



# ILLINOIS VALLEY **WHEELM'N**

**June  
2010**

*greater peoria's bicycle club*

**NO BALONEY  
RIDE  
LOOK FOR THE  
REGISTRATION  
FORM  
IN THIS NEWSLETTER**

**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.

**WANNA GO RIDING ?**

**Take your pick.  
Three pages of rides to  
choose from.**

**See the listings starting on  
page 9.**

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**TAILWINDS Mike Honnold IVW Prez**  
I can't help but be amazed at how many things happened in our club on just one Saturday, May 15. Not Your Average Joe in Dunlap hosted a breakfast brunch for IVW members to "open" up the cycling season on the Rock Island Trail. Not Your Average Joe was one of the first businesses to agree to sponsor our new IVW jersey, and they are really taking a liking to our members! They had a great crowd for the event, and I wish I could have been there to enjoy a nice latte. Unfortunately - I was helping Mike Pula and others at the "Bikes for Kids" event at Northwoods Mall. This event (which is held every two years) is a great way for IVW members to help local people who could not otherwise afford a bicycle.

I have helped the past two or three times the event has been held, and I seem to end up turning wrenches for most of the day. With our new location at the mall this year, we had a great response from the community, and we were able to turn around many bikes that would have otherwise been thrown away. Finally - Cora Lynn Green and her crew were picking up our adopted section of Parks School Road on Saturday morning right after the Not Your Average Joe brunch. I coordinate the pickup for our Peoria Bicycle Club section of Grange Hall Road, so I know this is not exactly the best volunteer work you can come out to help with. However, seeing those bags filled with trash makes you feel good, knowing you are giving back something to the community. Thanks to all those who supported the above-mentioned events on the weekend of May 15 - I am glad to be president of a club who has so many things going on!

Did anyone see the article in the April 28 edition of the Peoria Journal Star regarding the local man who assisted a Korean cyclist coming through our area on a cross-country journey? Wow - what a touching example of wanting to help the human spirit. To make a long story short, the Korean cyclist started out on his cross-country journey from New York City on March 30, and hopes to be back in San Francisco on June 24 for his flight back to Korea. While riding through Peoria, David White helped the cyclist get his bike fixed at Bushwhacker (Thanks, Guys/Gals!), and taught him various ways and methods to better survive on his own out in the "wilds" of America. I do not know David White, but he seems to be the kind of person we would like to have on our club!

Better tie this one up - weather is great outside...hope to see you all out on the road! Thanks again to our sponsors of the jersey...Little Ade's; Bushwhacker; Illinois Cycle; Russell's Cycle and Fitness; Mackinaw Valley Winery; Eastside Center; Dynamic Design Sport; Not Your Average Joe; Liquid Graphix.

## Welcome, New Members:

Kimberly Davis.....Peoria Hgts. ^  
Tod Hetzel .....Bartonville  
Joan & Kathy Hollerich .....Peoria Hgts.^  
Carl Miller .....Creve Coeur  
Dan Panea .....Peoria  
Erika & Steve Rutherford .....Edwards

## Thanks to Renewing Members:

Edith Albright.....Chillicothe  
David & Janice Atkinson & Family.....Peoria  
Steve Berger.....Peoria \*  
Gregg Bittner.....Peoria \*  
Jerry & Lori Camp & Family.....Peoria  
Ron & Gwen Chandler.....Peoria  
Steve Conway.....Morton  
James & Sandra Desalvio & Family .....Dunlap  
James Devore .....Metamora  
Mike & Matthew Dvorsky .....Peoria  
Daniel & Christine Hill .....Pekin  
Jim King .....Hopewell \*  
Dirk & Michelle McGuire .....E. Peoria  
Jerry Porter .....Peoria  
Robert Reading .....Peoria  
Marty Reeves .....Peoria  
Sheldon & Mary Ann Schafer .....Peoria ^  
Neil Terry .....Edelstein  
Michael & Emily Therry .....Marquette Hgts. \*  
Donald Washburn .....Peoria

(\* LIB/LAB Membership ^Advocacy donation)

## REMINDER TO ALL IVW MEMBERS

Please check your mailing label for the expiration date of your membership. The IVW does not send out bills or notices, but requests that members keep track of the expiration of their annual memberships and submit the payments accordingly.

