



ILLINOIS VALLEY **WHEELM'N**

October
2009

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

The Annual Dinner

is just around the corner. Start thinking now about your nominations for Most Improved Rider, both Male

Send your nominations now to:
Mike Honnold President - IVW

NOVEMBER 21, 2009
Kenyon's Restaurant – Lacon
5:30 Cocktails 6:30 Dinner

**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 3-6
Member Profile	Page 4-5
Local Ride Schedule	Page 7-8
Classified Ads/For Sale	Page 9-10
Membership Form	Page 11
Calendar of Events	Page 12



Tailwinds – Mike Honnold – IVW Prez



I am writing this article a week before NO BALONEY, but by the time you read my words, the 2009 edition of our annual club ride will once again be history. Amazingly, I thought I would never be saying those words, but the 12 months since I accepted the No Baloney coordinator position from Kathy John in 2008, have passed quickly. Wow! In those twelve months, I have added various skills/knowledge to my bag-of-tricks including (but not limited to) brochure design, T-Shirt coordination, and food donation solicitation. In addition, I have had the opportunity to meet and or talk to many more members of the club through asking for volunteer help. Overall, the experience has been great, and one I would recommend all members try at least once. Knowing what actually needs to happen to pull off an event like the No

Baloney is very surprising, and not for the faint of heart! Be on the lookout for a full No Baloney wrap-up article in the November issue of the IVW Newsletter.....
I learned a hard lesson this month - always make sure your USB Thumb drives are backed up to another source. Unlike many people who keep track of their mileage using an online website, I've been keeping track of mine with a Microsoft Excel spreadsheet over the past 7 years. I like using a spreadsheet of my own design, because it is easier to manipulate the data many different ways, and make as many charts as I want. Anyway - one day I noticed the drive was not lighting up when I plugged it into my USB port on the computer. Thinking it was just a hardware issue, I took the drive with me to work to see if it might perform better there. No such luck. Grrrrr..... After trying many different things over the next few days in hopes the drive would come back to life, I finally gave up and called the number of a data recovery company out in California that a friend had given me. I talked to the technician on the telephone for a few minutes, and gave them all the necessary information about my situation. Nervously waiting for my quote price to come back, I listened to the person on the other end of the line type away at their keyboard. Finally - the woman shot me their estimated price of recovery - \$600 - \$800 dollars! I could not believe my ears! I really missed my riding data - but not that much! I am now keeping the drive plugged into my computer - in hopes it will miraculously come back to life for 5 minutes someday...soon.

There should be another article about this later in the newsletter, but I have some exciting news to announce for all club members....we are now "sponsored" by Sugoi - a high-end bicycle clothing company! In return for placing Sugoi's logo and website link at www.ivwheelmn.org, Sugoi is offering all club members a 50% unlimited on-line discount. All ordering must be done through the www.sugoi.com on-line store, but the discount can be used unlimited times and even on clearance items. If you do request the code from me, please remember to keep it only among club members. We are hoping this discount may attract additional people to the club, but if others are made aware of the code, that's one less thing we have to offer exclusively to those to pay dues. Well, I think that's all I have to write for this month. I am crossing my fingers for good weather and great attendance at No Baloney - I guess time will tell!

Thanks to Lifetime Members:

Welcome New Members:

Russ Langford.....Peoria^
Chris Martin.....Pekin

Thanks to Renewing Members:

(LIB/LAB Membership * Advocacy ^)

Christopher Maushard.....Peoria
Ken & Noreen Mettelmann.....Peoria*^
Tim O’Hanlon.....Peoria*^
Beth & Fred Sponholtz.....Washington

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:

Position is Open. Interested ?

Contact Mike Honnold

2009 NO BALONEY RIDE CHAIR:

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cannondale_25@juno.com

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<http://www.ivwheelmn.org>

HAVE
YOU
HEARD
THE
NEWS?



