



April 2011

AFFILIATED CLUB

www.ivwheelmn.org

THE GREATER PEORIA AREA'S BICYCLE CLUB

We Have "NO BALONEY"

New and exciting plans for 2011 No Baloney Ride.

Details on page 4

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.

THE TIME IS NOW!

The snow has melted and the birds are chirping.

The days are longer and the sun is warmer!

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

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TAILWINDS

Mike Honnold IVW Prez

Well, I've stepped a little further into the 21st century by finally caving in and purchasing an electronic book reader - the Barnes and Noble NOOK. I was a little hesitant at first, because since graduating from college and diving into the "real world", I've not been much of a book reader due to my time being taken up by other interests (like certain club presidency efforts). In addition, like most other people, I have a fine museum of books in my basement that I've purchased over time, read once, and thrown in the book case - never to be read again. Amazingly - the NOOK has changed things for the better. I am now trying to read each night before bedtime, and my wife and I have started hanging out at the bookstore a lot more since you can

electronically read any of their books for free. One book I've recently been reading is "The Lost Cyclist" by David V. Herlihy - a recommendation from our own club treasurer, Marge Semmens. This book is about the first man who attempted to ride around the world solo in 1892 using a safety/modern bicycle with inflatable tires, and the men who go looking for him once he turns up missing. I've really enjoyed reading this book, because about a year ago, I read another story about a Scottish man who set the world record for riding around the world solo in only 194 days, compared to "The Lost Cyclist" who took over two years and never even finished. It was hard enough for the modern man to ride around the world with GPS units and other conveniences - I can only imagine what hardships the man in 1892 experience on his journey. If you happen to enjoy reading books, try out "The Lost Cyclist" - it's a good one!

Lots of things are going on in the local community now in regards to bicycling and bicycling advocacy. Number one, of course, is the near completion of the Kellar Branch Trail through Peoria. This trail has been a goal in the community for years, and we are now so close to finishing it off. I am excited for the day when I can ride from Pioneer Parkway all the way downtown w/o the necessity to be on busier city streets. Let's hope those who are behind the trail construction keep on track and finish their plans on time. In addition to the Kellar Branch Trail, our local Tri-County Planning commission has finished their brochure to publicize the new Mackinaw Valley Trail. This is an established route on already-existing country roads for the purpose of connecting the communities of Peoria and Bloomington. TCPC is hoping this trail and the brochure will attract cyclists from the regional area who want a weekend of riding and a nice place to stay at each evening. Keep checking local bike shops for this brochure... Finally, many events are being planned for Bike to Work week/month coming up in May. Plans are still being developed at this time, but a few discussed have been a downtown lunchtime information booth, a "meet in the middle" ride on the Mackinaw Valley Trail with our Bloomington-Normal cycling friends, and the usual Ride of Silence event on May 18th. Be on the lookout for more information soon regarding this week, and how you can even possibly help!

That's about all I have for this month. Morgan Clay-Grigsby is working hard on the No Baloney for this year, and I've even heard the rumor our starting location may even change to Wildlife Prairie State Park....hum...stay tuned!

Welcome, New Members:

Jim BeckerPeoria *
Kristi & Steve Williams & FamilyWashington

Thanks to Renewing Members:

Dave and Janice Atkinson..... Peoria
David HousePeoria *^
Mike Joslin Peoria *
Al & Elaine LagodaEast Peoria
Jack & Carol HugginsEast Peoria ^
Dan McCahertyWashington
Ken McGarveyDunlap
Lou McMurrayWest Peoria ^
George ParsonsGroveland
Jerry Porter Peoria
Bill & Marge Semmens..... Peoria *
Fred & Marilyn SmisnerPekin
Rachel TerryDunlap
Shai & Liliana WongPeoria

Lifetime Members

Douglas EcclesEast Peoria
(* 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 REMINDER TO ALL IVW MEMBERS

