

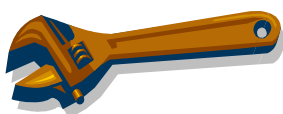


ILLINOIS VALLEY WHEELM'N

March
2009

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

ARE YOU AND YOUR BIKE READY
FOR THE UPCOMING SEASON
GET YOUR BIKE IN SHAPE
BY READING THE TECH TIP ON PAGE
NINE.



ADVOCACY NEWS
INTERESTED IN NEWS
ON THE STATE AND
FEDERAL LEVEL.
READ WHAT OUR
REPRESENTATIVES ARE
DOING TO PROTECT
OUR RIGHTS. PAGE 3-4

Support our local Bike Shops

See where you can spend your
hard earned money for quality
bicycles and equipment.
See page 9 for a listing of local shops.

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Tailwinds – Mike Honnold – IVW Prez



Hello, again. I changed the header of my column a bit because of a funny comment made by a fellow IVW Board member prior to our monthly meeting. This person was looking at my column, and said to someone else, "Who is this person, and why do they have a column in our newsletter?" I had spent so much of my time coming up with items to write about that I had never considered explaining who I was past my initial column in January! Hopefully, I've solved the problem now, and everybody will know who I am!

I've not been enjoying much of the nice (relatively speaking) weather we've been experiencing lately. On February 9th, I was down in my basement, and had a small incident resulting in a broken right ankle. The break isn't bad, but will put me out of bicycling commission until the beginning of March. In my 29 years, I've had plenty of broken/sprained arms, but never an injured leg to slow me down. Believe me – you never realize how valuable walking is until you need crutches to get around! I've learned quite a few things so far, and will look at the world a little differently once I'm back to my normal self. Thankfully, I have an understanding wife who has helped me keep most of my sanity!

March may seem a little early to start talking about the 2009 No Baloney ride, but I am planning our yearly event this time, and I want to make the entire process as painless as possible. In 2009, the No Baloney will be held on Saturday, September 19th at Jubilee Park. At press time, we are not exactly sure which location in the park we will be starting from. Our preference would be our usual spot near the college, but due to State government issues, we may be forced to the other side of the park, near the picnic areas. Either spot would be great, but the college location offers conveniences of the three "P's": Parking, Power, and Porta-Potties. More info on this issue in future newsletters.....

Our resident club artist, Dennis Sans, has been working very hard on the art design we'll be using for No Baloney brochures, posters, and t-shirts. The final version of Dennis's artwork will be revealed in a future newsletter, but I will say his design is very unique, and unlike anything we've seen before! To get your creative juices flowing, our ride slogan for this year will be, "Fast or Slow – No Baloney is the way to go!" Kathy John creatively came up with this slogan prior to her departure last year as No Baloney chairperson, and our design mirrors it well! Great job, Dennis!

Volunteers.....I learned from working 6 years as the Proctor Cycling Classic volunteer coordinator the more help you have, the better off things will be. With our past success in running No Baloney, the club is obviously set with a good resource of volunteer help. I am looking forward to working with many of you in planning our event and making 2009 a year to remember. Be on the lookout in this newsletter for a list of hopeful/possible volunteer coordinator positions I'd like to fill for the No Baloney.

Thanks to Lifetime Members:

HEINE, Karen & StevePeoria*^

Welcome New Members:

Mark AlmanMetamora

John SalomonPeoria

Thanks to Renewing Members:

Eric Hutchison.....Peoria *^

Sheila GribblePeoria

John GroffPeoria

David HousePeoria

Mike JoslinPeoria

Lou McMurrayPeoria

Linda SimkinsPeoria

Fred Smiser & Marilyn KPeoria

Quinton Smith & BarbPeoria

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.

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HAVE
YOU
HEARD
THE
NEWS



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

Did you notice the NEW LOGO on the front page? Do you know whom your state and national organizations are that are fighting for your rights as Bicyclists. Do you know what all of this information means to you as a cyclist? Are you aware of your rights and responsibilities as a cyclist?

