

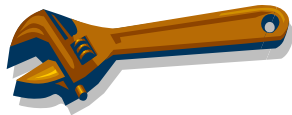


ILLINOIS VALLEY WHEELM'N

April
2009

greater peoria's bicycle club
Email: members@ivwheelmn.org

ARE YOU AND YOUR BIKE READY
FOR THE UPCOMING SEASON
NOW IS THE TIME TO GET YOUR
BIKE IN SHAPE FOR THE
SUMMER RIDING SEASON



CURRENT EVENTS
INTERESTED IN NEWS
ABOUT UPCOMING
EVENTS AND CLUB
FUNCTIONS? SEE WHAT
IS HAPPENING IN THE
NEXT MONTH!

PAGE 3-4

Support our local Bike Shops

See where you can spend your
hard earned money for quality
bicycles and equipment.
See page 9 for a listing of local shops.

ON THE INSIDE

Club Officers	Page 2
New/Renew Members	Page 2
Event News	Page 3-4
Member Profile	Page 8
April Club Meeting	Page 6
Classified Ads/For Sale	Page 9
Pedal Peoria Series	Page 10
Ride Schedule	Page 5/6/7
Calendar of Events	Page 6



Tailwinds – Mike Honnold – IVW Prez



Tailwinds. Hello, once again. It is amazing how a new month has brought the warmer weather of spring and better days for riding those bikes – wow! I took the dog for a walk (actually crutch) after work today, and was blown away at the number of people outside walking, running, biking, sitting, etc... As Illinois weather typically behaves this time of the year, I'm sure we'll have a few more days of cold weather, but the warmer days of Spring and Summer are just around the corner! Not sure how many of you know Eric

Kumpf, but he is a fellow biker, and works for the Peoria Fire Department. On March 13th, Eric was riding down Detweiller Drive on his way to work, when a driver coming up the other direction crossed over into Eric's lane around a curve. Eric was hit by the driver's side door, and thrown off his bike. Luckily, Eric always wears his helmet while riding, but still suffered extensive injuries to his ribs, vertebrae, and head. By the time this newsletter goes to print, I hope Eric is out of the hospital and well on his way to a speedy recovery. However, this is a reminder to all of us that we need to wear bicycle helmets at all times while on the road. You never know when a driver may be distracted by a ringing cell phone, or misbehaving child, so you must be prepared at all times!

On this same subject – plans are being formulated for the 2009 Ride of Silence. Not sure how many of you participated in this ride before, but it is a nationwide effort to remember those who have been injured or killed while riding their bicycles. During the course of the 10-12 mile ride, all participants wear a black armband, and are instructed to remain silent. In addition, strict rules are put in place to make sure riders adhere to a 10 MPH speed limit so all skill levels of riders can participate in the event. For the past 3 years our ride was held in Dunlap, but we would like to expand our reach with a ride through Peoria in 2009. Many more details will be announced next newsletter, but please "Save the Date" for May 20th @ 7 P.M. To read more about the ride, please visit www.rideofsilence.org.

Joe Russell has once again agreed to host our annual "Spring Breakout Ride" on Saturday, April 25th. Hopefully, we'll have better luck with the weather this year! Plans are to have a shorter/slower (20-ish miles) group lead out by Gary Jacob, and a longer/faster (30-ish miles) group lead out by Rob Alexander. Both groups plan to leave around 8:30 A.M., so please arrive early to the shop, so you have plenty of time to get your bike and other equipment ready. After the ride, Joe Russell is planning to have a few refreshments for all riders back in his shop. Hope everyone can make it!

I would like to take the remainder of my column to thank Lori Wilbur for her years of service to the club as our ride coordinator. Lori has elected to step down from her position once all rides are in place for the 2009 spring season. Without the efforts of Laurie to keep everyone on track, our club would not be as popular or successful as it has been! Please take a second, and call or write Lori to thank her for all the hard work she's done! In addition, if you would like to be the new ride coordinator, please contact Lori or myself!!

