

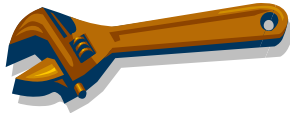


ILLINOIS VALLEY **WHEELM'N**

July
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,
UPCOMING EVENTS AND
CLUB FUNCTIONS?
SEE WHAT IS HAPPENING
IN THE NEXT MONTH
AND MORE INSIDE!**

Check out all of the articles inside for
Dates and Details

Support our local Bike Shops

See where you can spend your hard earned money for quality bicycles and equipment.
See page 12 for a listing of local shops.

ON THE INSIDE

Club Officers	Page 2
New/Renew Members	Page 2
Event News	Page 3-11
Member Profile	Page 4
Classified Ads/For Sale	Page 12/13
Pedal Peoria Series	Page 8
Local Ride Schedule	Page 6/7
Calendar of Events	Page 14



Tailwinds – Mike Honnold – IVW Prez



Tailwinds: Hello, again!

Hopefully, by the time you are reading this, we are past our wet spring months, and far into the prime Summer riding season.

There for a few days, I wasn't sure if I should trade in my bike, and start looking for a carbon fiber ark! Ha, ha. Anyway, I am currently preparing in the next few days to ride in my 3rd TOMRV

(Tour of the Mississippi River Valley) with a group of friends from work. For those of you who may not know, TOMRV is a two day, 210 mile ride between Bettendorf,

IA, and Dubuque, IA. As far as Midwest riding goes, the TOMRV ride provides some of the best scenery around - especially once you get around and north of Galena, IL. I'm hoping for good weather, because the past two times I have participated, Saturday weather is awesome, and Sunday consistently provides severe thunderstorms! Last year was especially scary - a friend and I had to take refuge in a farmhouse to avoid a squall line throwing out driving rain/hail, and nearly 60 MPH winds! Look for a report on my experiences in the August issue of this newsletter.....

For those of you who did not have the opportunity to participate in our Ride of Silence event on May 20th, you certainly missed quite a moving experience. I will not steal Bill Clark's thunder for an article to be printed further into this issue, but attendance for the event went way beyond what Bill and I ever dreamed of. Bill and I'd planned on arriving to Glen Oak Park around 6:15 to have enough time to collect our thoughts, and make any last-minute changes in our plans. To our amazement, nearly 10 cyclists were already getting their equipment ready by the time we arrived to set up our area! For the next half-hour,

Cont'd on Page 9

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:

- Mike Antonini.....Pekin^
- Denise Baker.....Pekin
- Amanda Burton.....Pekin
- Paul P. Riviere.....Forest City
- Jody Simpson.....Peoria
- Bill Snyder.....Carlock
- Steve Wilken.....Peoria

Thanks to Renewing Members:

- Steve Alfred & Rita Hungate.....Peoria*
- Tom Dehm.....Elmwood
- James R. Desalvio & Arron.....Dunlap^
- Barb & Bernie Drake.....Peoria
- Mike & Matthew Dvorsky.....Peoria
- Grant A. Fredericksen.....Metamora
- Rick & Judi Gentry.....Peoria*^
- Stephen D. Grube.....Washington*^
- Mike Haedicke.....E. Peoria
- Gary R. Jacob.....Groveland^
- Jim & Ann Kamp.....Tremont
- J.D. & Dena Keenan & Family.....Dunlap
- Judy Norris.....Peoria
- Deepak Panduranga.....Chevy Chase, Md
- Steve Sommer.....Morton
- Msgr. Richard Soseman OR.....Princeville
- John Wikoff.....Peoria

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

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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IVW Website:

<http://www.ivwheelmn.org>

HAVE YOU HEARD THE NEWS?



ADOPT A HIGHWAY

The Wheelman will be having another Park School Road clean up on August 22 at 9:30 AM. Come join us. It will be a good way to get to know other members. We meet at Not Your Average Joe on 2nd Street in Dunlap a little early to have some of their delicious coffee and visit with other Wheelman. 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. You might also want to wear a sun hat depending upon the weather. Contact cora_lynn@yahoo.com for more information. Cora Lynn Green, Chairman

NUMERO®

For those who are familiar with this small publication, you know how they feature local arts and entertainment. Well, I received a heads up from Jill Levene, a IVW member, that she had been interviewed for the July issue. In fact, a large portion of the July issue is devoted to bicycling. If you have never seen a copy of this, try to locate the July issue and read all about our favorite sport. If you cannot find a copy Hoerr Nursery has them.

