



# ILLINOIS VALLEY WHEELM'N

September  
2010

greater peoria's bicycle club

## NO BALONEY RIDE

NEW STARTING 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.

## LET'S GO RIDING !

Take your pick.  
Two full pages of rides to  
choose from.

See the listings starting on  
page 8.

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## TAILWINDS

**Mike Honnold IVW Prez**

I am hoping (and especially my wife by about 300%) when you read this newsletter, I will be able to say I am the proud daddy of our first child, John Michael Honnold. Feels kind of weird to be typing those words, but I guess someday I will have to eventually come to the realization that I am almost 32 years old, and not getting any younger. When we first found out a baby was on the way, I never really thought much about the life-changing event since he was so small and hard to comprehend. However, once my wife started to show, and I felt him move for the first time, reality came up from behind and kicked me \*hard\* in the behind. My dad's side of the family has

been eternally famous for producing a long line of boy babies. This tradition changed when my older brother, Matt, had his first of three girls. They are now getting to be older, so I think my parents will have a lot of fun playing with the first boy grandchild - especially at the farm. I am also considering the future possibilities....training wheels....first "real" bike....oh, wait....I guess he better get crawling and walking down first! Ha! On to business....

Can't believe another No Baloney ride has snuck up on me, and the club! Once I had all the stuff packed away from last year's ride on the Sunday following, I felt a great sense of relief that my job would be easy again for a few months. No sooner than this thought came through my mind that I began thinking about the new IVW jersey order, and how to pull off the project before summer riding season hit. We now have the jersey order behind us, and No Baloney is soon to be a reality. I know I talk a lot about volunteers, but please, please consider volunteering to assist with the ride this year. Helping out with the ride can come in many forms - whether that is handing out food at a rest stop, putting out safety signs along the course, or even baking your favorite goodies for all the hungry riders! If you have not heard from me already, please be on the lookout for a phone call requesting your assistance. This ride depends on help from all club members, and simply would not exist if it were not for all of you!

We will especially need help at the Camp Grove rest stop this year, because long-time volunteer, Sheldon Schafer has decided to hang up his tuxedo T-Shirt to explore other interests. I'm sure many of you have enjoyed his escargot and "bubbly" throughout the years, and I certainly can say that his rest stop consistently brings in the most positive comments! If you have a few moments, please write an e-mail or call Sheldon, and thank him for his contributions to the club throughout the years - especially to the No Baloney Ride. People like Sheldon are why this club exists, and how we manage to survive all these years!

**Welcome, New Members:**

Heather Fitzanko.....Pekin

**Thanks to Renewing Members:**

Jeff & Michelle Greer .....Pekin  
Glen & Marty Thompson & Family..... Tremont  
Dick & Dottie Rhodes .....Pekin\*^  
Amanda Burton.....Edwards  
Grant Fredericksen .....Metamora  
Fred & Beth Sponholtz.....Washington

**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**

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**IVW Website:**

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## AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



**BELOW IS A LIST OF MEMBERS WHOSE MEMBERSHIP HAS EXPIRED. THERE IS A “GRACE PERIOD” BUT WHEN THAT IS UP, YOU WILL NO LONGER KEEP GETTING THIS GREAT NEWSLETTER.**

MIKE ANTONINI	6/12/2010
DENISE BAKER	6/12/2010
LORI BOLAND	7/16/2010
JERRY D CAMP	7/16/2010
TOM DEHM	6/13/2010
THOMAS DONOHOE	8/22/2010
DAVID GEHRT	7/16/2010
CHRIS GIBSON	6/13/2010
DONNA GOELZ	8/15/2010
FARAZ HUSSAIN	7/9/2010
GARY R JACOB	6/13/2010
FRANKLIN KAHL	7/12/2010
MARK E KLOKKENGA	8/13/2010
RON MATUSKA	7/18/2010
CHRISTOPHER MAUSHARD	8/11/2010
CRAIG D NELSON	8/12/2010
LARRY PAUSTIAN	7/18/2010
MIKE PULA	7/14/2010
PAUL P RIVIERE	6/12/2010
ED SHIMON	7/9/2010
PAMELA SHUCK-HOEHNE	7/14/2010
ALLAN F SILZER	7/18/2010
JODY SIMPSON	6/12/2010
BILL SNYDER	6/12/2010
REGINA WALK	7/18/2010
BILL WEBSTER	7/18/2010
STEVE WILKEN	6/12/2010
SCOTT WRIGHT	7/12/2010