Thanks to Lifetime Members:

HEINE, Karen & StevePeoria*^

Welcome New Members:

Margaret Ambrose.....Peoria
Jean-Marie Billon.....Peoria
Peter Hanssen.....Peoria
Tracy Litzinger.....Peoria
Dan McCaherty.....Washington

Thanks to Renewing Members:

Jim Comfort.....Peoria Hgts.
Dale Cook & Sharon.....Pekin
Denise Cooksey & Randy.....Peoria
Lori David.....Peoria
Chris Everts & Marguerite & Fam....Peoria
Rolla Godfrey.....Toulon
Steve & Carol Hallock.....Peoria
Al Lagoda & Elaine.....Mapleton
Jill Levene.....W Peoria
Dirk McGuire & Michelle.....E. Peoria
Richard Moore & Twila.....Dunlap
Ken Parker & rosie.....Morton
Tom Romanowski & Carol.....Peoria
Patty Sage & Todd.....Morton
Thomas & Katey Dale & Family....Pekin
Dorethy Venturi.....Farmington
Shai & Liliana Wong.....Peoria

LIB Membership * Advocacy ^

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

Stay Informed

Sign Up for the Email List and/or Update Your Email Address!

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:
IVW_peoria-subscribe@yahoo.com
Subject: **Subscribe**

At anytime you may remove yourself from the email list by sending an email to:

IVW_peoria-unsubscribe@yahoo.com
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
vpadesky@yahoo.com

TREASURER:

Marge Semmens - 693-9388
m_b_semmens@sbcglobal.net

RIDE CHAIRPERSON:

Laurie Wilbur - 446-9367
lwilbur02@gmail.com

2009 NO BALONEY RIDE CHAIR:

Mike Honnold - 696-2591
cannondale_25@juno.com

SOCIAL CHAIR:

Sarah & Jim Emmons - 246-2166
tandemx1@grics.net

MAILING:

Patty Isit - 697-0490
pisit1@ameritech.net

DATABASE:

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

ADVOCACY/GOV.REL.

Eric Hutchison - 688-7038
erichutchison1@hotmail.com

EDITOR:

Bill Clark – 347-4841
wdclark190@comcast.net

WEBMASTER:

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

IVW Website:

<http://www.ivwheelmn.org>

HAVE
YOU
HEARD
THE
NEWS



Bike to Work Week takes place May 11-15, 2009 Get more information at www.bikeleague.org

Save The Date!!

Who: All cyclists who are interested in promoting their favorite sport/activity to drivers and pedestrians

What: **The Ride of Silence**
(www.rideofsilence.org)

When: May 20th – 7 P.M.

Where: T.B.D. (announcement in May newsletter)

Why: To remember those who have been injured or killed while riding.

For any questions, please contact:
Bill Clark (wdclark190@comcast.net)
Mike Honnold (cannondale_25@juno.com).

Let 'em Know about the Law
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 E-mail jo@3feetplease.com

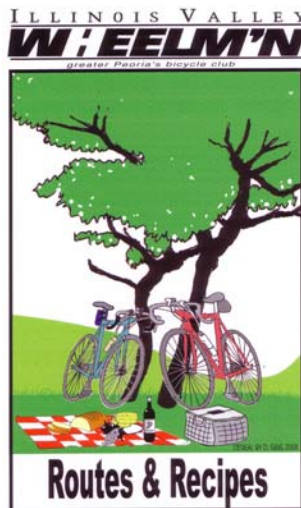
2009 IVW Club Mileage Competition
In the February 2009 newsletter, I introduced a new *friendly* competition between club members to attain the highest number of outdoor training miles. So far, eight club members have taken up the challenge - There is still time to enter this competition and conquer all - please send me your mileage for April to cannondale_25@juno.com.

Rider Name	Feb. Miles	2009 Total Miles
Edith Albright	704.5	1673.35
Denny Tresenriter	452	793
Steve Kurt	264	556
Suzanne Wheeler	274	474
Michael Honnold	142	273
Steve Sommer	0	209
David Gehrt	19	19
Chris Gibson	0	0

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)!

