

IVW CHAIRPERSONS

PRESIDENT:

Mike Honnold – 696-2591
cannondale_25@juno.com

VICE PRESIDENT:

Lori Boland – 231- 1723
lorib1723@gmail.com

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:

Mike Honnold - 696-2591
cannondale_25@juno.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:

Bill Clark – 347-4841
wdclark190@comcast.net

WEBMASTER:

Justin McWhirter - 694-3736
justin.mcwhirter@gmail.com

IVW Website:

<http://www.ivwheelmn.org>

Letter from the Editor

Tailwinds-Too (by Bill Clark)

In the January issue, our new President introduced himself. And a very fine job he did. Of course, I knew he would. I do not think anything that this young man attacks, gets anything less than 100%. I have had the opportunity to work with him on the last several Proctor Cycling Classics. Attention to detail. That is his mantra. We as a club can rest assured that we'd get nothing less than that with him at the helm. However, I am still gonna miss Kathy. Sorry about that Mike. I'm just partial to blondes.

And I wanted to take this opportunity to introduce myself. I have met a lot of you folks in the past at meetings and on club rides and socials. However, I have to admit I do not make enough rides to know everyone. I have had more folks than I can count look at me rather perplexed and say, "Oh, so you're the Vice President"

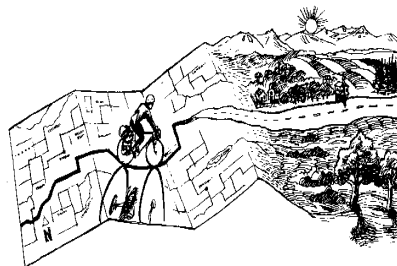
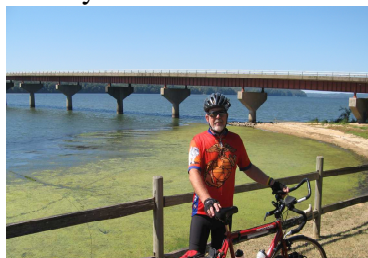
You see, I get off work at 2:15 in the afternoon, and I am usually done riding by the time most of the organized rides start in the evening. I am not in the "go faster" stage of life. I am a "tourist". I would rather spend all day on a bike at a moderate pace, then to spend one hour at sub sonic speeds. That plus the fact that I think I have early stages of Old Timers, makes me work very hard to remember names. In addition, it makes me somewhat shy to come over and talk when I cannot even remember your name. I will try to do better. Even to the point of being somewhat intrusive. Because, now, it has become my responsibility to publish a quality newsletter that I can only hope, will measure up to my predecessor. It has become my turn to take the lead and let other people draft. You are now in the hands of the best Pipefitter turned Editor that money can buy. (Hey, if Rod can do it, so can I) Piping up a power plant is a lot easier for me than trying to figure out a computer program. Heck, I'm still looking for the "anykey." I've had two full lessons from Liliana, and hopefully some of the information has stuck. I might start somewhat slow, so be patient.

I will do my best to keep you informed. I have some ideas that I want to explore and changes I would like to make and share with you. I will continue to try to make our club newsletter something we can all be proud of.

I do need your help though. If you have any ideas for something you'd like to see in print, please, contact me. Feel free to email me with any articles, pictures, thoughts etc that you have. I will try to work them into the issues.

So, if you see a crazy guy running around with a camera shooting pictures and taking notes, do not call the nearest hospital. It'll just be me. Trying to do my best.

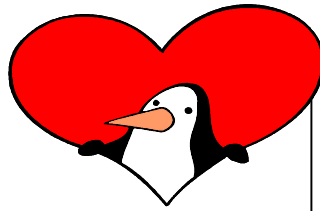
BC'n ya on the road



Please consider supporting our local area bicycle shops.

Bellevue Bicycle - Peoria
309-673-2734
Bushwhacker Ltd.
309-692-4812
Illinois Cycle & Fitness
309-693-2691
Little Ade's Bicycles
309-346-3900
Russell's Cycle & Fitness
309-444-2098

This list is not meant to be inclusive of each and every bicycle shop in the area. Please see the yellow pages in the local phone directory for a complete listing. The IVW does not endorse any one bicycle shop listed. If you do not see your favorite shop listed here and would like to have information listed, please contact the newsletter editor.



DON'T FORGET!!



I was contacted recently by a local resident who is planning a mid-summer bicycle trip to Florida. Lee is fairly new to the bicycle touring world, and is hoping some of our experienced, long-distance touring riders will offer him their advice and knowledge.

