



Affiliated Club:



[www.ivwheelmn.org](http://www.ivwheelmn.org)

**Special points of interest:**

- September IVW Board Meeting will be held at 6:00pm on September 12th, at the **Bradley** location of Leaves n Beans.
- Save the date!! Holiday Party! November 2nd... More details on Page 4.

**No Baloney - 40 is the New 20!**

By Chris Salvador

The great summer weather finally arrived just in time for our annual No Baloney ride! We may have been "over the hill" celebrating our 40th year of the ride but we're still going strong! Beautiful weather, fantastic food, and scenic routes made for one great ride with a record 457 total riders! Morgan will have more details in our next newsletter but I do want to give a special mention to the key people behind the scenes who helped make this year's ride such a success:



**Our food sponsors:** Local restaurants Echo Valley Meats, Divine Cakes, and Butch's Pizza donated their wonderful food and services at rest stops to fuel the bodies, minds, and spirits of our riders like no other event in the area!

**Our ride planning committee:** Brad Lathrop for creating some of the finest routes in Tazewell and Woodford counties; Kaci Osborne and the Peoria Area Convention and Visitors Bureau (PACVB) for her great ideas and coordination of restaurants and volunteers; LaVerne Wilson for marketing, promotion, and logistics planning; and Bryan Wilburn for ride day logistics, SAG support, and rest stop planning. This year was the first year for the official committee and they definitely knocked it out of the park!

And last but certainly not least, **our Ride Coordinator, Morgan Grigsby**. Without her and the support from her family this ride absolutely could not happen. Thank you Morgan!!

Now for even more great news: we've received enough interest in the leadership positions from members to continue the club in 2014! There will be some restructuring of club operations as well as a few more board positions to fill, but I am confident enough with our situation that I can definitely say we will be back next year. Take a look at my other article (on Page 3) in this newsletter for details on how we plan to proceed. Discussions on club operations will happen at our September and October board meetings with a final proposal presented to members at the November year-end meeting. If you're interested in the details please attend these critical board meetings and let your voice be heard.

That's all from me for now; enjoy the rest of the newsletter and the wonderful late summer weather!

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## IVW Chairpersons

### President OPEN

### Vice President

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kidentropy818@yahoo.com  
309-229-1404

### Secretary

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rrsenneff@yahoo.com  
309-253-3052

### Treasurer

Mike Honnold  
Cannondale\_25@juno.com  
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

Marsha Ray  
randy\_ray\_117@comcast.net  
309-691-4947

### Volunteer Coordinator

OPEN

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309-694-3736

### Newsletter Editor

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trisandi00@gmail.com  
309-360-2560

Rider Name	July 2013 Mileage	2012/2013 Total Miles
Mary Lou Price	1032.44	5514.78
Steve Kurt	904.48	4609.83
Steve Berger	708.2	4530.2
Michael Honnold	652.54	3443.38
Fai Mok	443.68	1454.88
Tom Dorigatti		1424.01
Chris Salvador	273.57	1130.63
Bill Semmens	62	701.5
Chris Gibson		342.89

## September 2013

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### IVW in 2014

By Chris Salvador

A few months back we sent out a survey to all the members to gather feedback on what the club meant to them and what we could do better. We received a lot of great feedback, and that feedback coupled with a few new members stepping into board positions next year will guide us in how we proceed. We will finalize the details at our September and October board meetings but here is a general overview of how we believe the club will look next year:

**The monthly newsletter will be eliminated.** We currently have no interest from members in taking the Newsletter Editor position for next year so this is the first area of change for us. The newsletter will be replaced with a tri-fold brochure that contains club information, a membership registration form, and links to the website and monthly ride calendar. The online ride calendar will become the "one safe source" for all club rides throughout the year. This brochure will be distributed to all the bike shops and replenished on a monthly basis but will not be mailed to members. An electronic copy will be kept on the website for reference.

**Advocacy and volunteering events will be greatly reduced.** IVW will continue to host the Ride of Silence but without a Volunteer Coordinator we plan to reduce the events and opportunities in which we participate. This area was also seen as the least critical according to the club member survey.