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. Go to:

www.bikelib.org
www.bikeleague.org

Calling All Bicyclists and Pedestrians! Please Take Action Today!

Thanks to calls from bicycle and pedestrian advocates like you, the Senate refused to hear an amendment that would have blocked any Economic Recovery Bill money from being spent on biking and walking infrastructure projects. Now we need EVERYONE'S HELP to make certain that there is strong support for Transportation Enhancements \$ for biking and walking in the final bill!

Support Bicycle and Pedestrian Projects in the Economic Recovery Bill

The House and the Senate have each passed their own version of the Economic Recovery Bill, aimed at creating jobs and stimulating the economy. Both bills

include billions for transportation infrastructure, but only the House bill includes funding for bicycle and pedestrian projects in the Transportation Enhancements include billions for transportation infrastructure, but only the House bill includes funding for bicycle and pedestrian projects in the Transportation Enhancements program. The House bill includes approximately \$1.35 billion for Transportation Enhancements of which 50-60% is traditionally spent on bicycle and pedestrian projects. The Senate bill does not explicitly include Transportation Enhancements, so it's unclear whether this funding will be in the final bill.

We need to make sure Transportation Enhancement funding is in the final bill.

This week there will be a conference committee where several members of the House and several members of the Senate will work together to reconcile the two bills. Conferees need to hear that Transportation Enhancements are important to stimulating the economy, creating green jobs, and moving us towards a sustainable future.

CALL TODAY!

<http://capwiz.com/lab/callalert/index.tt?alertid=12647931>

Please call your senators and representative and ask them to tell the Conferees to support Transportation Enhancements in the Economic Recovery bill. Tell them:

- Bicycle and pedestrian projects create jobs at the same or better rate than highway projects.
- These smaller projects can move quickly to hire local businesses and help local economies.
- Providing safe and convenient bicycle and pedestrian access gives families healthier and cheaper transportation options
- Improving sidewalks and bike lanes can make a downtown a destination further helping the local economy.
- Better biking and walking options also help ensure greater energy independence, less pollution, and a healthier United States!

Update on Economic Stimulus package

Earlier last month, the House of Representatives passed H.R. 1, the [American Recovery and Reinvestment Act of 2009](#). The League and other members of the America Bikes Coalition have been working to ensure that economic recovery funds help communities create safe, healthy and less-polluting transportation options for all Americans by providing explicit funding for bicycle, pedestrian and trail investments.

The House bill includes \$30 billion for the highway transportation program, and 45 percent of the funds are eligible to be distributed under the current [Surface Transportation Program \(STP\)](#) funding formulas. This means \$1.35 billion would be available for transportation enhancements - and typically, 50 to 60 percent of transportation enhancements funds have been invested in bicycle and pedestrian projects.

In February, the Senate will start to vote on their version of the Economic Recovery Bill, which was released during the first week in February. The Senate version includes \$27 billion in "Highway" funding which will be distributed to the States under the current STP formulas.

The Senate version does not explicitly reference section 133 (d) of title 23, the TE set-aside. One possible (and the most positive...) interpretation of this is that funding is implied by virtue of the language stating that funds will be distributed to the States under the current STP formulas, which includes a 10 percent TE set-aside. The America Bikes team is working with Senate staff to clarify the language and to promote possible amendments to prioritize projects under STP, like bike and pedestrian projects, which reduce greenhouse gas emissions.

Additionally, we are working to include language in the Senate version that will track more closely with the House language that specifically mentions the enhancements set-aside - so we don't have to leave the issue up to interpretation!

The Senate version also differs from the House bill in that it specifically references suballocations for metropolitan areas and further specifies that no less than 5 percent of funding eligible must be for Congestion Mitigation and Air Quality Improvement (CMAQ) program.

