



September 2012

AFFILIATED CLUB

www.ivwheelmn.org

THE GREATER PEORIA AREA'S BICYCLE CLUB

Attention!!

September IVW Board Meeting will be on Thursday, September 13th, 2012 starting at 6 PM

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

All are Welcome to Attend!!

Are you interested in becoming the next IVW President??

See page 4

IVW Year End Gathering! November 17th



See Details on Page 6

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From the Editor

by Jennifer Sandenaw

I believe that No Baloney needs a "Race Report"... So I will go ahead and share my experience.

If you have been reading these newsletters, you might remember that 2010 was my first ever No Baloney Ride and my first ever 50-mile bicycle ride. It was hard!

Last year I rode the 100-mile No Baloney ride and this year I rode the 50-mile option with my friend Jamie. If I keep this pattern going, looks like I have to do the 100-miler next summer! ☺

I showed up at Chillicothe Christian Church to volunteer for No Baloney on Saturday morning around 5:30am. My bike was racked on my car and ready to roll out at 8:30am but first, I had some work to do.

I showed up in the morning and the volunteers were already moving. Riders were starting to show up, eager to hit the road before the heat of the day.

Morgan was busy delegating work to the volunteers - where to go, what she needed where, and what had to go to each aid station... She did all of that, with her baby girl Maggie strapped to her stomach. Wow! Very impressive!

Anything Morgan needed help with, I tried to help... or find... or do.

At 6:15am, the 100-milers started hitting the road. Including my boyfriend, Scott. More people kept coming in and it was pretty steady with people until about 8:00am.

I finally hit the road for the 50-miler around 8:15am. I left with a group of friends, maybe eight of us and one of those was my best friend, Jamie. We all rode together pretty well until we got to maybe mile 2. Yes, mile 2. That's when you hit N. Benedict Street and "a hill". Let me describe this hill the best I can. You start at around 496 feet and you work your way up and to the right... then you continue to climb up to the left and go up some more. You finally reach the top at around 634 feet. Then you are around mile 3. Nothing like a good hill to get the heart rate up at the beginning of the ride!! After that, our group spread out quite a bit until the first Aid Station. The first aid station had waffles! Super yummy! Jamie and I did not stay too long, we got on the road before some of the faster riders that we were with. We were able to catch up on each other's lives and swap stories, enjoy the quiet corn fields... and then just before the next aid station, the faster riders of our group started catching up to us. They showed up at the right time because we tried to draft from them for a little while as we rode south into the headwind. That didn't last too long because they are faster riders. ☺

Second aid station was super nice with porcelain toilets and warm lunch food. Hot dogs and chicken sandwiches. We all grabbed a chair as we ate some lunch.

Jamie and I hit the road again knowing we would be heading south into the head wind. About 2-miles out of the aid station, after climbing a long hill against the wind... we found some shade and parked the bikes for a while. We watched the rest of our group ride by and then we hopped on the bikes again hoping the wind would die down. No... the wind didn't die down, but we made it to our last aid station, very grateful for cookies - Thank you!! And very excited knowing we only had about 6.5 miles to go.

On our watches, we hit mile 50 early and debated calling SAG to come pick us up to take us around the corner... but we sucked it up and rode in the last mile. Maybe our GPS was wrong. ☺ It was beginning to turn into a hot windy day, so sitting in the shade under the tent at Chillicothe Christian Church, eating good food, listening to great music, and chatting with friends afterward made the day complete. Successful No Baloney ride in the books! Thank you to all the volunteers, Morgan, and the IVW for putting on a great ride!

Jennifer

Welcome, New Members:

Diana Ifft ... Peoria
Gary Siebenthal ... Mapleton

Thanks to Renewing Members:

Lori Boland ... Brimfield
William D & Brenda Clark ... Pekin ^ *
Randy & Denise Cooksey ... Peoria
Ken & Paula Ketelsen ... Morton
Fai Mok ... Peoria
Tim & Diana O'Hanlon ... Peoria ^ *
Bill & Marge Semmens ... Peoria
Laurie Wilbur ... Peoria
Steve Wolfe ... Chillicothe

Lifetime Members:

Charlie & Jane SieckDunlap

(^ LIB/LAB Membership *Advocacy donation)

IVW CHAIRPERSONS**PRESIDENT:**

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ADVOCACY/GOV.REL.

