



**June
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.
Check the website and future
newsletters for details**

RIDE OF SILENCE
**Record numbers of riders
show up for annual memorial
ride.**
**Pictures and article can be
found on page 3.**

OUT OF THE BOX TOURS
are back!!
**BIGGER AND BETTER
THAN EVER!**
Join Barb and Cora Lynn
on their weekly adventures
See page 10
for a full listing.

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TAILWINDS
Mike Honnold IVW Prez

Hi. I am Mike's wife Katrina. I have taken over the column this month to give Mike a break while he prepares for the Ride of Silence. Mike and I have been married for five and a half years. When we started dating, Mike told me he was a cyclist. I did not understand that what he meant was that he was a CYCLIST. As in hardcore. Dedication to your sport is not a new concept for me. My youngest brother is a hockey player. His sophomore year of college his team made it to the NCAA "frozen four." He played three games with a minor league professional team this spring.

My family has spent countless hours driving/cheering/lugging equipment/etc. So I was familiar with the time commitments. However, Mike rode his unicycle for me on our first date. He already had four different bikes. He wore spandex. This was a completely new world for me. I soon realized that he spent every morning (he was working second shift at the time) and half of every Saturday and Sunday out on the road. After we were married, I figured out that the time spent cleaning and maintaining the bikes was about the same as the time spent riding the bikes. Not to mention the time on the computer planning routes and logging ride data. I had become a "bike widow." Then he became president of the IVW. And chairman of No Baloney. I was less than thrilled. Mike's love of cycling has also taken us on some interesting adventures. We try to visit the local bike shop wherever we go on vacation. On our honeymoon in Aruba, we ventured off the tourist path and finally found Tri-Bike Aruba. The shop staff was sure surprised to see us walk in! I was just glad they had air conditioning. In Scotland, things were much easier. Spokes, the bike shop in St. Andrews, was right down the street from our friend's apartment and office. However, over time I have realized that there are MANY other ways my husband could be spending his time. He could be out at a bar every night. Or spending John's college fund over at the casino. At least when he is working on the bikes or the computer, he is just downstairs. I would have to say that the good aspects of cycling outweigh the bad, at least for this "bike widow."

Welcome, New Members:

- Wally & Liz BornWashington *
- Keith KildronPeoria
- John & Susan McCabePekin *
- Dennis & Evelyn RiehlWashington

Thanks to Renewing Members:

- Steve BergerPeoria ^
- Sandra BrownNormal ^
- Robert & Margaret CastlePeoria
- Gerald HaleyPeoria
- Susan HoodMorton
- Dennis & Derek SansPekin
- Sheldon & Mary Ann SchaferPeoria *
- Larry & Brenda ShayPeoria
- Lester SiegristWashington
- Herb UnkrichEdwards
- Bill WebsterChillicothe

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

IVW CHAIRPERSONS

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Membership Renewal (cont'd)

- MICHELL QUINN 6/9/2011
- DICK RHODES 8/1/2011
- KAREN SCOTT 6/9/2011
- ED SHIMON 8/30/2011
- CHARLIE SIECK 4/1/2011
- ALLAN SILZER 8/16/2011
- DAVID SMITH 4/14/2011
- STEVE SOMMER 7/8/2011
- BETH SPONHOLTZ 8/10/2011
- RON STREIB 6/11/2011
- TIM SWANSON 4/14/2011
- GLEN THOMPSON 7/14/2011
- BEV TISDALE 4/14/2011
- RANDALL TOWNSEND 4/14/2011
- DAN WEAKLEY 7/6/2011
- ALLAN WENNINGER 8/7/2011
- BRYAN WILBURN 4/14/2011
- DOUG WILSON 8/11/2011
- JIM WITTMER 6/10/2011
- SCOTT WRIGHT 8/15/2011