The Action Items

First, keep checking in with America Bikes, the League or other coalition group websites and e-mail lists for updates. The legislation is moving fast, and the opportunities to weigh in on specific votes, language, etc. come and go quickly. Second, [let your Senators know](#) that you hope to see bike, pedestrian and trail projects funded as part of the recovery programs, even though the precise mechanism by which this will be done is unclear. Third, keep compiling those lists of shovel ready projects so that you can ensure [your State DOT](#) has a full menu of nonmotorized projects to choose from when the money starts flowing!



MEMBER PROFILE



Vicki Padesky

A boyfriend turned Vicki Padesky on to biking

when she was just 16, and another boyfriend

kept her involved. She married the second man – Mark – and cycling became an important part of their family life.

“We did the Hilly Hundred. We did the Amish ride out of Arthur. We took our first son (Greg) biking and camping when he was just a baby. I kept up until my late 30s. Then I got busy with other things for about 10 years.”

Those other things include raising two sons, starting a new career, hiking, canoeing, kayaking, swing dancing and cross-country skiing. Both sons are bikers. The boys biked through Europe when the younger one (Christopher) was just 16. He cycled coast-to-coast – solo – the summers he was 17 and 18.

Born and raised in the Peoria area, Vicki bought herself an orange Schwinn Continental 10-speed at the age of 16 because of that high school boyfriend. By 18, she'd graduated from Richwoods High School, met Mark and headed to Illinois Central College, where she earned a degree as a medical laboratory technician. Greg's birth ended her career as a lab technician, and it was 17 years before she started a new one – photography. A camera Mark bought to celebrate their first anniversary sparked her interest.

“I found I liked taking pictures, and I stayed with it,” she says. After taking classes to learn such skills as posing and lighting, she opened her own business, Padesky Photography. Initially she worked out of her home but last year moved into a studio in Peoria Heights. Portraits are her specialty – families, high school graduates and babies. Her most popular portraits are baby studies she calls Precious Details – nine black-and-white photos placed in a single square frame.

Vicki says she sets aside two hours for each shoot, so she can allow for the unplanned but expected – crying, of course, but also naps, feedings and diaper changes. And how do you get a baby to smile?

“Being silly,” she says. “You have to be silly with them.”

By Barb Drake

Though babies can be difficult subjects, they aren't necessarily the toughest, she says. Her greatest challenge was a 21-year-old who showed up for a family portrait but didn't want his picture taken!

Although riding has become infrequent, Vicki never left the Wheelm'n. She's been club secretary for two years. “The last couple of years I have tried to get back into cycling,” she says. “But it's harder in your 50's and my time is pulled in a lot of directions. I tried the Tuesday night Dunlap rides but couldn't keep up.” She hopes Mark's recent retirement from Caterpillar will be a motivator for daytime rides together.

Meanwhile, Vicki has turned to hiking, canoeing and kayaking to satisfy her sense of adventure – or “adventure light,” as she calls it. Last December son Christopher, a Southern Illinois University student, treated her and Mark to a canoeing and kayaking trip on Horseshoe Lake. It was a 30th anniversary gift. “Bald cypress trees surround the lake,” she says, “and we had to canoe through mazes of trees. We saw eagles and hawks and thousands of mallards. In some areas we had to break through the ice. We woke up in the morning to a dusting of snow.”

Apparently what constitutes “adventure light” depends on your sense of adventure.





Illinois Valley Wheelm'n Yahoo Group

How many of you have ever wanted to schedule an impromptu bike ride with other club members, but didn't know how to let everybody know in time? Well, I may have the solution to your problems. Yahoo offers a free service called Yahoo! Groups allowing quick and easy e-mail communications between people through the use of an electronic mailing list. To utilize the system, you compose an e-mail using your regular e-mail service, and send the letter out to a single group e-mail address. All those who have agreed to be a part of the group receive this e-mail using their own regular e-mail service, and have the option for writing the original sender back. This eliminates the need to remember multiple e-mail addresses, and keep them updated in your address book. Other athletic clubs in the Peoria area have been utilizing the same system for years with great results.