WIB Review By Mike Honnold

How many of you have been out on bike rides where you ended up layering newspaper or other material inside of your jersey to keep warm? This method seems to work for a while, but eventually the paper gets soggy due to sweat/rain, and you begin to feel the cold once again. If you fit this description, I have the cure, and it does not involve more cowbell! The cure for this problem is simply called the "WIB".

A few months ago, the inventor of the WIB contacted me via e-mail, and was wondering if I would like to test out his new invention. Not one to turn down anything free, I said yes, and my WIB arrived in the mail a week later.

When I removed my WIB from the packaging, I was a little curious as to how this device would keep me warm on early spring / late Fall bike rides, because it simply consisted of a nylon "bib" attached to a Velcro neck strap. My wife laughed at me when I tried it on for the first time, and called it my "cycling dickey". Luckily, I was given the perfect opportunity to try out my WIB the following Saturday on a Proctor training ride.

The day I rode, temperatures were in the lower 50's with a slight northerly wind blowing. If I were riding on a typical day, I might have layered with a polypro shirt, and arm warmers. However, due to the testing circumstances, I wanted to try the WIB out with a long-sleeve jersey only. Surprisingly enough, I could tell an instant difference on my riding comfort. Cool winds no longer chilled my chest, which made my perceived body temperature a lot warmer than usual. In addition, because the WIB only went around my neck, I was not layered with a bunch of other clothing items – leading to sweaty conditions later on in the ride!

To wear the WIB, you wrap the Velcro strap around your neck, and adjust for personal comfort. There is plenty of Velcro available for adjustment on the neck strap, even for those of you with varying sizes of necks. Once you have the neck strap adjusted, you take the bib, and tuck it down inside your jersey/shirt, so the fabric lies against your skin. The bib was a little resistant to lying down flat the first time, but this was only because of how it was packaged from the vendor. From here – the WIB looks just like you have another shirt on under your jersey, but is only attached around your neck. The best part about the WIB is that if the temperature happens to warm up during your ride, you open the neck strap, and simply pull the bib out of your jersey. Try that with an undershirt!

To learn more about the WIB, please visit www.dynamicdesignsport.com. If you are interested about purchasing a WIB of your own, please let me know – I believe the company was interested in offering our club some form of a discount.

Sugoi Clothing IVW Club Discount By Mike Honnold

Who doesn't like a good deal - especially when it involves saving money in these economic times? I have been in contact with a representative from Sugoi clothing over the past few weeks regarding a possible club sponsorship/discount. If you do not already know, Sugoi manufactures high-quality active wear clothing for the cycling, tri, running, and skiing markets. Their clothing is very high quality - I am still using a pair of cycling tights I bought from them 8 years ago!

In order to widen their presence in the marketplace, Sugoi is offering cycling clubs across the United States a sizeable discount in return for posting a Sugoi logo and weblink on the club website. After talking over the discount and terms with our board members last Wednesday evening, we decided to accept Sugoi's offer.

IVW club members (those in good standing as far as dues go) can now purchase anything off the Sugoi.com website for 50% off the posted retail price. This discount can be used as many times as you would like, and can even be applied to discount merchandise. I have already purchased a few items myself, and was amazed how much money I was able to save!

If you are an IVW club member in good standing and would like to take advantage of this discount, please send me an e-mail at cannondale_25@juno.com. We cannot post this discount code in the newsletter or on the website, since those sources of information are available to anybody with access to a computer. Our hope is this code will entice more people to join our club - and keep those who are already members. In addition - if we ever decide to do another IVW club jersey, Sugoi will offer us a sizeable credit toward our order!

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.

Please join Bill Clark and me at Rhodell Brewery for a monthly Friday social (last Friday of the month). Topics of conversation will vary, but I am sure they will mostly be concerning bicycling, or bicycling-related activities. This is strictly a show and go event. We know everyone's schedule is packed full.

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!

