



Affiliated Club:



www.ivwheelmn.org

Special points of interest:

- April IVW Board Meeting will be held at 6:00pm on April 11th, at the **Bradley** location of Leaves n Beans.

From the editor...

By Jennifer Sandenaw

Oh.My.Gosh. April is finally here!!! I don't know about all of you, but I get Spring Fever around... February? That's probably *not* good for somebody that lives in Central Illinois.

Please continue to read through the April Newsletter as we have a lot coming up!

We still have some open Board Member positions. If you are interested in volunteering, please let any of us know.

Our Spring Social is also coming up in April. Come join us as we kick off the 2013 riding season!

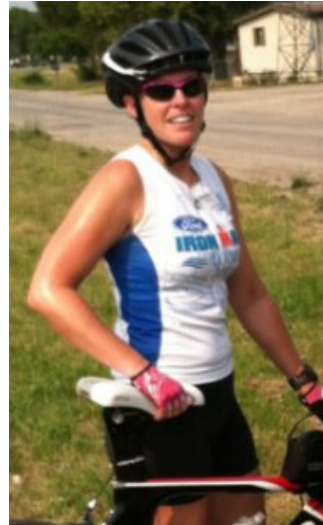
At the beginning of April, the IVW is hosting a Ride Leader Course. Which takes us into... We are going to start up some of the IVW weekly rides!

The Spring Breakout ride is coming up on April 27th leaving from Russell's in Washington. They will have a slow ride and a ride for the fast group.

Morgan has also started planning No Baloney, see the article on page 7... No Baloney will be coming to us on August 24th!

I know there is a lot more in this newsletter than just that... and that's a lot already! Phew!

As you start to get on the roads, please be careful out there. Keep the rubber side down and have fun! We will see you on the roads soon.



Inside this issue:

| | |
|---------------------------|----|
| Board Members | 2 |
| Social! | 3 |
| Ride of Silence | 4 |
| Advocacy Committee | 5 |
| Divine Cakes Ad | 5 |
| Pedal Peoria | 6 |
| Board Membership Openings | 8 |
| RIT Cleanup | 10 |
| Morton Cycling Classic | 11 |
| Rides! | 13 |

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| Rider Name | February 2013 Mileage | 2012/2013 Total Miles |
|-----------------|-----------------------|-----------------------|
| Mary Lou Price | 968.37 | 2805.34 |
| Steve Berger | 272.9 | 1513.8 |
| Steve Kurt | 240.01 | 1401.74 |
| Michael Honnold | 88 | 974 |
| Chris Salvador | 56.3 | 366.65 |
| Tom Dorigatti | 0 | 202.4 |
| Bill Semmens | 0 | 183.5 |
| Chris Gibson | 0 | 7.44 |
| Edith Albright | 0 | 0 |
| Fai Mok | 0 | 0 |

April 2013

IVW Hot Links

Check out the latest and greatest in cycling related news, products, and videos collected this month from around the web! The links have been shortened for easier navigation – just click on the link or copy and paste it into your web browser.

NOTE: Some of these links may require the installation of third-party software such as Adobe® Flash Player.

Bicycling is Bad for the Environment???

<http://bit.ly/Zevdv8>

Biking on Ice? No Problem! [video]

<http://bit.ly/15td40D>

Prosthetic Finger Made from Bicycle Parts Gives Amputee Hope

<http://bit.ly/YHqqsW>

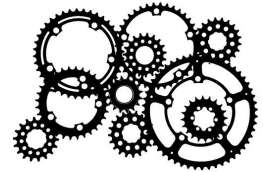
Bike Tribes: A Humorous Look at Bicycling Culture [book review]

<http://bit.ly/ZMfV3h>

Bicycle Times – Highlights from 2013 National Bike Summit

<http://bit.ly/14dqa6t>

Got a Hot Link? Send it to ivwheelmn@gmail.com and have it published in an upcoming newsletter!



