



ILLINOIS VALLEY WHEELM'N

December
2009

greater peoria's bicycle club

Illinois Valley Wheelm'n

ANNUAL NEW YEAR'S DAY RIDE

Guess the Date and WIN!

MORE DETAILS ON PAGE 4

**CURRENT EVENTS
INTERESTED IN NEWS,
UPCOMING EVENTS AND
CLUB FUNCTIONS?
SEE WHAT IS HAPPENING
IN THE NEXT MONTH
AND MORE INSIDE!**

Check out all of the articles inside for
Dates and Details

Support our local Bike Shops

See where you can spend your
hard-earned money for quality
bicycles and equipment.

See page 15 for a listing of local
shops.

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Tailwinds – Mike Honnold – IVW Prez

Hello. Just got back from a whirlwind trip down/back to Jefferson City, Missouri so we could lay the ashes of my wife's grandmother to rest. What a full life - 93 years - was playing golf up to the end of the season this year and still drove herself around Peoria on a daily basis. Hopefully, if I am lucky enough to stay 93 years on this earth, I can say that I was able to put in some miles on the bike up until the end.

Like I do with most trips to new cities, I always try to find a local bike shop in hopes I can purchase a t-shirt or jersey with the shop's logo. Unfortunately, the shop we picked this time did not have a t-shirt and out they make their own full custom steel frame road/mountain bikes. I found this unusual, because the shop is very small and doesn't appear to have a lot of floor space. Road bike frames are made through the silver soldered lug process, while mountain frames are made by filet brazing the tubes together. Customers are given top-notch treatment from the point where a full-scale drawing is done of the frame, to when the bike rolls out the door and goes on its first ride around the block. Unfortunately, I walked out of the shop without a t-shirt or bike frame but have some good ideas if I ever want to step up and purchase a full custom frame. If you are ever in the Jefferson City, Missouri area, please stop by and see the folks at Hartsburg Cycle Depot (www.hartsburgcycledepot.com). I am sure they can set you up with a very nice custom steel frame rig - with that Midwest touch!

Cannot believe a year has passed since I took on the job as IVW president. I have learned a lot since my first board meeting last January, and thankfully, most of this knowledge has been good and/or helpful to my growth. At first, I was not sure if I wanted the position longer than a year, but I think I will stay on for at least 2 more years. Unfortunately, we have a couple people on our board who are stepping down from their positions after a few years of helping out. Vicki Padesky will be stepping down in January from her secretary position. As secretary, Vicki has been very helpful at taking notes during our board meetings, and sending out new member packets two or three times a year. In addition, Jim and Sarah Emmons will be stepping down from their position as club social chairs. Our club social chair is responsible for scheduling fun things for the club members to participate in - even if those events don't include our two-wheeled friends. For instance, each year the social chair is responsible for reserving the location and dates for our Christmas and New Year's parties. We will miss both Vicki and the Emmons's in their club positions, but I know there are plenty of you who could step into either of these jobs and do great work! If you have ever considered helping out the club at a board member level, please let me know ASAP, and we can talk about either position that is currently open.

On a similar note, long-time member, Mike Pula, has graciously offered his services as IVW Ride Coordinator. We appreciate Mike stepping into this position, and know he will do a great job coordinating all our weekly rides once the snow melts, and temperatures rise again! Thank you, Mike!

Welcome, New Members:

Dan & Christina Alcaraz.....E. Peoria
Jo-An Grane.....Brimfield^
Stephen J. Truska.....Peoria

Thanks to Renewing Members:

Phil & Sue Cornish.....Dunlap
Michael A. Dillard.....Peoria
Ron & Paula Douglas.....Peoria
Celeste Hansen.....Peoria
Jim & Sue Hooker.....Chillicothe^
Linda & Sam Kent.....Morton
Steve Kurt.....Dunlap*
Stephen & Theresa Meismer.....Peoria
Dennis & Peggy Tresenriter.....Groveland
Suzanne Wheeler.....Mapleton

(Denotes LIB/LAB Membership * Advocacy ^ donation)

REMINDER TO ALL IVW MEMBERS

Please check your mailing label for the expiration date of your membership. The IVW does not send out bills or notices, but requests that members keep track of the expiration of their annual memberships and submit the payments accordingly.
Thank you.

