



Affiliated Club:



www.ivwheelmn.org

Special points of interest:

- July IVW Board Meeting will be held at 6:00pm on July 11th, at the **Bradley** location of Leaves n Beans.
- Town hall Meeting, July 20th at 6pm at Safety Town.

The IVW is your club; what do you want it to be?

By Chris Salvador

In last month's newsletter I started discussing the future of IVW in light of several critical board member positions opening up for next year. Since writing that article I have received some interest in other members filling the open spots, but still not enough to continue club operations as they have been in the past. Then a thought struck me – the board of IVW only exists to be the collective voice of the over 270 members in the club. That means the board can be anything it wants to be, but more importantly it needs to be what the *club membership* wants it to be. So what do you want IVW to be? We'd like to know.

On Saturday, July 20th at 6pm at Safety Town we will host a "town hall" meeting for members and prospective members to hopefully guide us in the right direction as to the future of the club. First we'll start off with a general overview of each board member position and what their responsibilities are today. Then we'll spend the rest of the time in an open discussion with everyone there as to what members would like to see from us in the future. Anyone is welcome to come and food will be provided. For that reason we ask that you RSVP to Mike Honnold at cannondale_25@juno.com or (309) 696-2591 no later than July 14th so we can get an accurate headcount for the food order.

Unsure of what our board members do? We've got you covered. We've put together a brief summary of all the board member positions and what they do today; click the link below to check it out (you must have Adobe Acrobat Reader or equivalent PDF reader installed on your computer).

<http://ivwheelmn.org/wordpress/wp-content/uploads/IVW-Board-Member-Positions.pdf>

As I mentioned last month, there are quite a few board member positions opening up for next year. Some extremely critical (President, Vice President, Treasurer) as well as other key positions (Newsletter Editor, Database Manager, Volunteer Coordinator). Without these positions filled we will have nearly half the board members that we do this year. Clearly that will have an impact on the activities we do as a club, and this will be a key discussion point in our town hall meeting as well.

If you have any interest or curiosity about these positions I encourage you to attend the town hall meeting or contact me directly at KidEntropy818@yahoo.com or (309) 229-1404. We would like to have candidates for the extremely critical positions identified as soon as possible to ensure a smooth transition into 2014.

The IVW is your club; what do you want it to be?

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IVW Chairpersons

President OPEN

Vice President

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kidentropy818@yahoo.com
309-229-1404

Secretary

Randy Senneff
rrsenneff@yahoo.com
309-253-3052

Treasurer

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309-696-2591

Ride Chairperson

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

2013 No Baloney Ride Chair

Morgan Grigsby
morganclaygrigsby@gmail.com
309-363-3066

Social Chair

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randy_ray_117@comcast.net
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Volunteer Coordinator

OPEN

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309-339-2877

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Webmaster

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Justin.mcwhirter@gmail.com
309-694-3736

Newsletter Editor

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

Rider Name	May 2013 Mileage	2012/2013 Total Miles
Mary Lou Price	175.56	3429.61
Steve Berger	572.9	3169.4
Steve Kurt	658.41	3033.64
Michael Honnold	428.5	2241.84
Tom Dorigatti	296.54	755.33
Chris Salvador	37.55	625.82
Fai Mok	411.19	609.85
Bill Semmens	198	577.5
Chris Gibson	104.45	152.89
Edith Albright		0

July 2013

Peoria Locally Owned Coffee Shop Bike Ride Report

By Mike Honnold

On Saturday, June 15th, 11 riders successfully completed the 3rd annual Peoria Locally-Owned Coffee Shop Bike Ride as part of Peoria Bicycle Summer. The casual route was a total of 20 miles long, and involved stops for coffee/beverages/snacks at 5 local shops – or an average of one rest stop every 4 miles. Judging from the weather radar maps that morning, I was betting we'd run into rain at least once during the 4 hour ride, but the group only felt a few drops once down on the riverfront when we were weaving through all the Steamboat runners/walkers. While we all had a nice caffeine buzz at the end of the morning, everyone agreed there needs to be another Peoria coffee shop ride before next year's Peoria Bicycle Summer Event – stay tuned!

Thanks to all the shops who provided our group a discount and room to socialize during our stop ->

Leaves and Beans (4800 N. Prospect Road & 1101 West Main Street)

Thirty Thirty Coffee Co. (734 Main Street)

Broken Tree Coffee (700 West Main Street)

Midnight Espresso (3641 N. Meadowbrook Road)



Where's the Rack Ride Report

By Mike Honnold

On Sunday, June 2nd, 3 early-rising bicyclists headed out from Trewyn Park on the south end of Peoria for the 1st annual Where's the Rack Ride as part of Peoria Bicycle Summer. The goal of this ride was to head out on pre-determined routes in Peoria, in an attempt to map out as many currently-available bicycle racks as possible. The original intent was to cover Sterling, University, Knoxville, Sheridan, Wisconsin, and Prospect Road, but due to the low turnout, we decided to focus our efforts on Sterling Avenue. As luck would have it, in 3 short hours, our small group was able to locate a total of 11 bicycle racks that were previously not mapped out on www.wherestherack.org. In addition – we took a couple of racks not placed very well at Sterling Middle School, and made them more accessible for students returning next fall (see picture below). All participants felt the effort was well worth the reward, so please keep on the lookout for similar rides in the near future!



