



**April
2012**

AFFILIATED CLUB

www.ivwheelmn.org

THE GREATER PEORIA AREA'S BICYCLE CLUB

Attention!!

**February IVW Board Meeting
will be on Thursday, April 12th,
2012 starting at 6 PM**

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

All are Welcome to Attend!!



**Interested in becoming
the IVW President?
Check out Qualifications
and Responsibilities**

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**Potential Changes to IVW
Bylaws**

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TAILWINDS

by Mike Honnold

Anyone remember that classic 1980's movie starring Steve Martin and John Candy called, "Planes, Trains, and Automobiles" about the mis-adventures of two total strangers trying to get home to Chicago for Thanksgiving? Great movie if you've never taken the opportunity to watch it. In March, I had the opportunity to travel to Germany for work, and felt like I was in my own version of the movie.

First of all – I was traveling with a co-worker who I'd spent time with at work, but never had the opportunity to get to know on a personal basis. Next, our journey started on a PLANE from Chicago to Frankfurt, Germany, continued on a TRAIN from Frankfurt to Stuttgart, Germany, and finally ended with an AUTOMOBILE ride from Stuttgart to Ludwigsburg, Germany. The total clock time of this journey lasted 19 hours – including a BUS ride from Peoria to O'Hare airport. Finally, when we went to go and pick up our car from the train station in Stuttgart, Germany, the car was not in the spot the rental car agency had told us to look. Luckily, the previous renters had placed it in the wrong spot one section over, because by the time we realized the error, Hertz had closed their desk location for the day. I found this error quite humorous, because in the movie, there is a similar scene involving Steve Martin's character and a rental car at the St. Louis airport – but with more disastrous results.

The most amazing part of my journey to Germany revolved around the train station in Stuttgart. According to our family historian, Thomas Honnaultd (note the spelling change) was born in Stuttgart in the year 1720, and made his living as a baker. While Thomas spent his entire life in Germany, his son, Jacob, made his way to America in the year 1780, and settled in the area around Virginia. I'm not quite sure why the family changed their name and how we made our way to Illinois, but it was still pretty cool standing in the same town where my ancestors lived their lives. I only wish I'd had more than an hour before the train arrived, because I wanted to do a little research and find some possible long-lost relatives. Oh well – I guess that means I'll just have to visit again in the near future!

Looks like we have a fun-filled riding season quickly approaching! Liz Born is very busy updating the newsletter and website with all the weekly schedule ride information from our loyal ride leaders – not to mention our "special" Pedal Peoria and Out of the Box events. It is also hard to believe we are only 5 months away from No Baloney on August 25th. I know this seems like a long time, but the event will be here before you know it. Morgan is looking for a lot of volunteers to help out during the day – please contact her at 309-363-3066 or Doug Eccles at 309-699-0197 if you are interested!

Welcome, New Members:

Tammy Arends ... Peoria ^
 Nick Becker ... Marquette Heights
 Don Brown ... East Peoria
 Paul Heidfeld ... Dunlap
 Kevin & Alicia Kuhns ... West Peoria

Thanks to Renewing Members:

Keith & Cheryl Boswell ... Peoria
 Bernie & Barb Drake ... Peoria *
 Sheila Gribble ... Dunlap
 Thomas & Angela Gross ... Peoria *
 Al & Elaine Lagoda ... East Peoria
 Claire Putman ... Peoria
 Tom & Carol Romanowski ... Peoria
 Chris & Whitney Salvador ... Peoria
 Randy Senneff ... Peoria
 Steve & Kristi Williams ... Washington
 Shai & Liliana Wong ... Peoria

Lifetime Members:

Charlie & Jane SieckDunlap

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
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TREASURER:

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

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

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morganclaygrigsby@gmail.com

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VOLUNTEER COORDINATOR:

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ADVOCACY/GOV.REL.