Don't Forget to Sign Up for the Email List to stay Informed!

Get the latest information emailed to you about special club rides, social events, club meetings and local cycling activities by signing up for the IVW email list! To join the list, please send an email to:

members-request@ivwheelmn.org

Subject: **Subscribe**

At anytime you may remove yourself from the email list by sending an email to: members-request@ivwheelmn.org

Subject: **Unsubscribe**

Note: You are not automatically on the email list by being a member. You must sign up to get emails from the club

IVW CHAIRPERSONS

PRESIDENT:

Mike Honnold – 696-2591
cannondale_25@juno.com

VICE PRESIDENT:

Lori Boland – 231- 1723
lorib1723@gmail.com

SECRETARY:

Vicki Padesky - 692-1552
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TREASURER:

Marge Semmens - 693-9388
m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:

Mike Pula
mikepula@gmail.com

2009 NO BALONEY RIDE CHAIR:

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cannondale_25@juno.com

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tandemx1@grics.net

MAILING:

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psit1@ameritech.net

DATABASE:

Larry Davis - 691-3060
davis.lar@comcast.net

ADVOCACY/GOV.REL.

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WEBMASTER:

Justin McWhirter - 694-3736
justin.mcwhirter@gmail.com

IVW Website:

<http://www.ivwheelmn.org>

HAVE
YOU
HEARD
THE
NEWS?



2009 Mileage Competition Wrap-up

By Mike Honnold

Despite some high late-season miles by Dennis Tresenriter, Edith Albright was able to hold off the competition and become the 2009 Illinois Valley Wheel'n high mileage champion with 7751.79 miles! I was quite amazed earlier this year when Edith logged almost 1000 miles by the end of January.

Coming in close behind Edith with the rest of the peloton were Dennis Tresenriter, Steve Sommer, Steve Kurt, and Mike Honnold. All 4 of these riders were separated in mileage by a few hundred miles, and served to provide the most heated battle throughout the year for 2nd place. Dennis Tresenriter crossed the finish line second with 6878.4 miles.

A big "Thank You" to all participants who faithfully sent their miles in at the end of each month. I could tell everybody was excited to be part of the contest, because by the 2nd or 3rd month, I did not have to remind most people to send in their miles!

Due to a late start on the competition in 2009, we were only able to use data from January through October. For 2010, participants are already logging their hard-earned November miles, and will be able to use all miles ridden for our next competition from November 2009 through October 2010. If you've enjoyed reading reports from our fun this year, please throw your hat into the ring, and start sending me your miles on a monthly basis to cannondale_25@juno.com. It would be exciting to eventually have a large number of IVW members participating in the fun, and give Edith a run for her money!

Some Interesting Statistics (12 riders; 2 female; 10 male) -

Total Miles Ridden by all - 56,137

Highest-Mileage Month - June (7891)

Lowest-Mileage Month - February (2531)

Female-Ridden Miles - 12,466

Male-Ridden Miles - 43,673

Average Miles Ridden Individually Per Month (10 months) - 229

(see chart below for totals)

WWW.CHICAGOWINTERBIKESWAP.COM

This is an early reminder that the Chicago Winter Bike Swap will be held January 16 at Harper College in Palatine Gather with the Chicago land bicycling community for HUGE savings for everything for the bike.

\$5 dollars admission for adults, kids 12 and under are free
FREE PARKING!

the CWBS will again be collecting used tires and tubes for recycling. Simply bring your used tires and tubes to the bike swap and leave them in the recycling area.

Don't pass up the one chance in the year to find a huge selection of post holiday closeout bargains.

Browse the bike corral for a selection of hundreds of new and used complete bikes, at discount prices.

If you are interested in Vendor space, please register early.

For more info check out:

WWW.CHICAGOWINTERBIKESWAP.COM

Sugoi Clothing IVW Club Discount

By Mike Honnold

Who doesn't like a good deal - especially when it involves saving money in these economic times? I have been in contact with a representative from Sugoi clothing over the past few weeks regarding a possible club sponsorship/discount. If you do not already know, Sugoi manufactures high-quality active wear clothing for the cycling, tri, running, and skiing markets. Their clothing is very high quality - I am still using a pair of cycling tights I bought from them 8 years ago!

