



ILLINOIS VALLEY WHEELM'N

July
2010

greater peoria's bicycle club

NO BALONEY RIDE

NEW START LOCATION

SEPTEMBER 25, 2010

LOOK FOR DETAILS
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.

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 13
Classified Ads/For Sale	Page 14
Membership Form	Page 15
Calendar of Events	Page 16



TAILWINDS Mike Honnold IVW Prez Tailwinds

By Mike Honnold

For the past 3 out of 4 years, I've participated in the TOMRV (Tour of the Mississippi River Valley) Bicycle Ride the 2nd weekend in June. For those of you who may not be familiar with this ride, it starts on Saturday morning in Davenport, Iowa, and goes up to Dubuque, Iowa through through the towns of Savanna, Hanover, and Galena. Sunday morning, you spend all your time on the Iowa side of the river riding back to Davenport. This ride is great, because the organizers offer great support, great food, and a nice route with excellent scenery.

Unfortunately, as it turns out one of two days typically contains a certain amount of rain - anywhere from a light shower to strong thunderstorms. One year in particular, I remember running to a farmer's back porch to take refuge from 60 MPH winds and driving rain! We were so afraid that I called my wife so she could report to me where the storms were located and how long they were going to last by looking at the internet on our home computer! I opted not to join my friends this year due to Katrina's pregnancy, which turned out to be a pretty good idea. Seems like every chance I had to look at the RADAR over the weekend, Northwest Illinois was receiving torrential downpours, and heavy winds/storms - yikes! Maybe next year will be a better year...

THE IVW CUSTOM JERSEYS/SHORTS have now arrived!! It was hard to describe how happy I felt upon opening up the boxes from Sugoi and seeing the results from 5 months of hard work. I hope to now see and recognize many more IVW'ers out on the area roads in their club gear. At this point, plans are to put in a 2nd order sometime after No Baloney - assuming there is enough interest generated by people being able to see how cool the first run of jerseys look. Because we hit our minimums on the first order, we are only required to meet 1/2 the original minimums for a second order. Prices will remain the same as our first order, but we will unfortunately NOT be able to offer a club member discount. Later on this summer, we also hope to have a club social gathering/ride where members can be photographed in their new clothing for the purpose of promoting our club on the website.

I will close out this article by saying we are now only about three short months away from the 2010 No Baloney Ride on September 25, 2010. I rode the new route on Memorial Day with a group of friends from work, and it will certainly be a nice change of pace from the usual Jubilee ride. Of course - the ride cannot happen without volunteers, so please be thinking of how you can help the club before the ride, or on the day-of!! Thank you!!

Welcome, New Members:

Sandy Albrow.....Morton
Duane Anderson.....Dunlap
Michelle Quinn.....Peoria
Ed & Karen Scott.....Peoria

Thanks to Renewing Members:

Steve Alfred & Rita Hungate.....Peoria*
Rolla Godfrey.....Toulon
David & Cathy Gromer.....Morton
Mike Haedicke.....E. Peoria
Todd & Andrea Kollar & family.....W. Peoria
Richard & Twila Moore.....Dunlap
Tom & Carol Romanowski.....Peoria
Roger & Laverne 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

Visit our website, www.ivwheelmn.org for a link to signmeup.com

Don't Forget to Sign Up for the Email List to stay Informed!

Get the latest information emailed to you about special club rides, social events, club meetings and local cycling activities by signing up for the IVW email list! To join the list, please send an email to:

members-request@ivwheelmn.org

Subject: **Subscribe**

At anytime you may remove yourself from the email list by sending an email to: members-request@ivwheelmn.org

Subject: **Unsubscribe**

Note: You are not automatically on the email list by being a member. You must sign up to get emails from the club

IVW CHAIRPERSONS

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<http://www.ivwheelmn.org>

AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



No Baloney Ride Update

By Mike Honnold

As crazy as it may seem, the 2010 No Baloney ride is now only 3 months 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.

No Baloney Update (cont'd)

1. Coordinate marking the route with paint (could be done during a group ride)
2. Re-Stock 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 poster out to businesses in community who will post them.

2010 RIDE OF SILENCE

By Bill Clark

The weather was perfect. Temperatures in the 70's and hardly a cloud in the sky surely helped provide a near perfect evening for the Peoria area's annual Ride of Silence.

On May 19, over 75 riders gathered at upper Glen Oak Park to pay tribute to those who have been hit and injured or killed while riding their bicycles. Each rider wore a black armband, in solemn remembrance of those cyclists who could not be with us. Talking was limited to mostly an occasional "car back" and other warnings of traffic.