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

EDITOR:

Jennifer Sandenaw 309-360-2560
trisandi00@gmail.com

RENEW YOUR MEMBERSHIP ON-LINE:www.signmeup.com/67269Visit our website, www.ivwheelmn.org for a link to signmeup.com

Current info as of: 3/18/2012 5:10pm

| Last Name | First Name | Renewal Date |
|-----------|------------|--------------|
| ALBRIGHT | EDITH | 5/23/12 |
| ALFRED | STEVE | 6/13/12 |
| ATKINSON | DAVID | 4/5/12 |
| BAUMANN | JOSEPH | 6/14/12 |
| BECKER | JIM | 3/5/12 |
| BERGER | STEVE | 5/4/12 |
| BILLON | JEAN-MARIE | 2/4/12 |
| BORN | WALLY | 4/27/12 |
| BREJC | JACK | 3/17/12 |
| BROWN | SANDRA | 4/13/12 |
| CASTLE | ROBERT R | 4/22/12 |
| CEALEY | MARK | 4/11/12 |
| COOKSEY | DENISE | 5/17/12 |
| COVINGTON | ALLEN | 6/3/12 |
| DEVORE | JAMES | 3/28/12 |
| DORIGATTI | TOM | 4/11/12 |
| FERKEL | BAILEY | 5/17/12 |
| GENTRY | RICK | 6/10/12 |
| GRIGSBY | MORGAN | 6/2/12 |
| GROMER | DAVID | 5/14/12 |
| GRUBE | STEPHEN D | 6/4/12 |
| HALEY | GERALD | 4/25/12 |
| HOUSE | DAVID | 3/2/12 |
| JACOBS | DONALD | 5/6/12 |
| JOSLIN | MIKE | 2/28/12 |
| KILDON | KEITH | 4/28/12 |
| KING | JIM | 4/11/12 |
| KOLLAR | TODD | 3/22/12 |
| LATHROP | BRAD | 5/23/12 |
| LAWSON | ROGER | 5/14/12 |

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.

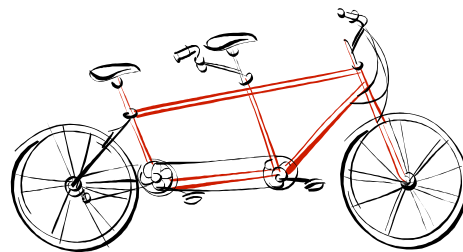
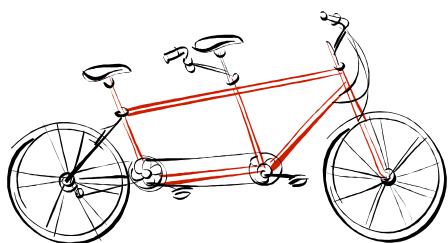
There is a two month grace period on expiring membership, but once that is up, you will no longer get the newsletter.

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.

| | | |
|-----------|----------|---------|
| LEWIS | TERESA | 3/27/12 |
| LITZINGER | TRACY C | 4/8/12 |
| LOWRY | KEITH | 6/1/12 |
| MARTIN | BONNIE | 6/8/12 |
| MC CABE | JOHN | 4/15/12 |
| MC GARVEY | KEN | 3/5/12 |
| MC GRATH | TIM | 3/17/12 |
| MOORE | RICHARD | 2/16/12 |
| PARSONS | GEORGE | 2/25/12 |
| PORTER | JERRY | 3/5/12 |
| PRICE | LOU | 6/23/12 |
| RHODES | DICK | 5/24/12 |
| RIEHL | DENNIS | 4/25/12 |
| SANDENAW | JENNIFER | 5/18/12 |
| SANDERS | TOM | 4/1/12 |
| SANS | DENNIS | 5/9/12 |
| SCHAFER | SHELDON | 4/25/12 |
| SEMMENS | BILL | 3/9/12 |
| SMISER | FRED B | 2/14/12 |
| SOMMER | STEVE | 6/25/12 |
| STREIB | RON | 6/5/12 |
| TIEZZI | CHAD | 4/6/12 |
| TISDALE | BEV | 6/24/12 |
| UNKRICH | HERB | 4/25/12 |
| VOEGELI | TOM | 3/21/12 |
| WEAKLEY | DAN | 6/7/12 |
| WEBSTER | BILL | 4/17/12 |
| WETTSTEIN | MAGGI | 3/15/12 |
| WITTMER | JIM | 6/25/12 |



