



ILLINOIS VALLEY WHEELM'N

March
2010

greater peoria's bicycle club

Ride of Silence

WHAT IS IT ?

Look inside for more details.
See page 6

Mark your calendars now for
this event.

May 19, 2010

DUES INCREASE

Just a reminder that
beginning January 1, 2010
membership dues increased

to the following:

Single \$15.00

Family \$ 20.00

Please make sure to remit the full amount.

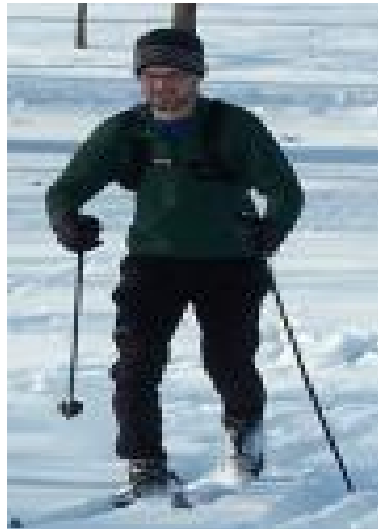
CURRENT EVENTS

MORE DETAILS ON
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Preview the latest upcoming
events and how you can
order your own
IVW JERSEY !

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TAILWINDS – Mike Honnold – IVW PREZ

Here we are again in March - can't believe it's already been a year since I was hobbling around on my crutches from a broken right ankle. The crutches were great for developing great biceps and triceps, but those are the only two reasons why I'd say I miss having them around. For the most part, I feel like I've recovered 100%, but on certain days, or when I move my foot into just the right position, the injury still causes me pain. I'm sure many of you can identify with this problem - but - that's just part of life. Thankfully, I'm a cyclist instead of a runner - running was never a strong point of mine. but I can tell

a big difference from before the incident to after in my abilities.

Hopefully, by the time you read this article, my wife, her friend and I will be enjoying ourselves in Scotland. We all have a friend (fiancée for one of us - guess which one) who is studying for his Doctorate in Theology at St. Andrews University, so this seemed to be a great excuse to visit the country! During our 10-day visit, we plan on visiting St. Andrews, Edinburgh, Glasgow, Sterling, and Loch Ness. I am also hoping to get in a good day of riding while I am in St. Andrews - just hope the weather can cooperate! Due to my wife's pregnancy, we are looking at this as the trip of a lifetime - or at least for the next 18-20 years - which brings up another point....

Effective October 1st, 2010, I am planning to transition out of my positions of president and No Baloney chairperson. The decision is 100% based on the upcoming birth of our first child. I currently spend a minimum of 5-6 hours a week working on IVW and No Baloney related items - in addition to my day job at Cat and athletic activities. This causes me to miss out on spending time with my wife, and other family members. As many of you probably know, the first few months of your child's life are very important, and I do not want my wife to experience these by herself, while I am sitting in front of the basement computer. The IVW board was supportive of my decision, and plans to help in the quest to find a few more IVW members who are willing to step up and take over these tasks. If you have ever wanted to help at another level within the club, this is a great opportunity to grab the ropes, and climb to the top.

If you are the least bit interested in either of these positions, please feel free to give me a call (or e-mail) and we can discuss what is expected/required. As I've told many people before, the job can be as much or as little work as you want it to be. However, without someone stepping in to fill these positions, the success and future of our club are in question. Don't worry, though - I will still try to be as active in the club as I can possibly be!! Thanks to all those who have helped me in the past few months - couldn't have done it without ya!

IVW CHAIRPERSONS

Welcome, New Members:

Richard & Janice Anderson & FamilyMorton

Thanks to Renewing Members:

Richard CrandellPeoria
Jim & Sarah Emmons & FamilyLacon
Chris & Marguerite Everts & Family.....Peoria
Mike & Katrina HonnoldPeoria^
Lou McMurrayWest Peoria *^
Patty & Todd SageMorton*
Linda SimkinsPeoria
Quinton & Barb SmithPeoria
Frank StashPeoria
(* 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/67269

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

PRESIDENT:

Mike Honnold – 696-2591
cannondale_25@juno.com

VICE PRESIDENT:

Lori Boland – 231- 1723
lorib1723@gmail.com

SECRETARY:

Position is open !
Interested?

