



ILLINOIS VALLEY **WHEELM'N**

September

greater peoria's bicycle club

2009

Email: members@ivwheelmn.org

Tailwinds. Wow – it’s hard to believe, but we are now within a few weeks of No Baloney 2009! It only seems like a few weeks ago when Kathy John asked me to chair this year’s ride. At the time, I thought it sounded like a good opportunity, so I jumped right on board. I will admit, it’s been a lot more work than I anticipated, but I have learned a lot about organizing rides, and have been given a ton of support/help from other club members. Aside from board members, Mike Pula, Liliana Wong, Suzanne Wheeler, and John Grillot have helped me wrangle volunteers from every corner of the Tri-County area. Lori Boland was a huge help in securing our great rest stop locations early in the year – we had a heck of a time with Jubilee & our wonderful state government!! Finally, Kathy John has been a big help in answering all my tough questions, and being there when I needed someone to complain to! ☺



Anyway – I am devoting the remainder of my “space” to a very important aspect of No Baloney – our volunteers!! Without volunteers, the No Baloney ride would be impossible to have. If we were not able to have the ride, our major source of funds would dry up – leaving the very existence of the IVW in question. So – please take a look at the list below. These are the spots we still need to fill up to have a successful ride this year. If any of the spots look interesting, please contact Liliana Wong @ 309-691-8211, or Mike Honnold @ 309-696-2591. We also need plenty of baked goods to feed the hungry riders. If you cannot volunteer your time, but can donated homemade cookies, muffins, bars, etc,...please contact Liliana or Mike at the same phone numbers listed above.

Food Delivery Driver #1	5:30 A.M. -> 8:30 A.M. (or so)	Jubilee Setup #2	5:30 A.M. -> 7:30 A.M.
Food Delivery Driver #2	5:30 A.M. -> 8:30 A.M. (or so)	Jubilee Setup #3	5:30 A.M. -> 7:30 A.M.
Emergency Food Delivery	8:00 A.M. -> 11:30 A.M.	Jubilee Teardown #1	3:00 P.M. -> 5:00 P.M.
Emergency Food Delivery	11:30 A.M. -> 3:00 P.M.	Jubilee Teardown #2	3:00 P.M. -> 5:00 P.M.
Place Signs on Route #1	5:30 A.M. -> 8:30 / 9:00 A.M.	Parking Attendant #1	6:00 A.M. -> 8:00 A.M.
Place Signs on Route #2	5:30 A.M. -> 8:30 / 9:00A.M.	Parking Attendant #2	6:00 A.M. -> 8:00 A.M.
Remove Signs from Route #1	3:00 P.M. -> 5:30 / 6 P.M.	Jubilee Food #1	7:15 A.M. -> 10:30 A.M.
Remove Signs from Route #2	3:00 P.M. -> 5:30 / 6 P.M.	Elmwood Food #1	7:45 A.M. -> 10:45 A.M.
SAG Princeville Route	12:30 P.M. -> 4 P.M.	Elmwood Food #2	7:45 A.M. -> 10:45 A.M.
Jubilee Setup #1	5:30 A.M. -> 7:30 A.M.	Elmwood Food #1, 2, 3	10:30 A.M. -> 1:30 P.M.

ON THE INSIDE

Club Officers	Page 2	Classified Ads/For Sale	Page 11 - 12
New/Renewing Members	Page 2	Local Ride Schedule	Page 5 - 6
Event News	Page 3 -7 -8 -9	Calendar of Events	Page 14
Member Profile	Page 4		

Thanks to Lifetime Members:

Welcome New Members:

Thanks to Renewing Members:

LIB/LAB Membership * Advocacy ^

- Jerry & Lori Camp & Family.....Peoria
- Jeff Cover.....E. Peoria
- Thomas Donohoe.....Washington
- Ken Luthy.....Pekin
- Craig Nelson.....Morton
- Larry Paustian.....E. Peoria
- Lou Price.....Chillicothe
- Pamela Shuck-Hoehne.....Peoria
- Ron & Shirley Streib.....Dunlap
- Jeff & Regina Walk.....Toulon
- Bill Webster.....Chillicothe
- Scott & Monica Wright.....Mapleton

