

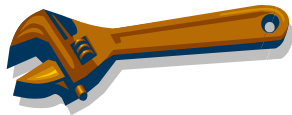


ILLINOIS VALLEY **WHEELM'N**

May
2009

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

ARE YOU AND YOUR BIKE READY
FOR THE UPCOMING SEASON ?
NOW IS THE TIME TO GET YOUR
BIKE IN SHAPE FOR THE
SUMMER RIDING SEASON.



CURRENT EVENTS
INTERESTED IN NEWS
ABOUT UPCOMING
EVENTS AND CLUB
FUNCTIONS? SEE WHAT
IS HAPPENING IN THE
NEXT MONTH AND
MORE

Check out all of the articles inside for
details and dates.

Support our local Bike Shops

See where you can spend your
hard earned money for quality
bicycles and equipment.
See page 10 for a listing of local
shops.

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Tailwinds – Mike Honnold – IVW Prez



Tailwinds: Hello, again!

As April turns into May, and May turns into June, we must start thinking of the No Baloney ride, which is now less than 6 short months away on September 26th, 2009! The No Baloney ride is our major club fundraiser for the year. Without funds from No Baloney, we would no longer be able to promote cycling advocacy to the local community through donations to Safety Town, or printing our monthly newsletter we distribute free to local bicycle shops. In addition, we would also no longer be able to have a yearly ride like the No Baloney to show others from outside the area what a nice place Peoria is for riding!

These reasons are why I want to start the process now for planning all details necessary to make our ride operate like the well-oiled machine it has under Kathy John's reign. In order to make the ride operate well, we are going to need a good crew of volunteers to work both ahead of time putting plans in place, and the day of the event so all riders have food, fun, and a fabulous time! Please keep your eye out for an article further in this newsletter detailing the positions I would like to fill for No Baloney 2009. Lori Boland and I have been working on things up to this point, but we will need a lot more help to finish things out. If you feel called to help out, please contact me ASAP at 309-696-2591 or cannondale_25@juno.com, and we can discuss which position would best fit your skills/talents.

Bill Clark and I have finalized plans for the Ride of Silence to leave from Upper Glen Oak Park on May 20th at 7 o'clock sharp. We hope this year will be extra special with the route being moved to Peoria from Dunlap. Our expectation is that more people will see the group riding around town, and realize the statement we are attempting to make. All riding will be done on side/residential streets, but risks will still be there for accidents to happen. If you attend, please be extra aware for yourself and others. Hope to see you there!

Pedal Peoria Rides:

Scenic urban highlights, 1.5-2 hours of casual paced bicycling on lower-traffic city streets. Expect some hills as dictated by our beautiful river bluff region. Questions? call Sheldon Schafer, 686-7000 or Eric Hutchison, 688-7038. see page 9 for a complete listing.

Thanks to Lifetime Members:

Karen & Steve Heine.....Peoria*^

Welcome New Members:

Michael Samp.....Metamora
Tom Sanders & Susan.....Bartonville
Laura Gharst & Stephen & Family....Mapleton
Pete Hanssen.....Peoria
John Kautz & Hoang T.....Pekin

Thanks to Renewing Members:

Tim Allen.....Lacon
Steve Berger.....Peoria
Sandra Brown.....Normal
Richard Crandell.....Peoria
Ronald Dean.....Galesburg
Bill & Marge Semmens & Shane.....Peoria
Sheila Hansen & Reid.....Peoria
Jack & Carol Huggins.....E. Peoria
Patty Isit.....Bartonville
Bill Kandler.....Peoria Hgts.
Bonnie Martin.....Brimfield
Ken McGarvey.....Dunlap
David H. Nelson & Maria.....Morton
Mel Perrill.....Pekin

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

Don't Forget to Sign Up for the Email List to stay Informed!

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

IVW CHAIRPERSONS

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cannondale_25@juno.com

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<http://www.ivwheelmn.org>

HAVE
YOU

HEARD
THE
NEWS



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, eight club members have taken up the challenge - There is still time to enter this competition and conquer all - please send me your mileage for April to cannondale_25@juno.com.

Rider Name	Feb. Miles	2009 Total Miles
Edith Albright	704.5	1673.35
Denny Tresenriter	452	793
Steve Kurt	264	556
Suzanne Wheeler	274	474
Michael Honnold	142	273
Steve Sommer	0	209
David Gehrt	19	19
Chris Gibson	0	0

Rider Name	March Miles	2009 Total Miles
Edith Albright	0	1673.35
Denny Tresenriter	569.9	1362.9
Steve Kurt	449.74	1005.74
Suzanne Wheeler	307	781
Steve Sommer	424	633
Michael Honnold	80	353
David Gehrt	55	74
Chris Gibson	0	0

ADOPT A HIGHWAY

Last year the Wheelm'n took on the project of keeping Park School Road clean of litter. This is thru the Peoria County Highway Department's "Adopt a Highway Program."