IVW Spring Breakout Ride

By Mike Honnold

On Saturday, April 21st, 2012, the IVW will be holding our annual Spring Breakout Ride at Russell's Cycle and Fitness in Washington, IL. Like previous years, there will be two different ride choices depending on your skill and/or fitness level at this time of the year. One group will be riding short/slow, and another group will be riding long/faster.

Please arrive early to Russell's so you have time to get all your gear ready before both groups leave promptly at 8:30 A.M. Upon our return, Joe Russell will have his usual spread of sweets and treats to sample while browsing his shop for a new tube, or possibly another bike to bring in 2012! Hopefully, we'll luck out in the weather department this year, and not get rained out like in 2008!

We are still looking for willing & able ride leaders for both slow/fast categories. If you would like to volunteer as a ride leader, please contact Liz Born ASAP at 309-369-8657.

Tom & Fred's Thursday Morning Rides

Date of Ride: Thursday, April 26, 2012.

NOTE: THIS WILL BE THE FIRST OFFICIAL IVW THURSDAY MORNING RIDE FOR 2012.

Leader: Fred Smiser

Starting Location: The [Pekin VFW Hall on VFW Road just off of S. 14th Street.](#)

Start Time: 9:30 A.M.

Ride Info: Rest stops at Casey's. Destination is dependent upon winds and weather conditions. Please keep checking IVW website for updates.

Distance: 30-35+ miles, *depending upon weather and wind conditions.*

Food: YES! Location of food stop(s) will depend upon the winds of the day. Bring an appetite with you, we do "ride to eat", ha.

Level: I & II – We will regroup frequently during the ride. No one will be left behind.

Home Phone: (309)346-9735; Cell: 241-7431

E-Mail: smizz444@gmail.com

If the weather is questionable, please contact Fred at the above phone number(s) to see if the ride is a go or is not a go.

Bacon Bits

By Morgan Grigsby

The No Baloney Ride taking shape and is looking better than ever! This year's ride will take place on **Saturday, August 25, 2012.** We are taking the ride back to Chillicothe, and will be hosted by the Chillicothe Christian Church.

I am pleased to announce that this year's registration opened with discounted rates on February 1, 2012.

Registration fees are as follows:

| | Feb 1 – Mar 31 | Apr 1 – Jul 31 | Aug 1 – Aug 25 |
|------------|-------------------|-------------------|-------------------|
| Individual | \$15 | \$20 | \$25 |
| Family | \$40 | \$45 | \$50 |

Visit www.active.com to take advantage of these great rates! Paper forms available for download at www.ivwnobaloney.com.

We are always looking for volunteers (before, during, and after the ride) and sponsors. Please contact me (309-363-3066 or MorganClayGrigsby@gmail.com) if you would like to help or have an idea for a sponsor.

Additional ride information will continue to be available at www.ivwnobaloney.com.

Spring Dinner!