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

PRESIDENT:

Mike Honnold – 696-2591
cannondale_25@juno.com

VICE PRESIDENT:

Lori Boland – 231- 1723
lorib1723@gmail.com

SECRETARY:

Vicki Padesky - 692-1552
vpadesky@yahoo.com

TREASURER:

Marge Semmens - 693-9388
m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:

Laurie Wilbur - 446-9367
lwilbur02@gmail.com

2009 NO BALONEY RIDE CHAIR:

Mike Honnold - 696-2591
cannondale_25@juno.com

SOCIAL CHAIR:

Sarah & Jim Emmons - 246-2166
tandemx1@grics.net

MAILING:

Patty Isit - 697-0490
pisit1@ameritech.net

DATABASE:

Larry Davis - 691-3060
davis.lar@comcast.net

ADVOCACY/GOV.REL.

Eric Hutchison - 688-7038
erichutchison1@hotmail.com

EDITOR:

Bill Clark – 347-4841
wdclark190@comcast.net

WEBMASTER:

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

IVW Website:

<http://www.ivwheelmn.org>

HAVE
YOU
HEARD
THE
NEWS?



Boulevard Lakefront Tour features new fourth route!

Register now for Sept. 13 ride

By Cynthia Spreadbury

Come out and bike this year's Boulevard Lakefront Tour Sept. 13 where you can experience Chicago's living history with the city's longest-running bike ride that offers stunning architectural views, charming parks, beautiful lakefront scenery, and a chance to experience Chicago's neighborhoods that are more intimate.

This year we have added a new fourth route – a 27-mile cruise through Beverly introducing Beverly's Longwood Drive, the Major Taylor Trail, historic Pullman and much more. This new route accompanies the three existing routes: the 15-mile South Side Ramble, which highlights architecture and history through Hyde Park, Kenwood, Bronzeville and Chinatown; the 35-mile Boulevard Tour, which explores city boulevards and parks while paying tribute to Chicago's famous architects and urban planners, such as Daniel Burnham; and the 62-mile Ultimate Neighborhood Tour, which combines the Boulevard Tour and the Beverly Cruise.

Along with the amazing scenery, registration for the Boulevard Lakefront Tour includes a ride guide and cue sheet, historical information and an event T-shirt. Plus, your registration benefits the Active Transportation Alliance, Chicago land's voice for better biking, walking and transit.

Start times range from 7 to 9 a.m. depending on which route you choose. Feel free to enjoy the Hyde Park scenery along the famous Midway Plaisance at the post-ride festival, which lasts until 3 p.m. The festival will feature live music and a chance to buy some lunch and enjoy fun give-aways. Registration is \$25 for Active Transportation Alliance members, \$30 for adult non-members, and \$12 for people aged 17 and under. Register online at www.boulevardtour.org. Questions? Email us at blt09info@activetrans.org.

If you are interested in volunteering for this event or becoming an Active Transportation Alliance volunteer please contact email us at blt09info@activetrans.org. or call 312.427.3325 x223.

IVW Monthly Social

By Mike Honnold

After our successful Ride of Silence, Bill Clark and I decided to get together at Rhodell Brewery in Peoria to discuss the event and our plans for next year. We had so much fun 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. Please join Bill Clark and me at Rhodell Brewery on the Peoria Riverfront for a monthly Friday social (last Friday of the month) beginning around 4:30. Topics of conversation will vary, but I'm sure they will mostly be concerning bicycling, or bicycling-related activities. This is strictly a show and go event.

If you do not know, Rhodell Brewery is located on the Peoria Riverfront near the intersection of Water Street and State Street (next to Kelleher's Irish Pub).

Hope to see some of you there!!

NOTE: Due to the next couple of months being a busy riding time, Mike and I may not be able to be there. See ya on the road.