If you find the time, and have taken a self-supported bicycle trip, please e-mail Lee @ leesmith_1963@yahoo.com. Lee is interested in what to pack, how to camp, maintenance concerns, what tools to bring, and other related topics. Thank you!

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.

Thanks to Lifetime Members:
HEINE, Karen & StevePeoria*^

Welcome New Members:

Larry Shay Peoria

Thanks to Renewing Members:

Rachel Terry Dunlap ^
Conrad Grembowicz Peoria ^
Jim & Sarah Emmons Lacon
Stephen & Theresa Meisner Peoria

LIB Membership * Advocacy ^

REMINDER TO ALL IVW MEMBERS

Please check your mailing label for the expiration date of your membership.

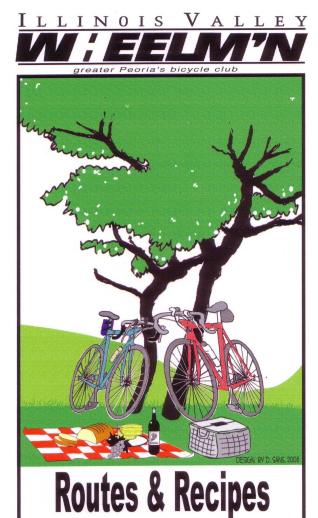
The IVW does not send out bills or notices, but requests that members keep track of the expiration of their annual memberships and submit the payments accordingly.

Thank you

IVW "Routes & Recipes"

Available for purchase 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
- Mike Hennold President IVW**
Cannondale_25@juno.com
309-696-2591



This book has great routes and maps (and recipes too)!

2009 Bicycle Mileage Competition

5

Over Christmas break, I spent some time online looking at websites/newsletters for other bicycle clubs in Illinois. Since I'm so new to the club, I'm always on the prowl for new and different things to try out. One site I spent quite a bit of time at was for the Springfield Bicycle Club (www.spflycycling.org) in none other than Springfield, IL. This club does a really neat thing during the year of tracking miles ridden by all members who wish to participate. At the end of each month, all members in the tracking program are listed in the club newsletter along with the miles they've ridden for the previous month – and the year up to that point. I think this is a great idea, because I believe the “friendly” competition between club members to get the top spot would motivate all of us to ride more than usual. In addition, those members who may not participate in any club events will get the recognition they deserve for doing the one thing our club is in existence for – riding bicycles!!

For 2009, I propose the IVW start up our own “friendly” mileage tracking competition between club members. For those who would like to participate, start tracking your miles ridden during the month on a computer, chalk board, note pad, or other item of your choosing. At the end of the month, please send your mileage total and name to me at cannondale_25@juno.com. If you happen to not have e-mail, you can also leave a phone message with your name & mileage total at 309-696-2591. The only rule of our competition is that all miles ridden must be OUTDOORS. Sorry, all those hard-earned miles on the trainer or exercise bike during the cold winter months do not count! At the end of the year, we will award the club member with the most miles ridden a traveling trophy – kind of like our current, “Hub of the Club” award. To keep things fair, I will voluntarily withdraw myself from the competition, but report my miles along with everybody else. This way you will know your president is still riding, and not spending too much time behind the computer writing articles for the newsletter! Mike Honnold

2009 started off with temperatures in the mid 20's which may account for the small turnout for our New Year's Day kick-off ride. The city ride crisscrossed through Peoria and Peoria Heights taking in the modest R G Letourneau plate steel homes as well as the impressive mansions on Grandview Drive. The pace picked up going down Grandview hill. Next, the group rode along the riverfront path observing the flood water. The area surrounding Cefcu stage was suitable for ice skating. Although the cool temps may have affected the ride turnout, it did not impact the quality of the food and conversations.



By Barb Drake

Talk to Wheelm'n Vice President Lori Boland for more than a few minutes, and her zest for biking -- and the club -- is apparent.

"After working all day there's nothing better than getting out on a country road on my bike," she says. "I like the people, I like being out in the country, I just like being outdoors.

"We have wonderful bike leaders.... We have a really neat club and I'm proud of it."

And the person to thank for all this enthusiasm is her son, Justin.

About a decade ago Lori was training for a marathon and Justin was managing a bike shop in San Francisco. When she told him what she was doing, he was concerned.

"He said, 'Mom, you can't just run! You have to cross-train -- I'm getting you a bike!'"