Thank you.

## RENEW YOUR MEMBERSHIP ON-LINE at:

[www.signmeup.com/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:**

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<http://www.ivwheelmn.org>

# AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



## Electronic Club Newsletter Update -

By Mike Honnold

Hopefully, some of you saw Bill Clark's article last month regarding our study into whether or not club members would be accepting of an electronic monthly newsletter. Did anybody give Bill input via e-mail or phone if they are for/against the idea? True to Bill's word, if you didn't contact Bill, he will probably be contacting you soon for input.

For a few years (even before I became president), board members have gone back and forth on the subject of implementing an electronic newsletter. There are two main reasons why the club would want to go with an electronic newsletter. The first reason would be to save a lot of money each year. Every newsletter we print costs the club 50 cents + an average of 22 cents to transport it to your home. Should we ever drop below 200 circulation, postage would go up to 44 cents per newsletter. Over the course of a year, newsletters and postage add up to around \$2,247 dollars. Yes, the newsletter may be nice to read on paper, but how many of you throw them out or recycle after the new has worn off? This leads to the second reason we want to look at an electronic newsletter - saving the environment. According to thegoodhuman.com, the average American family throws out 2,460 pounds of paper on a yearly basis. If you add this up across the United States, enough paper is thrown out yearly to heat 50 million homes for the next 20 years! Granted, one IVW newsletter is a very small percentage of this total, but every little bit helps!

There are many fun, exciting, and good things we could do with the money we save on sending out the electronic newsletter. For instance, the IVW could donate more things to the local cycling community, such as benches for the new Kellar Branch Trail, or helmets for children to use at Safety Town. In addition, we may even be able to sponsor free trips up to Chicago to help work at Bicycling Cooperative (a bicycle recycling business), and then go cycling on trails afterwards.

Over the next few months, the board will be collecting input from club members on our new idea to see if it would be a good business decision. In order to make this a good decision, the board has calculated our monthly "paper mailing" would need to drop below 166 before the club would start saving money. Should we feel it does make sense from a club perspective, the e-newsletter would be implemented sometime next year. Don't worry - if you haven't yet stepped on the e-mail bandwagon and would like to receive a paper copy, the option will remain available.

Paper or electronic? Regardless of your choice, please provide input to Bill Clark at wdclark190@comcast.net. Thank you.

## No Baloney Ride Update

By Mike Honnold

As crazy as it may seem, the 2010 No Baloney ride is now only 4 months, 11 days, 8 hours, 40 minutes, and 37 seconds (36, 35, 34, 33...) away, and time isn't slowing down! My mind was wandering the other day at work when I realized this, and I kind of got a little knot in my stomach. Many plans have been made for the event already, but there are still many plans left to be made before our main fundraiser of the year can be held. This year is going to be a very special year, because we are changing the route 100% to be held on the north end of the Tri-County area, rather than the usual south. Our hope is that the new route will breathe new life into the No Baloney, and keep it the area's most popular ride for years to come!

Of course - to have a successful ride, you need a lot of good volunteer help from club members. Many club members have stepped up to the plate so far, but I could use a few more to smooth out the rough edges. If you've never helped out before - make 2010 the year you turn a new corner and succeed in keeping the IVW "above the norm".....

Below is a list of items I still need to check off my list before the event can take place in September. If any of these items sound interesting to you, please give me a call (309-696-2591) and we can talk.

1. Coordinate marking the route with paint (could be done during a group ride)
2. Restock rest stop supply boxes
3. Send out donation/sponsorship letters to usual donors
4. Coordinate volunteers for rest stops
5. Coordinate purchasing food for event (may take a team of 2 to 3 people)
6. Send out route maps to county road officials
7. Send brochures out to bike shops in IA, IL, and IN
8. Publicize ride by sending out press release
9. Design No Baloney advertising poster
10. Deliver advertising posters out to businesses in community who will post them.

