



**October
2012**

AFFILIATED CLUB

www.ivwheelmn.org

THE GREATER PEORIA AREA'S BICYCLE CLUB

Attention!!

**August IVW Board Meeting will
be on Thursday, October 11th,
2012 starting at 6 PM**

**We meet at the Leaves and
Beans (Peoria Heights)**

All are Welcome to Attend!!

**Are you interested
in becoming the
next IVW President??**

See page 4

**Rock Island Trail
Volunteers Needed!**



See Page 5

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Tailwinds

by Mike Honnold

By now, most of us have probably formed our own opinions of Lance Armstrong, and whether or not we think he doped while riding in the Tour de France. Personally, I'm not one to form opinions of something that happened years ago, and will likely never affect the outcome of my life one way or the other. When something like this does happen, I find solace in looking at the situation with humor, and attempt to make light of the situation. So - with that (and considering it's almost 11:30 PM on a work night) I'll leave you with a hilarious David Letterman CBS Top Ten list from 2004 when we all were still admiring Lance in the prime of his cycling career →

Top Ten Signs Lance Armstrong Is Getting Cocky
Wednesday, July 21, 2004

10. Race starts at 9, Lance rolls out of bed around noon
9. Has already figured out that the trophy can hold a 3-gallon margarita
8. He eats frosting by the fistful
7. For the last leg, he rode one of those crazy 1920s bikes with the big front wheel
6. Deliberately crashing into things to get more air time on sportscenter
5. Making a couple extra bucks delivering pizzas during the race
4. After the starter pistol is fired, he hangs around hitting on french babes
3. Turns to the other riders and says, "oooh, I'm sooooo scared"
2. Instead of training, spent last 2 months pimping his bike
1. Has started selling ad space on his rear end

For those of you who are coming to the year-end meal/party on November 17th, please start thinking about those nominations for most improved Male/Female riders in addition to our yearly nomination for "Hub of the Club". For the past couple of years, we've had few nominations for any of these awards, which makes the process of giving them out a little less glamorous the night of the event. If it is possible, I'd like to see a minimum of 3-5 nominations per award so we have some healthy competition going!! Ride leaders, ride chairpersons - get on the ball and let me know who your star "pupils" were this year! All nominations should be sent to me via e-mail (cannondale_25@juno.com) or phone (309-696-2591) by November 10th, and they can be kept anonymous - if requested!

Welcome, New Members:

Susan Gibson ... South Salem, NY
Jason Zaborowski ... Peoria

Thanks to Renewing Members:

Judy Bradford ... Peoria *
Brian Cunningham ... Mapleton
Dave Harkness ... Peoria
Mark Klokkenga ... Peoria
Donald Macgregor ... Pekin ^ *
Fred & Theresa Schultz ... Marquette Heights
Fred & Beth Sponholtz ... Washington
Marty & Glen Thompson ... Tremont
Allan & Wanda Wenninger ... Morton
Suzanne Wheeler ... Mapleton

Lifetime Members:

Charlie & Jane SieckDunlap

(^ LIB/LAB Membership *Advocacy donation)

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 CHAIRPERSONS**PRESIDENT:**

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

VICE PRESIDENT:

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kidentropy818@yahoo.com

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trisandi00@gmail.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@tricountyrpc.org

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



This event is sponsored by:





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

Accomplishments as IVW president 2009 - 2012

1. No Baloney chairperson 2009 & 2010
2. Organized first re-design of IVW logo and cycling jersey in 10 years, and put together two total orders of cycling clothing using logo & jersey design.
3. Converted majority of monthly IVW newsletters sent out to the electronic format - saving the club approximately \$2300 dollars a year in printing & postage costs.
4. Worked with IVW webmaster to develop simpler website that is simpler to use and easier to understand.
5. Grew Ride of Silence from an event attended by 30 cyclists to an event attended by 150+ cyclists (and still growing)
6. Created popular new Chillicothe route for No Baloney when Jubilee was not available in 2010
7. Champion for sales of "Routes and Recipes" books
8. Made electronic/online registration option for IVW membership available
9. Worked with "Embroid Me" to setup a line of IVW-themed clothing members could purchase at a discount
10. Setup club discount purchase with Sugoi (only to be taken away after 2 months...:-)
11. Established relationship with Lake Evergreen Tri group to provide our club \$1000 dollars of advocacy dollars each year for our volunteering efforts
12. Established working relationships with local organizations such as: Peoria Park District, Peoria Rotary, Peoria Police Department, City of Peoria, Easter Seals, IDOT, Salvation Army, Tri County Regional Planning Commission, South Side Mission
13. Put together IVW presentation, banner, and other materials that can easily/quickly be use to setup an IVW informational table at events where one would be appropriate.