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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: 8/17/2012 9:49am

Last Name	First Name	Renewal Date
ALBROW	SANDY	9/1/2012
ALLEN	WILLIAM	9/17/2012
ANDERSON	RON	10/19/2012
ANDERSON	RICHARD C	11/22/2012
BEASLEY	RYAN	8/29/2012
BOEHME	CHRIS	11/6/2012
BRADFORD	JUDY G	9/18/2012
BURROUGHS	PHIL	9/20/2012
CLINE	ROBERT	7/29/2012
CROFT	RICK	8/16/2012
CUNNINGHAM	BRIAN	9/17/2012
DAVIS	LARRY D	9/6/2012
DONOHUE	THOMAS H	8/23/2012
DVORSKY	MIKE	7/25/2012
FLANNERY	COLM	10/25/2012
GIEBELHAUSEN	RICH	9/17/2012
GOELZ	DONNA	11/18/2012
GREMBOWICZ	CONRAD	11/1/2012
HANSEN	CELESTE	10/20/2012
HANSEN	PETE	10/5/2012
HARKNESS	DAVE	9/1/2012
HENTRICH	BOB	10/19/2012
HILLABOLD	JIM	11/13/2012
HOEHNE	PAMELA	10/31/2012
HONNOLD	MIKE	7/18/2012
HORNECKER	JEFFREY	10/17/2012

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.

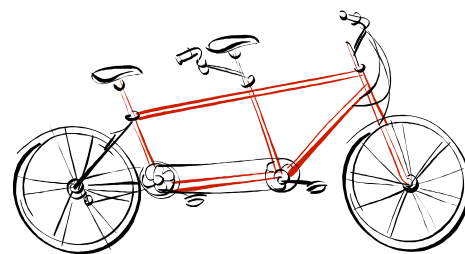
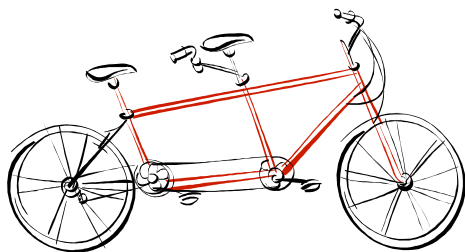
There is a two month grace period on expiring membership, but once that is up, you will no longer get the newsletter.

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.

HUBER	RYAN	7/1/2012
JACKSON	BONNIE	9/25/2012
JOHN	KATHY	9/17/2012
KECK	PEGGY	8/19/2012
KENT	LINDA	11/20/2012
KERWIN	SEAN	9/25/2012
KLEINSCHMIDT	MARDI	9/17/2012
KURT	STEVE	9/25/2012
LINDNER	TIM	10/21/2012
MACGREGOR	DONALD	10/25/2012
MARSHALL	MATTHEW	10/30/2012
MC INTYRE	JIM	10/4/2012
MEISMER	STEPHEN	11/26/2012
NIEMI	DON	9/18/2012
O'BRIEN	DAN	9/24/2012
PADESKY	MARK	10/29/2012
PAUSTIAN	LARRY	10/19/2012
POERTNER	TERRY	10/20/2012
SCHOTT	MICHAEL	9/12/2012
SCHULTZ	FRED	9/11/2012
SCHUMM	CASEY	10/4/2012
SCHUMM	NILE	10/4/2012
SHIMON	ED	9/18/2012
SPONHOLTZ	BETH	8/1/2012
STICKEL	DONALD	9/17/2012
THOMPSON	GLEN	7/14/2012
TRESENITER	DENNIS	10/20/2012
WHEELER	SUZANNE	8/20/2012
WILSON	DOUG	9/19/2012





Wanted: IVW president for 2013 Term
Interested: Call 309-696-2591

Makeup "Coffee with the prez" will be held on Thursday, September 13th at 7 PM directly after the monthly board meeting at Peoria Panera Westlake (2601 West Lake Avenue). Come to find out more information about what exactly is involved with the IVW presidency job!

We would like to welcome our newest sponsor to the IVW – Leaves and Beans Coffee Roasting Company!
Checkout Leaves and Beans at their two locations for the best coffees, teas, and tasty treats around.
Peoria Heights (4800 North Prospect Road; Peoria Heights, IL 61616)
Morton (213 South Main Street; Morton, IL 61550)!
www.lnbcoffee.com



Mackinaw Valley Trail

Meet-in-the-Middle Bicycle Ride

Saturday, October 6, 2012

Join riders from around the area for the second annual Meet-in-the-Middle ride on the Mackinaw Valley Trail. Combining off-road paths and comfortable on-road routes, the trail connects the Bloomington-Normal urban area with Greater Peoria. Verdant wooded bluffs, native wildflowers, pastoral farm country and quaint Main Street communities; the Mackinaw Valley Trail showcases some of the best that Central Illinois has to offer.

