



ILLINOIS VALLEY WHEELM'N

**April
2010**

greater peoria's bicycle club

Ride of Silence

WHAT IS IT?

Look inside for more details.

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

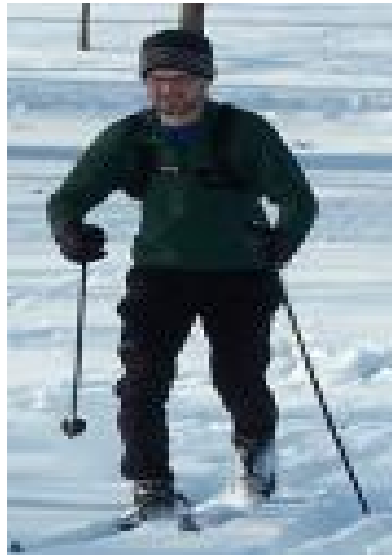
Please make sure to remit the full amount.

**CURRENT EVENTS
MORE DETAILS ON
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**NEW IVW JERSEY !
ORDER FORM ON
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TAILWINDS – Mike Honnold – IVW PREZ

Hello. Wow, what a trip! I am currently sitting on the Peoria Charter Coach Express bus from O'Hare Airport on my way back from a 9 day trip to Scotland. My wife and I have a friend who is studying at St. Andrews University in St. Andrews, Scotland, and we took the opportunity to pay him a visit. Besides spending 3 days in St. Andrews (the home of golf - Old Course), my wife and I took a 2 day trip to Glasgow and a 3 day trip to Edinburgh. Neither of us have been to Europe before, so the trip was quite an eye-opening experience. We both were simply AMAZED by the public transportation system in Scotland, which rivals anything we have here in the States.

During the course of our 9-day trip, we were able to get anywhere we wanted with subways, buses, trains, planes, or short walks. The Scottish people are also very welcoming of visitors to their country, and were always willing to lend a hand or help us out.

Of course, while visiting Scotland, I did my best to get out and go for a bike ride. The hassle of traveling with a bike was more than I wanted to deal with, but luckily, I found a shop in St. Andrews that rented bicycles. Unfortunately, when I walked by the shop on our first day to inquire about bikes, the owner said their rental season didn't start until April! However, the owner knew some young guys in the local college riding club, and told me he would do his best to find me a bike and some riding partners. My last available day to ride was on Wednesday, and I received an e-mail Tuesday night saying I needed to be at the shop on the following day at 1 PM. Without me requesting a single thing, the bike shop owner had taken it upon himself to find me a bike, and someone who knew the area well enough to give me a good tour. I had a lot of fun on our 35 mile ride into the Scottish countryside, in sunny/warm weather even the Scots said was unusual for this time of the year!

I will leave you with these words of wisdom from my adventures into Scotland. If you hear of cyclists visiting this area that need assistance, please do your best to help them with any needs that may come up. Your assistance can be in the form of a favorite local route map, a spare bike, or even a friendly riding partner/guide. Should you not be able to offer these items to the person visiting our area, please reach out to other club members for assistance through a phone call or the club e-mail list. I know I will never forget my ride in Scotland (especially riding on the left-hand side of the road...), and I would hope someone visiting our great country could leave with the same experience!! Look for a few pictures further in this issue!!

Oh - DON'T FORGET TO ORDER YOUR IVW JERSEYS AND SHORTS - MORE INFORMATION LATER IN THIS NEWSLETTER!

IVW CHAIRPERSONS

Welcome, New Members:

Amber Evans & Florin Marcu.....Dunlap^
Marc Hetzel.....Bartonville
Brad & Glenda Hibbert.....Hopedale
Darrel Jones.....Washington
Carrie Kerr.....Washington
Don & Becky Rulis.....Metamora

Thanks to Renewing Members:

Dennis Anderson.....Peoria
Sandra Brown.....Normal*
Ben Brubaker.....Any town^
Morgan Clay.....Peoria
Dale & Sharon Cook.....Pekin
David Gromer.....Morton
Gerald Haley.....Any town
Jack & Carol Huggins.....Peoria
Patty Isit.....Bartonville
Angela Martin-Moushon.....E. Peoria
Richard & Twila Moore.....Dunlap
Craig D. Nelson.....Pekin
Mel Perrill.....Largo, Fla.
Randall Schmidt.....Chillicothe
Charlie & Jane Sieck.....Dunlap^^
Herb Unkrich.....Edwards
Shai & Liliana Wong.....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.