We will have our first scheduled clean up day for 2009 on Saturday, May 2nd, at 10:00 AM. This is not a difficult task. In fact, it is rather fun so I would encourage you to join us. We will meet at Not Your Average Joe on 2nd Street in Dunlap. Come a little early to have some of their delicious coffee and visit with other Wheelm'n.

Bring gloves; vests and orange bags will be provided. We will pick up litter on the two-mile stretch of Park School Road between Rt. 91 and Feuchts on both sides of the road. This usually takes about an hour. Hope to see you there

Cora Lynn Green, Chairman

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



MEMBER PROFILE

By Barb Drake

Marge Semmens



Back in the 1950s, when Marge Semmens was growing up, girl children were “not allowed” to be athletic. “While my brothers were out biking, I was darning socks,” she says. It was what she learned to do in Girl Scouts.

An avid biker for more than a dozen years now, Marge has done 12 Hilly Hundreds, hooked bags to the back of her bike for a self-supported trip along the Natchez Trace with her husband and made it up the mountains of southern Spain.

Back in the 1960s, Marge Semmens graduated from Richwoods High School, got married and had children. Many women were encouraged to do that then.

A decade later she graduated from Bradley University with a perfect 4.0 grade point in accounting. She is the only member of her family – parents and six siblings -- to earn a college degree.

Back in the 1990s she dragged her “old-style, black ladies bike, five speeds, a big saddle, two-inch-wide tires” to a 50-mile ride in the Sparta area. Ride leader was

Bill Semmens, whom she’d met briefly at a Peoria Ski Club event. Ride follower was Marge. “I remember getting pushed” is how she puts it. “What was I thinking?”

A year later they started dating – both had been divorced – and a year after that they married, drawn to each other by common interests and adventuresome spirits. Think about it: how many couples would consider a red Santana tandem an appropriate wedding gift to each other and a 350-mile ride across Wisconsin a perfect honeymoon?

If this were a movie script, it might be entitled “The Second Time Around.” But that’s already been written, and Marge is still writing hers. Biking is a big part of it.

“There’s a sense of freedom to it,” she says. “I don’t know how to describe it, but there’s a bug and you either get it or you don’t. The wind is blowing. You say things to people like ‘I just got back from a 40-mile ride’ and people say ‘40 miles! How do you do that?’ and it makes you feel strong and young. You know what I mean. And of course there’s the comradeship. I’ve made some really good friends in the bike club.”

Marge has also been a good friend to the Wheelm’n since joining in 1997. In her first volunteer capacity she mailed out the newsletters. She’s subsequently served as president, secretary and, for the past two years, treasurer.

Her Peoria home reflects her interest in biking; the family room features pictures and posters from the many memorable trips she and Bill have taken. Clear favorite is their ride through southern Spain of about a decade ago. They stayed at a small hotel in San Mateo, which looked like “a little town in Appalachia,” and rode day trips through the mountains south of Barcelona. “One day we climbed all day up to this village. We biked past Roman roads and ruins and farmers bring vegetables into the village in donkey carts. The villagers did their laundry in two pools under a canopy.” Marge was the only woman to do the entire ride and recalls how happy and proud she was when her fellow cyclists – having persuaded the leader to hold dinner until she got up the mountain – cheered her arrival.

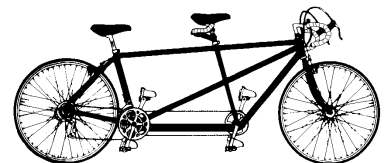
Marge’s active interests include hiking and camping; a serious knee injury has ended her skiing years. But she also enjoys quiet time. A “big reader,” she loves novels which stimulate her interest in different cultures, eras or settings to the point that she sets out to learn more. She likes cooking (not the daily chore but trying new recipes), quilting and some redecorating. Her secret passion is “junk shopping.”

Her 13-year-old grandson is the “apple of my eye,” Marge says, and she keeps busy running him to and from school activities. Her daughter is a nurse in Peoria, and her son is an apprentice electrician. His first child is due in August.

Marge used her accounting degree – she is a CPA – in positions with a public accounting firm, CILCO and Cilcorp, leaving there in 1995. Subsequently she worked part-time doing taxes and at a seasonal flower shop. But biking is also seasonal, and it appears to have won out.

“You start adding all this up and my life’s pretty full,” she says.

If not precisely what it started out to be.





