



ILLINOIS VALLEY WHEELM'N

January
2010

greater peoria's bicycle club

**Illinois Valley Wheelm'n
ANNUAL
NEW YEAR'S DAY
RIDE
IF YOU MISSED IT
YOU AIN'T A REAL BIKER
WATCH FOR A FULL REPORT
IN FEBRUARY**

CURRENT EVENTS

**SPECIAL GUEST SPEAKER
JOIN THE IVW AT OUR
MIDWINTER MEETING &
LISTEN TO
STEVE DRISCOLL
SPEAK.
MORE DETAILS ON PAGE 4**

Support our local Bike Shops

See where you can spend your hard-earned money for quality bicycles and equipment.

See page 10 for a listing of local shops.

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Tailwinds – Mike Honnold – IVW Prez

Hello! What a nice, early Christmas present I received this year by being able to cross-country ski at Johnson Sauk Trail State Park north of Kewanee - in DECEMBER! Typically, there is not enough snow around to justify driving up there until January or February at the latest. Thankfully, this early storm in December happened to drop 4-6 inches in Kewanee - yet spare Peoria with the exception of a little ice and snow. I know I have said this before, but if you have never been able to experience the magic and joy of cross-country skiing - try it soon! I know you will enjoy it!

By this time, I am sure many of you have seen e-mails updating progress towards a new IVW club jersey. If you have not seen the updates to this point, I will include a picture in the next newsletter

of two possible logos. Once the logos have been completed, Shannon Smith, our designer will begin work on designing the actual jersey. Over the weekend, he and I had a meeting at Little Ade's in Pekin to go over some ideas for the jersey. I will not go into the details here, but his new design will incorporate some of these following concepts: 1. Our new logo 2. That famous "view" coming down I-74 to the river 3. Names of towns in the area we have all cycled to at some point in time. I am very excited to see his designs, and will forward anything I receive from him as soon as it comes down the pipeline...keep checking your e-mail! Once we choose the final jersey design, the next step will be to secure local sponsors, and start the process of having "fit-kits" at area bicycle shops so members can try on all the various sizes, styles, and fits. These fit kits will likely be at each shop for around a week. Finally, after the orders & money have been collected, my ultimate goal is to have our jerseys in time for the Spring Breakout Ride! We will just need to keep our fingers crossed for warm/dry weather....

I want to encourage everybody to try out the new online membership renewal sign up at www.signmeup.com! There is a small convenience charge (6.5% + \$1.00 per transaction), but using our on-line method saves time, gas, paper, and a little bit of energy! Look for more details further on in the newsletter or on the website at www.ivwheelmn.org.....don't forget our membership fees go up to \$15.00/single and \$20.00/family in 2010...lifetime membership stays the same at \$250.

Finally, this month, I'd like to introduce a couple more new board members who volunteered their time to assume our empty positions of newsletter mailing and advocacy. Val Lindner (newsletter mailing) is a relatively new member to our club, but has lived in the Peoria area most of her life. Val stays busy trying to keep up with the rest of her family (Tim, Andrew, and Rachel) while bicycling, skiing, hiking, and traveling. Tim and Andrew (husband and son, respectively) race for the Proctor Team, so this new activity keeps Val busy throughout the summer months! I am sure Val will do a great job getting the newsletter out to everybody! Our most recent addition (yesterday, actually) is Gregg Bittner for advocacy. Gregg is an attorney here in Peoria, and is very aware of cycling laws, rules, and regulations. In fact, we have already been chatting about his 12-month plan once assuming the job from Eric Hutchison. We look forward to having both Gregg and Val on the board, and hope they will inject a completely new perspective on where the club is headed.

Welcome, New Members:

Craig Rogers.....Peoria
Randal Schmidt.....Chillicothe^
Charlotte Woodhouse.....Princeville

Thanks to Renewing Members:

Ron Anderson.....Washington*
Steve Daggs.....Washington^
Donna Schenk Goelz & Calvin & Anna...Peoria
Cora Lynn Green.....Peoria*
Conrad Grembowicz.....Peoria
Shiela Gribble.....Dunlap
Thomas & Angela Gross & Family.....Peoria^
Charles Gullette.....Dunlap
Eric Hutchison.....Peoria^*
Peggy Keck.....Groveland^
Tim & Valerie Lindner & Family.....Morton
Donald MacGregor.....Pekin^
Mike & Theresa Mahoney.....Pekin
Melissa McClure & Lisa Rogers.....Chillicothe^
Don & Mary Niemi.....Metamora
Marvin Schmidt.....Eureka^
Shawn Stever.....Peoria

(* LIB/LAB Membership ^Advocacy donation)

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.

