



ILLINOIS VALLEY WHEELM'N



OCTOBER 2006

greater peoria's bicycle club
Email @ ivwheelmn@yahoo.com



PREZ SEZ :

Must be fall already!!! We just had the No Baloney ride and it went smoothly (despite the threat of rain) with the help of several IVW members. First and foremost, I want to thank Mike Pula for chairing this event. Mike orchestrated this major annual biking event for the past four

years. There are many others in the club who volunteered to help Mike and I probably will forget to name everyone, but I'll try. For those that I fail to recognize, please be assured that your time and effort were much appreciated by all who participated in the ride. Without the support of our many club members, this event would not be one of the best club rides around. Thanks goes out to all that helped:

- **Route markers:** Eric Hutchinson & Steve Grube.
- **Food distribution to the rest stops** Mike Pula & Lou McMurray.
- **Jubilee Park helpers:** Herb Unkrich, Laurie Wilbur, Rob Alexander, Larry Davis, Steve Sommers, Chris Maushard, Dennis Sans, Tom Dorigatti & Ron Anderson.
- **Registration:** Bill & Brenda Clark & Cindy Alexander.
- **Drivers/Signage:** Fred Smiser, Greg Durst & Steve Sommers.
- **SAG support:** Russell's Cycle & Fitness Center, Illinois Cycle, Bill Clark, Mike Therry, and Steve Kurt.
- **Organized the collection of baked goods:** Bonnie Johnson
- **Baked/donated food:** Pam Hoehne, Bonnie Johnson, Kathy John, Lou McMurray, Cora Lynn Green, Carol Romanowski, Sarah Emmons, J. D. Keenan, Dennis Sans, Larry Davis, Larry Paustian, Rita Hungate, JoAn Grane, Phil Burroughs, Lori Durst, and Dan O'Brien.
- **Organized and/or manned the three food stops:**
 - Elmwood: Sheldon Schafer, Pam Hoehne, & Noel Cline.
 - Princeville: Msgr Richard Soseman and the members of St. Mary of the Woods
 - Hanna City: Rich Dansizen & ROTC group.

Completed tear down/clean up: Chris Maushard, Bill Clark, Sheila Gribble & Steve Sommers.

Thanks again to all who helped!!!

Note: Pictures of the volunteers and participants can be found on page 5 of this newsletter.



Sept. 23, 2006, "No Baloney" Ride Review

Below, Sheldon Schafer, serving bubbly at Elmwood rest stop. Other specialties here were escargot on mushroom caps, croissants, arapes, crackers, cheese, etc.. etc.



Below (from left to right) manning the Jubilee Park registration table: Cindy Alexander and Brenda & Bill Clark.



New Members:

ALWOOD, SCOTT.....GOODFIELD
GEOFFROY, PAM.....PEORIA^
GEORGE, ELLEN.....EAST PEORIA
GRZYWA, JONATHAN & KHARMENE
SUNGA.....EAST PEORIA

Renewing Members

BACKLUND, TOMI.....PEORIA^
CORMIER, LANDALL & BETH.....PEORIA
GALLAGHER, TONI.....PEORIA
GEHRT, DAVID & ALBERTA & FAMILY.....
SPEER
HOOKER, JIM & SUE.....CHILLICOTHE^
KLOKKENGA, MARK E.....PEORIA
O'BRIEN, DAN.....PEORIA^
SPONHOLTZ, BETH & FRED.....
WASHINGTON
STREIB, RON & SHIRLEY.....DUNLAP
WEBSTER, BILL.....CHILLICOTHE
WEGMAN, LARRY & CHERYL & FAMILY.
MACKINAW
LIB Member * Advocacy^

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 to: 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

Competitive Cycling

Pg2

Wed., Oct 11 -- IVW Meeting, 7:00 PM

If you have an interest in biking competitively or would enjoy hearing about it, please come to our meeting on Wednesday, October 11, at 7 p.m. at Avanti's Restaurant, 2320 E. Washington St., East Peoria, IL.

Greg Springborn, President of the Peoria Bicycle Club and the Proctor Cycling Team, will give a presentation on his cycling accomplishments and how he prepares for racing events. Greg has vast experience in racing and has competed over 16 years. Besides his duties as president of the Peoria Bicycle Club and the Proctor Cycling Team for the past six years, Greg has also been the Race Director of the Proctor Cycling Classic for the same time period.

Greg will show a video from his club's Tuesday night Washington Square ride where he wore a helmet camera while cycling the course. He'll also bring pictures from various races so we can get a taste of the "hoopla" associated with competitive cycling. He also has great pictures of finishers and some crashes which is part of the sport of competitive cycling.

Greg will also talk about how a beginner can get started and prepared for his/her first race.

IVW members as well as friends and/or potential members are welcome to come to this presentation. If you plan on ordering dinner, please arrive 15-20 minutes early so you can get seated and served prior to the beginning of Greg's talk.



Greg Springborn winning the 30+ masters division at the Proctor Cycling Classic 2004.

