



# ILLINOIS VALLEY **WHEELM'N**

October  
2010

*greater peoria's bicycle club*

## **NO BALONEY**

### **RIDE**

A GREAT SUCCESS!

**LOOK FOR PHOTO'S  
AND A COMPLETE  
REPORT IN THE  
NOVEMBER  
ISSUE.**

## **WE ARE STILL LOOKING FOR BOARD MEMBERS.**

IF YOU OR SOMEONE YOU  
KNOW WOULD LIKE TO BE  
MORE INVOLVED IN THE  
CLUB, PLEASE CONTACT  
THE PREZ. OR THE EDITOR

See related article on page 11 of the  
September issue of the newsletter.

## **WE ARE STILL RIDING !**

Although the season is slowly  
coming to an end we still  
have a variety of rides  
to choose from.

See the listings starting on  
page 7.

## **ON THE INSIDE**

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**TAILWINDS**  
Mike Honnold IVW Prez

(Editor's Note)

In lieu of Mike's usual commentary, this month he submitted the below picture along with thanks to those who helped out at the No Baloney Ride. If you see Mike (he will be the one with the big grin on his face) please take time to congratulate him and his wife Katrina for a job well done.

## **Tailwinds**

Mike Honnold - IVW Prez  
\*\*K.I.S.S. New Dad Edition\*\*



John Michael Honnold  
Born 8/21/2010; 9:04 P.M.  
7 Pounds, 15.5 Ounces; 20 Inches

1. New, happy baby in household now!
2. If you volunteered at No Baloney - Thank you!
3. If you baked for No Baloney - Thank you!
4. If you rode in No Baloney - Thank you!
5. Keep those miles coming in Oct. & Nov.
6. "Save the Date" for 11/20 - IVW Meeting

### Welcome, New Members:

Rick & Lisa Croft .....Washington ^  
Theresa & Jon Harayda .....Peoria \*

### Thanks to Renewing Members:

Doug & Cathy Wilson .....Mackinaw  
Allan & Gail Silzer .....Peoria \*  
Thomas Donohoe .....Washington ^  
Bill, Brenda, & Nathan Clark..... Pekin ^  
Peggy Keck .....Groveland \*  
Ed Shimon .....Peoria  
Larry Paustian East .....Peoria  
Lori Boland .....Brimfield  
Ron Matuska .....Morton ^  
Scott & Monica Wright .....Mapleton  
Chris Martin .....Pekin

### Lifetime Members

Larry & Cheryl Wegman.....Mackinaw  
(\* LIB/LAB Membership ^Advocacy donation)

### 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

### 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. The list below shows memberships that have expired or are about to expire within the next two months.

DAN ALCARAZ	11/11/2010
ROB ALEXANDER	9/28/2010
RON ANDERSON	11/27/2010
BEN BRUBAKER	10/14/2010
PHIL BURROUGHS	10/24/2010
JENNEFER COFFEY	10/14/2010
DENISE COOKSEY	10/9/2010
PHIL CORNISH	9/16/2010
STEVE DAGGS	11/3/2010
LARRY D DAVIS	9/24/2010
MICHAEL A DILLARD	9/13/2010
RON DOUGLAS	10/13/2010
GREG DURST	10/25/2010
ELLEN GEORGE	9/3/2010
DONNA GOELZ	8/15/2010
MICHELLE GRAHAM	11/12/2010
JO AN GRANE	10/16/2010
CORA LYNN GREEN	10/16/2010
CONRAD GREMBOWICZ	10/16/2010
CHARLES F GULLETTE	10/9/2010
DALE HARDIN	10/14/2010
JIM HOOKER	10/13/2010
BONNIE JOHNSON	10/6/2010
MARK E KLOK KENGA	8/13/2010
STEVE KURT	10/17/2010
RUSS LANGFORD	9/9/2010
MICHAEL MAHONEY	10/9/2010
CHRIS MAUSHARD	8/11/2010
MELISSA MC CLURE	9/20/2010
JIM MC INTYRE	10/16/2010
KEN METTELMANN	9/26/2010
CHARLES C MYERS	10/9/2010
CRAIG D NELSON	8/12/2010
DON NIEMI	11/13/2010
TIM O'HANLON	9/13/2010
MARK PADESKY	9/15/2010
JOHN POTTER	10/14/2010
RANDY RAY	11/14/2010
DONALD STICKEL	10/14/2010
DENNIS TRESNERITER	10/3/2010
STEPHEN J TRUSKA	11/11/2010
SUZANNE WHEELER	9/16/2010

### IVW CHAIRPERSONS

#### **PRESIDENT:**

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#### **IVW Website:**

<http://www.ivwheelmn.org>

## AROUND THE PEORIA AREA

“HAVE YOU HEARD THE NEWS”?



