



Affiliated Club:



www.ivwheelmn.org

National Bike Month

By Chris Salvador



Special points of interest:

- May IVW Board Meeting will be held at 6:00pm on May 16th, at the **Bradley** location of Leaves n Beans.
- Come out for Ride of Silence! Details on **Page 4.**

Hello and welcome to National Bike Month! The month of May is jam-packed with all sorts of bicycling-related events from Bike to School Day (May 8th) to Bike to Work Week (May 13th-17th) to the national Ride of Silence event. IVW host the Peoria location of the Ride of Silence and we've grown it to nearly 200 riders complete with city police support to make a heartwarming tribute to those taken too soon while cycling. Come join us on Wednesday, May 15th at 6:30pm at Glen Oak Park this year for our ride!

National Bike Month also shines the spotlight on the rapid change of transportation culture in the U.S.. According to the Census Bureau, bicycle commuting activity has increased by 47% since 2000. Their study – the American Community Survey – also demonstrated that communities with the largest increase in commuting activity had invested in their infrastructure through the 5 E's: engineering, education, encouragement, enforcement, and evaluation. We can see that Peoria is investing in bicycling infrastructure for recreational riders through the Rock Island and East Peoria/Morton trails, but about commuters? What about people who just want to step outside their front door and ride instead of loading their bike on a rack and driving 30 minutes to get to the country roads? What I've mentioned previously that one of the main goals for IVW this year is to become highly involved in local advocacy efforts. In April we officially launched our steering committee consisting of representatives from other area bike clubs, shops, advocacy organizations, and city officials. While I cannot report many of the details just yet I can say that I am *very* excited about our focus. Our main goal is to become the "one-stop-shop" for all things cycling from events to safety/training information to partnering with local officials to grow the bicycling culture in the area. We recognize that investment is a 2-way street. The city cannot assign priority unless our voices are heard, which is why having a unified voice of advocacy is so critical. Starting next month you'll see an "Advocate's Corner" section of the newsletter where we will update you on our progress. If you're as excited as I am about this and want to get involved just give me a call or send me an email!

This month's newsletter is once again chock-full of great stuff! Our weekly rides are now in full swing, Mike Honnold reports on our wildly-successful ride leader training course, and member Neil Terry writes about everything you'll need to become a full-on commuter cyclist. Take some time to enjoy the articles and then get out there and ride!!!!

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Rider Name	March 2013 Mileage	2012/2013 Total Miles
Mary Lou Price	51.3	2856.64
Steve Berger	479.9	1993.7
Steve Kurt	369.87	1771.61
Michael Honnold	376.84	1350.84
Chris Salvador	50.19	416.84
Tom Dorigatti	39.16	241.56
Bill Semmens	64	227.5
Fai Mok	12.46	12.46
Chris Gibson	0	7.44
Edith Albright	0	0

May 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.

The Evolution of Anti-Doping Testing in Cycling

<http://bit.ly/YDFlim>

Road Bike Rider – Resources for Road Cyclists

<http://bit.ly/17PY11J>

One-Gear Bike Good to 100MPH!!!

<http://n.pr/11tx9U3>

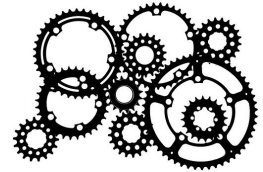
Spokeless Wheels: The Future of Cycling?

<http://bit.ly/11txJCG>

Get Involved: 2013 Illinois Bike Summit – May 15th

<http://bit.ly/YDGiqQ>

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



*Hot Links courtesy of
Chris Salvador*

Welcome New Members!

Thank you for joining the IVW! We look forward to meeting you at our weekly rides. Join us on Facebook for the latest/greatest news.

Sean Coyle.... Princeville
Robert Faulkner.... Peoria
Gale Grant.... Marquette Hts
Dan Ibrahim.... Metamora

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**

May 2013

HOI Senior Games

The bicycling events of the 2013 HOI Senior Olympics will be held on Friday and Saturday, May 24th and 25th at Jubilee College State Park near Peoria, IL. If you would like to participate, please contact Janelle at 309-681-2860, or visit www.hoiseniorgames.org

5/24 - 1 PM - 5k Time Trial

5/24 - 3 PM - 40k Road Race

5/25 - 8:30 AM - 10k Time Trial

5/25 - 11 AM - 20k Road Race



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!

