



# ILLINOIS VALLEY WHEELM'N

August  
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.

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## TAILWINDS

Mike Honnold IVW Prez



So how many of you kept up with the Tour de France on a daily basis? Given the amount of riding I do, my friends at work were amazed that I was not glued to the TV set on a nightly basis finding out what Lance and Team "Shack" were up to. I'll admit, when I actually take time to watch the race, I do enjoy the athleticism, endurance, and scenery the sport of cycling provides. Seeing these things actually inspires me to get out and ride more - maybe riding up Grandview Drive a little faster than normal! However, when it comes down to personal choice, I'd much rather be out riding myself than watching someone else do it on the television. Not sure how the race will end up by the time you read this in August, but I would love to see Lance with #8!!

I'm going to get up on my soapbox now...\*stepping up\*...if you have not been paying attention to the recent newsletters and website, we've had quite the changeover in IVW leadership. At the beginning of the year, we lost our secretary, Vicki Padesky, but luckily, Chris Salvador stepped up and filled in the spot. Around the same time, advocacy chairperson, Eric Hutchinson, wanted to try his hand at other interests, and Gregg Bittner agreed to help us out and represent our club to the local community. Finally, Patty Isit & Larry Davis gave up their jobs of mailing & database administrator to Val Lindner. Thankfully, we had people willing to step into these spots and keep those positions rolling! Now we are looking at some other big spots to fill over the next few months. Due to the upcoming birth of our first child, I need to step down as President and No Baloney Chairperson. My wife will need a lot of support during the first few months, and I cannot do that typing away on newsletter articles, or entering No Baloney registrations until 10:30 PM on a weekday night. I hate to say this, but unless someone steps forward to fill these two positions on the IVW board, the club is in serious risk of "closing up shop" until the proper person can be found - or at a minimum scaling back activities. I will be the first to admit that being club president or No Baloney chairperson is no easy task. It takes a very dedicated person who is willing to sacrifice other activities and interests, to focus on promoting the IVW in this area. However, the rewards are great, and many opportunities are there for improving the club from where it is at right now! In addition to my positions, Lori Boland needs to step down from her Vice President position at the end of the year - another critical spot that will need to be filled. If you've ever had any desire to "kick things up a notch" and become more involved with the club than ever, please let me or another member of the board know as soon as possible. These positions are jobs that just cannot be "handed over" - a proper transition period will need to be implemented so the new person isn't overwhelmed from the beginning.

With that, I will let everybody go and get back to those late-season miles on the road. No Baloney is now just over a month away - let's keep our fingers crossed for good weather and no surprise road construction!!

## Welcome, New Members:

Keith & Gloria Lowry..... Bartonville \*

## Thanks to Renewing Members:

John & Hoang Kautz .....Pekin  
Betty Hart..... East Peoria  
Rick & Judi Gentry..... Peoria ^  
Stephen Grube.....Washington ^\*  
William Chaffer..... Peoria  
Judy Bradford..... Peoria  
Dan Weakley..... Peoria Heights  
Jim & Ann Wittmer..... Peoria ^  
Ron & Shirley Streib .....Dunlap \*  
Allen Covington..... Peoria ^  
Martin Pogioli .....Pekin  
Lou Price .....Chillicothe  
Steve Sommer .....Morton  
Jeff Cover .....East Peoria  
Ken & Paula Ketelsen .....Morton

## Lifetime Members

Larry & Cheryl Wegman..... Mackinaw

(\* 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)

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### **RIDE CHAIRPERSON:**

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

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

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[cannondale\\_25@juno.com](mailto:cannondale_25@juno.com)

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### **IVW Website:**

<http://www.ivwheelmn.org>

# AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



## IVW Custom Jersey Order

By Mike Honnold

I'm sure by now many of you have seen members of the IVW bike club wearing the new custom jerseys we've spent the last few months designing, trying on, and ordering. Many have said the design looks real sharp, and serves to give our group an entirely new image in the community! I haven't run into any riders wearing them yet, but plan on saying, "Nice Jersey!" when I do!

Certain members have asked what to do with jerseys that may not fit quite like planned. Because this was a custom order, there are no opportunities to return the jerseys to Sugoi for another size.