### Newsletter Article Submission Tips

The IVW newsletter is a great way to inform the local cycling community of events happening in the area. No other document I know of reaches more cyclists at once in Peoria, Woodford, or Tazewell Counties. Bill Clark and I are always willing to post articles from IVW members or others in the community with an event or item that may be of interest to our membership. If you would like to post an article/event in the newsletter, please take into consideration the following guidelines:

1. Submission deadline for any article is the 15th of the month - NO EXCEPTIONS!
2. If you are submitting information about a specific event, please make sure it is submitted at least two months prior. We sometimes have problems out of our control getting the newsletter out to members by the first of each month. Should the event you want to advertise be near the beginning of the month, there may be a chance members would never see the information in time to attend.
3. It is best if you can submit the article electronically. Microsoft Word is the format preferred, but using a simple program like Microsoft Notepad that can save in a basic/generic .TXT format is fine also. Submitting the article this way minimizes the amount of editing Bill Clark must do prior to adding it into his master document.
4. We can also submit the article to our website - just let us know when you send it in!

Thank you for your compliance! If you have any questions, please contact the editor. Bill Clark and Mike Honnold

### 2010 Year-End IVW Banquet 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	August 2010 Mileage	2009/2010 Total Miles
Steve Sommer	643.3	6465.3
Dennis Tresenriter	804.4	6324.1
Tom Dorigatti	1021.33	6093.73
Steve Kurt	844.98	5553.47
Suzanne Wheeler	614.6	5103.17
Michael Honnold	731.3	4683.5
Steve Berger	824	4628
Edith Albright	410.72	4548.01
Chris Salvador	145.58	1169.35
David Gehrt	247	984
Whitney J. Salvador	95.4	459.2
Faraz Hussein		434
Chris Gibson	7	383
T. Van Wassenhove		245

## CLUB AND LOCAL AREA EVENTS

### GOOD THINGS HAPPENING

By Cora Lynn Green

I am not sure Wheelm'n members realize what good things are happening in the Peoria area regarding bicycling. You get the feeling that everything is happening at once but really all of these are the result of many years of hard work. It is just that everything seems to be culminating at the same time. Here is some of what is happening:

**Kellar Branch**: Almost all of the tracks, spikes and ties have been taken up. In November, bids will be taken to build the first section of this trail. Peoria Heights is planning to build a trailhead on the trail by Heritage Square. Eventually the park district hopes to build a tunnel under Knoxville.

**Peoria Area Bike Map**: A new Peoria area bike map will be finished by October. This will replace the former Peoria bike map made in the mid-1990s. This map will be accessed electronically using Goggle's national mapping system.

**Mackinaw Valley Trail**: The Tri-County Regional Planning Commission and the Illinois League of Bicyclists are providing mapping and signage to connect the East Peoria trail, which ends in Morton to the Constitution trail in Bloomington/Normal. In the future, the plan is to make this connection a designated trail rather than on-road.

**East Peoria Trail**: Work is underway on the connection of the pedestrian bridge over Farm Creek. This is the final step to connecting the trail to the Bob Michael's Bridge. Stark County Greenways is working to connect the Rock Island Trail, which ends in Toulon to the Hennepin Trail via signage on road.

If you want to find out more about what is going on with trails in the Peoria area, I would encourage you to attend the Rails Trails Advocacy meetings the first Monday of the month. The next meeting is Oct 4 at Bicycle Safety Town on Sheridan Road. Call Cora Lynn Green 683-3083 if you want more information.

Where have you taken your new IVW Jersey this year. Send me your photos and a brief description, and I will publish them in the next few newsletters. At right, is none other than your Editor at "The Divide" in Yellowstone National Park, Wyoming. It's all downhill from here!

### 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.

### DON'T LEAVE ME OUT THERE BY MYSELF

By Cora Lynn Green

Come join me Saturday, October 9, for 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 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 Feuchts on both sides of the road. This usually takes about an hour. It is not hard to do, and I want to share the fun.