ROUTE 66 TRAIL PUBLICITY RIDE

Aug. 29 to Sept. 3

Join LIB for the "2009 Route 66 Trail Ride", a (generally) self-supported bicycle tour meant to publicize and promote development of Illinois' Route 66 Trail route from St. Louis to Chicago. Ride organizers will conduct media interviews and visit local officials along the way, while others are invited to join for whatever portion they choose – from 6 days (300-375 miles) down to a few miles. One-way transportation (including bike) is available via Amtrak, with many stations along the route. Most of the route is on quiet rural roads, with some trails. Details and registration (free with LIB membership) - www.bikelib.org/route66/2009ride

IVW Monthly Social

By Mike Honnold
After our successful Ride of Silence, Bill Clark and I decided to get together at Rhodell Brewery on Water Street in Peoria to discuss the event and our plans for next year. We had such a good time discussing plans over their fine handcrafted beers that we decided it would be fun if IVW members got together on a monthly basis to do something similar. Starting July 31st at 4:30 P.M., please join Bill Clark and I at Rhodell Brewery for a monthly Friday social (last Friday of the month). Topics of conversation will vary, but I'm sure they will mostly be concerning bicycling, or bicycling-related activities. If you do not know, Rhodell is located on the Peoria Riverfront near the intersection of Water Street and State Street (next to Kelleher's Irish Pub). I do not believe they serve any food (at least I have never seen anybody eating anything there), so do not come with the expectation of having a full meal!

Bicycle Rodeo & Helmet Fitting Volunteers Needed!

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!
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)

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.

Rider Name	May Mileage	2009 Total Miles
Edith Albright	366.58	4447.83
Denny Tresenriter	771	2671.2
Steve Kurt	715.24	2213.98
Michael Honnold	1040	2026
Steve Berger	704	2002
Steve Sommer	819.6	1975.6
Suzanne Wheeler	467.6	1617.6
Tom Dorigatti	734.52	1454.13
Torsten Van Wassenhove	441	968
David Gehrt	194	374
Chris Gibson	42	50

MEMBER PROFILE

By Barb Drake

Jim and Bob Reading



On a Wednesday night last summer, Jim Reading persuaded his wife, Diana, to try the beginners' ride. As he recalls it, "We immediately went onto Rt. 91," a busy route with a narrow bike lane. "Then we turned the corner and everybody sprints."

The ride seemed better designed to discourage those who are new to cycling than to attract them. And a cycling club that can't make room for those who haven't ridden much is a cycling club with a limited future, he reflected. That was the genesis of the Wheelm'n's newest ride, going out Wednesday nights on the safe and shady Rock Island Trail. The club's only trail ride, it begins now at 5:30 p.m. at the parking lot off Park School Road and typically attracts seven to 10 riders, many of them new to the sport. Not only do they decide how far they'll go – they're up to 15 miles – they benefit from brief "safety classes," covering passing, stopping and other concepts experienced cyclists take for granted. Jim's co-leader is his brother Bob. Bob's job is to bring up the rear, making sure no one falls behind. It's a clear and purposeful effort to make real beginners feel comfortable with biking and with the club.

Bob and Jim are the oldest of six siblings who grew up in Morton, then scattered. Bob majored in biology at Illinois State University, sold pharmaceuticals, managed the house wares department at K's Merchandise and, 20 years after his first degree, decided he wanted another. At the age of 44 he got a master's in counseling from Bradley University and went to work for White Oaks Treatment Center for 14 years. After a brief retirement, and stints coaching and teaching, he's working now as a licensed clinical professional counselor for Samaritan Family Medical Services at Proctor Professional Building.