Saturday April 14, 2012 6:00 – 8:00 pm

Good Tequilas

5025 W. American Dr. – North of the Shoppes at Grand Prairie

No speaker this year – we'll have a short business meeting to discuss important club spring cycling issues/events, and then you will be given the opportunity to share ideas of what you would like your club to do socially! We can have monthly 'parties' or a couple a year, I need is your input to help make the club special for each of you. Food for thought would you like your bike club to organize: group dinner after an evening ride; more eating events; picnics; family events; bowling; an opportunity to swap/sell your biking equipment you no longer use; long rides out of the area; other ideas. I certainly hope to see you on April 14th, but if you can't make it please email me with your ideas – Thanks, Marsha Ray

IVW Presidency Position

By Mike Honnold

Over the past few months, I've been putting a lot of thought into my current position of IVW president. While I delight in being one of the main local contacts for cycling-related activities, all the time I've been spending away from my family, hobbies, and career is starting to take a toll. Since moving to Peoria over 10 years ago, I've been highly involved for 9 of those years in the Peoria Bicycle Club and/or the Illinois Valley Wheelm'n. I am now realizing it's time to move on and let someone else steer this tandem from the captain position while the rest of you help stoke them along.

For the next few months, we are going to post the "job opening" you see below and hope it generates discussion among club members and the board to potential candidates interested in the position. Should no interest be generated from the newsletter article, your IVW board will proceed with "Plan B" which will be revealed at a later time. Don't worry – the Illinois Valley Wheelm'n will not disappear off the face of the earth should someone fail to step forward. We only want to make sure the right leaders are in place to take our club into 2013 and beyond.

With that – I thank you again for a great time as president, and I'm looking forward to the next few months we spend looking for a proper replacement! Should you have any questions about the presidency position, and what is required, feel free to shoot me an e-mail at cannondale_25@juno.com OR 309-696-2591.

Qualifications:

- *Self-starter
- *Ability to lead and/or direct others
- *Effective communicator (verbal and/or written)
- *Familiarity with and access to electronic communications

Responsibilities:

- *Develop agenda for and lead monthly IVW board meetings
- *Call special meetings of IVW board and/or club members should need arise
- *Act as lead communicative conduit for club through website, e-mails, and phone calls
- *Represent or ask others to represent club at local bicycling advocacy efforts/events
- *Look for opportunities in local community where IVW club may help out and/or benefit
- *Contribute articles to monthly IVW newsletter and/or IVW website; as needed
- *Look for opportunities to improve the IVW club from an administrative or leadership perspective
- *Lead/chair year-end IVW board meeting of all members

Bikes for Kids

By Mike Honnold

On May 19th, 2012, Salvation Army and the Illinois Valley Wheelm'n are partnering up to host another "Bikes for Kids" event. For those of you who may not be familiar with the concept, every two years we host this event with Salvation Army where anybody from the community can drop their unused bikes off, and the Illinois Valley Wheelm'n provide mechanics throughout the day to fix/repair the donated bikes. While some bikes only need a bit of cleaning or adjustment, other bikes require new tires/tubes, chains, and even a seat! Once the bikes are considered "road worthy" by the testing crew, our local Salvation Army chapter donates the bikes back locally to children and adults who are in need.

If you have a bike or many bikes you would like to donate to our cause, please come to the old Firestone automotive repair garage at the far southwest corner of Northwoods Mall parking lot in Peoria between the hours of 9 AM and 3 PM on Saturday, May 19th. Should you not have any bikes to donate, we are also looking for IVW members who are either good at turning a wrench or cleaning up bikes to make them look as close to new as possible. If you are interested in helping at this event, please contact Mike Pula at 264-9396 OR MIKEPULA@gmail.com

Potential Changes to IVW Bylaws

60 DAY OFFICIAL WRITTEN NOTICE

By Mike Honnold

According to the IVW written bylaws/constitution, anytime the board feels need to make a change to our governing document, written notice must be given to all members 60 days in advance of the anticipated revisions. Once 60 days have passed, all changes are voted on at the next appropriate monthly board meeting by all IVW members in attendance (non-board members included). If a 2/3 majority of members vote for the change by show of hands, it is passed and adopted into the bylaws/constitution.