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?

TREASURER:

Marge Semmens - 693-9388
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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Justin McWhirter - 694-3736
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IVW Website:

<http://www.ivwheelmn.org>

AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



NEW IVW JERSEY

By Mike Honnold

Enclosed in this newsletter is a form to order your jerseys and shorts. We have decided to offer the jerseys to members as well as non-members in hopes people will join the IVW to receive the reduced cost. Never hurts to have a few more members!

Jersey order forms MUST be received by May 1st, 2010 and be paid IN-FULL at the time of ordering through check or cash. We considered setting up an online payment system (much like the online membership), but it would have been too difficult and confusing. We reserve the right to refuse all forms received after May 1st, since every day we delay turning in our order after May 3rd, 2010 will lengthen the time it takes to receive our clothing from Sugoi.

Assuming we are able to turn in our order on May 3rd, 2010, the jerseys should be processed and received sometime from mid to late June, 2010. To all current IVW members the board has decided to extend a small discount. Members who have a single membership will receive 10 dollars off their first item (jersey or shorts).

Members who have a family discount will receive a 10 dollar discount off the first item (jersey or short) for each family member who would like to order..i.e. husband and wife would each receive a 10 dollar discount on their first jersey. In addition, those IVW members who have agreed to help out at the Lake Evergreen Tri will receive a 20 dollar discount off their entire order. This discount will be given as a cash rebate on the day of the triathlon - please pay full price at time of order.

The board members are excited about this opportunity, and how the jerseys will give our club a new image in the community! If you have ANY questions at all about the ordering process, please do not hesitate to give me a call at 309-696-2591.

Sugoi Discount Disbanded

By Mike Honnold

I am sorry to announce Sugoi recently took away our 50% club discount for all clothing ordered through www.sugoi.com. I was informed of this decision from our Sugoi representative shortly after publishing our March newsletter. Sugoi's decision was made at a corporate level for all clubs receiving the benefit. At this time, Sugoi is re-evaluating their club discount program, and may re-instate it at some point in the near future. Until then, we have decided to keep Sugoi as a sponsor of our club due to their substantial credit awarded for our custom clothing order. The IVW board members decided to pass off the custom order credit to club members as the 10-dollar discount. Thanks to all members who took advantage of this discount, and I'm just as disappointed as everyone else to lose it!!

CLEAN-UP OF PARK SCHOOL ROAD

Saturday, May 15th, is the day the Wheelm'n will clean up our section of Park School Road. This will be our first clean up for 2010 so there will probably be quite a bit of litter. We will start at 10:00 AM so come a little early and socialize over a cup of coffee with other Wheelm'n at Not Your Average Joe coffee house in Dunlap.

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 Wheelm'n have been in helping with this task each time.
Cora Lynn Green, Chairman

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	February 2010 Mileage	2009/2010 Total Miles
Dennis Tresenriter	471.9	1831.6
Steve Sommer	726.6	1623.7
Edith Albright	522.09	1322.9
Steve Kurt	300.63	1318.39
Suzanne Wheeler	532.37	1269.11
Steve Berger	146	803
Tom Dorigatti	0	692.85
Michael Honnold	0	519.7
Faraz Hussein	16	246
Chris Gibson	0	35
David Gehrt	0	0
Torsten 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.

ON A PERSONAL NOTE!

TOMROV VACANCY

If you are thinking about registering for TOMRV but do not yet have accommodations for Saturday night in Dubuque, Iowa, we have three vacancies in the air-conditioned suites at Clark College. The room fee will be approximately \$65 each (depending on how many rooms are filled). Event registration is \$58 before April 16, \$68 after that. Interested parties may contact Bill at 309-263-8353 or email at wcovey@comcast.net.

For more information about TOMRV, go to <http://www.qcbc.org/tomrv/faq.html>

Spring Breakout Ride

April 17, 2010

Russell's Cycle 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.



Observations Made about Scotland By Mike Honnold

1. The Scottish accent gives any situation a certain "properness"
2. Scottish breakfasts are great - even the Haggis
3. Beer in Scotland is superb, and widely available
4. Every (and I mean EVERY) restaurant has a Cappuccino machine
5. You never get used to riding on the left-hand side of the road
6. Scottish drivers are much more patient with cyclists than Americans
7. Public transportation in Scotland/Europe is excellent
8. Europe may use the Metric system, but roads are still marked off in miles
9. Instead of "Rock, Paper, Scissors" the Scots play "Paper, Scissors, Stone"
10. Nessie does NOT make an appearance for all tourists.....