If you would be interested in having your e-mail address added to the Illinois Valley Wheelm'n list, please drop me a quick letter @ cannondale_25@juno.com. I will add your e-mail to the list, and send back simple instructions on how to join. Do not worry – all addresses are protected from Spam, and cannot be accessed by outsiders, or other club members. If response is good from club members, we plan on using this system in the future to send out important information **between published newsletters. Thank you**

HABITAT FOR HUMANITY RIDE

"Join us for the 17th Annual Habitat 500!
Ride 500 miles over seven days through southeastern Minnesota to raise funds & awareness for Habitat for Humanity. Highlights include: 135 rider max, bike mechanic, massage therapists, SAG, nightly entertainment, great meals & more!
The scenic route starts & ends in Faribault & loops through Rochester, Rushford, Grand Meadow, Albert Lea & Lake Crystal.
The route follows lightly traveled county roads & paved Bicycle trails."
You can find more information at www.habitat500.org.

March IVW Club Informational Meeting

On Tuesday, March 10th at 7 P.M. the IVW will be holding a winter social gathering at Godfather's Pizza in Peoria. Kathy John has asked her co-worker, Judy Blackburn, to give a multi-media presentation on her bicycle trip to Italy. From what I've been told, Judy's trip was a lot of fun, and her presentation is not something to be missed! After the short 5-10 minute presentation, Judy will be taking questions from club members regarding her trip.

Godfather's Pizza is at the corner of Sheridan and Glen Avenue in Peoria (618 West Glen Avenue) - located directly behind Walgreens in the mini-mall. We plan to begin eating as soon as everybody gets there around 7 P.M., and hope to be done by 8 or 8:30. You are welcome to order off the menu, but Godfather's will also have their famous pizza buffet available for \$5.99 - drink extra.

The IVW board will be meeting at Godfather's around 6 P.M. for our monthly meeting. Feel free to come by early and see your leadership team in action - you never know when you may feel the call to step up and take on a position!!!

RECREATIONAL TRAIL ADVOCATES CANDIDATE FORUM EVENING

Monday, March 2, 2009 6:30 PM Paparazzi
Restaurant, 4315 N. Voss Avenue, Peoria Heights

The Recreational Trail Advocates will host a forum this evening and invite all candidates for Peoria City and Peoria Heights council and mayoral positions to come and express their views on making our community more bicycle and pedestrian friendly. In particular the candidates will be asked to express their views on the conversion of the Kellar Branch into a recreational trail as well as their opinions of how to make our streets more accessible for bicyclists and pedestrians. Please come and invite all who might have an interest in these quality of life issues for our community. Mike Rucker

A Unique Cycling Weekend
Come for the tour and stay for the races!
Lakeview Museum's 15th Annual Interplanetary Bicycle Ride
 &
Peoria Bicycle Club's Proctor Cycling Classic

The Interplanetary Bicycle Ride follows a route from Dunlap, Illinois, through Lakeview Museum's Community Solar System, the world's largest complete model of the solar system. On Saturday, cyclists visit the outer planets on route lengths varying from 12 to 100 miles. Both road and trail routes are available.

On Sunday, riders travel from the Sun to Saturn and back, a 24-mile route connecting the inner planets through the streets of Peoria and East Peoria, ending up at the Proctor Cycling Classic.

Registration is \$22 (\$27 after June 19th). A family can ride for \$50. Fee includes museum admission, the Saturday night Star Party, and more. For more information, visit www.lakeview-museum.org or call (309) 686-7000. You can register online at active.com following a link from the museum webpage.

We also have a short list of Volunteer opportunities:

Everyone – spread the word, take flyers to other events

1 – 2 persons with van – extra sag help Saturday

1 – 2 persons, Setup Friday evening

1 – 2 persons, registration 5:15 – 9 am Saturday morning

1 – 2 persons, help with end of ride food 10am – 4 pm

1 – 2 persons, help with cleanup and move back to museum 4 – 6 pm

3 persons Route marking

Please call Sheldon Schafer at 309-686-7000 if you can help



SO JUST WHAT IS A "FRED"

In the Prez's column of the February issue of the newsletter, it was asked for someone to explain the definition of a "Fred" as it pertained to the Podcast that was mentioned. As promised, here are the results of that request.

