



# ILLINOIS VALLEY WHEELM'N

May  
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.

JOIN YOUR FELLOW RIDERS AT

**“NOT YOUR AVERAGE  
JOE”**

May 15, 2010

See page 8 for details

## ON THE INSIDE

Club Officers	Page 2
New/Renew Members	Page 2
Local Event News	Page 3-4
State & National News	Page 5
Ride Schedule	Page 9-11
Pedal Peoria Series	Page 11
Classified Ads/For Sale	Page 12
Membership Form	Page 13
Calendar of Events	Page 14



## TAILWINDS – Mike Honnold – IVW PREZ

Haven't we been experiencing some great riding weather recently? Wow - I took the day off last week to get my car worked on, and had the opportunity to go on a 35- mile ride around Bartonville & Glasford when everyone else was working. Aside from the lunchtime crowd, roads were clear, temperatures were warm, and (best of all) winds were light! Too bad, I could not have ridden further, but yard work was calling, and you can only put that stuff off for so long!

Work is progressing well toward our No Baloney Ride on September 25, 2010. This year, due to a bridge closing near Chillicothe, we had to alter our ride distances slightly to 30 miles, 50 miles, 68.5 miles, and 100 miles. The board believes these are close enough to our normal distances of 25, 50, 75, and 100 miles that most people will not mind at all.

Ride T-shirts have been picked out this year, and we are going back to the long-sleeve performance t-shirt from two years ago. We were not happy with sales of the short sleeve shirt in 2009 - likely a result of most riders wanting long-sleeve shirts in the cool, fall weather. Resident club artist, Dennis Sans, drew us some WONDERFUL artwork for the ride, which we feel perfectly conveys the area our event is focused around. Search for the ride artwork in future issue's, and you will see what I mean! We would also like to thank Dennis for his years of service to the club and donating his talents as an artist. Dennis has drawn up designs for many No Baloney T-shirts in addition to numerous items for the IVW newsletter. Dennis has decided to take some time off from the club to further pursue his artwork. Thanks, Dennis - we will miss your contributions to the club!

Like every year for No Baloney, we will need many volunteers to help the ride be as successful as it normally is. Many plans have already been made, but we could still use some help with food planning, sponsorships/giveaways, mailing brochures, calling volunteers, filling rest stop boxes, and marking the route. If you feel you have some talent we could use at the ride, please let me know by e-mail (cannondale\_25@juno.com) or phone 309-696-2591. A big thank-you does need to go out to Suzanne Wheeler, who helped by calling a few potential sponsors, and Tom Dorigatti, who designed our 2010 brochure. Be on the lookout for Tom's brochure coming to you in May!

I will sign out for now. If you can make it, please do not forget to attend Not Your Average Joe Spring Kickoff IVW brunch on May 15 in Dunlap. NYAJ is welcoming IVW members into their store for some free drinks and other goodies. More information can be found later in this issue - you can also drop off your old bikes at "Bikes for Kids" on your way there!! I will be there wrenching, along with Mike Pula and a few other club members!! Stop and say HI!

## Welcome, New Members:

Michelle Busa.....Peoria  
Mike & Wendy Fox.....Morton  
Susan Hood.....Morton  
Jeff & Brenda Menke.....Peoria  
Tim Swanson.....Peoria  
Bev Tisdale.....Hanna City  
Brian & Emily Wilburn.....Peoria

## Thanks to Renewing Members:

Tom Dorigatti.....Pekin  
Barb & Bernie Drake.....Peoria^  
Gerald Haley.....Peoria  
Donald Jacobs.....Washington  
Roger & Kathy John.....Dunlap  
Mike Joslin.....Peoria^  
Bonnie Martin.....Brimfield  
Dan McGarvey.....Washington  
Ken McGarvey.....Dunlap  
George Parsons.....Groveland  
Mel Perrill.....Pekin  
Clarie Putman.....Peoria  
Tom & Susan Sanders.....Bartonville  
Dennis & Derek Sans.....Pekin  
Larry & Brenda Shay.....Peoria  
Lester Siegrist.....Washington  
Fred & Marilyn Smiser.....Pekin  
David & Michele Smith.....Brimfield  
Randall & Sue Townsend.....Pekin  
Laverne & Roger Wilson & Family.....Washington

(\* 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](http://www.signmeup.com/67269)

Visit our website, [www.ivwheelmn.org](http://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](mailto: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](mailto: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 309-696-2591  
[cannondale\\_25@juno.com](mailto:cannondale_25@juno.com)