Current data base info as of 3/9/2011

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
DALE COOK	2/16/2011
RICHARD CRANDELL	4/12/2011
TOM DORIGATTI	4/14/2011
BARB DRAKE	4/14/2011
MIKE DVORSKY	4/23/2011
AMBER EVANS	3/12/2011
MIKE FOX	4/14/2011
DAVID GROMER	5/19/2011
MIKE HAEDICKE	5/20/2011
GERALD HALEY	5/13/2011
PETE HANSEN	3/10/2011
MARC HETZEL	3/12/2011
GLENDA HIBBERT	3/12/2011
SUSAN HOOD	4/14/2011
PATTY ISIT	3/11/2011
DONALD JACOBS	5/10/2011
KATHY JOHN	4/19/2011
DARREL JONES	3/12/2011
BILL KANDLER	3/11/2011
CARRIE KERR	3/12/2011
BRIAN KING	3/19/2011
TODD KOLLAR	4/19/2011
JILL LEVENE	2/7/2011
BONNIE MARTIN	4/12/2011
ANGELA MOUSHON	3/12/2011
JEFF MENKE	4/14/2011
MEL PERRILL	2/2/2011
CLAIRE PUTMAN	4/14/2011
TOM ROMANOWSKI	2/16/2011
DON RULIS	3/12/2011
TOM SAAL	3/12/2011
CHRIS SALVADOR	3/19/2011
TOM SANDERS	4/12/2011

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.
Now that 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

PRESIDENT:
Mike Honnold 309-696-2591
cannondale_25@juno.com

VICE PRESIDENT:
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lorib1723@gmail.com

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

TREASURER:
Marge Semmens 309-693-9388
m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:
Position is Open
Contact Mike Honnold if interested.

2011 NO BALONEY RIDE CHAIR:
Morgan Clay Grigsby 309-363-3066
morganclaygrigsby@gmail.com

SOCIAL CHAIR:
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amber.evans@gmail.com

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IVW Website: <http://www.ivwheelmn.org>

EDITOR:
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wdclark190@comcast.net

MEMBERSHIPS cont'd

DENNIS SANS	4/14/2011
SHELDON SCHAFFER	5/9/2011
CHARLIE SIECK	4/1/2011
LESTER SIEGRIST	5/10/2011
DAVID SMITH	4/14/2011
RICHARD SOSEMAN	3/11/2011
TIM SWANSON	4/14/2011
BEV TISDALE	4/14/2011
RANDALL TOWNSEND	4/14/2011
HERB UNKRICH	5/22/2011
BRYAN WILBURN	4/14/2011

Cont'd at right

AROUND THE PEORIA AREA

“HAVE
YOU
HEARD
THE
NEWS”?



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

Hi Bill, I was reading the latest newsletter and thought about something for the soap box. As the group rides get started up this spring we all need to take a look at our behavior on the road. A few weeks ago, I was talking to a doctor that I work with and was rather surprised to find out he was an avid cyclist. When I started to mention the club, I found out he has some strong feelings about the IVW and other cycling groups in the area. It seems he has witnessed a lot of bad behavior on group rides and refused to ride them anymore. He told me of groups taking over the whole road, not moving over for cars and running stop signs en masse. It was his opinion that our group rides are giving bicycling in the Peoria area a bad reputation and finds it hard to believe there hasn't been more accidents. As for (my wife) and me since we have started riding again after several years off, we have noticed that the social aspect of the ride is not the same as in years past. We went out last year with several different groups and they all seemed to be more interested in getting to the end as fast as possible instead of getting to know each other. The rides all seemed to split into 2, 3 or 4 different groups. In addition, what has happened to the kids? There were always tandems with kids, people pulling trailers or even young teens on their own bikes, on most of the group rides. We only saw one teenager on one ride last year. What a shame. Anyway, that's my 2 bits and thanks for giving me a place to vent.
Editor's note; RESPONSES? LET'S HEAR THEM!

The SBC Great Cycling Challenge

Presented by the Springfield Bicycle Club
Ride Leaders Derek and Brigetta Ewing

There are currently cycling events spreading across the U.S. called “Sportives”, “Cycling Challenges” or “Gran Fondos”. These rides have participants ranging from the professional to the avid amateur. I have attended a couple of them and have had a lot fun and enjoyment.

I am introducing a version of these of which I believe many of the local area riders will also enjoy. These events would incorporate riding routes that they not regularly use. Each travels through several towns, allowing riders to have a relaxing break if needed. A ride fact sheet would be available on the SBC website and provided to riders the day of event. The fact sheet would include a map, road listing, continuous mileage listing, towns, suggested break stops including eateries and any other points of interest.

Cont'd on page 12

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).

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!