Definition of a Fred"

"The show is called The FredCast because it is aimed at so-called "Freds," or high-end cyclists who tend to spend a good deal of time and money on their equipment and training. While it is true that several internet dictionaries define a "Fred" as a person who spends a lot of money on his or her bike and clothing (yes, women can be Freds too), but still can't ride, I tend to disagree. The reason why the so-called "serious" roadies like to disparage us Freds, is because we usually drop the "serious" roadies on the hills or in the town-line sprints. Turns out that lots of those "serious" riders were really posers."

The winner of my contest with the quickest (and only) reply was Lori Boland!! She is the proud recipient of a waterbottle from Bushwhackers!



R.I.P.

Word has been received that long time bicycle shop Belleview Bicycle has closed it's doors. The Economy Has Hit Home! On behalf of the Illinois Valley Wheelm'n, we want to thank the owners and employees of Belleview for your many years of service to the Peoria Bicycling community and our Club. We sincerely appreciate all you've done to help out, and wish you the best of luck in your future endeavors!!!

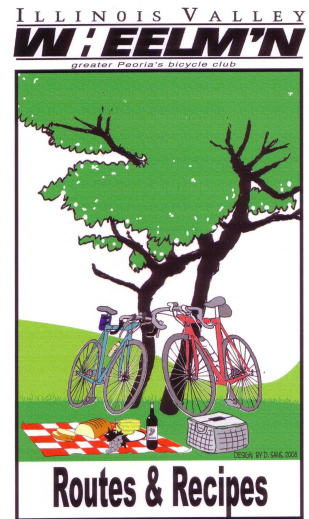


FREE CYCLING SHOES
Avocet Touring Shoes
Never Used, Still in Original Box. Old Style Design, no cleat mounts.
Marked Mens size 10
Fit more like 9-9.5
Free to first caller
Call Eric Hutchison
(309)688-7038

IVW "Routes & Recipes"

Available for purchase at the following locations:

- **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 Honnold President IVW**
[Cannondale_25@juno.com](mailto:cannondale_25@juno.com)
309-696-2591



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

2009 IVW Club Mileage Competition

In the February 2009 newsletter, I introduced a new *friendly* competition between club members to attain the highest number of outdoor training miles. So far, five club members have taken up the challenge - all males. Ladies - show these guys up and send in your mileage for the year, even if it's only a few from riding to the store! We cannot possibly let the male population of our club take all the glory! At the last board meeting, we discussed possible trophies for the male/female winners, and there were some pretty funny ideas. There is still time to enter this competition and conquer all - please send me your mileage for February to cannondale_25@juno.com.

Denny Tresenriter-341 miles Steve Kurt-292 miles
Steve Sommer-209 miles Mike Honnold* -131 miles
Chris Gibson 0 miles
*denotes club rider on injured list

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

William Clark
308 Linden St., Pekin, IL 61554

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

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.

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

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

Please consider supporting our local area bicycle shops.

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 included, please contact the newsletter editor.

EDITORS NOTE:

Pursuant to Article IX, "Amendments of the Constitution and Bylaws" of the Illinois Valley Wheelm'n Bicycle Club, with regard to Article III, "Membership", Section 2, "Types of Memberships" available, NOTICE IS HEREBY GIVEN as of March 1, 2009, that an amendment to the above mentioned Article is being considered by the Board of Directors. The position of "Lifetime Member" has been created and will be offered to anyone who wishes to pay the cost as determined by Article IV, section 2.

This issue will be voted on no earlier than May 1, 2009 at the next General club meeting after that date, as prescribed in Article IX.

Questions or comments may be directed to Mike Honnold, President, Illinois Valley Wheelm'n at the phone or email listed in the IVW Chairperson listing in this newsletter.