*Hot Links courtesy of
Chris Salvador*

Spring Social

Saturday, April 13

6:00 pm

Good Tequila's

5025 W. American Prairie Dr.

Peoria, Illinois

The club will provide appetizers, attendees will be responsible for their dinner and beverages - order off the menu.

It's time to get ready to bike, so let's start with food first! Enjoy an evening of a visiting with friends you haven't seen since the leaves began to fall.

For reservations please email Marsha Ray at randy_ray_117@comcast.net or phone 691-4947.



Please Join Us for the Ride of Silence



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

When: Wednesday, May 15th, 2013

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

The Ride: 7.5 miles at no faster than a 10 MPH pace on Nebraska Avenue. 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 18 years of age, or 10 with a legal guardian (no children in bike trailers). 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 2013 edition of Peoria's Ride of Silence. For further information regarding this local event, please contact Mike Honnold @ 309-696-2591**

April 2013

Area Bicycle Advocacy Steering Committee to Form

By Chris Salvador

One of my main goals for the club this year was to get involved extensively in local advocacy efforts. That is why I'm super excited to announce that we are founding a local steering committee focused directly on bicycling advocacy in the Peoria area. This committee, while being led by IVW, will consist of representatives from all the area bike clubs, shops, advocacy groups, and possibly even city and county officials. This committee is unprecedented for this area and we will be laser focused on improving the cycling culture of the area. Our first meeting will be in mid-April where we will establish our charter and goals, so stay tuned for monthly updates in this space.



Divine Cakes



113 N Washington St Lacon, IL 61540
309.246.5111
www.divine-cakes.net

Plan a cycling trip to beautiful Lacon on the Illinois River. Call ahead with an order and get 10% off just for being an IVW member with coupon below. Plan on lunch at Mr. Mikes or Pizza Peel, then Julie's Corner Store for fudge, coffee or wine. Bakery walk-in hours are 9am-5pm Wednesday-Friday, 8am-2pm Saturday. Cookie, small pies, and bread available daily. Crave something else? Call ahead and we'll have it ready!!!

**10% OFF YOUR FIRST ORDER WITH
THIS COUPON
JUST FOR BEING AN IVW MEMBER**

Expires 12.31.2013

Explore
Peoria's Art,
Science, Nature,
and History by
bicycle

This is our 14th
year!

**Sponsored
by the
Peoria
Riverfront
Museum
& the
Illinois
Valley
Wheelm'n**

Selected Rides co
-sponsored by the
Peoria Historical
Society †



Pedal Peoria 2013

All rides are designed for the casual rider, 12 - 15 miles (1 or 2 steep hills)
Approximately 2 hours, starting at 6 pm (except May 15)
All are welcome! No fee or registration

- May 15** **Ride of Silence:** Start at Glen Oak Park amphitheater parking lot at **6:30 p.m.** We will Ride 9-miles. It is the largest one-day event held globally to remember bicyclists who have been injured or killed while riding www.rideofsilence.org -OR- www.ivwheelmn.org
- May 23** **Grandview Ride:** Start at corner of Lake and Knoxville at **6:00 p.m.** Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindbergh's airmail flight plaque.
- May 30** **History Ride[†]:** Start at the Peoria Riverfront Museum (Water St. entrance) at **6:00 p.m.** Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.
- June 6** **Sculpture Ride:** Start at the Peoria Riverfront Museum (Water St. entrance) at **6:00 p.m.** Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures & various Bradley University public sculptures.
- June 27** **Prairie to Prairie Ride[†]:** Start at the Peoria Riverfront Museum (Water St. entrance) **6:00 p.m.** Highlights: Two prairie restorations inside the city, plus selected historic sights.
- July 11** **Eric's West Peoria Ride:** Start at the Peoria Riverfront Museum (Water St. entrance) at **6:00 p.m.** Highlights: West Peoria, Pettengill-Morrison House, Moss Avenue homes, Glen Oak Park.
- July 25** **50's Soft Serve Ride:** Start at corner of Lake and Knoxville at **6:00 p.m.** Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In.
- August 8** **Garden Ride:** Start at Luthy Botanical Gardens, Glen Oak Park at **6:00 p.m.** Highlights: Luthy Botanical Gardens & selected city gardens.
- August 15** **Springdale Cemetery Ride:** Start at the Peoria Riverfront Museum (Water St. entrance) at **6:00 p.m.** Highlights: Discover how large the cemetery really is and how much of Peoria's history is hidden within as we ride ALL of the loops of the cemetery.

