



Affiliated Club:



www.ivwheelmn.org

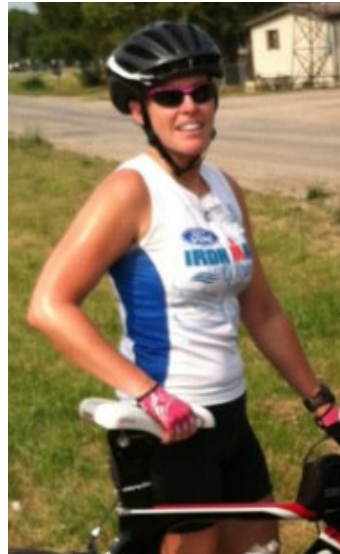
Special points of interest:

- August IVW Board Meeting will be held at 6:00pm on August 8th, at the **Bradley** location of Leaves n Beans.

How is your summer riding going?

By Jennifer Sandenaw

We have had a lot of front page articles lately about the direction of the Illinois Valley Wheelm'n Club. So I'm going to change the topic and ask you to submit any stories or any pictures of your summer riding. How is it going? Are you having fun? What events have you done? Did you do TOMRV? Did you do RAGBRAI? Let us know!



Scott and I are planning to do RAGBRAI next year. For those of you that are new to cycling, RAGBRAI stands for Register's Annual Great Bicycle Ride Across Iowa. Where you do just that - ride across Iowa in seven days.

I saw a lot of Facebook pictures from friends who did RAGBRAI this year and it just looks like a blast! It doesn't matter how fast or slow you go. You should have the pork chops and the pie (so I've heard). And just have fun with it. I look forward to it in 2014.

So if you have a RAGBRAI experience, email it to me: trisandi00@gmail.com.

Coming up in August! Mark your calendars - August 24th marks the 40th year of No Baloney! The ride will be starting out of Morton this year so be sure to check it out. Check out page 12-13 of this newsletter for the registration form and the website for more information: <http://ivwnobaloney.com/>



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OPEN

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Rider Name	June 2013 Mileage	2012/2013 Total Miles
Mary Lou Price	1052.73	4482.34
Steve Berger	652.6	3822
Steve Kurt	671.71	3705.35
Michael Honnold	549	2790.84
Tom Dorigatti	668.68	1424.01
Fai Mok	401.35	1011.2
Chris Salvador	231.24	857.06
Bill Semmens	62	639.5
Chris Gibson	190	342.89
Edith Albright	0	0

August 2013

Eagle Scout Project

By Barb Drake

Willie Oelkers and his fellow Boy Scouts have spent quite a bit of time hiking the Rock Island Trail the last three years. The Princeville Scouts usually hike out seven or eight miles, then back, as a training exercise for the annual 20-mile Lincoln Pilgrimage Hike in Springfield.

Over time they noticed how shady the trail is, which is important when you're on a hike in muggy central Illinois, and came to appreciate the beautiful views. They also noticed something they didn't like: the mile-marker signs were in bad condition and didn't always precisely mark the mile. (Willie's GPS revealed that.)

It was an Eagle Scout project in the making! It was also – though Willie didn't know this at the time – a Friends of the Rock Island Trail project in the making. The 17-year-old called the Illinois Department of Natural Resources, which hooked him up with Mike Pula, Friends treasurer, the very week IDNR had given him a design idea. "I learned they already had a plan for doing it," Willie says. "I offered to actually execute the plan." Illinois Valley Wheelm'n funds will pay for the work.

No signs will be moved, as digging up and replacing all the posts would require more supervision than DNR could provide, Willie was told. But the posts will be treated with a wood preservative so they last longer. And there will be a new sign to mark every mile of the trail in either direction, with hope that the washouts eventually will be fixed. That's 52 signs altogether. The project is expected to cost about \$1,300, with most of the money coming from a previous IVW donation for a bike rack project that is on hold pending completion of the Rock Island Greenway project through Peoria. That's targeted for 2014-15. Signs acknowledging the Wheelm'n's role will be posted.

Willie hopes to start the work soon and finish before Princeville High School resumes in late August; he'll be a senior. He'll have help from other members of Troop 52 – all part of becoming an Eagle Scout. "You lead your other Scouts in getting the project accomplished," he says. "It's a way to demonstrate leadership." Willie himself helped with three earlier Eagle Scout projects.

