



ILLINOIS VALLEY **WHEELM'N**



AUGUST 2006

greater peoria's bicycle club

Email @ ivwheelmn@yahoo.com



PREZ SEZ:

It's now August and time to pick up the phone or send an e-mail to Mike Pula about the No Baloney Ride. Please call Mike at (309) 243-

9394 or e-mail him at

MRPULA@HOTMAIL.COM and ask him

what you can do to help make the club's No Baloney Ride a successful event. This is a one-day event and the IVW's only fundraiser for the club. The date for this year's ride is Saturday, September 23.

This is Mike's last year to chair the event; and, what the club needs and what Mike wants is someone to co-chair it with him this year and that person would then be the chair of the event next year. Of course, all types of help is needed with registration, route markers, rest stop hosts, sag, food, clean up, etc.... If you volunteer to help, it doesn't mean you can't also do the ride. Help is needed at various times of the day and you can either ride before your volunteer slot or after or possibly ride 1/2 your ride and help out at a food stop for a couple hours and then finish up your ride. There are many ways to make this work. The more volunteers we receive, the more options that are available for all who volunteer to participate in the actual ride.

This ride has been the winner of the BEST BIKING IN AMERICA award from the League of American Bicyclist in the following two categories: Best Country Tour and Best Food. Let's keep it the best. Please volunteer and that's No Baloney – September 23

“GREAT ANNUAL BICYCLE ADVENTURE ALONG THE WISCONSIN RIVER” (GRABAAWR)

Nine IVW members: Lou Price, Melissa McClure, Lisa Rodgers, Mike Pula, Steve Sommer, Fred Smiser, Brad Niemcek, and his brother Wes and I participated in the week-long annual GRABAAWR from June 25 through July 1.

After arriving at Prairie du Chien on Friday, we were bussed to Eagle River, WI, on Saturday. We began our 450-mile ride on Sunday from Eagle River, averaging 64 miles a day, and ended up back in Prairie du Chien the following Saturday. The weather cooperated, the rain held off, and the days were sunny and usually cool. The “hills” were not so cooperative, but a good time was had by all.Edith Albright



GRABAAWR riders, from left to right: Lou Price, Edith Albright, Mike Pula, Steve Sommer, and Fred Smiser.



Steve Sommer, Edith Albright, Melissa McClure, Lisa Rodgers, Lou Price, Mike Pula, and Fred Smiser at GRABAAWR.



“Pedaling for Kicks”

New Members:

MARTIN, BONNIE.....BRIMFIELD

Renewing Members:

BIERRE, TERRY & JOHN.....WASHINGTON^

BOBBITT, LEONARD.....EAST PEORIA*

BOLAND, LORI.....PEORIA

BROWN, CLIFFORD & DEBORAH HESS-
BROWN.....PEORIA

CLARK, WILLIAM D & BRENDA
& FAMILY.....PEKIN**

COVINGTON, ALLEN & LAURIE.....PEORIA*

GENTRY, RICK & JUDI.....PEORIA**

GREBNER, DAVE.....PEORIA HTS

GROMER, DAVE & SUE.....MORTON

GRUBE, STEVE.....WASHINGTON**

HUTCHISON, ERIC.....PEORIA*

JACOB, GARY R.....GROVELAND^

NIEMI, DON & MARY.....METAMORA^

PAUSTIAN, LARRY & MARTY
& FAMILY.....EAST PEORIA

SILZER, ALLAN F & GAIL C
& FAMILY.....PEORIA^

THORNBERRY, KEVIN.....PEORIA

WELCH, JACK.....GROVELAND

WIKOFF, JOHN & EILEEN.....PEORIA

WILSON, LAVERNE & ROGER
& BRITTNEY.....WASHINGTON

LIB Member * Advocacy^



IVW members Shai Wong, Liliana Wong, Bonnie Johnson, Patty Isit, Mike Dvorsky, Matt Dvorsky, and Stacy Hanna in front of the East White Oak Bible Church in Normal, IL.

The “Pedaling for Kicks” ride had five distances ranging from 15 to 64 miles. The group above biked 50 miles. The weather was perfect, the ride was scenic (around Bloomington and Evergreen Lakes area) and the food was good.