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<http://www.ivwheelmn.org>

AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



ILLINOIS VALLEY WHEELM'N CLUB JERSEYS

I am excited to announce the IVW board finally selected a jersey design to proceed with our custom order!!! The process of selecting a proper jersey design took longer than I expected, but I think the extra time allowed us to all consider the possibilities and come up with something to please most club members. Our jersey designer, Shannon Smith, did a great job in selecting the proper way to present our club, and what this area is all about. If you've not seen the jersey design yet (see picture in this edition of newsletter), the front shows a detailed, isometric drawing view of the I-74 bridge and downtown Peoria from the East Peoria side of the river. On the backside of the jersey, we elected to show endless rows of corn coming up out of the jersey pockets. Many people have asked why we selected corn for the back of the jersey, since many other crops are grown in this area. As many of you know, once the June/July riding season hits, corn is the main thing you will see while riding in the countryside. Corn here - corn there - corn everywhere. Corn is also a very important export of this community, and serves to help many millions of people around the world. So - in a nutshell - corn is important to the area, and we see it all the time, so it was a great fit!

By this time, I hope many of you have taken the opportunity to try on the Sugoi "fit kit" at local bicycle shops. Many people have reported Sugoi clothing tends to run a tad bit smaller than normal, so trying on the jerseys before deciding what size to order is very important.

Throughout the month of March, we will be finalizing the last remaining items about the jersey design & order cost. By the time you receive the April edition of this newsletter, it should contain an order form to decide what items you'd like to order. Our plan is to offer short-sleeve jerseys, long-sleeve jerseys, and shorts in both mens/unisex and women's specific sizes. As a club, we must order a minimum of 24 long/short sleeve jerseys (combination) and 24 bib/regular shorts (combination) in order to qualify for their standard 24 piece pricing. I honestly do not think we will have any trouble meeting these minimums, because of the awesome design, and great prices!

Pricing will be as follows; Short Sleeve Jersey = \$55.00; Long Sleeve Jersey = \$69.00; Regular Shorts = \$50.00; Bib Shorts = \$65.00. The club Sugoi discount is NOT applicable to custom orders.

To help with the order, our IVW board has elected to pass off the 500 dollar credit from Sugoi to current IVW members in good standing. The first 50 members who submit an order will receive 10 dollars off their first IVW short sleeve jersey. If you happen to be a family club member, spouses are also eligible to receive 10 dollars off their first IVW short sleeve jersey. Remember - this will only be available to the first 50 people who send in their order, so act quickly once you receive the order form! (cont'd)

Club Jerseys (cont'd) By Mike Honnold

Ordering will take place throughout the month of April to give members plenty of time to decide what they want. All clothing will need to be paid for at the time of placing your order. We are considering an online payment system by using our www.signmeup.com website, but are still weighing the pros/cons. Once all orders have been submitted, I will initiate order placement with Sugoi on May 3rd. From that point, Sugoi documents their delivery process as taking 8 weeks - so - if all goes as planned, we could have IVW jerseys to wear by the end of June. I do apologize for not being able to deliver the jerseys any sooner than mid-summer, but I think the delay will be worth having a really nice design!! Please call me with any questions.

Sugoi Jersey Fit Kit -

By Mike Honnold

Throughout the month of February, a Sugoi "fit kit" will be available on a rotating basis at local bicycle shops in & around Peoria. As you may have heard, the IVW is working on a new jersey design for club members, and the supplier of this jersey will be Sugoi. In order to make sure members order the correct size of jersey and shorts, Sugoi provides a free "fit kit" containing all possible sizes of their clothing - including both the unisex and female-specific cuts. IVW members are welcome to go to the most convenient location during posted shop hours to try on the clothing. Jerseys can be worn like normal, but Sugoi asks you please wear shorts OVER your undergarments for obvious reasons. Once you decide what size fits you best, note this information in a convenient place, so you can access it once the ordering process begins. Anticipated ordering dates will begin around mid-March. If you have any questions, please contact Mike Honnold @ 309-696-2591. Schedule of the "fit kit" is:
February 1st -> February 8th - Illinois Cycle and Fitness
February 10th -> February 17th - Bushwhacker
February 19th -> February 26th - Little Ade's -
March 1st -> March 8th - Russell's Cycle and Fitness

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	January 2010 Mileage	2009/2010 Total Miles
Dennis Tresenriter	335.3	1359.7
Steve Kurt	227.51	1017.76
Steve Sommer	230.8	897.1
Edith Albright	505.25	800.81
Suzanne Wheeler	69.34	736.74
Tom Dorigatti	65	692.85
Steve Berger	48	657
Michael Honnold	75.6	519.7
Faraz Hussein	36	230
Chris Gibson	0	35
David Gehrt	0	0
T. Van Wassenhove	0	0