THE REAR DERAILLEUR

How does it Work? Why it is Important!

Your rear derailleur moves your chain across the cogs (your rear gears) and shifts from one gear to another every time you move your shifter on the handlebar. It also helps maintain a steady pressure on the chain with every gear change. The chain runs around two jockey pulleys on the derailleur, and when you shift to a larger cog, the shifter cable "pulls" the derailleur forward, causing the derailleur to move inward and push the chain onto a larger gear. When you shift to a smaller cog, it releases pressure on the cable, there by allowing the derailleur to move away from the center of the wheel, and guide the chain onto a smaller gear. Got it! Now your ready to wrench for Lance.

If your chain doesn't line up well with the gears after a shift, you will hear a "rattling" sound coming from the rear of your bike. Kind of like it wants to shift again, but not really. You are the victim of mis-alignment. Now do not get scared. You're not going to have to go to a chiropractor to get this one fixed. A simple adjustment to either the barrel adjuster, or to one of the two small screws located on the derailleur will most likely solve your problems. If you're mechanically inclined, a good bike manual like the one offered by *Bicycling Magazine* will give you the information you need to do the job. If you're like a lot of cyclists who could care less about working on their own bikes and just want to ride, then a trip to the local shop will be in order. Look to the left side of this page to find the listing of several of the areas best shops.

Above all, cleanliness is next to Godliness. Grit and crud of all sorts can accumulate in the parts and keep the derailleur from responding properly when you shift. If you're having trouble shifting, check to see how dirty your derailleur is. This could be the only thing wrong, and cleaning it with a good "green" degreaser will solve the problem and save you a trip to the shop.

The next step in rear derailleur performance is described below.

"Improve your shifting technique."

The idea is to reduce the force on the chain just as you shift to a lower gear. Doing so helps the chain move quickly and smoothly to the next cog (rear shift)

Modern drive trains do a good job of shifting under load, but you can give them a hand with this technique. Simply reduce pedaling pressure on the stroke during which the shift takes place, then pour on the coals again.

Coordinate your right hand with your legs. As you move the gear lever, soft pedal for one stroke. That is, keep the crank turning but with less force. The chain will drop cleanly to the next gear. Then resume normal pressure. Ideally, you will anticipate shifts and make them before putting the chain under a heavy load.

A little attention to your bike before the season gets underway will give you miles of smiles.

See ya on the road.

ILLINOIS VALLEY WHEELM'N - Ride Schedule

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

Watch future copies of the newsletter for the spring ride schedule for 2009

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.

Let 'em Know about the Law
Order your "3 Feet Please" jersey today from
<http://ivw.3feetplease.com>



Deliver your bold, powerful message in black letters on a bright yellow background. You'll help remind drivers to share the roads and at the same time help the Illinois Valley Wheelm'n.

Purchase your jersey through the website above and a \$5.00 contribution will be made to Illinois Valley Wheelm'n, courtesy of Tallahassee resident Joe Mizereck. Questions? Call 800-761-0907 or E-mail joe@3feetplease.com



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 This must be an Adult)

Name #2 _____ **Birthdate** _____

Name #3 _____ **Birthdate** _____

Name #4 _____ **Birthdate** _____

Email address (print clearly) _____

Address _____

City _____ **State** _____ **Zip +4** _____

Phone () _____ - _____ (cell) _____

Signature (Adult #1) _____ **Date** _____

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 LIB member?
 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 (IVW) 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 club.

Make check payable to: Illinois Valley Wheelm'n, 6518 N. Sheridan Rd., Ste. 2, Peoria, IL 61614-2933

**ILLINOIS VALLEY WHEELM'N
 6518 N. SHERIDAN RD. STE 2
 PEORIA, IL 61614-2933**

PRSR. STD.
 U.S. POSTAGE
PAID
 PEORIA IL
 Permit No. 310

FORWARDING SERVICE REQUESTED

**When does your annual membership expire?
 Check the date on the upper right
 Corner of your mailing label.**