FRIENDS OF ROCK ISLAND TRAIL

An Illinois not-for-profit, 501(c)(3) corporation
701 E. Polk, Morton, IL 61550

For Immediate Release

Contact: George Burrier 309/266-5085; 309/231-3748 email: gburrier@mtco.com

The Friends of the Rock Island Trail invite the public to attend a luncheon and fun-raiser from 11:30 a.m. to 2:30 p.m. on Saturday, Oct. 13, 2012 at Safety Town, 6518 N. Sheridan Road, Peoria, near the intersection of Sheridan and Knoxville.

The event aims to raise funds for enhancements for the Rock Island Trail State Park and Peoria Park District's Rock Island Greenway (formerly the Kellar Branch), such as:

- Bike racks.
- Signs
- Benches

The lunch will include hot dogs, chips, drinks and desserts. Games and other fun activities will take place for all ages.

A silent auction will take place with items donated by bicycle shops, sporting goods stores, and other local businesses. Highlights of the auction include two children's bicycles donated by the Illinois Valley Wheelm'n and Bushwhacker of Peoria.

Bicycle Rules of the Road publications and bike trail maps will be available.

All donations to Friends of the Rock Island Trail are tax deductible.

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:

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).

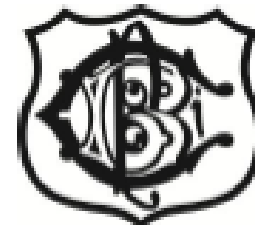
Let Barb (692-1201, bdrake@mtco.com) or Cora Lynn (683-3083, cora_lynn@yahoo.com) know if you plan to show up for a ride. That way we can let you know if weather requires cancellation or a change in start-up time.

Peoria Bicycle Club Women's Clinic



Saturday, Oct 20th

2:00 – 5:00 pm



Registration starts at 1:00 pm onsite, \$5 for non-licensed USA Cycling members or Free to current USA Cycling license holders.

Clinic will be held at the **Morton Soccer Forum,**

332 Detroit Ave, Morton, IL, 61552

Learn from **USAC Level II Coach Julie Carter,**
former **Jr. National Champion.**

Indoor Classroom Bike Basics and Intro to Racing Strategy, Outdoor Parking Lot will be blocked off for riding skills and practice so bring your Road bike. Weather permitting. Helmets required.

Refreshments and snacks will be served!

Contact Niki Nation for more information at 309.648.0909 or niki_n.felt@yahoo.com

www.peoriabicycleclub.com

From I-74 Exit 102 to I-155. Take next exit 31 Birchwood St/IL-98. East on Birchwood . Left on Detroit (second stop light). Travel 0.4m North on Detroit, right at Red Rock Bar and Grille, 332 Detroit Ave, Morton, IL, 61550. Parking is at the Soccer Forum, east of Red Rock.



Held under USA Cycling permit number 2012-3549

Thursday IVW Rides for October, 2012

Thursday, October 4, 2012

Leader(s): Dale Cook

Starting Location: South Parking lot of Military Uniform Supply, 3212 Veterans Drive Pekin, IL 61554 Located directly across the street from the Pekin Menard's. *Please park on the SOUTH side of the building and not in the main parking lot.*

Start Time: 8:30 A.M.

Ride Info: Destination: Dependent upon the weather and wind conditions. This starting location gives us many more options!

Distance: 40-50 miles

Food: There will be 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 (309)353-1725 **Cell:** 613-4101

E-Mail: cook1501@gmail.com

Please keep checking IVW website for updates. If weather is questionable, please contact Dale at the above phone number(s) to see if the ride is a go or no go

Thursday, October 11, 2012

NOTE: This will be the last official IVW Thursday morning ride for the 2012 Season!