### **VICE PRESIDENT:**

Lori Boland 309-231- 1723  
[lorib1723@gmail.com](mailto:lorib1723@gmail.com)

### **SECRETARY:**

Chris Salvador 309-229-1404  
[kidentropy818@yahoo.com](mailto:kidentropy818@yahoo.com)

### **TREASURER:**

Marge Semmens 309-693-9388  
[m\\_b\\_semmens@sbcglobal.net](mailto:m_b_semmens@sbcglobal.net)

### **RIDE CHAIRPERSON:**

Mike Pula  
[mikepula@gmail.com](mailto:mikepula@gmail.com)

### **2010 NO BALONEY RIDE CHAIR:**

Mike Honnold 309-696-2591  
[cannondale\\_25@juno.com](mailto:cannondale_25@juno.com)

### **SOCIAL CHAIR:**

Laurie Wilbur 309-446-9367  
[lwilbur02@gmail.com](mailto:lwilbur02@gmail.com)

### **MAILING:**

Val Lindner  
[lindner4@comcast.net](mailto:lindner4@comcast.net)

### **DATABASE:**

Larry Davis 309- 691-3060  
[davis.lar@comcast.net](mailto:davis.lar@comcast.net)

### **ADVOCACY/GOV.REL.**

Gregg Bittner 309 - 258-1463  
[cmbittner@comcast.net](mailto:cmbittner@comcast.net)

### **EDITOR:**

Bill Clark 309- 347-4841  
[wdclark190@comcast.net](mailto:wdclark190@comcast.net)

### **WEBMASTER:**

Justin McWhirter 309- 694-3736  
[justin.mcwhirter@gmail.com](mailto:justin.mcwhirter@gmail.com)

### **IVW Website:**

<http://www.ivwheelmn.org>

# AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



## Bikes for Kids

By Mike Pula

Saturday **May 15th** Bikes for Kids will be held at **Northwoods Mall** from **8:30 - 2:00**. This is a joint effort with the Salvation Army and several of the area bike shops. For those that are not familiar with the event, we collect donated bikes; and after any needed adjustments and repairs are made, the Salvation Army distributes the bikes to needy kids in the community. Over the years, hundreds of kids have received bikes and been able to enjoy the experience of bike riding.

This is a completely volunteer- driven event. Several bike shops offer great support in the form of qualified mechanics and a variety of parts, tubes, tires etc. But for it to really work, **we need your help**. First, we need donated bikes (suitable for kid’s and in somewhat working condition). We all know families that have outgrown their kid’s bikes and some of us are those families. So clean the garage and get the word out to your neighbors and friends. Second, we need people to help that Saturday. Some of us will clean and repair bikes. Some of us will assist in accepting donated bikes and loading repaired bikes into the Salvation Army truck for transporting to their center. Many hands make for light loads. So if you can spare a few (or several) hours on the 15th, let Mike Pula know. You can call him at 264-9396.

## HONNOLD’S EVENING RIDE

**Leader(s):** Michael Honnold

**Location:** Peoria Riverfront Parking lot in front of Kelleher’s and Rhodell’s Brewing; 619 SW Water Street is address of Kelleher’s

**Start Time:** 5 p.m. every Monday all summer long

**Start Date:** Monday, April 5, 2010

**End Date:** October 25th, 2010

**Ride Info:** This is a discovery ride for those of you who have lived in Peoria all your lives, or have recently moved to the area. We will ride around the city of Peoria using residential/side streets showing how easy it is to get around for commuting and other practical purposes. In addition - if you are looking for a specific commuting route, let me know, and I’ll come up with a route, and we can practice it during this ride....There will be a few hill climbs up the bluff, so come prepared for those! We will NOT meet on Monday, May 26th, since Sheldon Schafer has one of his famous Peoria rides this same evening.

**Distance:** 20-25 miles **Level:** 2-3

**Phone:** 309-696-2591 **E-Mail:** [cannondale\\_25@juno.com](mailto:cannondale_25@juno.com)

**Food:** We may sometimes hit a downtown joint after the ride for a pint and some food. Not much is open on Monday, though....

## INCREASING COSTS THE ECONOMIC CRASH HITS HOME

The board has been debating over how to handle the increasing cost of mailing. There have been a lot of good ideas tossed back and forth, but the best option in the board’s opinion, is to go to an electronic version of the newsletter.