## 2010 Year-End IVW Meeting By Mike Honnold

Every November, the IVW holds a meeting to gather all members together to share good drink, food, and cycling stories from the season. While members enjoy the food and drink, we enjoy everybody's stories (whether true or of the tall-tale variety) much more! This time is also utilized to award most improved male/female, hub of the club, and most miles ridden trophies.

Our meeting this year will be held on Saturday, November 20, 2010 at Rhythm Kitchen on Water Street in Peoria. Social Hour will start at 5 PM, and we will start sitting down for dinner around 6 PM. Like always, members will order and pay for their own meals off the regular menu. We will have a private room for our meeting, but once the activities are over, Rhythm Kitchen typically has a live band playing Jazz and/or Blues music for all to enjoy!

Rhythm Kitchen is located at 305 SW Water Street on the riverfront in Peoria. For more information, and to see a menu, please visit [www.rhythmkitchenmusiccafe.biz](http://www.rhythmkitchenmusiccafe.biz).

If you plan on attending, please RSVP via e-mail ([cannondale\\_25@juno.com](mailto:cannondale_25@juno.com)) or by phone (309-696-2591).

### 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	July 2010 Mileage	2009/2010 Total Miles
Steve Sommer	627.1	5822
Dennis Tresenriter	850.5	5519.7
Tom Dorigatti	986.09	5072.4
Steve Kurt	757.03	4708.49
Suzanne Wheeler	1068.18	4488.57
Edith Albright	692.45	4137.29
Michael Honnold	808.4	3952.2
Steve Berger	744	3804
Chris Salvador	247.33	1023.77
David Gehrt	238	737
Faraz Hussein	0	434
Chris Gibson	96	376
Whitney Jordan Salvador	41.53	363.8
Torsten Van Wassenhove	0	245

## CLUB AND LOCAL AREA EVENTS



By Barb Drake

I'll never bike across country. I don't care much for hills. I think mountains are for going down on skis and up on lifts. I was born in Iowa, and I appreciate the place, but RAGBRAI is too long and too crowded. Besides, I don't do tents.

But I love to bike – I like the outdoors, the sightseeing, the camaraderie, the challenge and especially the adventure – and I figured somewhere there must be a multi-day ride for me. I found it right here in Illinois with GITAP, the acronym for Grand Illinois Trail and Parks.

As the name suggests, the ride moves from state park to state park along the Grand Illinois Trail and over four different routes, depending on the year. Depending on the year, it lasts six or seven days. Depending on the year and the rider's choice of routes, distance can be anywhere from 260 to more than 600 miles. (The most I've ridden is 362.)

At least once during the ride, two consecutive nights are spent in the same place, giving cyclists the opportunity to stay and explore or choose a loop of almost any distance. The first year, I took an afternoon break to stop in an art museum I passed. The second year, three of us got a private tour of a sculptor's studio in Oregon.

This time around, between the rain and the hills on the route through northwestern Illinois, there were no free afternoons for me. However, there was one somewhat raucous morning when, after biking up Blackjack Mountain and then up the hill out of Hanover (17 degrees at its maximum, 361 feet high), we came upon a gorgeous vista – and the Massbach Ridge Winery. So what if it was only 10 a.m.? It was 10 p.m. somewhere, we told each other.