HABITAT FOR HUMANITY RIDE

"Join us for the 17th Annual Habitat 500!

Ride 500 miles over seven days through southeastern Minnesota to raise funds & awareness for Habitat for Humanity. Highlights include: 135 rider max, bike mechanic, massage therapists, SAG, nightly entertainment, great meals & more!

The scenic route starts & ends in Faribault & loops through Rochester, Rushford, Grand Meadow, Albert Lea & Lake Crystal.

The route follows lightly traveled county roads & paved Bicycle trails."

You can find more information at www.habitat500.org

MEMBERS—Do you like to stay current on all of the latest club news? Want to know about all of the impromptu bike rides our ride leaders put together on a moments notice? If so, you sound like a candidate who would enjoy being a member of our IVW-YAHOO GROUP. All you have to do is send an email to IVW_Peoria-subscribe@yahoogroups.com and we will get you on the list ASAP. Once a member, posting messages to other group members is as easy as sending an email from your regular account to IVW_Peoria@yahoogroups.com. Hope to see you join soon.

EDITORS NOTE: This list will take the place of the Email list. If you are already registered on the current list you will need to re-register on the yahoo group list to continue to receive emails from the club. This has proven to be a far better and faster way to communicate

On March 10th, twelve IVW members enjoyed delicious pizza from Godfather's and an informative presentation on cycling in Italy from fellow IVW member, Judy Blackburn. Judy and her husband took a weeklong cycling trip to Italy a few years ago as a portion of their honeymoon adventure. Over the course of 5-6 days, a professional touring company guided them across the Italian countryside. Each day, their personal tour guide would set them up with bikes, maps, & snacks, and then rendezvous at strategic points along the planned 20-50 mile course. This arrangement allowed the freedom of being able to ride at their own leisure, and see everything they wanted to. Judy's pictures were amazing, and made me want to hop on a plane to Italy the next day! Thanks again, Judy, for taking the time to come to our meeting and share your adventures! Mike Honnold.

2009 No Baloney Potential Volunteer Positions

September 26, 2009

Below is a list of potential coordinator positions for the 2009 No Baloney. There could possibly be more to add than what you see here. If any of these positions sound interesting to you, please contact Mike Honnold at 309-696-2591 or cannondale_25@juno.com.

Thank you.

Route Coordinator Food Coordinator
Locations Coordinator
Registration Coordinator T-Shirt Coordinator
Donations Coordinator SAG Coordinator
Public Relations Coordinator

ADOPT A HIGHWAY

Last year the Wheelman took on the project of keeping Park School Road clean of litter. This is thru the Peoria County Highway Department's "Adopt a Highway Program.

We will have our first scheduled clean up day for 2009 on Saturday, May 2nd, at 10:00 AM. This is not a difficult task. In fact, it is rather fun so I would encourage you to join us. We will meet at Not Your Average Joe on 2nd Street in Dunlap. Come a little early to have some of their delicious coffee and visit with other Wheelman.

Bring gloves; vests and orange bags will be provided. We will pick up litter on the two-mile stretch of Park School Road between Rt. 91 and Feuchts on both sides of the road. This usually takes about an hour. Hope to see you there

Cora Lynn Green, Chairman

ILLINOIS VALLEY WHEELM'N - Spring, 2009 Rides Schedule

****NOTE: Closely view departure dates and times!**

Monday Morton Level II: Dennis and Peggy Tresenriter (387-6617) dtresenriter@comcast.net co-lead this ride out of Morton starting **April 6th**. Meet at McClellan Park (soccer fields at Jackson and Tennessee) at 5:30 p.m. all summer. Distance will be 15-20 miles early in the season and increase over the summer. The ride will regroup periodically.

Monday Dunlap Level I: Bonnie Johnson (682-7771) will lead this ride departing from Dunlap Grade School starting **May 4th** at 5:30 p.m. Effective June 1st departure changes to 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.

