

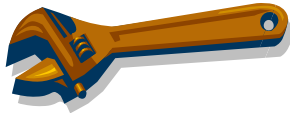


# ILLINOIS VALLEY **WHEELM'N**

June  
2009

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

THE SUMMER RIDING SEASON IS HERE. REMEMBER, GIVE YOUR BIKE A ONCE OVER LOOK BEFORE EACH RIDE TO ENSURE A SAFE AND ENJOYABLE TRIP. IT ONLY TAKES A COUPLE OF MINUTES TO PLAN AHEAD.



## 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 14 for a listing of local shops.

## ON THE INSIDE

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## Tailwinds – Mike Honnold – IVW Prez



Tailwinds: Hello, again!

I'm writing this article a week before the Ride of Silence, but by the time you are reading my words, the event will have been long complete. Hopefully, many of you came to the event to show your support and solidarity for our cause. Our plan this year was to increase exposure for the ride by moving from Dunlap into Peoria. Selecting a safe route for riding in Peoria was a lot easier than it appears from the outside looking in. Initially, we selected a route Eric Hutchison developed for his famous Deli ride, and modified it slightly due to mileage concerns.

Next, Bill Clark and I tested the route multiple times and continued making small modifications here and there to account for accessibility, safety, and traffic concerns. Finally, I invited a few friends who had not seen the route before to try it out, and they all agreed it was as safe of a route as you could possibly find in a city the size of Peoria. I only hope many people saw our group, and realized it is possible for bicyclists and drivers to co-exist on the same roads and everybody still get to where they need to be, safely. If you did happen to come to the ride, Bill Clark and I thank you for your time and efforts! Please look in a future issue for a full ride report and pictures.

By the time the No Baloney ride is over on September 27, you will be sick and tired of me talking about it at every opportunity I am presented! Like I said last month, our big yearly event is quickly approaching, and I will need all your help to make it a big success. As of May 16, I've only had one faithful club member (board members excluded) come forward and volunteer his or her services (thanks- you know who you are) to the event. I appreciate the help, but it will take more than one volunteer to make this event a success. Like everybody else these days, my time is filled with many events for family, life, work, and IVW. Each time someone steps forward and contacts me first about volunteering is one additional second/minute/hour I'll have to spend on other important items. PLEASE-if you feel the call to come forward and help, give me a call at 309-696-2591, or 578-6559. You will not be alone in your volunteering efforts. I'll be there to help and guide as much as you want me to!!  
(Cont'd on page 12)

## 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:**

**Welcome New Members:**

Paul & Colleen Digiallonardo.....Edwards  
Mitch & Charli Gregory.....Washington  
Terry Poertner.....Groveland  
Martin Poglioli.....Pekin  
Torsten Van Wassenhove.....Peoria^

**Thanks to Renewing Members:**

Edith Albright.....Chillicothe  
David & Janice Atkinson & Family.....Peoria^  
William Chaffer.....Peoria^  
Bill & Brenda Clark & Family.....Pekin\*^  
David Cover.....Peoria Hgts.  
James DeVore.....Metamora  
Tom Dorigatti.....Pekin  
David Gromer.....Morton  
Gerald Haley.....Peoria  
Kathy & Roger John.....Dunlap  
Jim King.....Hopewell  
Tom Saal.....Peoria  
Sheldon & Mary Ann Schafer.....Peoria^  
Charlie & Jane Sieck.....Dunlap^  
Lester Siegrist.....Washington\*  
Neil Terry.....Edelstein  
Michael & Emily Therry.....Marq.Hgts.\*^  
Herb Unkrich.....Edwards  
Laverne & Roger Wilson & Family.....Washington^

LIB/LAB 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](mailto: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](mailto: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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**IVW Website:**

<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, eleven club members have taken up the challenge - There is still time to enter this competition and conquer all - please send me your mileage for May to [cannondale\\_25@juno.com](mailto:cannondale_25@juno.com).