The time-honored traffic principle is that faster moving traffic must yield to slower moving traffic. In the day of two-lane highways, it was a way of life. You might be behind a slow driver, farm implement or road construction. A driver yielded until it was safe to pass. A whole new mentality has taken over the motoring public. Faster moving traffic perceives that they deserve the right of way. How many times have you had a car ride your bumper waiting on the interstate? The lack of patience has turned the traffic principles upside down. Enter the bicycle with a pace of its own. Sometimes the bicycle can outpace a car -- especially in heavy traffic. Most motorists understand the faster moving traffic yields to slower moving traffic principle and there are very few problems passing bicycles. Overtaking crashes do occur and the results are usually tragic. If you look at fatal crash factors in overtaking bikes, you see alcohol and hit and run is common. Our modern roadway system is engineered with sight distances that allow unimpaired drivers to stop for objects blocking the road. Considering the "everyone moving slower than me is in my way" mentality, it is not surprising that some motorists want bikes off the road. We've even seen a petition asking for a bike ban on rural roads. They say the lawfully operating bicyclist is a danger to themselves. Yet the lesson we learned in driver's education was faster traffic not yielding to slower traffic is the real danger. Creating a statute like the proposed bike ban is dangerous for all traffic because the current maximum posted speed limit becomes the minimum speed limit. Except for interstates we do not have a minimum speed limit and there is a good reason for that. In the Iowa Code §321.1(84) traffic is defined as pedestrians, ridden or herded animals, vehicles, streetcars and other conveyances either singly or together while using any highway for purposes of travel. This definition means all are traffic. We have different reasons for travel and we choose different conveyances. We travel at different speeds and go different directions. Our traffic laws provide a framework so we can move freely yet safely on public roads. Banning bikes would continue to turn our traffic principles upside down and remove freedom and safety from our travels. **Mark Wyatt is executive director of the Iowa Bicycle Coalition.** (reprinted with permission of author)



MEMBER PROFILE

BY Barb Drake

DALE COOK

Last year Dale Cook drove across Indiana so Fred Smiser and Steve Sommer could bike the 160 miles in a single day. This July -- a year older and supposedly wiser -- Dale went the distance on two wheels. He did not finish last. He didn't collapse on the grass afterward. "I didn't feel like I was beaten to a pulp," he said.

Not bad at any age.

Damn good when you're 74.

Dale may not have been the oldest of the 1,130 bikers who finished the trek from Terre Haute to Richmond in the 14 hours allotted for Ride Across Indiana (RAIN). But he was the oldest of the four Wheelm'n who made the trip. (Mike Therry, Suzanne

Wheeler and Mike Pula were the others.) "He was amazing!" said Suzanne.

Credit Mike Therry for getting Dale out of the car and onto the bike this time around. "Mike got the bug and pestered me all winter," said Dale. "He said, 'All we have to do is average 13 to 14 miles an hour, and they don't shoot you if you don't finish.'" Dale said he couldn't, and he didn't want to. "I've only done three or four centuries, and I was always ready to quit," he explained. But when Mike registered, Dale decided he would go along -- less out of enthusiasm than from his pledge to support his friend.

Well, friendship only goes so far. Dale clocked in at 11 hours and 57 minutes, the 993rd rider to finish. Mike finished 994th, two minutes behind.

"I never felt at the end of a century I was looking forward to another 60 miles," Dale said. But at the century mark on this ride, he was more agitated by the rotten roads through Indianapolis than the distance yet to go. "I was feeling good. I was carrying a good average (16 miles per hour on the bike). I never felt like I was out of energy."

As is true for many Wheelm'n, cycling is less a lifelong passion than a retirement hobby. The year was 1998, and Dale and his wife, Sharon, were living in New Jersey. "I'm thinking, 'OK, what am I going to do?'" Dale recalled. He loved tennis, but his knees no longer did. He didn't want to be sedentary. So he bought two hybrids, and he and Sharon started riding around the neighborhood and on a nearby barrier island.

"One day here comes this string of fancy bikes passing me like I was standing still," he said. They were, of course, members of the local bike club, and soon he started riding with them. "I was the poorest and slowest and off-the-backest," he insisted. But he was having a great time. Two bikes later, he'd overcome those handicaps. This summer he cycled across Kansas and through the Rockies.

Dale got involved in the Wheelm'n after moving back to Pekin, where Sharon grew up and still had family and friends. Her brother, Dennis Kief, is the city manager, and she and seven high school friends still play cards together. Pekin is also where the Cooks met.