Response was very positive last month for the proposed change to our IVW membership renewal period. More details will be forthcoming in the next few weeks regarding this change, but we would like to put the proposed changes into writing so our 60 day review process can begin. While reviewing the bylaws/constitution for membership renewal changes, we also noticed a few other statements that appeared to be outdated based off how the club currently operates. For the purpose of killing many birds with one stone, we would like to put these other changes into writing so the bylaws/constitution can be updated at the same time.

Current plans are to post these proposed changes in the March and April newsletters to meet the required 60 day written notice requirement. Once those newsletters have been published, tentative thoughts are to vote on all changes at the Thursday, May 10th, 2012 IVW Board meeting held at Peoria Panera in Westlake Shopping center. If you would like to review the entire IVW bylaws/constitution in the current published state, visit our website at www.ivwheelmn.org, click on the "Club Information" tab at the top of the page, and then click on "Bylaws and Constitution"

Proposal #1 – Article III – Membership; Include the lifetime membership option in the list of available memberships. This option has been available to members for the past 2 or 3 years, but apparently was never added into our bylaws/constitution.

Proposal #2 – Article IV – Dues; Instead of being paid anytime during the calendar year, all members will be converted over so the renewal process begins on January 1st of the given year. Should a new member join during the calendar year, they will pay full dues up to and including June 30th, and a pro-rated rate of ½ current dues starting on July 1st. Once the calendar year rolls over, each previous new member will begin paying their full-price rate on January 1st. If a current member forgets to pay their dues on January 1st, the new member pro-rated dues process will apply. Renewal dates will no longer be communicated through the newsletter labels. Beginning on or around November 1st of each year, a membership drive will begin via newsletter & e-mail to remind members of the January 1st renewal date.

Proposal #3 – Article IV – Dues; Cost of club dues will be determined/reviewed by the IVW board on a yearly basis based off current club operational & administrative costs.

Proposal #4 – Article V – Meetings; The annual board meeting and election of IVW board officers will be held during the month of November

Marsha Ray

by Barb Drake

Marsha Ray has biked across Wisconsin several times, on one occasion staying in college dorms as she went. She's seen South Carolina and South Dakota from a bicycle seat. Last summer she and husband Randy cycled along the Maine coast – “fantastic, it was just gorgeous,” she says. She's competed in the Senior Olympics and has medals to prove it. But nothing quite compares to the ride she and Randy did through Italy's hilly Tuscany region.

One of the hills, she says, was “the worst ever. I think it would be like going up Singing Woods Road 95 times.” She thought about waving a car down and asking for a ride but resisted (and she didn't speak Italian). Upon learning that the next day's ride would be pretty much the same, “I said ‘I'm not biking it.’” So the Rays and their bikes bused their way up – and she's not embarrassed to admit it.

Marsha hasn't turned down many challenges since neighbors first asked her and Randy to join them on their Saturday morning ride along the Rock Island Trail from Alta to Dunlap and back. “We did that a few times, and Randy was, like, ‘We can go a little bit farther.’” That was about 15 years and a world of biking ago.

She says she likes moving on two wheels because “you get to see new places” and because of the physical activity; “you get those little endorphins going and they're so happy.” Having retired in January after 15 years as development director of the Central Illinois Chapter of the Alzheimer's Association, she's intrigued by research exploring a connection between physical activity and brain health. While the science may not yet be conclusive, “I'm thinking this is not going to hurt me any,” she says. Besides, “I just don't sit still well, and biking's just plain fun.”

Born in Champaign, Marsha majored in retailing and home economics at the University of Illinois. She'd grown up working in her father's clothing store and hoped to become a buyer. But the world of retail was rapidly changing, moving from an era driven by customer service to one driven by price and shopping mall competition. Her first non-retail job was promoting downtown Danville, and her second was as assistant circulation director of the local newspaper.

She met Randy in a bar – OK, they had mutual friends – at a time she was looking for people to staff a haunted house she was promoting for Easter Seals. If he hadn't agreed to be a monster, who knows, their lives might have been monstrously different.

