



**February
2012**

AFFILIATED CLUB

www.ivwheelmn.org

THE GREATER PEORIA AREA'S BICYCLE CLUB

Attention!!

**February IVW Board Meeting
will be on Thursday, February
9th, 2012 starting at 6 PM**

**We meet at the Peoria Panera
(2601 West Lake Avenue)**

All are Welcome to Attend!!

**Please check out the
Membership Renewal**

Possible

Process Change!

See Page 4

**Family Fest
Pictures and Write-Up**

**See the article on
Page 5**

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TAILWINDS

Mike Honnold, IVW Prez

First of all, let me take my first opportunity in 2012 to wish everybody a very happy, safe, and healthy New Year!

Since January was Jennifer's first opportunity to put the newsletter together, we chose to postpone my regular column for one month, and let her have the spotlight for proper introductions. I enjoyed my one-month break from writing so much that Jennifer and I decided to switch off writing the front-page column on a monthly basis in 2012. Switching off on a monthly basis will only require each of us to do half as much work as writing a regular column and you'll be able to enjoy the thoughts of two people instead of one! How's that for variety?

Let me also thank Jennifer for a great job at her first newsletter in January – I'm sure we are all looking forward to what she will bring to the table in the upcoming year!

Wow – what a great end to last year as far as the weather was concerned! Never in my wildest dreams did I think I'd be spending my Christmas vacation from Caterpillar riding every day with friends in 40-degree weather! Typically, I'm spending my vacation days cross-country skiing with the same friends in below zero weather – burrrrr! You will not hear me complaining, though – I'll take the opportunity to ride in 40-degree weather any day over freezing my kiester off in the snow! I also had the opportunity during this same time to ride some miles with a friend who recently went through some major medical issues in his life. Wow – words cannot explain how happy I was to be out riding with him again on the road!! He even managed to still beat me up those same long climbs down around the southern end of Peoria County! Hang in there, my friend – I'm rooting for ya!

I think I may have mentioned this before in one of my previous columns, but since purchasing a Nook e-reader in 2011, I've been reading more books than any other period of my life – even compared to when I was still in college. My wife always makes jokes regarding my reading habits, in that the book must contain at least 90% pictures before I'll even pick it up. Ha, ha – good one, wife! Anyway – over Christmas vacation I read a book titled, "Cycling Home from Siberia" by Rob Lilwall. This is a book about a man who decided to fly with his bike to the most remote part of Russian Siberia, and ride his bike back home to England over a 3 year period. I complain a lot about having to ride during 20-degree Illinois weather, but Rob was faced with riding in -40 degree below zero temperatures. There were some points in his journey where the food he cooked on a camp stove would freeze instantly once removed from the heat – wow! I won't spoil the ending, but I HIGHLY recommend this book for anyone who enjoys adventure and descriptive tales about exotic locations! Keep the rubber side down!

Welcome, New Members:

Timothy Busch ... Chillicothe

Thanks to Renewing Members:

Rob & Cindy Alexander... Washington
 Bob & Lyn Bevill ... Peoria
 Richard & Judy Crandell ... Peoria
 Steve Daggs ... Washington
 Jim & Sarah Emmons ... Lacon
 Cora Lynn Green ... Peoria *^
 Reid & Sheila Hansen ... Peoria ^
 Jack & Carol Huggins ... East Peoria
 Eric Hutchison ... Peoria *^
 Lou McMurray ... West Peoria *^
 Michael & Lori Samp ... Metamora
 Linda Simkins ... Peoria
 Rachel Terry ... Dunlap
 Neil & Sarah Terry ... Edelstein

Lifetime Members:

Charlie & Jane SieckDunlap

(^ LIB/LAB Membership *Advocacy donation)

IVW CHAIRPERSONS

PRESIDENT:

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

VICE PRESIDENT:

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

SECRETARY:

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

TREASURER:

Lori Boland 309-231- 1723
lorib1723@gmail.com

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

2012 NO BALONEY RIDE CHAIR:

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

SOCIAL CHAIR:

Marsha Ray

VOLUNTEER COORDINATOR:

Doug Eccles 309-699-0197
bullet3082@comcast.net

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Val Lindner 309-241-0293
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ADVOCACY/GOV.REL.