Daytime Tuesday Show and Go: All levels of riders depart from the Dunlap Grade School at 9:30 a.m. during **April**. Mileage 25-40. Contact Herb Unkrich (673-1074) bluebirdherb@yahoo.com for more information.

Tuesday "Kinder Gentler" Level II: Pam Hoehne (681-0206) will lead the level II rider or those level I riders looking for a challenge. This ride departs at 5:45 p.m. from Dunlap Grade School starting **April 14th**. Effective May 5th departure changes to 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 5:30 p.m. beginning **April 5th**. Starting May 5th the ride will depart 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. Departs at 5:30 p.m.

New! Wednesday Rock Island Trail Ride: Jim and Bob Reading (xxx-xxxx) readingdiana@yahoo.com will depart from Connor Co., 1229 W. Pioneer Pkwy., at 5p.m. starting April 15th. Ride distance will be approx. 7 miles adding more miles as the group desires. The group will ride together. No one will be left behind.

Wednesday Dunlap Beginner: This ride from the Dunlap Grade School will begin **May 6th**. Ride distance will be 15 miles early in the season. Prepare to be able to ride 1 ½ hours. The group will ride together. No one will be left behind. Contact Mike Pula (264-9396) mikepula@gmail.com

Wednesday East Peoria Level II: Dirk McGuire (699-8482) dirkbike1@insightbb.com will lead this ride from Cross Point Church, 304 S. Pleasant Hill Rd. beginning **April 1st** at 5:30 p.m. all summer. Ride distance will start in the 20-mile range and increase throughout the season. Average speed will be 13-17 mph and no one will be left behind.

Thursday Washington Level I and II: Departs from Russell's Cycle and Fitness at 6:00 p.m. beginning **April 9th**. The ride will begin as a Level I traveling 10 miles. The group will increase mileage and speed to a Level II by June. This ride is for those wishing to increase speed and distance. Contact Rob or Cindy Alexander (444-3297 or 231-2190).

Friday Chillicothe Level I - Family Ride: Jim & Sarah Emmons (246-2166 or 238-3420) tandemx1@grics.net will lead this ride from the Pearce Center. The ride will begin **May 1st** at 5:30 p.m. all summer. Ride distance will begin in the 20 mile range and increase over the summer. No one will be left behind. Join the Emmons for dinner at a local restaurant after the ride.

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.

Some of the evening rides will depart at 6:00 p.m. as the days get longer. Watch your newsletter or refer to the IVW Website: <http://www.ivwheelmn.org>

Daytime Thursday Rides Level I and II: Fred Smiser (241-7431) smizz444@gmail.com organizes these rides. All rides will depart at 9:30 a.m. in April.

April 2, 2009: Depart from ??????????????????????. Distance ??????. Lunch?????????????????. Leader: ??????????????????(xxx-xxxx)

April 9, 2009 Fred's Ride: Depart from the VFW Hall in Pekin located 2 miles south of the Pekin Hospital on the corner of 14th St. and the VFW Road. Distance 35-40 miles with a lunch stop. Leader: Fred Smiser (241-7431) smizz444@gmail.com.

April 16, 2009 Mike's Ride: Depart from Dunlap Grade School. Distance 25-30 miles. Lunch after the ride in Dunlap. Leader: Mike Pula (264-9396) mikepula@gmail.com

April 23, 2009 Suzanne's Ride: Depart from 9278 W. Lake Camelot Dr., Mapleton, IL.
Meet in the club house parking lot next to the pool and the lake. Distance 35-40 miles with a lunch stop in Hanna City. Suzanne Wheeler (258-0272) slwheeler@gmail.com.

April 30, 2009 Herb's Ride: Depart from Brimfield Park on South Galena Street. The park is two blocks south of Rte. 150. Turn south at the library. Distance 24-36 miles with a lunch stop. Leader: Herb Unkrich (673-1074 or 339-8977) bluebirdherb@yahoo.com.