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

April 2013

IVW Privacy Policy

By Chris Salvador

Recently I have received reports of suspicious emails being sent to IVW members. These emails give the appearance that the sender had been in contact with the club and possibly received member email address from club leadership. Some of these emails even have suspicious links attached to the bottom. **Please do not click on these links.** These emails are spam and some may be simple and crude attempts to fraudulently obtain personal information. I want to clarify the IVW's position on member email addresses so everyone is aware of our operations. ***We do not sell or distribute member email addresses, membership lists, or other personal information to anyone under any circumstances.***

Your membership information is stored in an offline database curated by our Database Manager. To enable club operations the list of member email addresses and contact information is circulated monthly by the Database Manager to a select group of board members on a "need to know" basis - the President, Vice President, Volunteer Coordinator, Newsletter Editor and Mailer, No Baloney Coordinator, and Social Coordinator. That is the extent of our usage and handling of member information. The only exception is that ride leader contact information may be given to new or prospective members who inquire about joining weekly rides. In these cases the information given is no more than what is listed in the newsletter for a particular ride leader.

Official club communications only come from email addresses of board members (listed on the website and in the newsletter) or the general club email addresses (jvwheelmn@gmail.com, ivwn-obaloney@gmail.com, or NoBaloneyBicycleRide@gmail.com). We utilize the "Blind Carbon Copy" (bcc) feature of emails to ensure that recipients are unable to see the full list of email addresses. Emails from any other sender are not official club communications and should be regarded with suspicion. If you receive a questionable email please forward it to me as soon as possible so we can verify its authenticity and report it if necessary.

For the sake of transparency we will be updating our club bylaws with the member information privacy and usage policies in the near future. If you have observed a violation of this policy or have any questions or concerns please do not hesitate to contact me.

IVW Newsletter Mailing Opportunity

By Mike Honnold

For the past 3 years, Val Linder has served the Illinois Valley Wheelm'n well by faithfully preparing /mailing our newsletters each month to those members who request one, and dropping off copies for distribution at our local bicycle shops. Unfortunately, due to an ever-increasing busy lifestyle, Val has opted to step down from her post, and let someone else with more time on their hands help out the club.

That said – we are now actively looking for another Illinois Valley Wheelm'n member who can assist the club by preparing & mailing our newsletters at the end of each month. Below is a list of the requirements/duties of the position. The entire task takes roughly 2-3 hours of your time during the last full week of each month. Should you be out of town on business/vacation, there are others in the club who can assist in a pinch. All postage/supplies for the mailing will be paid for by the IVW by using a supplied debit card. If this is something you think you might be interested in helping out with, please give Mike Honnold a call at 309-696-2591 or e-mail at cannondale_25@juno.com

- Pickup newsletters at East Peoria or Peoria Office Max once notified
- Fold 20-25 member copies and place into envelopes
- Utilize current IVW database to print labels from the current version OR if you do not have the necessary computer skills, you can also hand-address them
- Take mailed copies to post office
- Place 10-15 newsletter copies into manila folders for (4) local bike shops, and either drop them off in person AND/OR mail through the post office.

Communicate with local bike shops and IVW board to regulate the number of copies being distributed to shops if they need more/fewer.