Dale was born in Flagler, Colo., a small town hit hard by the Depression and the Dust Bowl. "It was 1935, and the place was blowing away," he said. His parents were farmers, and "it was obvious they weren't going to make it." The family ended up in Kansas City, Kans., where his father went to work building fighter planes and bombers. After graduating from Kansas State University, Dale moved to Pekin to work as a chemical engineer and manufacturing supervisor for Corn Products. From there he went to Danville, where he managed a subsidiary, and eventually to Canada, New York State and Lakewood, N. J. "We moved five times in 10 years," he said. "My wife is a saint."

The Cooks are parents of two daughters and two sons and grandparents of three. Sharon still bikes, though not as fast and far as he does. With the Therrys, they enjoy cycling to Manito for coffee. Sharon and Emily Therry drove the sage vehicle for RAIN.

When he's not biking, Dale enjoys yard work, puzzles and reading. He reads "just about anything" but has a special passion for books about the emerging church. Having served on church councils, he's interested in the problems the modern church faces.

Then again, he's often biking.

"I like being out in the country. I like being able to say I can do it -- the self-satisfaction of being able to ride the distances we do. And the people -- the really nice folks that you meet. I'd like to be better, but I'm not going to be."

Don't bet on that.

ILLINOIS VALLEY WHEELM'N - September, 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.

Monday Dunlap Level 1½ - 2 Show and Go: Dunlap Grade School 5:30 p.m. Mileage 20 -30 miles

Contact Liliana Wong (691-8211) lilianawong@comcast.net

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 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 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 5:00 p.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 Dunlap Show and Go Level 1½ - 2 Show and Go: Dunlap Grade School 5:30 p.m. Mileage 20 -30 miles Contact Liliana Wong (691-8211) lilianawong@comcast.net

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>

2009 IVW Club Mileage Competition

By Mike Honnold

We are now better than halfway into the year, and our IVW mileage competition is quickly heating up into quite the contest! Edith has a huge lead on all the competition - with Denny Tresenriter nipping at her heels. Edith will need to keep her momentum going, or she may be caught by December. The closest race for most miles centers on our five club members in the 2000 + category. It will be interesting to see where these riders end up coming into the fall riding season.

It is not too late to join the mileage competition - especially if you think you can show any of these members up! I've heard many positive comments from members who participate - mostly centering on how the competition makes them want to ride more often! Please contact me at cannondale_25@juno.com - I can even retroactively add any miles you have ridden in the year up to this point.

Rider Name	July Mileage	2009 Total Miles
Edith Albright	724.33	6016.71
Denny Tresenriter	790.2	4150.4
Steve Sommer	924.2	4102.7
Michael Honnold	867	3793
Steve Kurt	770	3706.98
Tom Dorigatti	1141.37	3647.5
Steve Berger	794	3473
Suzanne Wheeler	738.97	3304.45
Faraz Hussein	430	2929.6
Torsten Van Wassenhove	66	1153
David Gehrt	370	998
Chris Gibson	146	261

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.

No Baloney Volunteer Gathering

by Mike Honnold

On Thursday, September 24 from 6:30 P.M. to 8 P.M., Not Your Average Joe in Dunlap has agreed to sponsor/host our annual No Baloney volunteer gathering. The No Baloney volunteer gathering is something Kathy John started last year to thank our volunteers for helping out at the ride. We also use this time to hand out our volunteer t-shirts, and gather any baked goods IVW members are donating toward the ride. If you are planning to help volunteer during the ride, or are donating any baked goods, please feel free to stop by during this time. Not Your Average Joe will be supplying samples of their coffee & cold drinks, in addition to light sandwiches and other good things to eat!

Not Your Average Joe is located in downtown Dunlap at 208 North 2nd Street. For those of you who have lived in the area a long time, this is the same location as the old Bicycle Inn. They sell a variety of coffees, smoothies, sandwiches, baked goods, and other items sure to please the mind and body! If you happen to be in Dunlap riding on the trail, please stop in to see Jeneen and the other employees - they appreciate our support of their business!

If you are not able to attend the volunteer gathering, you can drop off your baked goods at Mike Honnold's house the week prior to No Baloney, or bring them directly to Jubilee College State park early on ride morning, September 26. The sooner we have the donated baked goods, the easier it will be to know what rest stop to send them to!