CLUB AND LOCAL AREA EVENTS

Bikes for Kids

The IVW and several local bike shops join with the Salvation Army to collect donated bikes from the community. The bikes are then cleaned and repaired as needed. The Salvation Army then distributes the bikes to needy families in the Peoria area. Over the years hundreds, if not thousands of bikes have been collected and distributed through this great program. You can help in two ways. First get the word out among your neighbors that those unused kids bikes that sit in our garages (and don't sell in the spring garage sale) can be donated to the Bikes for Kids program (tax deductible). Further we need members to help collect, clean and repair bikes. The event is **Saturday May 15th**. The exact location is yet to be determined. From 8:30 until about 2:30 we will be collecting and fixing up bikes. If you can donate a few hours that day let Mike Pula know (264-9396) mikepula@gmail.com . Let's all either donate a bike or help that Saturday (or both) and make this a successful advocacy event for the community. Thanks.

Spring Breakout Ride

April 17th at Russell's in Washington. We will start to gather at 8:30 and plan on leaving at 9:00 sharp. We will break into two groups as we have in the past. Come join us and start the season off with a great spring ride with other club members.

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!

IVW January Social Report By Mike Honnold

On January 22nd, 2010, 30 members of the IVW enjoyed an evening of Mexican food and socializing at Good Tequilla's Bar and Grill in Peoria. In fact, there was so much socialization going on between members that we forgot to tell the wait staff we were ready to order our food! Despite this small time delay in the evening, everyone was able to order their favorite Mexican dish - and drink. As soon as everyone had time to enjoy our food, we settled down for a casual talk/discussion by Steve Driscoll - a local bicycle racer. A few years ago, Steve was injured in a bicycle accident while riding through Peoria. The main focus of Steve's presentation was his career prior to the incident, and how the incident changed his life for the better.

I don't know about everyone else in attendance at the meeting, but my main "take away" from Steve's presentation was to pay it forward in life. While moving up through the ranks as a young racer, Steve was mentored by an older racer who took Steve under his wing. Steve's mentor only requested that Steve "pay it forward" later on in life, and give back to other people in the same way. Steve took this message to heart, and became involved in the local Big Brother program. In addition to being a Big Brother for a local youngster, he became close friends with a man in Scotland, who was going through similar medical problems.

A big thanks to all who were in attendance, and an even bigger thank you to Steve for taking time out of his busy schedule to meet with our group! At the conclusion of Steve's presentation, IVW members presented him with an honorary lifetime membership to the IVW.



NATIONAL
BIKE
SUMMIT 2010
MARCH 9-11, 2010

BUILDING ON
10 YEARS
OF PROGRESS

REGISTER ONLINE AT
WWW.BIKELEAGUE.ORG

PRESENTED BY:



SPONSORED BY:



LIB Extra - from the League of Illinois Bicyclists

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

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, 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*

The League of American Bicyclists promotes bicycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. The League represents the interests of America's 57 million bicyclists, including its 300,000 members and affiliates. For more information or to support the League, visit www.bikeleague.org.

2010



2010

JOIN THE ILLINOIS VALLEY WHEELM'N

Honoring those who have been killed or injured while riding a bicycle.

WHERE: Peoria's Upper Glen Oak Park (begin and end)

WHEN: May 19, 2010

Assemble 6:30 p.m. - Ride promptly at 7:00 p.m.

The Ride: Ride will last approximately 1 hour. Pace will be around 10 mph. on residential and side streets in Peoria. All participants will be expected to ride safely & obey all traffic laws.

ALL RIDERS MUST WEAR A HELMET! NO EXCEPTIONS.

The Ride of Silence is a World Wide Event to honor those who have been injured or killed while riding their bicycles. For more information, please visit www.rideofsilence.org

THIS EVENT IS FREE. All participants must be over the age of 18. The Illinois Valley Wheelm'n are endorsing the 2010 event. For further information contact Bill Clark @309-241-0949 or Mike Honnold @ 309-696-2591

Photocopy as needed for additional applications
National Bicycle Month 2010



Plate Background Color is Silver - Image is Black and Green

- Celebrate National Bicycle Month with your own personal Bike Month License Plates.
- Plates are approved and shipped by the Secretary of State directly to you.
- Plates may be displayed during April and May 2010. The cost for the Bike Month Plates is \$28.00.
- A copy of this year's plate is shown above. A color image can be seen at www.bikelib.org.
- Plates are numbered from 1 to 350 with number preference given to last year's plate holders.