Also, the club did not buy an inventory of clothing to have available in case people wanted to exchange or purchase more. I am now collecting the names of these people who bought the wrong size, and the size/style of jersey they would like to trade and/or sell. Once all the names have been collected, I will send it out via e-mail to see if any "match-ups" can be made.

In addition, if you happened to miss the first order, or were waiting to see what the jerseys looked like in person, there may be an opportunity for a 2nd order after No Baloney (just in time for Christmas...). No discount will be offered this time to club members, but the same retail prices will remain in effect. Should you be interested in another opportunity to order, please let me know, and I will keep track of the names.

## NO BALONEY RIDE UPDATE.

**HELP NEEDED! HELP NEEDED! HELP NEEDED!**

By Mike Honnold

As crazy as it may seem, the 2010 No Baloney ride is now only 2 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.

1. Coordinate volunteers for rest stops
2. Coordinate members to donate baked goods and/or food items
3. Coordinate purchasing food for event (may take a team of 2 to 3 people)
4. Publicize ride by sending out press release
5. Deliver advertising poster out to businesses in community who will post them.
6. Help deliver non-food items to rest stops the day before No Baloney
7. Help get pre-registered packets/envelopes ready for pickup on Saturday morning

### 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	June 2010 Mileage	2009/2010 Total Miles
Steve Sommer	808.5	5194.9
Dennis Tresenriter	948.4	4669.2
Tom Dorigatti	1015.67	4086.31
Steve Kurt	903.16	3951.46
Edith Albright	583.8	3444.84
Suzanne Wheeler	735.84	3420.39
Mike Honnold	667.2	3143.8
Steve Berger	729	3060
Chris Salvador	226.62	776.44
David Gehrt	251	499
Faraz Hussein	110	434
Whitney Jordan Salvador	18.65	322.27
Chris Gibson	140	280
Torsten Van Wassenhove	0	245



## CLUB AND LOCAL AREA EVENTS



**American Cancer Society  
Walk & Roll**

**Saturday, August 14, 2010  
Jubilee State Park**

**5k run  
15 mile bike  
1 mile family fun walk**

The American Cancer Society **Walk & Roll** is a walking, running and biking event to raise awareness and funds to fight cancer. Beginning in Chicago 37 years ago, Walk & Roll has added seven locations throughout Illinois to bring thousands together in the fight against cancer. This is the first year for Peoria. There's no registration fee, but each participant that raises \$100 will receive a Walk & Roll t-shirt. You can participate individually, as a family, or as a team. Visit [www.WalkRoll.org](http://www.WalkRoll.org) for more details and to sign up for the 2010 Walk & Roll Peoria.

For the past five years I've participated in Walk & Roll Chicago on a team organized by my son. We've had a great time and raised a lot of money for ACS in honor or memory of friends and family members. Please join the fight! --- Ron Anderson

### **Year-End Banquet Location**

By Mike Honnold

It may still be summer, but your IVW board is already starting to think ahead to Fall, and locations for our annual end-of-season meeting. I think we'll all agree that Kenyon's Place in Lacon was great last year (especially those excellent fried balls of dough!). However, we believe more members might come to the meeting if a location closer to Peoria/East Peoria was selected.

If you happen to know of any great places to eat in the area that could accommodate our group, please let myself or another member of the board know. Our only criteria are that members must be able to order directly off the menu, versus having to plan a specific menu & number of attendees.

### **BIKES FOR KIDS EVENT A ROLLING SUCCESS!!**

Dear Friends:

Thank you so much for your support of The Salvation Army, specifically with our just completed 12th Bikes for Kids event. Thanks to support from you and many others, we were again able to provide bicycles for children who would otherwise be without bikes. In the 12 years this program has been in effect, we have collected, repaired and given out over 1,510 bikes to kids who otherwise would go without.

Thank you for your involvement in terms of the pre-event promotion and the members who provide repair supplies and their mechanic's touch to help to make this program a rousing success. Thank you and your staff again for your interest in the work of The Salvation Army.