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& 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

May 2013

Ride Leader Training

By Michael Honnold

On Saturday, April 6th, twenty-eight local cyclists – including current/future Illinois Valley Wheelm'n ride leaders, local bike shop owners, and invited guests – gathered at the St. Francis Church in Dunlap for a Ride Leader Training class taught by Donnie Miller from the Quad Cities Bicycle Club. After a filling breakfast of danishes, fruit, and coffee, Donnie dove right into the classroom portion of his training course – covering a wide range of topics from how to safely ride in traffic to what steps you should follow if an accident happens on a ride. To divide up the morning, breaks were held every hour – giving the Illinois Valley Wheelm'n an opportunity to award THIRTY door prize packages donated by local bicycle shops and other businesses! Once everybody was done eating their Avanti's box lunch, those who wanted to stuck around for what was to be a 10 mile road ride – allowing Donnie to demonstrate concepts taught during the morning session. Unfortunately, we had to cut the ride short due to time constraints and the 30 MPH + winds! A big thank-you goes out to the Peoria County Sheriff's Auxiliary for providing a safe environment for the group to ride in! All in all – everybody had a great time, and left with a better feeling of what it takes to be a good/better ride leader! Be on the lookout soon for more information about how the IVW plans to better standardize the group ride process within club ranks!

Thanks to all our AWESOME sponsors!!!!



Divine Cakes



IVW Thursday Morning Rides – May, 2013

Date of Ride: Thursday, May 2, 2013

Leader(s) Fred Smiser

Starting Location: Pekin VFW, Pekin, IL

Start Time: 9:00 A.M.

Ride Info: Route will be adjusted depending upon wind & weather conditions. **Lunch: Lunch stop to be announced but will be sometime during the ride.**

Distance: 30-40 miles

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

Home Phone: Tom: 309-347-2844 Cell: 309-267-2844

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

E-mail Tom: dorigat@comcast.net

E-Mail: Fred: smizz444@gmail.com

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

Date of Ride: Thursday, May 9, 2013

Leader: Fred Smiser

Starting Location: Tremont Pool Parking lot, Tremont, IL.

Start Time: 9:00 A.M.

Ride Info: Rest stops at Casey's, along with a lunch stop after the ride. Route is dependent upon winds and weather conditions

Distance: 30-40 miles.

Level: I & II – 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

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

Date of Ride: Thursday, May 16, 2013

Leader(s): Edith Albright

Starting Location: Pearce Center, Chillicothe, Illinois

Start Time: 9:00 A.M.

Ride Info: Route will be adjusted depending upon wind & weather conditions. Lunch: Lunch stop to be announced, likely Wyoming or Princeville

Distance: 30-40 miles

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

Phone: 309-231-4107

E-mail: talbrighte@gmail.com

NOTE: 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.

Date of Ride: Thursday, May 23, 2013

Leader(s): Steve Alfred

Starting Location: Brimfield Park, Brimfield, IL (On S. Galena Rd. off Rt. 150 in Brimfield)

Start Time: 9:00 AM

Ride Information: Destination and route dependent on wind and weather conditions.

Lunch and/or Rest Stop Details: Rest stop along the way & Lunch at Jubilee Café.

Distance: 36 miles

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

Phone: Cell: 693-6969

E-mail SJAlfred@aol.com

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

May 2013

IVW Thursday Morning Rides – May, 2013

Date of Ride: Thursday May 30, 2013

Leader(s): Herb Unkrich

Starting Location: Near Kickapoo/Edwards exit off I74 on Dubois Rd. Cross over I74 going south and just as you get over next to the exit ramp from the west is a road called Dubois, turn right and then turn left at the second drive. There is a For Lease sign in the front yard.

Start Time: 9:00 AM

Ride Information: Will ride to Hanna City and back. There will be some long "hills". A group of us did this ride last fall and all made it back (I think).

Lunch and/or Rest Stop Details: Rest stop in Hanna City and Lunch at Jubilee Cafe or Kickapoo Winery.

Distance: 25 miles

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

Herb's Home Phone: 309-673-1074 Cell: 309-339-8977

Herb's E-mail: bluebirdherb@yahoo.com

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

IVW Thursday Morning Rides – June, 2013

Date of Ride: Thursday June 6, 2013

Leader(s): Tom Dorigatti/Dale Cook

Starting Location: Pekin VFW, Pekin, IL

Start Time: 8:30 AM

Ride Information: Route dependent upon winds and weather.