Leader: Edith Albright

Starting Location: Jacobs City Park in FARMINGTON, IL. Coming West on 116 from Peoria, once in Farmington, turn left on S. Elmwood St. (there is a gas station on the corner). Turn left on E. Wilson St. and continue on to Jacobs City Park.

Start Time: 8:30 A.M.

Ride Info: **RSVP to Edith so that she can call the café the day prior and let them know how many riders there will be. This will help to alleviate delays!!**

Lunch: At "Blessings Café" in Canton.

Please keep checking IVW website for updates.

Distance: 40-50 miles. Route will be adjusted depending upon wind & weather conditions.

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

Phone: [309-231-4107](tel:309-231-4107)

E-mail: talbrighte@gmail.com

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

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.



Mileage Competition August & YTD Results

Rider Name	August 2012 Mileage	2011/2012 Total Miles
Mary Lou Price	1128.03	5669.35
Edith Albright	762	5653.05
Steve Kurt	805.75	5545.36
Steve Berger	768	5324
Tom Dorigatti	728.21	3808.1
Chris Salvador	0	989.16
Bill Semmens	314	921
Fai Mok	0	677.1
Chris Gibson	0	433.24

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”**

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

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

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

The Story of Levi Leipheimer

By Mike Honnold

With the popularity of our "Premium Rush" IVW movie event in September, we have the opportunity to see another cycling-themed documentary as a group at Willow Knolls 14 in Peoria on Tuesday, October 23rd at 7:30 PM. Come and join your other IVW members as we learn about Levi Leipheimer and his struggles as a cyclist on the Pro tour! Should be a good time!! If you have any questions, please give me a call at 309-696-2591 OR cannondale_25@juno.com. Please see additional information below about the documentary including ticket cost and run time.

The Levi Effect: The Story of Levi Leipheimer

October 23, 2012 7:30pm (local time)

Willow Knolls Movie Theater (4100 West Willow Knolls Drive; Peoria, IL 61615)

Tickets for this one-night event will be \$12.00 each

Running time of the movie is approximately 2 hours and 10 minutes

Professional cyclist Levi Leipheimer has been nearly silent in his efforts to impact the lives of those around him. Until now.

NCM Fathom Events, Bike Monkey and Citizen Pictures invite you to movie theaters nationwide for a special one night event on Tuesday October 23, 2012 at 7:30 PM (local time) as we debut the untold story of professional cyclist Levi Leipheimer in The Levi Effect.

The Levi Effect is the true story of Levi Leipheimer, who having struggled to claim his rank among cycling's elite, now finds himself in a place that he'd never considered: that his greatest legacy may not be his athletic success, but rather how he's captured the hearts and impacted the lives of people around the world. The event will begin with an introduction from Levi where he will set up the documentary The Levi Effect. Immediately following the debut of this personal account, Levi will return with some of his friends for an in-depth panel discussion about the current state of professional cycling and what the future of the sport looks like. Panelists include actor Patrick Dempsey, filmmaker Frank Matson, and others.

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 January 1st – 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 _____

12 month membership effective 1/1

Individual (\$15.00) \$ _____

Household (\$20.00) \$ _____

6 month membership if joining after 6/30

Individual (\$7.50) \$ _____

Household (\$10.00) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution \$ _____

\$ _____

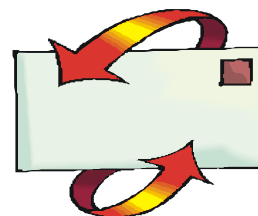
Total Enclosed \$ _____

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

1st class
 Postage
 Required

ADDRESS SERVICE REQUESTED

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



EVENT PLANNER

Date/Time	Event Name	Location
Saturday, 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, October 13th, 2012 11:30 AM to 2:30 PM	Rock Island Trail Fundraiser www.ritrail.org	Peoria Bicycle Safety Town 6518 North Sheridan Road; Peoria
Saturday, October 20th, 2012 2 PM to 5 PM	PBC Women's Only Cycling Clinic www.peoriabicycleclub.com	Morton Soccer Forum 332 Detroit Avenue, Morton, IL
Saturday, October 27th, 2012 7 AM to ??	4th Annual Chuck Norris Ride / Hilly Halloween Ride	Contact Mike at 309-696-2591 or cannondale_25@juno.com
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