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EDITOR:

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trisandi00@gmail.com



RENEW YOUR MEMBERSHIP ON-LINE:

www.signmeup.com/67269

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

Current info as of: 1/15/2012 3:38pm

Last Name	First Name	Renewal Date
READING	JIM	12/12/2011
GRIBBLE	SHEILA	01/01/2012
BOSWELL	CHERYLL	01/09/2012
GROSS	THOMAS	01/09/2012
SAGE	PATTY	01/09/2012
HOLMES	BILL	01/20/2012
ALCARAZ	DAN	01/21/2012
STASH	FRANK	01/25/2012
SMITH	QUINTON	01/28/2012
CARTER	TERRY	01/29/2012
THERRY	MICHAEL	01/29/2012
WOODHOUSE	CHARLOTTE	01/30/2012
WIEBURG	DONALD	02/03/2012
BILLON	JEAN-MARIE	02/04/2012
SMISER	FRED B	02/14/2012
MOORE	RICHARD	02/16/2012
WONG	SHAI M	02/24/2012
PARSONS	GEORGE	02/25/2012
WILLIAMS	KRISTI	02/27/2012
JOSLIN	MIKE	02/28/2012
LAGODA	AL	02/28/2012
HOUSE	DAVID	03/02/2012
BECKER	JIM	03/05/2012
MC GARVEY	KEN	03/05/2012
PORTER	JERRY	03/05/2012
SALVADOR	CHRIS	03/09/2012

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.

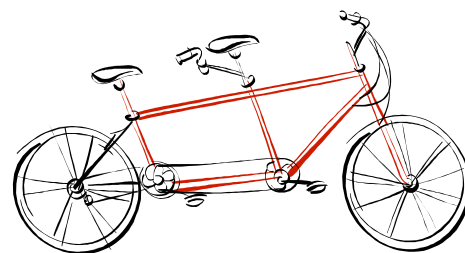
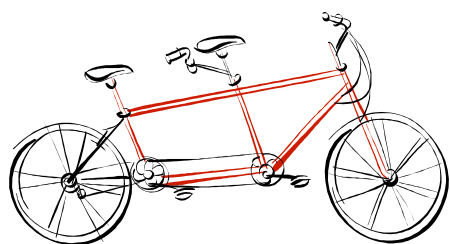
There is a two month grace period on expiring membership, but once that is up, you will no longer get the newsletter.

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.

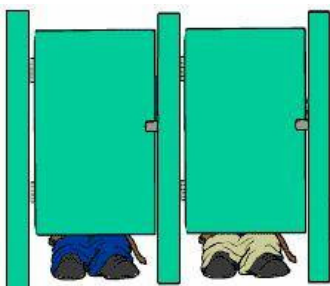
Please check your paper mailing label or this spot in the e-newsletter, for the expiration date of your membership
Thank you.

SEMMENS	BILL	03/09/2012
WETTSTEIN	MAGGI	03/15/2012
BREJC	JACK	03/17/2012
MC GRATH	TIM	03/17/2012
VOEGELI	TOM	03/21/2012
KOLLAR	TODD	03/22/2012
PUTMAN	CLAIRE	03/22/2012
EVANS	AMBER	03/27/2012
LEWIS	TERESA	03/27/2012
DEVORE	JAMES	03/28/2012
DRAKE	BARB	03/30/2012
ROMANOWSKI	TOM	04/01/2012
SANDERS	TOM	04/01/2012
SCHMIDT	RANDALL	04/01/2012
ATKINSON	DAVID	04/05/2012
TIEZZI	CHAD	04/06/2012
LITZINGER	TRACY C	04/08/2012
CEALEY	MARK	04/11/2012
DORIGATTI	TOM	04/11/2012
KING	JIM	04/11/2012
BROWN	SANDRA	04/13/2012
MC CABE	JOHN	04/15/2012
WEBSTER	BILL	04/17/2012
HOOD	SUSAN	04/18/2012
SIEGRIST	LESTER E	04/20/2012
CASTLE	ROBERT R	04/22/2012
HALEY	GERALD	04/25/2012
RIEHL	DENNIS	04/25/2012
SCHAFER	SHELDON	04/25/2012
UNKRICH	HERB	04/25/2012
BORN	WALLY	04/27/2012
KILDON	KEITH	04/28/2012



AROUND THE PEORIA AREA

Pssst!!
“HAVE YOU
HEARD THE NEWS?”