They moved to Peoria in 1995 when Randy became assistant corporation counsel for the city of Peoria. Soon after, she accepted the 12-hour-a-week development position at the Alzheimer's Association, thinking she'd do that while deciding what to do next. By the time she retired, she was working 40 hours a week for an agency whose staff had grown from four to 17. The additional staff enables the 21-county association to help more family members and professionals. “It's not your typical caregiver role,” Marsha says. “People don't say ‘I have a pain’. They throw something across the room.” The agency estimates that 21,500 men and women in the counties it serves have Alzheimer's.

Retirement will give Marsha more time to bike, of course, but also to visit daughter Donna in Chicago, to develop her gardening skills and to do more in the community. With other members of Rotary North, she tutors at Hines School, and she has a new volunteer position of special interest to Illinois Valley Wheelm'n – social chairman. There will be a social from 6 to 8 p.m. April 14 at Good Tequilla's – a chance to get to know everyone better and look at by-law changes. And, yes, a poker run is in the works.



New Membership Process

By Chris Salvador

Hello fellow IVW members! As you may have seen in the last newsletter, we are aiming to change the membership renewal process such that all yearly memberships run from January 1st through December 31st with everyone renewing at the beginning of the year. New members that join anytime from January 1st through June 30th would pay full price for an annual membership; anyone joining after June 30th would pay half price and renew again at the beginning of the year.

Mike and I have spent some serious time forming a process to transition all our current members over to this system. We hope that this will be as painless and effortless as possible, so we welcome all feedback and suggestions. Here is the process for current members with renewal dates in 2012 and 2013:

- All members with renewal dates from January 1st through April 30th will have their renewal date moved to January 1st and pay full price for membership renewal at that time. If you have already renewed your membership this year you will need to renew again on January 1st.
- All members with 2012 renewal dates from May 1st through September 30th will pay half price for their membership renewal good through the end of the year. On January 1st, 2013 they will renew again for a full year at full price.
- All members with 2012 renewal dates from October 1st through December 31st will have their memberships extended through the end of the year. On January 1st, 2013 they will renew again at full price.
- Lifetime members are not affected by this change.

We plan on sending out these details again to all members in a specific mailed letter, email, and in the newsletter to ensure all members are as informed as possible. We will be voting on this process at our May board meeting so any feedback is welcome and greatly appreciated. If you have any questions or concerns about the process or would like more information on your renewal date and how this process affects you please do not hesitate to contact me.

Happy Riding!

Pedal Peoria 2012

Explore Peoria's Art, Science, Nature, & History by Bicycle
Our 13th 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 Apr 22, May 16 & August 12 & 26)

All are welcome! No fee or registration

April 22 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 21 11 – 4.

May 16 Ride of Silence Start at Glen Oak Park amphitheater parking lot **6:30 p.m.** 9 miles

Wednesday Largest one-day event held globally to remember bicyclists who have been injured or killed while riding [w www.rideofsilence.org](http://www.rideofsilence.org) -OR- [w www.ivwheelmn.org](http://www.ivwheelmn.org)

May 24 Grandview Ride Start at Lakeview Museum east parking lot. **6:00 p.m.**

Thursday Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindbergh's airmail flight plaque

May 31 History Ride† Start at the Riverfront Visitor Center Parking Lot. **6:00 p.m.**

Thursday Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.

June 14 Sculpture Ride Start at Bradley University Quad. **6:00 p.m.**

Thursday Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.

June 28 50's Soft Serve Ride Start at corner of Lake and Knoxville. **6:00 p.m.**

Thursday Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In

July 12 Prairie to Prairie Ride† Start at the Riverfront Visitor Center Parking Lot **6:00 p.m.**

Thursday Highlights: Two prairie restorations inside the city, plus selected historic sights

July 26 Eric's West Peoria Deli Ride Start at Quest Charter Academy (old Loucks School) parking lot

Thursday Highlights: West Peoria, Pettengill-Morrison House, Glen Oak Park, Fedora's Deli **6:00 p.m.**

August 9 Garden Ride Start at Botanical Gardens, Glen Oak Park. **6:00 p.m.**

Thursday Highlights: Luthy Botanical Gardens & selected city gardens

August 12 Tour of the Inner Solar System† plus highlights from the **History Ride** (See June 14).

