



League of

American Bicyclists

# LLINOIS VALLEY LLINOIS VALLEY

November

2009

greater peoria's bicycle club

Illinois Valley Wheelm'n

#### ANNUAL DINNER

#### **NOVEMBER 21, 2009**

Kenyon's Restaurant – Lacon 5:30 Cocktails -6:30 Dinner See Page 3 for details.

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 8 for a listing of local shops.

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#### Tailwinds – Mike Honnold – IVW Prez

Hello – let me start by giving a giant "Thank you" to

all IVW members for a wonderful first No Baloney ride under my leadership! The ride went better than I ever anticipated, and I couldn't have asked for a better group of people to help me out as I struggled to comprehend what the day would be like. To be truthfully honest, the day of the ride was the least stressful time I'd had involving No Baloney over the past few months. I think this was due in part to seeing all the hard work and late evenings come to fruition. Once I put away the last thing in the storage unit on Sunday afternoon, and returned our rental truck to the realtor, I finally was able to take a deep breath, take a step backwards, and comprehend what just happened! Despite the foggy start to Saturday morning, we had the usual early rush of riders at 6:30 who wanted to get on the road early to complete their 100 or 75 mile goals.

Many people held off for a little while to let the fog clear off to a safer level. Luckily, we had plenty of breakfast food, coffee (high-test, of course), and other treats out on the tables by this time to keep all riders happy and satisfied! By the time lunch rolled around, the fog had cleared, temperatures were cool, but an overcast sky made us a little nervous as the rain clouds we were watching on someone's Iphone might make their way over to Jubilee. Rain was obviously not on the riders' minds because most of the 75 & 100 mile riders were coming in from their first 50 mile loop, and looked hungry enough to eat Rob Alexander and Fred Smiser out of every chili ingredient they'd brought with them! Most riders finished up their planned mileage for the day, and were out of the park by 4 P.M. Thankfully, Jim Tucker at Jubilee left the gates open a little longer past their usual closing time to let the last few stragglers retrieve their cars, and head home after a tiring day. Volunteers were able to clean up the park shelter and course by 6 P.M. As a final good-deed to the day, I delivered our abundance of left over food to South Side Mission in Peoria. They are always happy to receive our extra food from the day to feed those in the area who are less fortunate. As a final tally, we had a total of 273 riders participate in the event on Saturday – 168 of those signing up on Saturday morning. 33 pre-registered people were not able to show up for various reasons, which would have put our total up over 300 riders! Amazing!

As far as past history goes, 2009 proved to be right up there with our more successful years. You never know what's going to happen until Saturday morning, and thankfully we've been blessed over the past few years to hold a successful event, and raise some money for local bicycling advocacy.

Please pencil in September 25<sup>th</sup>, 2010 as the date for next year's No Baloney. We have a few possible changes up our sleeves – new route, new starting location, new food, new logo.....keep watching future newsletter for updates and information!!!!!

Now – the Thank You's!!! If I happen to forget anybody in the thank you section – it was not done on purpose. Many people help out during the ride – sometimes namelessly – and it's hard to capture everybody!! Please thank those individuals with your words, and businesses with your dollars!!

#### **Thanks to Lifetime Members:**

#### **Welcome New Members:**

John Potter------Elmwood Donald & LeAnn Stickel-----Chillicothe Dale Hardin------------Lacon Jennefer & Jim Coffey & Family---Dunlap^

#### **Thanks to Renewing Members:**

(LIB/LAB Membership \* Advocacy ^)

Lori BolandBrimfield
Ben BrubakerWashington^
Phil & Terry BurroughsPeoria
Robert & Margaret Castle & FamilyPeoria^
Larry DavisPeoria*
Ellen GeorgePeoria Heights
Bonnie JohnsonPeoria
Franklin KahlPeoria
Ken & Paula KetelsenMorton
Jim McIntyreE. Peoria
Mark & Vicki Padesky & FamilyPeoria

#### 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  $\underline{not}$  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:

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?



#### **Annual Dinner and Year-End Club Meeting**

By Mike Honnold

On November 21, we will be having our annual dinner and club meeting at Kenyon's Place in Lacon, II.

Kenyon's is located on Route 17 East (1217 5th Street). Cocktails will begin around 5:30 P.M., and the meal will begin at 6:30 P.M. Club members will be responsible for purchasing their own meals and we will be ordering off the menu, like usual. Once the meal is underway, we will hold a short meeting to take nominations and vote for most Improved male/female riders, and Hub of the Club. In addition, we will also be giving away our new award for most miles ridden in an "abbreviated" year. Please also be thinking about a couple of positions we'd like to fill for the club - No Baloney Chairperson, and Ride Coordinator. I do not mind coordinating the No Baloney ride for another year, but if someone else is chomping at the bit to help the club, I'd be willing to step aside and let them shine.