July 2013

Advocates Corner

By Chris Salvador

You may think you know how to ride your bike in traffic, but are you sure? Part of being a good cyclist is creating an environment of safety and mutual respect between yourself and motorists. Here are some quick tips for the best ways to share the road:

- With very few exceptions, *the safest way to ride is as part of the traffic*, going with the flow of the normal traffic pattern. Bicyclists who ride this way get where they're going faster and, according to scientific crash studies, have about five times fewer crashes than bicyclists who make up their own rules (J. Forester; *Effective Cycling*. Cambridge, MA, MIT Press, 1993).
- Ride as far to the right as **safely possible**. Generally, the usable width of the road begins where you can ride without increased danger of falls, jolts or blowouts. A road may have a gravel shoulder, but its edge may be covered with sand or trash or the pavement may be broken. Don't ride there. Closer to the center, there's better pavement, which is swept clean of sand and debris by the passing cars. The usable road width begins here.

If you're going as fast as the cars, pull into line with them. When riding down a hill at high speed, you need more room to steer and brake. Besides, it's dangerous to ride along next to the right side of a car. The driver could turn right or edge closer to the curb without ever seeing you. The safest position in traffic doesn't depend on whether you're riding a bicycle or driving a car. It depends on how fast you're going and where you're headed.

All these tips and more are part of the book *Bicycling Street Smarts* by John S. Allen. A compact tutorial can be found online by clicking the link below.

<http://www.bikexpert.com/streetsmarts/usa/index.htm>

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 Best Way to Put Your Bike on a Roof Rack [video]

<http://bit.ly/16rTfsF>

Senseless: Demand a Safer Bike Helmet

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

Charlotte Resident Want to Ban Biking on City Streets

<http://bit.ly/188BdzI>

The Big Picture of Bike Weight Savings

<http://bit.ly/133JHqZ>

Photo Gallery: Loaded Touring Bicycles

<http://bit.ly/12X9UpI>

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

- 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



July 2013

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.

July 10: McLean County Parks. We'll travel about 40 miles, beginning at 8:30 at Comlara Park at Lake Evergreen. Lunch will be on the porch at the El Paso Golf Club, reprising one of our most memorable lunch stops of any year. A beautiful ride, a lovely place to eat and Sandy Brown's leadership make for a really nice time.

July 26: All-New Garden Ride. What's better than a visiting a garden? Visiting three gardens and getting there by bike. Two of our extraordinary gardener-cyclists (Char Woodhouse and Mike Pula) will show off their fabulous flowers on this ride. We'll also bike to the home of professional gardeners, Ron and Donna Dieter, former owners of Sunnyfield Nursery in Galva. They have graciously agreed to open their garden to us. We spent a lot of time last year talking about organizing such a ride, and this year we are going to do it! We'll leave Dunlap Grade School at 8:30 a.m. and bike about 25 miles, with lunch afterward in Dunlap.

August 2: Morton Castles and Cathedrals. Ken Pope will lead us past some of Morton's better-known castles (5 bedrooms, 10 baths, 25 acres) and cathedrals (seven and counting) on this 32-mile ride that goes partly on roads and partly on a paved trail. He promises a running commentary and lunch at Mel's Café. The ride begins at 8:30 at the start of the Morton-East Peoria trail at the corner of Detroit and Jefferson in East Peoria (entrance on Jefferson).

August 17: Jubilee and Winery. We'll meet at Jubilee State Park at 8 a.m. and head south toward Hanna City. After an approximately 40-mile ride, we will have lunch at the Kickapoo Winery. This is a hilly, challenging ride in parts, but it offers some great rewards – extraordinary country and a little wine to help relieve any aches.

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.

IVW Thursday Morning Rides – July, 2013

FOR INFORMATION ON JUNE THURSDAY RIDES, PLEASE VISIT THE IVW WEBSITE:
http://ivwheelmn.org/wordpress/?page_id=540

Date of Ride: Thursday July 4 NO SCHEDULED RIDE

Date of Ride: Thursday July 11

Leader(s): 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 AM**

Ride Information: We will ride from Farmington to Canton. Route will depend upon wind direction and weather.

Lunch and/or Rest Stop Details: Lunch in Canton at “Blessings”.