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.

August 26 Building the Block Ride Start at Lakeview Museum east parking lot **2:00 p.m.**

Sunday This is the last Sunday Lakeview Museum will be open. Ride to the Peoria Riverfront Museum, where we will have a hard-hat tour of the new museum.

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



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

When: May 16th, 2012

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

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

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

•Ride of Silence is a nation-wide event to honor those who have been injured or killed while riding their bicycles. For more information, please visit WWW.RIDEOFSILENCE.ORG

•This event is free. All participants **MUST** be over 18 years of age, or 16 with a legal guardian. For safety reasons, all riders **MUST** wear a bicycle helmet. Any cyclists without a helmet will be asked to not participate in the ride.

•The Illinois Valley Wheelm'n are endorsing the 2012 edition of Peoria's Ride of Silence. For further information regarding this local event, please contact Bill Clark @ 347-4841, or Mike Honnold @ 696-2591

Save the Date!

2012 Central Illinois Bike Summit

Wednesday, May 23, 2012

8:30 a.m. – 5:00 p.m.*

Normal, Illinois

Event Description: This all-day bike event is designed to bring together planners, engineers, and advocates interested in the vital role that bicycles play in our transportation system. The day's informational sessions will cover a broad array of topics at varying levels of technical detail. Attendees should leave the summit with a better understanding of why bikes are important and how to make their communities more bike friendly.

Partial Speaker Lineup:

Pre-Session "Meet Ups" – Join informal, small group discussions at various Uptown Normal locations on topics like "Planning Bike Events," "Organizing Trail Counts," and "Coordinating Bike Rodeos"

Lunch Keynote – Andy Clarke, President of the American League of Bicyclists (confirmed)

Bike Planning 101 – Ed Barsotti, Executive Director of the League of Illinois Bicyclists (confirmed)

Making the Economic Case for Bike Trails – Steve Buchtel, Trails for Illinois (confirmed)

The Connection Between Community Wellness and Bike Planning – Jeff Sunderlin, YMCA USA (confirmed)

"Why Plan for Bikes?" Mayor's Panel

Location: Marriott Hotel/Carol Reitan Conference Center, 201 Broadway, Uptown Normal

Contact: Mercy Davison, Town Planner, Town of Normal, 309-454-9590 or mdavison@normal.org

Estimated Registration Fee: \$30 (includes lunch)

* Attendees will be encouraged to stick around for an evening social event in Uptown Normal!

Block May 23 on your calendar!

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.

We'll be going back on the Great River Trail this year and looking at another weekend ride. Look for those plans, and the rest of the ride schedule, to be nailed down in future newsletters. Here's a heads-up on the two April rides:

April 2: That Old River Beach Road. This ride from Dunlap to Chillicothe via River Beach Road is familiar but always beautiful. We'll leave from Dunlap Grade School at 10 a.m. Lunch will be somewhere along the route. This 30-mile season opener will be terrific if April turns out to be, well, as nice as January was.

April 23: 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.

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. And watch for more rides to be listed when these two get their acts together.

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 | February 2011 Mileage | 2011/2012 Total Miles |
|-----------------|-----------------------|-----------------------|
| Edith Albright | 1288.34 | 2070.29 |
| Steve Kurt | 324.22 | 1273.56 |
| Mary Lou Price | 140.51 | 355.88 |
| Tom Dorigatti | 67.97 | 298.12 |
| David Gehrt | 0 | 0 |
| Chris Gibson | 0 | 0 |
| Suzanne Wheeler | 0 | 319.39 |
| Steve Berger | 0 | 903 |
| Maggi Wettstein | 0 | 0 |
| Chris Salvador | 0 | 82.77 |
| 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.