Jim went to college one semester, decided it wasn't for him, tried the Marines and became a plumber. In 1984 he started his own business. Reading and Son Plumbing (the son is actually a son-in-law) does everything from fixing leaky faucets to major construction projects; motels have been a specialty. A long-time client is the owner of several area McDonald's – which explains why three life-size Ronald McDonalds watch the kids play at his home. There are a lot of kids to watch – Jim and Diana have three children and 10 grandchildren, all living in this area. Invited last spring to select his own eighth-grade graduation gift, 14-year-old Austin Maddalozzo chose a bike ride with Grandpa on the Katy Trail. "What a privilege!" Jim says, and anyone with grandchildren understands precisely what he means. This summer he and Diana will pack three grandkids and a lot of food into their motor home for a trip to Seattle.

Bob, 16 months older, is the veteran cyclist of the pair. He and his wife, Marianne Steurer Reading, rode three-speeds early in their marriage. But breathing difficulties got in the way of continued exercise – until 1995, when actor Christopher Reeve was paralyzed and fighting to wean himself from a respirator. Inspired by Reeve, Bob bought a six-speed and began biking a mile, then two, then four. He says the "solution-focused therapy" used in his professional life steered his approach to biking. "One step gets the next step gets the next step," even if the steps are small. This year he hopes to ride 1,200 miles on his new Cannondale. When not biking or working, he enjoys landscaping, horticulture and spending time with Marianne.

For most of his life, Jim was too busy working to be a sportsman – until age 54, when he took up ... boxing! He entered a Tough Man contest, won his fight and retired undefeated. Then he started jumping out of airplanes. Sixteen jumps later, he quit because "it made my wife too nervous." In 2007 he decided it might be fun to roller-blade to work on the blacktop trail that runs from Alta to Pioneer Park. To get to Alta from his Dunlap home, he picked up an old Schwinn. One day he decided to ride the Schwinn out to Princeville and another day to Wyoming, and before long he was hooked. "The road kept pulling on me, and I joined the Tuesday morning group," he says. Last year, his first on a road bike, he cycled 4,800 miles. This year's new adventure is touring; in June he and some buddies biked 675 miles to West Virginia.

Jim says he likes "the peace and solitude" of biking. "I don't have to think." Bob echoes those sentiments. "In counseling we talk about 'you got problems, put them in a box and go do something.'" When he bikes, he mentally puts his clients' problems into that sort of box. For needed therapy, jokes Jim, "he sends them to Wheelm'n."

OUT-OF-THE-BOX JULY 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 July:

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.

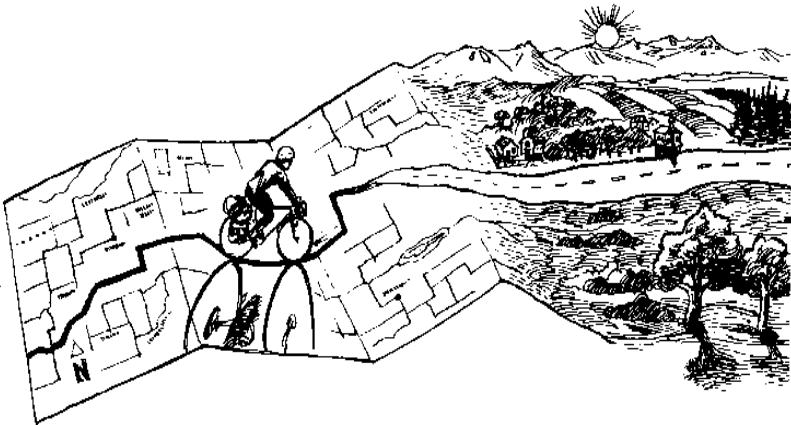
July 15: Three Villages Ride. (Morton, Mackinaw and Tremont): We'll meet at 8:30 a.m. at the Morton Soccer Field on the corner of Jackson (Rt. 150) and Tennessee Road. We'll ride to Mackinaw and Tremont, then circle back for lunch in Morton. LaVerne Wilson will lead this 27-mile ride.

July 29: McLean County Parks Ride. We'll travel about 40 miles, beginning at Comlara Park at Lake Evergreen. Ride starts at 8:30 a.m. Lunch will be at a small, funky restaurant near Lake Bloomington that does not believe in plates.