Please keep checking IVW website for updates.

Distance: 40+ miles

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

Home Phone: 274-4849

Cell: 309-231-4107

E-mail talbright@gmail.com

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

Date of Ride: Thursday July 18

Leader(s): Fred Smiser

Starting Location: Mackinaw Grade School. Please park in the back parking lot.

Start Time: **8:30 AM**

Ride Information: If weather and winds permit, we will ride to Bloomington.

Lunch and/or Rest Stop Details: Rest stops along the way. Lunch in Bloomington TBD.

Please keep checking IVW website for updates.

Distance: 45+ miles

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

Home Phone: 346-9735

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.

July 2013

IVW Thursday Morning Rides – July, 2013

Date of Ride: Thursday July 25

Leader(s): Steve Alfred

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

Start Time: **8:30 AM**

Ride Information: Destination and routing dependent upon wind and weather conditions. Route will take us on some very nice, smooth country roads with some rolling hills. If it is raining, the ride will be cancelled.

Lunch and/or Rest Stop Details: Rest stop during the ride. Lunch after the ride at the Jubilee Café, just off I-74, Exit 82.

Please keep checking IVW website for updates.

Distance: 36+ miles

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

Cell Phone: 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.

IVW Thursday Morning Rides – August, 2013

Date of Ride: Thursday August 1

Leader(s): Terry Hunt

Starting Location: Eureka Upper Lake Park. The park is off Lake Road which has access from Rte 117 from the South or old Route 24 from the West.

Start Time: **8:00 AM**

Ride Information: The ride will loop east of Eureka. We will skirt the Eureka moraines, visit Lake Evergreen, Hudson, and have lunch in Congerville.

Lunch and/or Rest Stop Details: Possible rest stops are at Lake Evergreen, Hudson, Congerville and numerous corn fields. Lunch in Congerville at the Main Street Mercantile.

Please keep checking IVW website for updates.

Distance: 57 miles

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

Home Phone: 309-467--4970

Cell: 309-310-7527

E-mail thunt@mchsi.com

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

Date of Ride: Thursday August 8

Leader(s): Tom Dorigatti

Starting Location: Green Valley Inn Restaurant in Green Valley, IL. Across Rt. 29 from the Green Valley Casey's

Start Time: **8:00 AM**

Ride Information: Route and destination dependent upon wind and weather conditions.

Lunch and/or Rest Stop Details: Plan a Casey's stop during the ride. Lunch after the ride at the Valley Inn Restaurant in Green Valley. 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.

Home Phone: 309-347-2844

Cell: 309-267-2844

E-mail dorigat@comcast.net

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.

IVW Thursday Morning Rides – August, 2013

Date of Ride: Thursday August 15

Leader(s): Jim King

Starting Location: Marshall County Fair Grounds in Henry IL. On Rt. 29, one block north of the junction with Rt. 18

Start Time: **8:00 AM**

Ride Information: Routing dependent upon wind and weather.

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

Please keep checking IVW website for updates.

Distance: 40+, with option of 65 miles if weather and group agree to extend the ride.

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.

Date of Ride: Thursday August 22

Leader(s): Liz Born

Starting Location: Russell's Cycling, Washington, IL

Start Time: **8:00 AM**

Ride Information: Route dependent upon wind and weather. Initial plan is to leave Russell's and wander through the back roads with the lovely scenery along the way. Destination is Lake Evergreen.

Lunch and/or Rest Stop Details: One rest stop at the country club, which is about the half-way point. Lunch will be at Lake Evergreen, where you'll be treated to a smorgasbord of salads, fruits and other such cooking.

Please keep checking IVW website for updates.

Distance: 50+ miles

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

Cell Phone 309-309-369-8657

E-mail Dale: cchristi52@comcast.net

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

Date of Ride: Thursday August 29

Leader(s): Fred Smiser

Starting Location: Pekin VFW, Pekin, IL

Start Time: **8:00 AM**

Ride Information: Route dependent upon wind and weather.

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

July 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

FOR SALE:

Crate Works Pro-XCL Bicycle Transport Systems. Complete with all straps and foam needed to pack your bike. Folds flat when not in use. Super strong when assembled. Used 3 times--New Zealand twice, Washington State once. Go to www.crateworks.com for more information. Good condition. \$100.00

Call: 309-274-4849

E-mail: talbrighte@gmail.com

Edith Albright



FOR SALE:

Nordic Trac Exercycle. LD screen shows heart rate, distance, speed, etc.

Ear bud music port/training programs disk.

In very good condition. Also 2 extra saddles to choose from.

Asking \$150.

email: thesans@comcast.net

FREE:

McLain Wind-load Trainer. A very basic trainer, rear axle is attached with axle clamps.