MEMBERSHIP RENEWAL
REMINDER TO ALL IVW MEMBERS

Current info as of: 5/14/2011

EDITH ALBRIGHT	6/1/2011
SANDY ALBROW	6/9/2011
STEVE ALFRED	5/6/2011
DUANE ANDERSON	6/9/2011
JUDY BRADFORD	7/6/2011
AMAND BURTON	8/3/2011
MICHELLE BUSA	4/14/2011
WILLIAM CHAFFER	6/10/2011
WILLIAM CLARK	8/10/2011
JEFF COVER	7/9/2011
ALLEN COVINGTON	6/21/2011
RICHARD CRANDELL	4/12/2011
RICK CROFT	8/10/2011
THOMAS DONOHOE	8/26/2011
MIKE DVORSKY	4/23/2011
HEATHER FITZANKO	7/28/2011
MIKE FOX	4/14/2011
Gr. FREDERICKSEN	8/1/2011
RICK GENTRY	6/24/2011
JEFF GREER	7/14/2011
DAVID GROMER	5/19/2011
STEPHEN GRUBE	6/8/2011
MIKE HAEDICKE	5/20/2011
BETTY HART	6/25/2011
DONALD JACOBS	5/10/2011
KATHY JOHN	4/19/2011
JOHN KAUTZ	6/27/2011
PEGGY KECK	8/19/2011
KEN KETELSEN	7/9/2011
KEITH LOWRY	6/14/2011
BONNIE MARTIN	4/12/2011
RON MATUSKA	8/13/2011
JEFF MENKE	4/14/2011
MARTIN POGIOLI	7/13/2011
LOU PRICE	7/12/2011
MICHELL QUINN	6/9/2011 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.

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.

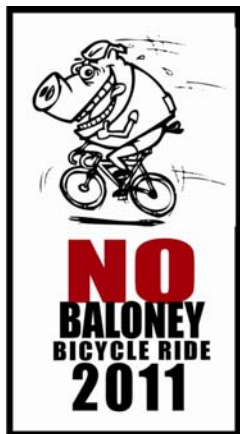
Please check your paper mailing label or this spot in the e-newsletter, for the expiration date of your membership

Thank you.

Each year, on the third Wednesday of May, the annual event known as the Ride of Silence is held at 7 p.m., in each time zone around the world. The ride is to memorialize Larry Schwartz, who was hit and killed by a school bus mirror in 2003. In just 10 days, his friends organized and held this ride, with over 1000 riders showing up, not only to remember Larry, but to remember all those riders who have been hit and or killed by motorists. Organization is up to volunteers in any city. The ride is free to anyone wanting to attend. Black arm bands are worn to signify mourning. A one hour, 10 mph ride SILENT RIDE is held, as riders remember those who are no longer with us, and to celebrate those who are. For over the past 6 years, the IVW has coordinated the Peoria area ride with attendance climbing each year. As ride reports come in, it appears that this year's ride, with the support of the Peoria Police Department, and with over 135 riders showing up, once again, had the highest attendance from the state of Illinois This is a tribute to how much we riders from the tri-county area care. Thank each and every one of you for your support and caring. Mike Honnold and Bill Clark
Below, are pictures from this years ride, taken by Quinton Smith



AROUND THE PEORIA AREA



Bacon Bits

Updates on the No Baloney Ride

The last couple of months, I've spent time letting everyone know what I'm doing. One thing I would like to do this month is let you know how *you* can help make this year's ride a success!

- *Sponsors:* As a non-profit organization, I'm sure you're aware that we're *always* looking for sponsorship. Do you have a favorite shop or business that would be willing to contribute? Maybe you have a special restaurant whose cuisine fits into one of our planned rest stop themes (Greek, Italian, American, and Hawaiian) and would be willing to donate food stuffs. We are thrilled to accept monetary or in-kind (service or product) donations. If you have questions about how to approach a business, or would like a letter about the ride to show potential sponsors, please contact me; I am happy to help you help the ride in any way.
- *Routes:* Test the ride routes. I've been out on the different routes more times than I care to admit. I have routes at distances of 33, 51, 76, and 99 miles. So, if you're looking for a new route, please let me know if you would like to head out and get a route sneak peak. Not to put the pressure on, but Herb Unkrich has already agreed to lead a group on a test route in early June. Let me know if there are any other takers!
- *Rest stops:* We've already had great response from people who are willing to help out at the rest stops, but we're always looking for more help!
- *Ideas:* Just because I think that I've thought of everything, doesn't mean that I have. If you have some ideas, or things you really liked and disliked about previous rides, please let me know.
- Cont'd at right.