Below is information submitted by the President of the Rock Island Trail group regarding a bicycle ride they are sponsoring on September 13. This is a fund raising event for the Cancer Center for Healthy Living, Inc.

Pedal the Prairie

Recreational Bike Ride & Walk

To benefit the Cancer Center for Healthy Living, Inc.

Sunday September 13th, 2009

8 A.M. check in Ride Starts @ 9 A.M.

Distances of 1.5, 4, 10, 12, and 24 miles

Event begins & ends at Connor Company parking lot ,

1209 W. Pioneer Parkway

(This is the head of the Rock Island Trail)

20 dollars Adult / 10 dollars child

693-8139 or visit cchlpeoria.org for more information

Interplanetary Ride – End of the Line

I want to thank the Illinois Valley Wheelm'n as a club and the members for all of their support of and/or help on the Interplanetary Bicycle Ride all of these years. Every program has a lifetime, and this was the Interplanetary Bicycle Ride's 15th consecutive year as a fully supported ride. We've concluded that it's time for a change and thus the last year for the ride. After the new Peoria Riverfront Museum is open in 2012, we may re-invent the ride. In the meantime, next summer we plan to offer just the Bus & Ride from the Outer Solar System as a limited option for 18 persons (tentatively scheduled for August 14, 2010).

Lakeview Museum will continue to co-sponsor and support the Pedal Peoria city ride series.

thanks
Sheldon Schafer

OUT-OF-THE-BOX SEPTEMBER TOURS

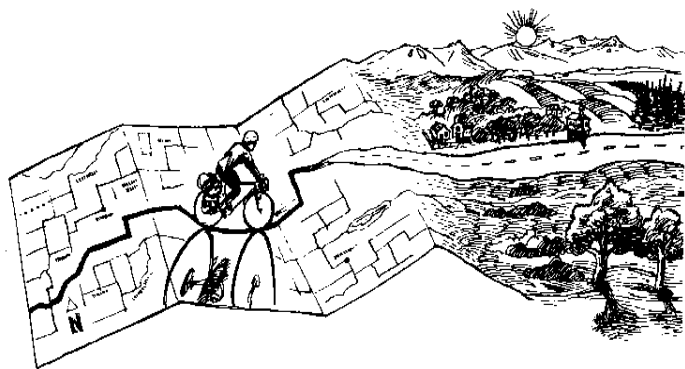
Looking for a different route, a different crowd, a ride that leaves you neither exhausted nor feeling short-changed? Then show up for an Out-of-the-Box tour led by Cora Lynn Green and Barb Drake. The pace will be Level One, and no one will be dropped.

Check out these tours for September:

September 9: Tanner's Orchard Ride. If it's fall, it must be time for a ride to Tanner's for samples, cider, donuts, lunch and apple-orchard ambiance. We'll meet at 9:30 at Pearce Community Center. The ride will be about 35 miles.

September 23: Something Really Different. This 40-mile ride will take you through some familiar places (Lacon, Sparland, Henry) and some that are quite unfamiliar, such as the wildly overgrown original Route 29. We're doing this ride because bikers who heard Barb talk enthusiastically about a similar one Jim King led last year asked to try it. We'll meet at 9 at the Lacon Marina and eat lunch afterward at a funky little restaurant on the water. Bring a granola bar or peanut butter crackers to eat en route, as snack (as well as bathroom) stops are far between.

Please let Cora Lynn (683-3083, cora_lynn@yahoo.com) or Barb (692-1201, bdrake@mtco.com) know if you plan to do these rides.



OUT- OF -TOWN RIDES

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

Chicago area "West Suburban Bike and Dine" returns by popular demand!

Get ready for triple the fun and triple the food with three West Suburban Bike and Dine events this summer. The West Suburban Bike and Dine, organized by the Active Transportation Alliance, is a chance to tour the sights of the western suburbs on bike while sampling from local eateries.

The annual ride has become so popular that three separate events are scheduled this year on July 18, August 8, and **September 26**. Restaurants will include Vie, Grapevine and Ballydoyle Irish Pub. Details are available online at www.activetrans.org/bikeanddine.

