



March 2011

AFFILIATED CLUB

www.ivwheelm'n.org

THE GREATER PEORIA AREA'S BICYCLE CLUB

11th HOUR REPRIEVE

(FROM THE IVW NEWS SVC.)

Governor finds money in state budget to continue ride. AND A LOYAL MEMBER VOLUNTERED

NO BALONEY IS BACK ON THE FRONT BURNER!

See the President's "Tailwinds" column!

WE ARE STILL LOOKING FOR BOARD MEMBERS.

Positions needing filled are:

Ride Chairman

A simple job for someone with organizational skills.

Contact Mike Honnold at (309) 696-2591 if you are interested.

OUR DAY IS COMING SOON!

The snow is melting and the birds are chirping.

It will not be long and the wheel's will be turning.

Now is the time to contact your local bike shop for a tune-up before the riding season gets started.

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TAILWINDS

Mike Honnold IVW Prez

Not sure how many of you read the Quad Cities Bicycling Club newsletter, but their president does his monthly column in a list format rather than a "conversational" format. Seems like this would be easier/quicker to write, but less friendly and "fireside chat" worthy. So in going with the more formal idea tonight to save myself some time (it's already late, and Katrina has probably sent out the basement search party), here is my new take on the monthly article!

1. I am very excited to announce that we are going to have a No Baloney Ride this year! After weeks/months of letting everybody know that I wasn't going to be able to plan the ride due to the time required, IVW member Morgan Clay called me up to discuss the ride from a timing standpoint.

Morgan is also involved with our local mountain biking group (PAMBA) and for the past few years, a season-end PAMBA event at Farmdale has conflicted with the late September date of No Baloney. A concern of Morgan's was that she wanted to help out with the PAMBA event, but also really wanted to be involved with planning No Baloney to keep it going another year. The IVW board discussed Morgan's conflict at the February board meeting and agreed to move the No Baloney ride to August 27th, 2011! A lot of planning still needs to take place, but I am certain Morgan will pull out a great ride for all of us to participate and/or volunteer at! Please keep checking the No Baloney website (www.ivwnobaloney.com) or this newsletter for any further updates.

2. What does everybody think about the late winter snowstorm we had on the 1st/2nd of February? Wow - I was a little worried when I heard the weather forecasts predicting up to 20 inches of snow, because - well - I'd never seen 20 inches of snow in my life! Thankfully, the storm did not dump quite as much snow as first predicted, but we still received plenty to keep me snowshoeing and skiing for a few days at Jubilee College. In fact - the snow was so deep in our neighborhood on the first morning after it snowed that I had to snowshoe up to Schnucks in the Metro Center to get something for the baby that we'd forgot about. Now that all the snow is melting and we will hopefully be able to get back on our bikes, keep tabs on the nightly freeze/thaw of melted snow on the road. What appears to be a nice open road could be leading you into a slick spot and eventual accident! Safety first!

3. I do hope everybody can attend our spring social on Saturday, March 12th out at Good Tequila's in the Grand Prairie Mall. Amber has spent a lot of time making sure everybody will have a good time eating Mexican food and "spinning" our tales of winter riding adventures. Once the food has been consumed, the American Diabetes Association will have an informative presentation on the 2011 "Tour de Cure" in Springfield, IL.

4. Keep an eye out for the new Peoria Area Bike Maps to be appearing soon in local bike shops and other locations. This map is co-sponsored by the Tri-County Planning Commission, Friends of the Rock Island Trail, and the Illinois Valley Wheelm'n. This is an updated map showing locals and visitors the best/safest places to ride their bikes in the area!