Please accept our sincere thanks for your help and thank you for the many civic activities that you are involved with throughout the area. We could not have the success we do with this event without the support of the Wheelm'n! Have a great Summer!

Sincerely, Rich Draeger Assistant Development Director

### **Weekly Ride Sign-In Sheets**

By Mike Honnold

Due to complications with our insurance company and the ride sign-in sheets, this project has been pushed off until the 2011 riding season. Many questions still need to be answered regarding procedure, and how our club could be affected by having, or not having people sign in. The IVW board certainly does not want to implement any new procedure that would not be followed by our ride leaders and/or members. I apologize for any questions my article in the last newsletter may have caused. If you have any input toward ride sign-in sheets, or know of any sign-in procedures used by other bicycle clubs in the area, please contact me at [cannondale\\_25@juno.com](mailto:cannondale_25@juno.com) or 309-696-2591. Thank you!

**IT'S ALMOST HERE !**



# AROUND THE STATE-AROUND THE NATION

## LEAGUE OF AMERICAN BICYCLISTS UPDATE

The League has been following and discouraging [distracted driving](#) with a myriad of other organizations, states, individuals and the [U.S. Department of Transportation](#). Now [Delaware](#) joins the ranks. Governor of Delaware Jack Markell signed a law on July 6 making Delaware the eighth state to ban hand-held mobile phone use while driving. The law becomes effective on January 2, 2011. "We had too many people who were driving while distracted," Markell said. "These new laws should be a deterrent. It should make people think twice." While 29 other states prohibit texting and driving, Delaware joins a smaller group that prohibits all phone use behind the wheel. The ban also applies to electronic games, PDAs and laptops. Go to [www.bikeleague@bikeleague.org](mailto:www.bikeleague@bikeleague.org) to read the League's report to learn more about Distracted Driving.

Cyclists can feel a little safer in Illinois thanks to new legislation signed on July 5 by Governor Pat Quinn. The legislation, which goes into effect January 1, 2011, establishes new penalties for motorists who drive dangerously or unnecessarily close to bicyclists -- drivers in violation of this law could be sentenced to a year in prison and fined \$2,500. Illinois will also create Share the Road license plates. Money made from the plates will go to bicycle education campaigns. Learn more about the new legislation at [www.bikelib.org](http://www.bikelib.org)

### Seeking New Board Members

If you are interested in serving on the [League Board of Directors](#), or if you know someone who would be a good representative for cyclists, the League Governance Committee is soliciting recommendations for candidates for the [2011 Board elections](#).

The Board of Directors governs and sets broad policy and direction for the League. Board members serve three-year terms. Starting this year, seven are elected nationally by all League members. The Board selects the remaining five seats. Four member-elected and one Board-appointed positions are open for this election. As of press time, all four elected members -- Harry Brull, Jeffrey Lynne, Hans van Naerssen, and Bill Hoffman -- have decided to run again. In addition, the [League's Bylaws](#) allow the Board the option to create up to five additional Board seats for a total that may range from the current 12 up to 17.

[Learn more](#) about the qualifications to be a League board member and how to apply.

## *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** *The League of Illinois Bicyclists’ 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).*



## MEMBER PROFILE

By Barb Drake

### Dave and Janice Atkinson

Dave and Janice Atkinsons' new and unique Wheelm'n ride was born from a love for their bike-friendly, easily accessible, flower-blossomy East Bluff neighborhood -- and a desire to share it with others.

"It's perfect for making our way to the Riverfront Trail by way of Springdale Cemetery," says Dave. And if you make your way far enough on a summer Saturday, then another pleasure awaits – the Riverfront Market. So on the second Saturday, June through September, the Atkinsons invite club members to see how many watermelons they can stuff into their panniers and backpacks on the ride back home. It's uphill.

Shopping by bike is a habit for the Atkinsons. Among the places Janice says she and Dave reach on two wheels are the meat market, the Dollar Store, Emo's, the July 3<sup>rd</sup> fireworks at Glen Oak Park and Walgreen's. They use the drive-through to pick up prescriptions.

Dave says he can't remember when he wasn't on a bike. When he was too little to cycle by himself, he rode on the back of his brother's bike. "When we went to Mr. Donut, my job was to hold the donuts," he says. With help from his brother and father, Dave began working on bikes early as well. "We just always had bikes and tools."