Each ride is a total of about 20 miles, and the pace is a leisurely 10-12 mph. Registration is open for one, two or all three events. Each ride is \$50 or \$45 for Active Trans members. Space is limited. Register online at www.activetrans.org/bikeanddine or call 312.427.3325.

3rd Annual Harvest of Talents Charity Ride- October 10 –

Ride hosted by Chillicothe Christian Church. All proceeds from the ride benefit *International Disaster Emergency Service* in its effort to feed the world's hungry. Food is provided along the ride at stops in Princeville and Wyoming with lunch upon returning. Ride lengths are 15, 35 and 62 miles. Ride departs from Chillicothe Christian Church, 510 Frances Street in Chillicothe.

Contact Neil Terry (309-573-4416) with questions. More info can be found at www.chillicothechristian.net



TORTOISE

HARE



NO BALONEY

9 - 26 - 09

Location

Our ride starts from Jubilee State Park site conveniently located 15 miles west of Peoria off of Interstate 74. To get to the park, take Exit 82 off Interstate 74, and head north on the Kickapoo-Edwards blacktop toward Kickapoo. Once in Kickapoo, follow signs to the park.

Technical T-Shirts

Everybody likes to leave a ride with some type of souvenir. The IVW will be offering short-sleeve, technical fabric (synthetic) t-shirts with the official No Baloney logo shown on front for only 25 dollars. T-shirts must be ordered before August 1st on the order form to guarantee availability

Times

- Registration lasts from 6:30 A.M. to 10 A.M.
- All 75 & 100 mile riders must be registered and on the road by 8 A.M.
- SAG service is provided on all routes until 4 P.M. At 4 P.M., SAG will perform one last sweep of the course to bring in anybody needing a ride
- Jubilee Park closes at 5 P.M.

Registration

- Register via mail or on www.active.com
- \$15.00 if received before August 26th
- \$40.00 family rate if received before August 26th
- All entries sent after August 26th need to include a \$5.00 late fee
- Parents must ride with all children under 16 years of age. Riders under 13 years of age are free.

Name#1 _____
Signature _____
Address _____
City,State,ZIP _____
Phone _____
EMail _____
Name#2 _____
Signature _____
Minor Children Under 13 – No Fee

Disclaimer: In signing this form for myself and all minor named participants, I Understand and agree to absolve all sponsoring organizations, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience as a result of participating in the No Baloney Ride, or any of the activities associated with said event.
 (Signatures are required of all adults, and parents or guardians of all minors on this registration form.)

ILLINOIS VALLEY
WHEELM'N

SEPTEMBER 26, 2009

**IVW NO BALONEY
 BICYCLE RIDE**



fast or slow..
"NO BALONEY"
is the way to go!

September 26th, 2009
25, 50, 75, or 100 Miles
Jubilee State Park
Brimfield. IL

Adults \$15 before Aug 26th –or– \$20 each late registration	\$ _____
Families \$40 before Aug. 26th –or– \$45 late registration	\$ _____
Technical T-shirts \$25.00/ea XS _ S _ M _ L _ XL _ XXL _	\$ _____
Total	\$ _____

(make check to Illinois Valley Wheelm'n)

Send to: Illinois Valley Wheelm'n
 C/O No Baloney Ride
 6518 North Sheridan Rd; Ste 2
 Peoria, IL 61614-2933

Or register on-line @ www.active.com

In the Heart of the Village,

just a stone's throw from the Rock Island Trail.

- Full service espresso
- Delicious smoothies
- Serving breakfast & lunch all day