- Where: Peoria's Upper Glen Oak Park (begin & end)
When: May 20th, 2009
Assemble 6:45 P.M. - Ride 7:00 P.M.
- The Ride: Approximately 11 miles long at a 10 MPH pace on residential and side streets. The ride will take place on open roads, and those participating will be expected to ride safely, & obey all traffic laws.
- Why: To honor those who have been killed or injured while riding. Our ride honors local cyclists Diane Matuska and Jessie "Jay" Jackson.

•Ride of Silence is a nation-wide event to honor those who have been injured or killed while riding their bicycles. For more information, please visit www.rideofsilence.org

•This event is free. All participants must be over 18. For safety reasons, all riders must wear a bicycle helmet. Any cyclists without a helmet will be asked to not participate in the ride.

•The Illinois Valley Wheelm'n are endorsing the 2009 edition of Peoria's Ride of Silence. For further information regarding this local event, please contact Bill Clark @ 347-4841, or Mike Honnold @ 696-2591

OUT-OF-THE-BOX TOURS

Looking for a different route, a different crowd, a ride that leaves you neither exhausted nor feeling short-changed? Then show up for an Out-of-the-Box tour led by Cora Lynn Green and Barb Drake. The pace will be Level One, and no one will be dropped.

Check out one of these tours for May:

May 6: Ron Reagan's Eureka. OK, we'll only go through there, but what's wrong with dropping names? The ride begins at 9:30 a.m. at Russell's Cycling in Washington. We'll travel about 30 miles and enjoy lunch back in Washington.

May 27: Mackinaw River Valley. We'll meet at 9:30 a.m. at the Barn Theatre parking lot on Timberline Road off Rt. 117. The distance is 25 miles with a few challenging hills.

Afterward we'll have lunch at the Busy Corner Restaurant in Washington.

Here are some other dates to put on your cycling schedule – details to follow:

Aug. 29: Barb's Birthday Ride on the Great River Trail, paralleling the Mississippi. This ride is about as pretty as it gets in Illinois, and the birthday cake will be pretty good, too.

Bring the family!

June 10: Upper Spring Bay Road and Metamora, with lunch in Washington.*

July 1: Sand Ridge and Manito, lunch in Manito

July 15: Tazewell and Woodford counties – details to come*

July 29: McLean County Parks, lunch along the way

Aug. 12: Mackinaw Winery area, lunch in Mackinaw

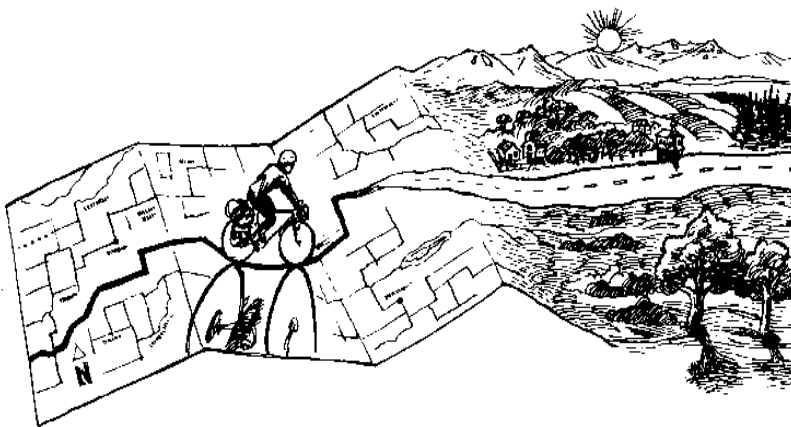
Sept. 9: Tanner's Orchard

Sept. 23: Something different in the works

Questions? Contact Barb (692-1201, bdrake@mtco.com) or Cora Lynn (683-3083, cora_lynn@yahoo.com).

*

LaVerne Wilson will assist with these rides.



ILLINOIS VALLEY WHEELM'N - Spring, 2009 Local Rides Schedule

****NOTE: Closely view departure dates and times!**

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@comcast.net co-lead this ride out of Morton starting **April 6**. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 5:30 p.m. all summer. Distance will be 15-20 miles early in the season and increase over the summer. The ride will regroup periodically.

Monday Dunlap Level I: Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School starting **May 4** at 5:30 p.m. Effective June 1 departure changes to 6:00 p.m. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 9:30 a.m. during **April**. Mileage 25-40. Contact Herb Unkrich (673-1074) bluebirdherb@yahoo.com for more information.

Tuesday "Kinder Gentler" Level II: Pam Hoehne (681-0206) will lead the level II rider or those level I riders looking for a challenge. This ride departs at 5:45 p.m. from Dunlap Grade School starting **April 14**. Effective May 5th departure changes to 6:00 p.m. Mileage will be 20-30 miles. The group will travel 13-15 mph early in the season and 15-17 mph toward the end of the summer. Goal is to have fun and no one will be dropped.