Rider Name	April Mileage	2009 Total Miles
Edith Albright	1984.2	4081.25
Denny Tresenriter	537.3	1900.2
Steve Kurt	493	1498.74
Steve Berger	525	1298
Steve Sommer	523	1156
Suzanne Wheeler	369	1150
Michael Honnold	613	966
Tom Dorigatti	351.93	719.61
Torsten Van Wassenhove	401	527
David Gehrt	106	180
Chris Gibson	8	8

#### PARK SCHOOL ROAD IS A LITTLE BIT CLEANER

On May 2 Marge Semmens, Conrad and Lynn Grembowicz, Eric Hutchison and myself met at Not Your Average Joe in Dunlap to visit and get ready for the task. Armed with big orange plastic bags and bright green vests, we started at each end of our allotted stretch of Park School Road picking up trash as we moved along. The high grass and the large amount of water in the ditch kept us from finding all the debris left from over the winter, but we still managed to fill up several bags. The prize for the most interesting trash collected goes to Marge Semmens who found red panties with hearts on them.

We will have another trash pick-up in the summer so watch for the date when you can join us to do something good for your community and possibly find some interesting treasure.

Cora Lynn Green

Below is a copy of the letter sent by Eric Hutchison, the IVW Advocacy Chairperson, to the firm that is responsible for the redesign of the Northmoor/Sheridan Rd. project. The IVW has an active role in the input phase of many upcoming road projects in the area. If you have any questions or comments, Eric will be glad to listen.

**TOGETHER WE CAN MAKE A DIFFERENCE.**

Illinois Valley Wheelm'n  
Greater Peoria's Bicycle Club

12May2009

Ms. Cindy Loos, P.E.  
Hanson Professional Services Inc.  
2900 W. Willow Knolls Road  
Peoria, IL 61614

Subject: Northmoor Road / Sheridan Road Reconstruction, public comment input from 6May2009 public hearing.

Dear Ms. Loos:

Thank you for including bicycle and pedestrian accommodations in the planned reconstruction of Northmoor and Sheridan Roads. We are excited to see this project underway that will expand Peoria's network of bike/ped facilities. This specific project is significant due to it's location. Bicycle access is difficult in north Peoria due to lack of a connecting network of secondary roads and very limited bicycle access to the existing through streets. This project is a great building block to improve that region of Peoria. This project will also serve as a great feeder route to the future Kellar Branch trail, allowing Peorians to bicycle too the trail from their homes. This not only makes the surrounding neighborhoods more bicycle friendly, it also reduces the need to build automobile parking facilities adjacent to the trail.

This project chose to include a off-road bicycle/pedestrian path. While this design will attract a wide-variety of users, it can present some challenges. We encourage Peoria to also keep on-road bicycle accommodations on its list of options as we continue to upgrade/improve our roadways. On-road accommodations (bike lanes or extra wide outside traffic lanes where right of way is more limited) offer advantages worth considering for some projects such as:

- Provides bicycle access where right of way is too narrow for full off-road accommodation.
- Avoids mixed use conflicts between bicyclists and pedestrians (assuming sidewalks are provided for pedestrians).
- Allows easier maintenance and snow removal.
- Fewer turning / crossing hazards with motorists at driveways and intersections, since bicyclists travel with the flow of traffic in both directions and are also more visible to motorists.

We look forward to working with the city in a constructive way to consider all options to improve bicycle/pedestrian access to Peoria.

One question we do have about the Northmoor / Sheridan project, please:

- We've heard that the Tri County Regional Planning Commission's STIP review committee considers bicycle / pedestrian access on its list of criteria when ranking local projects for funding. Does this policy exist and will it help identify funds for the as yet unfunded Sheridan Road portion of the project?

Best regards,  
Eric Hutchison  
Government Relations Representative, IVW  
3317 N. Peoria Ave, Apt-A  
Peoria, IL 61603-1121  
Tel: 309-688-7038

## MEMBER PROFILE

By Barb Drake



**Sheldon Schafer** had just ended an interview with Lynn Neary, the National Public Radio correspondent, about Lakeview Museum's Community Solar System. The year was 1992, and the Guinness Book of World Records was about to declare Peoria's interplanetary display the globe's largest.

He made the 10-minute drive from Bradley University, where he taught astronomy, to Lakeview Museum, where he ran the planetarium. In his office, he found a string of phone messages from NPR listeners across the country. One suggested he create a bike ride around the planets.