AROUND THE STATE-AROUND THE NATION

When the Secretary of Transportation Ray LaHood **stood on a table** at the National Bike Summit to thank the crowd and show his support for bicycling and walking, he was just getting started. Today, he announced his new **Policy Statement on Bicycle and Pedestrian Accommodation Regulations and Recommendations**. It is simply the strongest statement of support for prioritizing bicycling and walking ever to come from a sitting secretary of transportation. On his blog, **he writes:**

Today, I want to announce a sea change. People across America who value bicycling should have a voice when it comes to transportation planning. This is the *end* of favoring motorized transportation at the expense of non-motorized. We are integrating the needs of bicyclists in federally funded road projects. We are discouraging transportation investments that negatively affect cyclists and pedestrians. And we are encouraging investments that go beyond the minimum requirements and provide facilities for bicyclists and pedestrians of all ages and abilities. To set this approach in motion, we have formulated key recommendations for state DOTs and communities:

- Treat walking and bicycling as equals with other transportation modes.
 - Ensure convenient access for people of all ages and abilities.
 - Go beyond minimum design standards.
 - Collect data on walking and biking trips.
 - Set a mode share target for walking and bicycling.
 - Protect sidewalks and shared-use paths the same way roadways are protected (for example, snow removal)
- Improve non-motorized facilities during maintenance projects.
- Now, this is a start, but it's an important start. These initial steps forward will help us move forward even further. The Secretary ended by thanking the League of American Bicyclists, but we strongly thank him for his words, his energy, and now for his official policy statement. We agree that there is further to go and we look forward to working with the Secretary to get there.
(reprinted with permission of LAB)

For more information on this article go to:
<http://www.bikeleague.org/blog/2010/03/lahood-this-is-the-end-of-favoring-motorized-transportation-at-the-expense-of-non-motorized/>

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 worldwide 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



MEMBER PROFILE

Mike Antonini

By Barb Drake

They might tell you otherwise in Italy, but the Michael Angelo known to Pekinites is a biker, not a painter. He's better known as Mike Antonini, owner of Little Ade's, the shop his father opened three decades ago. Adolpho Antonini was Michael Angelo's father. Adolpho's nickname was Little Ade, both to distinguish him from a grandfather of the same name and because he was small in stature. So Little Ade's was the obvious name for the business Adolpho began out of his home, initially to service Mike and his bike-racing buddies. "Dad started taking in neighborhood kids and taking us to races," Mike explains. "He used his truck, and then he bought a trailer and hauled us all over the state." Adolpho began buying and stocking parts for the cycling team, and soon he had a new, home-based business.

That business, at 305 N. Fifth St., is in its fifth or sixth location "and bursting at the seams," says Mike, who's worked at the shop from the beginning. He was just

14. He took over around the time of his father's death from cancer in 1999.

One of the reasons Little Ade's is outgrowing its most recent location as Mike never imagined it would is the growing popularity of biking. He says the biggest change in the sport over the last three decades "is just the amount of people who are into cycling now. It's more accepted than it used to be. More baby boomers are buying more comfort bikes – people who want to get outside and stay fit. The bike trails have really helped."

Another big change is bike quality. "The quality you get for the money is just amazing compared to what it used to be," says Mike. He cites the impact of carbon-fiber technology, which has made it possible for shops like his to sell 14-pound bikes.

Variety is another significant development. "Bikes have gone off into so many different directions," he says. There are mountain bikes designed specifically for dirt jumping or for going downhill or for going cross-country.

Little Ade's built its reputation on mountain bikes, and that's still a popular market. Partly this reflects the "great trails in the area," Mike says, mentioning Farmdale, Black Partridge, Dirksen, Jubilee and Independence parks. Mike and friends put in some mountain bike trails in Independence Park at the old Caterpillar Proving Grounds in Marquette Heights, and he helps maintain them.

Road bikes have been a growing market over the last few years; Little Ade's stocks four times as many today as it did five years ago. Some mountain bikers turned to road bikes when the rains of the last two biking seasons made trails impassable.

Mike calls himself "a huge outdoor guy," as his free-time activities indicate. He hikes, canoes, snowshoes, snowboards and climbs mountains. Last year he and wife Gina – she's a nurse on the surgical floor at OSF St. Francis Medical Center -- hiked the Half Dome at Yosemite, cables pulling them up the final sheer face. They also hiked Long's Peak, at 14,259 feet the highest in Colorado's Rocky Mountain National Park. They spent the night in a boulder field before heading for the summit the next day. "It was so pretty up there – a really neat experience," he says.