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School departing at 5:30 p.m. beginning **April 5**. Starting May 5 the ride will depart at 6:00 p.m. **Note:** Please, be ready to ride! Mileage will be 20-30 as daylight permits. The group will average 17 mph or more, and will regroup as needed!

Tuesday Dunlap Show and Go Level IV: For faster riders this group will get your heart rate up. But don't expect them to regroup or wait for stragglers. Departs at 5:30 p.m.

New! Wednesday Rock Island Trail Ride: Jim and Bob Reading (688-9435) readingdiana@yahoo.com will depart from Connor Co., 1229 W. Pioneer Pkwy., at 5p.m. starting April 15. Ride distance will be approx. 7 miles adding more miles as the group desires. The group will ride together. No one will be left behind.

Wednesday Dunlap Beginner: This ride from the Dunlap Grade School will begin **May 6**. Ride distance will be 15 miles early in the season. Prepare to be able to ride 1 ½ hours. The group will ride together. No one will be left behind. Contact Mike Pula (264-9396) mikepula@gmail.com

Wednesday East Peoria Level II: Dirk McGuire (699-8482) dirkbike1@insightbb.com will lead this ride from Cross Point Church, 304 S. Pleasant Hill Rd. beginning **April 1** at 5:30 p.m. all summer. Ride distance will start in the 20-mile range and increase throughout the season. Average speed will be 13-17 mph and no one will be left behind.

Thursday Washington Level I and II: Departs from Russell's Cycle and Fitness at 6:00 p.m. beginning **April 9**. The ride will begin as a Level I traveling 10 miles. The group will increase mileage and speed to a Level II by June. This ride is for those wishing to increase speed and distance. Contact Rob or Cindy Alexander (444-3297 or 231-2190).

Friday Chillicothe Level I - Family Ride: Jim & Sarah Emmons (246-2166 or 238-3420) tandemx1@grics.net will lead this ride from the Pearce Center. The ride will begin **May 1** at 5:30 p.m. all summer. Ride distance will begin in the 20 mile range and increase over the summer. No one will be left behind. Join the Emmons for dinner at a local restaurant after the ride.

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

Saturday Show and Go All Levels: Meet at Russell's in Washington at 8:30 a.m. Distance ranges from 25-40 miles and includes a meal stop.

Some of the evening rides will depart at 6:00 p.m. as the days get longer. Watch your newsletter or refer to the IVW Website: <http://www.ivwheelmn.org>

DAYTIME THURSDAY RIDES LEVEL I&II. WILL DEPART 9:00 IN MAY. CONTACT FRED SMISER (241-7431) SMIZZ444@GMAIL.COM

MAY 7 2009: STEVE'S RIDE DEPART FROM FIELD SHOPPING CENTER (SO. EAST CORNER) 40 MI. LUNCH AFTER. (263-0574) STEVE.SOMMER@COMCAST.COM

MAY 14 2009 EDITH'S RIDE: DEPART FROM PEARCE COMMUNITY CENTER IN CHILLICOTHE 40 MI. LUNCH STOP EDITH ALBRIGHT (274-4849) TALBRIGHT@MTCO.COM

MAY 21 2009 SUZANNE'S RIDE DEPART FROM 9278 W. LAKE CAMELOT DRIVE, MAPLETON. MEET AT CLUB HOUSE PARKING LOT NEXT TO POOL AND LAKE. 40 MILE WITH LUNCH STOP. SUZANNE WHEELER (258-0272) SLWHEELER@GMAIL.COM

MAY 28 2009 FRED'S RIDE DEPART FROM VFW HALL. 2MI SOUTH OF PEKIN HOSPITAL ON 14TH ST. AND VFW ROAD. 40 MILE LUNCH STOP. FRED SMISER (346-9735) SMIZZ444@GMAIL.COM

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.

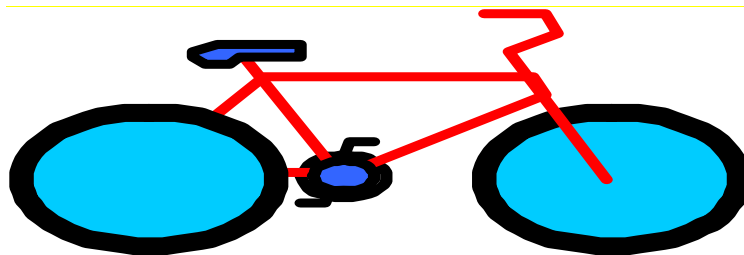
Show & Go: Riders have **NO** leaders. The distance and speed are decided upon by the group, but governed by the ride level designated.