"I wasn't into biking at all," Schafer says. "I didn't even have a bicycle."

But it happened that the Illinois Valley Wheelm'n were about to hold a social outing at the planetarium. There he visited with then-president George Dudley, who liked the idea. Dudley borrowed a bike for Schafer to use – later he would help Schafer buy one – and together they mapped out a route taking bikers to Pluto and back faster than the speed of light.

Faster than the speed of light?

Using the scale of the ride, John Sathoff, retired chairman of Bradley's physics department, "calculated on the back of a napkin that a biker traveling just seven miles an hour would be moving at the speed of light," Schafer says. Taking the theory of relativity into consideration, this allows him to brag that "participants may return younger than they started."

Well, maybe not. But in the Interplanetary Ride's 15<sup>th</sup> year, Schafer hopes participants will return in numbers large enough to keep the event healthy and well. Which partly explains his continued commitment to cycling – good exercise, healthy lifestyle.

Only partly.

Biking is "green," says Schafer, who was the 2008 Green Party candidate for the 18<sup>th</sup> District Congressional seat. "It's what we should be doing to get away from an auto-dependent society." He bikes or walks to work at Lakeview, where he is now Vice President of Education. While half his job involves putting on planetarium shows, the remainder includes administrative duties and planning for the Peoria Riverfront Museum.

Growing up in Columbus, Ohio, Schafer was fascinated with astronomy by sixth grade; he doesn't recall why. He went on to The Ohio State University, where he was one of just 12 undergraduate astronomy majors. Inspired by the words of President Kennedy, he joined the Peace Corps after graduation and headed for southern India, where he taught science teachers how to teach hands-on science. "The idea was to create a scientifically literate society to take the technologically sophisticated jobs of the future."

In the village where he lived and worked was another science teacher who'd been inspired by JFK. Her name was Mary Ann. They married in India in 1971.

A year later the newlyweds returned to the United States and settled in New York City. Mary Ann taught high school chemistry, while Sheldon "cast about for what to do." He got a job as an astronomy lecturer with a museum in Yonkers, earned a master's degree in science education from Wagner College, and became Mister Mom to his newborn while looking for a job. He interviewed at Lakeview for the position of planetarium director on Friday the 13<sup>th</sup> and began work on April Fool's Day.

That's good for a long laugh – 33 years.

Sheldon Schafer may have stayed at the same place, but the rest of the family has moved on. Mary Ann just retired from Illinois State University, where she was a professor of special education. Daughter Erika works for the Center for Economic Progress, a Chicago-based agency devoted to helping the working poor, while daughter Andrea teaches Spanish in Lockport.

When not working, Schafer engages his other interests – politics, adventure travel and cycling.

"I'm not a strong rider," he says. "In fact, the levels listed in the Wheelm'n newsletter suggest I'm not even a Level 1 rider!" He says he started the Pedal Peoria rides "specifically because I didn't feel there was anything in the club for me." Now in its 10<sup>th</sup> year, Pedal Peoria consists of short rides (usually 12-15 miles) focused on a theme – ice cream, delicatessens, history, sculpture, gardens, etc. They take place in the evenings or on weekends.

Dissatisfied with the major political parties and inspired by Ralph Nader, Schafer was part of a movement to establish a local Green Party in 2000. Five years later, he collected signatures to get the party's gubernatorial candidate (Rich Whitney) on the state ballot and fight off challenges to his presence. When he ran for Congress, Schafer says he learned that he enjoyed campaigning – "the meet-and-greet" part of it. That was a "practice run," he laughs, suggesting he will try again. He takes a long-term view of the Green Party's efforts to win voters, suggesting that the Peace Corps makes for a good analogy – you may not see the fruits of your labor for 30 years.

Schafer's other passion is travel; he's been to 40 countries. "Geezer adventure travel" he calls what he does. His next "geezer adventure" will be in 2010 to Chile and Easter Island, where a total eclipse will pass directly over.