Like Dave, Janice has always been a biker. "I remember being five and I got my red bike with a steel seat and training wheels for my birthday," she says. "There was no going back."

Dave says he had a boys bike of the same version and "rode it until I could ride it no more." Janice, however, advanced to a Sting Ray and, by age 10, to a 10-speed. As with Dave, her father taught her how to repair her bike. "Soon the neighborhood kids were coming to me to fix theirs," she says.

So it shouldn't be surprising that the Atkinsons met while biking. That was 27 years ago, and the bikes they were into at the time had motors. They married three years later and, as time went on, ditched the motors. They say they enjoy the social aspect of biking – the people, the stories, the friendships.

A native Peorian, Dave is a third-generation Peoria High School graduate. Other than a year of schooling in Tennessee, he's never left his hometown for long. For the last 13 years, he's been a collision repair technician for Collision Revision in Pioneer Park. He says it's "wonderfully satisfying work to take a wrecked car and put it back to pre-crash condition."

It helps that Dave loves to work with his hands and especially loves working on cars – an affection he traces back to boyhood when he built models from kits. "I look at these cars and it's just a big model kit, only it's a skill level 100 and there's no directions," he says.

Having moved to Washington when she was small, Janice graduated from Washington High School, then went to work at Foster & Gallagher. She spent 10 years shuffling money and papers, she says, until daughter Heather was born and she chose to stay home. Heather will be a Eureka College senior.

"After Foster & Gallagher, I swore my next job would have to be fun," Janice says, and that's what led me to Toys R Us."

For the last 13 years, she's worked in sales and merchandising at Russell's Cycling and Fitness. Occasionally, when things are especially busy, she gets to make use of those skills learned as a child and change a tube or adjust a brake. "It's fun to show off a little," she says.

It was biking that took Janice from Toys R Us to Russell's. "I woke up one morning and decided I wanted a mountain bike." She bought it on layaway – remember layaway? One day Janice came into the store to make a payment and noticed how busy it was. So she approached Joe Russell, whom she'd known in high school, and asked if he needed help. "Call me sometime," he said. She did. Dave also works on bikes at Russell's during busy times. "I'm a relief team member," he says.

At the garage behind their Maywood Avenue home, the Atkinsons have bikes for every purpose, including single speeds. They also have kayaks, model cars, antiques, a woodshop and video games. Dave says the garage is their playroom – "We still like our toys; we're kids at heart."

When they're not biking, working or in the playroom, the Atkinsons might be found hiking, bowling or enjoying their two Norwegian Elkhounds. They have an attachment that allows them to "bike" the dogs around their neighborhood. At the invitation of her daughter, Janice recently rediscovered an old favorite hobby – roller skating.

But biking remains at the top of the list, and family biking vacations are a fond memory. On one such trip, they mounted a plastic gnome on Heather's bike and took pictures of it riding along or stopping to look at the scenery. Evidently, more than two Atkinsons know how to have fun.

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*Two Saturday morning rides to the riverfront remain: Aug. 14 and Sept. 11. They begin at 8:30 a.m. at Von Steuben School.*



*Illinois Valley Wheelmen*

**NO BALONEY  
BICYCLE RIDE**



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

Registration forms already in local bike shops

# Illinois Valley Wheelm'n

## NO BALONEY BICYCLE RIDE



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. 26<sup>th</sup> or- \_\_\_\_\_ \$  
 \$45 late Family registration \_\_\_\_\_ \$  
  
**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](http://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](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 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](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>

**HONNOLD'S EVENING RIDE Leader(s):** Michael Honnold **Phone:** 309-696-2591 **E-Mail:** [cannondale\\_25@juno.com](mailto: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.

**Riverfront Market Ride** 2nd Saturday morning of each month from June through September. Start time is 8:30 a.m. . The next ride dates are August 14th, and September 11th. Any questions call Janice Atkinson 309-635-0327, or email [elcamino61@yahoo.com](mailto:elcamino61@yahoo.com).