IV WHEELM'N CHAIRPERSONS

PRESIDENT:

Kathy John 243-9191
runners2@npoint.net

VICE PRESIDENT:

Bill Clark 347-4841
wdclark@insightbb.com

SECRETARY:

Pam Hoehne 681-0206
pamela.shuckhoehne@sbcglobal.net

TREASURER:

Sheila Gribble 243-7822
sgribble4@juno.com

RIDE CHAIRPERSON:

Laurie Wilbur 446-9367
rcwilbur@att.net

SOCIAL CHAIR AND MAILING:

Bonnie Johnson 682-7771
bon1jon2@sbcglobal.net

DATABASE:

Larry Davis 691-3060
davis.lar@insightbb.com

ADVOCACY/GOVERNMENT RELATIONS

Eric Hutchison 688-7038

EDITOR:

Dennis Sans 347-8740
thesans@insightbb.com

WEBMASTER:

Bill Clark 347-4841
wdclark@insightbb.com

IVW Website:

<http://www.ivwheelmn.org>

Win The "Bike That Lance Rode"

-Trek Madone SL 5.9 -OCLV 110 carbon frame -58 cm. carbon fork -Bontrager Race XXX Lite Wheels -Shimano Dura-Ace drivetrain - Shimano Dura-Ace brakeset w/STI levers -Cane Creek S-8 headset w/ sealed cartridge bearings -Bontrager saddle, seatpost, handlebars, stem -On display, Illinois Cycle
\$10/chance, \$25/3 chances. Proceeds to benefit **Cancer Center for Healthy Living and Friends of the Rock Island Trail.**
Tickets available: Illinois Cycle, Drawing 10/15, 1:00, Illinois Cycle

Featured ongoing special ride.....



Pg. 3

Tanner's Orchard Ride, Oct 14th 2006

The leaves are turning colors and the weather is cooler, which means that the last great days of biking are here! Join us in celebrating the season by participating in a ride through the Illinois River bluffs to Tanner's Orchard. Tanner's is known for their great apples, as well as the fine baked goods.

The ride will take place on Saturday, October 14th at 9 a.m. Maps will be provided and the road will be marked. The marked route will be 40 miles (plus or minus a few). We'll stop at the orchard for snacks & drinks, so bring some money. The ride will be unsupported, so make sure you have spare tubes, a pump, cellphone, etc., and know how to use them. Riders should be level 2 or above.

Meet at the Mossville Grade School (a half mile south of the Caterpillar Mossville plant north of Peoria, on Old Galena road). To get there, just travel north on Rt 29 from Peoria, and turn left on Old Galena road. If there are questions,

IV Wheelm'n Annual Banquet



Date: Saturday, November 11, 2006

Place: Lariat Steakhouse, 2232 W. Glen Ave., Peoria

Time: Cocktails at 6:00 P.M., Dinner at 6:30 P.M

It's time once again to get together with other club members for the annual club banquet. We will visit, enjoy the meal and last but not least, elect new board members. We will have a choice among steak, chicken, or fish. Bonnie Johnson will need a head count no later than November 4th, so please call Bonnie at 682-7771

ILLINOIS VALLEY WHEELM'N – October, 2006 Rides Schedule

Pg. 4

Tuesday Dunlap Level III: Steve Kurt (243-7684) kurtsj@mtco.com leads this popular ride from the Dunlap Grade School, departing at **5:30** 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! **Last ride – Steve will continue to lead as long as riders come to ride. He enjoys ice on his facial hair!**

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 **5:30** p.m.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at **8:30** a.m. Mileage 25-40. Contact Laurie Wilbur (446-9367) rewilbur@att.net for more info. **Last ride October 24th.**

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 **5:00** 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. **Last ride October 25th.**

Daytime Thursday Rides, All Levels: Laurie Wilbur (446-9367) rewilbur@att.net plans these rides. All rides will depart at 8:30 a.m. in October. **Last ride October 26th.**

October 5, 2006: Depart from St. Mary of the Woods Catholic Church in Princeville. The church is two blocks south of Casey's. Travel to Toulon and Wyoming with lunch at the end of the ride in Princeville at COOPS. Distance 40 miles. Leader: Edith Albright (274-4849).

October 12, 2006: 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 35-40 miles with a lunch stop. Leader: Fred Smiser (346-9735).

October 19, 2006: Laurie's Birthday Ride. Depart from Brimfield Park on South Galena Street. The park is two blocks south of Rt. 150. Turn south at the library. Distance 30-40 miles with a break. Lunch at Chally's after the ride. Leader: Laurie Wilbur.

October 26, 2006: Depart from Jubilee College Historic Site. Distance 30-40 miles with a break. Leader: Laurie Wilbur.

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.

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 (681-0206) or pamela.shuckhoehne@sbcglobal.net

SEE LEVELS AND RIDE RULES NEXT PAGE, AND PICTURES FROM SEPT 23, 2006 "NO BALONEY RIDE!!!!!!!!!!!!!!"

Ride Levels:

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

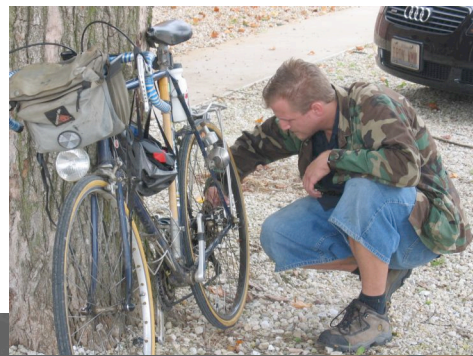
Beginner/Familv: These rides are at a casual pace

Ride Rules:

Pg. 5

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

“No Baloney” Ride



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 \$ _____

ILLINOIS VALLEY WHEELM'N
6518 SHERIDAN RD. STE. 2
PEORIA, IL 61614-2933

PRSR. STD.
U.S. Postage
PAID
Peoria Il.
Permit No. 310