2009 IVW Mileage Competition

Rider Name	August Mileage	2009 Total Miles
Edith Albright	565.71	6582.42
Denny Tresenriter	1007	5157.4
Steve Sommer	1016.4	5119.1
Steve Kurt	960.67	4667.65
Tom Dorigatti	981.24	4628.74
Suzanne Wheeler	772.69	4077.14
Michael Honnold	830	3793
Steve Berger	N/A	3473
Faraz Hussein	350	3279.6
Torsten Van Wassenhove	N/A	1153
David Gehrt	N/A	998
Chris Gibson	48	309



MEMBER PROFILE

By Barb Drake

Patty Isit

The most unheralded job of all those that make the Wheelm'n go may be Patty Isit's. It is also among the most essential.

Patty is the woman who sees that the newsletter you are reading right now gets into your hands. Once a month she spends a couple of hours slapping address labels onto some 230 printed copies and separating them by zip code. Then she takes them to the Downtown post office in time – she hopes – to make the club's goal of first-of-month delivery.

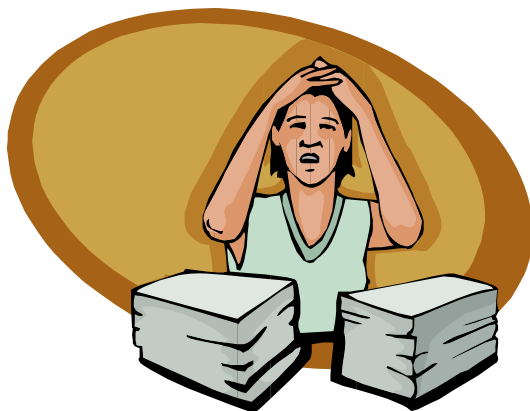
Patty has been doing this for three years. It seems she could not say no to then-president Kathy John, whom she met when both were involved with the Illinois Valley Striders.

Patty began biking in 1996 because she wanted to lose weight. It did not work as well as planned. Three years later, with her class reunion looming, she joined Weight Watchers. That worked — but she did not give up biking. “I enjoy being around the people, doing something as a group,” she says. “I don't bike much on my own.”

A native Peorian, Patty graduated from Manual High School and Mid-State College. Over the years, she has worked for several local businesses, including three insurance companies that left Peoria and Foster-Gallagher Inc., which went out of business. After 13 years at DHL Global Forwarding, clearing shipments through customs on their way to Caterpillar Inc., bad luck caught her again. In February, she was laid off.

Patty has spent the intervening months catching up on house cleaning, looking for work and exercising. She runs about three days a week, loves to swim, and enjoys Body Pump and RPM classes at the RiverPlex. She has also appreciated having more time to spend with her husband, Fred, who was her high school sweetheart, and with the other members of her family – a yellow Labrador retriever, a Lab mix and a Siamese cat.

Then again, she would rather be working and hopes that one of the interviews she has had will bring a job offer.



New Member Profile -

Bonnie Martin

By Eric Hutchison.

Bonnie Martin is new to riding with the IVW this year. In August, I asked her about her experiences in bicycling and riding with our club. Below are some highlights of our conversation.

Bonnie Martin's interest in bicycling started about 30 years ago while visiting some Wisconsin bicycle trails with her son's Boy Scout troop. She still meets yearly with family friends she made during those years to enjoy bicycling vacations. Bonnie recently retired from her job as a fourth grade school teacher at Stark County School District, and decided to start doing more bicycling. I asked Bonnie what first attracted her to start riding with the IVW and she said "safety in numbers". Early this spring, she bought a new road bike and began joining the Monday and Wednesday evening rides from Dunlap Grade School. As the summer progressed, Bonnie decided she definitely liked riding with the IVW and went on to join some of our other rides, including at least one 60-miler. Bonnie lives near Jubilee Park and so is familiar with many of the roads we use for bicycling in the Dunlap / Princeville area.