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.

Pedal Peoria 2009

Explore Peoria's Art, Science & History by Bicycle
Our 10th Year



Sponsored by Lakeview Museum of Arts & Sciences & the Illinois Valley Wheelm'n

Selected Rides co-sponsored by the Peoria Historical Society[†]

All rides are designed for the casual rider, 12 - 15 miles (one steep hill)

Approximately 2 hours starting at 6 pm (Except April 26, June 28, July 11)

All are welcome! No fee or registration

- | | |
|-----------------------------|---|
| April 26
Sunday | Earth Day Ride Start at Lakeview Museum east parking lot 2:00 p.m.
Highlights: Celebrate Earth Day, visiting urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale Prairie, Pimetoui Trail to the Riverfront Trail, returning through Glen Oak Park. |
| May 14
Thursday | East Peoria Trail & Fon du Lac Ride Start at Town Center II parking lot, East Peoria.
Highlights: East Peoria Trail & views from Fon du Lac Dr. |
| May 28
Thursday | Grandview Ride Start at Lakeview Museum east parking lot.
Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindberg's airmail flight plaque |
| June 04
Thursday | Sculpture Ride Start at Bradley University Quad.
Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson. |
| June 18
Thursday | History Ride[†] Start at the Riverfront Visitor Center Parking Lot.
Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes. |
| June 28
Sunday | Tour of the Solar System[†] plus highlights from the History Ride (See June 18).
Start at Lakeview Museum main entrance at 7:00 a.m. This 3.5 hour, 24 mile ride will start at the Sun and tour the planets from Mercury to Saturn in Peoria's Community Solar System. Riders may return to the museum or stay downtown to watch the Proctor Cycling Classic . |
| July 11
Saturday | Prairie to Prairie Ride[†] Start at the Riverfront Visitor Center Parking Lot 8:30 a.m.
Highlights: Two prairie restorations inside the city, Giant Oak Park, Whittier School Outdoor Science Classroom, plus selected historic sights - River front, Springdale Cemetery, & historic homes. |
| July 23
Thursday | 50's Soft Serve Ride Start at corner of Lake and Knoxville.
Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In |
| July 28
Tuesday | Eric's West Peoria Deli Ride Start at old Loucks School (temp. Thomas Jefferson) parking lot
Highlights: West Peoria, Pettengill-Morrison House, Glen Oak Park, Fedora's Deli |
| August 11
Tuesday | Garden Ride Start at Botanical Gardens, Glen Oak Park.
Highlights: Luthy Botanical Gardens & selected city gardens |



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
June 27/28, 2009, Peoria, Illinois

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.

Please consider supporting our local area bicycle shops.

Bushwhacker Ltd.

309-692-4812

Russell's Cycle & Fitness

309-444-2098

Little Ade's Bicycles

309-346-3900

Illinois Cycle & Fitness

309-693-2691

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 at the general club meeting, May 13, 2009, after the monthly board meeting, as prescribed in Article IX. The general club meeting will be held solely for this purpose, and no other business will be conducted, unless the President of the club is notified prior to May 1, 2009

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.

OUT OF TOWN RIDES

There are a couple of out-of-town but close organized bike rides that you need to get on your calendars.

May 24, Sunday: Bike the Drive. Bike on a car-free Lake Shore Drive. For more information and to register www.bikethedrive.org

June 13, Saturday: McLean County Wheeler Bike STRONG Metric benefiting the Lance Armstrong Foundation. This is a cooperative effort between the McLean County Wheelers and the Lance Armstrong Foundation to raise money to fight cancer and to give away bicycles in Central Illinois to promote fitness and health. The ride will start and end at Comlara Park/Evergreen Lake north of Bloomington-Normal. Ride distances are 20, 40, and 60 miles. Comlara Park is located north of Normal off Interstate 39, Exit 8. Registration is \$25 and includes coffee and breakfast snacks, sag service and rest stops and lunch. To register go to www.mcleancountywheelers.com

June 27, Sunday: The 27th Annual Udder Century in Union, IL. Routes are 31, 50, 62, 75 and 100 miles. Register online at www.Active.com

July 11, Saturday: Pedaling for Kicks, a bicycle ride benefiting Christian Farmers International. Ride starts and ends at East White Oak Bible Church with rides of 10 and 20 mile "Family Route", 25, 40, 50 and 67 miles on roads along the scenic Mackinaw River Valley, Lake Bloomington and Lake Evergreen. Those of you who have done this ride before know how good the food is both at the rest stops and at lunch. Register at www.fcfi.org. Registration is \$15 before June 20 and \$20 after. If you want more information you can call 1-800-676-2353.