CLUB AND LOCAL AREA EVENTS

Bacon Bits

Updates on the No Baloney Ride

My name is Morgan Grigsby, and I have the pleasure of addressing you as the organizer of this year's No Baloney ride. Plans for this year's ride, to be held on Saturday, August 27, 2011, are well underway. I am very happy to announce that this year's ride will start at Wildlife Prairie State Park (WPSP). WPSP is extremely excited to host the No Baloney ride. One of the perks of this role is that I have the opportunity to get to know club and community members as we strive to put on another excellent ride. I look forward to meeting (and recruiting!) many of you during the course of planning the No Baloney; please contact me if you would like to assist with No Baloney planning or execution on the day of the ride. With lots of help from Mike, I'm developing routes that will both ensure rider safety and show off the beauty of Illinois' corn and soybean fields in late August. Though I am new to this role, I am committed to a successful ride with great routes, great food, and great camaraderie. Cheers! Morgan.

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 one of the next few newsletters.

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>

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. A certain club member has agreed to lead the short/slow ride, but we are still looking for a member to lead the long/fast(er) ride. Please contact me at the number listed below if you are interested! 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.

Want to know how electronic newsletters are saving the club money? Below is a breakdown of paper copies of the newsletter costs, and ideas on how we could better use the money from your memberships. So, when you renew your membership, think about how your money could be better spent.

Cost to print newsletter = \$1.00 each.

Cost to mail newsletter = \$.44 each.

Total Cost to print/mail newsletters for a year = \$17.28

Price of a single IVW Club membership = \$15.00

Price of a family IVW Club membership = \$20.00

Ways your membership dollar can be better utilized by the IVW:

- Sponsoring Bike to Work Week events (Ride of Silence)
- Sponsoring Peoria Area Bicycle Map printing
- Assisting with Bikes for Kids expenses/parts
- Better marketing of No Baloney Ride
- More features of No Baloney Ride
- Funding bicycling advocacy efforts of LIB & LAB
- Continuation of Kellar Branch Trail
- Promotion of club through Rock Island Trail incentive website
- Club-branded clothing & jersey offers

Rider Name	February 2011 Mileage	2010/11 Total Miles
Edith Albright	562.08	1342.41
Denny Tresenriter	99.7	1022
Steve Kurt	234.07	961.15
Suzanne Wheeler	502.76	885.01
Dan McCaherty	134.1	606.2
Michael Honnold	90	547
Steve Berger	156	523
Tom Dorigatti	104.58	293.41
Steve Sommer	0	0
David Gehrt	0	0
Chris Gibson	0	0
Torsten 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 fee, plus an annual incremental of the latter fee will go to LIB programs to educate motorists sharing the road.

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 plates were only 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 for our various and bicyclists on

for the reservation two-step purchase

previously been and the state for

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 nationwide 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 - Spring-2011 Local Rides Schedule

****NOTE:** Closely view departure dates and times as they change month to month! More complete information can be found at: jvwheelmn.org

Monday Morton Level II: Denny and Peggy Tresenriter (309-387-6617) dtresenriter@comcast.net

Location: [Grace Evangelical Church](#), corner of Tennessee and Jefferson Street in Morton. Park in NE corner of the lot.

Start Time: 5:30 P.M. **Start Date:** Monday, April 4, 2011

Ride Info: Congenial Level II ride **Distance:** 20-30 miles **Food:** Rarely

Monday Dunlap Level I: Phil Burroughs & Jim Coffey

Location: [Dunlap Grade School](#) **Start Time:** 6 PM rollout – arrive early to get ready **Start Date:** May 2nd, 2011

Ride Info: Ride distance will be about 15 miles early in the season. This social, friendly ride will increase in mileage as the season progresses. The group will regroup as needed so no one gets left behind.

Distance: 15+ miles **Food:** Naaaaa

Tuesday Daytime Show and Go Level I & II Herb Unkrich (339-8977 c 673-1074 h) bluebirdherb@yahoo.com

Location: [Dunlap Grade School](#) **Start Time:** 9:30 A.M. for April & May **Start Date:** Once temps are above 40 degrees (F) at ride time.

Ride Info: A daytime for all levels of riders. Early in the Spring we will ride if it is 40 degrees or warmer. No one will be left behind. **Distance:** Starting early at 20 miles – increasing as season progresses. **Food:** snack/ restroom break

Tuesday "Kinder Gentler" Level I & II: Pam Hoehne (309- 681-0206)

Location: [Dunlap Grade School](#) **Start Time:** 5:45 p.m. **Start Date:** May 3rd, 2011

Ride Info: Pam leads a "Kinder Gentler" level 2 or for level 1 riders looking for more of a challenge. Mileage will be around 15 to start and increasing as the season progresses. 13-15 MPH early in the season; 15-17 MPH as time progresses. Goal is to have fun, and no one gets dropped! **Distance:** 20-30 miles **Food:** No.