And of course he still bikes, though he no longer races. When he can get away, he joins fellow Wheelm'n on scheduled rides. "I do it all for fun now; I'm here because I love bikes," he explains. Though Mike's tried a number of sports over the years, nothing has outlasted biking.

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

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) April 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.

Wednesday Rock Island Trail Ride: Jim and Bob Reading (688-9435) readingdiana@yahoo.com will depart from Connor Co., 1229 W. Pioneer Pkwy., at 5 p.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. at 5:30 p.m.** Ride distance will be 15 miles early in the season. Prepare to be able to ride 1 ½ hours. The group will ride together. 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 Emmonses 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 CONTACT FRED SMISER (241-7431) SMIZZ444@GMAIL.COM

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).

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.

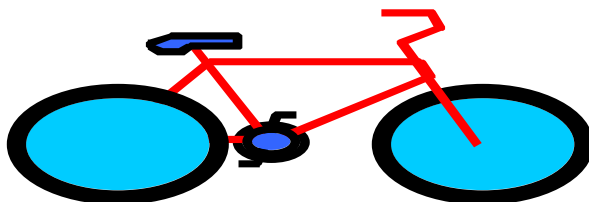
Show & Go: Riders have **NO** leaders. The distance and speed are decided upon by the group, but governed by the ride level designated.

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.

Pedal Peoria 2010

Explore Peoria's Art, Science & History by Bicycle
Our 11th Year



**Sponsored by Lakeview Museum of Arts & Sciences
& the Illinois Valley Wheelm'n**

Selected Rides co-sponsored by the Peoria Historical Society[†]
All rides are designed for the casual rider, 12 - 15 miles (one steep hill)
Approximately 2 hours starting at 6 pm (Except April 25, July 24, August 15)

All are welcome! No fee or registration

- April 25**
Sunday
Earth Day Ride Start at Lakeview Museum east parking lot **2:00 p.m.**
Highlights: Celebrate Earth Day, visiting urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale Prairie, Pimetoui Trail to the Riverfront Trail, returning through Glen Oak Park.
- May 24**
Monday
Grandview Ride Start at Lakeview Museum east parking lot.
Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindbergh's airmail flight plaque
- June 03**
Thursday
Sculpture Ride Start at Bradley University Quad.
Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- June 17**
Thursday
History Ride[†] Start at the Riverfront Visitor Center Parking Lot.
Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.
- June 29**
Tuesday
Eric's West Peoria Deli Ride Start at old Loucks School (temp. Thomas Jefferson) parking lot
Highlights: West Peoria, Pettengill-Morrison House, Glen Oak Park, Fedora's Deli
- July 15**
Thursday
50's Soft Serve Ride Start at corner of Lake and Knoxville.
Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- July 24**
Saturday
Prairie to Prairie Ride[†] Start at the Riverfront Visitor Center Parking Lot **8:30 a.m.**
Highlights: Two prairie restorations inside the city, Giant Oak Park, Whittier School Outdoor Science Classroom, plus selected historic sights - Riverfront, Springdale Cemetery, & historic homes.
- July 29**
Thursday
East Peoria Trail & Fon du Lac Ride Start at Town Center II parking lot, East Peoria.
Highlights: East Peoria Trail & views from Fon du Lac Dr.
- August 5**
Thursday
Garden Ride Start at Botanical Gardens, Glen Oak Park.
Highlights: Luthy Botanical Gardens & selected city gardens
- August 15**
Tour of the Solar System[†] plus highlights from the **History Ride** (See June 17).
Sunday Start at Lakeview Museum main entrance at **7:00 a.m.** This 3.5 hour, **24 mile** ride will start at the Sun and tour the planets from Mercury to Saturn in Peoria's Community Solar System.

For Information Call Ride Leader Sheldon Schafer 686-7000 or sschafer@lakeview-museum.org



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

1995 Santana Sovereign Tandem

Excellent Condition. Exceptionally Clean.
Asking \$2600.00

Forest Green

Columbus CroMo Steel Frame and Fork

Wheelsmith 40 Spoke Wheels 700 x 26c

Edco Hubs front and rear w/ quick release skewers

Deore XT Derailleurs front and rear.