Welcome, New Members:

Cheryll Boswell..... Peoria
Terry & Joanne Carter..... Peoria
Donald WieburgMorton

Thanks to Renewing Members:

Dan & Christina AlcarazEast Peoria
Richard & Janice AndersonMorton
Jean-Marie BillonPeoria
Sheila Gribble..... Dunlap
Bill & Ruth HolmesEdelstein
Frank StashPeoria
Mike & Emily TherryMarquette Heights^
Quinton & Barb SmithPeoria
Charlotte WoodhousePrinceville

Lifetime Members

(* LIB/LAB Membership ^Advocacy donation)

RENEW YOUR MEMBERSHIP ON-LINE at:

www.signmeup.com/67269

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

MEMBERSHIP RENEWAL

STEVE ALFRED	5/6/2011
DENNIS ANDERSON	3/12/2011
SANDRA BROWN	4/14/2011
MICHELLE BUSA	4/14/2011
ROBERT CASTLE	3/11/2011
MARK CEALEY	3/19/2011
MORGAN CLAY	3/12/2011
CHRIS COLLISON	1/13/2011
DALE COOK	2/16/2011
RICHARD CRANDELL	4/12/2011
LORI DAVID	1/7/2011
TOM DORIGATTI	4/14/2011
BARB DRAKE	4/14/2011
MIKE DVORSKY	4/23/2011
AMBER EVANS	3/12/2011
CHRIS EVERTS	1/14/2011
MIKE FOX	4/14/2011
ROLLA GODFREY	1/22/2011
DAVID GROMER	5/19/2011
MIKE HAEDICKE	5/20/2011
GERALD HALEY	5/13/2011
PETE HANSSSEN	3/10/2011
MARC HETZEL	3/12/2011
GLENDA HIBBERT	3/12/2011
SUSAN HOOD	4/14/2011
DAVID HOUSE	3/15/2011
JACK HUGGINS	4/12/2011
PATTY ISIT	3/11/2011
DONALD JACOBS	5/10/2011
KATHY JOHN	4/19/2011
DARREL JONES	3/12/2011
MIKE JOSLIN	2/16/2011
BILL KANDLER	3/11/2011
CARRIE KERR	3/12/2011
BRIAN KING	3/19/2011
TODD KOLLAR	4/19/2011
AL LAGODA	2/7/2011
JILL LEVENE	2/7/2011
BONNIE MARTIN	4/12/2011
ANGELA MARTIN-MOUSHON	3/12/2011
DAN MC CAHERTY	3/10/2011
KEN MC GARVEY	3/12/2011
LOU MC MURRAY	4/23/2011
JEFF MENKE	4/14/2011
GEORGE PARSONS	4/14/2011
MEL PERRILL	2/2/2011
CLAIRE PUTMAN	4/14/2011
ED RIESBERG	1/13/2011
TOM ROMANOWSKI	2/16/2011
DON RULIS	3/12/2011 (cont'd at right.)

This is a list of members whose membership is either two months past due, or have a membership needing renewed within the next two months.

There is a two month grace period on expiring membership, but once that is up, you will no longer get the newsletter.

Once the electronic edition is released, this list will serve as your reminder to renew.

The IVW does not send out bills or notices, but requests that members keep track of the expiration of their annual memberships, and submit their payments accordingly.

Please check your paper mailing label or this spot in the e-newsletter, for the expiration date of your membership
Thank you.

IVW CHAIRPERSONS

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cannondale_25@juno.com

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lorib1723@gmail.com

SECRETARY:
Chris Salvador 309-229-1404
kidentropy818@yahoo.com

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m_b_semmens@sbcglobal.net

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Position is Open
Contact Mike Honnold if interested.

2011 NO BALONEY RIDE CHAIR:
Morgan Clay Grigsby 309-363-3066
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EDITOR:
Bill Clark 309- 347-4841
wdclark190@comcast.net

Expiring Memberships (cont'd)

WALTER RUPPMAN	1/13/2011
TOM SAAL	3/12/2011
CHRIS SALVADOR	3/19/2011
TOM SANDERS	4/12/2011
DENNIS SANS	4/14/2011
SHELDON SCHAFER	5/9/2011
RANDALL SCHMIDT	1/15/2011
BILL SEMMENS	2/16/2011
LARRY SHAY	1/21/2011
CHARLIE SIECK	4/1/2011
LESTER SIEGRIST	5/10/2011
FRED SMISER	1/15/2011
DAVID SMITH	4/14/2011
RICHARD SOSEMAN	3/11/2011
TIM SWANSON	4/14/2011
RACHEL TERRY	1/10/2011
BEV TISDALE	4/14/2011
RANDALL TOWNSEND	4/14/2011
HERB UNKRICH	5/22/2011
BRYAN WILBURN	4/14/2011
SHAI WONG	2/10/2011

AROUND THE PEORIA AREA

“HAVE
YOU
HEARD
THE
NEWS”?