Some specific questions and Bonnie's reply:

What do you like most about bicycling and/or bicycling with the IVW? I enjoy the people I have met and have discovered roads and towns I never knew existed. I have lived in central Illinois all my life and on these bike rides, I have learned to appreciate the beauty of Illinois.

Any particular rides that were real highlights for you this year? I have enjoyed all levels of rides. The Thursday morning group has been fun. This ride goes faster and farther than what I usually ride...which is what I need to improve my bicycling. I also enjoyed the Out-Of-The-Box rides organized by Barb and Cora Lynn.

Have you done any out-of-town rides this year? I did the 'Pedaling for Kicks' ride that went around Lake(s) Bloomington and Evergreen near Bloomington/Normal (Bonnie did the 50 mile route with Barb Drake and other friends).

Since your cycling started with off-road bicycle trails, what attracted you to on-road riding? With on-road riding I can go further / faster and see more. Also, the (unpaved) trails seemed dirtier than (paved) roads. But then again, after riding on the road I am dirty anyway (even though my bike stays cleaner).

Please relate your experiences with IVW rides:

- Have you felt welcome / comfortable with other IVW riders? Other bikers have made me feel very welcome. I am the new rider to the group and slower than others are, but have always felt welcome.

- Have you been able to find rides that suited your desires for pace and/or distance? Yes, the Monday and Wednesday rides are shorter and at a slower pace (which is very enjoyable). Tuesday and Thursday morning rides are longer rides and push me to speed up and ride further. So each pace of ride is good.

- Have other IVW riders been helpful in answering any questions you may have had about bicycling? Other riders have always answered questions. I still have not mastered shifting. Several people have tried to tell me how to shift. All those gears, and I cannot see where the chain is. My shifting still is not right for hills, but I hope I am getting better. My goal is to eventually beat Barb Drake up a hill. I'd like to get more information on conditioning/training. I have the strength to ride longer distances, but not the speed. While we are riding as a group, others are very good about yelling 'car back', or pointing out warnings for gravel on the road, or dogs. This helps to make for a safe ride.

- So tell me about that first-ever 60-mile ride:

The bike ride that was 60 miles long was the Menno Haven (invitational) bike ride that was planned to leave out of Tiskilwa (40 miles north of Peoria). Edith Albright, Jim King and Jerry Haley and I drove up for the ride and found out it has been cancelled. So we decided to ride anyway. We starting riding west (with no destination in mind) and arrived at Neponset. On the way back, I believe it was Jim, suggested we ride to Chillicothe and then drive a vehicle we left in Chillicothe up to the car we left at Menno Haven. So we got a good ride in. I never rode 60 miles in one day!!!!

Any plans for upcoming rides? In mid-September, I am doing a weeklong ride with Wandering Wheels. We start at Danville and make a big circle around Champaign. Most nights we will be staying in churches, but I will also be taking a tent along.

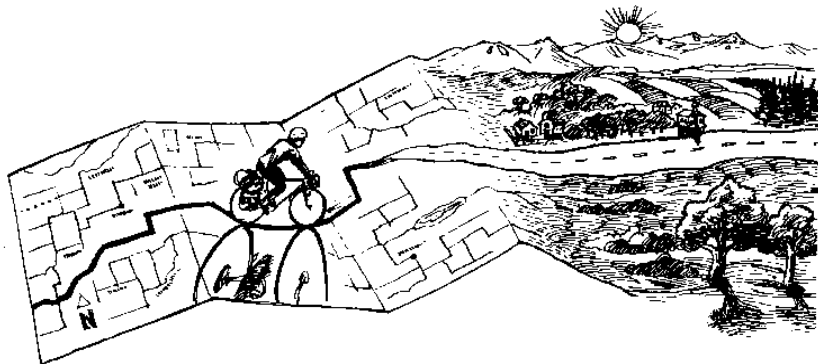
Final note from Eric Hutchison - I appreciated Bonnie's help on a Pedal-Peoria city ride. That evening, our group was large and we were separated and scattered a bit due to stopping for traffic signals. Bonnie pitched in without being asked and helped me search a few blocks to round up and reassemble the group.