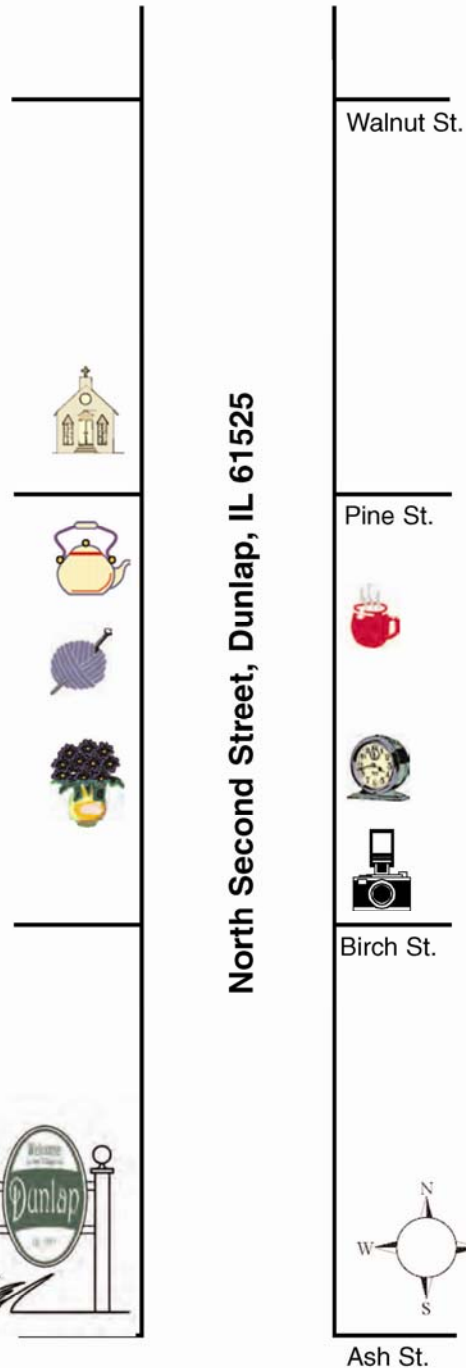


Good luck on this year's Annual No Baloney Ride!

Bring in your wristband and receive \$1 off any purchase.

208 N. Second St.
Dunlap, IL
278-5297

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



Rock Island Trail **X**

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

1995 Santana Sovereign Tandem

Excellent Condition. Exceptionally Clean.

Asking \$2600.00

Forest Green

Columbus CroMo Steel Frame and Fork

Wheelsmith 40 Spoke Wheels 700 x 26c

Edco Hubs front and rear w/ quick release skewers

Deore XT Derailleurs front and rear.

Deore LX Brakes

DiaCompe Brake Levers w/DiaCompe Stokers hand rests

Shimano Bar End Shifters

56/53 Configuration (center of bb to top of top tube)

I am 5'10" Stoker is 5' 5" and it fit us well.

34/13 rear w/54/44/28 triple (21 speed)

4 water bottle cages, Cateye computer, rear rack

Bike is in excellent condition. Never stored outdoors during the winter.

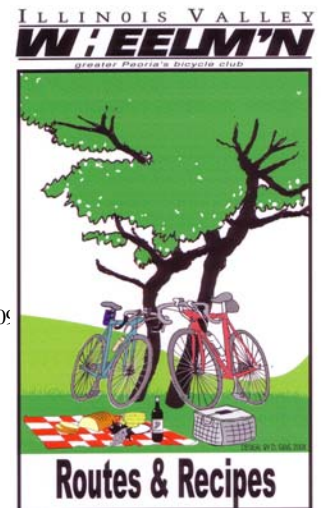
I will deliver anywhere within a 150 mile radius of Peoria, IL at cost of gas only. Pictures available.

Contact Bill Clark 309-241-0949

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!

NOTICE: Dues for members will increase on January 1, 2010. Individual will be \$15, Family will be \$20

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION 0909

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.

NOTE: Dues prices will increase to Individual \$15 and Household \$20 effective 1-10 Any forms submitted after that date are subject to new prices.

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

Date/Time	Event Name	Location
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 Mike Honnold; 309-696-2591	Jubilee College State Park, Brimfield
October 4 th , 2009 7:00 A.M.	Prairie Pedal Kathy Merner 217-423-7708	Decatur, IL 3939 Nearing Lane, Decatur, IL
October 4 th , 2009 7:00 A.M.	Pumpkin Pie Ride starvedrockcycling@yahoo.com	Ottawa, IL YMCA; 201 E. Jackson Street
October 10th, 2009 7:30 A.M.	We Care Ride William Covey; 309-263-8353	Morton, IL Grace Church
October 10 th , 2009 7:00 A.M.	Harvest of Talents Ride Neil Terry; 309-573-4416	Chillicothe, IL Chillicothe Christian Church

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

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

RETURN SERVICE REQUESTED

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