## 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.

**Aug. 13: Sand Ridge and Manito.** How often do you get to bicycle through a state forest, especially one that has prickly pear cacti as well as many trees? We'll start this approximately 40-mile ride at 8:30 at the Ironstone Restaurant at 101 E. Market St. in Manito. We'll have lunch there at ride's end.

**Aug. 25: McLean County Parks.** We'll travel about 40 miles, beginning at 8:30 at Comlar a Park at Lake Evergreen. Lunch will be en route at the El Paso Country Club. Sandy Brown is our planner here.

**September 8: Tanner's Orchard Ride.** If it's fall, it must be time for a ride to Tanner's for samples, cider, donuts, lunch and apple-orchard ambiance. We'll meet at 9:30 at Pearce Community Center. The ride will be about 35 miles.

**Sept. 27: Gebby's Ride.** Here's a new route that will begin in Morton and take us across the river, through Springdale Cemetery, over Grandview Drive and even around Paris (Street, that is). We'll have an early lunch at Gebby's on War Memorial. Round trip is 32 miles. We'll meet at 9:30 at the start of the Morton-East Peoria Bike Trail at the corner of Detroit and Jefferson in Morton. Ken Pope will lead this ride.

**Oct. 8: 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. (This ride was to take place in May, but was rain-delayed.)

**Oct. 16: Barb's Birthday Ride** on the Great River Trail, paralleling the Mississippi. This ride is about as pretty as it gets in Illinois, and the birthday cake will be pretty good, too. Bring the family!

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

Please, let Barb or Cora Lynn know if you plan to join them on any of these rides.

### 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.

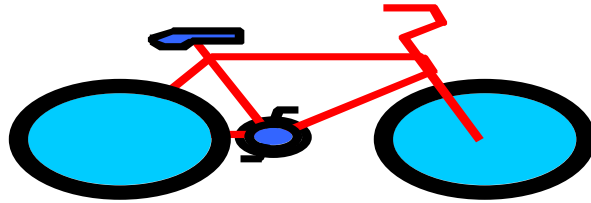
**Show & Go:** Rides have **NO** leaders. The distance and speed are decided upon by the group, but governed by the ride level designated.

### 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.

# 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**

**August 5** **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 \$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 15<sup>th</sup> 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. 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)!*

2 Nashbar all Alum. seat post mount pannier rack.

With bags. Used twice. Clean. Like new.

Asking \$30 each.

1 Cannonale handle bar mount bag.

Like new. Used twice Asking \$10.00

Call Alan Klienschmidt (309)338-3791

Rhode Gear/Yakima Spare Tire Shuttle that's in like-new condition. Free to a good (IVW member) home, or \$20.

Just the thing for easy mount/dismount, and cheaper than some tires.

Mounts with strap around tire, and another thru/behind the tire.

Has nice velcro clamps for holding the bike on the arms.

Adjusts for off-center tire placement.

Call Larry Davis 309-691-3060

#### *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 \_\_\_\_\_

**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**

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          \$ \_\_\_\_\_

<b>Date/Time</b>	<b>Event Name</b>	<b>Location</b>
August 8 <sup>th</sup> , 2010 7:00 A.M.	Two Rivers Century Ride stefnlaw@comcast.net	Kankakee, IL Splash Valley Aquatic Park
August 14 <sup>th</sup> , 2010 6:00 A.M.	Sweet Corn Century Ride davebrew@mtco.com	Mendota, IL Mendota Community Hospital
August 14 <sup>th</sup> , 2010 7:00 A.M.	C-U Across the Prairie president@prairiecyclclub.org	Mahomet, IL Hideaway of the Woods
August 14 <sup>th</sup> , 2010 8:00 A.M.	Walk & Roll Peoria <a href="http://www.WalkRoll.org">www.WalkRoll.org</a>	Jubilee State Park Rt. 150 entrance Quail Meadow shelter
August 21 <sup>st</sup> , 2010 7:00 A.M.	Kiwanis Fun Day Ride www.fundaybikeride.com	Mount Vernon, IL Walgreens Dist. Center
September 11 <sup>th</sup> , 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 <sup>th</sup> , 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**

PRSRT. 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.**