Join us on GITAP

Biking Iowa or Wisconsin or Florida or Montana, or even coast to coast, is not all that usual for many of our Illinois Valley Wheelm'n. But too often biking Illinois outside of the roads near home fails to get the interest it's due.

GITAP can change that. The name stands for Grand Illinois Trails and Parks, an acronym that accurately describes where we go. This year the route will carry bikers through northeastern Illinois, with overnight stops at three state parks (Shabbona, the gorgeous White Pines, and Rock Cut for two nights) plus a city park in Crystal Lake. Non-campers may choose a motel option.

Jan 31, 2011 Update: GITAP has reached its registration limit. However, we are accepting people on a waiting list, knowing that some openings will probably occur before the ride begins. Contact Chuck at chuckace2@gmail.com to be placed on the list.

This year's ride begins June 12 and ends June 17. To sign up or for more information, go www.bikelib.org/gitap. But don't wait too long – last year GITAP filled by February.

I am happy to answer questions.

Barb Drake, 692-1201 or bdrake@mtco.com

Old Newsletter Help

By Mike Honnold

Now that we have a greater ability to manipulate our website than ever before, I've been attempting to complete our on-line archive of IVW club newsletters. Besides the weekly ride schedule, our newsletters are the second most accessed feature visitors come to our website looking for. Some club members have even commented by reading through our old newsletters they get the feeling our club is very proud of our history, and plan to be around for a while in the local cycling community! So far, I've done a good job at locating electronic versions of our newsletters from 2006 and forward. If you happen to have access to the electronic versions of our newsletters from 2005 and before, please let me know (309-696-2591) so we can get these posted up on the website. Once we've located all the electronic newsletters we possibly can, "phase 2" will consist of gradually scanning in the paper newsletter copies from before they were composed using a computer. Thank you!

THE SOAPBOX

Have a comment about the club? Send your ideas to me. I'll publish them here. Voice your opinion, air your gripes, make suggestions. I'll see that they get published, **anonymously**. I will not share your name with anyone. So you are free to criticize what you want. Even me if you wish. Or, hand out a compliment. It won't go any further than here. And, we will see what kind of feedback we get. I'll publish that also.

This is your chance to "get up on the soapbox" and speak your mind.
Bill Clark Editor

2011 Club Ride Schedule

By Mike Honnold

Over the cold winter months, I've been working with our loyal club ride leaders to establish which of our popular rides will continue into the 2011 riding season. So far, the schedule is shaping up nicely, considering the last of a 16-inch snowfall is slowly melting away outside and into the ground! At this point in time, I have the following rides confirmed for the 2011 Riding season:

Monday night Dunlap beginner's ride

Monday night Morton ride

Tuesday morning Dunlap ride

Tuesday night Dunlap rides (levels 1,2,3)

Friday night Chillicothe ride

While these rides keep our early week cyclists busy, I am still missing word from a large chunk of our Wednesday/Thursday "hump days" ride leaders from Dunlap and East Peoria. IF you have led a ride in the past, or would consider leading a ride for the first time this year, please let me know ASAP at 309-696-2591 so we can get the ride schedule in place. Our club is well known for organizing a multitude of weekly rides for every possible skill level of cyclist, and I'd hate to let people down in 2011. Last time I looked, we had at least 17 weekly rides going during the week in our area - let's shoot for 18 rides this year!

RIDE OF SILENCE - By Barb Drake

Peoria-area bicyclists will join cyclists nationwide on May 18th for an 8-mile ride of silence to mourn those who have been killed while biking and to raise public consciousness of cyclists on the road.

"As the biking season gets underway, it's important that we share the roads safely," said Mike Honnold, president of the Illinois Valley Wheelm'n Cycling Club, the local endorser. "We would like to be able to say at the end of this year that no local bikers have been killed while heading for work or out for a pleasure ride. Awareness is half the battle. We only want to share the roads we ride on."