**The main focus of the club will be monthly rides, social events, and No Baloney.** These are the areas members told us they liked most so it makes sense that they become the identity of the club.

We still have one critical board position that needs to be filled - Membership Database Coordinator. The position only requires approximately 1 hour of work per month, some light computer skills, and a spreadsheet program (Microsoft Excel, Apple Numbers, etc.) so if you are interested please contact me at KidEntropy818@yahoo.com or (309) 229-1404.

As I previously mentioned, the full details will be discussed at our September and October board meetings and we will present the final plan to the membership at the year-end meeting in November. Feel free to attend the board meetings and voice your opinions. We are definitely open to any and all ideas but we need to be realistic about what we can do with the resources we have.

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## Welcome New Members!

*Jill Ambroson from Peoria, Illinois*

*Jay Kautz from Peoria, Illinois*

*Nathaniel Lambert from Washington, Illinois*

*Angel & Brian Langley from Peoria, Illinois*

*Clint LeClair from Peoria, Illinois*

*Steven Mahoney from Dunlap, Illinois*

*Roberta & Tim Talbott from Peoria Illinois*

*Erin & Craig Watkins from Peoria, Illinois*

## Save the Date! Holiday Party Details...

*Family style chicken dinner with numerous meatless sides*

*Saturday, November 2nd*

*6:30pm*

*Bernardi's in Peoria*

*\$15 per person*

*Watch for details!*

*Contact Marsha Ray for more information: [marsha.randy@gmail.com](mailto:marsha.randy@gmail.com)*

## September 2013

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### Advocates Corner

By Chris Salvador

This past July, helmet manufacturer Easton-Bell Sports won a court case in California affirming that they were not liable for the traumatic brain injury of a cyclist wearing one of their helmets. Essentially the court ruled that the helmet was not defective, but rather the rider's injuries were a result of wearing the helmet improperly and not following Easton-Bell's fitting instructions.

So we know that helmets save lives and prevent brain injuries, but **only when they are worn properly**. Do you know the proper way to fit a helmet? The National Highway Traffic Safety Administration (NHTSA) has an excellent fitting document for adults and children supported by all bicycle helmet manufacturers. Click on the link below to make sure your helmet is on correctly!

[http://www.nhtsa.gov/staticfiles/nti/bicycles/pdf/8019\\_Fitting-A-Helmet.pdf](http://www.nhtsa.gov/staticfiles/nti/bicycles/pdf/8019_Fitting-A-Helmet.pdf)

### Hot Links!

By Chris Salvador

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.

#### **Help Kids Bike to School Safely**

<http://bit.ly/177Jbsx>

#### **What Do Drivers Learn From Bike Accidents?**

<http://bit.ly/15c9vSG>

#### **TED Talk: Bicycle Culture by Design [video]**

<http://bit.ly/1aIyz4V>

#### **Bicycles Banned in Indian City**

<http://bit.ly/1c9MPBK>

#### **The Jet Bicycle: The Most Dangerous Bike Ever [video]**

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

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## IVW Thursday Morning Rides – September, 2013

### **Date of Ride: WEDNESDAY September 4**

**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](mailto:smizz444@gmail.com)                      **Barb’s E-mail:** [bdrake@mtco.com](mailto: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 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](mailto: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 September 19**

**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](mailto: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.

## September 2013

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### IVW Thursday Morning Rides – September/October, 2013

#### **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](mailto: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 October 3**

**Leader(s):** Tom Dorigatti/Dale Cook

**Starting Location:** Pekin VFW

**Start Time:** **8:30 AM**

**Ride Information:** Route dependent upon wind/weather conditions.

**Lunch and/or Rest Stop Details:** Casey's Stops planned 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.

**Tom's Home Phone:** 309-347-2844                      Cell: 267-2844

**Dale's Home Phone:** 309-353-1725                      Cell: 309-613-4037

**Tom's E-mail** [dorigat@comcast.net](mailto:dorigat@comcast.net)                      **Dale's E-mail:** [cook1501@gmail.com](mailto:cook1501@gmail.com)

**NOTE:** If the weather is questionable, please contact Tom Dorigatti or Dale Cook 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.