But what else? Oh, yes, motels for that minority who so chooses. Always with hot showers and cushiony beds, often with swimming pools, sometimes with hot tubs, always with shuttle service to campground meals. Which are very, very good. The ride's sponsors are the Illinois League of Bicyclists and the Illinois Department of Transportation. In every way, they do it first-class.

cont'd

GITAP (cont'd)

Since I first rode GITAP in 2008, I've been trying to talk Wheelm'n members into joining me. This year I succeeded with five – Sandy Brown, Bonnie Martin, Ken Pope, Larry Trollope and Bernie Drake. Bernie is my husband. He golfed five days and biked one. The marriage is good.

That list pleases me, most importantly because these are all great people and I enjoy being with them. But also because only one bike club in the state – Joliet – had a larger delegation than the Wheelm'n.

I think we can do better next year and I'm willing to handle recruitment. E-mail me ([bdrake@mtco.com](mailto:bdrake@mtco.com)) if you are interested. The next GITAP will take place in June 2011, with exact dates and route to be announced in December. The ride is limited to 160 cyclists and is usually full by February.

Left to right in the photo: Larry Trollope, Ken Pope, Barb Drake, Bonnie Martin, Bernie Drake. Sandy Brown was absent.

### 4th Annual Harvest of Talents Charity Ride- October 9th

Looking for a local fall ride a couple weeks after IVW No Baloney? Please come back to Chillicothe Christian Church to join us for the 4<sup>th</sup> Annual Harvest of Talents Charity Ride. All proceeds from the ride benefit *International Disaster Emergency Service* in its effort to feed the world's hungry.

New routes are planned for this year, with snacks along the ride and lunch upon returning.

More info can be found at  
[www.chillicothechristian.net/hotBikeRide](http://www.chillicothechristian.net/hotBikeRide)  
Contact Neil Terry (309-573-4416) with questions.

### CLEAN-UP OF PARK SCHOOL ROAD

**Saturday, October 9**, will be our last Park School Road clean-up for the year 2010. We will start at 10:00 AM so come a little early and socialize over a cup of coffee with other Wheelm'n at Not Your Average Joe coffee house in Dunlap. Not only is the coffee delicious, you might need a little something to warm you up.

Bring gloves; vests and orange bags will be provided. We will pick up litter on the two-mile stretch of Park School Road between Rt. 91 and Feucht on both sides of the road. This usually takes about an hour. I do appreciate how faithful some of the Wheelm'n have been in helping with this task each time.

Cora Lynn Green, Chairman



## 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

As you may have heard, [the Governor signed our bill authorizing these plates](#), which will be produced AFTER 1500 [reservation forms are sent to the Secretary of State](#).

The plate design will have a "Share the Road" sign with bike and car, plus the text "Same Rights – Same Rules". Fees will fund LIB's motorist and cyclist education programs. We will no longer offer annual "National Bicycle Month" plates in April and May.

To get to 1500, LIB will soon embark on pre- and post-design campaigns and a design contest. But before that, we want to offer our 2010 National Bicycle Month customers "dibs" on low plate numbers. While the Secretary of State will not assign specific numbers (unless you later pay more for personalized/"vanity" plates), we were told that those getting their \$17 commitments in first will get the lowest numbers.

[Download the form from the LIB website](#). (one per car). **Write your check to, and send to, the Secretary of State at the address on the form.** After we hit 1500 and the plates are produced (likely, many months from now), there will be a one-time \$29 switchover fee – plus your annual license plate fee, if within 90 days of your plates' normal expiration. Each year afterwards, renewal will cost \$22 plus your normal license plate fee. If we do not reach 1500, we'll assign your \$17 to LIB membership, on request.

Sign up today to reserve a low number Share the Road plate! And [watch our website](#) for monthly

**[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)*

*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

### Gregg Bittner

Gregg Bittner just cannot say enough about the merits of biking. It burns sugar and helps keep his diabetes under control. It's the biggest reason he's dropped a century – yes, we're talking 100 pounds – over the last three years. He feels good, and he's staying healthy. "It's almost like a fountain of youth," he says. "It's not the cure-all, but it really does help."