OUT-OF-THE-BOX OCTOBER TOURS

For the past several months, Barb Drake and Cora Lynn Green (left and right below) have organized and led several tours designed to show people what great scenery and good cycling we have in and around central Illinois. With the fall season upon us, the end of September will be the last rides for the season.

Keep your eye on the newsletter in the spring for more interesting rides.

And, if you see Barb and Cora Lynn, give them a **big thank you** for a great season.



Third 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

Date/time Oct. 10, 7am,

Tanner's Orchard Ride, Oct 3, 2009

Have you noticed the shorter days and the promise of cooler weather? Soon the leaves will be changing colors, which means it is time for a ride through the Illinois River bluffs to Tanner's Orchard! Tanner's is known for their great apples, as well as the fine baked goods. The ride will take place on Saturday, October 3 at 9 a.m. We will ride 40 miles (plus or minus a few). We will stop at the orchard for snacks & drinks, so bring some money. The ride will be unsupported, so make sure you have spare tubes, a pump, cell phone, etc., and know how to use them. Steve Kurt will be leading a group of level two riders or above, while Lou McMurray will be guiding a level one group.

We will meet at the Mossville Grade School (a half-mile south of the Caterpillar Mossville plant north of Peoria, on Old Galena road). To get there, just travel north on Rt. 29 from Peoria, and turn left on Old Galena road. If there are questions, please contact Steve Kurt at

243-7684 (or kurtsj@mtco.com) Note: you can get a copy of the route map online at:

http://farm3.static.flickr.com/2438/3905730204_d1c05a4351_b.jpg

Fifth annual Herron Memorial Bike and Walk Honor fallen bicyclists and pedestrians

Save the date: Oct. 4, 2009

Gather with friends and families on Oct. 4 at 9:30 a.m. for the fifth annual Herron Memorial Bike and Walk at the North Avenue Pedestrians Bridge in Chicago's Lincoln Park. Each year, Jane Herron and the Active Transportation Alliance hold this event in honor of Dick Herron's memory to recognize friends and family who have died in traffic while biking or walking.

The 5-mile walk will wind through Lincoln Park and the 15-mile bike ride will head south on the Lakefront Trail. The event is family themed and donation based. People of all ages and abilities are welcome. Proceeds from the Herron Memorial Bike and Walk fund scholarships for Chicago high school graduates to continue their education. We invite you to participate in the bike, walk, and celebrate the victims' lives on Oct. 4. Bring club members and connect with other bicyclists/walkers. This is an opportunity for us all to find community in our grief and transform our future into a brighter one. Donations support high school graduates' ongoing education. Donations can be made to the Dick Herron Memorial Fund by calling or e-mailing Arline Welty, director of development, at 312.427.3325 x237. Register today and share your story at www.activetrans.org/memorial

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

****NOTE: Closely view departure dates and times as rides are ending for the season!**

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@comcast.net co-lead this ride out of Morton.. 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. **Last ride is September 28th**

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. **Last ride is September 28th**

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 9:00 a.m. Mileage 25-40. Contact Herb Unkrich (673-1074) bluebirdherb@yahoo.com for more information. **This ride is still active.**

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 5:30 p.m.(when Pam gets there) 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. **This ride is still active.**

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School departing at 5:30 p.m. **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! **Last ride is October 27th.**

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. **This ride is still active.**

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. **Last ride is September 30th**

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 **Last ride is September 30th.**

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. **Last ride is September 30th.**

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).

Last Ride is September 24th.

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. **Last ride is September 25th**

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.

The few remaining evening rides will depart at 5:30 p.m. as the days get shorter. Watch your newsletter or refer to the IVW Website: <http://www.ivwheelmn.org>

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.