Cora Lynn Green, Chairman



## AROUND THE STATE-AROUND THE NATION

### LEAGUE OF AMERICAN BICYCLISTS UPDATE

#### Action Alert: Trail/Bikeway Funding

IDOT's grant application selection process has begun for \$70-80M in federal funding. Please take a couple minutes to contact Gov. Quinn, asking for emphasis on trails and other bicycling projects!

Since 1992, the Transportation Enhancements program (ITEP) has been the state's (and country's) primary source for trails and bikeways, one of 12 eligible project types set by Congress. Since 2003, however, ITEP's effectiveness for bicycling has decreased dramatically due to a series of state administrative decisions, putting Illinois far behind other states on this issue.

Gov. Quinn wants more bike trails in Illinois. Now is a key moment for him to make the most impact, with no state budget impact. LIB has sent him and IDOT [a letter with specific requests](#) on grant selections.

**Here's what you can do.** [Contact the Governor's office](#) by phone or email form. Ask for more of IDOT's Transportation Enhancement grant money to go to bicycling and trails. (Feel free to add more detail from the above info or our letter.) Thanks!!

#### 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

**Val Lindner** says she is “the super sag support” when her husband and son enter bike races. She says she’s “the glue that holds everything together kind of person.” She says she’s not “ambitious or self-promoting” but gets her joy from helping others.

That helps explain why she’s the person – official title is Mailing Chair – who does the unheralded monthly job of making sure the newsletters go to the right Wheelmen when they get to the post office. It’s not surprising that she volunteered.

It was Mike Honnold’s plea for help – club president, baby on way, lacking time to do it all – that caught Val’s eye earlier this year, particularly the part about the baby coming. “I told him I’d help in any way I could,” she said. Mike said he needed someone to take newsletter production off his hands.

Born in East Peoria, Val and her family moved to Arizona and California before returning to central Illinois. After graduating from Limestone Community High School, she headed for Bradley University and obtained a degree in nutrition. She worked as a registered dietitian for 10 years, mostly helping diabetics.

While at Bradley, Val fell in love with and married Tim Lindner. The two began cycling together once children came along, traveling 20 to 30 miles at a time, towing a Burley full of kids and toys. A favorite organized ride for the Lindner family is the Hilly Hundred in Indiana.

Val says she enjoys cycling for all of the familiar reasons. It’s easier on the joints because it’s non-weight-bearing. It’s something most people can easily do. But primarily, she says, it’s the people she meets, including the strangers she’s encountered on rides like Pedaling for Kicks. Val says she often finds herself chatting with other riders. “That’s what I like about cycling – that and that it allows me eat more food.”

Tim and son Andrew, an 18-year-old senior at Morton High School, are the family’s big cyclists these days. Both are Category 4 racers, and many a weekend finds the family supporting that habit in Indiana, Iowa and the Chicago area. Daughter Rachel, 14, a Morton High freshman, is more of a tennis player than a cyclist. Val’s two brothers, Tod and Marc Hetzel, are also avid cyclists.



Val, right her daughter Rachel

As many parents of teen-agers have learned, adult activities usually play second stage to what the kids are doing, and that’s taken its toll on Val’s biking time. Not that she’s complaining. “Cycling has been a family hobby for us,” she says. She and Tim are thinking about buying a tandem so they can take trips together when the kids are grown.

Val stepped away from full-time employment when her second child was born. Since then she’s worked part-time both in and out of her field. She most enjoys volunteer work. She’s in charge of the AWANA children’s ministry at Harvest Bible Chapel, a new church meeting at the Embassy Suites Hotel in East Peoria. She crafts and gardens and, as might be expected of a dietitian, likes to cook.

Come January, Val likely will have a few more hours to burn. That’s when Val’s duties will be greatly reduced, once we go to the electronic distribution of the newsletter and most of the paper copies will be eliminated. “Part of my job will go away, and I can volunteer in a new area of the club.” She will still be responsible for seeing that local bike shops get their copies for promotional reasons, and mailing the 10 to 20 copies to members who still want paper.

## ILLINOIS VALLEY WHEELM'N - Fall, 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 will lead this ride departing from Dunlap Grade School at 5:30 p.m. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently. Last ride is September 27

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

**Daytime Tuesday Show and Go:** All levels of riders depart from the Dunlap Grade School at 9:00 a.m. Weather permitting, Mileage 25-40. Contact Herb Unkrich (673-1074) [bluebirdherb@yahoo.com](mailto:bluebirdherb@yahoo.com) for more information. This ride will remain active until temp's drop below 40 degrees.