IMPORTANT: The Secretary of State mails all plates. We must send a **COMPLETE, CURRENT, LEGIBLE** photocopy of your regular license plate registration card. If your plates expire in APRIL or before, you can not use your 2009 registration card. You can renew up to two months early at a Secretary of State office near you.

PLEASE PRINT LEGIBLY OR TYPE

Name _____ Signature _____

Address _____

City _____ State_IL_Zip _____ Phone _____

E-Mail _____ Driver's License Number _____

(This will only be used to contact you about your plate order)

Current Plate Number _____ Expiration Date _____

Car Make _____ Year _____ VIN# _____

Please make your **\$28 check or money order** payable to League of Illinois Bicyclists. Mail it with this form and a **photocopy of your car's current plate registration** to: LIB, c/o Laura Kuhlman, 1s110 Normandy Woods Drive, Winfield, IL 60190. Phone: 630-462-5427

Order A Matching Share the Road T-shirt (Shirts shipped separately from Plates)



\$22 each (\$24 2XL) (Includes Shipping and Sales Tax)

100% Heavy Preshrunk Cotton
MENS (Natural color) (enter quantity)
 S _____ M _____ L _____ XL _____
 2XL _____

WOMEN'S (White color) (enter quantity)
 S _____ M _____ L _____ XL _____
 2XL _____

(Back has small logo below collar)
100% Heavy Preshrunk Cotton



MEMBER PROFILE

Rich Pestien – Bushwhacker

By Barb Drake



It's been nearly four decades since **Rich Pestien** decided his backpacking and rock-climbing friends were more fun than his fellow computer science majors at the University of Illinois. "Their idea of a big night was to spend it at the computer lab punching punch cards," he recalls.

So the self-described "computer nerd" gave up work on his master's degree just a test and a thesis short of completion to invest time and money into the small Champaign outdoors store where he'd been working part-time. Called Bushwhacker, it sold a limited stock: "We were hard-core nuts and berries, backpackers and cross-country skiers."

"Delusions of grandeur" persuaded the three young partners that their venture could grow throughout central Illinois and beyond. They entered the Springfield market in 1975 and a year later sent Rich to Peoria, where he opened shop at the corner of Main and University. Cross-country skis and backpacking

equipment were the mainstays. "We used to give cross-country lessons in Bradley Park, drawing as many as 100 people," he recalls.

The business did well "until all the hippies grew up and had kids and quit backpacking. Then it quit snowing. My partners jumped off a sinking ship and left me to bail it out," he recalls.

Today the Peoria store is all that's left of those big ambitions. His success reflects a willingness to move north, to the Metro Centre, and to take a broader view of the outdoors equipment market, moving into windsurfing, skateboarding, downhill skiing -- and patio furniture. "Even hard-core outdoorsmen need to sit down and relax," he explains.

Prompted by the unexpected closure of Vitesse Cycling in Peoria Heights, Bushwhacker began selling bikes a decade ago. "Sally (Brown, the vice president) and I talked about there being no specialty bike shop on this side of the river. We decided we could do this."

In short order, Bushwhacker persuaded its landlord to build an addition to make room for the bikes and sent a couple of employees to learn about the sport and the equipment. "But first we asked, 'What do you need to be a good bike shop?' and everybody said 'Get a good mechanic,'" Rich recalls. Robert Woo, who'd worked for Vitesse, happened to be available.

Today bikes are an important part of Bushwhacker's business. City bikes -- bought by those "who want to go out and have fun on a comfortable bike" -- are the top sellers. Active racers with the Peoria Bicycle Club are an important market. Mountain biking is growing in popularity, with Peoria getting high marks in national ratings of mountain bike meccas. Tri-athletes are growing in numbers.

In the decade Rich has been in the business, bike technology has advanced rapidly. He cites electronic shifting, which removes the nuisance of throwing a chain even when climbing hills, as a big development. It's also expensive -- \$4,000 just for the drive train. Carbon-fiber construction is increasingly popular; Bushwhacker's stock includes bikes that weigh as little as 14 pounds. With mountain bikes, the biggest improvements have been in the suspension systems.