Deore LX Brakes

DiaCompe Brake Levers w/DiaCompe Stokers
hand rests

Shimano Bar End Shifters

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

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

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

4 water bottle cages, Cateye computer, rear rack

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

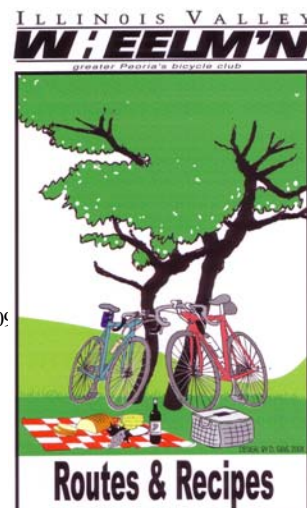
I will deliver anywhere within a 150 mile radius of Peoria, IL at cost of gas only. Pictures available.

Contact Bill Clark 309-241-0949

IVW "Routes & Recipes"

Available for purchase at the following locations:

- **Bushwhacker Ltd.**
4700 N. University, Peoria 692-4812
 - **Illinois Cycle & Fitness**
9016 Allen Road, Peoria 693-2691
 - **Lakeview Museum**
1125 W. Lake Avenue, Peoria 686-7000
 - **Little Ade's Bicycles & Repairs**
305 N. 5th St. Pekin 346-3900
 - **Often Running**
206 South Linden St., Normal 454-1541
 - **Running Central**
700 Main Street, Peoria 676-6378
 - **Russell's Cycle & Fitness**
10 Valley Forge Plaza, Washington 444-2098
 - **Tanner's Orchard**
740 State Route 40, Speer 493-5442
 - **Vitesse Cycle Shop**
206 South Linden, Normal 454-1541
- Mike Honnold President IVW**
Cannondale_25@juno.com
309-696-2591



This book has great routes and maps (and recipes too)!

Please consider supporting our local area bicycle shops.

Bushwhacker Ltd. - 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.



**Illinois Valley Wheelm'n
2010 Custom Jersey Order**

****ALL Orders must be received by May 1st, 2010****

When Complete, Please Mail to:

Illinois Valley Wheelm'n
Attn: Custom Jersey Order
6518 North Sheridan Road; Suite 2
Peoria, IL 61614

Enter Number of Items You Would Like To Order Below

****N/A Means item is not available in that particular size****

	Cost Per Item	Extra Small	Small	Medium	Large	Extra Large	Extra Extra Large	Total Number of Items	Cost Subtotal
Unisex Semi-Fitted "Club Fit" Short Sleeve Jersey	\$55.00	N/A							
Unisex Semi-Fitted "Club Fit" Long Sleeve Jersey	\$69.00	N/A							
Female Semi-Fitted "Club Fit" Short Sleeve Jersey	\$55.00						N/A		
Female Semi-Fitted "Club Fit" Long Sleeve Jersey	\$69.00						N/A		
Unisex Loose Fit Short Sleeve Jersey	\$58.00	N/A							
Unisex Regular Shorts	\$50.00	N/A							
Female Regular Shorts	\$50.00						N/A		
Unisex Bib-Style Shorts	\$65.00	N/A							
Female Bib-Style Shorts	\$65.00						N/A		

Order Cost Subtotal:	
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Order Notes

- **Order Period is April 1st, 2010 -> May 1st, 2010
- **All Order Forms Must be received during this Time
- **IVW Reserves the right to refuse any Order
- **Items Must be Paid for at time of Order
- **No Refunds on any order if wrong size ordered
- **IVW will NOT be ordering extra items for exchanges
- **Non-IVW members MUST pay 15 dollar per item upcharge
- **All Jerseys will have a 3/4 Hidden Zipper
- **Order Receipt Period Will be mid to late June 2010

\$15.00 x # Items Upcharge for Non-IVW Members:	
*See Reverse for membership form	
\$15.00 One Year Single Membership to IVW	
*See Reverse for membership form	
\$20.00 One Year Family Membership to IVW	
*See Reverse for membership form	
\$10.00 Discount for one item for current IVW Members	
*Single memberships receive one Discount *Family memberships receive one discount per family member ordering clothing	

Grand Order Total:	
---------------------------	--

Name: _____

Address: _____

City: _____

State: _____

Phone Number: _____

E-Mail: _____

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

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

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	Deadline for turning in IVW Custom Jersey Orders!!!!	Mike Honnold 309-696-2591
May 15 th , 2010 All Day	Bikes for Kids Bike Collection Drive	TBD
May 19 th , 2010 6:30 PM assemble; 7 PM Ride	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

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

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

RETURN SERVICE REQUESTED

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