From the Editor
by Jennifer Sandenaw

In December, my boyfriend's son was doing a fund raiser for his school. I wanted to help as much as I could, but I had a hard time deciding on a purchase. Finally, I looked at the magazines they had to offer and there was one called Bicycling. Thinking to myself that I have a running magazine and a triathlon magazine already... I figured; why not add a cycling magazine to the collection?? So my first issue came around mid-January and I came across an article titled “101 Things We Love About Cycling”. I found myself laughing out loud because of all the things I learned last year!

1. “Setting the gripper on your shorts exactly where your tan line is.” – What other girl out there does that besides me?!?
2. “Knowing how to lean two bikes against each other so they can stand without other support.” – My boyfriend taught me how to do that last summer and I was simply AMAZED!
3. “Not hitting the caterpillar.” – Yep, I'm one of those people.
4. “Breaking the speed limit on descents”. – If I know what's at the bottom of the descent, I will just fly!
5. “The socks” – You know this one... everybody has THE SOCKS. They are a collector item to show off the events you have done!
6. “That one hill that never gets any easier – and, conversely, never any less satisfying to crest.” – This one to me, my friends, is Springfield Road hill in East Peoria.
7. “Winning the race home against a rainstorm” – or at least making it to Cracker Barrel in Morton just in time!
8. “Figuring out how to carry all the groceries home.” – We have definitely done this one!
9. “Being given a spare tube by a complete stranger”. – That is so nice!
10. Last but not least, “The snot rocket: necessary antidote to both maturity and the sometimes suffocating demands of civilization.” – I thank my boyfriend all the time for teaching me how to do this. ☺

Until next time...

Jennifer

Membership Renewal Process Change

By Mike Honnold

A new change may be coming to the IVW for 2013 in the way you renew your membership each year. For as long as I can remember (and as long as anybody else can remember), your IVW renewal date for membership has floated during the year depending when you sent in the form and payment. While this system minimizes the amount of mail we receive on a monthly basis, our database administrator is burdened 12 months out of the year processing the monthly submissions. If the majority of our membership paperwork could be processed in one month at the beginning of the year, the services of our coordinator might be driven toward other projects.

Plans are still being brainstormed/developed, but our thoughts are to switch the yearly membership over to a January 1st renewal date. We feel this date will be very easy for people to remember, and should result in fewer members accidentally dropping off the membership roster. As far as new members are concerned, if they join before June 30th, they would pay for a full-price membership, and pay half price for joining after June 30th. Of course, new member renewal dates would also default back to January 1st once the New Year rolled around to keep everyone on the same schedule.

Because the membership renewal cycle is documented in our IVW constitution, we will be required to place the “official” new plan in writing (newsletter & website) for 60 days before voting on it at one of the future IVW board meetings. All IVW members present at this meeting will be allowed to vote on the matter with majority rule.

Please keep posted to future IVW newsletters regarding the progress of this improvement. We hope to implement a plan by mid-year so any current members who have paid (or will pay) their 2012/2013 dues can be done so in a pro-rated manner reflective of the new January 1st, 2013 date.

If you have any comments/suggestions regarding this possible policy change, please do not hesitate to contact me at 309-696-2591 OR cannondale_25@juno.com.