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

HELP NEEDED – LAKE EVERGREEN TRI

On July 16, 2011, the IVW is once again being offered the opportunity to help at the Lake Evergreen Triathlon by marshalling corners of the bike race course. In return for supplying the Lake Evergreen Tri with 20-25, volunteers for about 6 hours work, the IVW will get a \$1000 dollar cash donation to be used for our bicycling advocacy efforts. Donations like this pay for the newsletter printing/ mailing costs (for those we still send to a few members & local bike shops), the Ride of Silence, No Baloney, and our most recent donation of five bicycles to the Camp Kearney organization. If you are interested in helping to volunteer 6-7 hours of your time, please give me (Mike Honnold) a call at 309-696-2591 or e-mail at cannondale_25@juno.com. Similar to last year, we will probably carpool from Washington K-Mart parking lot at 5 a.m. for a 6 a.m. arrival at Lake Evergreen (north of Bloomington/Normal near Hudson, IL). We will be out on the course from 6:30 to noon-ish (once the last racer is off the course) and then afterwards everybody is invited to the post-race celebration for all the free food, drink, and music you can stand! This celebration was actually a welcome surprise last year by all who helped! I will NEED to have all our volunteers lined up by June 16 in order for them to guarantee we will be able to help. If I do not have 20-25 committed volunteers by then, we will be required to give up our spot to another club and/or organization! Thank you!

BACON BITS (cont'd)

Wildlife Prairie State Park is being extremely generous in their offerings for the ride. In addition to opening their doors to brightly-dressed, spandex-clad riders, they are offering free park admission to No Baloney riders and their family members for the day of the ride. While you're out riding, your family can enjoy the park and all that it has to offer. Additionally, WPSP will take 10% off of both park memberships (individual and family) and the on-site lodging facilities (for riders coming from out of town, or those who just want to stay at a great place, close to the start of the ride).

If you have any questions, please get a hold of me at (309) 363-3066 or MorganClayGrigsby@gmail.com

Until next month, happy riding,
Morgan.

CLUB AND LOCAL AREA EVENTS

METEC Vineyard Ride

By Mike Honnold

METEC's 2011 Bike Ride is a 12 mile or 30 mile loop ride on June 25th that starts and ends at Mackinaw Valley Winery one of Central Illinois' most popular vineyards. The M & M Bike ride supports METEC's affordable housing program and financial literacy programs. Vineyards are something you expect to see in California and not Central Illinois. This ride offers lots of rolling hills, and some flats. Riders will have the option to participate in a brunch, wine tour and tasting after their ride. There will be two ride options a 12 mile and 30 mile bike loop both starting and ending at the winery. This ride begins at 8:00 A.M. for the 30-mile riders and 8:30 A.M. for the 12-mile riders. METEC is a nonprofit agency created in 2001 to provide tools and resources that put individuals in control of their financial future. Our programs include Affordable Housing for low-income families, Financial Literacy, and Youth Employment. Financial education is the core of every program we offer. Our agency has been on the front line battling to preserve homeownership for families that are in financial crisis. We have assisted more 900 families this past year and kept 200 families from losing their home to foreclosure. Funding cuts, budget cuts, and today's economic conditions make it difficult for our agency to continue to meet the needs of the community without your support.

We look forward to your participation in this fun filled ride. For more information and a registration form, please visit www.metec1.org or call 309-676-3832

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.

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	April 2011 Mileage	2010/2011 Total Miles
Lou Price	1853.47	2225.55
Dennis Tresenriter	586.3	2077.5
Steve Kurt	378.01	1839.85
Michael Honnold	533	1629
Steve Berger	485	1408
Edith Albright	0	1342.41
Suzanne Wheeler	212.17	1331.17
Dan McCaherty	407.9	1317.1
Tom Dorigatti	413.24	1082.37
Chris Gibson	133	188
Chris Salvador	0	176.06
Maggi Wettstein	63.73	109.73
David Gehrt	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

Mackinaw Valley Trail "Meet in the Middle" Ride POSTPONED

On Saturday, May 21st, 2011, the League of Illinois Bicyclists, in cooperation with the Tri-County Planning Commission, and other local bicycle clubs were scheduled to host a "Meet in the Middle" ride for the new over-the-road Mackinaw Valley Trail. This is a new trail system composed of already-existing country blacktop roads/trails to connect East Peoria, IL and Bloomington/Normal, IL. The "Peoria end" of the ride was supposed to start at the trail head in East Peoria. Due to the East Peoria/Morton trail resurfacing project, the ride has been postponed. Watch the newsletter for updates.