### 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	April 2010 Mileage	2009/2010 Total Miles
Steve Sommer	1441.2	3764.6
Dennis Tresenriter	608.8	2946.9
Edith Albright	252.53	2378.03
Steve Kurt	577.69	2347.74
Tom Dorigatti	923.71	2205.85
Suzanne Wheeler	520.04	2044.85
Steve Berger	511	1775
Michael Honnold	817.6	1716.4
Faraz Hussein	16	262
Torsten Van Wassenhove	110	188
Chris Gibson	16	87
David Gehrt	19	19
Chris Salvador	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 June, 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!

### Spring Breakout Ride

Over forty club members gathered at Russell's Cycling for the annual Spring Breakout Ride. The weather was good although there was a pretty stiff wind out of the north. Joe Russell served as an exceptional host as he met the group with a pre ride layout of coffee, juice and snacks. Rob Alexander and Greg Durst provided leadership as we split into two groups for the ride. Rob's riders headed to Morton for breakfast, while Greg led his group to Metamora. After breakfast, both groups returned to Russell's, where we were treated to a lunch and raffle by Joe. The event provided for a great morning of riding, socializing and eating. What more can a cyclist want (except for less wind)? A big thanks goes out to Rob and Greg for their leadership and to Joe for great support of the ride and club.

### Custom Jersey Order Update

By Mike Honnold

I was blown away by the response of club members to our custom clothing order in April! Thanks again to all of you who made the decision to order! Initial response was low, but as the month drug on, members began mailing in their clothing selections. When I sent in our first numbers to Sugoi last week, we'd managed to speak for 104 jerseys, and 42 pairs of shorts - quite an order! We are currently working out a few kinks on final jersey design proof, and double-checking (sometimes triple-checking..) the numbers to make sure the order goes off without any surprises. Once all the final numbers are in sometime next week, the 8-9 week clock starts on the production process. If all goes as planned, we should have our order back around the latter part of June. I am hoping there are no hiccups in the process to extend the time beyond 8-9 weeks, so you all have the opportunity to enjoy your new clothing for a large part of the summer.

Once we have a better idea when the jerseys will arrive, plans will be made to have a mass group ride/gathering for all those who ordered. At this gathering, jerseys will be handed out, a picture will be taken, and \*hopefully\* all in attendance will be able to go on a short ride together. If some members cannot come to this gathering, the orders can be made available at a local bike shop of your choosing, or my house in Peoria. Keep watching the newsletters and e-mails for news about the order delivery!!!



# 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!

### Share the Road License Plate

**“Share the Road” license plate (Senate Bill 2798) – PASSED!** State Senator Michael Bond and State Representative Joe Lyons were lead sponsors of our bill to enable production of a permanent “Share the Road” license plate for Illinois. The plates will include the messages “Share the Road” and “Same Rights, Same Rules”, and the \$22 incremental cost for these plates will fund LIB’s Share the Road public education programs for motorists and bicyclists. **LATEST STATUS** (May 17, 2010): The bill has passed the legislature! On April 22, SB2798 passed the House by a vote of **105-8**, following earlier victories in the Senate (**32-7-1**) and both chambers’ committees. LIB will now ask the Governor’s office to schedule a signing ceremony. Afterwards, we can we begin working with the Secretary of State to design and, later, offer the plates to the public. Thanks go to our great sponsors, plus all other legislators who co-sponsored and/or voted Yes on the bill.

### **Anti-Harassment Bill (Senate Bill 2951) –**

**PASSED.** State Senator Ira Silverstein introduced a bill establishing penalties for motorists driving recklessly and unnecessarily close to, toward, or near a bicyclist. Depending on whether serious injuries result, it is either a Class A misdemeanor or Class 4 felony. The bill also makes throwing objects at cyclists a Class A misdemeanor. **LATEST STATUS** (May 17, 2010) SB2951 was approved by the House on April 21 by a vote of **93-20-1**, and now awaits the Governor’s signature. The section on throwing objects was removed in an amendment on March 15, and the remaining bill passed the Senate **55-0-2** on March 18. Rep. Sente was the chief House sponsor for the bill, with 21 co-sponsors.