IVW Electronic Communication Coordinator

By Mike Honnold

In order to spread the workload out to as many active Illinois Valley Wheelm'n members as possible, the board is actively seeking a motivated person who would be responsible for keeping our various form of electronic media updated on a regular basis. The main qualification of this position would be average/above-average computer skills, and/or the willingness to learn. In addition – this candidate would need to coordinate with the newsletter editor and other board members to keep on top of news-worthy items within the club. Below is a list of electronic media our club currently keeps updated on a regular basis. If you are possibly interested in this position, please let Mike Honnold know at 309-696-2591 or cannondale_25@juno.com

- IVW Website (Wordpress format – no coding required – all user friendly)
- IVW Facebook Page
- IVW Google Calendar

April 2013

Pig Tales

No Baloney Updates from Morgan Grigsby

This year is truly shaping up to be one of our best years yet. You may be asking yourself, "what makes this No Baloney ride special?". I'm so glad you asked! Because we don't want anyone to be bored with the same route year after year, for 2013, the No Baloney will be moving to the East side of the river and will be starting in Morton, IL on Saturday, August 24, 2013.

This year is the 40th year for the No Baloney Bicycle Ride. While the ride has not always been labeled as the No Baloney Bicycle Ride (as we have learned from past newsletters, the current name was assumed in 1991), this IVW ride has been in existence for 40 years. I am excited to celebrate the longevity of this ride that has truly "track standed" the test of time (sorry for the pun, I just couldn't help myself!).

The second thing that I would like to share, and am very excited about, is that for this year's ride, we have created a No Baloney committee, as opposed to a single event coordinator. I will continue to be very involved in all aspects of the planning, but am excited to welcome the following people to the committee: Bryan Wilburn, LaVerne Wilson, Brad Lathrop, Jennifer Sandenaw, Kaci Osborne, and Chris Salvador. If you ride with any of these people or see them out and about, please thank them for their dedication to this cause! They are putting in many tireless hours to make the No Baloney a success!

Number three on the list. This year we are truly looking to make our event a community event. That means that we are working with local volunteer organizations to have them help us to staff the rest stops and other day of tasks. Yes! That means I won't be cold calling people begging for help, which is lucky for all of us, and also means that club members who choose to will be able to participate in the ride. The other way that we are involving the community is working with local restaurants to have them supply the food for the different rest stops, which will provide a great experience for our riders and will also help to promote local businesses. I'm extremely pleased to announce that we have One World Café signed on as our first food sponsor! We have more work to do, but are very excited about this initial success.

Last, and certainly not least, is registration. **Registration is now open.** You can access the registration by visiting the No Baloney website at www.IVWNoBaloney.com. Pricing for this year's ride is as follows:

| | Individual | Family |
|--|------------|--------|
| Early registration through July 31 | \$20 | \$45 |
| Regular registration through August 22 | \$25 | \$55 |
| Day of registration on August 24 | \$27 | \$57 |

If you would like to help with the ride or have questions about the registration process or ride details, please keep check the website, or get a hold of me at NoBaloneyBicycleRide@gmail.com or 309-363-3066.

Rock Island Trail Trash Pickup

On Monday, March 18th, “Team Trash” descended upon our adopted section of the Rock Island Trail for the first cleanup effort of the season. “Trash Boss” Neil Terry, pictured below, put together this report:

Time: It took about 1 hour to cover the section

Trash: There wasn't too much trash, I would call it 1 full bag. Most of it was behind G&D where the wind blew some packing material over by the trail.

Manpower: We split up into two teams of two, one started from the Pioneer Parkway trail head, the other from Chanute Rd. It's not a real big job, so 4-6 people (into two respective teams) can easily finish in 1 hour.

Special thanks to Neil, his wife Sarah, Bill Clark, LaVerne Wilson, and Mike Honnold for their efforts!



April 2013

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.

TANDEM BIKE for sale!

Tandem, Santana model Sovereign, all aluminum. Sized for captain from 5'10" - 6'2" and for stocker from 5'4" - 5'8". Excellent condition, never been down. Recently serviced with rebuilt rear wheel.

Price: \$2500

Call: 309-357-0403

Email: rkpjdouglas@comcast.net

Ron Douglas

FREE:

(3) Bontrager 700x35c – 44c (27x1 3/8 – 1 3/4) tubes new in box. Presta valve with 48mm stem. Contact Chris at KidEntropy818@yahoo.com or (309) 229-1404.

