



Sept. 2011

AFFILIATED CLUB

www.ivwheelmn.org

THE GREATER PEORIA AREA'S BICYCLE CLUB

We Had "NO BALONEY"

Record numbers show up for
2011 No Baloney Ride.
Good Food Great Riding
Recap and photo's in
October's edition.

MEET IN THE MIDDLE Ride.

Sponsored by LIB
OCTOBER 1, 2011
See the details on
Page 5

OUT OF THE BOX TOURS are UPDATED!

Check the new times and
locations.
Join Barb and Cora Lynn on
their bi-monthly adventures.
See page 8
for a full listing.

ON THE INSIDE

Club Officers	Page 2
New/Renew Members	Page 2
Local Event News	Page 3-4-5
State & National News	Page 5
Ride Schedule	Page 6-7
Out of the Box Rides	Page 8
Thursday Morn. Rides	Page 9
Pedal Peoria Series	Page 9
Classified Ads/For Sale	Page 10
Membership Form	Page 11
Calendar of Events	Page 12



TAILWINDS

Mike Honnold "The Prez"
September 11th, 2001.

Remember where you were on that day? I sure remember where I was. I had just started working at Caterpillar, and I was on my first business trip to Cedar Rapids, Iowa for a small-business trade show. At the time, I thought I was big stuff having just graduated from college, and already been given the opportunity to represent the largest construction equipment maker in the world. The morning of the trade show, I woke up early, and decided the free hotel continental breakfast did not look good - so I walked across the parking lot to the next best alternative - McDonalds. Heck - if Caterpillar was paying the bill, I figured I might as well go to the fanciest place in town. After I got my breakfast and sat down at a table, I happened to be positioned at a table where I could see the morning news on the television.

I found the television strange, because I had never been at a McDonalds before where they had a television set. Once I had taken a couple of bites of food, the Today Show switched over to one of the first views of the World Trade Center after the first plane hit. At the time, they were making it sound like a commuter plane, or possibly even a small prop plane had hit the building. Maybe this was done to not scare the American people - I will never know. Only after a few minutes did the full reality come to me of what had just happened. Not wanting to be late to my first Caterpillar trade show, I finished my food, and walked back over to the small convention center. Trade shows are typically happy/jovial events, because everybody is excited about making new business contacts, and striking up possible deals. The mood was a little different on this day - people were either gathered around the couple of televisions they had wheeled in the room, or off in corners discussing the situation in small groups. I do not think I will ever forget the moment the two towers fell, and how everybody reacted as a result. Needless to say, I am amazed 10 years hve passed since this event in our country, and I cannot believe how fast time has gone.

I hope some of you can make it out to the Multisport Extravaganza on September 17 at Wildlife Prairie State Park. This is a new event a group of local mountain bikers, trail runners, and kayakers have organized to expose the public to sports/activities they may have not otherwise had an opportunity to try out. For a small entry fee, you'll have the opportunity to try out mountain biking, road biking, kayaking, trail running, orienteering, volleyball, frisbee golf, yoga, open-water swimming, and canoeing. Experts from all local clubs will be on-hand to give attendees tips on how to perform best in these sports, and make sure they are safe while doing so. In addition, local bike shops and equipment vendors will be attending to assist those participants who want to "take it to the next level" by purchasing new sporting equipment. Representatives will be on-hand from the IVW to lead three group rides (beginner, intermediate, and advanced), teach beginning riders basic bicycle safety/repair skills, as well as answer general questions about our club and riding in the area. More information can be found about this event at www.multisportextravaganza.com - or by calling 309-696-2591!

Welcome, New Members:

Robert ClineMetamora
 Fai Mok..... Peoria *

Thanks to Renewing Members:

William & Brenda Clark & FamilyPekin *^
 Mike Dvorsky & FamilyPeoria
 Peggy KeckGroveland ^
 Karen ScottPeoria
 Fred & Beth SponholtzWashington

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 REMINDER TO ALL IVW MEMBERS