In the coming months we will be soliciting your opinion We are currently putting together an analysis of what it cost and labor involved to mail each and every household a paper copy each month.

We will be looking at other cost- saving measures to keep your membership dollars doing the best good.

And so, I am asking you to email me with your thoughts. To keep our membership dues from increasing, and to do our part in helping to “go green,” would you be willing to receive your newsletter in an electronic form? We will do what the majority of the membership wants. We just need you opinion.

E-Mail me at [wdclark190@comcast.net](mailto:wdclark190@comcast.net)

Your Editor

### 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](mailto: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	March 2010 Mileage	2009/2010 Total Miles
Dennis Tresenriter	506.5	2338.1
Steve Sommer	699.7	2323.4
Edith Albright	802.6	2125.5
Steve Kurt	451.66	1770.1
Suzanne Wheeler	255.7	1524.8
Tom Dorigatti	589.29	1282.1
Steve Berger	461	1264
Michael Honnold	379.1	898.8
Faraz Hussein	0	246
Torsten Van Wassenhove	78	78
Chris Gibson	36	71
David Gehrt	0	0

## CLUB AND LOCAL AREA EVENTS

### Group Ride Updates

By Mike Honnold

I am simply amazed by the number of organized group rides posted in our newsletter and on the website - wow! If you are into riding with others, I think it is possible to find company nearly every day of the week - and sometimes twice in the same day. Please remember to thank your regular group leaders for the dedication required to keep a weekly appointment and be there on time!!

At the start of each riding season, I like to touch on a few etiquette reminders for those who may not be familiar with group rides, or those who could use a good refresher. Please read the following tips below, and take them to heart....

1. Always be early for the group ride so you can leave at the posted time. The reason for a posted time is so the ride can be kept on schedule. I know we are all busy people, and when the ride is delayed 10 minutes by those who show up right at 5 PM for the 5 PM ride, folks start to get a little angry. I've heard the 5 PM ride at Dunlap can sometimes be delayed as much as 20 minutes by riders who keep showing up late. Please show some common courtesy to your fellow club members and arrive on time! Also - do not be surprised if you show up at 5 PM, and the ride is leaving. Posted times are posted for a reason, and the group cannot be expected to wait for one straggler!

2. Please remember the old camping strategy when it comes to your energy bar wrappers and drink bottles, "Carry in & carry out." We are only into April, and I've already had a few people contact me regarding the Dunlap Grade School, where a few discarded energy bar wrappers and drink bottles have been found around the parking area. We use this facility quite frequently for a group ride starting point, and I'd hate to see us lose this opportunity because of a few people who can't find a garbage can, or take the trash home with them. Since other cycling clubs in the area also use this facility to leave for bike rides; they have been contacted regarding the same problem.

3. If the posted group ride is a Level 2, please do not try and ride like it is a Level 3. Riders show up at certain rides, because they are familiar with the speed and difficulty level. The easiest way to solve this problem is never ride faster than the designated group leader. Group leaders will rarely push the group beyond what they feel is possible, due to their leadership of the ride. If everybody stays behind the group leader, all is well!  
Have fun!

### 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](mailto:wcovey@comcast.net).

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

### IVW Custom Jersey Order Update

By Mike Honnold

By the time you read this, our custom jersey/short order will hopefully be in the middle of processing by our vendor, Sugoi. Thanks in advance to everyone who ordered!! Assuming we are able to turn in our order on May 3rd, and Sugoi sticks to their 8- week lead time, we will have the clothing by June 28th. This will hopefully give everyone enough time to break in the clothing over summer, so we are ready to represent our club well at No Baloney on September 25th by showing off our new "duds"!

When sending out the order forms, I didn't think about how to deliver clothing once it arrived from Sugoi. To solve this problem, once we have all the orders tallied, I will contact each member and find out their preference of local bike shop for delivery. Clothing will be delivered to the preferred bike shop, and then each member can pick up the order on their own time. In addition, members can also make arrangements to pickup their clothing order at my house in Peoria, or have it shipped - should they live out of the area. Members will be responsible for paying all shipping/handling charges should that option be chosen.

There is a slight chance we may organize a second clothing order, if there is enough interest generated by the completed jerseys once members see them. Keep watching the newsletter and/or e-mails for news of this possibility!

Please be sure and thank our sponsors for the jersey - they were very supportive of the project!! Sponsors of the jerseys are as follows : Little Ade's Bicycles, Russell's Cycle and Fitness, Illinois Cycle, Bushwhacker, Dynamic Design Sport, Mackinaw Valley Vineyard, Not Your Average Joe, Eastside Center, and Liquid Graphix.