*The Interplanetary Ride takes place June 27-28. For more information or to sign up, see Page 9 of this newsletter or go to [www.lakeview-museum.org](http://www.lakeview-museum.org).*

### ***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.

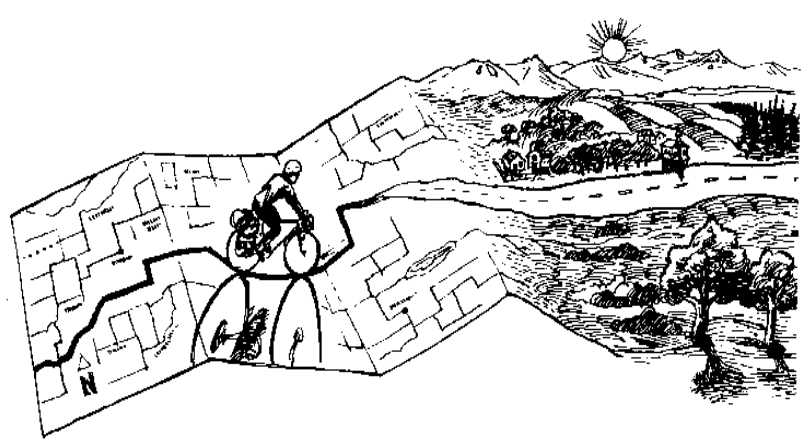
Check out one of these tours for June or July:

**June 10:** A beautiful and challenging ride along Upper Spring Bay Road and uphill into Metamora. Approximately 25 miles, with lunch in Washington. Ride leaves from Russell's Cycling at 9 a.m.

**July 1:** Sand Ridge and Manito. How often do you get to bicycle through a state forest, especially one that has prickly pear cacti as well as many trees? We'll start this approximately 35-mile ride at 9 a.m. in Manito, parking at the restaurant, Liz Recipes, 101 E. Market. We'll have lunch there at ride's end.

Please let Barb (692-1201, [bdrake@mtco.com](mailto:bdrake@mtco.com)) or Cora Lynn (683-3083, [cora\\_lynn@yahoo.com](mailto:cora_lynn@yahoo.com)) know if you plan to ride either time.

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](mailto:dtresenriter@comcast.net) co-lead this ride out of Morton through the summer. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 5:30 p.m. 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 at 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 8:30 a.m. Mileage 25-40. Contact Herb Unkrich (673-1074) [bluebirdherb@yahoo.com](mailto: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. Ride departs at 6:00 p.m. from Dunlap Grade School. 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](mailto:kurtsj@mtco.com) leads this popular ride from the Dunlap Grade School departing 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](mailto:readingdiana@yahoo.com) will depart from Connor Co., 1229 W. Pioneer Pkwy., at 5p.m. 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. 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](mailto:mikepula@gmail.com)

**Wednesday East Peoria Level II:** Dirk McGuire (699-8482) [dirkbike1@insightbb.com](mailto:dirkbike1@insightbb.com) will lead this ride from Cross Point Church, 304 S. Pleasant Hill Rd. 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. 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](mailto:tandemx1@grics.net) will lead this ride from the Pearce Center 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 8:30 IN JUNE. CONTACT FRED SMISER (241-7431) [SMIZZ444@GMAIL.COM](mailto:SMIZZ444@GMAIL.COM)**

**JUNE 4. HERB'S RIDE:** DEPARTS BRIMFIELD PARK ON SO. GALENA STREET. DISTANCE 30-40 MILES. LUNCH AFTER RIDE. LEADER: HERB UNKRICH (673-1074) OR (339-8977) [bluebirdherb@yahoo.com](mailto:bluebirdherb@yahoo.com)

**JUNE 11. MIKE'S RIDE:** DEPARTS DUNLAP GRADE SCHOOL DISTANCE 30-40 MILES. LUNCH AFTER. LEADER MIKE PULA: (264-9396) [mikepula@gmail.com](mailto:mikepula@gmail.com)

**JUNE 18 JIM'S RIDE.** DEPART LACON. EAST END OF BRIDGE. DISTANCE APPROX. 40 MILES. LUNCH DURING RIDE. LEADER JIM KING.(274-5575) [JK76@VERIZON.NET](mailto:JK76@VERIZON.NET)

**JUNE 25. EDITH'S RIDE:** DEPART EDELSTEIN HUB BALLROOM. DISTANCE APPROX. 40 MILE. LUNCH DURING RIDE LEADER EDITH ALBRIGHT (231-4107) [TALBRIGHT@MTCO.COM](mailto:TALBRIGHT@MTCO.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.