And plan now to join us on:

Saturday, Aug. 29, for 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!

Let Barb (692-1201, bdrake@mtco.com) or Cora Lynn (683-3083, cora_lynn@yahoo.com) know if you are coming on a ride.



The Tour DeWitt returns to Clinton, IL on July 25th, 2009. Several years ago the TdW was one of the most popular club rides in Central IL with great organization, rest stops, SAG support, t-shirts and after ride meal. As part of Clinton's 175th Birthday to be celebrated next June, they have decided that bringing the TdW back this year and next would be a great lead up to the 175th celebration in 2010. The organizer's goal is to show cyclists the beautiful area around Dewitt County, and Tour Dewitt great way to accomplish the task!

Everything is included for one low price of \$18.00 per person! Please download the flyer and registration form at www.clintonilchamber.com and plan on attending the Tour deWitt!

For any questions, please contact Stan Watkins at stan.suewatkins@verizon.net or 309-838-5465.

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 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 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 5:45 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 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 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

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. 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 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 JULY. CONTACT FRED SMISER (241-7431) SMIZZ444@GMAIL.COM

JULY 2. STEVE'S RIDE: DEPARTS FIELD SHOPPING CENTER IN MORTON. DISTANCE 40+ MILES LUNCH STOP LEADER STEVE SOMMER (263-0574) STEVEN.SOMMER@COMCAST.NET

JULY 9 EDITH'S RIDE: DEPARTS PEARCE CENTER-CHILLICOTHE. DISTANCE 40+MILES LUNCH STOP LEADER EDITH ALBRIGHT (231-4107) TALBRIGHTE@MTCO.COM

JULY 16 HERB'S RIDE: DEPARTS BRIMFIELD PARK DISTANCE 40+ MILES LUNCH OR SNACK STOP LEADER HERB UNKRICH (673-1074) BLUEBIRDHERB@YAHOO.COM

JULY 23. MIKE'S RIDE: DEPARTS DUNLAP GRADE SCHOOL DISTANCE 40+ MILES. LUNCH AFTER. LEADER MIKE PULA: (264-9396) mikepula@gmail.com

JULY 30 JIM'S RIDE. DEPART LACON. EAST END OF BRIDGE. DISTANCE APPROX. 40 MILES. LUNCH DURING RIDE. LEADER JIM KING.(274-5575) JK76@VERIZON.NET

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)

For Information Call Ride Leader Sheldon Schafer 686-7000 or sschafer@lakeview-museum.org

All are welcome! No fee or registration

- | | |
|-----------------------------|--|
| 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 |



MIDNIGHT RIDERS MILES FOR SMILES

July 11th

Please join us for a five or ten mile, police escorted ride through the streets of Peoria to support St. Jude. The ride starts at midnight from Junction City (corner of Knoxville/Prospect) and returns to Junction City where the Butcher Block will cook all participants a free breakfast. To enter call Tom Haefli @ 645-6343 or print our registration form from our web site at www.midnightriders.us

OUT OF TOWN RIDES

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. More info? call 1-800-676-2353.

July 25 Saturday: Tour de Witt in Clinton A beautiful ride that has gone missing for the last few years. Ride starts at Mr. Lincoln's Square in Clinton. Ride lengths are 22, 40 and 68 miles and travel to Weldon Springs State Park and around Clinton Lake. More info and registration at www.clintonilchamber.com/members/cityofclinton.htm

August 1 Saturday Triangle of Opportunity ride starts in park in Hopedale. Sponsored by small towns in the area. Ride is 47 miles. Registration, which is only \$15 for a single bicyclist and \$35 for a family of four, includes breakfast snacks, rest stops attended by the friendliest people in central Illinois and a pork chop sandwich luncheon at the end. Registration is between 7:00 and 8:00 the day of the ride. More information at TriangleofOpportunity.org

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. For more info go to www.prairiecycleclub.org

Further Away:

July 4, Saturday The Fourth of July Ride organized by the Joliet Bicycle Club, Joliet, IL. Register on-line at www.signmeupsports.com. More information at www.jolietbicycleclub.org

July 26, Sunday Melon Metric XXIII organized by The Naperville Bicycle Club, starts at Plano High School. More info at www.napervillebikeclub.com

TAILWINDS Cont'd from Page 1

every type of cyclist from your hard-core racer to weekend trail rider converged into a single mass of 70 plus riders all participating for the same cause - to honor those who have been killed or injured while riding. Again - I would like to thank all of those who took time out of their busy lives and regular riding schedules to help promote the cause. A special thank-you also goes out to Jason Schifo, a good friend of mine who blessed all participants for a safe ride. Bill and I are already planning to make the 2010 Ride of Silence bigger & better, so place the date on your calendars now - May 20th!!!