NOTE!!! Please watch the IVW website for updates on this ride.

"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 \$29 switchover fee, plus an annual incremental fee of \$22. Most of the latter fee will go to LIB for our various programs to educate motorists and bicyclists on sharing the road.

Go online to www.bikelib.org for the reservation form and instructions on the two-step purchase process, plus FAQs.

Temporary plates had previously been available each year through LIB and the state for 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.

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>

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: ivwheelmn.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:** 8:30 A.M. **Start Date:** May 1.

Ride Info: A daytime for all levels of riders. 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:** 6:00 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 whoever 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) readingdiana@yahoo.com

Location: [Pioneer Park Trailhead of the Rock Island Trail \(Connor Company parking lot, 1229 W. Pioneer Parkway, Peoria\)](#) **Start Time:** 5:30 p.m. all summer **Start Date:** May 4th, 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 miles. **Food:** Bring your own snack

Thursday Level I & II Leader(s): Fred Smiser (309)346-9735. Cell: 241-7431 smizz444@gmail.com

Location: Leaving from a different location each week. Call or email Fred for details.

Start Time: 8:30 a.m. **Start Date:** May 5th.

Ride Info: Ride direction will depend on wind and weather. Will regroup as needed, no one will be dropped.

Lunch Stop? Yes! Bring an appetite with you. We do "ride to eat." PLEASE CHECK THE IVW WEB-SITE for the rest of the MAY Thursday ride schedule.

Distance: 35-40 miles

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/Roger John and/or Edith Albright **Phone:** **E-Mail:**

Location: [Pearce Community Center; Chillicothe, Illinois](#) **Start Time:** 5:30 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, and for more ride listings, check the IVW website at:

<http://www.ivwheelmn.org>

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.

OUT-OF-THE-BOX TOURS

Out-of-the-Box Tours are ready to start. Hope you are ready to join us! We want you if you are looking for a different route, a different crowd, a ride that leaves you neither exhausted nor feeling short-changed – and if you like to smell the roses (or dandelions) along the way. The pace will be Level One, no one will be dropped, and Cora Lynn Green and Barb Drake will be your leaders again, with a little help from our biking buddies.

A special addition this year is a 2-day ride on the Fox River Trail in suburban Chicago. We'll stay in St. Charles and plan some extra-biking activities, including golf for spouses who aren't cyclists. More specifics will come later, but put that weekend on your schedule now. One other special weekend event to put on your calendar: Barb's Birthday Ride on Oct. 8.

Check out these plans:

April 25: Over the Spoon River. Read up on your Edgar Lee Masters before heading out to the poet's haunts. Better yet, just get your bike ready and hope for good weather. We'll meet at 10 a.m. at the Princeville park just off the Rock Island Trail, bike north through Duncan and head west to Jersey, 28 miles in all. Lunch will be in Princeville.

May 4: Ron Reagan's Eureka. OK, we'll only go through there, but what's wrong with dropping names? The ride begins at 9:30 a.m. at Russell's Cycling in Washington. We'll travel about 35 miles and enjoy lunch at Denhart's back in Washington. There will be a post-lunch opportunity to tour the B&B.

May 20: The Fainting Goats Special. Never saw a fainting goat, never thought you'd see one? Put some peanuts into your bike bag for a 34-mile ride that will take us from Pekin to Manito and Green Valley; lunch and route will depend on wind direction. And the peanuts? On the way back the goats will tell you what to do with them. Meet at 9 a.m. at the VFW hall on VFW Road in Pekin. Tom Dorigatti is our helper on this ride.

June 4: Mackinaw River Valley. We'll meet at 9 a.m. at the Barn Theatre parking lot on Timberline Road off Rt. 117 near Goodfield. The distance is 25 miles with a few challenging hills. Afterward we'll have lunch at the Busy Corner Restaurant.

June 24: Spring Bay and Metamora: A beautiful and challenging ride along Upper Spring Bay Road and uphill into Metamora. Approximately 35 miles, with lunch in Washington. Ride leaves from Russell's Cycling at 8:30 a.m. LaVerne Wilson will lead.

July 6: McLean County Parks. We'll travel about 40 miles, beginning at 8:30 at Comlara Park at Lake Evergreen. Lunch will be on the porch at the El Paso Golf Club, reprising one of our most memorable lunch stops last year. Sandy Brown is leading this ride.