CALENDAR OF EVENTS

Date/Time	Event Name	Location
April 8 th 6 P.M.	IVW Board Meeting	Safety Town; Peoria
April 25 th 8:30 A.M. – Sharp!	Spring Breakout Ride	Russell's Cycle and Fitness; Washington
May 2 nd ; 10:30 A.M.	IVW Adopted Road Trash pickup	Dunlap; Not your Average Joe
May 20 th ; 7 P.M. – Sharp!	Ride of Silence	T.B.D.
June 27 th -28 th 6 A.M.	Interplanetary Bike Ride	Dunlap/Peoria
June 28 th 8:30 A.M.	Proctor Cycling Classic	Downtown Peoria
September 26 th 6:30 A.M.	No Baloney Century	Jubilee Park

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 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 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.

Early Registration for June 14-20 GITAP Bike Tour

Explore the prairies, waterways, fields, and small towns of northern Illinois by bike! Registration is now open for the 7th Grand Illinois Trail and Parks bicycle tour, starting this year at the I&M Canal Trail in Seneca. The week-long loop features rural roads, parts of the Grand Illinois Trail, and overnights at four outstanding state parks: Shabbona Lake, White Pines and Johnson-Sauk (two nights each), and Starved Rock.

Mileage choices range from 310 to 580 miles for the week. The route is generally flat with some optional hilly areas. Included are dinners, breakfasts, tent camping sites (with motel option available), luggage transport, sag support, bike repair, and more, including entertainment at White Pines and the optional, unique “Velosophie” program of nightly discussion hosted by the Illinois Humanities Council.

GITAP welcomes you to join in the fun! Don’t wait too long! Last year, our limit of 160 riders was reached months before the ride. For details and registration, see bikelib.org/gitap/2009 or contact Chuck Oestreich (oestreich@qconline.com, 309-788-1845).

EDITORS NOTE:

Pursuant to Article IX, “Amendments of the Constitution and Bylaws” of the Illinois Valley Wheelm’n Bicycle Club, with regard to Article III, “Membership”, Section 2, “Types of Memberships” available, NOTICE IS HEREBY GIVEN as of March 1, 2009, that an amendment to the above mentioned Article is being considered by the Board of Directors. The position of “Lifetime Member” has been created and will be offered to anyone who wishes to pay the cost as determined by Article IV, section 2.

This issue will be voted on no earlier than May 1, 2009 at the next General club meeting after that date, as prescribed in Article IX.

Questions or comments may be directed to Mike Honnold, President, Illinois Valley Wheelm’n at the phone or email listed in the IVW Chairperson listing in this newsletter

MEMBER PROFILE

By Bill Clark



Most of us remember the early 80's because of the same mess that we are in now. The economy was in the tank, and hundreds of people were out of a job. However, this month's featured person just climbed on a bicycle and did not really worry too much about anything other than where his next rest stop was.

Eric Hutchison was a member of the Illinois Valley Wheelm'n long before it was fashionable to be known as a "cyclist". Long before a lot of us were worried about anything other than our hair and how our bell-bottoms looked. .

After entering this world in 1960, Eric grew up in South Bend, Indiana. His first bike was a family hand me down with a girly frame that he took on at around the age of five. He used to ride this clunker about five miles, to his Grandmother's house to help out with chores. It was not until a few years later that his mom and dad provided him with his first ten-speed, by taking advantage of a special deal at the local bank. Make a big cash deposit and get a free ten-speed bike. His folks probably had no idea at the time how much of an influence that first bike would have on Eric's life.

After working as a stock boy among other various jobs during his High School years, Eric went on to eventually enroll in college at Purdue University, where he graduated in 1984 with a degree in Mechanical Engineering. It was just a year before graduating, while working in an outdoor store, that Eric bought his first "really sweet" bike. A brand new 1983 Trek, and for those of you who know him, still see him on to this very day. Hey, if it works do not try to fix it. He had gone to school with a good friend who tried to organize a road ride "around Rockford," but that did not materialize for reasons long ago forgotten. Nevertheless, Eric kept riding as he had found something he was good at and enjoyed more than any other sport that he had taken a stab at. Even now, his list of other sports only includes Tai Ji and Yoga. He used to run but found cycling to be much easier on the knees and the rest of the body.