In order to widen their presence in the marketplace, Sugoi is offering cycling clubs across the United States a sizeable discount in return for posting a Sugoi logo and weblink on the club website.

IVW club members (those in good standing as far as dues go) can now purchase anything off the Sugoi.com website for 50% off the posted retail price. This discount can be used as many times as you would like, and can even be applied to discount merchandise. I have already purchased a few items myself, and was amazed how much money I was able to save!

If you are an IVW club member in good standing and would like to take advantage of this discount, please send me an e-mail at cannondale_25@juno.com. We cannot post this discount code in the newsletter or on the website, since those sources of information are available to anybody with access to a computer. Our hope is this code will entice more people to join our club - and keep those who are already members. In addition - if we ever decide to do another IVW club jersey, Sugoi will offer us a sizeable credit toward our order!

IVW Monthly Social

By Mike Honnold

Please join Bill Clark and me at Rhodell Brewery for a monthly Friday social (last Friday of the month). Topics of conversation will vary, but I am sure they will mostly be concerning bicycling, or bicycling-related activities. This is strictly a show and go event.

HIGHWAY CLEAN-UP REPORT

Our last highway clean up for the year was on November 14. What a beautiful day! It was a pleasure to be outside.

Because there were 8 of us, the clean up went very quickly.

Thanks to Scott Wright, Jim and Jennifer Coffey, Mike Pula, Bill Clark, Lou McMurray and David Gehrt. Nothing too unusual was found, but vodka is definitely the drink of choice for driving while drinking and then throwing the bottle into the ditch. Approximately 10 empty bottles were picked up. Special thanks to all the Wheel'n who have helped keep Park School road clean this past year. See ya next Spring.
Cora Lynn Green

Rider Name	October Mileage	2009 Final Miles
Edith Albright	319.23	7751.79
Dennis Tresenriter	688	6878.4
Steve Sommer	787.2	6837.7
Michael Honnold	669.9	6132
Steve Kurt	530.72	6025.47
Tom Dorigatti	330.64	5822.9
Steve Berger	459	5275
Suzanne Wheeler	286.96	4714.1
Faraz Hussein	166	3745.6
David Gehrt	19	1425
Torsten Van Wassenhove	0	1153
Chris Gibson	28	377

Grand Illinois Trail And Parks bicycle tour (GITAP)

Sunday, June 13 to Friday, June 18, 2010

Northwest Illinois hills, vales, trails, country roads and small towns

Camping at state parks and two overnights close to downtown Galena

Start and End: Highland Community College, Freeport

Sponsored by the League of Illinois Bicyclists with support from the Illinois Dept. of Natural Resources

Contact: Chuck Oestreich, chuckace2@gmail.com, 309-788-1845, www.bikelib.org/gitap/

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On-Line Membership Payment/Signup

By Mike Honnold

Beginning in January 2010, online membership signup & payment options will be made available to IVW members through www.signmeup.com. With so many events & memberships offering online signup options these days, the board felt it was time for IVW to go the same route. We hope having an online option will encourage new members to sign up, and make the process of renewing memberships for current members easier and more convenient.

All members (current & non-current) choosing the on-line option will need to create a free account at www.signmeup.com when first using the service. Creating an account will allow you to easily renew your membership on a yearly basis without having to enter the same information all over again.

The online membership form closely mimics our current paper option - to keep the process as easy as possible. You will notice a few new questions, however, concerning the interest level a member has in volunteering their services toward the club. We hope gathering input on the volunteering interest level up front will make events (like No Baloney) easier to organize & promote.

As with many on-line services, www.signmeup.com does come with a small convenience charge to cover their administration costs, which will be paid by the member signing up. The new \$15 dollar single membership will cost an additional \$1.97, and the \$20 dollar family membership will cost an additional \$2.30. Depending how much you value your time, and the paper/stamp/gas/check used to sign up using the regular paper form, these additional costs may seem like a bargain. However, for those of you who do want to continue renewing your membership with the IVW, we will still offer the normal paper method.