Escorted by two Peoria city police cars, cyclists wove their way around Peoria side streets, and across major intersections with little or no trouble. Traffic stopped and let the riders pass, almost in awe at the size of our group. Spectators waved and children ran alongside asking why we were there. The oldest rider was over 80, and the youngest was 7. The Peoria Journal Star covered the ride with a great article. If you missed this year's event, plan to join us the third Wednesday of May in 2011. Together we can make a difference. Together we can make our voices heard, silently. A special thank you to Mike Honnold for all of his hard work in helping to organize this year's ride. For more information on the ROS, go to their website at www.rideofsilence.org

2009/2010 IVW Club Mileage Competition

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

Rider Name	May 2010 Mileage	2009/2010 Total Miles
Steve Sommer	621.8	4386.4
Dennis Tresenriter	773.9	3720.8
Tom Dorigatti	864.79	3070.64
Steve Kurt	700.56	3048.3
Edith Albright	483.01	2861.04
Suzanne Wheeler	639.7	2684.55
Michael Honnold	760.2	2476.6
Steve Berger	556	2331
Chris Salvador	261.31	549.82
Faraz Hussein	62	324
Jordan Salvador	100.52	303.62
David Gehrt	229	248
TorstenVan Wassenhove	57	245
Chris Gibson	53	140

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 suprised 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!

Midnight Ride for Smiles

Taken from www.midnightriders.us

I hope you'll join us for this police-escorted midnight bicycle ride through the streets of Peoria. Choose a 5-mile or 10-mile course and ride at your own pace. This is not a race - it's an opportunity to spend time with friends and family, get a little exercise, celebrate your good health and support children who are not so fortunate. Mechanics from local bike shops will be on site to make sure your bicycle is ready for the ride. After the event, enjoy breakfast at Butcher Block, which has generously agreed to open its doors to feed the hungry riders. Riders can register at Junction City Shopping Center on Saturday, July 10, 2010 from 10:30 to 11:30 PM. The ride begins promptly at 12 Midnight. For more information about the ride, please go to www.midnightriders.us

Weekly Ride Sign-In Sheets

By Mike Honnold

Some of you may remember back to the time when ride leaders required participants to sign in prior to the start of each publicized weekly ride. This was being done for two reasons - to keep track of participation, and to satisfy insurance requirements. Over time, the necessity to obtain signatures for those participating in our weekly rides subsided to the point where nobody recorded them anymore.

Recently, we were contacted by our club insurance company in regard to the subject of obtaining signatures of those who participated in our club rides. To satisfy their requirements of insuring our club from possible lawsuit, we will now be required to obtain signatures of all (member & non-member) those attending our weekly club rides. By making sure we have all signatures on a waiver form, the club & ride leaders will be protected from all possible lawsuits that may occur as a result of something happening during a club-sponsored event/ride. To make this process as easy/painless as possible, the ride waiver will be printed at the top of a piece of paper, and all ride participants will sign at the bottom, along with a contact (in case of emergency) number. I understand this will create a little extra work for ride leaders, but in order to have a large club like ours, the need for insurance is an item you just can't avoid. Should the unfortunate happen, I would hate to see the club fold only because we hadn't been following all the necessary rules and regulations required by those insuring our activities.

I anticipate we will begin rolling out the ride sign-in sheets sometime during the month of July. All ride leaders will be contacted with information. Each ride participant will be required to sign the waiver at the beginning of every ride, regardless of their membership within the club. If you have any questions, please feel free to give me a call. Thank you.

MEMBER PROFILE

By Barb Drake

Chris Salvador



Chris Salvador walked into Bushwacker's, picked up a Wheelm'n newsletter and thought he'd sign up. Then he noticed that the group was looking for a secretary.

"It seemed like something pretty easy that I could do," he said. "And I wanted to get involved in the club."

That was March. If Chris rides as fast as he works, there won't be a cyclist in town able to keep up with him.

But he doesn't. "Joining IVW gives us (wife Whitney also bikes) a good, solid group of riders to bike with, and we don't have to go crazy like with the Peoria Bicycling Club," he says.

Chris has been biking since he was a kid growing up in Chicago and its suburbs. He has fond memories of riding with his family on crushed limestone paths in central and southern Illinois. But it took the campus of the University of North Carolina at Charlotte – where hockey was his sport -- to make a committed cyclist out of him.