After graduating from college, Eric decided to use this in between time to go on his first serious road trip. He was supposed to ride from San Francisco to San Diego, but when that fell through, he signed on to do a trip from Seattle to San Francisco. A really big jump in mileage. And commitment. He kept riding and eventually went on to Los Angeles and eventually San Diego. In addition, not only did he complete that trip, he joined a group to ride across the lower part of Michigan the same year. The bug had bitten and he was infected. His cycling life has never looked back.

Eric joined the Illinois Valley Wheelm'n in 1986 and has been involved in some aspect of helping run the club ever since. Originally, he joined after moving here to take on a job at Caterpillar Tractor Company, because as he put it, "I like riding with other people, it's a GAS." He had no friends in the area, and found this to be an instant source of companionship and friendship. He has held various positions within the club, including being Ride Coordinator for "Diane's Ride," which for those short time members of the club was the other invitational ride the club used to sponsor. He also has led the No Baloney ride and to this day still leads the City Rides. He was Vice President for a while, and around 1990 became the Advocacy Chairperson. He continues even today to serve the club in this capacity. And, after deciding this was a serious enough of an issue, he was elected as President of the League of Illinois Bicyclists for 2 years.

A couple of last questions came to mind as we talked. What was your most enjoyable ride? "GRABAAWR." "Southwestern Wisconsin is such a beautiful area, and this is one of my favorite areas to ride in" What other countries have you rode in? "New Zealand." "Honeymoon." "I am still amazed that I was able to plan and carry out such a trip all on my own, and have it come out as well as it did," was the reply. We did not linger on this question too long, as Eric has been, re-single for a few years again now. Who is one of the most memorable people you have rode with? "Don Eberle" came the reply, without hesitation. This man used to ride upwards of 10,000 miles a year and has done more to promote cycling as a way of life in his 80 plus years, than most of us will do in a lifetime. And, he (Don) still rides!

Those of you involved in the club know Eric as a dedicated individual who has done his best to help this club prosper. Those of you who are not involved, well, you need to get to know him. Because without people like him in the club, the Illinois Valley Wheelm'n just would not be. His knowledge about cycling is seasoned and genial personality genuine. Shake his hand when you see him, if you can catch him. He rides upwards of 3000 miles a year, besides working full time. And still on that same old steel 1983 Trek.

A Unique Cycling Weekend
Come for the tour and stay for the races!
Lakeview Museum's 15th Annual Interplanetary Bicycle Ride
 &
Peoria Bicycle Club's Proctor Cycling Classic
June 27/28, 2009, Peoria, Illinois

The Interplanetary Bicycle Ride follows a route from Dunlap, Illinois, through Lakeview Museum's Community Solar System, the world's largest complete model of the solar system. On Saturday, cyclists visit the outer planets on route lengths varying from 12 to 100 miles. Both road and trail routes are available. On Sunday, riders travel from the Sun to Saturn and back, a 24-mile route connecting the inner planets through the streets of Peoria and East Peoria, ending up at the Proctor Cycling Classic. Registration is \$22 (\$27 after June 19th). A family can ride for \$50. Fee includes museum admission, the Saturday night Star Party, and more. For more information, visit www.lakeview-museum.org or call (309) 686-7000. You can register online at active.com following a link from the museum webpage.

We also have a short list of Volunteer opportunities:
 Everyone – spread the word, take flyers to other events
 1 – 2 persons with van – extra sag help Saturday
 1 – 2 persons, Setup Friday evening
 1 – 2 persons, registration 5:15 – 9 am Saturday morning
 1 – 2 persons, help with end of ride food 10am – 4 pm
 1 – 2 persons, help with cleanup and move back to museum 4 – 6 pm
 3 persons Route marking
 Please call Sheldon Schafer at 309-686-7000 if you can help

Please consider supporting our local area bicycle shops.