And he did -- specific to her measurements, taken apart for shipping and reassembled at what was then Vitesse Cycling. He also sent a helmet and biking shorts. Lori ran the marathon, and another one later, but says it was biking that gripped her, especially when she ventured outside her immediate neighborhood to Grandview Drive and eventually onto country roads she didn't know existed.

Born and raised in Peoria, Lori graduated from Peoria High School, went to Illinois Central College and was a city girl until about a year ago. Now she lives in the country, five minutes from Jubilee State Park. "I live across the street from three cows; three big, black cows are my neighbors," she says. It's appropriate, since what she likes more than almost anything else is being outdoors. Recently she was part of the petition drive to try to protect the park and Jubilee State College from closure.

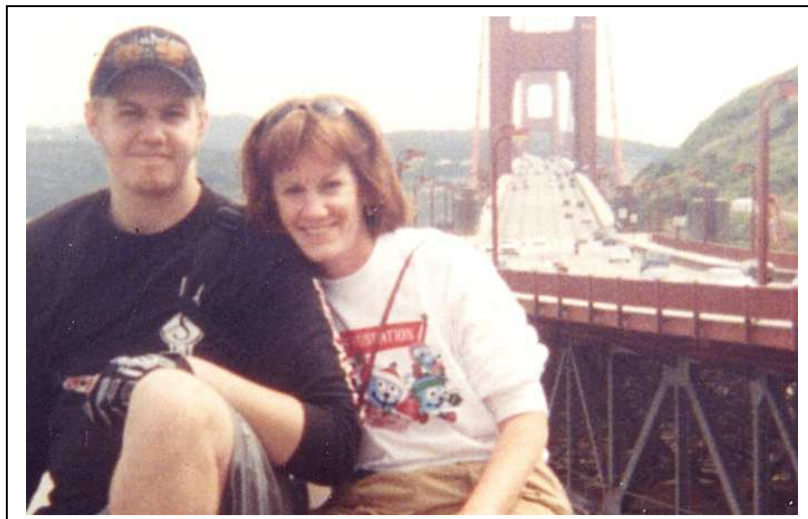
Lori's also been an advocate for bicycling interests, working with IDOT as it plans bypass construction on the east side of the river. Last year she took part in advocacy training sponsored by the League of Illinois Bicyclists.

"People are not accommodating for bikers or runners," she says. "We need to make people more aware so they will look out for us."

It's not surprising that the interests of runners often parallel the interests of bikers. For several years Lori joined a group of friends who ran a half-marathon in Indianapolis, a route that included a loop through the Speedway. She also was part of a relay team that ran River to River, from one side of Southern Illinois to the other. Now she runs just for fun and says, "I'd rather bike."

Demands of her job as office manager for a local mechanical, electrical and plumbing firm, together with family commitments, leave her little time for group rides, but she still enjoys the camaraderie of going out with friends. Though her son no longer runs the bike shop, he remains an avid cyclist. She has fond memories of a ride they did together across the Golden Gate Bridge and on to Sausalito. She kept stopping to take pictures, and her son kept telling her to get moving. Still, "it was just like one perfect day."

When she's not working, biking or running, you might find Lori listening to music, gardening or wandering past the cows on her way to the park.





National Bicycle Month 2009

- Celebrate National Bicycle Month with your own personal Bike Month License Plates.
- Plates are approved and shipped by the Secretary of State directly to you.
- Plates may be displayed during April and May 2009. The cost for the Bike Month Plates is \$28.00.
- A copy of this year's plate can be seen at www.bikelib.org. The Colors are black on a yellow background.
- Plates are numbered from 1 to 350 with number preference given to last years plate holders.

IMPORTANT

The Secretary of State mails all plates. We must send a COMPLETE, CURRENT, LEGIBLE photocopy of your regular license plate registration card. If your plates expire in APRIL or before you can not use your 2008 registration card. You can renew up to two months early at a Secretary of State office near you.

PLEASE PRINT LEGIBLY OR TYPE

Name _____ Signature _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail _____

(This will only be used to contact you about your plate order)

Driver's License Number _____

Current Plate Number _____ Expiration Date _____

Car Make _____ VIN# _____

I want the same plate number as last year: yes _____, no _____, Plate Number _____

I would like a lower number if available: yes _____, no _____

Please make your **\$28 check or money order** payable to League of Illinois Bicyclists. Mail it with this form and a **photocopy of your car's current plate registration** to: LIB, c/o Laura Kuhlman, 1s110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427

Photocopy as needed for your friends

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:

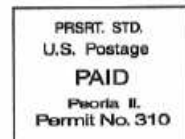
(\$5, \$10, \$15, other) \$ _____

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.