Other rides not quite so close to home:

Information on more rides can be found at www.mikebentley.com



Create a World Free of MS – June 13 & 14!

The National MS Society, Greater Illinois Chapter will host **Bike MS: Tour de Farms 2009**, a sponsored ride through scenic DeKalb, Illinois beginning Friday, June 12, 2009 to raise money for a world free of multiple sclerosis. The three-day event includes a Friday night expo, a two-day figure-eight ride on Saturday and Sunday, and a Saturday night celebration with free lunch/dinner and beer provided by Goose Island. Participants may register as individual riders or teams, contribute as "virtual" riders with a donation, or volunteer for the event. There's a route option for everyone, ranging from 35 to 175 miles.

Join the Movement - Register Now at www.rideforMS.org or call 1-888-343-1179 for more details

HABITAT FOR HUMANITY RIDE

"Join us for the 17th Annual Habitat 500!

July 12 – 18, 2009

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

Early Registration for June 14-20 GITAP Bike Tour

Explore the prairies, waterways, fields, and small towns of northern Illinois by bike!

Registration is now open for the 7th Grand Illinois Trail and Parks bicycle tour, starting this year at the I&M Canal Trail in Seneca. The week-long loop features rural roads, parts of the Grand Illinois Trail, and overnights at four outstanding state parks: Shabbona Lake, White Pines and Johnson-Sauk (two nights each), and Starved Rock.

Mileage choices range from 310 to 580 miles for the week. The route is generally flat with some optional hilly areas. Included are dinners, breakfasts, tent camping sites (with motel option available), luggage transport, sag support, bike repair, and more, including entertainment at White Pines and the optional, unique "Velosophie" program of nightly discussion hosted by the Illinois Humanities Council.

GITAP welcomes you to join in the fun! Don't wait too long! Last year, our limit of 160 riders was reached months before the ride. For details and registration, see bikelib.org/gitap/2009 or contact Chuck Oestreich (oestreich@qconline.com, 309-788-1845).

Bicycle Rodeo & Helmet Fitting Volunteers Needed!

By Mike Honnold

Do you enjoy safely riding your bicycle? Do you like children? If you happen to like both of these things, please consider donating a few hours of your time to assist at events being held locally to promote bicycle safety. Contact Erin Durbin at Erin.E.Durbin@osfhealthcare.org if you are interested!

Bicycle Rodeos

Sat, June 20...10-11:30am...American Red Cross (Peoria)

Sat, July 18...10-12 noon...Yogi Bear Campground (Goodfield)

Wed, July 22...10:30am-3pm...Livingston Co. 4-H Fair (Pontiac)

Sat, Aug 8...10am-4pm...Wildlife Prairie Park (Peoria)

Helmet Fitting Sessions

Mon, May 4...8:45am...LeRoy Elementary (LeRoy)

Wed, May 20...8:10am...Sugar Creek Elementary (Bloomington)

2009 No Baloney Volunteers — By Mike Honnold

You've likely read somewhere by now the annual IVW No Baloney bicycle ride will be held this year on September 26th. Not unlike previous years, we will need plenty of help from club members to make sure this ride is a success. This ride cannot happen without volunteer help – plain and simple. Please take a look at the following list of positions I would like to fill, and a short description of each. If any of these positions sound interesting, and fit your interest level, please give me a call. Of course, if I do not hear from any club members, I will begin calling people at their homes, so watch out! Remember – each IVW member in good standing (current in dues) who volunteers at least 2-3 hours of their time will be eligible for a free No Baloney T-shirt.

The position descriptions listed below are open to suggestions, modifications, and additions.

I can be reached anytime at 309-696-2591, or cannondale_25@juno.com – Mike Honnold

If you agree to assist with one of these positions, you will be required to attend a few group planning meetings to make sure things are going well. The meetings do not need to last a long time, but are necessary to insure everything is going well, and give assistance where necessary.

Route Coordinator – We plan on using the same route as last year, so the route coordinator will need to make sure there aren't any last-minute construction plans on roads affected. In addition, they will be responsible to producing the maps we hand out to ride participants, and finding people to help mark out the route with paint a few nights before the big day.

Food Coordinator – Food is what the No Baloney ride has become famous for throughout the years, so coordination is a very important position. Optimally, the food coordinator will seek out 4 other volunteers who would be willing to be food “buyers” for each rest stop along the route. The food coordinator will then be responsible for seeking out free food donations from local businesses & other club members who want to sponsor our ride. Once food donations are known, the food coordinator will be responsible for working with the food “buyers” to determine what other food (on top of the donations) will be necessary for each stop along the route. At an appropriate time prior to the No Baloney ride, the food coordinator and “buyers” will go out to a local grocery store to purchase all that is necessary to sustain our riders. The Saturday of the ride, each food “buyer” will be responsible for working with each stop host to transport the food to each stop along the route. The food coordinator can assist in this process, where necessary.