**Please RSVP for the annual meeting** by calling Sarah Emmons @ 309-246-2166 before November 14.

If you have any nominations for one of our club awards, please call or e-mail any IVW board member. Nominations will also be taken the night of the event.

#### **Mileage Competition Update**

By Mike Honnold

Things are really heating up as we go into the homestretch for this year's IVW Mileage competition. Edith Albright is ahead of the field by a comfortable margin, but Dennis Tresenriter is only a few good centuries behind. It will be very exciting to see who gets to the finish line first! Because we must award the highest-mileage person at our November IVW Meeting in Lacon, the last mileage participants can report will be from October. The next mileage competition will start with miles from November 2009, and last until October 31, 2010. If you have been watching the competition with envy this year, please join the fun, and throw your hat into the ring! Who knows - maybe the competition will inspire you to go for 2,000 miles next year instead of the usual 1,000 miles!! Please contact Mike Honnold at 696-2591 or cannondale\_25@juno.com if you would like to join up!

#### 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

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.

#### **End Of Year Adopt A HIGHWAY Clean-Up**

Assuming the weather cooperates, we will be having our last Park School Road clean up for the year on November 14 at 10:00 AM. We meet at Not Your Average Joe on 2<sup>nd</sup> Street in Dunlap a little early to have some of their delicious coffee and visit with other Wheelman. Besides, you might need the coffee to warm you up.

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. I do appreciate how faithful some of the Wheelman have been in helping with this task each time.

Cora Lynn Green, Chairman

Rider Name	September Mileage	2009 Total Miles
Edith Albright	850.14	7432.56
Dennis Tresenriter	1033	6190.4
Steve Sommer	931.4	6050.5
Steve Kurt	827.1	5494.75
Tom Dorigatti	863.52	5492.26
Michael Honnold	839.1	5462.1
Steve Berger	655	4816
Suzanne Wheeler	350	4427.14
Faraz Hussein	300	3579.6
David Gehrt	200	1406
T. VanWassenhove	0	1153
Chris Gibson	40	349

#### NO BALONEY RIDE THANK YOU'S

T-Shirt Sponsorship – Bushwhacker, Vitesse, Illinois Cycle, Little Ade's, Russell's Cycling & Fitness T-Shirt Design – Dennis Sans

Volunteer Party - Not Your Average Joe

Food Sponsorship - Apple's Bakery, Great Harvest Bread, Panera Bread, RAW Revolution Energy Bars Gift Certificates - Walmart, Target

Refrigerator - Habitat for Humanity ReStore

Moving Van - Michelle Largent-Morse Real Estate

Pre-Planning & Behind the scenes help - Liliana Wong, Mike Pula, John Grillot, Lori Boland, Kathy John

Routes and Route Marking – Steve Kurt, Suzanne Wheeler, Herb Unkrich, Jerry Haley, Jim King Chili Masters – Rob / Cindy Alexander, Fred Smiser

Rest Stop Owners – Jubilee College / Jim Tucker, Hanna City Firehouse / David Tuttle, Elmwood Firehouse / Chad Jordan, Princeville St. Mary's Catholic Church / Maureen

Food Buying & Delivery - Liliana Wong, Don Niemi, Gary Jacob

Rest Stop Hosts – Hanna City / Peoria Bicycle Club & Scott Morrison, Elmwood / Sheldon Schafer SAG Support – Russell's / Joe, Mike, Kevin; Little Ade's / Mike; Vitesse / Chris, Illinois Cycle / Mike Hanna City Stop – Scott Morrison, Sarah Gray, JoAnn Grane, Ana Breaux, Beth Haynes

Elmwood Stop - Sheldon Schafer, Steve Grube, Catherine Schaidle, Rebecca Senneff, Mike Dillard, Jerry Camp, Vicki Padesky

Princeville Stop - Greg & Lori Durst, Jim/Jennifer & Sarah Coffey, Jim & Pam McIntyre

Jubilee Stop - Mike & Sally Pula, Rick Gentry, Lar Davis, Edith Albright, Herb Unkrich, Jim King, Chris Mauschard

Jubilee Setup - Ken Luthy, Rob & Cindy Alexander, Steve Alfred, Don "The Red Rocket" Stickel, Jill Levene, Liliana Wong, Lori Boland

**Jubilee Teardown** – Terry Whitehead, Pat O'Brien, Pam Hoehne, Tom Dorigati, Cora Lynn Green, Elizabeth Saunders, Celeste Hansen, Bill Holmes

Sign Placement/Removal - Bob & Lyn Bevill, Ron Anderson, Dan Weakley, Phil Burroughs, Mark Klokkenga

Jubilee Registration – Tom & Carol Romanowski, Shiela Hansen, Barb Unkrich, Lar Davis, Judi Gentry T-Shirt Sales – Shiela Gribble, Dennis Sans, Jerry Haley