RENEW YOUR MEMBERSHIP ON-LINE at:

www.signmeup.com/site/reg/register.aspx?fid=G22V3K7
See the January 2010 issue of this newsletter (page 3) for full details. Or visit our website, www.ivwheelmn.org for a link to signmeup.com

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:

Position is open !
Interested?

TREASURER:

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m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:

Mike Pula
mikepula@gmail.com

2010 NO BALONEY RIDE CHAIR:

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cannondale_25@juno.com

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IVW Website:

<http://www.ivwheelmn.org>

AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



On-Line Membership Payment/Signup

By Mike Honnold

Exciting news! - The Illinois Valley Wheelm'n is now set to go with on-line membership signup/payment! On-line membership signup is a feature many club members have been asking to implement for quite some time now. Being able to signup online will eliminate any need to fill out our paper form, purchase a stamp, sign your check, or drive to the post office!

If you are interested in trying out the on-line membership, please direct your web browser to the following address :

<http://www.signmeup.com/site/reg/register.aspx?fid=G22V3K7>

We will also be placing a link to this form on the www.ivwheelmn.org website after the New Year. Remember, those who choose to use the on-line membership form will be paying an added convenience charge for the service. On our new \$15.00 dollar single membership rate, the final cost will be \$16.97, and the new \$20.00 family membership rate will be \$22.30. Our lifetime membership option will not be made available through the online website.

Tailwinds. (Cont'd from page 1)

Thank you

Thank you to **Eric Hutchison**, our “retiring board member” who has served our club for many years in the positions of Advocacy and Govt. Relations, as well as other positions on the board. Eric has been a member of the club since March 1986. His insight and knowledge will be sorely missed. Thanks for a job well done!

Also to **Patty Isit**, Newsletter Mailing. This is a little recognized job that helps makes the whole club function. Without the newsletter mailer, you would not be reading this publication right now.

We all appreciate your dedication to the club, and hope your "retirement" gives you a chance to focus on other activities - like bicycling!

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.

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 by how much money I was able to save!

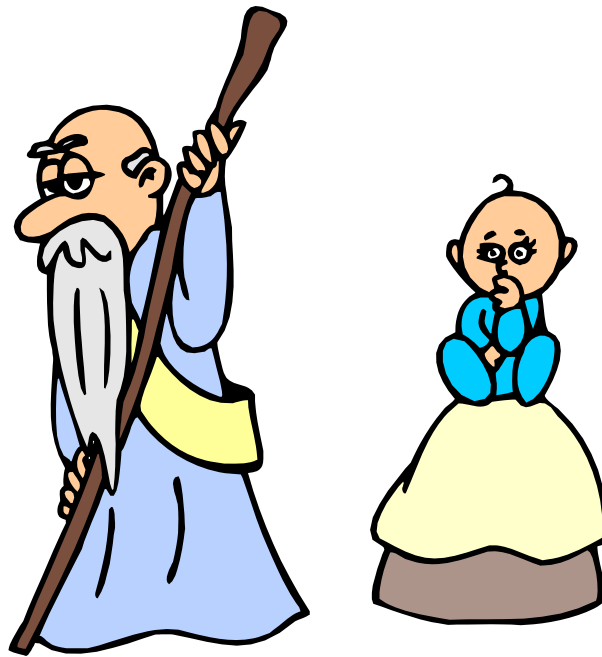
If you are an IVW club member in good standing and would like to take advantage of this discount, please send me an e-mail at cannondale_25@juno.com. We cannot post this discount code in the newsletter or on the website, since those sources of information are available to anybody with access to a computer. 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!

2009/2010 IVW Club Mileage Competition

Join the ranks of those individuals keeping tabs on their club mileage. This is a friendly competition aimed at promoting cycling. Anyone can join in. Just email your information to cannondale_25@juno.com. Accolades are given at the Annual Dinner in November of each year. Mileage totals run December thru October of each year.