# 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 the League of American Bicyclists from the LAB Website)

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](http://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](http://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](http://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](http://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 m.p.h. 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](http://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

## BIKE SHOP OWNER PROFILE

### John Bousky, owner, Illinois Cycle and Fitness

By Barb Drake



If you're talking longevity, bragging rights clearly belong to one local bike shop. In one form or another, says owner John Bousky, Illinois Cycle and Fitness has been in business for more than 130 years.

The late 19<sup>th</sup> century was the heyday of the bicycle, and Peoria was very much a part of that. There were four manufacturers in town, a thriving bike club and frequent races. Routinely, trainloads of bike parts arrived for assembly. Meanwhile, up in Peoria Heights, a couple of brothers named Duryea and a couple of brothers named Voss were busy assembling, building and inventing various types of bicycles. (Some credit Charles Duryea with inventing the drop frame for women's bikes.)

Eventually, Duryea contrived a vehicle he believed had more potential than the bike – the automobile. So the Vosses bought the Duryeas' bike interests out. Voss Brothers incorporated in 1892 and in 1895 built a factory on Prospect Road. Today the building houses a motorcycle shop.

Surviving a Depression, two world wars and the gasoline engine, the Vosses remained in business until 1955, when they sold to an employee. His name was Joe

Bousky -- John's father. Joe changed the name to Illinois Cycle and moved to downtown Peoria. In the early 1970s he lost that site to Civic Center construction and relocated to War Memorial Drive.

After four decades of ownership, Joe Bousky decided to retire. "He asked us who was interested in buying the business," says John Bousky. Among the eight siblings, "I was the only one."

Perhaps not surprisingly.

John had been working for Illinois Cycle since he was nine or ten years old. "I did everything from cleaning bathrooms, to pricing stuff that came in, to cleaning the parking lot and mowing the grass," he says -- for the princely sum of 25 cents an hour. Eventually he learned to fix bikes and -- for a more kingly sum -- worked in the shop during high school and college summers. He graduated from Eastern Illinois University with degrees in accounting and business and was working for Caterpillar Inc. when he took up his father's offer. The year was 1995.

Like other local shops that sell bikes, Illinois Cycle has survived at least in part by being flexible. Once upon a time it sold mowers and garden tractors. No longer. "Too much competition, and we needed something to sell off-season," John explains. Fitness equipment seemed the logical solution, and today it comprises 35 to 40 percent of sales. Typical buyers are people who want to control their weight or are under doctors' orders to exercise, as well as cyclists needing to keep in shape during winter. Two years ago, John added a line of motorized scooters -- in a sense, reuniting the gasoline- and pedal-power businesses the Vosses and the Duryeas had separated more than a century earlier.

Two wheelers that move by human effort remain the heart of Illinois Cycle's business in its newest location, off Allen Road. For these, there is no typical buyer. "It's kids from two years old to people up to 80 who will ride a couple of thousand miles a year," John says. "That's what's good about biking -- everyone can participate. It's easy for families to do." He believes completing the Rock Island Trail would draw more families into cycling.

Just as there is no typical customer, there is no longer a typical bike. "There used to be just 10 or 12 models, and Schwinn was the dominant player," John says. "They've got a bike that fits everyone's needs now." What's been consistent over the years, he says, is the price. "You can get a great, mid-range bike for 300 or 400 bucks. That's the same as 15 years ago, when I took it over."

A cyclist since a child -- he remembers riding out to Hanna City from his north Peoria home at the age of 10 -- John doesn't have much time now to ride. Daylight permitting, he bikes by himself early mornings and enjoys trail riding with his family on Sundays.

That family consists of wife, Cindy, a reading teacher at Garfield School, and four children, ages 4 to 13. His other interests?

"My kids' activities -- swimming, soccer, hockey, football -- are what I do in my off-time."

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

The patio is open, the blenders are humming! Average Joe are the summer season with celebration of the end will be sponsoring a Breakfast for all



umbrellas are out, and the All of us here at Not Your waiting to welcome back our cyclist friends. In of a long cold winter, Joe's Kick-Off the Season Wheelm'n Members!! On

Saturday, May 15th, from 9-10, Joe's will sponsor a breakfast where members can reconnect in a friendly atmosphere and plan this season's upcoming rides.