Event Details

Saturday, October 6, 2012 at 9:30 am
Ride starts

Peoria/East Peoria start: at the caboose where the East Peoria Trail crosses Veterans Dr.
Light snacks and route directions provided

Bloomington/Normal start: Alton Park Depot (Front St. and Western Ave.)
Light snacks and route directions provided

Optional: Lunch (on your own) at the Family Restaurant in downtown Mackinaw

One-way distances: Peoria - 18 miles, Bloomington - 20 miles

Map, Cue sheet and support provided from each starting location

For more information or details on the Mackinaw Valley Trail, or the ride, please contact:

In Peoria: John Chambers
309-251-7226, jchambers@tricityriderpc.org

In Bloomington: Rick Nolan
309-828-4331 x 26, molan@mcplan.org



This event is sponsored by:



Tom & Fred's Thursday Morning IVW Group Rides, September, 2012

Thursday, September 6, 2012

Leader: Fred Smiser

Starting Location: Pekin VFW.

Start Time: 8:00 A.M.

Ride Info: Destination: To be determined based upon wind and weather.

Distance: 40-50 miles or so. Route will be adjusted based upon weather and winds.

Food/Lunch: Casey's stop for a break. Lunch during the ride.

Please note: Adjustments will be made according to the weather. If it is too hot or the winds are unfavorable, we'll shorten the ride and/or make adjustments to the route. Please keep checking the IVW website for updates.

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

Thursday, Sept 13, 2012

Leader: Herb Unkrich

Starting Location: Brimfield Park (turn South on Galena Avenue)

Start Time: 8:00 A.M.

Ride Info: Destination: Brimfield to Elmwood, but route will be decided based upon weather and wind conditions.

Distance: 37 miles

Food: Rest stop in Elmwood. Lunch after the ride at the Jubilee Café.

Please note: Adjustments will be made according to the weather. If it is too hot or the winds are unfavorable, we'll shorten the ride and/or make adjustments to the route. Please keep checking the IVW website for updates.

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

Home Phone: 309-673-1074

Cell: 309-339-8977

E-Mail: bluebirdherb@yahoo.com

Thursday, September 20, 2012

Leader: Suzanne Wheeler

Starting Location: Lake Camelot Clubhouse.

Start Time: 8:00 A.M.

Ride Info: Destination: Dependent upon the weather and wind conditions.

Distance: 45-50 miles

Food: There will be a Casey's stop and a lunch stop during the ride.

Please note: Adjustments will be made according to the weather. If it is too hot or the winds are unfavorable, we'll shorten the ride and/or make adjustments to the route. Please keep checking the IVW website for updates.

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

Home Phone: N/A

Cell: 258-0272

E-Mail: slwheeler1@gmail.com

Thursday, September 27, 2012

Thursday, Sept 27, 2012

Leader: Edith Albright

Starting Location: Pearce Community Center, Chillicothe

Start Time: 8:30 A.M.

Ride Info: Wyoming, Illinois

Distance: 45-50 miles or so. Route will be adjusted based upon weather and winds.

Food: Lunch in Wyoming, Illinois.

Please note: Adjustments will be made according to the weather. If it is too hot or the winds are unfavorable, we'll shorten the ride and/or make adjustments to the route. Please keep checking the IVW website for updates.

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

Home Phone: 309-274-4849

Cell: 309-231-4107

E-Mail: talbrighte@gmail.com

IVW Kwik Klips

By Mike Honnold

Year End IVW Gathering

On Saturday, November 17th, the IVW will be gathering together for our annual year-end meal/business meeting at Bernardi's in the Lake of the Woods Plaza (12200 North Brentfield Drive, Dunlap, IL 61525). Social hour will begin at 6:00 PM with dinner to be served promptly at 6:30 PM. This year's menu will be served buffet style and will include fried chicken, baked chicken, tortellini, spaghetti, green beans, baked potato, salad, bread/butter, coffee/tea, AND tip - all for the low, low price of only \$15 dollars per person. We would like to collect all checks/RSVPs ahead of time, so if you would like to attend, please send your RSVP with check to Chris Salvador; 11217 North Oakwood Drive - Unit #2; Peoria, IL 61615 before November 10th. If you have any nominations for most improved male/female rider, or the "hub of the club" award, please send those to Mike Honnold via e-mail at cannondale_25@juno.com.