Gregg biked as a child growing up in Munster, Ind., a Chicago suburb. But his major interests were basketball and running. Only when he got to college at Indiana University did cycling become a serious endeavor. Biking was so big around Bloomington that Hollywood showed up in 1979 to make what became an iconic movie about it – "Breaking Away." The scene where a biker runs over a Frisbee was filmed right outside Gregg's dorm while he watched. Of course, he bought a bike – a Trek 400 that he still has.

Gregg and his bike spent their senior year in college in Germany. "Everyone else took the Underground, and it was dark all the time," he says. "I biked all over the place." Not only did cycling enable him to see the city and the countryside, it became an entrée for friendship and conversation with fellow bikers, most of whom were Germans.

Law school at IU followed graduation. Gregg says he'd known since eighth grade he would become a lawyer. "I was kind of a bad boy," he explains. "And I thought it was really cool to know all the ins and outs and all the loopholes."

A job offer to work in the tax department of an accounting firm brought Gregg, wife Cathy, law degree and bike to Peoria. A year later he started his own practice. Taxes wouldn't provide enough work, so he focused on bankruptcies and then on divorces. Over 25 years in practice he says he's handled more than 7,000 bankruptcies and 5,000 divorces.

His wife, who was his high school sweetheart, is also his secretary. "We work together and spend a lot of time together," he says. "It's been good; it's been stressful at times, but we've done well."

Shortly after the Bittners were married, they bought matching blue Trek 600s. "We used to ride back in '85 or '86 on Grange Hall Road to Jubilee Park. We had a lot of fun and did this for years," he says. The Bittners also enjoyed hiking and biking on more than 30 years of Colorado vacations. Rides in Colorado – Gregg's done both Ride the Rockies and Bicycle Tour of Colorado – are memorable events. "The towns are very supportive," he says. "They apply to be part of the route. They sponsor ice cream socials and barbecues, and bands play in the park."

Gregg says biking went from a hobby to a health fix about a decade ago, when he was diagnosed with diabetes. Now he rides two to three hours a day, even in the winter. The Journal Star once published a photo, taken in February, of a bundled-up Gregg biking on Grandview Drive, his German shepherd on a leash running alongside. "He loves it," Gregg says. "I do hill work when I have the dog because we're about the same speed going uphill." If the dog's too tired – maybe after a run – Gregg puts all 85 pounds into a buggy attached to the bike and pulls. (That he does on flat ground.)

Gregg's been cycling with the Wheelm'n on and off for the last two decades. When workload permits, he enjoys Tuesday or Thursday rides. This year he joined the speedy Level III riders who leave from the town square in Washington on Saturday mornings. They probably average 19 miles an hour, he says. "I get a little better each year."

His legal skills are a good fit for his new position as the Wheelm'n's Advocacy/Government Relations Chair. It's Gregg's job to encourage government officials to remember cyclists when planning road projects. Currently he's trying to persuade the city to include bike paths on possible rehabilitation projects on Main Street and Washington Street.

"Ray LaHood (U.S. Transportation Secretary) has been very cooperative," Gregg says. But at the state level especially, "we just get a lot of lip service, to be honest." He says he'd like to see more bike-friendly legislation, suggesting Illinois might look to Florida for model laws. There bikes are considered "an integral part of transportation."

Beyond that, he says, he encourages people "all the time" to take up biking. "I invite them out for rides and tell them I'll do beginner rides with them." One of his recent recruits is daughter Melissa, a swim team member and education major at Illinois Wesleyan University. Gregg recently bought her a bike and helmet so she could ride the paths in Bloomington-Normal.

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

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)

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.)

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

**\*\*NOTE: Closely view departure dates and times as they change month to month!**

**Monday Morton Level II:** Cancelled for the rest of the year. Thanks Dennis and Peggy

**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.

For the most current information check the IVW website at: <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 date is 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.

**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: 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 9 a.m. at the Ironstone Restaurant at 101 E. Market St. in Manito. We'll have lunch there at ride's end.