There are a couple of possible changes your IVW board of directors may be looking into for the 2010 riding season. The first of these changes is the addition of on-line IVW membership registration. As many of you already know, you can do just about anything you want on-line these days, from purchasing concert tickets, to paying your CILCO bill. I, along with others, see online payment/registration as an added convenience to keep from purchasing a stamp, writing out a check, and driving to the Post Office. The change would also save board members from manually entering membership form information and depositing checks into the bank. Unfortunately, there is a small "convenience charge" for being able to use this service - adding roughly \$1.69 to the cost of a 12 dollar membership. Hopefully, members will weigh the cost of our on-line service over their personal time, and embrace the change. Do not worry - manual membership renewal will still be available for those who do not have computers, or care to register on-line.

Second of all, we are looking into the possibility of offering an *optional* electronic newsletter delivery. For those of you who may not know, the amount we charge for an IVW membership barely covers the cost of printing a newsletter each month and delivering it to your mailbox. If it weren't for a successful No Baloney ride each year, we would have very limited funds to promote our club and bicycle advocacy to the greater Peoria area. Our hope is that some members will agree to have their newsletter either e-mailed to their inbox, or obtained via the IVW website. I've been studying a few different scenarios on my own, and it is amazing how much money our club could save if only 100 members agreed to receive an electronic newsletter! Think of the environmental benefits, too!!

Again, these are only items we are looking at - give me a call at 309-696-2591, or cannondale_25@juno.com to voice your opinion!!

I will sign off by saying the No Baloney is only 16 short weeks away - be looking for a volunteer phone call from me soon!

RIDE OF SILENCE REPORT

By Bill Clark

May 20 - 2009 7:00 p.m.

Weather - Perfect

Preparations - Flawless

Black Arm Bands - Check

Signs - Check

Route - Checked and re-checked

Turnout - Priceless



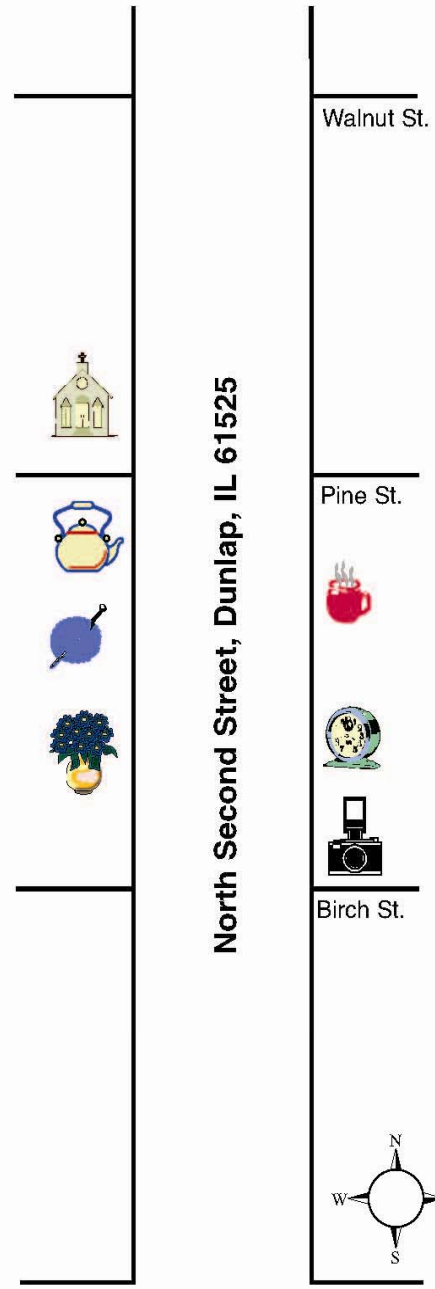
We expected 35 or so riders. What we did not expect was that word had traveled so far and wide. Our advertising had paid off like we never imagined. People began showing up an hour plus before the ride. And they were still showing up 5 minutes before departure. 70 plus riders took part in this year's Ride of Silence, which takes place each May 20th, at precisely 7 p.m. in each time zone around the world. For those who are not familiar with this ride, it is a memorial ride for Larry Schwartz, a Dallas, Texas cyclist, killed in 2003, after being struck by a school bus mirror. At his funeral, his friends tossed the idea around about a ride in Larry's memory, and the idea for the first Ride of Silence was born. The event grew, and in 2008, the ride reported over 8050 riders (108 events reporting) in 299 cities, 50 states, and in 18 countries. This year's numbers are still being totaled, and the current information can be found at www.rideofsilence.org but so far the numbers indicate over 9520 riders participating.