But he says the typical cyclist "doesn't need a \$3,000 ultra-light road bike.... It's important to decide what you want to do on a bike before you buy... There are some nice \$300 bikes out there."

Rich's spare-time activities are largely those which take place outdoors -- he mentions biking, cross-country skiing, downhill skiing and orienteering, which consists of "running through the woods finding flags." He's president of the local Orienteering Club and sponsors an adventure racing team -- orienteering, paddling and mountain biking. Beyond that, he's a "fairly decent" contract bridge player. As for the computers he'd intended to make his life's work, they're not even a hobby. "I'm almost anti-computer, anti-tech," he says.

Rich and his wife, Barb, a medical technologist at Methodist Medical Center, met on a rock-climbing outing back in Champaign. They are parents of two grown daughters, one living in Colorado and the other working on her doctorate in physical therapy.

Editor's note: This is part of a series of stories about local bike shops and the people who own them.

TRIP NEWS BY Bill Clark

If you've been a part of the club for more than a couple of years, you will remember my previous journeys across the central United States. If you've not been around long, I'll bring you up to date.

After quitting smoking in 1987, I bought my first bicycle on the advice of a friend. The following year I let him talk me into doing my first "tour" -- a two-day, 150-mile ride for the Multiple Sclerosis Society. While on that ride I found myself wondering what was "just over that next hill" to the extent that the day after I got back, I was at Joe Russell's doorstep, asking about a right and proper bike for touring. I was hooked. Joe suggested that I also look into joining the Illinois Valley Wheelm'n, as its members did the type of riding I wanted to do.

The next few summers I spent a lot of time on that bike and started planning my first attempt at a real, self-supported bike ride. It was nothing major -- I rode from Pekin to Indianapolis. However, when I got into Indy, you'd have thought I had just crossed the continent under my own power. The following few years I spent crossing Wisconsin on the bike trails and Missouri on the Katy.



Then I got thinking. I wanted to do more. I wanted to go further. I vowed to ride from my favorite lake in Wisconsin back to Pekin. Five hundred and fifty seven self-supported miles later, I considered myself a real bicycle tourist. I had ridden in sunshine and thunderstorms, up 8-mile hills and along fields with frost on the tips of the grass. I learned two things on that first trip. First, I could actually do a trip like this by myself and second, do not ride in Wisconsin in late September! By the time I got home, a plan was hatched. I had ridden from Chetek to Pekin. Why not fill in the rest, from Canada to the Gulf? I could do it in pieces as time and my job permitted.

I have spent the last several years doing just that. I have a wonderful wife who realizes that this is a life goal for me and is understanding when I head off to do another segment.

2009 - New Orleans to Jackson, Mississippi - The Saga Continues

I left home last September the day after Labor Day, catching Amtrak in Champaign and taking it to New Orleans. I had to partially disassemble and box the bike and ship it as freight; and, as experiences with airlines had put me on high alert, I packed my frame with foam pipe insulation and bubble wrap. My fears were unfounded though, as the train crew took better care of my steed than the airlines take of most baggage.

Upon arrival in New Orleans, I retrieved my bike from the baggage area among many stares. I dragged the box to an out-of-the-way corner, or so I thought, and began putting my bike back together. Before long, I had an audience of several people asking all sorts of questions. Where 'ya going? How far is it? All that way on that bicycle? And last but not least, "Boy, are you nuts or sumpin'?" One person asked me why I was doing this. I just replied, "Because I can."

I rode the first day northwest to the airport area and stayed overnight. It was only about 18 miles but enough to get me out of the major traffic the next morning. As sleep had been hard to come by on the train, I was very tired and in bed before 9 p.m. I wanted to be up and start early the next morning so I could take my time and enjoy the sights. I have found riding 65 miles or so a day gives me plenty of time to stop and smell the roses.

Day 1: The first full day's ride was mostly along the mighty Mississippi River, presenting views of ocean-going ships loading and unloading oil, grains, and other cargo. Neat sights for a guy from the Midwest who is used to seeing only barges of corn, beans and coal going up and down the river. I stopped the first night in Gonzales, La. With a tail wind all day, I got in early and took advantage of the whirlpool. After a great supper at an Italian restaurant, I opted to turn in early. As I had never been to this area of the United States before, I wanted to be up with the sun so I could resume my adventure.