Joe's offers a comfortable place to stop when you are enjoying the Rock Island Trail. We serve the world's finest coffees and espressos, all natural fruit smoothies and frozen mochas, as well as delicious breakfast and lunch options. So next time you're whizzing through the Village of Dunlap, stop in and see us... check your email or strum some chords on our resident guitar. Oh, there's the oven timer... have to go take the chocolate chip cookies out of the oven... can't wait to see you!

Regards,

*Big Joe*

Not Your Average Joe  
208 N. Second St.  
Dunlap, IL 61625

Summer Hours:  
M-F 6:30am -8:00pm  
Sat. 8:00am-5:00pm  
Sun. 8:00am-3:00pm

Joe's... in the heart of the Village of Dunlap... follow the signs!

[www.NYAJoe.com](http://www.NYAJoe.com)

### CLEAN-UP OF PARK SCHOOL ROAD

**Saturday, May 15**, 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, at 9 a.m. and socialize over a cup of coffee with other Wheelm'n at Not Your Average Joe coffee house in Dunlap for a "Kick off the Season Breakfast."

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



# 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](mailto: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.

**Monday Level II "Show and Go"** No regular leader. Meets at 5:30 @ Dunlap Grade School in Dunlap.

**Daytime Tuesday Show and Go:** All levels of riders depart from the Dunlap Grade School at 9:30 a.m. Weather permitting, Mileage 25-40. Contact Herb Unkrich (673-1074) [bluebirdherb@yahoo.com](mailto: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. 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](mailto: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) **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. from the Dunlap Grade School

**Wednesday Rock Island Trail Ride:** Jim and Bob Reading (688-9435) [readingdiana@yahoo.com](mailto: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 departs 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](mailto:mikepula@gmail.com) or Eric Hutchinson 688-7038.

**Wednesday East Peoria Level II:** Dirk McGuire (699-8482) [dirkbike1@comcast.net](mailto:dirkbike1@comcast.net) will lead this ride from Cross Point Church, 304 S. Pleasant Hill Rd. at 5:30 p.m. all summer. Ride distance will start in the 20-mile range and increase throughout the season. Average speed will be 13-17 mph 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](mailto: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 DEPART 9:00 IN MAY. CONTACT FRED SMISER (241-7431) [SMIZZ444@GMAIL.COM](mailto:SMIZZ444@GMAIL.COM)**

**MAY 6, SUZANNE'S RIDE:** DEPARTS SWIMMING POOL AT LAKE CAMELOT. DISTANCE 35+ MILES LUNCH OR SNACK LEADER SUZANNE WHEELER [SLWHEELER@GMAIL.COM](mailto:SLWHEELER@GMAIL.COM)

**MAY 13 EDITH'S RIDE:** DEPARTS PEARCE CENTER-CHILLI DISTANCE 35+ MILES LUNCH STOP LEADER EDITH ALBRIGHT [TALBRIGHT@GMAIL.COM](mailto:TALBRIGHT@GMAIL.COM)

**MAY 20 FRED'S RIDE:** DEPARTS VFW CLUB PEKIN. DISTANCE 40+ MILES. LUNCH STOP LEADER FRED SMISER (241-7431) [SMIZZ444@GMAIL.COM](mailto:SMIZZ444@GMAIL.COM)

**MAY 27 JIM KING'S RIDE:** DEPARTS LACON MARINA. DISTANCE 40+ MILES. LUNCH DEPENDS ON ROUTE. LEADER JIM KING (274-5575) [JK76@VERIZO.COM](mailto:JK76@VERIZO.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 May:

**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** Great River Trail.

Questions? Contact Barb (692-1201, [bdrake@mtco.com](mailto:bdrake@mtco.com)) or Cora Lynn (683-3083, [cora\\_lynn@yahoo.com](mailto: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.

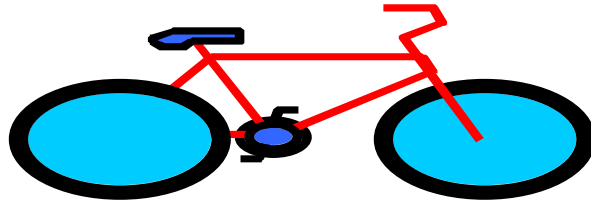
**Show & Go:** Riders have **NO** leaders. The distance and speed are decided upon by the group, but governed by the ride level designated.