Lunch and/or Rest Stop Details: Casey's stop and Lunch stop during the ride.

Please keep checking IVW website for updates.

Distance: 40-50 miles

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

Tom's Home Phone: 309-347-2844

Cell: 267-2844

Dale's Phone:

Cell: 309-613-4037

Tom's E-mail: dorigat@comcast.net

Dale's E-mail: cook1501@gmail.com

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

Date of Ride: Thursday June 13, 2013

Leader(s): Tom Dorigatti & Fred Smiser

Starting Location: Green Valley Inn Restaurant in Green Valley, IL. It is located across Route 29 from the Green Valley Casey's

Start Time: 8:30 AM

Ride Information: Route dependent upon the wind and weather. .

Lunch and/or Rest Stop Details: We plan on at least one Casey's stop during the ride. Lunch will be at the Green Valley Restaurant at the end of the ride.

Please keep checking IVW website for updates.

Distance: 35-40 miles

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

Tom's Home Phone: 309-347-2844

Cell: 267-2844

Fred's Home Phone: 309-346-9735

Cell: 241-7431

Tom's E-mail: dorigat@comcast.net

Fred's E-mail: smizz444@gmail.com

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

IVW Thursday Morning Rides – June, 2013

Date of Ride: Thursday June 20, 2013

Leader(s): Fred Smiser

Starting Location: Military Supply Parking Lot in Pekin. 3212 Veterans Drive. It is location directly across from the Pekin Menard's Store on Veteran's Drive.

Start Time: 8:30 AM

Ride Information: Destination and routing dependent upon the wind and weather.

Lunch and/or Rest Stop Details: There will be a Casey's stop during the ride. Depending upon the winds, lunch could be during the ride or at Avanti's in Pekin after the ride.

Distance: 40-50 miles

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

Home Phone: 309346-9735 Cell: 241-7431

E-mail: smizz444@gmail.com

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

Date of Ride: Thursday June 27, 2013

Leader(s): Jim King

Starting Location: Sparland School One mile West of Rte 29 on right @ top of the hill.

Start Time: 8:30 AM

Ride Information: Routing dependent upon wind and weather.

Lunch and/or Rest Stop Details: Rest stop during the ride. Lunch during the ride

Distance: 40+ miles.

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

Home Phone: 309-274-5575 Cell: 309-370-9984

E-mail: jk76@frontier.com

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

JULY – AUGUST SCHEDULE FORTHCOMING

Spring Social Recap

By Chris Salvador

On Saturday, April 13th we officially kicked off the 2013 season with our Spring Social event! Hosted at Good Tequilas at Grand Prairie, over 30 members came out to enjoy some good food, good drinks, and good company. I personally met quite a few members that I've emailed over the years but never actually met in person. It was good to finally put faces to the names that I've been talking with for so long! There was a lot of buzz around the exciting events we will be hosting this year as well as our new ventures in the advocacy space. It's great to see such enthusiasm and passion around cycling! Mike Honnold took a LOT of photos (too many to fit here), so head over to the photo album on our Facebook page (<http://on.fb.me/ZKzPhg>) to check out the fun! And while you're there click the "Like" button on the club page and share it with your friends!

May 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!

Out of the Box Rides

Out-of-the-Box Tours are ready to start again, and we hope you are ready to join us for fun and adventure! 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 along the way. (We'll actually do that in July.) Oh, yes, and if you like to eat.

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 lot of help from our biking buddies. We've expanded our Saturday ride offerings in hopes of drawing more of our working friends.

One special weekend event to put on your calendar now: Barb's Birthday Ride on Sept. 28 along the Great River Trail on the Mississippi. Barb regards this as the prettiest ride in the state and loves to share it with you while she can still hop on a bike.

More on that later, but check out these plans now:

May 8: That Old River Beach Drive, with a new twist. This ride from Dunlap to Chillicothe via River Beach Drive is always a favorite because of its expansive river views, but did you know the drive is also historic, and the Friends of River Beach Drive are working to preserve that history? A leader of that organization will share some stories with us while pointing out places of interest along the way. We'll also hear about potential park and recreation developments in the area. We'll leave from Dunlap Grade School at 9 a.m. Lunch will be at the Chilli Bowl in Chillicothe. This 30-mile season opener should be terrific.