Park School Road is a Little Bit Cleaner

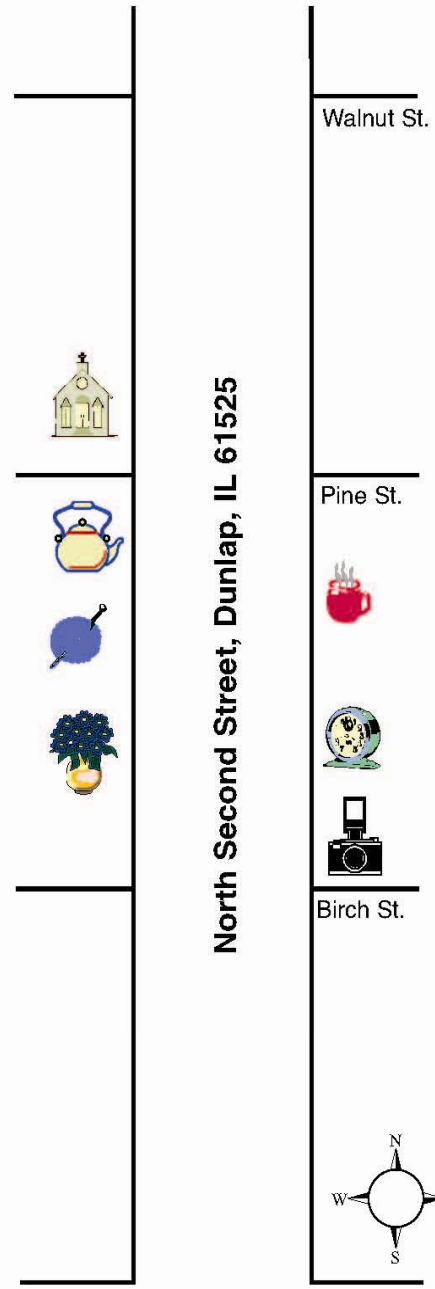
Special thanks to Eric Hutchison, David Gehrt, and Lou McMurray who helped me clean up Park School Road between Rt. 91 and Feucht Road on August 22. Although that stretch of road does not look as littered as many other streets in Peoria County, it is amazing how much trash we accumulated. This is a road that is used by a lot of bicyclists, and it is thanks to these workers and others in the past that have kept this stretch so litter free.

We will have our last trash pick-up for the year in November 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

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**

Order now to start your Christmas shopping early.
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

STATIONARY RECUMBENT EXERCISE BIKE, SCHWINN 217P, MAGNETIC RESISTANCE. USED FOR KNEE REHAB. \$499 OR BEST OFFER. WILL DELIVER WITHIN 30 MILES. CALL BILL OR MARGE SEMMENS AT 693-9388.

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 - SPD Pedals front & rear 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.

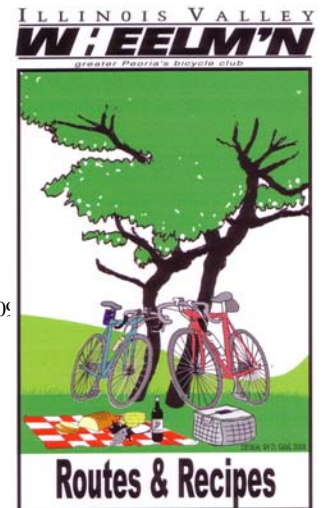
I will deliver anywhere within a 150 mile radius of Peoria, IL at cost of gas only. Pictures available.

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!

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 _____

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

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 \$ _____

Date/Time	Event Name	Location
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 10 th , 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
October 17 th , 2009 9:00 A.M.	Pour Cercle les Vignobles Jilly Whiting; 815-297-2506	Galena, IL Kayte's on Main
October 24 th , 2009 9:00 A.M.	Tour de Shawnee Donna Raynalds; 866-407-1450	Olive Branch, IL Olive Branch Community Center
November 21, 2009	IVW Annual Banquet	Kenyon's Restaurant – Lacon, IL

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

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Permit No. 310

RETURN SERVICE REQUESTED

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