Tuesday Dunlap Level III: Steve Kurt (309-243-7684) kurtsj@mtco.com

Location: [Dunlap Grade School](#) **Start Time:** 5:30 p.m. **Start Date:** April 12th, 2011

Ride Info: Steve leads a level 3 on this great ride for "seasoned" riders. Mileage will be 20-30. Ave speed 17 MPH **Distance:** 20-30 miles as daylight permits **Food:** No.

Tuesday Dunlap Show and Go Level IV: **Leader(s):** Varies (contact club pres. for info.)

Location: [Dunlap Grade School](#)

Start Time: 5:30 p.m. **Start Date:** April 12th, 2011

Ride Info: A group for faster riders led by who ever may show up. Many from the Proctor Cycling Club show up for this ride, so do not expect them to regroup or wait for stragglers.

Distance: 20-30 miles **Food:** No

Wednesday Rock Island Trail Ride: Level **Beginner** Jim and Bob Reading (309 688-9435 Bob) ****PENDING****

readingdiana@yahoo.com NOTE: THIS RIDE IS STILL PENDING. WATCH THE WEBSITE FOR LATEST DETAILS.

Location: [Pioneer Park Trailhead of the Rock Island Trail \(Connor Company parking lot, 1229 W. Pioneer Parkway, Peoria\)](#) **Start Time:** 5:00 p.m. all summer **Start Date:** May 5th, 2010

Ride Info: All riding will be done on the Rock Island Trail

Distance: 7+ miles **Food:** Maybe, if someone brings some!

Wednesday Dunlap Beginner & Level I Gregg W. Bittner (309-258-1463) CMBITTNER@COMCAST.NET

Location: [Dunlap Grade School](#) **Start Time:** 5:30 p.m. all summer **Start Date:** April 6th, 2011

Ride Info: This ride departs Dunlap Grade School at 5:30 PM. Ride distance will be 15 miles early in the season. The group will ride together. **Distance:** 15+ **Food:** Casey's when available.

Wednesday East Peoria Level I & II: Dirk McGuire (309 397-1034) dirkbikel@comcast.net

Location: [Cross Point Church in East Peoria; 304 South Pleasant Hill Road](#)

Start Time: 5:30 p.m. all summer **Start Date:** April 6th, 2011

Ride Info: We will start the season on a Level 1, 20-25 miles. As time and conditioning improve we will ramp up to a Level 2 and out to 35 miles. No one will get left behind and we will stop a couple of times to regroup and grab some air, water, or a power bar if you brought one.

Distance: 30-40 mile **Food:** Bring your own snack

Thursday Washington Level I & II Leader(s): TBD OR "Show and Go." Contact 309-696-2591 for info.

Location: [Russell's Cycle and Fitness in Washington](#) **Start Time:** 6:00 p.m. **Start Date:** May 5th, 2011

Ride Info: We do not have a ride leader at this point, so the speed/distance of the ride will be determined by those who show up. **Distance:** Determined by those who show up **Food:** Bring your own snacks.

Friday Chillicothe Level I - Family Ride: Kathy/Rodger John and/or Edith Albright **Phone:** **E-Mail:**

Location: [Pearce Community Center; Chillicothe, Illinois](#) **Start Time:** 6 PM **Start Date:** May 6th, 2011

Ride Info: Friendly, family ride. No one will be left behind.

Distance: 20-25 miles early in the season with a probable 25-30 miles as the season progresses.

Level: Level 1 Family Ride **Food:**

Saturday Show and Go Level III: SHOW & GO **Phone:** **E-Mail:**

Location: [Washington Square; Washington, IL; East side, behind Amoco Gas Station](#)

Start Time: 8:30 a.m. **Start Date:** Now. **Ride Info:** Show and go.

Distance: 20-60 miles **Food:** Breakfast stop?

Saturday Show and Go All Levels: **Leader(s):** SHOW & GO **Phone:** **E-Mail:**

Location: [Russell's Cycle and Fitness; Valley Forge Plaza; Washington, IL](#)

Start Time: 8:30 a.m. **Start Date:** Now

Ride Info: Show and go. **Distance:** 30-60 miles **Food:** Meal stop.

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

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. ****This year's rides will be starting in May so be on the lookout for more info.****

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

Illinois & Michigan Canal annual Canal Corridor Association Walk or Ride.