Classified ads:

Classified ads for club members are welcome. Please e-mail your advertisements to thesans@insightbb.com as an attachment. The ad **MUST** be formally key- boarded as a “Word” or “Word Perfect” document.

Commercial ads are also welcome at a charge of \$25 for ½ page ad \$50 for a full-page ad. Please send an electronic document compatible with Windows to: thesans@insightbb.com plus a

hard copy too: Dennis Sans, 2238 Autumn Drive, Pekin, IL 61554. All materials (including payment) must be received no later than the 15TH of the month preceding the appearance of the ad.

August 2006 club member ad:

For Sale: Kettler Racer Indoor Cycling Bike. Great for training. Used very little. New \$949, will sell for \$400. Check out at: <http://www.sitincomfort.com/keraspbi.html> or call 676-1547 Kevin Thornberry.

IV WHEELM'N CHAIRPERSONS:

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runners2@npoint.net

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sgribble4@juno.com

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IVW Website:

<http://www.ivwheelmn.org>

Featured ongoing special ride.....

Tour de Princeville

Msgr. Soseman (224-8783)

Time: 6:00 p.m., Saturday evenings after Mass

Place: St. Mary of the Woods parking lot

A 14 Stage Ride to the North! – Stages 10 thru 13 in August.

Each week there will be a different route with a different stage theme. Riders may keep their own time, and scratch up to four through the summer. Once a month there will be a “family ride” in addition to the weekly “road ride”.

PRIZE OF HONOR- Keep your own time over the summer for the Prize of Honor. Each person can scratch four stages and count the best 10.

10a etapa: Wild West Redux, August 5 Road

Theme: western wear. Straight to the north to Wyoming. Distance 22 miles.

11a etapa: Princeville Name Game, August 12

Road & Family Theme: show your brands. “The big square” around Princeville, some hills, some flats. Family ride stops at the cemetery to see Princeville names! “Family Ride”: 3 miles. “Road Ride”: 15 miles.

12a etapa: Football Frenzy, August 19 Road

Theme: wear something related to football. A stage past football crazy sites in Princeville, and through pagan territory up north! Distance 18 miles.

13 etapa: Ruta al Sol, August 26 Road

Theme: A stage ride into the setting sun. Distance 12 miles.



KUDOS, HURRAHS, PLAUDITS
Aren't in the cards for most of us as we do our very good work in many areas of endeavor. Here is an instance where that will be the exception. Our club president, Kathy John gets kudos, hurrahs, and plaudits for the very good work she does voluntarily such as:
- IVW thank you card sent to

Sheriff Mc Coy for providing a lieutenant for ride security during the "Ride of Silence" across Rte. 91.
- IVW thank you card sent to Dot Jordan regarding the Ride of Silence.
- Letter sent to Hansen Professional Services Inc. requesting bike lane accommodations for construction on Sheridan and Northmoor Roads and a letter to Mr. John Chambers of the

Tri-County Planning Commission in support of new bicycle maps for the Tri-County area.

This in addition to all the normal functions of the club, way too numerous to list here.

If you see Kathy, tell her about your appreciation.

.....Eric Hutchison

IVW Board Member

ILLINOIS VALLEY WHEELM'N – August, 2006 Rides Schedule

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Monday Morton Level I: Dennis and Peggy Tresenriter (387-6617) dtresenriter@insightbb.com will co-lead this ride out of Morton. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 6:00 p.m. Distance will be 12-15 miles early in the season and increase over the summer. The ride will regroup frequently.

Monday Dunlap Level I: Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School at 6:00 p.m. Ride distance will be 15 miles early in the season and will lengthen through the summer. The group will ride together and regroup frequently.

Monday Dunlap Level II: Mike Pula (243-9394) mrpula@hotmail.com leads this popular ride from the Dunlap Grade School at 6:00 p.m. Ride distance will be 20 miles early in the season and then increasing. Riders will regroup periodically and make sure no one is left behind.

Tuesday, "Kinder, Gentler" Level II: Pam Hoehne (694-4828) will lead the group again this year for the level II rider or those level I riders looking for a challenge. Depart at 6:00 p.m. Mileage will be 20-30 miles. The group will travel 13-15 mph early in the season and 15-17 mph toward the end of the summer. Goal is to have fun and no one will be dropped.