Day 2: September 11 took me from Gonzales to St. Francisville, La. I wore my Marine Corps jersey today, and flew a small American flag off the back of my bike. Perhaps some people found the significance in my simple act, perhaps not. However, it meant something to me to remember those lives lost, and I thought more than once how lucky I was to be able to ride in a country free from the threats that people in other countries face each day.

It started raining before I left the parking lot of the motel and continued for most of the day. Only brief periods left me with enough dryness to risk taking the camera out of the bag and shooting a couple of shots. There wasn't much scenery though, as I had to travel through Baton Rouge. Western Baton Rouge, to be exact - oil refineries, small manufacturing businesses and more oil refineries. Lots and lots of refineries! I stopped in a motorcycle shop to ask directions through town and got more than a few odd stares. The comments ranged from being nuts for riding a bike without an engine to being crazy for riding in the rain. All were meant in jest though, and after enjoying a cup of coffee, I left feeling that most were admiring my perseverance. Before getting out of the door, the biggest, most tattooed, burliest knuckle dragger in the group shot me a half salute and said, "Semper Fi"! I guess you never know where you will run into a brother.



Arriving in St. Francisville, I stayed the night at an inn, which dated back to the early 1900's. It was an old home with huge oaks in the yard, draped with Spanish moss -- a picture-postcard respite. I enjoyed the company of the owners and several of their friends on the front porch, sipping on homemade wine, before retiring. A perfect ending to a great day.

Days 3 & 4: I had looked at Adventure Cycling's maps of this portion of the trip, from St. Francisville, to Natchez, Miss. I could take their route and do 90-plus miles or shoot up a 4-lane state highway and only do about 65. I was leery of being on a multi-lane, 65-mph highway; but as Natchez is a very historic area, I wanted to get in early and do some sightseeing. My fears were unfounded for the better part, as most people gave me a wide berth. I am sure there were more than a few thoughts of who this idiot was on a bicycle, but, hey, I never was accused of being wrapped too tight. I did not stop much, as I was watching for traffic and trying to avoid the rumble strips along the side of the pavement.

Arriving in Natchez, I found my motel and settled in for the night. I stayed at the Natchez Grand, which is located on the bluffs above the Mississippi River. I could see Louisiana from the window of my room and huge barge tows going up and down the river. I wondered how much of these goods might have passed by Pekin on the Illinois River -- our little donation to overseas trade. Because I had built a rest day into my trip here, and although it rained quite a bit the next day, I spent Sunday wandering around the area and taking in some of the historic sights: stately old homes, historic inns and a huge cemetery that contained remains of soldiers from the civil war. Quite impressive.

Day 5: I began the Natchez to Port Gibson leg, which I had looked forward to since I started planning this trip. The entire length of the Natchez Trace Parkway allows no commercial traffic, has no homes and no businesses located directly on it. The asphalt pavement has grassy shoulders manicured back into the forest. Bicycles have the right of way, and touring buses and motor homes give a wide berth to those of us on two wheels. The Natchez Trace is actually a scenic linear park that runs 440-plus miles from Natchez to Nashville, Tenn.

It was a truly magnificent ride, with views of cotton fields, scenic vistas and gently rolling hills that any cyclist would enjoy. I was feeling like a world traveler by now, until I ran onto three young people riding from New Brunswick to Brazil. It put my measly little 350-plus mile trip to shame, and I realized how much of the world I still wanted to explore by bike. After we exchanged pleasantries and travel information, we all continued on our separate journeys. I arrived in Port Gibson and stayed at a B&B for the night. I arrived early enough to tour a museum with photos of the area from the turn of the century and an old church with blue stained glass windows. It gave the inside of the sanctuary a hue that I had never seen before. It was very impressive. I fell asleep that night listening to the raindrops on the roof, and I wondered if my last day on the road would be spent like all of the rest. Rain, rain, and more rain. Drip, drip, drip ...

Day 6: Last day! More of the Natchez Trace Parkway awaited me en route to Jackson, Miss., my destination. My last thoughts from the night before came to mind, as it was raining before I saddled up and left town. Oh, well! It was warm and the rain actually felt good. It only lasted for about five miles though, and the rest of the day was spent riding in scattered clouds. I swear I followed a hole in the clouds all of the way up to Jackson.