2009/2010 IVW MILEAGE COMPETITION

Rider Name	November 2009 Mileage	2009/2010 Total Miles
Dennis Tresenriter	703.7	703.7
Suzanne Wheeler	607.34	607.34
Tom Dorigatti	567.56	567.56
Steve Kurt	556.31	556.31
Steve Sommer	530.1	530.1
Steve Berger	506	506
Michael Honnold	338.4	338.4
Edith Albright	295.56	295.56
Faraz Hussein	160	160
Chris Gibson	35	35
David Gehrt	0	0
T. Van Wassenhove	0	0



HAPPY NEW YEAR

IVW Mid-Winter Guest Speaker Meeting By Mike Honnold

On January 22, 2010, the IVW will be holding our annual mid-winter guest speaker meeting for all club members at Good Tequila Mexican Bar and Grill in Peoria. Good Tequila is located near Grand Prairie Mall at 5025 W. American Prairie Drive. Guest speaker for the evening will be Steve Driscoll, an East Peoria cyclist currently racing for Springfield-based Team Mack. In August of 2004, an automobile injured Steve as he was riding around Peoria Heights to "clean out" his legs after a hard race the previous day. Many of you may have seen Steve's inspiring story in a recent Sunday edition of the Peoria Journal-Star. Steve will be speaking about his incident, how it changed his life, and what he is up to now in the world of bicycle racing. After Steve's talk, I am sure he will also be willing to answer any questions about cycling, in general.

Our meeting will begin around 6 P.M. with a Dutch-treat meal of excellent Mexican food and drinks. This will give us plenty of time to discuss the dismal winter riding season so far, and set our goals for the quickly-approaching Spring weather. Once everybody has plenty of drinks (oh, and food), Steve will begin his talk around 7 P.M. All IVW members and their guests are invited to what should be a very inspiring and excellent talk from Steve.

Volunteering Opportunity - Evergreen Tri By Mike Honnold

Recently the organizer of the Evergreen Triathlon held each July on Lake Bloomington contacted me. The usual group they contract to offer corner-marshalling services along the bike portion of the course has decided to step down for 2010. Instead, the organizers would like the Illinois Valley Wheelm'n to help on race day by watching corners of the racecourse. For our services, the race organizers will donate \$1,000 to our club, for us to use in any which way we choose! Our current plans are to turn around and donate this money back to the community by donating to a worthy cycling-related activity/cause. 20-25 members of our group will be needed on Saturday, July 17, 2010 from 6 A.M. to around 10 A.M. - or whenever the last rider is off the bicycle course. Because Lake Evergreen is north of Bloomington, we will most likely car pool from the Peoria area to minimize the number of cars needing parked. After our work is over, the IVW will take everybody out for lunch to thank you for your hard work!

I know this is early, but I would like to nail down our volunteers as soon as possible, so I have one less thing to worry about when it is time to start working on No Baloney. If you are interested in volunteering your time for the morning of July 17, please let me know as soon as possible at 309-696-2591 or cannondale_25@juno.com

More info about the Lake Evergreen Triathlon can be found at: <http://www.tri-shark.org/web/EvergreenTri2/RaceInfo.aspx>

AROUND THE STATE-AROUND THE NATION

Grand Illinois Trail And Parks bicycle tour (GITAP)

Sunday, June 13 to Friday, June 18, 2010

Northwest Illinois hills, vales, trails, country roads and small towns

Camping at state parks and two overnights close to downtown Galena

Start and End: Highland Community College, Freeport

Sponsored by the League of Illinois Bicyclists with support from the Illinois Dept. of Natural Resources

Contact: Chuck Oestreich, chuckace2@gmail.com, 309-788-1845, www.bikelib.org/gitap/

WWW.CHICAGOWINTERBIKESWAP.COM

This is an early reminder that the Chicago Winter Bike Swap will be held January 16 at Harper College in Palatine

Gather with the Chicago land bicycling community for HUGE

savings for everything for the bike.

\$5 admission for adults, kids 12 and under are free.

FREE PARKING!

The CWBS will again be collecting used tires and tubes for recycling. Simply bring your used tires and tubes to the bike swap and leave them in the recycling area.

Don't pass up the one chance in the year to find a huge selection of post holiday closeout bargains.

Browse the bike corral for a selection of hundreds of new and used complete bikes, at discount prices.

If you are interested in Vendor space, please register early.

For more info check out: WWW.CHICAGOWINTERBIKESWAP.COM

LIB Extra - from the League of Illinois Bicyclists

Advocacy, Rides and More-for further stories, see www.bikelib.org and see our current newsletter!