Be looking for further information on how to sign up using this new method in the January 2010 issue of this newsletter! Let me know if you have any questions/concerns!



2010 NEW YEAR'S DAY RIDE/POTLUCK



WHERE: Mike Honnold's Home 1822 W. Bel aire Ave., Peoria.

Turn south off Glen onto Nelson Drive just past Concordia Lutheran School; Drive 5 blocks; make a RH turn onto Bel Aire Drive; We are the 6th house on the LH side of the road

RSVP to Mike Honnold @ 309-696-2591 or cannondale_25@juno.com by December 31st

TIME: Ride will begin at 2:15 p.m. (Distance will depend on weather conditions but will last approximately 1 1/2 hours.)

POTLUCK: Will begin immediately following ride. If you are not riding and want to join the potluck, please arrive at approximately 4:00 p.m.

Please bring a dish to share. A-M last names bring main dish; N-Z last names bring dessert. Club will be providing meat, wine, beer, soda, and tableware.

ILLINOIS VALLEY WHEELM'N - Fall, 2009 Local Rides Schedule

****NOTE: Closely view departure dates and times as rides are ending for the season!**

Daytime Tuesday Show and Go: Contact Herb Unkrich (673-1074) bluebirdherb@yahoo.com for more information.

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

For complete information on all of our rides, please go to our website and look at past issues of the IVW Newsletter.

See ya in the Spring !

<http://www.ivwheelmn.org>

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

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

Level III: 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 & Go: Riders have **NO** leaders. The distance and speed are 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 condition.
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.

Thank you to our No Baloney Sponsors!!!⁶



TARGET®



Order now to start your Christmas shopping early.
Order your "3 Feet Please" jersey today from:



<http://ivw.3feetplease.com>

Deliver your bold, powerful message in black letters on a bright yellow background. You'll help remind drivers to share the roads and at the same time help the Illinois Valley Wheelm'n. Purchase your jersey through the website above, and a \$5.00 contribution will be made to Illinois Valley Wheelm'n, courtesy of Tallahassee resident Joe Mizereck. Questions? Call 800-761-0907 or Email to: joe@3feetplease.com

Let 'em Know about the Law

FOR SALE

STATIONARY RECUMBENT EXERCISE BIKE, SCHWINN 217P, MAGNETIC RESISTANCE. USED FOR KNEE REHAB. \$499 OR BEST OFFER. WILL DELIVER WITHIN 30 MILES. CALL BILL OR MARGE SEMMENS AT 693-9388.

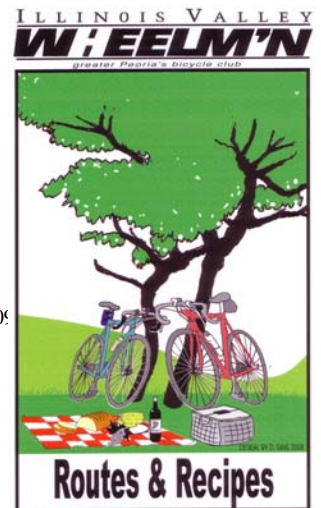
FOR SALE

Trico Iron Sports
 Awesome hard shell bike case.
 Made of durable plastic.
 Used for a road bike.
 Send your bike anywhere in the world with confidence.
 Used 1 time. \$200
 Contact J.D. Keenan 309 648-1008

IVW "Routes & Recipes"

Available for purchase at the following locations:

- **Bushwhacker Ltd.**
4700 N. University, Peoria 692-4812
 - **Illinois Cycle & Fitness**
9016 Allen Road, Peoria 693-2691
 - **Lakeview Museum**
1125 W. Lake Avenue, Peoria 686-7000
 - **Little Ade's Bicycles & Repairs**
305 N. 5th St. Pekin 346-3900
 - **Often Running**
206 South Linden St., Normal 454-1541
 - **Running Central**
700 Main Street, Peoria 676-6378
 - **Russell's Cycle & Fitness**
10 Valley Forge Plaza, Washington 444-2098
 - **Tanner's Orchard**
740 State Route 40, Speer 493-5442
 - **Vitesse Cycle Shop**
206 South Linden, Normal 454-1541
- Mike Honnold President IVW**
Cannondale_25@juno.com
 309-696-2591



This book has great routes and maps (and recipes too)!