Riders in Peoria outnumbered all other cities in the state of Illinois combined. Something we can be proud of, and humbled by. We have had more than our fair share of injuries and deaths in the Peoria area. With our silence, we made a very loud and clear statement. We need to learn to "Share the Road". After a few announcements, a short but poignant prayer, and the reading of the ROS poem we left upper Glen Oak Park at precisely 7 p.m., as motorists stopped and waved us through intersections, giving us a thumbs up as we passed. Riders stopped and explained our purpose to bystanders who were awestruck by the size of our procession.

Plans are already underway for next year's ride. Keep your eyes on the IVW newsletters and website in March and April of 2010 for more information. If you think we silently protested loudly this year, just wait until next year. Please plan on joining us. Bill & Mike

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**

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 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 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 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 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

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

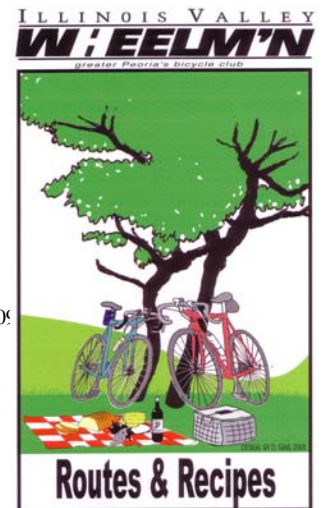
Will personally deliver within a 150 mile radius of Peoria at buyer's cost of gas only.

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. 5th St. Pekin 346-3900
 - **Often Running**
206 South Linden St., Normal 454-1541
 - **Running Central**
700 Main Street, Peoria 676-6378
 - **Russell's Cycle & Fitness**
10 Valley Forge Plaza, Washington 444-2098
 - **Tanner's Orchard**
740 State Route 40, Speer 493-5442
 - **Vitesse Cycle Shop**
206 South Linden, Normal 454-1541
- Mike Honnold President IVW**
Cannondale_25@juno.com
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 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!

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? (Circle one)
Renewing New

If new, how did you find out about the club?

Member of:

League of American Bicyclist
Yes No

League of Illinois Bicyclist
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
July 11 th 12 A.M. (Midnight)	Midnight Ride for Smiles www.midnightriders.us	Junction City Shopping Center Peoria, IL
July 11 th 6 A.M. -> 8 A.M.	Pedaling for Kicks Ride Fellowship of Christian Farmers	Bloomington, IL East White Oak Church
July 25 th 7 A.M.	Tour De Witt 22, 40, & 68 mile routes	Clinton, IL Mr. Lincoln's Square
September 13 th 6:30 A.M.	Capitol City Century www.spfldcycling.org	Springfield, IL Center Park Beach House
September 19 th 6:30 A.M.	Bob Galloway Bicycle Ride www.decaturbicycleclub.org	Arthur, IL Arthur High School
September 26 th 6:30 A.M.	No Baloney Century	Jubilee College State Park, Brimfield
October 10th, 2009 7:30 A.M.	We Care Ride William Covey 309-263-8353	Morton, IL Grace Church

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.**