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School, departing at 6:00 p.m. Note: please be ready to ride. Mileage will be 20-30 as daylight permits. The group will average 17 mph or more, and will regroup as needed!

Tuesday Dunlap Show and Go Level IV: For faster riders this group will get your heart rate up, but don't expect them to regroup or wait for stragglers. Depart at 6:00 p.m.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 8:30 a.m. Mileage 25-50. Contact Laurie Wilbur (446-9367) rcwilbur@att.net for more info.

Wednesday Dunlap Beginner: David Schenk (691-1339) dschenk@bradley.edu is the new leader for this ride from the Dunlap Grade School at 6:00 p.m. Various co-leaders will help with the ride each week. Ride distance will be 15 miles early in the season. Prepare to be able to ride 1½ hours. The group will ride together. No one will be left behind.

Wednesday East Peoria Level II: Dirk McGuire (699-8482) and Larry Paustian co-lead this ride from the Pleasant Hill Head Start School (across from the antique mall) at 5:30 p.m. Ride distance will start in the 20-mile range and will increase throughout the season. Average speed will be 13-17 mph and no one will be left behind.

Thursday Washington Show and Go Level I and II: Depart from Russell's Cycle and Fitness at 6:00 p.m. The ride will begin as a Level I, traveling 10 miles. The group will increase mileage and speed to a Level II by June. Contact Rob Alexander (444-3297 or 231-2190).

Daytime Thursday Rides, All Levels: Laurie Wilbur (446-9367) rcwilbur@att.net organizes these rides. All rides will depart at 8:30 a.m. in August, EXCEPT August 31, departing at 9:30 a.m.

August 3, 2006: Depart from Brimfield Park on South Galena Street. The park is two blocks south of Rte. 150. Turn south at the library. Distance 40 miles with a break. Lunch at the end of the ride at Chally's in Brimfield. Leader: Laurie Wilbur.

August 10, 2006: Depart from Dunlap Grade School. Distance 40 miles with a break. Leader: Laurie Wilbur.

August 17, 2006 Fred's Ride: Depart from the VFW Hall in Pekin located 2 miles south of Pekin Hospital on the corner of 14th St. and the VFW Road. Distance: 40 miles with a lunch stop. Fred Smiser (346-9735).

August 24, 2006: Depart from Jubilee College Historic Site. Distance 40-50 miles depending on the temperature with a sandwich stop. Leader: Laurie Wilbur.

August 31, 2006 Cora Lynn's Ride: Depart at **9:30 a.m.** from the Dinner Theater parking lot on Timberline Road in Goodfield, IL. We will ride the scenic Mackinaw River Valley. Distance 25 miles with some challenging hills. Casual paced, Level 1 ride, and no one will be dropped. Maps will be provided for those wanting to go faster. Lunch after the ride at the 4 star gourmet restaurant, Busy Corner. Ride Leader: Cora Lynn Green (683-3083).

Friday Chillicothe Level I and II: Edith Albright (274-4849) talbrighte@mtco.com will co-lead this ride with Melissa McClure memmac@mtco.com from the Pearce Center. Melissa will lead the faster group. Occasionally, if only one leader is present, the entire group will travel at the Level I pace. Note: be ready to ride at 5:30 p.m. Distance will be 20-25 miles early in the season with a probable 25-30 miles as the season progresses.

Saturday Show and Go Level III: Ride meets at Washington Square at 8:30 a.m. all year. Distance varies from 25-60 miles.

Saturday Show and Go From Russell's All Levels: Meet at Russell's in Washington at 8:30 a.m., Saturday. Distance ranges from 25-40 miles and includes a meal stop.

Saturday Princeville Family Ride: Richard Soseman (224-8783) leads this ride from St. Mary of the Woods Catholic Church. Distance and difficulty varies, but about 20 miles and will accommodate a range of abilities. Departing at 6:00 p.m. after Mass.