The ride will begin to assemble at 6:30 p.m. sharp near the entrance off Prospect Road to Upper Glen Oak Park. Most bikers will wear black armbands, while those who have experienced a bike-motor vehicle accident will wear red. The silent procession will leave promptly at 7 PM, and will go no faster than 10 miles per hour on Peoria's residential streets. Participants must be at least 18 years old and must wear certified helmets.

Last year's ride drew 80 local bicyclists. Honnold says the goal this year will be 100 cyclists, with the help of Peoria Police Officers to assist the group ride safely through town.

The Ride of Silence was organized in 2003 in Dallas after endurance cyclist Larry Schwartz was killed by a passing bus mirror on an empty road. Last year riders gathered in more than 300 locations in all 50 states and 18 foreign countries, as far away as Antarctica and New Zealand.

For more information, cyclists may call Mike Honnold at 696-2591 or Bill Clark at 241-0949 or consult the Wheelm'n website (www.ivwheelmn.org).

CLUB AND LOCAL AREA EVENTS

IVW Late Winter Social 2011

By Amber Evans

WHO: You, your family, & friends

WHAT: IVW Spring Social (meet, greet, and eat) + Guest Presenter, Amy Stephan from the American Diabetes Association talking about Tour de Cure – 2011.

WHEN: Saturday, March 12, 2011 @ 5:00pm. Cocktails will begin 5:00pm. Grab a seat, meet with old and new cyclists, and reprise me with your winter cycling tales as we sit down for the dutch-treat meal at 6:00pm.

WHERE: Party Room of Good Tequila's, 5025 W. American Prairie Dr., Peoria, IL 61615.

WHY: I've been reassured that temperatures should begin to warm up, the daylight will soon be longer, and the riding season (at least for those like me) is about to begin! YAY! There are also many excellent cycling rides coming up (local and away) and it's time to get jazzed about planning your cycling fun!

RSVP: Is appreciated so we can give the restaurant how many will be in attendance. Please send your RSVP to 530-426-2372

IVW Spring Breakout Ride

By Mike Honnold

On Saturday, April 16th, the IVW will be holding our annual Spring Breakout Ride at Russell's Cycle and Fitness in Washington, IL. Like previous years, there will be two different ride choices depending on your skill and/or fitness level at this time of the year. One group will be riding short/slow, and another group will be riding long/faster. As of writing this newsletter, we do not have a leader for either group, so if you are interested, please contact Mike at the number below.

Please arrive early to Russell's so you have time to get all your gear ready before both groups leave promptly at 8:30 A.M. Upon our return, Joe Russell will have his usual spread of sweets and treats to sample while browsing his shop for a new tube, or possibly another bike to bring in 2011! Hopefully, we'll luck out in the weather department this year, and not get rained out like in 2008! If you have any questions, please contact Mike Honnold @ 309-696-2591.

WHERE HAS YOUR NEW JERSEY TAKEN YOU?

Submit a photo of yourself in your IVW Jersey to the editor along with a brief description, and we will publish it in the next few newsletters.

Below is Florin Marcu, the fiancée of Amber Evans, taken last August, as they cycled Breckenridge, Frisco, and Vail, Colorado, in celebration of their 1 year anniversary of engagement.



2010/2011 IVW Club Mileage Competition (below)

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

I want to Ride my Bicycle. Do you?

<http://www.youtube.com/watch?v=ARwZ3scXQ7U>

Rider Name	January 2010 Mileage	2010/2011 Total Miles
Dennis Tresenriter	235.4	922.3
Edith Albright	665.36	780.33
Steve Kurt	332.4	727.08
Dan McCaherty	210	472.1
Michael Honnold	60	457
Suzanne Wheeler	0	382.25
Steve Berger	17	367
Tom Dorigatti	0	188.83
Steve Sommer	0	0
David Gehrt	0	0
Chris Gibson	0	0
T. Van Wassenhove	0	0
Chris Salvador	0	0
Whitney Jordan Salvador	0	0

LIB Extra - from the League of Illinois Bicyclists

Advocacy, rides, and more - for further stories, see www.bikelib.org and our current newsletter

Bicycling Wins Big in Grant Announcement

Last fall, over **\$50 Million** in federal Transportation Enhancements grants went to [new Illinois trails and bikeways](#) in a major advocacy success. Gov. Quinn announced over \$89 Million in grants, including 66 projects directly relevant to bicycling. See the list at www.bikelib.org.