*(Reprinted with permission from the LIB newsletter)*

**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).*

# BIKE SHOP OWNER PROFILE

By Barb Drake



## Joe and Cheryl Russell

On Saturday, June 7, Joe and Cheryl Russell were spending their 28<sup>th</sup> anniversary – where else? – at their bike shop. No one should be surprised.

If they haven't quite grown up on bikes – Cheryl grew up riding horses – their lives have pretty much grown together on them. High school sweethearts in Washington, they met when they were just 14. Four years later, in 1977, Joe combined his interest in business with his passion for biking and started selling and servicing bikes in his parents' garage. Cheryl encouraged him, he says. "She was very much in the guidance mode from the beginning."

Two years later, as they were planning marriage, "Cheryl said, 'either move it out of your dad's garage or get a job,'" Joe remembers. The Bradley University sophomore took the hint, renting an old movie theater in Washington. The present location in Valley Forge Plaza is Russell's Cycling and Fitness' third.

"So many times when hobby becomes profession, you find another hobby. I didn't," says Joe. As for Cheryl, she found both when she married Joe. His wedding

gift to her was a bicycle, her first. Now she works at the shop and enjoys biking as much as he does. "I loved it right away," she says. "I love being outside. I love the physical activity of it. I love to get out and see the countryside, and since I can't run, I can't get very far on foot."

Five days after their anniversary the Russells left for a biking trip in Colorado. They've also cycled in New Mexico, Utah and Wisconsin and on Cape Cod. "We truly plan our vacations around where there is biking because we don't get to do it often enough," Cheryl says.

The shop is also a family affair. Sons Jonathan, 20, a Bradley junior, and Nathan, a Washington Community High School junior, both work there. Joe says the opportunity to work with their sons is "the gift that we didn't know we'd get when we opened the business." Also important to the Russells is their church, Crossroads United Methodist in Washington, and the youth work they do there.

Given their hectic schedules, it is a wonder that the Russells find time to serve as ride leaders for the Wheelm'n. The ride they lead from the shop at 6:15 p.m. Thursdays, travels at a moderate beginners' pace for 10 to 15 miles.\* (See ride change in update below.) Joe says they started it this year because they sensed that a no-drop ride was needed east of the river for entry-level bikers. That's not a bad thing to be these days.

Joe says technology has brought about the biggest changes in the three decades he's been in business. "You and I have so much better bikes in the way they work and the way they ride." The fit is better, especially for women, and accessories are more innovative. All of this makes biking more inviting to the novice.

**Update:** Since this profile first appeared in the newsletter in 2008, there have been changes in the Russell family. Jonathan graduated from Bradley with a marketing degree and is working in Peoria for Enterprise Car Co. Nathan will be a Bradley freshman this fall, majoring in mechanical engineering.

Russell's Cycling and Fitness remains a family affair – as does biking. Among the effects of the recession is the search not just for a good value but for "wholesomeness" in what we buy and do, Joe says. Customers want to know: "Is it good for me? Is it good for the family? Is it good for the planet?" Cycling meets all three criteria, he says. "Now more than ever, (buyers) are looking for a lifestyle – for fun."

As with everything else, technology helps. Joe points to the three-wheel recumbents the shop has started selling and to new comfort-class bikes with the pedals forward and lower to the ground. "Now we can get people riding who couldn't before because of physical reasons."

Comfort is also one of the goals of the Body Geometry Fitting technique Russell's recently began offering with the training and certification of Bernie Camp. The special fitting can address issues of speed, endurance and pain. The idea is to make riding a bike "feel as comfortable as shaking hands," Joe says. This "new orbit" of custom fitting is one of the two major developments cycling has seen over the last two years, he says. The other is economies of scale in carbon-fiber frames. Not only do they continue to improve, but they aren't as expensive as they used to be.