Complete Streets Report Attracts Media LIB's road audit study of 46 Chicago and suburban streets released this fall gained good coverage in the Chicago Tribune by transportation reporter Jon Hilkevitch and by Sun-Times Media, which includes the Chicago Sun-Times and scores of suburban newspapers. If you missed the study rating recent road projects for bicycle and pedestrian safety, you can read it at www.bikelib.org

Bike Planning Seminars Starting in January, LIB will be conducting a series of ten seminars around the state on the technical aspects and strategic issues for local bicycling planning. Municipal planners, engineers, and others will learn about proper car-bike interactions, on-road and off-road bikeways, bike planning process and implementation, and more. Help us get the right people there – encourage your local officials to attend! Bicyclists are invited, too – this will be a great opportunity to learn how to develop and advance bike planning in your hometowns. See www.bikelib.org for more.

Route 66 Support Keeps Rolling In the wake of the successful LIB-led week-long bicycle tour along Route 66 from Granite City to Chicago, interest has continued. Several Macoupin and Montgomery County newspapers have printed a letter to the editor in support of the Route 66 development for bicycles (<http://www.rogerkramercycling.org/HTML/2009/11/in-support-of-route-66-trail.php#links>)

Similar letters to the editor from bicycle club officers and their members will help keep the issue before the public and local and state officials.

Bike club members: LIB's efforts to improve bicycling are supported by more than 1,300 members - many belonging to clubs that donate. Become an individual member at www.bikelib.org



MEMBER PROFILE

Mike Honnold

In the time leading up to No Baloney, Mike Honnold worked two to three hours a night, five days a week, for the Illinois Valley Wheelm'n. He says he toils this hard as the organization's president in part "because it's a good break from work."

Go figure.

Mike may not be crazy, but he is committed. You can see that in the number of tasks he's taken on with the bike club since he e-mailed Kathy John two years ago and offered to put out the Routes and Recipes book she had in mind. A year later he took on the presidency; this is the beginning of his second year.

"We all get into the groove of focusing too much on the job we get paid to do, and we need to take time to clear out our minds and refocus," Mike explains when asked about his work for the Wheelm'n. He says he's especially enjoyed getting to know members who previously were just

voices on the phone. Perhaps the best moment of his first year in office was at No Baloney -- "finally seeing on Saturday morning the fruits of all the work I'd done. That was probably the most relaxed I'd been in two months."

The work Mike does for pay is for Caterpillar Inc. at the Mossville Tech Center. New products are his specialty. His team doesn't design them but rather takes what engineers have designed and makes "the first versions of it so they're able to test how it operates." In a sense, these are the people who take what works in theory and apply it to reality.

Mike came to Caterpillar in 2001 after graduating in Industrial Technology from Eastern Illinois University. Not only was it a move to a big city, when contrasted with the East-central Illinois town of 900 where he was raised, it also was a move off the farm. Had he stayed, he would have been the family's seventh-generation farmer.

Mike got into biking in high school in order to keep in shape for rollerblading, which he loved. But as time passed, he discovered he liked biking better. "It's kind of a time I can get away from all the troubles and stresses of having to talk to people and get things done, and not have to worry about anything but turning the pedals for two or three hours," he says. "I also like the physical aspect, obviously. I feel if I can keep riding, I don't have to avoid that ice cream cone or piece of pizza."

Like many bikers, Mike finds his attitude is better when he can bike; "I feel more happy-go-lucky." An unexpected benefit is "the whole different perspective of a city – its neighborhoods, its people, what it has to offer" – when seen from a bike.

Mike refuses to let all the hours he gives to the Wheelm'n put a brake on the 7,000 miles he normally bikes in a year. "As a bike club president, one thing you shouldn't have to give up is biking," he says.

Most of his miles are earned on nightly trips out of his central Peoria home, but on Saturdays he meets up with the Peoria Bicycle Club for 60- to 70-mile rides typically paced at 18 miles an hour. Memorable moments include his first century and the pride of being able to tell his Caterpillar colleagues what he'd done; a trip along the Blue Ridge Parkway from Asheville, N.C., to the top of Mt. Mitchell; and a 30-something-mile fall ride along Lake Superior. "The lake was crashing up on one side, and the fall leaves were on the other. I thought, 'This is really cool!'"

Mike's other interests include his wife, Katrina; cross-country skiing; hiking; playing his Wii and trying out new specialty beers. He calls his unicycle "one of my bachelor purchases." He practiced riding it at a tennis court. Like a toddler learning to walk, he would hang onto the fence until he got a feel for the balance, then let go for a few feet at a time. It wasn't long before he was able to ride down stairs. That's right. He rides down stairs.