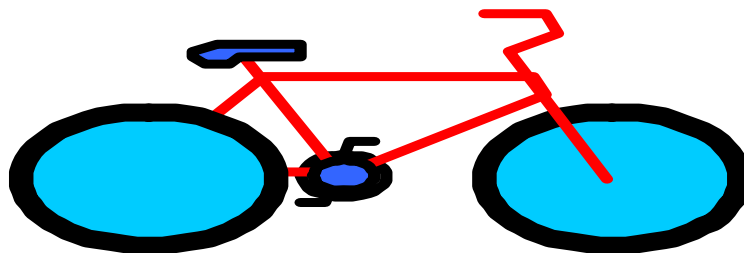
**Show & Go:** Riders have **NO** leaders. The distance and speed are decided upon by the group, but governed by the ride level designated.

#### **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 10<sup>th</sup> Year



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

Selected Rides co-sponsored by the Peoria Historical Society<sup>†</sup>

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** **Earth Day Ride** Start at Lakeview Museum east parking lot **2:00 p.m.**  
Sunday 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** **East Peoria Trail & Fon du Lac Ride** Start at Town Center II parking lot, East Peoria.  
Thursday Highlights: East Peoria Trail & views from Fon du Lac Dr.
- May 28** **Grandview Ride** Start at Lakeview Museum east parking lot.  
Thursday Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindberg's airmail flight plaque
- June 04** **Sculpture Ride** Start at Bradley University Quad.  
Thursday Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- June 18** **History Ride<sup>†</sup>** Start at the Riverfront Visitor Center Parking Lot.  
Thursday 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** **Tour of the Solar System<sup>†</sup>** plus highlights from the **History Ride** (See June 18).  
Sunday 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** **Prairie to Prairie Ride<sup>†</sup>** Start at the Riverfront Visitor Center Parking Lot **8:30 a.m.**  
Saturday 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** **50's Soft Serve Ride** Start at corner of Lake and Knoxville.  
Thursday Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- July 28** **Eric's West Peoria Deli Ride** Start at old Loucks School (temp. Thomas Jefferson) parking lot  
Tuesday Highlights: West Peoria, Pettengill-Morrison House, Glen Oak Park, Fedora's Deli
- August 11** **Garden Ride** Start at Botanical Gardens, Glen Oak Park.  
Tuesday Highlights: Luthy Botanical Gardens & selected city gardens





## A Unique Cycling Weekend

Come for the tour and stay for the races!  
**Lakeview Museum's 15<sup>th</sup> 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 19<sup>th</sup>). 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](http://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.

### 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](http://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](http://www.habitat500.org)

### 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](mailto: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)

## 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.**

**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](http://www.mcleancountywheelers.com)

**June 27, Sunday: The** 27<sup>th</sup> Annual Udder Century in Union, IL. Routes are 31, 50, 62, 75 and 100 miles. Register online at [www.Active.com](http://www.Active.com)

**July 4 Saturday** Fourth of July Metric Century Plainfield South High School, Joliet, Three distances 30,45, and 62. More Information [www.jolietbicycleclub.org](http://www.jolietbicycleclub.org)

**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](http://www.fcfi.org). Registration is \$15 before June 20 and \$20 after. More info? call 1-800-676-2353.

Other Rides:

**August 15 Saturday** C-U Across the Prairie, Starts in Lake of the Woods in Mahomet. Flat to rolling terrain. Distances are 17, 35, and 65 miles. Put on by the Champaign-Urbana Cycling Club. More info go to [www.prairiecycleclub.org](http://www.prairiecycleclub.org)

**August 23 Sunday** Bike Psychos Century, Coal City, IL. Don't be put off by the name. The scenery is beautiful. Ride distances are 30, 50, 70, 100, or 124 miles. More info at [www.bikepsychos.org](http://www.bikepsychos.org)

Information on more rides can be found at [www.mikebentley.com](http://www.mikebentley.com)