The no-drop, beginner-friendly Wheelm'n rides Joe and Cheryl lead from their shop have moved to 8 a.m. Saturdays. Separate loops of 10 and 20 miles are offered.

Joe and Cheryl will celebrate their 30<sup>th</sup> wedding anniversary on June 7.

*This is the last in a series of articles about local bike shops and their owners.*



# BIKES FOR KIDS

Mike Pula

Bikes for Kids proved to be a success this year as over 70 used bikes were collected, cleaned and repaired as necessary to be given to needy kids in the area. This event could not take place if it were not for the great support and effort of a number of individuals and organizations. First thanks to the Salvation Army for sponsoring the event. Special thanks must be extended to the area bike shops that offer such strong support. Russell's, Bushwhacker, Little Ade's and Illinois Cycle provide much needed expert help as well as tubes, tires and other needed parts. The cycling community is lucky to have such supportive shops in the area. Several club members spent their Saturday helping with the cleaning and repair work. They include Eric Hutchison, Steve Grube, Mike Pula, Mike Honnold, and Steve Kurt. Thanks to each of you. And finally thanks to those individuals and members that donated the used bikes. The Salvation Army feels pleased with the results and the new location (Northwoods Mall) and by the time you are reading this, the Army will have put road worthy bikes into the hands of nearly 70 needy kids in the area. Thanks to everyone involved.

Starting at Top Left; Steve "the Cowboy" Grube trying to save an old horse. Mike "the boss man" Pula checking out a new arrival. Bob Woo defending his lunch plate. Mike "the prez" Honnold sprucing up his new ride. Steve Kurt, carbo loading. Eric Hutchison, fine tuning someone's new race bike. Kevin "Wheels" Thieme still doing what he does best!



# Highway Clean-up Report

Cora Lynn Green

On May 15, we had our first highway clean up on Park School road for the year. Despite the fact that the weather was pleasant, although a bit overcast, and a free breakfast of bagels, cream cheese, fruit and wonderful coffee was provided by Not Your Average Joe, only 4 people showed up to help with the clean-up. Although this number is adequate, it was disappointing. Big, big thanks to Jennifer and Jim Coffey and Bill Clark. Bill's pictures show some of the treasures we find along the road. We also saw lots of tadpoles swimming in the ditches and heard mom and pop toad chirping merrily. We will have our next highway clean up in the fall. See you there.

Cora Lynn

Top to bottom. (L to R) Jim and Jennifer Coffey, Cora Lynn, Bill Clark (look at the reflection in the tail gate) and the "fruits" of our labor.





## 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. 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. 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 8:30 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 6:00 p.m. **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. 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 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. 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 (309) 264-4991) [tandemx1@grics.net](mailto:tandemx1@grics.net) will lead this ride from the Pearce Center at 5:30 p.m. all summer. 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. CONTACT FRED SMISER (241-7431) [SMIZZ444@GMAIL.COM](mailto:SMIZZ444@GMAIL.COM)**

### **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:** 5:15 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!

**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....

#### **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:** Rides 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

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 June and July:

**June 9: Jubilee and Winery.** We will meet at 9 a.m. at the big picnic shelter near the historic site (off Rt. 150) at Jubilee State Park and head south toward Hanna City. After an approximately 35-mile ride, we will have lunch at the Kickapoo Winery.

**June 23: Mackinaw Winery Loop.** We'll depart at 9 a.m. from the Mackinaw Family Restaurant on Orchard Street in Mackinaw. We'll bike about 40 miles, through rolling hills and flat prairie, returning for lunch. When lunch is done, you may want to visit the Depot Tea Room's popular gift shop or the Mackinaw Valley Vineyard, just a couple of miles away. **July 16: Tazewell Towns.** Meet at 8:30 a.m. at the Morton Soccer Field at the corner of Jackson and Tennessee in Morton. We'll travel the back roads to Tremont and Hopedale and return to Morton for lunch at Appleby's. Estimated mileage is 35. LaVerne Wilson will lead this ride.