The state gets to decide how these federal grants are distributed among 12 eligible project types, and bike projects had been deemphasized in recent years. IDOT and the Governor (personally) heard our pleas to emphasize bicycling, protect the funding source from disproportionate cuts, and improve the selection process. All requests were heeded. The result – a record amount for Illinois bicycling (by far) over the 20-year history of the Enhancements program.

“Share the Road” License Plate Sign-Up Passes Halfway Point

Over 800 Illinois drivers have already submitted reservations for the state’s new “Share the Road” license plates. Bike club members are invited to sign up and pass the word – so we can start seeing the plates on the road soon. The Secretary of State will begin production after 1500 reservation forms have been received. We hope to reach that mark by spring – please help us!

The plates will have a one-time plus an annual incremental fee latter fee will go to LIB for our educate motorists and bicyclists

Go online to www.bikelib.org form and instructions on the process, plus FAQs.

Temporary plates had available each year through LIB National Bicycle Month; but the valid for April and May. With the new, LIB-proposed plate, Illinois joins 12 other states with permanent, year-round “Share the Road” license plates.



\$29 switchover fee, of \$22. Most of the various programs to on sharing the road.

for the reservation two-step purchase

previously been and the state for plates were only

Bike club members: LIB's efforts to improve bicycling are supported by 1,400 members – many belonging to clubs that donate. Become an individual member at www.bikelib.org/join

I WANT TO RIDE MY BICYCLE. DO YOU?

<http://www.youtube.com/watch?v=ARwZ3scXQ7U>



Where: Peoria's Upper Glen Oak Park (begin & end)

When: May 18th, 2011

Assemble 6:30 P.M. - Ride 7:00 P.M.

The Ride: Approximately 8 miles long at a 10 MPH pace on residential and side streets. The police-escorted ride will take place on open roads, and those participating will be expected to ride safely, & obey all traffic laws.

Why: To honor those who have been killed or injured while riding. Our ride honors local cyclists Diane Matuska and Jessie "Jay" Jackson.

- Ride of Silence is a nation-wide event to honor those who have been injured or killed while riding their bicycles. For more information, please visit www.rideofsilence.org
- This event is free. All participants must be over 18. For safety reasons, all riders must wear a bicycle helmet. Any cyclists without a helmet will be asked to not participate in the ride.
- The Illinois Valley Wheelm'n is endorsing the 2011 edition of Peoria's Ride of Silence. For further information regarding this local event, please contact:

Bill Clark @ 241-0949, or Mike Honnold @ 696-2591

ILLINOIS VALLEY WHEELM'N - Winter-2011 Local Rides Schedule

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

Monday Morton Level II: Done for the season. Thanks Dennis and Peggy

Monday Dunlap Level I: Done for the season. Thanks Bonnie Johnson

Monday Level II "Show and Go" Done for the season. See ya in the spring.

Daytime Tuesday Show and Go: Done for the season. Thanks Herb. See ya in the spring.

Tuesday "Kinder Gentler" Level II: Done for the season. Thanks Pam Hoehne

Tuesday Dunlap Level III: Done for the season. Thanks Steve Kurt

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: Done for the season. Thanks Jim and Bob Reading

Wednesday Dunlap Beginner: Done for the season. Thanks Mike Pula and Eric Hutchinson

Wednesday East Peoria Level II: Done for the season. Thanks Dirk McGuire

Thursday Washington Level I and II: Done for the season. Thanks Rob and Cindy Alexander

Friday Chillicothe Level I - Family Ride: Done for the season. Thanks Jim & Sarah Emmons

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>

If you run across any of our ride leaders, thank them for all of their efforts. Without them, our club would be a lot less attractive to prospective members. It takes a great deal of time and commitment to being there to lead week after week, all season long.

OUT-OF-THE-BOX TOURS WILL BE STARTING SOON

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. Look right here in the Spring for a list of rides sure to please everyone. Until then, have a safe and fun winter.