**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. Last ride will be September 28

**Tuesday Dunlap Level III:** Steve Kurt (243-7684) [kurtsj@mtco.com](mailto:kurtsj@mtco.com) leads this popular ride from the Dunlap Grade School departing at 5:30 p.m. as of September 7. **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! Last ride is Oct. 26

**Tuesday Dunlap Show and Go Level IV:** For faster riders this group will get your heart rate up. However, do not 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. Last ride will be October 27

**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. Last ride will be October 27

**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. Last ride will be September 29

**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 1 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). This ride is done for the season. See ya in the spring!

**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. Last ride will be September 24.

**Saturday Show and Go Level III:** Ride meets at Washington Square at **8:30 a.m. all year**. Distance varies from 25-60 miles. This ride is still active.

**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. This ride is still active.

For the most current information check the IVW website at: <http://www.ivwheelmn.org>

## 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.

**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@mco.com](mailto:bdrake@mco.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.



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.

*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.

## IVW "Routes & Recipes"

*Available for purchase at the following locations:*

**Bushwacker Ltd.**

4700 N. University, Peoria  
692-4812

**Illinois Cycle & Fitness**

9016 Allen Road, Peoria  
693-2691

**Lakeview Museum**

1125 W. Lake Avenue, Peoria  
686-7000

**Little Ade's Bicycles & Repairs**

305 N. 5<sup>th</sup> St. Pekin  
346-3900

**Often Running**

206 South Linden St., Normal  
454-1541

**Running Central**

700 Main Street, Peoria  
676-6378

**Russell's Cycle & Fitness**

10 Valley Forge Plaza, Washington  
444-2098

**Tanner's Orchard**

740 State Route 40, Speer  
493-5442

**Vitesse Cycle Shop**

206 South Linden, Normal  
454-1541

**Mike Honnold**

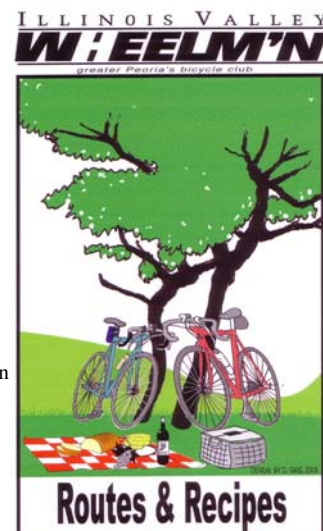
President IVW

[Cannondale\\_25@juno.com](mailto:Cannondale_25@juno.com)

696-2591

All phone numbers are in 309 area code.

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



*Please consider supporting our local area bicycle shops.*

Bushwacker Ltd. - Peoria  
309-692-4812

Russell's Cycle & Fitness - Washington  
309-444-2098

Little Ade's Bicycles - Pekin  
309-346-3900

Illinois Cycle & Fitness - Peoria  
309-693-2691

This list is not meant to be inclusive of each and every bicycle shop in the area. Please see the yellow pages in the local phone directory for a complete listing. The IVW does not endorse any one bicycle shop listed.

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

# 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.

**LOOP**<sup>TM</sup>  
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**

## CALENDAR OF EVENTS

Date/Time	Event Name	Location
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 8-10 <sup>th</sup> , 2010 Various Start Times	Hilly Hundred Bicycle Ride <a href="http://www.hillyhundred.org">www.hillyhundred.org</a>	Edgewood High School Ellettsville, IN <a href="mailto:skiphiggins@comcast.net">skiphiggins@comcast.net</a>
October 9 <sup>th</sup> , 2010 8:00 A.M.	Harvest of Talents Ride <a href="http://www.chillicothechristian.net">www.chillicothechristian.net</a>	Chillicothe Christian Church Chillicothe, IL
October 23 <sup>rd</sup> , 2010 8:00 A.M.	Tour de Shawnee <a href="http://www.tourshawnee.org">www.tourshawnee.org</a>	Horseshoe Lake Comm. Center Olive Branch, IL
November 20 <sup>th</sup> , 2010 5 PM – social; 6 PM – dinner	IVW Annual Year-End Banquet 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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 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.**