Current info as of: 8/14/2011

ROB ALEXANDER	11/2/2011
RON ANDERSON	10/22/2011
GREGG BITTNER	10/13/2011
LORI BOLAND	9/8/2011
JUDY BRADFORD	7/6/2011
PHIL BURROUGHS	10/14/2011
AMANDA BURTON	8/3/2011
JENNEFER COFFEY	11/11/2011
PHIL CORNISH	10/18/2011
JEFF COVER	7/9/2011
RICK CROFT	8/10/2011
STEVE DAGGS	11/9/2011
LARRY DAVIS	9/30/2011
THOMAS DONOHOE	8/26/2011
RON DOUGLAS	9/13/2011
GREG DURST	9/18/2011
HEATHER FITZANKO	7/28/2011
GRANT FREDERICKS	8/1/2011
DAVID GEHRT	9/11/2011
DONNA GOELZ	10/1/2011
JEFF GREER	7/14/2011
CONRAD GREMBOWICZ	11/13/2011
THERESA HARAYDA	9/8/2011
DALE HARDIN	10/14/2011
BOB HENTRICH	9/24/2011
JEFFREY HORNECKER	9/26/2011
BONNIE JACKSON	9/10/2011
SEAN KERWIN	10/11/2011
MARK KLOKKENGA	11/1/2011
STEVE KURT	10/12/2011
RUSS LANGFORD	11/2/2011
DONALD MACGREGOR	11/10/2011

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

2

PRESIDENT:

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

VICE PRESIDENT:

Lori Boland 309-231- 1723
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:

Liz Born 309-369-8657
cchristi52@comcast.net

2011 NO BALONEY RIDE CHAIR:

Morgan Clay Grigsby 309-363-3066
morganclaygrigsby@gmail.com

SOCIAL CHAIR:

Amber Evans 530-426-2372
amber.evans@gmail.com

MAILING:

Val Lindner 309-241-0293
lindner4@comcast.net

DATABASE:

Val Lindner 309- 446-9367
lindner4@comcast.net

ADVOCACY/GOV.REL.

Gregg Bittner 309 - 258-1463
cmbittner@comcast.net

WEBMASTER:

Justin McWhirter 309- 694-3736
justin.mcwhirter@gmail.com

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

EDITOR:

Bill Clark 309- 347-4841
wdclark190@comcast.net

Membership Renewal (cont'd)

MICHAEL MAHONEY	10/28/2011
CHRIS MARTIN	9/6/2011
RON MATUSKA	8/13/2011
JIM MC INTYRE	10/4/2011
KEN METTELMANN	9/13/2011
DON NIEMI	9/24/2011
BLAKE NORMAN	10/25/2011
TIM O'HANLON	9/8/2011
MARK PADESKY	9/21/2011
LARRY PAUSTIAN	9/7/2011
TERRY POERTNER	9/18/2011
MARTIN POGIOLI	7/13/2011
MIKE PULA	9/11/2011
SUE ROBERTSON	11/6/2011
ED SHIMON	8/30/2011
PAMELA SHUCK-HOEHNE	9/21/2011
ALLAN SILZER	8/16/2011
TERRY SWANSON	11/8/2011
DENNIS TRESERNITER	10/12/2011
ALLAN WENNINGER	8/7/2011
SUZANNE WHEELER	9/7/2011
DOUG WILSON	8/11/2011
SCOTT WRIGHT	8/15/2011
DENNIS ZIMMERMAN	10/26/2011

AROUND THE PEORIA AREA

“HAVE
YOU
HEARD
THE
NEWS”?



FALL HIGHWAY CLEAN-UP OCTOBER 15

By Cora Lynn Green

The last highway cleanup for 2011 will be held on Saturday, October 15. Meet at Not Your Average Joe in Dunlap at 9:30 for coffee and conversation. At 10:00 we will car pool over to Park School Road. I will provide bags and vests. You should bring gloves and wear old clothes that might get dirty. With 4 or more people, the job takes less than an hour. It's fun to be outside and makes you feel good for doing such a good deed for our community.

AMERICAN CANCER SOCIETY WALK AND ROLL – SEPTEMBER 17TH 8 A. M. JUBILEE COLLEGE STATE PARK

Individuals who want to make a difference in the fight against cancer have an opportunity to unite this September 17 at Jubilee College State Park and participate as walkers, runners or bicyclists to support the American Cancer Society in its lifesaving mission of creating a world with less cancer and more birthdays. This year, Walk & Roll celebrates its 40th birthday of making a difference in the lives of cancer patients. As one of the Society's largest annual fundraisers in Illinois, Walk & Roll is a family-friendly event where teams of friends, families and co-workers unite to honor or remember loved ones that have battled cancer. This year, the Society hopes to attract more than 10,000 participants and raise \$1 million statewide to help people stay well and get well, to fund and find new cures, and to rally people to fight back.