Barb may be reached at 692-1201 (bdrake@mtco.com) and Cora Lynn at 683-3083 (cora_lynn@yahoo.com).

Cycling in the Southern Caribbean, 2011 Curaçao and St. Thomas

By Tom Dorigatti

While Illinois was in the middle of one of the worst blizzards in many years, Tom Dorigatti was on a cruise to the Southern Caribbean. The ship sailed out of San Juan, Puerto Rico on Jan. 30, 2011. After a smooth as glass sailing for a day at sea, the ship docked in Willemstead, Curaçao and Tom was chomping at the bit to go on a mountain bicycling excursion on the island. This tour was touted as being an on the road and off the road adventure geared more towards riding bicycles than seeing the beaches and swimming in the Caribbean. The group consisted of 18 riders, all of whom were road bicycling oriented and wanted to ride the bikes and see some sites and avoid the beaches and crowds. So, after our safety briefing and 'bike fitting' (adjusting the saddle height and getting used to the shifters), we got in the saddle. Initially the route consisted of touring a few of the neighborhoods around the resort and then we were off down (and up!) the coast to check out some of the oil wells, oil loading stations, old forts, scuba diving sites and other such things. While Curaçao is not a mountainous island, it isn't without its challenging hills, many of which are steep. After getting us initiated into how the bicycles reacted and allowing us to get our wings, the ride leader then took us off the road on some single-track trails. Very few of the riders in the group had done much of this type of riding, so the narrow single-track trails were way too narrow, winding, and twisting for us to move along very quickly. Add to it the thorn brushes of varying types on both sides of the trail, and it wasn't long before most of us had the "Curaçao thorn initiation" the leader had spoken about. Those climbs we had done on the road were a lot easier than the climbs we were about to embark upon on these single track trails, what with those heavy bikes, wide tires, tight turns, and the "fear factor" of falling into the thorn brushes and cacti. We stopped often to allow the slower riders to catch up, and frankly most all of us were appreciative of the stops, ha. Many of the stops were at trailheads and offered some great views of the island and/or the other side of the island that were not as accessible with a tour bus. The smoothness of the ride however was soon to change for the worse.

Soon after crossing over a major road and onto a narrow single track with a tight turn at the bottom and then a short steep climb, one rider punctured a tire with a cactus thorn. The ride leader quickly fixed that flat and we were off and away again. Then, my bicycle had a pin come out of the rear derailleur right in the middle of that big climb and the bike was stuck in that gear until we improvised and wired it back together. The tour leader took that bike and gave me hers and away we went. Things were about to get even worse.

On the next descent, there was a tight turn to get back onto the pavement, and one of the riders did not make the turn quite right and the front tire slid out on the coral and basalt gravel/rock and down she went. She had some serious road rash on both elbows, but the big problem was the gash in her kneecap that literally peeled the skin from her kneecap. Coral and basalt are very hard and very sharp, so the cut was severe. She quickly got pressure on it while another rider went to catch the ride leader and get the group back up the hill. The ride leader did have a first aid kit with her and wanted to call a doctor. A gentleman stepped in and said that the wound needed to be cleaned out and irrigated right away and asked for the first aid kit. The rider leader was getting on the telephone to call the emergency squad, saying that we "needed a doctor". The guy attending to the woman said, "No, we don't need a doctor, I am a doctor, so we can at least patch this thing up well enough to get her back to the ship. In no time, he had the wound cleaned, the bleeding pretty much stopped, and things bandaged up. At this point, we had to cut the ride short (pun intended) and waited for a van to come and pick up the wounded rider. Once that was done, it was off and away with some open paved road down hills, through a couple of neat resort neighborhoods, and back to the base resort. No time to stop for photos on this return....we were moving out pretty good and the houses/resorts blocked off most of the views anyway.

Strangest thing I noticed about the vehicles on Curaçao was that they drove on the same side of the road as we do here in America, but the steering wheels were on the opposite side of the car! It was the same way on the island of Dominica driving on the right side of the road, but with the steering wheel on the other side of the vehicle.