IVW Movie Social Opportunity

On Friday, September 7th at 7 PM, IVW members will be meeting at Landmark Theater in Peoria (3225 North Dries Lane) to watch a newly-released action/thriller movie about the bicycle messenger business called, "Premium Rush". Plot involves a bike messenger who picks up a suspect envelope - attracting the interest of a dirty police officer who pursues this cyclist throughout the city. There should be lots of great city biking scenes with thrills and chills - promising to make fellow IVW cyclists happy for our quiet roads of central Illinois. Starring: Joseph Gordon-Levitt (3rd Rock from the Sun star); Jamie Chung and Dania Ramirez - Rated PG-13 for violence, action, and language. There is no need to RSVP for this event, but members will be responsible for purchasing their own ticket.

Coffee with the prez

Interested in learning more about what is involved with being president of the greatest bicycle club in Illinois? Come to Peoria Westlake Panera Bread (2601 West Lake Avenue) on September 13th at 7PM after the monthly board meeting to learn more! A short presentation will be followed by ample question/answer time. Free drinks will be provided courtesy of the IVW!

2nd Annual Mackinaw Valley Trail "Meet in the Middle Ride"

Save the date of Saturday, October 6th, 2012 for the 2nd annual "Meet in the Middle" ride on the Mackinaw Valley Trail. The League of Illinois Bicyclists held this ride for the first time in 2011 to coincide with opening of the Mackinaw Valley Trail - an on-road route between Peoria and Bloomington/Normal. Riders left from their respective ends of the trail early in the morning, and met in Mackinaw for breakfast at a local restaurant. I participated in the ride last year, and found being able to ride with bicyclists from another city for a common purpose was a very uplifting experience! The ride will be leaving this year from East Peoria Fondulac Administration Building red caboose (201 Veterans Drive, East Peoria) at 9:30 AM. See you all there!!

IVW Jersey Update

A total of 55 jerseys were purchased by your fellow IVW members during our most recent ordering period - wow! The final order was placed with Sugoi a couple of weeks ago, so we expect everything to be delivered in 4-6 weeks. For those of you who ordered at the 25 pc price, you'll be receiving a refund check back with your order for the monetary difference. Keep checking your e-mail and the website for updates regarding the order status!!

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.

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.

Mileage Competition March & YTD Results

Rider Name	July 2012 Mileage	2011/2012 Total Miles
Edith Albright	585.91	4891.05
Steve Kurt	810.08	4739.61
Steve Berger	832	4556
Mary Lou Price	657.51	4541.32
Tom Dorigatti	519.17	3079.89
Chris Salvador	58.47	989.16
Fai Mok	329.4	761.6
Chris Gibson	236.57	433.24

OUT-OF-THE-BOX TOURS

We encourage you to join us on our Out of the Box tours as we move into fall. 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 is Level One, no one will be dropped, and Cora Lynn Green and Barb Drake are your leaders again, with a little help from our biking buddies. Note: We've added a couple of Saturday rides in hopes of drawing our working friends.

Check out these plans for good biking and good fellowship:

Sept. 14: 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 9 at the Ironstone Restaurant on Market Street in Manito. We'll enjoy a fabulous lunch there when we're done. Fred Smiser will lead this ride, a perennially popular one.

Sept. 21: McLean County Parks. We'll travel about 40 miles, beginning at 9 at Comlara Park at Lake Evergreen. (Exit 8 off I-39 North. Park is 1.3 miles west. Follow signs to picnic area.) Lunch will be on the porch at the El Paso Golf Club, reprising one of our most memorable lunch stops of any year. Sandy Brown is leading this ride.