“Walk & Roll is a wonderful opportunity for the community to come together and show our support against this disease that has affected so many people we know,” said Stacey Cignetti “Every dollar raised at this event goes toward fighting every form of cancer and empowers the Society to offer free resources and services to cancer patients and their families every step of the way.” Walk & Roll participants annually raise funds prior to the event, often to commemorate friends and family who have lost their lives to cancer or honor those who currently struggle with the disease. Participants then take part in a 1-mile walk, 5k run, 15-mile bike ride. There is a \$15 registration fee for all participants ages 18 and older. Participants are encouraged to raise \$100 to receive a free, event t-shirt. Most participants aim for a goal of \$250 or more. To sign up or learn more about the event, please call 309.688.3488, e-mail Natalie Wetterauer @ Natalie.Wetterauer@cancer.org, or visit www.cancer.org.

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

Multisport Extravaganza

By Mike Honnold

On the weekend of September 17th-18th, 2011, various local sporting clubs will collectively host a Multisport Extravaganza weekend out at Wildlife Prairie State Park near Edwards, IL. What is a Multisport Extravaganza you ask? Well – this will be a weekend where you can go and try out all those other sports/groups you may have always heard about, but never took the opportunity to experience. Examples include mountain biking with PAMBA, kayaking with the Mackinaw Valley Kayaking Club, trail running with CITRA, sand volleyball with the Peoria Park District, orienteering with the Illinois River Valley Orienteering Club – the list goes on and on! The Illinois Valley Wheelm'n will even be there leading beginner, intermediate, and advanced road rides throughout the day! A specific schedule is not available quite yet, but keep checking the website [HERE](#) for more details as they are released! If you would like to volunteer with the IVW at the event by sitting at our table, or helping to lead a ride/SAG, please contact Mike Honnold @ 309-696-2591.

3rd. Annual Prarie Pedal

Dear Fellow Cyclists,

Fall is a great season for a bike ride and we would love for you to join us as we ride for restoration Sunday, October 2, 2011. Macon County Conservation Foundation will be sponsoring the 3rd Annual Prairie Pedal and will offer three routes on quiet country roads including a 20, 40, and 62 mile option. The \$25 early registration fee includes fully stocked rest stops, SAG support, a t-shirt, and an after party with lunch and entertainment. To find out more or to register online during the early bird registration, visit our webpage:

www.maconcountyconservation.org.

Proceeds from the ride benefit the protection of our air and water quality, natural areas, and wildlife diversity. I hope you will share this opportunity with your members and ride for a great cause with us this fall. The ride starts at Rock Springs Conservation Area in Decatur, Illinois 3939 Nearing Lane. Please contact me if you have any questions at 217-423-7708 or at areed@maconcountyconservation.org.

Thank you for your support.

Alex Reed
Marketing Specialist
Macon County Conservation District
217-423-7708

CLUB AND LOCAL AREA EVENTS

IVW Year-End Meeting & Social

By Mike Honnold

We may still have a few days of hot weather ahead of us, but it's that time to start thinking about the annual year-end IVW meeting and social. Each November, IVW members gather at a local hip restaurant to have a meal, discuss the year of cycling, award prizes, and elect next year's board members. I believe everybody had a super time last year at Rhythm Kitchen, and according to our most recent poll, would not mind if we went there again in 2011. Plans are being formulated at this point for the definite location, but please pencil in Saturday, November 19, 2011 on your calendars. Like most years, we'll begin gathering around 5 PM for cocktail hour, and start ordering our food around 6 PM. Our night of fun is usually over by 8 PM, but you are more than welcome to stay as long as you like! I know last year, a few members stayed until the midnight hour listening to the live entertainment.

Please also be thinking about whom you would like to nominate for most improved male/female riders, as well as our "Hub of the Club" award! You are welcome to start sending in your nominations to me ASAP, or wait until the night of the event and embarrass your closest riding companions! :-). Our members participating in the annual "Most Miles Ridden" contest have been great at reporting their numbers all year long, and I think it will come down to the wire for our top 3 or 4 riders - stay tuned!