#### **Date of Ride: Thursday October 10**

**NOTE: THIS IS THE LAST OFFICIAL IVW THURSDAY RIDE FOR 2013**

**Leader(s):** Tom Dorigatti/Fred Smiser

**Starting Location:** Green Valley, Valley Inn Restaurant Parking Lot

**Start Time:** **8:30 AM**

**Ride Information:** Routing dependent upon wind and weather. We hope to go to Havana or to Mason City, depending upon wind conditions.

**Lunch and/or Rest Stop Details:** Casey's stop along the way. Lunch stop TBD dependent upon wind/weather.

*Please keep checking IVW website for updates.*

**Distance:** 40-50 miles depending upon the weather.

**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](mailto:dorigat@comcast.net)                      **Fred's E-mail** [smizz444@gmail.com](mailto:smizz444@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.

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.

## 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. 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.

**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 18<sup>th</sup> Street. Turn right at the river, and go 4 or 5 blocks to the lot.) **Important note: This represents a necessary change from our usual starting point at The Brothers. So do not be a creature of habit, or you will wonder where everyone is.**

**Oct. 12: Scenic Fulton County.** The idea behind the Out of the Box rides is to bike down less familiar pathways, and Bruce Starbuck mapped out this awesome one for us last year. At the request of those who rode it, we are bringing it back but at a date designed to take advantage of fall colors, just the perfect ride for our season-closer. We'll begin in Farmington, wind along the west shore of Canton Lake and stop for lunch at Herbst's Landing (formerly the Canton Country Club). After lunch, we'll pass by some strip-mined land around Norris, biking 43 miles in all. Departure time is 9:30 from Jacob's City Park in Farmington (If coming from Peoria, turn left off of Rt. 116 onto Elmwood, then left again onto Wilson, and you'll see the park).



## September 2013

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### 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](mailto:trisandi00@gmail.com).

#### 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](mailto: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](http://www.crateworks.com) for more information  
Good condition.  
\$100.00  
Call: 309-274-4849  
E-mail: [talbrighte@gmail.com](mailto: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](mailto: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](mailto:talbrighte@gmail.com)  
Edith Albright

#### For Sale, 2008 Specialized Roubaix Pro

Size = 56 cm  
Equipped with SRAM Red Compact Crank and Brakes  
SRAM Force Shifters (New), Front and Rear Derailleurs (New)  
Mavic Krysium SL Wheel-set  
Carbon Specialized (S-works) Stem and Seat post  
Fi'zik Arione Saddle  
Weight ~ 16Lbs  
Excellent Condition. Priced to sell: \$2250  
Call: [309-241-0293](tel:309-241-0293)  
Email: [tvindner@gmail.com](mailto:tvindner@gmail.com)  
Tim Lindner

#### For Sale, 2011 Specialized Vita (Women's Hybrid Bike)

Size = Small (Comfortably fits 5'2" - 5'6")  
24 Speed - Shimano Drivetrain  
Great for cruising around town - equipped with fenders  
Excellent Condition. Price: \$300  
Call: [309-241-0039](tel:309-241-0039)  
Email: [tvindner@gmail.com](mailto:tvindner@gmail.com)

#### For Sale, 2006 Specialized Allez Pro

Size = 56cm, Aluminum Frame  
Configured as a TT Bike.  
Dura ace Components  
Mavic Krysium Elite Wheel-set  
Excellent Condition. Price: \$450  
Call: [309-241-0293](tel:309-241-0293)  
Email: [tvindner@gmail.com](mailto:tvindner@gmail.com)

## 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

**REMINDER! All memberships expire on December 31, 2013 and must be renewed in January!**

**If you have questions about renewing or about your membership status, please contact Chris Salvador at [KidEntropy818@yahoo.com](mailto:KidEntropy818@yahoo.com).**

### 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](http://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 \$ \_\_\_\_\_

## September 2013

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### 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](http://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

1<sup>st</sup> class  
Postage  
Required

[www.ivwheelmn.org](http://www.ivwheelmn.org)

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Date/Time	Event Name	Location
Save the Date!! November 2nd 6:30pm	IVW Holiday Party! \$15 per person	Bernardi's in Peoria