July 22: Gebby's Ride. We had a great time on this new route last year and are happy Ken Pope will lead it again. We begin in Morton and head across the river, through Springdale Cemetery, over Grandview Drive and even around Paris (Street, that is). We'll have a late breakfast at Gebby's on War Memorial. Round trip is 32 miles. We'll meet at 8:30 at the start of the Morton-East Peoria Bike Trail at the corner of Detroit and Jefferson in Morton.

Aug. 5: Sand Ridge and Manito. How often do you get to bicycle through a state forest, especially one that has prickly pear cacti as well as many trees? We'll start this approximately 40-mile ride at 8:30 at the Ironstone Restaurant in Manito. We'll have lunch there at ride's end.

Aug. 12-14: Fox River Trail. Yes, Barb and Cora Lynn got their acts (and schedules) together and are eager to lead this ride on the beautiful trail along the Fox. We plan to lodge at the Hilton Garden Inn in St. Charles, which is about halfway along the paved, 42-mile trail, and do the northern half on Saturday and the southern on Sunday. Rooms have been set aside at a special rate of \$99 plus tax; in order to get this rate and be guaranteed a room, you must make a reservation by July 15. Phone 360-584-0700, tell them you're with the Illinois Valley Wheelmen and be sure to let Barb or Cora Lynn know your plans. Non-biking spouses are welcome, and Bernie Drake will offer a golfing alternative. The hotel is across the street from the Pheasant Run Resort, which has a theater and golf course. We'll look for something fun to do Friday night after everyone arrives and Saturday, too.

Aug. 24: Jubilee and Winery. We'll meet at Jubilee State Park at 8:30 and head south toward Hanna City. After an approximately 40-mile ride, we will have lunch at the Kickapoo Winery.

September 7: Tanner's Orchard Ride. If it's fall, it must be time for a ride to Tanner's for samples, cider, donuts, lunch and apple-orchard ambiance. We'll meet at 9:30 at Pearce Community Center. The ride will be about 35 miles.

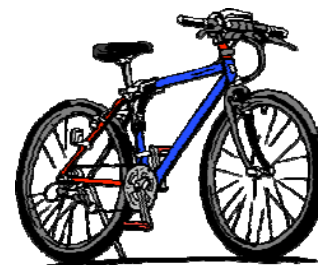
Sept. 21: Mackinaw Winery Loop. We'll depart at 9:30 a.m. from the Mackinaw Family Restaurant on Orchard Street in Mackinaw. We'll bike about 40 miles, through rolling hills and flat prairie, returning for lunch. When lunch is done, you may want to visit the Depot Tea Room's popular gift shop or the Mackinaw Valley Vineyard, just a couple of miles away. There is also a lavender farm in Mackinaw.

Oct. 10: 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! Details to come.

Let Barb (692-1201, bdrake@mtco.com) or Cora Lynn (683-3083, cora_lynn@yahoo.com) know if you plan to show up for a ride. That way we can let you know if weather requires cancellation or a change in start-up time.

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** **Earth Day Ride** Start at Lakeview Museum east parking lot **2:00 p.m.**
Sunday 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** **Ride of Silence** Start at Glen Oak Park amphitheater parking lot **6:30 p.m.** 8.5 miles
Wednesday IVW /national event to remember cyclists killed due to a bicycle/motorist crash www.rideofsilence.org
- May 26** **Grandview Ride** Start at Lakeview Museum east parking lot.
Thursday Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindbergh's airmail flight plaque
- June 09** **Sculpture Ride** Start at Bradley University Quad.
Thursday Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- June 16** **History Ride[†]** Start at the Riverfront Visitor Center Parking Lot.
Thursday Highlights: Riverfront, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.
- June 28** **Eric's West Peoria Deli Ride** Start at Quest Charter Academy (old Loucks School) parking lot.
Tuesday Highlights: West Peoria, Pettengill-Morrison House, Glen Oak Park, Fedora's Deli
- July 14** **Prairie to Prairie Ride[†]** Start at the Riverfront Visitor Center Parking Lot.
Thursday Highlights: Two prairie restorations inside the city, plus selected historic sights
- July 21** **50's Soft Serve Ride** Start at corner of Lake and Knoxville.
Thursday Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- July 28** **East Peoria Trail & Fon du Lac Ride** Start at Town Center II parking lot, East Peoria.
Thursday Highlights: East Peoria Trail & views from Fon du Lac Dr.
- August 2** **Garden Ride** Start at Botanical Gardens, Glen Oak Park.
Tuesday Highlights: Luthy Botanical Gardens & selected city gardens
- August 21** **Tour of the Solar System[†]** plus highlights from the **History Ride** (See June 16).
Sunday 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>



We need to find good homes for a beautiful vintage Fuji 10 speed road bike and a very nice Schwinn Le Tour Luxe touring bike. Great collectibles or daily riders - those 2 are FREE to someone who would appreciate them.