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

Rider Name	July 2011 Mileage	2010/2011 Total Miles
Edith Albright	733.22	4636.65
Lou Price	935.92	4443.79
Dennis Tresenriter	818.1	4359.4
Tom Dorigatti	1045.49	4033.3
Steve Kurt	701.05	3915.92
Michael Honnold	662	3611.8
Steve Berger	789	3597
Suzanne Wheeler	976.89	3576.61
Dan McCaherty	529.8	2756
Chris Salvador	216.04	1004.45
Chris Gibson	141	569.5
Maggi Wettstein	0	241.44
David Gehrt	61	141
Whitney Jordan Salvador	0	14.79

LIB Extra - from the League of Illinois Bicyclists

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

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

Over 1000 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 the end of the summer – please help us! To date there have been 1185 reserved sets of plates ordered. Please consider making a statement, and order yours today!



Dear Share the Road license plate survey respondent or National Bicycle Month plate customer.

We're almost there! With just 211 more reservation forms, the State will begin producing these great-looking permanent plates for cars, vans, and light trucks. The plates will deliver the Share the Road message while making bicycling safer, by raising money for LIB's bicyclist and motorist education efforts around the state.

If you haven't signed up yet, now's the ideal time! Whether you're a previous customer of our old April/May-only plates, or you earlier had expressed interest in the new plates, you can still be one of the original 1500 Share the Road plate owners - but don't delay! [Learn program details and reserve your plates here.](#)

If you've already signed up, you're eligible for our [plate referral incentive program](#). Get a friend or family member to sign up, receive a mini version of the plate (for your bike), a t-shirt, Share the Road jersey discount, or LIB membership. You'll be helping get your plates quicker, too.

Thanks!

Ed Barsotti, League of Illinois Bicyclists

Illinois' Share the Road license plate design --- and progress to the 1500 reservations needed for production

MEET IN THE MIDDLE RIDE – OCTOBER 1

With the Morton to East Peoria trail freshly repaved, the LIB has rescheduled their Mackinaw Valley Trail “Meet in the Middle” ride for Saturday, October 1st. This event is to showcase the new on-road/trail being used for attracting cyclists to the Mackinaw River Valley area. On Saturday, October 1st, cyclists in Peoria and Bloomington will start bicycling from their respective ends of the trail at 9:30 AM – meeting in downtown Mackinaw at The Family Restaurant. Distance one-way from Bloomington is 20 miles & 18 miles from Peoria. If you would like to see the event flyer, please click [HERE](#). If you would like more information about the Mackinaw Valley Trail, please click [HERE](#), or go to bikelib.org to view the flyer.

Editor’s Note; Let’s show Bloomington how it is done, and show up En masse. And wear your IVW jersey. This will be a good opportunity to show off our “formal wear”. The East Peoria end starts in East Peoria, where the trail crosses Veterans Drive, at the Caboose in the parking lot of the Fon du Lac Admin. Bldg.

ILLINOIS VALLEY WHEELM'N - Spring/Summer/Fall - 2011 Local Rides Schedule

****NOTE:** If you have any doubt in the times/dates, please check our ride calendar at www.ivwheelmn.org – it is considered the “safe source”

Monday Morton Level II: Leader(s): Denny and Peggy Tresenriter Phone: (309) 387-6617

E-Mail: 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:** April 4th, 2011
End Date: September 26th, 2011 **Distance:** 20-30 miles **Food:** Possible gas station stop

Monday Dunlap Level I: Leader(s): Phil Burroughs & Jim Coffey Phone: (309) 231-5433

E-Mail: coffey4415@msn.com **Location:** [Dunlap Grade School](#) **Start Time:** 6 PM rollout – arrive early to get ready.
Start Date: May 2nd, 2011 **End Date:** August 29th, 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:** Possible gas station stop

Tuesday Daytime Show and Go Level I & II: Leader: Herb Unkrich Phone: (309) 339-8977

E-Mail: bluebirdherb@yahoo.com **Location:** [Dunlap Grade School](#) **Start Time:** 8:30 A.M. **Start Date:** May 2011
End Date: October 25th, 2011 **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:** Possible gas station stop

Tuesday “Kinder Gentler” Level I & II: Leader: Pam Hoehne Phone: (309) 681-0206

Location: [Dunlap Grade School](#) **Start Time:** 5:45 p.m. **Start Date:** May 3rd, 2011 **End Date:** October 4th, 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:** Possible gas station stop