I was glad once again to be getting off the bike, but at the same time, I was a little sad. Kind of like after all of the presents have been unwrapped on Christmas morning. I rode into Jackson and found a motel close to the train depot. I ditched the panniers and took a tour around town looking at all of the historic buildings. As Jackson is the capital of Mississippi, I had a lot of exploring to choose from. I headed back to the motel, ordered and devoured a whole large pizza by myself. Chased by a couple of beers, I was once again fat and happy. I drifted off to sleep to the sound of-- no rain. It had quit. Finally! Even though I had not had one day on the road without rain, the whole trip could not have been better. The next day I boarded Amtrak for the journey home and once again was impressed by the courtesy of everyone involved, from the station agent to the baggage handlers to the conductors. I highly encourage anyone thinking of doing a trip like this to investigate Amtrak.

I am already planning this summer's trip, which will begin in International Falls, Minn., and end in Chetek, Wisc. It will be the last leg of my long journey. I will keep you posted. BC'n ya on the road.

EDITOR'S NOTE: *Have you done a trip like this that you would like to write about? I am always looking for interesting stories for our newsletter. Contact me with your ideas or articles. Bill*



ILLINOIS VALLEY WHEELM'N - Spring, 2010 Local Rides Schedule

****NOTE: Closely view departure dates and times!**

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@comcast.net co-lead this ride out of Morton through the summer. **First ride date April 5.** Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 5:30 p.m. Distance will be 15-20 miles early in the season and increase over the summer. The ride will regroup periodically.

Monday Dunlap Level I: Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School at 5:30 p.m. **First ride date May 10.** Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School. Weather permitting (40 degrees or more) March rides will start at 9:30. Mileage 25-40. Contact Herb Unkrich (673-1074) bluebirdherb@yahoo.com for more information.

Tuesday "Kinder Gentler" Level II: Pam Hoehne (681-0206) will lead the level II rider or those level I riders looking for a challenge. **First ride date April 6.** Ride departs at 5:45 p.m. from Dunlap Grade School. Mileage will be 20-30 miles. The group will travel 13-15 mph early in the season and 15-17 mph toward the end of the summer. Goal is to have fun and no one will be dropped.

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School departing at 5:30 p.m. (Time changes to 6:00 May 11th) **First ride date April 6.** **Note:** Please, be ready to ride! Mileage will be 20-30 as daylight permits. The group will average 17 mph or more, and will regroup as needed!

Tuesday Dunlap Show and Go Level IV: For faster riders this group will get your heart rate up. But don't expect them to regroup or wait for stragglers. Departs at 5:30 p.m.

New! Wednesday Rock Island Trail Ride: Jim and Bob Reading (688-9435) readingdiana@yahoo.com will depart from Connor Co., 1229 W. Pioneer Pkwy., at 5p.m. **First ride date May 5.** Ride distance will be approx. 7 miles adding more miles as the group desires. The group will ride together. No one will be left behind.

Wednesday Dunlap Beginner: This ride from the Dunlap Grade School. **First ride date May 5.** 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 or Eric Hutchinson 688-7038.

Wednesday East Peoria Level II: Dirk McGuire (699-8482) dirkbike1@comcast.net will lead this ride from Cross Point Church, 304 S. Pleasant Hill Rd. at 5:30 p.m. all summer. **First ride date April 7.** Ride distance will start in the 20-mile range and increase throughout the season. Average speed will be 13-17 mph and no one will be left behind.

Thursday Washington Level I and II: Departs from Russell's Cycle and Fitness at 6:00 p.m. The ride will begin as a Level I traveling 10 miles. **First ride date May 6.** The group will increase mileage and speed to a Level II by June. This ride is for those wishing to increase speed and distance. Contact Rob or Cindy Alexander (444-3297 or 231-2190).

Friday Chillicothe Level I - Family Ride: Jim & Sarah Emmons (246-2166 or 238-3420) tandemx1@grics.net will lead this ride from the Pearce Center at 5:30 p.m. all summer. **First ride date May 7.** Ride distance will begin in the 20-mile range and increase over the summer. No one will be left behind. Join the Emmons for dinner at a local restaurant after the ride.

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

Saturday Show and Go All Levels: Meet at Russell's in Washington at 8:30 a.m. Distance ranges from 25-40 miles and includes a meal stop.

Some of the evening rides will depart at 6:00 p.m. as the days get longer. Watch your newsletter or refer to the IVW Website: <http://www.ivwheelmn.org>

DAYTIME THURSDAY RIDES LEVEL I & II. WILL START IN APRIL. MORE INFORMATION WILL BE IN THE APRIL NEWSLETTER. CONTACT FRED SMISER (241-7431) SMIZZ444@GMAIL.COM

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.