In his second year as Wheelm'n president, Mike says he has four projects in mind:

- Encouraging members to order jerseys that are now being designed. "I feel that as a club, we need a new image," and jerseys are basic, he says.
- Expanding No Baloney. Moving it to a Chillicothe start might help.
- Offering on-line membership sign-ups.
- Providing an electronic newsletter for those who want it. That will save the club a lot of money.

Beyond that, he says that while he appreciates all those who do volunteer for the club, he could always use more.

NOTE: THIS JUST IN:

After the Newsletter had been compiled, I received a note from Mike. Soon he will be raising a potential volunteer of his own. He and Katrina are expecting their first child in August. Congratulations.

(Mike, can I have your bike. You won't be needing it anytime soon after that. Your Editor)



(above; Jack out on one of the trails)

Winter Park Colorado by Chris Gibson

Wednesday 22 July

The trip started with me heading in the wrong direction. I had to take some friends from England to the train station in Pontiac for their journey back home. With them safely on the train, I headed back to Dunlap to load the car for the journey out west. On the way back the check engine light came on. Not a good sign with a 1000 mile drive in front of us. A quick pit stop into AutoZone proved it was nothing serious. My son Jack (14) and I set off from home at 3:30PM, and made it to Pam Shuck-Hoehne's condominium in Winter Park at 5AM the next day.

Thursday 23 July

After a lot of fumbling, I could not work out the combination to get inside and I was desperate to get in bed after 24 hours of being awake. Jack managed to do it, first go. I quickly unloaded the car and got three hours of much needed sleep after driving through the night. I can thoroughly recommend Pam's condominium. It is in a very convenient location for the town, bike trails and of course skiing in the winter. After waking and a quick breakfast we headed out on our bikes along the Fraser River Trail to Fraser, a six mile crushed gravel trail and then onto the Givello Trail, a dirt single track trail alongside local roads and then onto some dirt roads.

The real work started when we got to Tipperary. It was a two-mile climb through forest, pastures, streams and rocky trails. A great ride that took us to the highest point for the day. After that, it was downhill along Spruce Creek and Creekside. A lot of fun and not much pedaling. The uphill was worth it for this. Jack got a snake bite (flat tire) so we had to fix that before carrying on. Luckily, I had plenty of spare tubes. A challenging technical climb followed up Chainsaw, followed by a dirt road ride back to Fraser and back onto the Fraser River Trail, uphill this time. Once back in Winter Park, we stopped at the first establishment for some rehydration and food. I could have stayed there a lot longer but we managed to pry ourselves out of there after I demolished a few beers.

Friday 24 July

We kept asking ourselves if we were mad. We were leaving the luxury of Pam's condominium to head to the edge of town and stay in a campsite for the next two nights. There was a method in our madness though, as the Yeti (bike manufacturer) Tribe was staying at the campsite for their annual Tribe gathering, and as a Yeti owner I qualified to attend this prestigious event. For \$65 we got a spot to pitch our tent in an un-mown field, food, as much beer as you could drink, t-shirt and beer glass. Not a bad deal for me, not so good for Jack. The tent was up by 10AM, and we headed over to the Yeti service truck. They set Jack up with a top of the line Yeti 575 demo bike for the day and we set off for the days ride. We headed into town, took Vasquez Creek Road up and got onto Ice Hill. A nice climb to start the day and then onto the Serenity trail. These trails took us up to a fire road and then a nice down hill section into the ski resort of Winter Park. Jack persuaded me to get a lift pass so instead of riding up hill, we took the chair lift with our bikes riding ahead of us. The first time was a bit tricky with loading the bikes, but we soon got the hang of it. Once up at the top we had choices of different level trails to ride down. We started off easy. The hard trails were too much for my measly four inch travel Yeti ASR, so I had to get off in a couple of places. The last run of the day I got a snake bite. I hit a rock too hard. A quick tube change was required as a downhill race was about to start and we were still on the course. After getting down, we headed back to camp for food, plenty of beer, music and to meet friends old and new.