Oct. 6: Barb's Birthday Ride on the Great River Trail, paralleling the Mississippi. This is about as pretty as it gets in Illinois, and the birthday cake will be pretty good, too. We'll vary the

ride a bit this time by heading north a few miles before turning south, but you'll enjoy the same spectacular riverfront scenery, the small towns, the opportunity to ride on a dike, and lunch and cake afterward at the Brothers Family Restaurant. Bring the family, and travel at your own pace. The entire trail is paved. Ride begins at 9:30 at the riverfront parking lot in Rapids City. (Take Rt. 84 exit north from Rt. 80. Go a half-mile or so, looking for gas station on your right and then turning left onto 18th Street. Turn right at the river, and go 4 or 5 blocks to the lot.) **Important note: This represents a necessary change from our usual starting point at The Brothers. So do not be a creature of habit, or you will wonder where everyone is.**

Oct. 27: Scenic Fulton County. The idea behind the Out of the Box rides is to bike down less familiar pathways. Bruce Starbuck has mapped out just such a ride for our season-closer. We'll begin in Farmington, wind along the west shore of Canton Lake and stop for lunch at Herbst's Landing (formerly the Canton Country Club). After lunch, we'll pass by some strip-mined land around Norris, biking 43 miles in all. Departure time is 9:30 from Jacob's City Park in Farmington (turn left off of Rt. 116 onto Elmwood, then left again onto Wilson, and you'll see the park).

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.

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

Wednesday Dunlap Level I: Leader: Gregg Bittner Phone: (309) 258-1463 **E-Mail:** cmbittner@comcast.net

Location: Dunlap Grade School; Dunlap, IL; 301 South First Street **Start Time:** 5:30 p.m. all summer **Start Date:** April 25th, 2012 **End Date:**

September 26th, 2012 **Ride Info:** This ride departs from Dunlap Grade School at 5:30 p.m. SHARP. Ride distance will be 15 miles early in the season. The group will ride together. This is a “no drop” ride. No one will be left behind. **Distance:** 30-40 miles. **Food:** No; bring food and water

Thursday Pekin Level I & II: Coordinator: Tom Dorigatti Phone: (309)347-2844. **E-Mail:** dorigat@comcast.net

Location: Varies **Start Time:** Varies **Start Date:** April 26, 2012 **End Date:** TBD **Ride Info:** Our Thursday ride is coordinated by Tom Dorigatti, 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.**

Friday Chillicothe Level I Family Ride: **Leader:** Edith Albright **Phone:** (309) 274-4849 **E-Mail:** talbrighte@gmail.com

Location: Pearce Community Center; Chillicothe, IL; 610 W. Cedar Street **Start Time:** 5:00 p.m. **Start Date:** June 1st, 2012

End Date: September 28^h, 2012 **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. **Food:** Possible 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

Jennifer Sandenaw Profile

by Barb Drake

Don't dismiss Jennifer Sandenaw as just another computer geek. Her degree from Illinois State University may be in computer science, but dealing with people, sometimes very angry people, is the focus of her job. And that's one of the things she likes about it!

Dealing with people, including those people who miss deadlines, or forget their obligations altogether, is also part of the job of Illinois Valley Wheelm'n newsletter editor. Jennifer took over in January for Bill Clark, who'd done one of the club's most important (and thankless) jobs just about forever.

So who talked Jennifer into it?

"I didn't get talked into it at all -- I volunteered."

Precious words for a club that can never have too many Jennifer Sandenaws.

Raised in El Paso, Texas, Jennifer was more a soccer player than a biker when she grew up – and a very good one at that. She went to ISU on a soccer scholarship and has two Missouri Valley Conference championship rings to show for the four years she was there. As a computer science major, she was following in the footsteps of her father, who'd worked for IBM before establishing his own computer business.

After her 2003 graduation, Jennifer worked in Peoria on the computer help desk of a Caterpillar contractor. Then she was transferred to Miami. "I was in Miami three years before I decided I didn't want to live in Miami anymore," she explains. It's a good place to visit but not an ideal place to live, especially if you don't have a boat, don't speak Spanish, don't like traffic jams and don't like paying high rents. "I decided to move back to Illinois," she says.

A smart resume drop with a friend at Cat led to a job offer from CA Technologies, which handles software problems for major users. Though it is based in New York, CA has three big customers in central Illinois – Caterpillar, State Farm and Country Companies – and needed someone here to service them.

"I escalate their support issues," she says.

Say what?

"I talk to support managers in Chicago, New York, California. I'll say 'Cat's having an issue. It's affecting their business. You need to give this issue a high priority.' I deal with other people's headaches."

In the process, Jennifer says she's been "yelled at and cussed at," which is a pretty good prescription for headaches of your own. "I don't know; I can deal with it," she says. "I actually like helping people. I've found you've got to listen to them and then try to make it better." She says solving problems and making people happy give her great satisfaction.