Becoming an Eagle Scout isn't easy. The candidate first must earn the rank of Life Scout, as Willie has done. He must earn 21 merit badges, 12 of which -- including citizenship in the world, nation and community -- are required. Then there is the mandatory community service project. Finally, a board of review must approve. Not a problem for Willie, who says he enjoys Scouting because it gives him a chance "to go out and do things," especially things that help people, and to learn useful skills. Other interests include reading -- he says he reads a lot -- and chess; he is on the school team. He's worked as a lifeguard at the Princeville pool this summer and just recently began working at the Easter Seals warm-water pool.

The son of Phil and Laurie Oelkers of Princeville isn't sure yet where he's heading for college but knows he'll study accounting. Then again, someday he'd really like to write a book.

Lake Evergreen Triathlon Volunteering

By Mike Honnold

On Saturday, July 13th, 14 IVW members gathered with 7 members from PAMBA (Peoria Area Mountain Biking Association) at Comlara County Park near Hudson, IL for the annual Lake Evergreen Triathlon volunteering opportunity. IVW members have helped out at Lake Evergreen Triathlon for the past 3 years, and while the job requires an early start to the day, everybody will usually agree it is the easiest volunteering job available! After receiving our bike course corner spot assignments & official volunteer t-shirts at 6 AM, everybody headed out to the course so they could be ready when the first racers jumped in the water at 7 AM sharp! As luck would have it, I was stationed on a crossing with little/no traffic rather than a corner, so I had extra time to snap pictures of all the racers coming by my spot – exciting! Due to the good weather and perfect conditions, all riders were off the course and on their way by 10 AM.

Thanks again to Betsy Silzer and all the members of PAMBA for stepping forward and helping us meet our commitments for volunteering this year – we couldn't have done it without all of you!



Illinois Bicycle Plan Meeting

By Mike Honnold

On Tuesday, July 16th, over 50 members of the local Peoria bicycling community packed a “standing room only” meeting room at the Tri County Regional Planning Commission office for an informational meeting regarding the upcoming Illinois Statewide Bicycle Plan. If you haven't heard much about the plan, this will be a comprehensive document for the State of Illinois bringing together all information about bicycle trails, access, advocacy, safety, education, and planning. With this completed plan, the hope is that more communities in Illinois will be inspired to create their own bicycle plans, and help Illinois to become one of the top bicycling states in our nation. After a brief introduction on the plan history, officials from Alta Planning reviewed current plan status, took public input on cycling in Illinois, and helped those in attendance fill out a survey to gather more input. Be on the lookout for more information about this bike plan in upcoming newsletters, or at www.illinoisbikeplan.com – the initial plan should be published online before the end of the year! Thanks go out to Bushwhacker & Illinois Cycle for providing the door prizes given out to meeting attendees!

August 2013

Advocates Corner

By Chris Salvador

There are many people who do not ride on city streets simply because they believe cycling is not “safe”, but isn’t safety partially subjective? Why has cycling for recreation, work, and other reasons become more popular in other countries with similar population densities and traffic patterns to the U.S.? Part of the answer may lie in the theory of perceived safety. The article below, written by a U.K. blogger, talks about the 3 measures of safety integrated into the Dutch bicycle provision of law:

Actual Safety: How far you can expect to travel by bike before becoming injured;

Subjective (Perceived) Safety: How safe do you *feel* in the environmental and traffic conditions around you;

Social Safety: Do you have to worry about being attacked, robbed, etc.?

The article explains the 3 measures in great detail and also discusses how each measure fits into individuals’ decisions to cycle as well as how city planners can use them to develop a more bicycle-friendly culture. It’s a great read and certainly provides great food for thought when deciding where to bike in Peoria. Check it out!

<http://www.aviewfromthecyclepath.com/2008/09/three-types-of-safety.html>

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.

Experiments in Speed [video]

<http://bit.ly/16cYZb6>

City of Seattle Follows Through After Hacktivist Installs DIY Bike Lane!

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

Photo Gallery: Outrageous Bike Seats in the Tour de France

<http://bit.ly/18KWO2r>

Cycling’s Most Comprehensive Performance Center [video]

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

Hand Cycles of the 2013 Para-cycling Open

<http://bit.ly/1by4F4C>

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

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

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



Picture from Dunlap Level 1 Group Ride on Monday evening:



August 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.