Sunday Show and Go Metamora Levels I and II: Meet at Metamora Town Square at 1:00 p.m. Distance is 20-30 mi. North route to Washburn or south route to Roanoke. Contact person is Pam Hoehne (694-4828) or pamela.shuckhoehne@sbcglobal.net

Ride Levels:

(Ride leaders can be contacted for specific details concerning their rides)

Beginner/Family: These rides are at a casual pace averaging less than 12 miles per hour and ride as a Group.

Level 1: Rides average 12-14 miles per hour and regroup on a regular basis.

Level 2: Rides average 13-17 miles per hour and regroup occasionally.

Level 3: Rides average 17 miles per hour and over. Riders may regroup periodically but should be prepared to ride in pace lines to keep from being dropped.

Show and Go: Rides have NO leaders. The distance and speed is decided upon by the group, but governed by the ride level designated.

Ride Rules:

1. Riders must obey all Illinois Traffic Laws.
2. Ride no more than two abreast.
3. When riding in a large group, create space to help motorists.
4. Use hand signals and obey all traffic signals.
5. Check all intersections for traffic.
6. Warn riders of potholes, dogs, cars, and other obstacles.
7. Riders are strongly encouraged to wear approved helmets.
8. Riders should make certain that their bikes are in good working order.
9. Riders should carry water and a spare tube for their wheel size.
10. Riders should be prepared for weather conditions. Most rides take place in any weather.
11. Riders should arrive in time to be ready to ride at the start time.

POKER/SPAGHETTI RIDE

It's time again for the annual Poker Ride & Spaghetti Supper. Mark your calendar for Tuesday, **August 8th**. This ride is for all levels and will be 10-12 miles long. We will start at the pavilion at Dunlap Park, next to Dunlap Grade School. You will be given a map and will pick up a playing card at each of the 4 stops, picking up the last card at the end of the ride. The top five poker hands will win valuable prizes!!! Slower riders should begin at 5:30 p.m., faster riders not later than 6:00 p.m.

A spaghetti dinner from Avanti's will follow. There will be a choice of meat sauce or vegetarian. The cost is \$5.00 per person. Make your check out to IV Wheelm'n and mail to Bonnie Johnson, 920 E Faiaroaks Ave., Peoria, IL, 61603. *The deadline is Friday, August 4th. It is important that you sign up ahead of time so that Bonnie knows how much spaghetti to order.*

Interplanetary Ride

Sheldon Schafer (686-7000) organizes this annual ride to celebrate the Lakeview Museum Planetary Model, **August 13 & 14**. For more information, visit www.lakeview-museum.org/iplanet/iplanet.html. You may register online at active.com following a link from the ride's webpage.

Pedal Peoria Series

Sheldon Schafer (686-7000)

50's Soft Serve Ride: Start at the corner of Lake and Knoxville at 6:00 p.m., **August 3**. Highlights: 3 classic soft serve ice cream stands, ending at Lou's Drive In. Casual pace 13-15 miles.

Tour of the Solar System: Start at Lakeview Museum main entrance at 7:00 a.m., **August 13**. Highlights: This 3-hour, 24-mile ride will tour the planets from Mercury to Saturn in Peoria's Community Solar System. It will also include locations from the July 6 History ride.

Garden Ride: Start at Botanical Gardens, Glen Oak Park at 6:00 p.m., **August 17**. Highlights: Luthy Gardens & selected city gardens. Casual pace 13-15 miles.

Out of Town Rides

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August 20 Oak Park, IL. The Wright Ride. Ride lengths are 10, 25, 50, and 62 miles. The ride for you if you are a big fan of Frank Lloyd Wright and other architecturally interesting homes. Info at: www.oakparkcycleclub.org

August 20 Oregon, IL. Old Mill Century Ride lengths 25, 50, 75 and 100 miles. More info at www.oldmillcentury.com

August 26 Mahomet, IL. CU Across the Prairie Bike Ride, Lake of the Woods County Park in Mahomet, IL. Marked routes, maps, sag support, a bagel breakfast and food stops are all provided. Route lengths are 20, 35 and 65 miles. Info at: info@cuacrosstheprairie.org

August 27 Coal City, IL. Bike Psychos Century. Don't let the name scare you off; this is a very pretty ride. More info at www.bikepsychos.org