Tuesday Dunlap Level III: Leader: Steve Kurt Phone: (309-243-7684) **E-Mail:** kurtsj@mtco.com

Location: [Dunlap Grade School](#) **Start Time:** see note **Start Date:** April 12th, 2011 **End Date:** October 25th, 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:** Possible gas station stop. **NOTE: Start time is 6:00 p.m until Sept. 6 then changes to 5:30**

Tuesday Dunlap Show and Go Level IV: Leader(s): Members of Peoria Bicycle Club

Location: [Dunlap Grade School](#) **Start Time:** 5:30 p.m. **Start Date:** April 12th, 2011 **End Date:** October 25th, 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:** Possible gas station stop

Wednesday Rock Island Trail Ride Level 1: Leader(s): Jim and Bob Reading Phone: (309) 688-9435

E-Mail: 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. **Start Date:** May 4th, 2011 **End Date:** September 28th, 2011 **Ride Info:** All riding will be done on the Rock Island Trail **Distance:** 7+ miles **Food:** Possible gas station stop

Wednesday Dunlap Beginner / Level 1: **Leader:** Gregg W. Bittner **Phone:** (309-258-1463)

E-Mail: cmbittner@comcast.net **Location:** [Dunlap Grade School](#) **Start Time:** 5:30 p.m **Start Date:** April 6th, 2011
End Date: October 26th, 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 Miles + **Food:** Possible gas station stop

Wednesday East Peoria Level I & II: **Leader:** Dirk McGuire **Phone:** (309) 397-1034

E-Mail: dirkbike1@comcast.net **Location:** [Cross Point Church in East Peoria; 304 South Pleasant Hill Road](#)
Start Time: 5:30 p.m. **Start Date:** April 6th, 2011 **End Date:** October 26th, 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:** Possible gas station stop

Thursday Pekin Level I & II: **Coordinator:** Fred Smiser **Phone:** (309)346-9735. **E-Mail:** smizz444@gmail.com

Location: Varies **Start Time:** Varies **Start Date:** May 5th, 2011 **End Date:** TBD **Ride Info:** Our Thursday ride is coordinated by Fred Smiser, and has a different starting location/time/distance each week. Please check the current month ride schedule at www.ivwheelmn.org or this newsletter . **Distance:** 40-50 miles. **(See detail's on Page 9)**

Thursday Washington Level I & II: **Leader(s):** "Show and Go"

Location: [Russell's Cycle and Fitness in Washington](#) **Start Time:** 6:00 p.m. **Start Date:** May 5th, 2011 **End Date:** September 8th, 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:** Possible Gas Station Stop

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

Phone: (309) 243-9191 OR (309) 274-4849 **E-Mail:** chillikayaker@mediacombb.net
Location: [Pearce Community Center; Chillicothe, Illinois](#) **Start Time:** 5:30 PM **Start Date:** May 6th, 2011
End Date: October 7th, 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:** Possible gas station stop

Saturday Show and Go Level III: **Leader(s):** SHOW & GO

Location: [Washington Square; Washington, IL; East side, behind Amoco Gas Station](#)
Start Time: 8:30 a.m. **Start Date:** All year long depending on weather
Ride Info: Show and go **Distance:** 20-60 miles **Food:** Possible breakfast / gas station stop

Saturday Show and Go All Levels: **Leader(s):** SHOW & GO

Location: [Russell's Cycle and Fitness; Valley Forge Plaza; Washington, IL](#)
Start Time: 8:30 a.m. **Start Date:** All year long depending on weather
Ride Info: Show and go. **Distance:** 30-60 miles **Food:** Possible meal / gas station stop

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 still going on, and we're having a great time. Hope you are ready to join us! We want you if you're 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.

Worth noting:

-- We have rescheduled the Sand Ridge State Forest ride for Oct. 17. -- Barb's birthday ride is still a go for Oct. 8. It's a Saturday; you might want to plan ahead.