Below are a few of the other benefits we've noted ->

1. Less information we'll need to include with every monthly newsletter (renewing members, renewal dates, past-due renewals), which should allow us more space in the newsletter for articles, reviews, club info, etc...
2. Fewer reports the database coordinator will need to make each month so we can remind members of when their renewal dates are.
3. Fewer e-mails from myself or the database coordinator reminding members their memberships are due.
4. Less chance for a member to accidentally slip off the membership roster and miss the monthly newsletter / e-mail updates.
5. A better reason to go to bed early on New Year's Eve so you can wake up early on New Year's Day and send in your membership form (sorry – no prizes will be awarded for the first renewing member each year).
6. Possible higher & longer retention levels of club members.



Do you have any questions before you ride? Any at all?



Sign your safety certificate and get ready for a helmet!



Get ready Bill and Jennifer, the line is headed your way!

Family Fest Wrap-up

By Mike Honnold

Saturday, January 21st was a very tiring, yet successful day for those IVW members who worked at the Peoria Family Fest booth. Our club had no previous experience sponsoring a bicycling advocacy booth at a trade/event show, so few of us really knew what to expect. The day started off slightly slow, but quickly picked up and stayed consistently busy from 10:30 AM to 6:30 PM. I've personally never seen a trade show stay so busy all day long without a letup in attendance - wow!

Our best estimate is that between 250 and 300 children came through our booth to learn about the IVW, bicycle maintenance, proper helmet usage, and correct bicycle riding skills. Many children mentioned while helmets were available at home, they never took the time to wear them while riding. Hopefully our booth changed their way of thinking!

Thanks again to all members who helped out - Doug Eccles, Bill Clark, Chris Salvador, Jennifer Sandenaw, Don Niemi, Suzanne Wheeler, Marsha Ray, Mark Klokkenga, and Sean Kerwin. Also, a big thanks goes out to RAW REV for sponsoring energy bar treats, and Peoria Park District for sponsoring our bikes! Should the decision be made to have our IVW booth again next year, I hope we can obtain a larger sample of members to help out!



Past (Bill) and Present (Jennifer) Newsletter Editors

RAW★REVOLUTION

ORGANIC LIVE FOOD BARS

- Vegan ★ Uncooked ★ Gluten Free ★ Peanut Free
- Dairy Free ★ Made with Organic Sunflower and Organic Sprouted Flax Seeds ★ Preservative Free
- Kosher ★ No Artificial Ingredients ★ Non GMO
- Soy Free ★ Contains Omega 3 and Omega 6 ★ No Refined Sugars ★ Low Sodium ★ Cholesterol Free
- ★ Contains up to 6g of Fiber and 8g of Protein

WWW.RAWREV.COM



2011 IVW Financial Report			
<u>Income</u>		<u>Expenses</u>	
Advocacy Donations	\$195.00	Annual Dinner	\$199.17
Routes and Recipes Book Income	\$1,095.00	Donations	\$1,900.00
Membership Dues	\$3,440.00	Fee non for profit	\$10.00
Other Income	\$647.00	Insurance Fees	\$902.00
No Baloney Income	\$11,216.00	Newsletter Printing	\$1,710.06
		Other Expenses	\$1,120.56
		No Baloney Expenses	\$5,736.61
		Postage	\$147.99
Total Income	\$16,593.00	Total Expenses	\$11,430.41
		Overall profit for 2012	\$5,162.59

NOTES: Advocacy donations for 2011 up through December include the LIB, LAB, and Camp Kearney. At our January board meeting, the IVW board voted to donate an additional \$3,300 dollars of our profit from 2011 to Lakeview Museum (prior commitment), and Peoria Park District's plans to replace their aging fleet of bicycles at Safety Town. We are needing to save back some of the profit for planned increases in our insurance costs due to rising participation numbers from No Baloney and Ride of Silence. While the increased ride attendance is a great thing to experience, it also brings additional financial burden on the club to keep everybody safe and protected – from a physical and legal standpoint. If you have any questions about the club finances, please do not hesitate to contact Lori Boland or Michael Honnold at our contact information listed in this newsletter. Thanks for a great year!

2011/2012 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 November thru October of each year.