September 10 Springfield, IL. Capital City Century starts at Lake Springfield Beach house located in Center Park. Ride lengths are 25, 40, 62 and 100 miles. Homemade cookies and muffins at the food stops, Lunch with fried fish, brats and hot dogs. What other ride have you been on which will serve you a refreshing daiquiri upon completion of the ride? More info at www.spfldcycling.org

September 16 Arthur, IL. Bob Galloway Memorial Amish Bike Tour. Very popular ride because of the flat to rolling terrain and the opportunity to see the friendly Amish and to enjoy the lunch prepared by the Mennonite women. Cost is \$9 by 8/25 and \$14 after. Lunch is extra. More info can be found at www.decaturbicycleclub.org

A good source for rides in the Midwest can be found at www.mikebentley.com

If you would like brochures for any of these rides, please contact Cora Lynn Green at 683-3083

August 5 – 11, Joliet, IL. A 7-day Loop Tour sponsored by the Joliet Bicycle Club. Fee includes camping with showers, baggage transport to campsite each day, water and food stops along the route, SAG support, and tour route maps and some selected meals. For more info go to www.bikelib.org

August 19 – 20, Keosauqua, IA. Laurie Wilbur is encouraging Wheelman to plan on participating in Bike Van Buren XX. This is a 2-day ride discovering the eleven historical villages of Van Buren County, Iowa (God's country). You can get more information from Laurie or by calling 800-868-7822 or visiting the website www.villagesofvanburen.com

IVW Premiere Event: **"NO BALONEY RIDE"**



Saturday, September 23th, 2006 - No Baloney has it all!

- Well-marked, color-coded routes
- Friendly, professional sag service
- Food, food, glorious food! and...
- Gravity (drat!)

Where: Jubilee College State Historic Site and Park (10 miles west of Peoria, IL)

Time: Register from 6:30 am to 10 am (Please no 75 or 100 mile riders after 8 am)

Food: Well, of course - it's No Baloney! Each food stop team provides quantity and quality. Look for different themes at each food stop. Check out Pictures from Past No Baloney Rides!

Fee: \$15 before September 15; \$20 thereafter. Special family rate - \$40 before September 15, \$45 thereafter. (Children under 16 must be accompanied by adult.) Helmets required.

T-Shirt Design: long-sleeved T-shirt with IVW logo on front and this No Baloney design on back (picture coming soon)

Road Routes: It's Midwest road cycling at its best! This ride was voted "Best Country Tour" and "Best Food" by the League of American Bicyclists Best Biking In America Contest. Experience the bicycle-friendly atmosphere of central Illinois' rolling back roads and unique small towns. Ride 25, 50, 75 or 100 miles. Choose the distance that's right for you.

Camping: Jubilee College State Park is next door and accommodates RVs & tents. It includes a shower building with flush toilets, a trailer dump station, graveled pads, and grills, with water hydrants and privies. Reservations are not accepted. Permits can be obtained from the site staff or campground host.

Contact Name: Mike Pula..... **Contact Phone:** 309-243-9394

Contact Email: mrpula@hotmail.com

Form: enclosed in August/September IVW (can be reproduced).

ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 _____ Birthdate _____
(please print clearly)

Name #2 _____ Birthdate _____

Name #3 _____ Birthdate _____

Name #4 _____ Birthdate _____

E-mail address (print clearly) _____

Address _____

City _____ State _____ Zip + 4 _____

Zip +4 look-up website: www.usps.com/zip4

Phone() _____

Signature (Name #1) _____ Date _____

(Parent or guardian, if registrant is under 18)

DISCLAIMER: In signing this form, I understand and agree to absolve the officers and members of the Illinois Valley Wheelm'n Bicycle of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in any activity sponsored or advertised by said organization

Make check payable to: ILLINOIS WHEELM'N, 6518 North Sheridan Rd. Ste. 2, Peoria IL, 61614 -2933

Are you renewing, or is this a new membership? (check one)

Renewing New

If new, how did you find out about the club? _____

Are you a LAB member?(check one)

Yes No

Basic membership:

Individual (\$10) \$ _____
household (\$12) \$ _____

Voluntary advocacy contribution:
(\$5, \$10, \$15, other) \$ _____

Total enclosed \$ _____

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