**July 28: A Break from the Ordinary.** This 46-mile ride will begin in Lacon, take you past a hillside where eagles roost in the winter and allow you to check out the state's grand champion oak tree. We'll have lunch en route in Toluca. We meet at 8:30 at the Lacon Marina.

Let Barb (692-1201, [bdrake@mtco.com](mailto:bdrake@mtco.com)) or Cora Lynn (683-3083, [cora\\_lynn@yahoo.com](mailto:cora_lynn@yahoo.com)) know if you plan to join them on any of these rides.



### A NEW RIDE TO CHOOSE FROM

Dave & I plan to have a monthly Peoria Riverfront Market Ride on the 2nd Saturday morning of each month from June through September.

We will meet/leave from Von Steuben Middle School (Forrest Hill parking lot) here in Peoria. Casual social ride, under 10 miles round-trip, to shop the Riverfront Market awhile. Route is through scenic Springdale Cemetery and on paved path and marked bike routes. Easy there, couple challenging short hills on the way back. Plan ahead to carry any purchases! (backpack, panniers, etc.). Possible continued ride to Schooner's for lunch afterward. Any questions call Janice Atkinson 309-635-0327, or email [elcamino61@yahoo.com](mailto:elcamino61@yahoo.com).

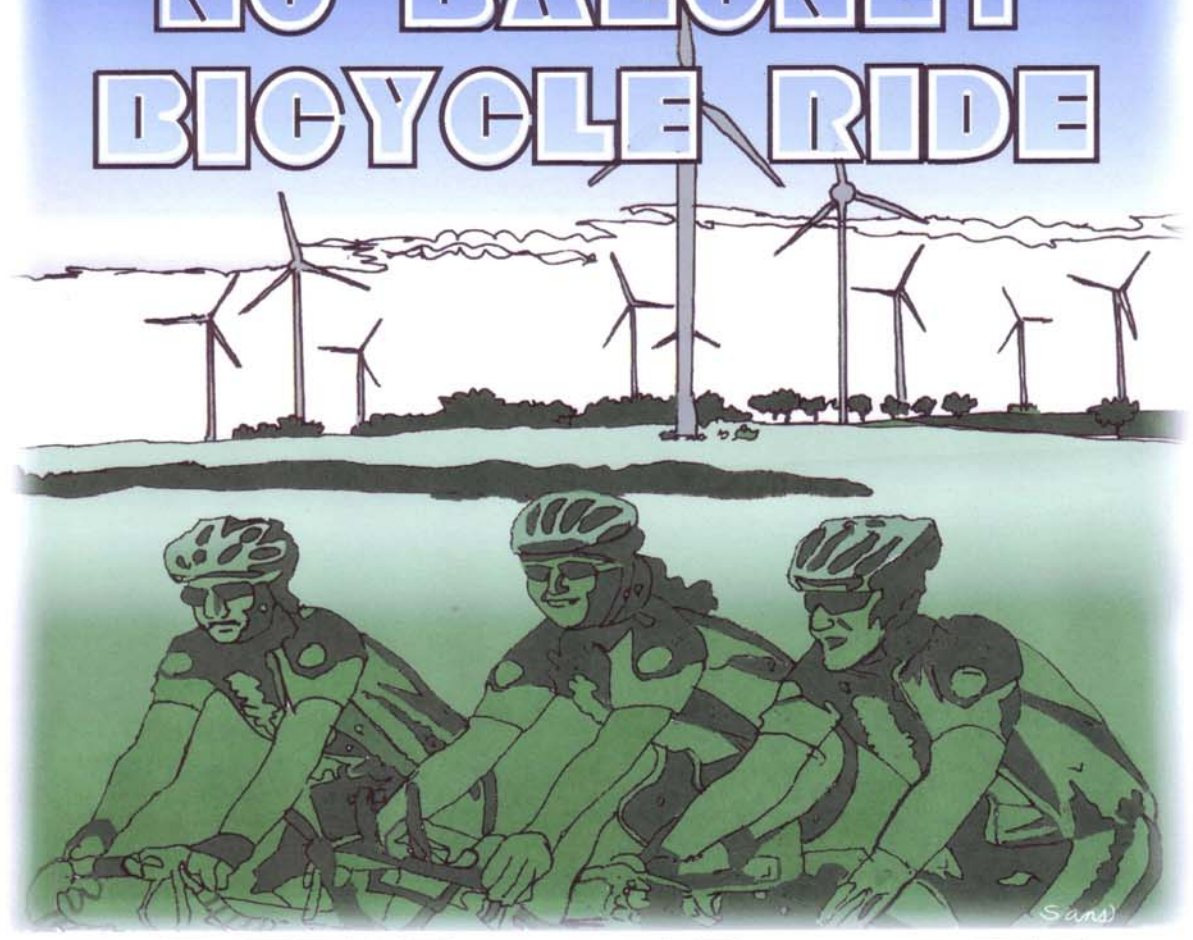
Thanks!