## Volunteer Information

- Who:** Peoria Bicycling Club is looking for able volunteers to help with this year's Proctor Cycling Classic & make it a huge success. Volunteers must be at least 18 years old, or with a responsible adult.
- What:** We are in need of volunteers who can help out with a variety of jobs, including setup, teardown, corner marshaling, water distribution, crowd control, etc... Shifts range anywhere from 1 to 2.5 hours, and you can work as many or as few shifts as you please. Shifts do require you to be out in the weather for the entire shift, so plan accordingly with extra water, sunscreen, etc...
- When:** Criterium is on Sunday, June 28<sup>th</sup>.
- Where:** Criterium is held in downtown Peoria, IL – starting and ending at the Civic Center
- Why:** To be ambassadors of the exciting sport of Cycling to those who are already participating or others who might not know a thing about it. All volunteers will receive a FREE Proctor Cycling Classic volunteer T-Shirt for coming out to help. Volunteers are also invited to a FREE volunteer picnic @ Russell's Cycle and Fitness on June 24<sup>th</sup>, 2009.

For more details on volunteering, please contact Dan Damotte at (309)-208-4736, or

[ddamotte@pekinhigh.net](mailto:ddamotte@pekinhigh.net)

OR

**If you are interested in volunteering for Registration activities, contact Sara Michels at (309)-370-0992**

### *Volunteering Shifts Available*

Criterium – June 28<sup>th</sup>, 2009

6:00 A.M. -> 8:00 A.M.	Course Setup
7:45 A.M. -> 10:00 A.M.	Corner Marshalling
9:45 A.M. -> 12:00 P.M.	Corner Marshalling
11:45 A.M. -> 2:00 P.M.	Corner Marshalling
1:45 P.M. -> 4:00 P.M.	Corner Marshalling
3:45 P.M. -> 6:00 P.M.	Corner Marshalling
6:00 P.M. -> 7:00 P.M.	Course Teardown

(cont'd from page one)

## TAILWINDS

Justin McWhirter has been hard at work updating our No Baloney website for this year's event. Please take some time, and check it out at [www.ivwnobaloney.com](http://www.ivwnobaloney.com). On the website, you will find our updated brochure, a link to register for the ride on Active.com, as well as a map to this year's **likely** route. Please spread the link around to all those folks outside of this area you think may be interested in supporting our event. In addition, we will hopefully be sending this year's No Baloney brochure within this issue of the newsletter. If you think you may be doing the ride this year on September 26, please register early so we are able to get a better idea of how much to prepare for. In addition – we will likely have many extra brochures that need to be passed around to other invitational rides in the area. Should you be going to a ride outside of Peoria, please let me know, and I will get some of our brochures to take along with you to put on a registration or snack table.

Finally – this year we have decided to continue with our technical fabric T-Shirts for the No Baloney ride. Instead of long-sleeve t-shirts, this year's design will be printed on a short sleeve shirt made out of the same fabric. Each shirt will feature Dennis San's NO Baloney design on the front, and our local bike shop sponsors logos on the back. Sizes offered will be XS, S, M, L, XL and XXL. Cost will be the same as last year - \$25 dollars. Cutoff for purchasing a T-shirt will be August 1 to guarantee sizes, so please order early if you want one!!!! Registration forms for the No Baloney will include a spot to order a shirt.

## SPRING BREAK OUT RIDE

By Mike Honnold

Similar to past years, the Spring Breakout Ride on April 25 was once again met with a blast of wet weather by every cyclist's best friend, Mother Nature. Thankfully, the wet weather let up quickly to allow 20 riders to leave by 8:45 A.M. – only a 15-minute delay from the original departure time. Despite dark skies and a strong headwind from the west, no additional rain fell on participants while riding.

The first group of 12 riders led by Eric Hutchison headed east toward the town of Eureka and a 25-mile ride. Due to the stiff tailwind, their ride on the way out was quite enjoyable. After taking a couple laps around Lake Eureka to tack on some bonus miles, riders stopped at a park pavilion to enjoy a snack, and swap cycling stories. Running out of interesting stories to delay the inevitable return headwind, riders headed back to Washington.