Please consider supporting our local area bicycle shops.

Bushwhacker Ltd. - Peoria 309-692-4812	Little Ade's Bicycles - Pekin 309-346-3900
Russell's Cycle & Fitness - Washington 309-444-2098	Illinois Cycle & Fitness - Peoria 309-693-2691

This list is not meant to be inclusive of each and every bicycle shop in the area. Please see the yellow pages in the local phone directory for a complete listing. The IVW does not endorse any one bicycle shop listed. If you do not see your favorite shop listed here and would like to have information included, please contact the newsletter editor.

Great Colorado Bike Adventure

Trip Report by Dan McCaherty

Friday, Sept 4th - 6:30am: Mike & Tim pull up in Mike's van. We load my bike & gear then depart for the 2009 edition of the Great Colorado Bike Adventure (GCBA09). 6:45am: Back to my house. I forgot a few things. 8:00p m: Supper at brewpub in Cheyenne, WY 10:00pm: Check into Super 8 Motel in Fort Collins, CO

Saturday, Sept 5th - 10:30am: Arrive at New Belgium Brewery in downtown Fort Collins to ride in the Tour De Fat with about 13,000 of our closest friends. Basically a parade on bikes and in costume at VERY slow speeds followed by a BIG party near the microbrewery.

[Note to self: You MUST do the Chicago Tour de Fat in 2010. This is FUN!]

4:00pm - Set up camp at Estes Park campgrounds. Day before Labor Day so the place is PACKED but Mike reserved us a very nice site.

Sunday, Sept 6th - 8:00am: Meet local pals at Schmidt Bakery in Loveland for the Cinnamon Roll Century. Ride up Big Thompson River gorge to Glen Haven for rolls. Then back down canyon and up to Horse Tooth reservoir near Fort Collins. Down into Fort Collins and meandered around one of the biggest and best prepared paved bike trails on the planet all the way back to Loveland. Total mileage was just over 101 with at least 35 of those being on concrete (NOT crushed limestone or asphalt) bike trails.

Monday, Sept 7th - 10:00am: After breakfast and driving over the continental divide to the west entrance of Rocky Mountain National Park, we unload the van and ascend Trail Ridge Road from just inside the entrance over Milner Pass (elevation 10,758') to the summit at 12,183', then back down to the van. Ride was 44 miles with some rain. We did the climb in less than two hours, not bad for flatlanders with only a day or two of acclimatization. Of course, I was last one up the mountain so my time was a little longer than Tim & Mike's. Supper that night at Estes Park Micro-brewery! Labor Day, so traffic fairly heavy on Trail Ridge Road, but the roads were in better shape than previous visits. Campground's almost empty now though.

Tuesday, Sept 8th - 9:00am: After another early breakfast, we assault Trail Ridge Road again, coming from the east entrance by Sheep Lake this time. The weather was spectacular - probably the best day I ever had in RMNP on a bike (and this was my 7th trip up the mountain). It took me about 2.5 hours to get to the summit from this side. Windy & cool at the top but visibility unlimited! Total mileage today only 38. Speedo recorded max speed of 46mph on the descent today. Not a personal record, but source of LOTSA fun!

A large black bear reportedly walked through our campsite moments before we returned today ... hmmm. We have seen some wildlife this year: large herds of elk in the high meadows, a couple of young bulls near our camp, and a mule deer here and there. We've spotted one or two bighorn sheep, and we hear coyotes all around us most of the night, but just not as much as in previous visits. Also they are experiencing serious devastation to the pine trees in this part of Colorado. Beetles have pretty much killed off most of the pine forests on the west side of the park. They say the aspen will grow on the hillsides after the pines completely die out, but it's sad to see.