Though no longer an active soccer player ("I got tired of getting hurt"), Jennifer remains quite an athlete. She's a runner, swimmer, biker and – not surprisingly – a triathlete. It was a customer, she says, who talked her into doing a triathlon in 2010. Though initially reluctant, she quickly became enthusiastic, competing in three triathlons that year. To date she's done 13, as well as 10 half- and four full marathons.

Biking was her weakest of the three sports. "I couldn't change a tire, I had to stop for a bite to eat, I couldn't ride for long," she says. But by that first fall she'd worked up to the 50-mile No Baloney route – on her hybrid. Last year she bought a road bike and rode her first century. "I joined Illinois Valley Wheelm'n when I got a real bike," she says. By then, she'd also caught the bug.

"I love biking," she says, explaining that it's less the pushing of pedals as the scenery passes by than the opportunity for "camaraderie," to talk, to laugh, to develop friendships. "It's fun. It's almost like socializing."

Jennifer credits part of her biking mastery and enthusiasm to boyfriend Scott Metzler, an accomplished cyclist who's notched seven RAGBRAIs on his belt. Among other things, he taught her to fix a flat.

Official newsletter deadline is the 15th of the month. Though Jennifer may sometimes be able to extend that by a couple of days, doing so does not make her tough job easier. Information should be e-mailed to trisandi00@gmail.com.

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 _____

E-Mail Address (print clearly) _____

Address _____

City _____ State _____ Zip _____

Phone () _____ - _____ (home/cell)

Signature #1 _____ Signature #2 _____

Signature #3 _____ Signature #4 _____

Date signature lines were filled out _____

Disclaimer The IVW assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions. By signing form, all IVW members also agree their pictures can be used in club electronic media.

**IVW newsletters/communications will be sent electronically unless other arrangements have been made
**Effective 1/1/2013, all IVW memberships will renew on this date – all new/current members must renew at this time to stay current in database

**Save time & be green by registering online at www.signmeup.com/G22V3K7

Are you a new or renewing member?

New _____ Renewing _____

If you are a new member, how did you find out about our club?

Are you a member of the:

League of American Bicyclists (LAB)

Yes _____ No _____

League of Illinois Bicyclists (LIB)

Yes _____ No _____

Membership good to end of 2012

Individual (\$7.50) \$ _____

Household (\$10.00) \$ _____

Yearly membership effective 1/1/2013

Individual (\$15.00) \$ _____

Household (\$20.00) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution \$ _____

\$ _____

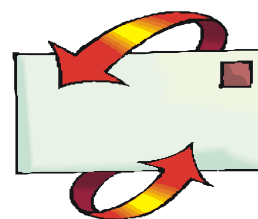
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**When does your annual
 membership expire?
 Check your mailing label or
 the list on page two of the newsletter.**



EVENT PLANNER

Date/Time	Event Name	Location
Friday, September 7th, 2012 7 PM	IVW Movie Social "Premium Rush"	Landmark Movie Theater 3225 North Dries Lane, Peoria, IL
Sunday, September 9th, 2012 7 AM	Capitol City Century www.spfldcycling.org	Lake Springfield Beach House 100 Long Bay Drive, Springfield, IL
Sunday, September 9th, 2012 6 AM	Harmon Hundred Bicycle Ride www.wheelmen.com	Wilmot High School 11112 308th Avenue; Wilmot, WI
Saturday, September 15th, 2012 6:30 AM	Bob Galloway Memorial Bike Ride www.decaturbicycleclub.org	Arthur Community Building 120 E. Progress Street, Arthur, IL
Saturday, September 22nd, 2012 7 AM	Harvest of Talents Ride www.chillicothechristian.net	Chillicothe Christian Church 510 Frances Street, Chillicothe, IL
Saturday, October 6th, 2012 9:30 AM	2nd Annual Mackinaw Valley Trail Meet in the Middle Ride	East Peoria Fondulac Admin Bldg. East Peoria, IL
Sunday, October 7th, 2012 7 AM	Pumpkin Pie Ride www.starvedrockcycling.com	Ottawa YMCA Building 201 E. Jackson Street, Ottawa, IL
Saturday, November 17th, 2012 6 PM social / 6:30 PM dinner	IVW Year End Celebration and business meeting	Bernardi's Pub & Italian Eatery Lake of the Woods, Dunlap, IL