The next day we were in Aruba, then another day at sea and on to the island of Dominica. My wife and I went on a whale-watching trip, looking for sperm whales, of which we saw only one way off in the distance and he/she never did resurface. However, the different varieties of dolphins more than kept us busy as they frolicked and showed off for us literally by the hundreds. I got some terrific pictures of pods of dolphins swimming together and jumping out of the water. The island of Dominica is primarily volcanic (an uplift), and the mountains rise out of the sea up to heights of over 4,000 feet. Much of the day, the tops of those mountains were under cloud cover as it was raining on the island off an on all daylong. I have some gorgeous photos of double rainbows, which is something we here in the USA don't see many of.

Cont'd on page 11



Pedal Peoria 2011

Explore Peoria's Art, Science, Nature & History by Bicycle



Our 12th Year

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

Selected Rides co-sponsored by the Peoria Historical Society[†]
All rides are designed for the casual rider, 12 - 15 miles (one steep hill)
Approximately 2 hours, most starting at 6 pm (Except May 1 & August 21)

All are welcome! No fee or registration

- May 1**
Sunday
Earth Day Ride Start at Lakeview Museum east parking lot **2:00 p.m.**
Highlights: Celebrate Earth Day, visiting urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale Prairie, Pimetoui Trail to the Riverfront Trail, returning through Glen Oak Park. Don't forget to visit the Earth Day Celebration at Forest Park Nature Center the day before, April 30 11 - 4.
- May 18**
Wednesday
Ride of Silence Start at Glen Oak Park amphitheater parking lot **6:30 p.m.** 8.5 miles
IVW /national event to remember cyclists killed due to a bicycle/motorist crash www.rideofsilence.org
- May 26**
Thursday
Grandview Ride Start at Lakeview Museum east parking lot.
Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindbergh's airmail flight plaque
- June 09**
Thursday
Sculpture Ride Start at Bradley University Quad.
Highlights: Public Sculptures around Peoria, including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- June 16**
Thursday
History Ride[†] Start at the Riverfront Visitor Center Parking Lot.
Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wright Homes.
- June 28**
Tuesday
Eric's West Peoria Deli Ride Start at Quest Charter Academy (old Loucks School) parking lot
Highlights: West Peoria, Pettengill-Morrison House, Glen Oak Park, Fedora's Deli
- July 14**
Thursday
Prairie to Prairie Ride[†] Start at the Riverfront Visitor Center Parking Lot
Highlights: Two prairie restorations inside the city, plus selected historic sights
- July 21**
Thursday
50's Soft Serve Ride Start at corner of Lake and Knoxville.
Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- July 28**
Thursday
East Peoria Trail & Fon du Lac Ride Start at Town Center II parking lot, East Peoria.
Highlights: East Peoria Trail & views from Fon du Lac Dr.
- August 2**
Tuesday
Garden Ride Start at Botanical Gardens, Glen Oak Park.
Highlights: Luthy Botanical Gardens & selected city gardens
- August 21**
Sunday
Tour of the Solar System[†] plus highlights from the **History Ride** (See June 16).
Start at Lakeview Museum east parking lot at **7:00 a.m.** This ride will start at the Sun and tour the planets from Mercury to Jupiter in Peoria's Community Solar System. (2 hrs, 12 miles this year)

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



FOR SALE !

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



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

Two hard case performance bicycle shipping cases, which carefully protect the bicycle during airline shipping. I've shipped my bike to Spain and back 3 times and without any damage to the bike.

We also sent bikes to Hawaii without any problem.

Will sell for \$75 each. They have wheels so they are easy to move around getting them into and out of airports and they are also lockable.

Phone (309) 357-0403

Ron Douglas

IVW "Routes & Recipes"

Available for purchase at the following locations:

Bushwhacker Ltd.