Wednesday, Sept 9th - 10:00am: We met up with Jeff & Curt (local bike riding buddies) at Lefthand Brewery in Longmont for the Lefthand^2 Ride. Ascended Lefthand Canyon from Boulder to Ward (first time experience for me) then after a pit stop for more Gatorade at the Ward General Store, we headed north on the Peak-to-Peak highway. Turned back east when intersected St. Vrain canyon and rode the most beautiful 25 miles (or thereabouts) of my life, all downhill and breathtakingly spectacular. Ended up back at Lefthand Brewery with 65 miles and a couple of rounds of the best tasting beer around. Great ride!

Thursday, Sept 10th - 11:00am: Met Curt at Ted's Place north of Fort Collins and rode up the Poudre Canyon, another spectacularly beautiful unspoiled scenic ride with gradual grades. We averaged nearly 20mph for 63 miles. Curt was besieged by a wasp down the front of his jersey, so after the ride we regrouped at the New Belgium brewery in Fort Collins for some tasty treatment. After that, we visited a couple of local bike shops then met up with our local pals & their wives for a delicious supper at Rasta Pasta. Another very memorable day in the GCBA09.

Friday, Sept 11th - 9:30am: Final day to ride. After breakfast at the BigHorn Café in Estes Park, we rode up past St Mary's Lake then up route 7 past Long's Peak and Meeker Mountain. Wish we could have a few of these mountain views back home - they seem to have way more than they need here. On the way back down the mountain, we see a kid jump on his skateboard ahead of us & start down the descent. We tried to catch up with him, but he quickly left us in his dust even though we were flying through mountain switchbacks in excess of 40mph! We racked up another 32 miles today for a total of about 347 miles for the week and who knows how much climbing. (cont'd)

Saturday, Sept 12th - Breaking camp in a light rain at 7:00am. Spent the next 16 hours driving back to Illinois and planning our next Great Colorado Bike Adventure.



MEMBER PROFILE

Larry Davis

For more than a decade, Larry Davis has been “kind of twiddling” to persuade the ancient (but reliable) DOS database program that handles Wheelm’n membership data to perform, however reluctantly, on modern computers.

Here’s how he explains his job as manager of the organization’s data base.

“I get an envelope with the membership renewals – just the paperwork, they don’t trust me with the money – and then I enter it into the database Bill Clark began building a long time ago. We ask the program questions, and it generates the mailing labels that you see every month.

“I kind of twiddle, and I make it work. It’s really that simple, but it’s daunting to get anyone else to do it” because so few have worked with a system this old.

What would be a struggle for most is no big deal for Lar, an architect with the skills of a tinkerer. While a student at the University of Illinois, he designed and built loudspeakers and put bikes together from pieces found while dumpster-diving. “I was always accused of taking things apart and breaking them when I was little,” he says.

He grew up in southern Illinois, in the area known as Little Egypt, and rediscovered cycling when in college in bike-friendly Champaign-Urbana. It was flat, and there weren’t many cars on campus at that time. Lar graduated in 1973 with a bachelor’s degree in architectural studies and in 1975 with a master’s in architectural design. He was on a six-year plan, not because he was a sloth but because the university decided to require it for the program the year he entered.

A job offer from a schoolmate moving out West brought him to Pekin. It too proved easy to get around on a bike there, a good thing since he did not own a car. “I rode my bike around town with my drawings – my portfolio – on my handlebars,” he says.

Three months later the job was no longer, and Lar rode the bus to the big city just west of the river to look for work. The architectural firm of Kenyon & Associates hired him but insisted he travel on four wheels.

He didn’t give up biking. Having moved to the Bradley University area, he found the neighborhood streets inviting and widened his reach to Peoria Heights. That’s where the man Lar calls his “bike mentor,” Sam Joslin, worked. Joslin was the lead mechanic at Vitesse when it opened its store on Prospect Road. Lar bought his first new bike, a Sekai 1000, from Vitesse in Normal, and it was one of the first bikes ever delivered at the Heights store.

So when Sam asked Lar to take over data base operations from Bill Clark, Lar agreed. While he doesn’t mind the job, he says he’d welcome a volunteer to help out. “It would be nice to know there’s a back-up.”