Janice & Dave Atkinson



*Illinois Valley Wheelmen*

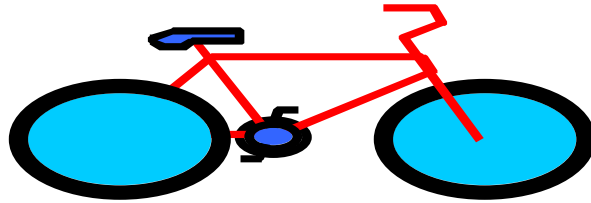
# NO BALONEY BICYCLE RIDE



**Chillicothe, IL.**  
**== Sept. 25th, 2010 ==**

# 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**

- 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)





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

### ***Santana Sovereign Tandem***

**Excellent Condition.** Exceptionally Clean.

Asking \$2200.00

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***

Please let the Editor know by the 15<sup>th</sup> of the month if your item has sold.

## FOR SALE

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

### IVW "Routes & Recipes"

***Available for purchase at the following locations:***

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

Bushwhacker Ltd. - Peoria

309-692-4812

Russell's Cycle & Fitness - Washington

309-444-2098

Little Ade's Bicycles - Pekin

309-346-3900

Illinois Cycle & Fitness - Peoria

309-693-2691

This list is not meant to be inclusive of each and every bicycle shop in the area. Please see the yellow pages

in the local phone directory for a complete listing. The IVW does not endorse any one bicycle shop listed.

If you do not see your favorite shop listed here and would like to have information included, please contact the newsletter editor.



## Classified Ads

Classified ads for club members are welcome. If you want to post a bike for sale or a wanted item in the newsletter, send your advertisement to the editor, [wdclark190@comcast.net](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 ½ 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**

<b>Date/Time</b>	<b>Event Name</b>	<b>Location</b>
June 5 <sup>th</sup> , 2010 7 AM	CAMA Teen Bike Rally 217-465-4118	Marshall, IL Mill Creek Park
June 12 <sup>th</sup> , 2010 7:30 A.M.	Ogden, IL Lions Club Bicycle Benefit Ride <a href="http://www.lionwap.org/ogdenil">www.lionwap.org/ogdenil</a>	East Ave & Broadway Ogden, IL I-74 Exit 192 - Eastbound
June 12 <sup>th</sup> & 13 <sup>th</sup> , 2010 All Day Long	TOMRV tomrv_dt@msn.com	Bettendorf, IL to Dubuque, IA (and back)
June 27 <sup>th</sup> , 2010 8 AM -> 5:30 PM	Peoria Cycling Classic <a href="http://www.peoriabicycleclub.com">www.peoriabicycleclub.com</a>	Downtown Peoria, IL in front of Civic Center
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.T. STD.  
 U.S. POSTAGE  
**PAID**  
 PEORIA IL  
 Permit No. 310

ADDRESS SERVICE REQUESTED

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