Also have an early 1990's Fuji Del Rey CX hybrid bike in Olympic Red metallic. All stock except for tires, excellent mechanical & cosmetic condition. Beautiful bike. Chromoly frame makes for a nice ride. 19" frame, 700c wheels w/QR. Asking \$125 for that one. Serious inquiries call 309-635-0327
Janice & Dave Atkinson

For sale.

A swagman hitch mounted 3 bike carrier. Excellent condition. \$80 or best offer. Please call or text Derek Sans at 309-472-3405 or you can email at d.sans@comcast.net. Thanks.

For Sale

Yakima Roof mount Frontloader \$95.00
Just needs locks and keys.
Contact: Doug Eccles Phone: 309-699-0197

For Sale

Cycle Ops Fluid2 trainer. Like new, excellent condition, used only once. \$200.00
309-347-8740

Note: If your item sells, please notify the Editor, so it may be removed from the newsletter. Thanks.

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.

Peoria Bike Summer Coffee Shop** Bike Crawl



**Local shops only – sorry Starbucks...

Who: Anybody who owns and is capable of riding a bicycle

What: Part of the “Peoria Bike Summer” event being held the weekend of June 11th, 2011.

Where: Ride will begin and end from the Friendly Valley Tap - 3708 North Meadowbrook Road, Peoria, IL (near old Neil Norton)

Why: To promote the idea of urban cycling and supporting your locally-owned coffee shops

When: Saturday, June 11th, 2011 - 1 PM Sharp!

Cost: FREE! (outside of how much you plan on spending for coffee)

Coffee shop bike crawl route will begin at Friendly Valley, and travel to locally-owned coffee shops (Copper River Coffee & Tea, Leaves and Beans, One World, and Panache) utilizing quiet residential/side streets where available. Route is 25 miles long, and will include one fairly steep climb to get back up the river bluff (walking your bike will be allowed/encouraged). Ride is considered a no-drop fun/casual pace ride - so you racers stay home!

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.

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 _____

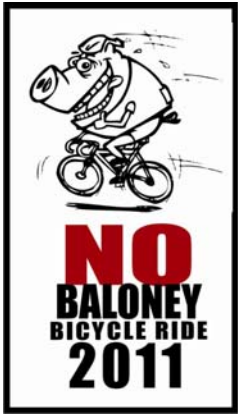
If new, how did you find out about the club?

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 \$ _____

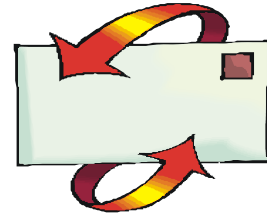
ILLINOIS VALLEY WHEELM'N
6518 N. SHERIDAN RD. STE 2
PEORIA, IL 61614-2933

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
June 4 th , 2011 6:30 A.M.	Soldier Ride Chicago www.woundedwarriorproject.org	Kaneland Senior High School Maple Park, IL
June 11 th , 2011 1 PM	Peoria Coffee Shop Ride Peoria Bike Summer Weekend	Friendly Valley Bar 3708 North Meadowbrook Road; Peoria, IL
June 11 th and 12 th , 2011 All day – both Days	Peoria Bicycle Summer Celebration of riding bikes	Friendly Valley Bar 3708 North Meadowbrook Peoria, IL
Saturday, June 18 th , 2011 7:00 A.M.	Ride the Sheriff Out of Town 217-357-2115	Carthage, Illinois Hancock County Courthouse
Saturday, June 25 th , 2011 8:00 A.M.	METEC Vineyard Bike Ride 309-676-3832	Mackinaw Valley Vineyard Mackinaw, IL
Sunday, July 3 rd , 2011 6:00 A.M.	Tour De Witt www.clintonilchamber.com	Mr. Lincoln's Square Clinton, IL
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