"The campus is really big," he said, and it didn't take long for the engineering major to calculate that it took 20 minutes to walk to class – or five minutes to bike there. So Chris pulled out the "cheap Sears 10-speed" he'd brought with him and began biking around campus.

North Carolina being as hilly as much of Illinois is flat, Chris soon bought a mountain bike. It was this bike he decided to use for the MS 150 – a 150-mile, two-day ride from Charlotte to Myrtle Beach, Fla. He was motivated both by the challenge and because an aunt has Multiple Sclerosis.

"I asked if I could put road tires on the mountain bike, and they said yes," he recalls. "What I didn't know was that I'd be hauling around a 45-pound bike with terrible gearing for road biking." It wasn't an easy ride, but it was "a great one," he says, and it got him his first century.

The bike made it to Peoria with Chris when he came here in 2006 to work at Caterpillar, where he is a development engineer in charge of filters for new machines. That engine filtration has become his area of expertise reflects his earlier ambition to work for a NASCAR team. His university offered a concentration in motor sports engineering and an internship with a company that hand-made filters for race teams.

"This looked good enough on a resume that it got circulated around to the filter team at Cat," which makes its own filters, says Chris. And that's how the NASCAR ambitions took a u-turn.

Chris says he likes Peoria – it's more laid-back than Chicago but less so than North Carolina, "a nice balance in between" -- and he's especially "happy to be back to the Midwest." That's understandable for a number of reasons, including the fact that he met his wife here.

Educated in veterinary medicine, Whitney is studying for her licensing exam. Like Chris, she seems to be the sort of person who doesn't let opportunities pass by.

Early in their relationship, "I mentioned I was into biking, and she went out and bought a bike for herself," he says. They plan to ride the Door County Century this September – the same month they will celebrate their first anniversary. This one he won't do on a mountain bike; he bought a cyclocross this year.

There is much Chris enjoys about biking – the conditioning, the scenery, the ability to travel "a good distance in a reasonable amount of time," the teamwork of group riding. He also appreciates the opportunities for reflection that riding alone brings.

"I can sit and reflect – you kind of get into a Zen-like moment where you can just relax," he says.

But biking isn't his only hobby. Chris plays trumpet, enjoys recording music and is the drummer for a rock band named Betrayal From Within.

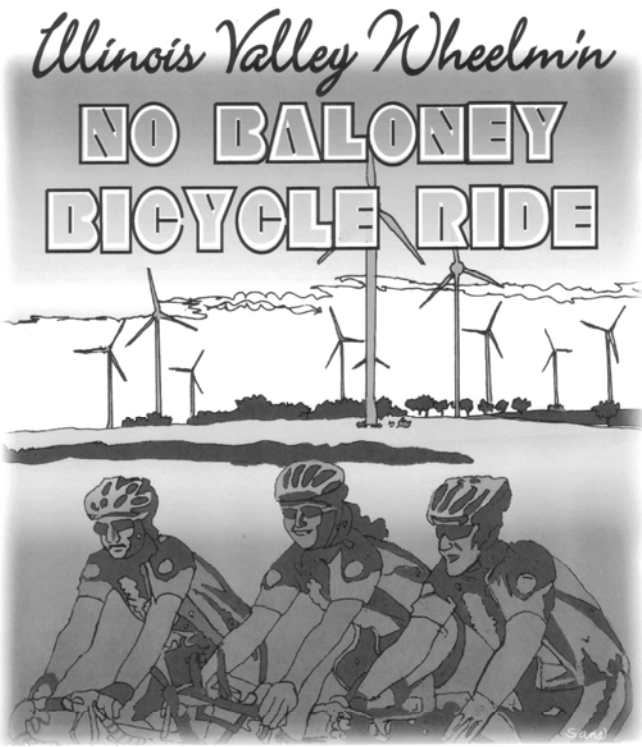
Illinois Valley Wheelmen

**NO BALONEY
BICYCLE RIDE**



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

Registration forms already in local bike shops



Chillicothe, IL.
Sept. 25th, 2010



All New Routes for 2010
30, 50, 69, or 100 Miles
Departs & Finishes at:
Chillicothe Christian Church
510 Frances Street
Chillicothe, IL 61523

Name #1 _____
 Signature _____
 Address _____
 City, State, ZIP _____
 Phone _____
 E-Mail _____
 Name #2 _____
 Signature _____
 Minor Children Under 13 – No Fee
 Full Name: _____
 Full Name: _____
 Full Name: _____
 Full Name: _____

Disclaimer: In signing this form for myself and all minor named participants, I understand and agree to absolve all sponsoring organizations, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience as a result of participating in the no Baloney Ride, or any of the activities associated with said event. (Signatures are required of all adults, and parents or guardians of all minors on this form.)