The second group of eight riders led by Rob Alexander left shortly after the first group for a 30 mile ride to Morton. Once arriving in Morton, the group decided to return through East Peoria, and make a stop at the Pleasant Hill Antique Mall & Tea Room for a hearty breakfast. Faced with more of a side/tail wind, the group's return trip back to the warmth of Russell's was much more enjoyable than those who went to Eureka.

After the ride, all enjoyed a wonderful spread of treats and goodies courtesy of Joe Russell and his employees at Russell's Cycle and Fitness.

Thanks to all who participated or helped afterwards at Russell's!

## BILL CLARK HONORED

By Mike Honnold

At the May board meeting, Bill Clark was honored for his service to the community during last year's, "Bike to Work" events by the IVW board members, and the League of American Bicyclists. A few months ago, IVW President, Mike Honnold, received an e-mail asking for nominations to honor those who had devoted their time to organizing/promoting "Bike to Work" week events. Besides volunteering to attend a Peoria and Peoria Heights City Council meeting and read our Bike to Work week proclamation, Bill also devoted many hours to organizing the May 2008 Ride of Silence. For these activities, and countless other hours spent through the years as nearly every IVW board position, No Baloney stop host, and newsletter editor, Bill was selected to be one of the 150 recipients of a very nice waterproof backpack. We all hope the backpack will serve Bill well on his upcoming trip to the Natchez Trace Parkway. Thanks, Bill – we appreciate your hard work! (Attached below is Mike's original nomination, and a picture of Bill enjoying his new backpack!)

**"I would like to nominate our club newsletter editor, Bill Clark, for a recipient of the "Bike to Work" week goody-bag. Bill has been a member of the Illinois Valley Wheelm'n for many years, and during that time has volunteered for nearly every position. Last May, he took it upon himself to represent our club & biking community at a Peoria city council meeting to read the "Bike to Work Week" proclamation. It would be hard to top this action of Bill, but for 2009, he has been instrumental in re-organizing our "Ride of Silence" local effort. Thanks, Bill, for all your hard work!"**



## 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 26<sup>th</sup>. 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 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](mailto: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 to use the same route as last year, so the route coordinator will need to make sure there are not 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. Briefly, each food buyer will be responsible for the food at a specific stop. Not all buying responsibilities thrown upon a single food coordinator have been successful in the past, so we are trying to split the duties up, and make less work for all involved!

**Stop Coordinator** – (Mike Pula has volunteered for this task) 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 26<sup>th</sup>. 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 its 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 either can 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.

## 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](mailto:joe@3feetplease.com)

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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](mailto:wdclark190@comcast.net)

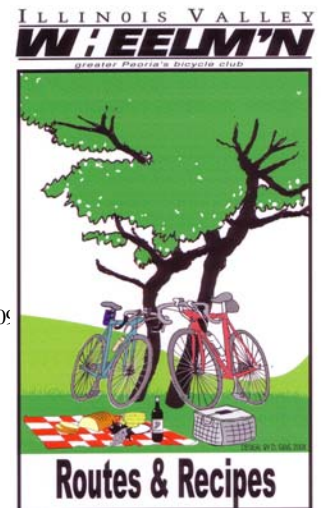
Will personally deliver within a 150 mile radius of  
Peoria at buyer's cost of gas only.

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. 5<sup>th</sup> 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)!*

*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.

## 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](mailto: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](mailto: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 15<sup>TH</sup> 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](http://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!

## 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 LAB MEMBER?

Yes      No

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**

Date/Time	Event Name	Location
June 13 <sup>th</sup> & 14 <sup>th</sup>	TOMRV Bicycle Ride	Bettendorf & Dubuque, IA
June 14 <sup>th</sup>	PAMBA Jubilee Challenge Mtn Bike Race	Jubilee College State Park, Brimfield
June 27 <sup>th</sup> -28 <sup>th</sup> 6 A.M.	Interplanetary Bike Ride	Dunlap/Peoria
June 28 <sup>th</sup> 8:30 A.M.	Proctor Cycling Classic	Downtown Peoria
August 9 <sup>th</sup>	PAMBA Black Partridge Park Open	Black Partridge Park, Metamora, IL
September 26 <sup>th</sup> 6:30 A.M.	No Baloney Ride	Jubilee College State Park, Brimfield

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

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