Food Buyers – See more detailed description above. In a nutshell, each food buyer will be responsible for the food at a specific stop. All buying responsibilities thrown upon a single food coordinator have not been successful in the past, so we are trying to split the duties up, and make less work for all involved!

Stop Coordinator – This person will be responsible for coordinating with the facilities we use at No Baloney (Hanna City, Elmwood, Princeville) to make sure they are available for our use on September 26th. In addition – this person will also be responsible for coordinating the main “host” for each stop, and making sure each stop has enough volunteers to help throughout the day with food preparation and greeting. Finally, the stop coordinator will be responsible for making sure each “kit” of supplies (plates, cups, forks, spoons, bowls, etc...) makes it's way safely to the facility. All coordination will begin with setup at the Jubilee site, and spread out to the other sites once Jubilee is up and running.

Stop Hosts – These people can either volunteer on their own, or be recruited by the **Stop Coordinator**. Each stop host will be responsible for the rest stop the entire time the ride is going on. If you cannot stay the entire time (or want to ride the No Baloney) you will be responsible for finding others to split your time with. The Stop Host will work with the stop coordinator to make sure the facility is open on the day of the No Baloney early enough to get the food and other items ready. Once riders start rolling in, the stop coordinator will make sure the food and drink are replenished, and the riders have someone to greet them. After the final rider has come through, the stop host will be responsible for working with the stop coordinator to make sure the facility is cleaned up and returned to pre-ride condition.

Ride Day Registration – This person will be responsible for gathering a crew together to assist with checking pre-registered riders in at Jubilee, or registering walk-up entries.

2nd Annual The Adventure Orienteering Race



Presented by Bushwhacker

Are You Ready...??



Beginner Course

- 1-3 Hr Expected Finish Time
- Less Demanding
- Road and Trail Biking
- Orienteering/Navigation
- Mystery Event



...to **CHALLENGE** yourself
with something **NEW**
and **EXCITING??**

Try this outdoor adventure!!

- When:** May 9, 2009
Where: Jubilee College State Park
 Brimfield, IL
What: 2 - Person Teams
Cost: \$40/team
 *\$30/team before 4/9/09

T-shirts guaranteed for entries received by 4/9/09

Race limited to the first 50 teams to register!

- Entry:** **Bushwhacker**
 4700 N. University, Peoria, IL
 in the Metro Centre

Novice Course

- 3-6 Hr Expected Finish Time
- More Rugged
- Single Track Mtn. Biking
- Orienteering/Navigation
- Mystery Event



Registration form and more information available at bushwhacker.com/ or just stop by the store!



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 Email to: joe@3feetplease.com

Let 'em Know about the Law

FOR SALE

FOR SALE

2006 Rans HS Screamer Tandem

Excellent Condition. Exceptionally Clean.

This is the "rare find" you have hoped to run onto.

Less than 1000 miles

TruVativ Bottom Bracket and crank arms,
w/ 52-39-30 crankset

FSA (Full Speed Ahead) threadless headset.

Avid Single Digit 7/SL Brakes front and rear
w/Arai (drag brake) drum on rear.

SRAM X9 Rear Derailleur/Shimano 105 Front

White Industries Hubs Front and Rear w/ 40 spoke rear

36 spoke front wheel set on Bontranger Rims

Primo 20 x 1.50 front/26x1.50 rear

Four Bottle Cages

Rear Rack(under seat rack available at additional cost)

WellGo Platform Pedals front and rear

Asking \$3800.00 for bike and all accessories listed.

Contact Bill Clark 309.241.0949 or

wdclark190@comcast.net

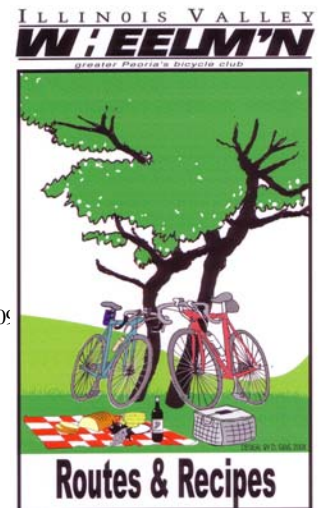
Will personally deliver within a 150 mile radius of
Peoria at buyers cost of gas only.

Buyer assumes all other commercial shipping costs.