Adults \$15 before Aug 26th –or- \$ _____
 \$20 each late Adult registration \$ _____
 Families \$40 before Aug. 26th or- \$ _____
 \$45 late Family registration \$ _____
 Technical T-shirts \$20.00/ea \$ _____
 XS__S__M__L__XL__XXL__ (order b/f August 18th) _____
Total \$ _____

(make check to Illinois Valley Wheelm'n)

Send to: Illinois Valley Wheelm'n
 C/O No Baloney Ride
 6518 North Sheridan Rd; Ste 2
 Peoria, IL 61614-2933
 Or register on-line @ www.active.com

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

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

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@comcast.net co-lead this ride out of Morton through the summer. 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 6:00 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 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 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 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 or Eric Hutchinson 688-7038.

Wednesday East Peoria Level II: Dirk McGuire (699-8482) dirkbike1@comcast.net will lead this ride from Cross Point Church, 304 S. Pleasant Hill Rd. at 5:30 p.m. all summer. 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 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.

DAYTIME THURSDAY RIDES LEVEL I & II. WILL DEPART 9:00. CONTACT FRED SMISER (241-7431) SMIZZ444@GMAIL.COM

HONNOLD'S EVENING RIDE Leader(s): Michael Honnold **Phone:** 309-696-2591 **E-Mail:** cannondale_25@juno.com

Location: 1822 W. Bel Aire Ave., Peoria. (Mike's home)

Start Time: 5:15 p.m. every Monday all summer long **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 **Food:** We may sometimes hit a downtown joint after the ride for a pint and some food.

DAYTIME THURSDAY RIDES LEVEL I & II. WILL DEPART 8:00 IN JULY. CONTACT FRED SMISER (241-7431) SMIZZ444@GMAIL.COM

July 1 JIM KING'S RIDE: DEPARTS SPARLAND GRADE SCHOOL. WEST ON RT.15 off of Rt.29 DISTANCE 40+ MILES. LUNCH DEPENDS ON ROUTE. LEADER JIM KING (274-5575) JK76@VERIZON.COM

JULY 8 STEVE SOMMER'S RIDE; DEPARTS FIELD SHOPPING CENTER IN MORTON DISTANCE 45+ MILES LUNCH STOP LEADER STEVE SOMMER STEVENSOMMER@COMCAST.NET

JULY 15 WILL BE A SHOW AND GO FROM DUNLAP

JULY 22 STEVE ALFRED'S RIDE: DEPARTS BRIMFIELD PARK. DISTANCE 40+ MILES LUNCH OR SNACK. LEADER STEVE ALFRED

SJALFRED4@AOL.COM

JULY 29 FRED'S RIDE: DEPARTS VFW CLUB PEKIN. DISTANCE 40+ MILES. LUNCH OR SNACK STOP LEADER FRED SMISER (241-7431) SMIZZ444@GMAIL.COM

Ride Levels:

(Ride leaders can be contacted for specific details concerning their rides.)

Beginner/Family: These rides are at a casual pace averaging less than 12 miles per hour and ride as a group.

Level I: Rides average 12-14 miles per hour and regroup on a regular basis.

Level II: Rides average 13-17 miles per hour and regroup occasionally.

Level III: Rides average 17 miles per hour and over. Riders may regroup periodically but should be prepared to ride in pace lines to keep from being dropped.

Show & Go: 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:

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.

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) or Cora Lynn (683-3083, 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. Start time is 8:30 a.m. . The next ride dates are July 10th, August 14th, and September 11th.

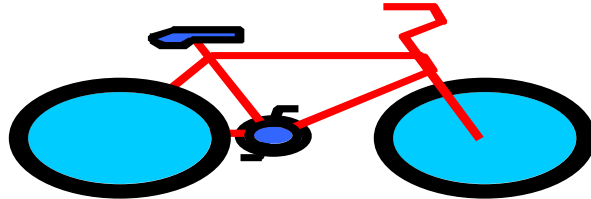
We will meet/leave from Von Steuben Middle School (Forrest Hill parking lot) here in Peoria. Casual social ride, under 10 miles round-trip, to shop the Riverfront Market awhile. Route is through scenic Springdale Cemetery and on paved path and marked bike routes. Easy there, couple challenging short 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.