May 15: 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 9:30 a.m. at the Princeville park that's just off the Rock Island Trail, bike north through Duncan and head west to Jersey. Along the way, we'll be visited by a few of our Spoon River friends from long ago, clad in Spandex. Lunch will be at Los Jimadores in Princeville, where we had such a great meal last year. But prepare for 28 no-pit-stop miles, and bring a snack.

June 5: Mackinaw River Valley. We'll meet at 8:30 a.m. at the Barn Theatre parking lot on Timberline Road off Rt. 117 near Goodfield. The distance is 25 miles with a few challenging hills. Afterward we'll have lunch at the Busy Corner Restaurant.

June 26: Spring Bay and Metamora: This beautiful and challenging ride takes us along Upper Spring Bay Road and uphill into Metamora. It's approximately 35 miles, with lunch in Washington. The ride leaves from Russell's Cycling at 8:30 a.m. LaVerne Wilson will lead.

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.

May 2013

Need Miles? Give bike commuting a try...

By Neil Terry

Well, warmer weather has finally arrived. Hopefully everyone has had a chance to get out there and enjoy some of the nice spring days we've had thus far, I know I am looking forward to more riding before it gets hot this summer!

However, if you are like me, it seems like the demands of a busy schedule get in the way of far too many riding opportunities. One option for some miles that you might not have considered is commuting to work by bicycle. If your bike is your only way home, you don't have many excuses!

I started riding to work in 2008 before the "Great Recession" when gas prices were over \$4 per gallon. I did a little bit of internet research and then gave it a shot. Hopefully some of my recommendations and experience can encourage you to give bike commuting a shot and avoid some of my screw-ups along the way.

Bike: Obviously you'll need a bike. I've ridden several of my bikes (and I have several, just ask my wife) to work a time or two. There is any number of factors to consider, but as a point of reference here's my current commuter and why such a rig makes sense for me.

If I didn't live at the top of a hill (Hallock Township), or if it wasn't so windy around here at times, I would probably ride a single speed or a fixed gear bicycle, just for ease of maintenance. However, given my terrain and wind variable, I like my current setup.

Route and Timing: When planning to go somewhere by car, we logically pick the shortest route the majority of the time, and certainly when it comes to getting to/from work. However as cyclists, we all know that some roads are better than others. I would also submit that timing plays a huge role as well. I work at the Caterpillar Mossville campus, so the "rush hour" in the morning I generally avoid by arriving at work around 6:30. It's surprising how much traffic seems to vary with even a 20-30 min difference in timing. For a route, I take a back way which adds about 1.5 mile each way, but offers me virtually no traffic for ¾ or my ride and frequently some shelter from the wind. So I recommend thinking about your particular situation and perhaps trying some different routes on weekend to get a feel for the traffic and terrain.

Gear: I am certainly not a gear junkie, or the "correct police", but I do recommend having the right tools for the job. I got by for a summer with a backpack that I was bungee cording onto my rear rack, but actual panniers that fit my rack and hold what I need to carry make the trip much easier and more enjoyable. Same thing goes for clothing. Having good quality bicycle jerseys will help keep you cool and dry, while also keeping you visible.

Hygiene: Interestingly enough, I've had a few people come up to me at the bike rack and ask if there was a shower in our building. Unfortunately, there isn't. However, I don't really sweat that much and it is cooler in the mornings, so only on the hot and humid summer mornings is this any issue. In the summer I simply take a washcloth with me so I can cool off a little with some cool water before changing into my work clothes. Also, it's not a race on the way in, so backing off the throttle some can get you to work without overheating and needing to shower.

Perhaps it goes without saying, but you can Google about anything these days and get additional pointers. Here's a few helpful bike commuting links I'd recommend:

League of Illinois Bicyclists, bike commuting homepage:

<http://www.bikelib.org/maps-and-rides/bike-commuting/>

Commute By Bike

<http://www.commutebybike.com/>

Ken Kifer's Bike pages (Archive)

<http://www.phred.org/~alex/kenkifer/www.kenkifer.com/bikepages/index.htm>

If you'd like to discuss further feel free to email me at

terryna@telstar-online.net



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 \$ _____

May 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
May 25, 2013	Youth Sports Expo	Peoria Civic Center
May 29 - June 1, 2013	Washington Cherry Festival	Washington, IL
June 29, 2013	M & M Vineyard Bike Tour Registration Form: http://bit.ly/15JHa53	Mackinaw Valley Vineyard
June 28-30, 2013	Multi-Sport Extravaganza	Wildlife Prairie Park Edwards, IL