OUT-OF-THE-BOX TOURS 2010

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

Check out these tours for April and May:

April 9: Over the Spoon River. Read up on your Edgar Lee Masters before heading out to the poet's haunts. Better yet, just get your bike ready and hope for good weather. This ride is weather-dependent, so check with Barb before going. We'll meet at 10 a.m. at the Princeville park just off the Rock Island Trail, bike north through Duncan and head west to Jersey, 28 miles in all. Lunch will be in Princeville.

April 28: Mackinaw River Valley. We'll meet at 10 a.m. at the Barn Theatre parking lot on Timberline Road off Rt. 117 near Goodfield. The distance is 25 miles with a few challenging hills. Afterward we'll have lunch at the Busy Corner Restaurant.

May 12: Ron Reagan's Eureka. OK, we'll only go through there, but what's wrong with dropping names? The ride begins at 9:30 a.m. at Russell's Cycling in Washington. We'll travel about 30 miles and enjoy lunch back in Washington.

May 28: Spring Bay and Metamora: A beautiful and challenging ride along Upper Spring Bay Road and uphill into Metamora. Approximately 35 miles, with lunch in Washington. Ride leaves from Russell's Cycling at 9:30 a.m. LaVerne Wilson will lead this ride.

And now, a question: Would you join a weekend ride on the Fox River Trail (near Chicago)? We'd bike half the trail on a Saturday, overnight probably in the Geneva area, then do the other half on Sunday. Let Barb or Cora Lynn know if this is worth planning.

Here are some other dates to put on your cycling schedule – details to follow:

June 9: Jubilee and Winery.

June 23: Mackinaw Winery Loop.

July 16: LaVerne's Ride.

July 28: A Break from the Ordinary.

Aug. 13: Sand Ridge and Manito.

Aug. 25: McLean County Parks.

September 8: Tanner's Orchard Ride.

Oct. 16: Barb's Birthday Ride on the Great River Trail.

Questions? Contact Barb (692-1201, bdrake@mtco.com) or Cora Lynn (683-3083, cora_lynn@yahoo.com).



Order your "3 Feet Please" jerseys and wind vests 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

ITEMS FOR SALE

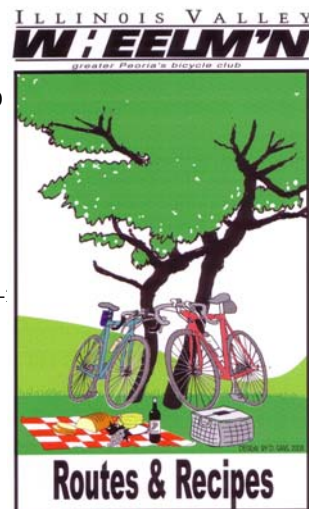
HAVE ITEMS FOR SALE?

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 (ana recipes too):

Please consider supporting our local area bicycle shops.

- | | |
|--|---|
| Bushwhacker Ltd. - Peoria
309-692-4812 | Little Ade's Bicycles - Pekin
309-346-3900 |
| Russell's Cycle & Fitness - Washington
309-444-2098 | 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 _____

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

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 (\$15) \$ _____

Household (\$20) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution

(\$5, \$10, \$15, other) \$ _____

Total Enclosed \$ _____

Date/Time	Event Name	Location
April 17 th , 2010 8:30 A.M.	Illinois Valley Wheelm'n Spring Breakout Ride	Russell's Cycle and Fitness Washington, IL
May 1 st , 2010 8:30 A.M.	Tour de Stooges stooges.rogerkramercycling.org	Lindendale Park Highland, IL
May 15 th , 2010 All Day	Bikes for Kids Bike Collection Drive	TBD
May 19 th , 2010 7:00 P.M.	Ride of Silence www.rideofsilence.org	Upper Glen Oak Park Peoria, IL
May 30 th , 2010 5:30 A.M.	Chicago Bike the Drive www.bikethedrive.org	Chicago, IL Downtown – Lake Shore Drive
July 17 th , 2010 5:00 A.M.	Lake Evergreen Tri Volunteering Opportunity	Lake Evergreen; Bloomington, IL Likely carpool from Russells
September 25 th , 2010 6:30 A.M.	No Baloney Bicycle Ride www.ivwnobaloney.com	Chillicothe Christian Church Chillicothe, IL

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