Saturday 25 July

The Yeti 575 was booked out to another Tribe member, so Jack now had a new ASR to ride. We headed out with the last of three groups, as I was concerned the pace would be too much for Jack. It was his first ride in real mountains versus Farmdale in East Peoria. We followed the same route we had on our first day, but ended up advising the group as we had recently ridden this route. Our group of 14 was halved on the first climb and when we got to the next one, everyone wanted to head back to camp. I decided to keep going alone. The last part of the ride was riding up fire roads, which seemed to go on forever and through a rock garden when it was raining, which was a bit tough. I finally made it back, showered up, started drinking beer, had some great food, caught up on the days action with the rest of the tribe and then the games started. The most exciting game was the bike toss. You had to throw an old Schwinn as far as possible to win. They also had bike limbo. Jack won but he did have some help. Spectators took the seat post out and let all the air out of the forks. He got a \$100 prize for winning. The best part was watching the crazy things people will do to win.

Sunday 26 July

We were planning on driving home Sunday, but wanted to get a last ride in before we left so we headed into town and rode up to the ski resort for a swift but enjoyable ride. Then it was down to packing the tent and everything else into the Ford Focus for the 1000-mile drive home. On the way back we stopped at the resort and purchased season tickets for skiing. Once again we will be staying at Pam's condominium. We got home at 3:30AM and I was in work at 8AM and that was a hard day. The return trip was a bit easier after a friend recommended 5-hour energy to keep me awake on the road. It sure worked for me.

It was fantastic to share that riding experience with my son and we probably would not have been able to fit this budget trip in if I had not been on layoff from work. I cannot wait to do it again, hopefully without the layoff.

ILLINOIS VALLEY WHEELM'N - Fall/Winter 2009 Local Rides Schedule

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

Daytime Tuesday Show and Go: Contact Herb Unkrich (673-1074) bluebirdherb@yahoo.com for more information.

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.

For complete information on all of our rides, please go to our website and look at past issues of the IVW Newsletter.

See ya in the Spring !

<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.

Thank you to our No Baloney Sponsors!!!⁹



TARGET®



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.

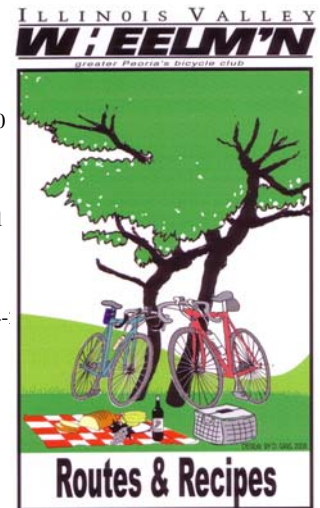
FOR SALE

HAVE ITEMS FOR SALE.
PLACE YOUR AD HERE FOR FREE.
CONTACT THE EDITOR FOR DETAILS.

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-
 - **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. - Peoria
309-692-4812

Russell's Cycle & Fitness - Washington
309-444-2098

Little Ade's Bicycles - Pekin
309-346-3900

Illinois Cycle & Fitness - Peoria
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, wdclark190@comcast.net as an attachment. The advertisement MUST 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 wdclark190@comcast.net as well as a hard copy to:

William Clark

308 Linden St., Pekin, IL 61554

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

Check the Website for Updates and General Information

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

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

Go to www.ivwheelmn.org, log in entering your username and password, and click on "Forum" (on the left-hand side).

The more we use it, the better it will become!

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ Birthdate _____
(Please print clearly This must be an Adult)

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

Email address (print clearly) _____

Address _____

City _____ State _____ Zip +4 _____

Phone () _____ - _____ (cell) _____

Signature (Adult #1) _____ Date _____

Are you renewing or is this a new membership? (Circle one)
 Renewing New

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

Member of:

League of American Bicyclist
 Yes No

League of Illinois Bicyclist
 Yes No

Basic Membership
 Individual (\$15) \$ _____

Household (\$20) \$ _____

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.

REGISTER ON LINE AT: www.signmeup.com Contact cannondale_25@juno.com for details.

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

Date/Time	Event Name	Location
January 22 nd , 2010 6 P.M. food – 7 P.M. speaker	Mid-Winter IVW Guest Speaker Meeting – Steve Driscoll	Good Tequila Mexican Grill Grand Prairie Mall 5025 W. American Prairie Drive
February 6 th , 2010 Time = TBD	Illini Chill Ride Illinichill@yahoo.com	St. Joseph, IL
April 2010	Illinois Valley Wheelm'n Spring Breakout Ride	TBD
July 17 th , 2010 5:00 A.M.	Lake Evergreen Tri Volunteering Opportunity	Lake Evergreen, Bloomington, IL
September 25 th , 2010 6:30 A.M.	No Baloney Bicycle Ride www.ivwnobaloney.com	Chillicothe Christian Church Chillicothe, IL

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

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