Rider Name	December 2011 Mileage	2011/2012 Total Miles
Steve Kurt	326.66	644.74
Steve Berger	334	627
Suzanne Wheeler	101.64	243.39
Mary Lou Price	0	175.12
Tom Dorigatti	0	81.34
Edith Albright	0	30.2
Chris Salvador	12.58	12.58
David Gehrt	0	0
Chris Gibson	0	0
Maggi Wettstein	0	0
Fai Mok	0	0

Classified Ads

Classified ads for club members are welcome. Let me know if you want to post a bike/item for sale or a wanted ad. Commercial ads are also welcome at a charge of \$25 for a half page and \$50 for a full page. To submit any kind of ad, send an electronic document compatible with Windows to trisandi00@gmail.com.

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

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.

Men's Pearl Izumi Elite **Thermafleece Cycling Tight**.
Size XXL. Has Elite 3D chamois. These are new-with-
tags. MSRP \$125. Yours for \$65. Our mistake is your
chance for a great bargain! Email
elcamino61@yahoo.com, or call 309-635-0327.

2009 Specialized Langster Steel single speed road bike,
size 54cm. Can ride as fixed or freewheel, SS cog &
freewheel installed on flip-flop hub. Has front & rear
brakes. As new, built by LBS mechanic. Sharp! \$500
OBO. For more details please email
elcamino61@yahoo.com, or call 309-635-0327.

WANTED:

Information on self contained,
touring. Picking camping spots, food, cooking gear,
Etc. Call Bill at (309)241-0949

FOR SALE:

PUT YOUR AD HERE FOR FREE!
Contact Jennifer Sandenaw
trisandi00@gmail.com

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

Little Ade's Bicycles & Repairs

305 N. 5th St. Pekin
346-3900

Russell's Cycle & Fitness

10 Valley Forge Plaza, Washington
444-2098

Mike Honnold

President IVW

696-2591

Cannondale_25@juno.com



ILLINOIS VALLEY WHEELM'N -Fall/Winter - 2012 Local Rides Schedule

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

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

Most of the evening rides are over for the season. An occasional ride may be organized on a moment's notice, so please keep an eye on the website for announcements.

Take time to thank the ride leaders for their dedication through out the season, for helping make the club what it has become known for: great rides, great riders, good company, and lots and lots of food.

See you in the spring!

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 _____

Phone () _____ - _____ (cell) _____

Signature (Adult #1) _____ Date _____

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

Renewing _____ New _____

Electronic Newsletter _____

Paper Newsletter _____

(check one)

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

Member of:

League of American Bicyclist

Yes _____ No _____

League of Illinois Bicyclist

Yes _____ No _____

Yearly Membership

Individual (\$15) \$ _____

Household (\$20) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution

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

Total Enclosed \$ _____

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

REGISTER ON LINE AT: www.signmeup.com

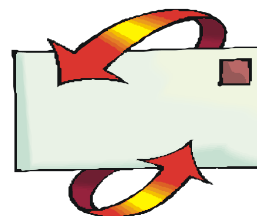
Make check payable to: Illinois Valley Wheelm'n, 6518 N. Sheridan Rd., Ste. 2, Peoria, IL 61614-2933

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

1st class
 Postage
 Required

ADDRESS SERVICE REQUESTED

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



EVENT PLANNER

Date/Time	Event Name	Location
February 25 th , 2012	Illini Chill Bicycle Ride admin@stjoechamber.org	St. Joseph, IL
March 2 nd , 2012 7:00pm	PAMBA Spring Movie Social	Apollo Theater Downtown Peoria
March 18 th , 2012	St. Patrick's Day Ride www.wheelmen.com/pats.htm	Wauconda, IL Wauconda High School
May 16 th , 2012 7:00pm	Peoria Ride of Silence	Upper Glen Oak Park Peoria, IL
July 7 th , 2012	Morton Cycling Classic	Morton, IL
July 14 th , 2012	Lake Evergreen Tri Volunteering Opportunity	Evergreen Lake Hudson, IL
August 25 th , 2012	No Baloney Bicycle Ride REGISTER ON FEB 1st www.active.com	Chillicothe Christian Church Chillicothe, IL