Hope to see you on these rides:

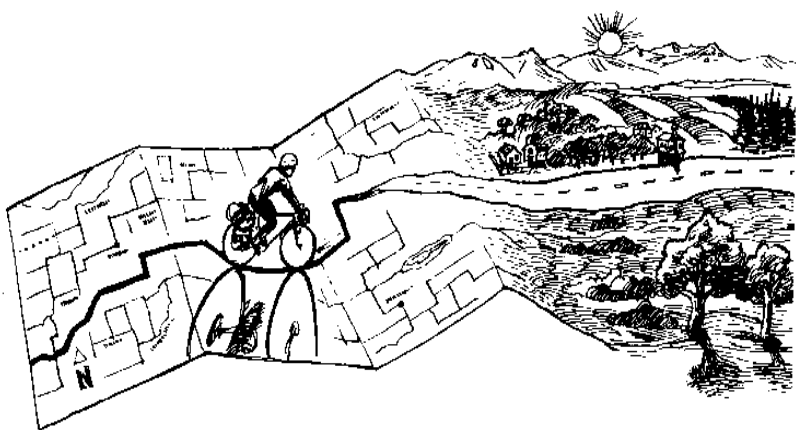
September 7: Tanner's Orchard Ride. If it's fall, it must be time for a ride to Tanner's for samples, cider, donuts, lunch and apple-orchard ambiance. We'll meet at 9:30 at Pearce Community Center in Chillicothe. The ride will be about 35 miles.

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. 8: Barb's Birthday Ride on the Great River Trail, paralleling the Mississippi. We believe it's the prettiest ride in all of Illinois – passing through quaint towns while enjoying beautiful gardens and awe-inspiring views of the river. At one point, we'll pedal atop a levee. Then we'll celebrate with lunch and birthday cake in a private room at The Brothers' Family Restaurant. How far you go is really up to you – it's about 38 miles to the trail's southerly end and back; you can head north after lunch if you wish. The trail is entirely paved and safe, so this is ideal for families. The Brothers is on Rt. 84 in Rapids City, about a mile north of the last I-80 exit before the river. Park in the back of the restaurant lot and be ready to ride at 9:30.

Oct. 17: 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.

Be sure to let Barb (692-1201, bdrake@mtco.com) or Cora Lynn (683-3083, cora_lynn@yahoo.com) know if you plan to show up for any ride, so we can let you know if weather requires cancellation or a change in starting time. It's especially important to let us know if you're doing Barb's Birthday Ride, so we can tell the restaurant how big to make the cake.



IVW September, 2011 Thursday Morning Rides,

If weather is questionable, please contact ride leader at number listed, or the website for updates, and to find out if the ride is a go or no go.

September 1, 2011: Leader(s): Fred Smiser Location: Tremont Park parking lot. (off of Rte. 9) Start Time: 8:30 A.M.
Ride Info:. Destination dependent upon wind direction & weather. Rest stop(s) at Casey's along with a lunch stop during the ride.
 Distance: 45-50 miles Level: I & II – Will regroup frequently during the ride. No one will be left behind.
 Phone: Home: (309) 346-9735 Cell: (309) 241-7431 E-Mail: smizz444@gmail.com

September 8, 2011 Leader(s): Herb Unkrich Location: Brimfield Park (Main street, turn S. at library.) Start Time: 8:30 A.M.
Ride Info: Lunch at Oak Run golf course.
 Distance: 50 Miles Level: I & II – Will regroup frequently during the ride. No one will be left behind.
 Phone: Home (309) 673-1074 Cell (309) 339-8977 E-Mail bluebirdherb@yahoo.com

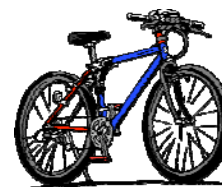
September 15, 2011 Leader(s): Dale Cook Location: Pekin VFW Hall, VFW Road. Start Time: 8:30 A.M.
Ride Info: Lunch stop during the ride. Destination will depend upon wind direction and weather.
 Distance: 45-50 Miles Level: I & II – Will regroup frequently during the ride. No one will be left behind.
 Phone: Home: (309) 353-1725 Cell: (309) 613-4101 E-Mail: cook1501@comcast.net

September 22, 2011 Leader(s): Jack Brejc Location: Field Shopping Center, Morton Start Time: 8:30 A.M.
Ride Info: Ride Jack's age in miles for his birthday. Lunch mid-ride in Washington, Stops at Casey's
 Distance: 62 miles Miles Level: I & II – Some hills! Will regroup frequently during the ride. No one will be left behind.
 Phone: Home (309)264-3175 Cell: (309)264-3175 E-Mail: jbrejc@hotmail.com