### 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 11<sup>th</sup> Year



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

Selected Rides co-sponsored by the Peoria Historical Society<sup>†</sup>  
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**

- 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**<sup>†</sup> Start at the Riverfront Visitor Center Parking Lot.  
Highlights: Riverfront, 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**<sup>†</sup> 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**<sup>†</sup> 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](mailto:sschafer@lakeview-museum.org)





## FOR SALE

Order your "3 Feet Please" jerseys and wind vests today from: <http://ivw.3feetplease.com>

Sette cycling shoes, size US6.5, boxed, very good condition, \$25, Chris Gibson 309-253-0128.

### **Santana Sovereign Tandem**

**Excellent Condition.** Exceptionally Clean.

Asking \$2400.00

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

### **For Sale**

**Tandem hard plastic shipping case for sale. Black, hinged, lockable, foam padding & straps inside. Extremely well built (almost bullet proof). Cost \$400 new, will sell for \$75. Contact Larry Shay 839-0019**

### **For Sale**

Trek T900 Tandem. Excellent condition. Includes Trek wireless computer, 3 bottle cages. Asking \$650. Contact Mike Dvorsky 309-689-0420

## IVW "Routes & Recipes"

Available for purchase at the following locations:

- **Bushwacker Ltd.**  
4700 N. University, Peoria 692-4812
  - **Illinois Cycle & Fitness**  
9016 Allen Road, Peoria 693-2691
  - **Lakeview Museum**  
1125 W. Lake Avenue, Peoria 686-7000
  - **Little Ade's Bicycles & Repairs**  
305 N. 5<sup>th</sup> St. Pekin 346-3900
  - **Often Running**  
206 South Linden St., Normal 454-1541
  - **Running Central**  
700 Main Street, Peoria 676-6378
  - **Russell's Cycle & Fitness**  
10 Valley Forge Plaza, Washington 444-2098
  - **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](mailto:Cannondale_25@juno.com)  
**309-696-2591**



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

### **Santana Visa**

- Size small (Captain 50cm, stoker 46cm, 54 ½ top tube)
- Beautiful candy apple red with white letters
- Shimano 105 STI
- Ultegra Front derailleur
- Deore XT Rear derailleur
- Avid 2.5 V breaks with tensioners
- Mega drive cranks
- Stoker 4-position crank extensions
- Mavic T 217 40 hole with Shimano hubs
- Santana 90 mm stem
- Ahead set
- New Continental gator skins
- Blackburn rack

This bike has low miles and is in very good condition. It's only been ridden with my daughters. Asking \$1,950.00. Contact Mike at [mnwfox@verizon.net](mailto:mnwfox@verizon.net) or at (309)263-4902.

**Please consider supporting our local area bicycle shops.**

Bushwacker 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](mailto: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 1/2 page and \$50 for a full page. To submit a commercial ad, send an electronic document compatible with Windows to [wdclark190@comcast.net](mailto: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 15<sup>TH</sup> of the month preceding the appearance of the advertisement.

## Check the Website for Updates and General Information

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

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

Go to [www.ivwheelmn.org](http://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](http://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
May 1 <sup>st</sup> , 2010	Deadline for turning in IVW Custom Jersey Orders!!!!	Mike Honnold 309-696-2591
May 15 <sup>th</sup> , 2010 All Day	Bikes for Kids Bike Collection Drive	Northwoods Mall; Peoria, IL West Parking lot Near Firestone
May 15 <sup>th</sup> , 2010 9 – 10 AM	Not Your Average Joe IVW Breakfast Brunch	208 N. Second Street Dunlap, IL
May 15 <sup>th</sup> , 2010 10 AM	IVW Trash Pickup of Parks School Road	Meet at Not Your Average Joe after IVW Breakfast Brunch
May 19 <sup>th</sup> , 2010 6:30 PM assemble; 7 PM Ride	Ride of Silence <a href="http://www.rideofsilence.org">www.rideofsilence.org</a>	Upper Glen Oak Park Peoria, IL
May 30 <sup>th</sup> , 2010 5:30 A.M.	Chicago Bike the Drive <a href="http://www.bikethedrive.org">www.bikethedrive.org</a>	Chicago, IL Downtown – Lake Shore Drive
July 17 <sup>th</sup> , 2010 5:00 A.M.	Lake Evergreen Tri Volunteering Opportunity	Lake Evergreen; Bloomington, IL Likely carpool from Russells
September 25 <sup>th</sup> , 2010 6:30 A.M.	No Baloney Bicycle Ride <a href="http://www.ivwnobaloney.com">www.ivwnobaloney.com</a>	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.**