Morton Cycling Classic

Morton Community Bank Cycling Classic hosted by Peoria Bicycle Club and with the support of IVW will be held, Saturday, **June 29, 2013**. This year's event is also featuring an art show! PBC appreciates the continued support and assistance from IVW in hosting the race. In appreciation for your support, we are happy to extend the Peoria Bicycle Club race fee waiver to IVW members. To be eligible, you must sign up for one set-up or tear-down shift plus one additional volunteer shift.

Also, we will be giving away **free volunteer T-shirts** again this year so please also **include what size** you would like so we can put in the order.

Here are the time slots for the day:

Setup - 6am - 8am

1st shift - 7:45 A.M. -> 10:00 A.M.

2nd shift - 9:45 A.M. -> 12:00 P.M.

3rd shift - 11:45 A.M.-> 2:00 P.M.

4th shift - 1:45 P.M. ->4:00 P.M.

5th shift - 3:45 P.M. -> 6:00 P.M.

Tear down - 5:30 P.M. ->7:00 P.M.

Looking forward to another great race! Thanks in advance for all your support!

IVW Registration



We are always looking for new members to join our family fun. During the summer, we host rides at least every day of the week. The rides range from beginner no-drop to expert level.

Please join the Illinois Valley Wheelm'n with experienced ride leaders!

Mail the registration form to:
Illinois Valley Wheelm'n
6518 North Sheridan Road, Suite 2
Peoria, IL 61614

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 \$ _____

April 2013

Illinois Valley Wheelm'n - Spring/Summer/Fall 2013 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”**



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

Monday Level II Ride: Leader(s): Denny and Peggy Tresenriter
Location: [Grace Evangelical Church on the corner of Tennessee and Jefferson Street; Morton, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 1, 2013
Ride Info: Congenial Level II Ride. **Distance:** 20-30 miles **Food:** Possible gas station stop

Monday Ride: Leader(s): Jim Coffey and Phil Burroughs
Location: [Dunlap Grade School; Dunlap, IL](#)
Start Time: 6:00 p.m. **Start Date:** May 6, 2013
Ride Info: TBA. **Distance:** TBA **Food:** TBA

Tuesday Level 3: Leader(s): Steve Kurt
Location: [Dunlap Grade School; Dunlap, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 9, 2013
Ride Info: Level 3 for “seasoned riders”. Average speed 17-18MPH **Distance:** 20-30 miles

Wednesday Level I: Leader(s): Dirk McGuire
Location: [Cross Point Church, 304 South Pleasant Hill Road; East Peoria, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 3, 2013
Ride Info: Level 1, ramp up to Level 2. **Distance:** 30-40 miles **Food:** Bring your own snacks

Thursday Tandem Ride: Leader(s): Dirk McGuire
Location: [Crosspoint Church; East Peoria, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 4, 2013
Ride Info: Tandem ride but others are welcome. **Distance:** TBA **Food:** Bring your own snacks

Thursday Show and Go Level 3: Leader(s): SHOW & GO
Location: [Russell's Cycle and Fitness; Valley Forge Plaza; Washington, IL](#)
Start Time: 5:30 p.m. **Start Date:** March 15, 2013
Ride Info: Average speeds 18MPH **Distance:** 20-30 miles **Food:** Bring your own snacks

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

1st class
Postage
Required

www.ivwheelmn.org

| Date/Time | Event Name | Location |
|--|---|--|
| April 6, 2013 Time: 9:00am | Ride Leader Training Course | St Francis Anglican Church Dunlap, IL |
| April 13, 2013 Time: 6:00pm | IVW Spring Social | Good Tequila's Peoria, IL |
| April 27, 2013 Arrive: 8:30am Depart: 9:00am | Spring Breakout Ride Two routes: Approximately 20-miles Approximately 40-miles | Russell's Washington, IL |
| April 20, 2013 Arrive: 9:00am Depart: Shortly after NOON | Keep Peoria Beautiful! | Rock Island Greenway and in Lakeview Wilds (the wooded area between Metro Center and Lakeview Park). |