**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!

We'll gather at 9:30 in the parking lot of The Brothers Family Restaurant in Rapids City (on Rt. 84 just north of I-80). Please park in the back of the lot. We'll bike south along the Mississippi to trail's end then turn back north for lunch at The Brothers, where the menu is as big as any you've ever seen. That's 35 miles round trip, but those who don't want to go as far can circle back. And those who need to bike off Barb's birthday cake can do so by heading north after lunch.

Because times may change, and weather may not cooperate, please advise Barb or Cora Lynn if you plan to come. Barb may be reached at 692-1201 ([bdrake@mtco.com](mailto:bdrake@mtco.com)) and Cora Lynn at 683-3083 ([cora\\_lynn@yahoo.com](mailto:cora_lynn@yahoo.com)).

### Ride Levels:

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

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

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

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

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

**Show & Go:** 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.

## No Baloney Volunteers

By Mike Honnold

Many spots still need to be filled to make our No Baloney Ride a success on September 25<sup>th</sup>. Below is a list of the spots we still need some help with. If any of these opportunities look interesting, please be proactive, and contact me, Mike Honnold at 309-696-2591 or cannondale\_25@juno.com. Thank you.

- Food Purchasing      Need (2) people who would be available sometime on Sept 23<sup>rd</sup> to go out to local stores and purchase food for No Baloney with Mike Honnold & Liliana Wong. Meeting @ 10 AM on September 23<sup>rd</sup> at the Peoria Sam's Club.
- Food Delivery      (1-2) people available on September 24<sup>th</sup> to assist Mike Honnold with making deliveries of food and other supplies to the rest stops.
- Emergency Food Delivery      Driver needed on-hand in case any rest stop needs more food than planned  
(1) person needed - 8:00 A.M. -> 12 P.M. & 11:45 A.M. -> 3 P.M.
- Registration @ Chilli      (4) people needed 6:00 A.M. -> 8:30 A.M. shift  
(3) people needed 7:45 A.M. -> 10:15 A.M. shift
- Book/shirt sales      People needed to sell old No Baloney T-Shirts and "R & R" books at Chilli  
(1) person needed 6:15 A.M. -> 8:15 P.M. shift  
(1) person needed 8 A.M. -> 10:15 A.M. shift  
(1) person needed 10:00 A.M. -> 12:15 P.M. shift  
(1) person needed 12:00 P.M. -> 2:15 P.M. shift  
(1) person needed 2:00 P.M. -> 4:00 P.M. shift
- Route Questions      We need a few people available at Chilli who are familiar enough with the area and route to answer any questions the riders may have.  
(1) person needed 6:15 A.M. -> 8:15 A.M.  
(1) person needed 8:00 A.M. -> 10:00 A.M.
- Sign Placement      We need people who can place/remove safety signs along the No Baloney route  
(4) people needed to place signs on Saturday from 6:00 A.M. to ??  
(4) people needed to remove signs on Saturday from 3:00 P.M. to ??
- Setup/Teardown at Chillicothe      (7) people each will be needed 5:30 A.M. -> 7:30 A.M. & 3 P.M. -> 5 P.M.
- Chilli Rest Stop      (2) people will be needed 7:15 A.M. -> 10:30 A.M.  
(2) people will be needed 10:15 A.M. -> 12:30 P.M.  
(4) people will be needed 12:15 P.M. -> 2:30 P.M.  
(2) people will be needed 2:15 P.M. -> 4:30 P.M.
- Camp Grove Rest Stop      (1) person who can act as chairperson to be here from setup to teardown  
(3) people will be needed 7:30 A.M. -> 10:15 A.M.  
(3) people will be needed 10:00 A.M. -> 12:30 P.M.  
(3) people will be needed 12:15 P.M. -> 2:45 P.M.
- Blue Ridge Rest Stop      (1) person who can act as chairperson to be here from setup to teardown  
(3) people will be needed 7:00 A.M. -> 10:00 A.M.  
(3) people will be needed 9:45 P.M. -> 12:45 P.M.  
(3) people will be needed 12:30 P.M. -> 4:15 P.M.
- Food/Monetary Donations      We are also asking club members for any donations of baked goods cyclists would want to eat during a bike ride. These can include anything like muffins, bread, cake, pie, cookies, etc.... If you do not want to bake something, we can also accept donations of \$\$ to cover any expenses related to purchasing the No Baloney rest stop food.