Computers are a consistent hobby, as is photography. He’s a fan of Applegate & Co. bluegrass music. And he still works for Kenyon. Specialty projects that are historical preservation- and research-based are, well, his specialty. “I’ve been in a lot of basements and in people’s cupboards,” he says. He designed the new Universalist Unitarian Church in Peoria, the revamped Constance Hall on the Bradley University campus, and the letters that spell out EXPO GARDENS on the Youth Building at the fairgrounds. Yes, the letters, “those are mine.”

Unfortunately, health problems in recent years have kept Lar from biking as much as he would like. Group rides are out. Shorter rides are in “whenever I can manage to be fit enough to do it.” A recumbent tricycle helps. “It’s kind of neat because kids turn and wave at you,” he says. That’s the good part. The bad part is that it weighs 50 pounds, and biking uphill is no fun.

When he was riding more often, Lar loved introducing friends to the sport and particularly enjoyed getting trail bikers accustomed to road riding. Now he derives pleasure just from having bikes. “I do love the toys, the bling. I like to fiddle with stuff,” he says. “I have six bikes -- I think.”



I KIND OF TWIDDLE AND MAKE IT WORK !

IT'S REALLY THAT SIMPLE !

MEMORABLE MOMENTS ILLINOIS VALLEY WHEELM'N ANNUAL DINNER

November 21, 2009

Over 30 people attended this annual event. Edith Albright was the recipient of the 2009 High Milage Award with 7751.79 miles ridden this year, presented by Mike Honnold, IVW President. Other awards were Dale Cook, Most Improved Male rider and Bonnie Martin Most Improved Female Rider, and Hub of the Club went to Mike Honnold.



Classified Ads

Classified ads for club members are welcome. If you want to post a bike for sale or a wanted item in the newsletter, send your advertisement to the editor, wdclark190@comcast.net as an attachment. The advertisement MUST be formally keyboarded as a "Word" document. If the item is sold, please notify the editor so it can be removed from the newsletter.

Commercial ads are also welcome at a charge of \$25 for a ½ page and \$50 for a full page. To submit a commercial ad, send an electronic document compatible with Windows to wdclark190@comcast.net as well as a hard copy to:

William Clark

308 Linden St., Pekin, IL 61554

All materials (including payment) must be received no later than the 15TH of the month preceding the appearance of the advertisement.

Check the Website for Updates and General Information

Our webmaster Justin McWhirter is constantly updating our website and will be glad to hear your comments and ideas.

You can upload your pictures, post upcoming bike ride information, check club events, advertise wanted or for sale items, communicate with other members through our forum, view the newsletters in color, and check the most recent club calendar.

Go to www.ivwheelmn.org, log in entering your username and password, and click on "Forum" (on the left-hand side).

The more we use it, the better it will become!

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 _____

Email address (print clearly) _____

Address _____

City _____ State _____ Zip +4 _____

Phone () _____ - _____ (cell) _____

Signature (Adult #1) _____ Date _____

Disclaimer: In signing this form, I understand and agree to absolve the officers and members of the Illinois Valley Wheelm'n (IVW) bicycle club 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 club.

Make check payable to: Illinois Valley Wheelm'n, 6518 N. Sheridan Rd., Ste. 2, Peoria, IL 61614-2933

Are you renewing or is this a new membership? (Circle one)
 Renewing New

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

Member of:

League of American Bicyclist

Yes No

League of Illinois Bicyclist

Yes No

Basic Membership

Individual (\$12) \$ _____

Household (15) \$ _____

Lifetime (\$250) \$ _____

Voluntary advocacy contribution

(\$5, \$10, \$15, other) \$ _____

Total Enclosed \$ _____

Date/Time	Event Name	Location
January 1 st , 2010 2:15 P.M. to ride / 4:00 P.M. to eat	IVW Late Christmas / New Year's Party & Ride	Mike Honnold's House – Peoria 1822 West Bel Aire Avenue
July 17 th , 2010 5:00 A.M.	Lake Evergreen Tri Volunteering Opportunity	Lake Evergreen, Bloomington, IL
September 25 th , 2010 6:30 A.M.	No Baloney Bicycle Ride	Shore Acres Park, Chillicothe

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

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**When does your annual
membership expire?**
**Check the date on the upper right
corner of your mailing label.**