4700 N. University, Peoria
692-4812

Illinois Cycle & Fitness

9016 Allen Road, Peoria
693-2691

Lakeview Museum

1125 W. Lake Avenue, Peoria
686-7000

Little Ade's Bicycles & Repairs

305 N. 5th St. Pekin
346-3900

Often Running

206 South Linden St., Normal
454-1541

Running Central

700 Main Street, Peoria
676-6378

Russell's Cycle & Fitness

10 Valley Forge Plaza, Washington
444-2098

Tanner's Orchard

740 State Route 40, Speer
493-5442

Vitesse Cycle Shop

206 South Linden, Normal
454-1541

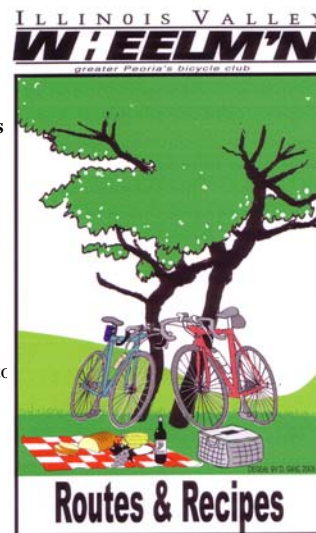
Mike Honnold

President IVW

Cannondale_25@juno.com

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.

Bushwhacker Ltd. - Peoria

309-692-4812

Russell's Cycle & Fitness - Washington

309-444-2098

Little Ade's Bicycles - Pekin

309-346-3900

Illinois Cycle & Fitness - Peoria

309-693-2691

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

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

Classified Ads

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

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

William Clark

308 Linden St., Pekin, IL 61554

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

Southern Caribbean, cont'd.

The next day we were in St. Thomas. This bike tour was touted as some bicycling with more beach roving and swimming. The riders were not up for riding and were more into the beaching and swimming. For me, while they were soaking up the sand and water, I was pretty much riding in circles on the roads close by, not seeing anything I hadn't seen before. They trucked us up to the top of the island, and the bicycling ride was almost all downhill, on roads and much wider single track than on Curaçao. Not many miles, and very expensive for what I got out of it. It was at least a different route than that of 2010, but I wouldn't spend the money again for it.

The best part of it all? Missing the blizzard of 2011 and being in the warm and sunny Caribbean, in 85-90 degree sun, very little precipitation, lots of time to work out in the "gym", walk the deck, and of course, eat the great food. I didn't gain any weight on the entire trip, but I didn't lose any either. I stuck with the vitality menu, worked out a ton, and put in a lot of miles each day walking the deck...5 laps per mile. The "views" were fantastic as we cruised along or sat in port, and not all the "scenic views" were of the island or sea variety, ha.

All good things must come to an end, and so it did with this cruise. The trip home was uneventful, and it of course was a rude awakening to come home to all the snow and cold here in Central Illinois. Next year it is back to the Caribbean, only this time sailing out of New Orleans in early March, 2012. Wonder if the bicycling on Grand Cayman will be any good or not?

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? (Check 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 _____

Yearly Membership

Individual (\$15) \$ _____

Household (\$20) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution

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

Total Enclosed \$ _____

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

REGISTER ON LINE AT: www.signmeup.com

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

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

1st class
Postage
Required

ADDRESS SERVICE REQUESTED

**When does your annual
membership expire?
Check your mailing label or
the list on page two of the newsletter.**



EVENT PLANNER

Date/Time	Event Name	Location
Saturday, March 12 th , 2011 5 PM drinks; 6 PM dutch treat dinner	Good Tequila's Mexican Restaurant IVW Late Winter Social	<i>Grand Prairie Mall; 5025 West American Prairie Drive; Peoria</i> www.goodtequilas.com
Sunday March 13 th , 2011 3 PM Sharp	Peoria Lakeview Library book club discussion of "The Lost Cyclist"	Peoria Public Library; Lakeview Branch; 1137 West Lake Avenue, Peoria
Saturday, April 16 th , 2011 8:30 AM	IVW Spring Breakout Ride Short/slow & fast/long options	<i>Russell's Cycle and Fitness</i> www.russellsfitness.com
Wednesday, May 18 th , 2011 6 PM – Sharp!	Peoria Ride of Silence www.rideofsilence.org	<i>Upper Glen Oak Park; Peoria</i> <i>McClure and Prospect</i>
Saturday, August 21 st , 2011	Morton Cycling Classic www.peoriabicycleclub.com	Main and Jackson Streets Downtown Morton, IL
Saturday, August 27 th , 2011	No Baloney Bicycle Ride www.ivwnobaloney.com	TBD