Pictured is Sheldon Schafer, long time resident chef and tuxedo clad server of fine escargot at the "French" rest stop on the No Baloney Ride.

Sheldon recently announced his retirement from this stop due to work conflicts. If you see Sheldon, thank him for all he has done to help make NBR a success.



**Thank You Sheldon!!**

### FOR SALE !

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

*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*

**FREE** — Thermal lined shoe covers for winter riding. 2 pair, one is marked small and the other is not marked but is probably also a small. Both come up several inches on the ankle. One zips up the back and has reflective tape on each side of the zipper. The other has Velcro seam on the side and is marked small. Both have cleat openings in the bottom. If you would like to look at them call Cora Lynn Green 683-3083.

**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 - Peoria  
309-346-3900  
Illinois Cycle & Fitness - Peoria  
309-693-2691

### HELP NEEDED!! By Bill Clark- Editor

I have put off writing this for some time now, as our President has been doing a good job of stepping up on the soap box. But the time has come as your Editor to put my two cents worth in. The club may cease to function, as we know, if we do not get some volunteers. Yes, the club that has been the bedrock of local cycling for many years is in dire need of officers, ride leaders, etc. These positions can be as involved or uninvolved as the person holding the office wants to make them. The duties are not chiseled in stone. We have had officers in the past who did the bare minimum and got by just fine. Then of course, there are the "Mikes" who take it to a whole new level. There are some duties that can't be ignored, but you do not have to structure your life around the club, and if you believe you have what it takes to assume the position of President, No Baloney Ride leader, etc., contact myself or Mike Honnold and we'll talk. Remember, without your help, the club will fail to function as we know it. And I don't think any of us would like to see that happen. BC'n ya on the road! The Editor

### IT'S ALMOST HERE!!!



### 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)!*

# A WHOLE NEW SPIN ON INDOOR CYCLING.

It happens. Life gets busy and you get disconnected from the things that matter. The things that feed your mind, your body, and yes, even your soul. The newest workout in Peoria isn't just about indoor cycling. It's about reconnecting to yourself- through intense full-body workouts, killer music, and excellent instructors. This fall, get back in touch with yourself.  
**GET IN THE LOOP.**

BOOK YOUR RIDE AT:

[loopcycling.com](http://loopcycling.com)

LOOP is located at Peoria's Metro Centre between Bard Optical and Jo-Ann Fabrics and Crafts. Our studio is on the Lower Level.

  
CYCLING STUDIO



## 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 \_\_\_\_\_

**Unless otherwise requested, as of 1-1-11 all newsletters will be email only.**

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) \$ \_\_\_\_\_

Electronic Newsletter

Preferred \_\_\_\_\_

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>
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 <a href="http://www.ivwnobaloney.com">www.ivwnobaloney.com</a>	Chillicothe Christian Church Chillicothe, IL
October 2 <sup>nd</sup> , 2010 8:00 A.M.	Tour de Cape <a href="http://www.tourdecape.com">www.tourdecape.com</a>	Downtown Cape Pavilion Cape Girardeau, Missouri
October 3 <sup>rd</sup> , 2010 7:00 A.M.	Pumpkin Pie Ride <a href="http://www.starvedrockcycling.com">www.starvedrockcycling.com</a>	Ottawa, IL YMCA 201 East Jackson Street
October 9 <sup>th</sup> , 2010 7:00 A.M.	Harvest of Talents Ride <a href="http://www.chillicothechristian.net">www.chillicothechristian.net</a>	Chillicothe Christian Church Chillicothe, IL
November 20 <sup>th</sup> , 2010 5 PM – social; 6 PM – dinner	IVW Annual Year-End Gathering and Meeting	Rhythm Kitchen 305 S.W. Water Street; Peoria, IL

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

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Check the date on the upper right  
corner of your mailing label.**