September 29, 2011 Leaders(s): Edith Albright Location: Pearce Community Center, Chillicothe Start Time: 8:30 A.M.
Ride Info: Route will be adjusted depending upon wind & weather. Plan for a rest and snack stop at Tanner's Orchard. Lunch at River Beach Pub. (reservations will be made ahead of time.)
 Distance: 40-50 miles Level: I & II Will regroup frequently during the ride. No one will be left behind.
 Phone (309)231-4107 E-Mail: talbrighte@gmail.com

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

Pedal Peoria Rides are done for the season. Please thank all the ride leaders when you meet them, for a job well done. It takes time out of everyone's busy schedule to lead a ride, and we want our ride leaders to know their efforts are appreciated.

FOR SALE !

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:

2002 TREK FUEL SL 90 (women's specific design)

Dual Suspension Mountain Bike – 16 inch frame

\$450.00 (I am 5'3 fits nicely). Good condition.

Email: Sheila Hansen

sheilahansen@comcast.net

IVW "Routes & Recipes"

Available for purchase at the following locations.

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

All phone numbers are in the 309 area code.

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

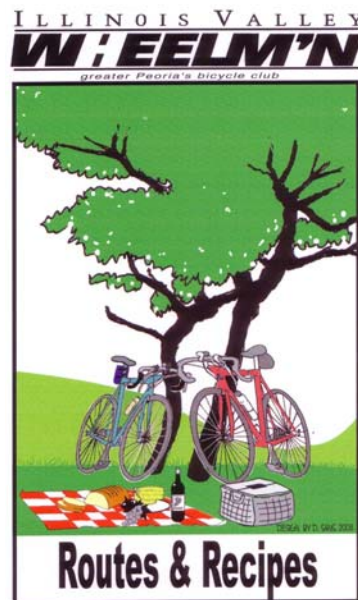
206 South Linden, Normal
454-1541

Mike Honnold

President IVW

696-2591

Cannondale_25@juno.com



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.

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

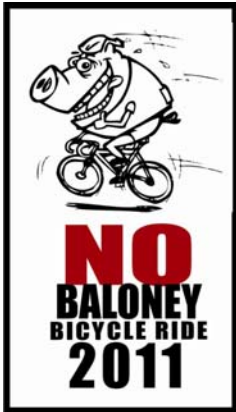
(\$5, \$10, \$15, other) \$ _____

Total Enclosed \$ _____

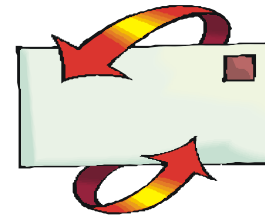
ILLINOIS VALLEY WHEELM'N
6518 N. SHERIDAN RD. STE 2
PEORIA, IL 61614-2933

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
Saturday, August 27 th , 2011 6:00 A.M.	No Baloney Bicycle Ride www.ivwnobaloney.com	WILDLIFE PRAIRIE STATE PARK Edwards, IL
Sunday, September 11 th , 2011 7:00 A.M.	Capital City Century Ride www.spfldcycling.org	Lake Springfield Beach House Springfield, IL
Saturday, September 17 th All Day – 7 AM to dark (and after)	Multi-Sport Extravaganza www.multisportextravaganza.com	Wildlife Prairie State Park Edwards, IL
Saturday, September 17 th , 2011 8 A.M.	American Cancer Society Walk and Roll	Jubilee College State Park Brimfield, IL
Saturday, September 17 th , 2011	Bob Galloway Amish Ride www.decaturbicycleclub.org	131 S. Vine Street (downtown) Arthur, IL
Saturday, September 24 th , 2011 8 A.M.	Potosi Brewery Bicycle Tour www.potosibrewery.com	Holiday Gardens Event Center Potosi, WI
October 1 st , 2011 9:30 A.M.	Mackinaw Valley Trail Meet in the Middle Ride	Caboose Trail Head East Peoria, IL
October 2 nd , 2011 7 A.M.	Pumpkin Pie Ride www.starvedrockcycling.com	Ottawa YMCA Ottawa, IL
Saturday, November 19 th , 2011 5 PM to ??	IVW Year-End Board Meeting & Get Together	TBD (likely somewhere in Peoria)