Call: 309-274-4849

E-mail: talbrighte@gmail.com

Edith Albright

No Baloney

August 24th, 2013

40TH Year



OVER THE HILL

The Illinois Valley Wheelm'n are proud to present the **40th annual No Baloney Bicycle Ride**. This ride is a recreational and social tour through the varied terrain of central Illinois. This year's ride will be held on **Saturday, August 24, 2013**, starting in Morton, IL.

The No Baloney Bicycle Ride is intended as just that, a recreational ride, not a race. This is a great event for riders of all ages and abilities. The Illinois Valley Wheelm'n ask that all participants ride in a safe and intelligent manner.

We have the best and most plentiful food of any ride in Central Illinois; each stop on the route is themed a different way, and has great food to match. We pride ourselves on excellent food and rider support before, during, and after the ride.

Your No Baloney Registration includes:

- Your choice of routes at distances of 25, 50, 75, or 100 miles, starting and ending in Morton, IL.
- Well stocked rest stops that are not more than 20 miles apart.
- Routes that display the scenic, rolling, countryside of Central Illinois.
- Well marked routes, with additional paper maps provided.
- Mechanics and SAG provided on course.

Additional Ride Notes

- Become an IVW member to learn about great riding, training, and social opportunities.
- Day of registration opens promptly at 5:30a.m. and closes at 8:00a.m.
- Riders may begin between 6:30a.m. and 8:00a.m. Official start for 75 and 100 mile riders is 6:30a.m. Official start for 25 and 50 mile riders is 7:30 a.m.
- Technical long sleeve shirts are available for \$15. Order before August 9th to guarantee availability. A limited number of shirts will be available for sale on the day of the ride.
- Riders must wear a helmet. No exceptions!
- Ride updates available at www.ivwnobaloney.com
- No refunds should weather turn bad.

Register online at www.eventbrite.com

July 2013

No Baloney Bicycle Ride Registration

Rider # 1 Registration

Name _____
 Gender M / F
 Address _____
 City/State/Zip _____
 Phone (____) ____ - ____
 Email _____
 Route 25 / 50 / 75 / 100
 Birthdate ____/____/____
 T-Shirt (\$15) S / M / L / XL / 2X

Emergency Contact

Name _____
 Phone (____) ____ - ____

Apr 1- Aug 1-

	Jul 31	Aug 24	Qty	Total
Individual	\$20	\$25	___	\$___
Family	\$45	\$55	___	\$___
Tech. Shirt	\$15	\$15	___	\$___
Total Enclosed				\$___

Rider # 2 Registration

Name _____
 Gender M / F
 Route 25 / 50 / 75 / 100
 Birthdate ____/____/____
 T-Shirt (\$15) S / M / L / XL / 2X

Additional Family Member(s) Registration

Name _____
 Gender M / F
 Birthdate ____/____/____
 Name _____
 Gender M / F
 Birthdate ____/____/____

Mail registration forms and checks to:
No Baloney Bicycle Ride
 6518 North Sheridan Road, Suite 2
 Peoria, IL 61614-2923

Participant Release and Waiver

In signing this waiver for myself, or as a parent or legal guardian for the entrant named above, I hereby release from responsibility and hold harmless from any claim, foreseen or unforeseen by me or my family, estate, heirs or assigns, the Illinois Valley Wheelm'n, and it's agents, employees, officers, volunteers, other participants, any sponsors, advertisers and owners or lessors of the premises on which the No Baloney Bicycle Ride takes place for any and all claims, damages, demands, injuries and losses whatsoever, arising from my transportation to, participation in, and/or presence at the No Baloney Bicycle Ride, and do so entirely of my own initiative. I understand that riding a bicycle on a public street or road can be a risky and dangerous activity and may result in serious bodily injury, including permanent disability, paralysis and death (collectively "risks"). I fully accept and assume all such risks and all responsibility for all costs, damages and losses I incur as a result of my participation in the No Baloney Bicycle Ride. I agree to obey all traffic laws and operate my bicycle in a safe manner. I certify that I have read this waiver, fully understand it's terms, understand that I have given up substantial rights by signing it and have signed it of my own free will and accord. If the entrant is a minor, I, the minor's parent or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified to participate in the No Baloney Bicycle Ride. I also authorize emergency medical treatment if I or the above minor is injured.

Rider #1 _____

Signature and Date

Rider #2 _____

Signature and Date

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 \$ _____

July 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
July 16, 2013 6:30 - 8:30pm	Illinois Bicycle Plan	Tri-County Regional Planning 211 Fulton Street Peoria, IL
August 3, 2013	Triangle of Opportunity 18th Annual Bike Tour http:// www.triangleofopportunity.com/ Bike-Tour.html	Start and Finish in Mackinaw, IL
August 24, 2013	No Baloney! http://ivwnobaloney.com/	Morton, IL