Map Support - Suzanne Wheeler

Club Member Monetary or Food Donations – Karen Kendall, Lou McMurray, JoAnn Grane, Marty Pogoli, Craig Johnson, Dave Gromer, Cora Lynn Green, Judi Gentry, Kathy John, Lar Davis, Jerry Lisenby, Mike Samp, Patty Sage, Mark Padesky, Lou Price, Dennis Sans, Suzanne Wheeler, Donna Goelz, Jeff Greer, John Groff, Mary Sue, Bonnie Johnson, Mike Pula, Pete Hanssen, Tracy Litzinger, Ken McGarvey

Moral Support - My lovely wife, Katrina Honnold (Thanks Katrina, from the whole club)

#### **Extra No Baloney T-Shirts**

By Mike Honnold

T-Shirt sales were successful at No Baloney this year, but we still have a few left to sell before we can officially breakeven on the business venture. If you were not at the ride, this year's T-shirt was a short sleeve, technical fabric design printed with our wonderful No Baloney logo on the front - drawn by club member, Dennis Sans. On the rear are logos of local bicycle shops who sponsored printing the t-shirts so we would have them available to sell at the ride: Russell's, Little Ade's, Bushwhacker, Illinois Cycle, and Vitesse Cycle. Shirts are 25 dollars, and are still available in the sizes of large, medium, and small. We even have one extra-large shirt left from 2008 for 15 dollars if you forgot to purchase one then - a true collector's item! If you are interested in purchasing a shirt, please contact Mike Honnold at 309-696-2591, or cannondale\_25@juno.com

# Thank you to our No Baloney Sponsors!!!













ReStore

















## MEMORABLE MOMENTS NO BALONEY 2009



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

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

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

<u>Tuesday "Kinder Gentler" Level II:</u> 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.** 

<u>Tuesday Dunlap Show and Go Level IV</u>: 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.

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

<u>Saturday Show and Go All Levels:</u> 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.

<u>Level I</u>: Rides average 12-14 miles per hour and regroup on a regular basis.

<u>Level II</u>: Rides average 13-17 miles per hour and regroup occasionally.

<u>Level III</u>: 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 <u>ready to ride</u> at the start time.

### 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. 5<sup>th</sup> St. Pekin 346-3900

Often Running

206 South Linden St., Normal 454-1541

- Running Central

700 Main Street, Peoria 676-6378

Russell's Cycle & Fitness

10 Valley Forge Plaza, Washington 444-209

Tanner's Orchard

740 State Route 40, Speer 493-5442

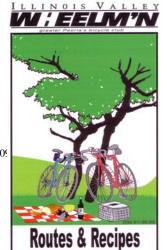
Vitesse Cycle Shop

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. Little Ade's Bicycles 309-692-4812 309-346-3900

Russell's Cycle & Fitness Illinois Cycle & Fitness

309-444-2098 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 the editor, <a href="wdclark190@comcast.net">wdclark190@comcast.net</a> as an attachment. The advertisement <a href="mailto:MUST">MUST</a> be formally keyboarded as a "Word" document. If the item is sold, please notify the editor so it can be removed from the newsletter.

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 <a href="wdclark190@comcast.net">wdclark190@comcast.net</a> as well as a hard copy to:
William Clark

308 Linden St., Pekin, IL 61554

All materials (including payment) must be received no later than the 15<sup>TH</sup> of the month preceding the appearance of the advertisement.

#### Check the Website for Updates and General Information

Our webmaster Justin McWhirter is constantly updating our website and will be glad to hear your comments and ideas.

You can upload your pictures, post upcoming bike ride information, check club events, advertise wanted or for sale items, communicate with other members through our forum, view the newsletters in color, and check the most recent club calendar.

Go to www.ivwheelmn.org, 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(Please print clearly This must be an Adult)	Birthdate	,
Name #2	Birthdate	if flew, flow did you find out
Name #3	Birthdate	about the club?
Name #4	Birthdate	Member of: League of American Bicyclist Yes No
Email address (print clearly)		Lacous of Illinois Disvelist
Address		Basic Membership Individual (\$12) \$ Household (15) \$
City State Zip +4 _		Lifatima (\$250) \$
Phone ( ) (cell)		(\$5, \$10, \$15,other) \$
Signature (Adult #1)	Date	Total Enclosed \$
Disclaimar. In signing this form, I understand and agree to absolve the office	us and mambaus of the Illinois	Valley Wheelm'r (IVW) bioyele elyb 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
November 21 <sup>st</sup> , 2009 5:30 PM Cocktails / 6:30 PM Dinner	IVW Year-End Banquet and Board Meeting	Kenyon's Place; Lacon, IL 1217 5 <sup>th</sup> Street
September 25 <sup>th</sup> , 2010 6:30 A.M.	No Baloney Bicycle Ride	T.B.D.

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

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Check the date on the upper right corner of your mailing label.