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's still young enough (!) to hop on a bike.

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.

Sept. 4: Sand Ridge and Manito. How often do you get to cycle through a state forest, especially one that has prickly pear cacti as well as many stunning trees? We'll start this approximately 40-mile ride at 9 at the Ironstone Restaurant in Manito. We'll enjoy lunch there when we're done – did we promise great food or what? Fred Smiser will lead this ride, another perennially popular one.

September 18: Tanner's Orchard Ride. If fall is approaching, then it must be time for a ride to Tanner's for samples, cider, donuts, lunch and apple-orchard ambiance. We'll meet at 9:30 at Pearce Community Center in Chillicothe. The ride will be about 35 miles.

Sept. 28: 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 head south again this time, enjoying the spectacular riverfront scenery, the small towns and the opportunity to ride on a dike. Those who ride faster may want to take a few minutes to explore a park or two along the way, or speed up and head north of our destination for a few miles. In any case, bring the family, and travel at your own pace. The entire trail is paved. Lunch and cake will follow at the Brothers Family Restaurant. 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.**

**Please 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.**

IVW Thursday Morning Rides – August, 2013

FOR INFORMATION ON JUNE THURSDAY RIDES, PLEASE VISIT THE IVW WEBSITE:

http://ivwheelmn.org/wordpress/?page_id=540

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.

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.

August 2013

IVW Thursday Morning Rides – August, 2013

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.

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: 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.

Date of Ride: Thursday September 5

Leader(s): Fred Smiser

Starting Location: Tremont Swimming Pool, Tremont, IL (Just East of the Ice Cream Shop on Rte 9 in Tremont)

Start Time: *8:30 AM*

Ride Information: Plan for a ride to Minier and return if the winds are favorable for that routing. .

Lunch and/or Rest Stop Details: Casey's Stops planned during the ride. We will have a lunch stop during the ride, hopefully in Minier.

Please keep checking IVW website for updates.

Distance: 40+

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

Fred's Home Phone: 309-346-9735 Cell: 241-7431

Fred's 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. If it is raining, the ride will be cancelled.

IVW Thursday Morning Rides – August, 2013

Date of Ride: Thursday September 12

Leader(s): Jim King

Starting Location: Lacon Marina, Lacon, IL

Start Time: **8:00 AM**

Ride Information: Routing dependent upon wind and weather.

Lunch and/or Rest Stop Details: **Rest Stop during ride.** Lunch during or after the ride, dependent upon routing.

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: 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: WEDNESDAY September 18

Leader(s): Fred Smiser/Barb Drake

Starting Location: Ironstone Restaurant in Manito, IL

Start Time: **9:00 AM**

Ride Information: Combining an “Out of the Box Ride” with our Thursday ride in order to save driving time for the participants. Sand Ridge and Manito. How often do you get to bicycle through a state forest, especially one that has prickly pear cacti as well as many trees? We’ll start this approximately 40-mile ride at 9:00 AM at the Ironstone Restaurant in Manito. We’ll have lunch there at ride’s end.

Lunch and/or Rest Stop Details: Lunch at the end of the ride at the Ironstone Restaurant in Manito.

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.

Fred’s Home Phone: 346-9735 **Cell:** 241-7431

Barb’s Home Phone: 309-231-1745 **Cell:** 692-1201

Fred’s E-mail: smizz444@gmail.com **Barb’s E-mail:** bdrake@mtco.com

NOTE: If the weather is questionable, please contact Barb 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 September 26

Leader(s): Fred Smiser

Starting Location: Field Shopping Center in Morton, IL

Start Time: **8:30 AM**

Ride Information: Routing and destination dependent upon winds and weather.

Lunch and/or Rest Stop Details: Casey’s Stops during the ride. We will have a 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.

Home Phone: 309-346-9735 **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.

August 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

August 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 \$ _____

August 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
August 3, 2013	Triangle of Opportunity 18th Annual Bike Tour http:// www.triangleofopportunity.com/ Bike-Tour.html	Start and Finish in Mackinaw, IL
August 10, 2013 10:00am - 11:30am	Bike Rodeo http://www.peoriaparks.org/bicycle -safety-town	Bicycle Safety Town 6518 N. Sheridan Rd. Peoria, IL
August 24, 2013	No Baloney! http://ivwnobaloney.com/	324 South Main Street Morton, IL