Thanks! Ride on!

Janice & Dave Atkinson

Pedal Peoria 2010

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



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

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

All are welcome! No fee or registration

July 15
Thursday

50's Soft Serve Ride Start at corner of Lake and Knoxville.
Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In

July 24
Saturday

Prairie to Prairie Ride[†] Start at the Riverfront Visitor Center Parking Lot **8:30 a.m.**
Highlights: Two prairie restorations inside the city, Giant Oak Park, Whittier School Outdoor Science Classroom, plus selected historic sights - Riverfront, Springdale Cemetery, & historic homes.

July 29
Thursday

East Peoria Trail & Fon du Lac Ride Start at Town Center II parking lot, East Peoria.
Highlights: East Peoria Trail & views from Fon du Lac Dr.

August 5
Thursday

Garden Ride Start at Botanical Gardens, Glen Oak Park.
Highlights: Luthy Botanical Gardens & selected city gardens

August 15

Tour of the Solar System[†] plus highlights from the **History Ride** (See June 17).
Sunday Start at Lakeview Museum main entrance at **7:00 a.m.** This 3.5 hour, **24-mile** ride will start at the Sun and tour the planets from Mercury to Saturn in Peoria's Community Solar System.

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





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 \$2000.00

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 before the 15th of the month if your item has sold.

IVW "Routes & Recipes"

Available for purchase at the following locations:

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



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

2 Nashbar

All Alum. seat post mount pannier rack.

With bags. Used twice. Clean. Like new.

Asking \$30 each.

1 Cannondale handle bar mount bag.

Like new. Used twice Asking \$10.00

Call Alan Klienschmidt (309)338-3791

Please consider supporting our local area bicycle shops.

Bushwhacker Ltd. - Peoria

309-692-4812

Russell's Cycle & Fitness - Washington

309-444-2098

Little Ade's Bicycles - Pekin

309-346-3900

Illinois Cycle & Fitness - Peoria

309-693-2691

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

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

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

Classified Ads

Classified ads for club members are welcome. If you want to post a bike for sale or a wanted item in the newsletter, send your advertisement to the editor, wdclark190@comcast.net as an attachment. The advertisement MUST be formally keyboarded as a "Word" document. If the item is sold, please notify the editor so it can be removed from the newsletter.

Commercial ads are also welcome at a charge of \$25 for a ½ page and \$50 for a full page. To submit a commercial ad, send an electronic document compatible with Windows to wdclark190@comcast.net as well as a hard copy to:

William Clark

308 Linden St., Pekin, IL 61554

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

Check the Website for Updates and General Information

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

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

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

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

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ Birthdate _____

(Please print clearly This must be an Adult)

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

Email address (print clearly) _____

Address _____

City _____ State _____ Zip +4 _____

Phone () _____ - _____ (cell) _____

Signature (Adult #1) _____ Date _____

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

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

Member of:

League of American Bicyclist

Yes No

League of Illinois Bicyclist

Yes No

Basic Membership

Individual (\$15) \$ _____

Household (\$20) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution

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

Total Enclosed \$ _____

Disclaimer: In signing this form, I understand and agree to absolve the officers and members of the Illinois Valley Wheelm'n (IVW) bicycle club of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any activity sponsored or advertised by said club.

REGISTER ON LINE AT: www.signmeup.com

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

Date/Time	Event Name	Location
July 10 th , 2010 12:00 A.M. (Yes, that's AM-not PM)	St. Jude Hospital Midnight Ride for Smiles www.midnightriders.us	Junction City Shopping Center Peoria, IL Corner of Knoxville/Prospect
July 10 th , 2010 6:00 A.M.	Pedaling For Kicks 1-800-676-2353	East White Oak Bible Church Bloomington, IL
July 17 th , 2010 5:00 A.M.	Lake Evergreen Tri Volunteering Opportunity	Lake Evergreen; Bloomington, IL Likely carpool from Russells
September 11 th , 2010 7:30 A.M.	Ride the Sheriff Outta Town 8, 24, 68, or 80 miles 217-357-2115	Plymouth Fire Station Plymouth, IL
September 25 th , 2010 6:30 A.M.	No Baloney Bicycle Ride www.ivwnobaloney.com	Chillicothe Christian Church Chillicothe, IL

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

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Permit No. 310

ADDRESS SERVICE REQUESTED

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