An older **Park repair stand** (shop style with heavy steel
base), Park and Campy tools, and other miscellaneous items
from Les Siegrist's collection of bike stuff. If worth
something to you please consider a donation to the club's
advocacy fund or the "Bikes for Kids" program. Contact Ron
Anderson at 444-2018 or ronnpam@mteo.com for additional
info or to see these items.

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 – Spring/Summer/Fall - 2012 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 2nd, 2012

End Date: September 24th, 2012 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: April 30, 2012 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 “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 1st, 2012 End Date: October 2nd, 2012

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: 5:30 p.m. on 4/10, moves to 6 p.m. on 5/8, moves back to 5:30 on 9/4

Start Date: April 10th, 2012 End Date: October 23rd, 2012

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

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: Now

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 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. all summer Start Date: April 4th, 2012 End Date: October 24th, 2012 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: April 26, 2012 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: Varies Food: Varies

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 3rd, 2012

End Date: September 6th, 2012 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

Thursday East Peoria Tandem Ride: Leader(s): 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: May 3rd, 2012 End Date: Sept 27th, 2012 Ride Info: This ride is classified as a "Tandem" ride but others are welcome. We are trying to encourage and grow the local tandem community and this ride is a chance for inexperienced tandem teams to ride with couples who have "mastered the art of communications" on a tandem bicycle. **We would encourage riders to call in April so that we can gauge interest levels.**

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

Sunday Level I: Leader(s): Doug Eccles Phone: (309) 699-0197 Email: bullet3082@comcast.net

Location: [Caboose & Park Fondulac Admin Bldg, East Peoria](#) Start Time: 1:00 pm (Please show up early)

Start Date: April 29, 2012 End Date: Sept 2, 2012 Ride Info: This ride is a beginner ride and family ride. The pace will be determined by the slowest rider. We will ride as a group to the Dairy Queen in Morton.

Distance: 12 miles Food: Dairy Queen

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

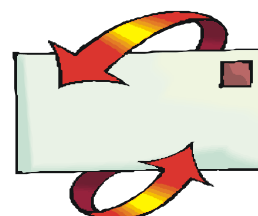
Make check payable to: Illinois Valley Wheelm'n, 6518 N. Sheridan Rd., Ste. 2, Peoria, IL 61614-2933

ILLINOIS VALLEY WHEELM'N
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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, April 14 th , 2012 6 PM | IVW Spring Social Meet, Greet, and EAT! | Good Tequilla's Bar & Grill 5025 W. American Prairie Dr. Peoria |
| Saturday, April 21 st , 2012 8:30 AM | IVW & Russell's Spring Breakout Ride! | Russell's Cycling and Fitness Washington, IL |
| Wednesday, May 16 th , 2012 6:30 PM | Peoria Ride of Silence www.rideofsilence.org | Upper Glen Oak Park Peoria, IL |
| Saturday, May 19 th , 2012 9 AM to 3 PM | Salvation Army/IVW Bikes for Kids | Northwoods Mall / Firestone Bldg. Peoria, IL |
| May 23 rd , 2012 8:30 AM to 5 PM | 2012 Central Illinois Bike Summit 309-454-9590 | Marriott Hotel Normal, Illinois |
| May 24 th – 28 th , 2012 All Day | 2012 HOI Senior Games www.hoiseniorgames.org | Peoria, IL Various locations |
| June 9 th , 2012 8 AM – Sharp | Peoria Bike Summer Coffee Shop Crawl Ride | 30-30 Coffee 734 Main Street, Peoria, IL |
| Saturday, August 25 th , 2012 6 AM | No Baloney Bicycle Ride | Chillicothe Christian Church Chillicothe, IL |