Join other riders and walkers on the scenic I & M canal, on a ten to twenty-five mile ride, or a one to five mile walk. The walk or ride is one of the major fundraisers of the year, and it is a great way for getting people out on the trail. The date is Saturday, September 10, 2011 For more info, go to www.lasallecanalboat.org or call (815) 223-1851 Cost is \$20 for adults and \$10 for kids, and includes an I&M Canal Walk or Ride T-Shirt.

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: Riverfront, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong 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

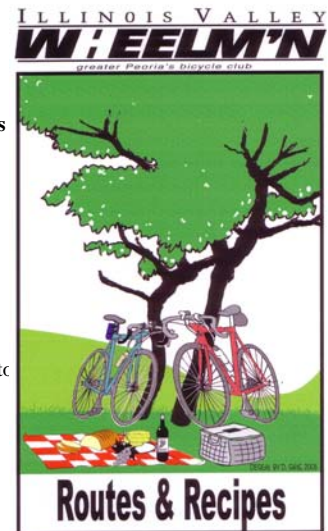
Running Central
700 Main Street, Peoria
676-6378

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.

SBC CHALLENGE cont'd

The event would consist of 5 centuries. Three distances are available on each day's ride: @25 miles, @50 miles and @100 miles. The first four centuries will be totally self supported. The last is the Capital City Century. The dates are all Sundays -- April 10, May 22, August 14, August 28 & September 11.

The CHALLENGE could be what you personally want to make it, i.e., ride a 100 miles, or ride all 5 of the 25 milers. To add a little fun between friends, a tracking of mileage would be kept. Each mile would be a point. To and from miles would not be accounted towards CHALLENGE totals, but can be applied toward SBC ride mile totals. The name of each rider who completes the series minimum of 3 rides will be placed on the online SBC "WALL OF FAME". Based on how many points they have earned, they will earn a Bronze, a Silver, or a Gold Medal, and will be recognized on the "Wall of Fame" as a Bronze, a Silver or a Gold Medal Winner.

Medal Earned Points (miles) needed Are you up to the CHALLENGE? Make the Commitment!

Bronze:	125 – 199	Commit yourself by registering for each ride early by contacting me, Derek Ewing at thecyclist15@yahoo.com . Please include your name, address, phone, email address and the category you are riding. Your name will then be placed on the sign up sheet but you will still need to check in on the day of the ride. You may also sign in at the day of the ride as usual.
Silver:	200 – 399	
Gold:	400+	

April 10 9:00 am	Ride leaders: Derek & Brigetta Ewing 624-2016	THE SBC GREAT CYCLING CHALLENGE #1. Chatham Community Park to Pawnee - Morrisonville - Pana/Taylorville Trail - Kincaid - Sang-Chris – Chatham. Category mileage/points: CENTURY = 97 miles, HALF CENTURY to Farmersville R/T = 50 miles, QUARTER CENTURY to Pawnee R/T = 26 miles.
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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 _____

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

Are you renewing or is this a new membership? (Check One)
Renewing _____ New _____

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

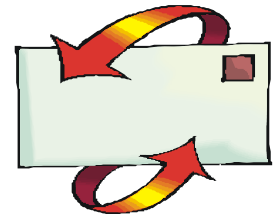
Member of:
League of American Bicyclist
Yes _____ No _____
League of Illinois Bicyclist
Yes _____ No _____
Yearly Membership
Individual (\$15) \$ _____
Household (\$20) \$ _____
Lifetime (\$250) \$ _____
Voluntary advocacy contribution (\$5, \$10, \$15, other) \$ _____
Total Enclosed \$ _____

**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
Sunday, April 3 rd , 2011 10 AM to 4 PM	Lakeview Wilds Spring Trash Cleanup	SE Corner of Metro Centre Parking Lot by JoAnn Fabrics
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
Saturday/Sunday April 16/17, 2001 10 AM Sat / 3 PM Sun	Area Trek Dealer Demo Day Demo Mtn, Road, and Tri	<i>Comlara Park; Hudson, IL</i> www.trekfactorydemo.com
Wednesday, May 18 th , 2011 6 PM – Sharp!	Peoria Ride of Silence www.rideofsilence.org	<i>Upper Glen Oak Park; Peoria McClure and Prospect</i>
Saturday, May 21 st , 2011 6:15 A.M.	ADA Tour De Cure main.diabetes.org	Springfield, IL Lake Springfield Beach House
Saturday, July 16 th , 2011 7:00 A.M.	Z Tour 2011 Bike Ride www.zcec.org	Princeton, IL Zearing Park
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	WILDLIFE PRAIRIE STATE PARK Edwards, IL