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 444-2091
 - **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
309-696-2591



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

Spring Cleaning Sale:

2003 Volae Team recumbent: Medium size frame; Oxblood color; DA cranks, brakes and front der.; SRAM XO rear der and shifters, Mavic Ksyrium wheels. Includes seat bag and computer. No pedals. \$1300.00 Picture at <http://home.comcast.net/~dtresenriter/volae4sale.png> Contact Dennis Tresenriter H309-387-6617 or

dtresenriter@comcast.net

Park PRS-6 Workstand: Good condition. \$30.00 firm. Picture at <http://home.comcast.net/~dtresenriter/PRS-6.jpg> Contact Dennis Tresenriter H309-387-6617 or dtresenriter@comcast.net

Cyclops Fluid^2 Trainer: Excellent Condition. \$50.00 firm. Picture at

<http://home.comcast.net/~dtresenriter/Cyclops.jpg> Contact Dennis Tresenriter H309-387-6617 or

dtresenriter@comcast.net

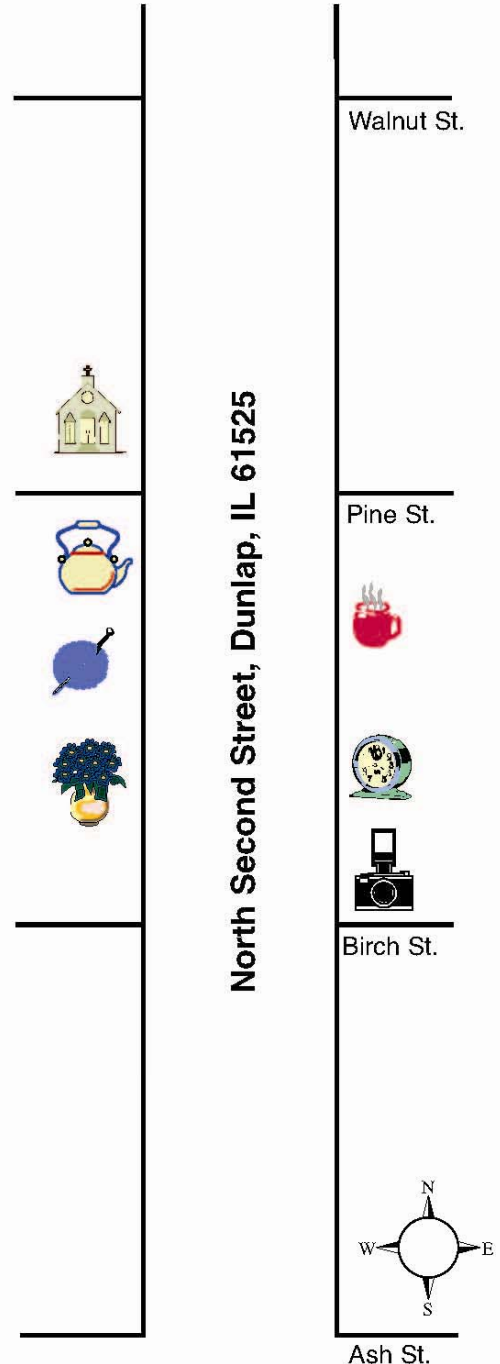
In the Heart of the Village, just a stone's throw from the bike path.

- Stop at **joe's**
- Full service espresso
- Serving breakfast & lunch all day



208 N. Second St.
Dunlap, IL
278-5297
(Old Bicycle Inn)

Monday - Friday 6:30 - 8:00
Saturday 8:00 - 5:00
Sunday 10:30 - 3:00



Rock Island Trail **X**

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!

New Membership Form Error

-by Mike Honnold & Bill Clark

Please disregard the "new" membership form we posted in our April newsletter. Our 1st attempt at having spaces for all members of a family to sign a release was not the best path to go down. The form you saw was a modified version of what LAB suggest's using. We are now benchmarking other club membership forms, and will release the new version in our June or July newsletter. Until then, we will go back to the previous version of our membership form, as shown below.

We apologize for any confusion or misrepresentation this error may have caused.

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

Calendar of Events

Date/Time	Event Name	Location
May 2 nd 10:30 A.M.	IVW Adopted Road Trash pickup	Dunlap; Not your Average Joe
May 9 th All Day	Bushwhacker Orienteering Race	Brimfield; Jubilee State Park
May 13 th 6 P.M.	IVW Board Meeting	Peoria; Safety Town
May 20 th 7 P.M. – Sharp!	Ride of Silence	Peoria; Upper Glen Oak Park
June 27 th -28 th 6 A.M.	Interplanetary Bike Ride	Dunlap/Peoria
June 28 th 8:30 A.M.	Proctor Cycling Classic	Downtown Peoria
September 26 th 6:30 A.M.	No Baloney Ride	Jubilee Park

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

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RETURN SERVICE REQUESTED

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