Bushwhacker Ltd.

309-692-4812

Russell's Cycle & Fitness

309-444-2098

Little Ade's Bicycles

309-346-3900

Illinois Cycle & Fitness

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.

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 wdclark190@comcast.net as an attachment. The advertisement **MUST** be formally keyboarded as a "Word" document. 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.

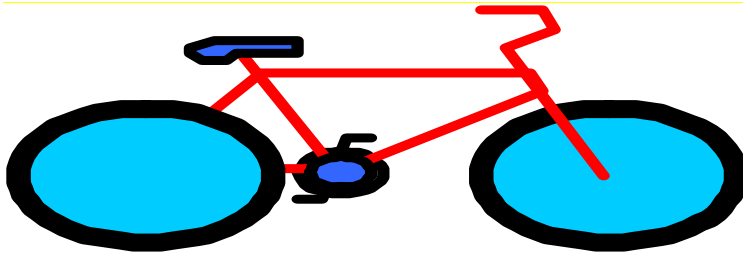
You can upload your pictures, post upcoming bike ride information, check club events, advertise wanted or for sale items, communicate with other members through our forum, view the newsletters in color, and check the most recent club calendar.

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!

Pedal Peoria 2009

Explore Peoria's Art, Science & History by Bicycle
Our 10th Year



Sponsored by Lakeview Museum of Arts & Sciences & the Illinois Valley Wheelm'n

Selected Rides co-sponsored by the Peoria Historical Society[†]

All rides are designed for the casual rider, 12 - 15 miles (one steep hill)
Approximately 2 hours starting at 6 pm (Except April 26, June 28, July 11)

All are welcome! No fee or registration

- April 26**
Sunday
Earth Day Ride Start at Lakeview Museum east parking lot **2:00 p.m.**
Highlights: Celebrate Earth Day, visiting urban woodlands in Peoria, starting with Lakeview Wilds, through Springdale Prairie, Pimetoui Trail to the Riverfront Trail, returning through Glen Oak Park.
- May 14**
Thursday
East Peoria Trail & Fon du Lac Ride Start at Town Center II parking lot, East Peoria.
Highlights: East Peoria Trail & views from Fon du Lac Dr.
- May 28**
Thursday
Grandview Ride Start at Lakeview Museum east parking lot.
Highlights: Views from Grandview Drive & Prospect Rd., High Point Dr., Lindberg's airmail flight plaque
- June 04**
Thursday
Sculpture Ride Start at Bradley University Quad.
Highlights: Public Sculptures around Peoria, Including Sonar Tide, Peace & Harvest, Mother Theresa, Ingersoll, various Riverfront Park sculptures by Preston Jackson.
- June 18**
Thursday
History Ride[†] Start at the Riverfront Visitor Center Parking Lot.
Highlights: River front, Springdale Cemetery, Randolph-Roanoke-High Street homes, Giant Oak Park, Moss Ave Homes, Frank Lloyd Wright, Frank Lloyd Wrong Homes.
- June 28**
Sunday
Tour of the Solar System[†] plus highlights from the **History Ride** (See June 18).
Start at Lakeview Museum main entrance at **7:00 a.m.** This 3.5 hour, **24 mile** ride will start at the Sun and tour the planets from Mercury to Saturn in Peoria's Community Solar System. Riders may return to the museum or stay downtown to watch the **Proctor Cycling Classic**.
- July 11**
Saturday
Prairie to Prairie Ride[†] Start at the Riverfront Visitor Center Parking Lot **8:30 a.m.**
Highlights: Two prairie restorations inside the city, Giant Oak Park, Whittier School Outdoor Science Classroom, plus selected historic sights - River front, Springdale Cemetery, & historic homes.
- July 23**
Thursday
50's Soft Serve Ride Start at corner of Lake and Knoxville.
Highlights: 3 classic soft serve Ice Cream stands, ending at Lou's Drive In
- July 28**
Tuesday
Eric's West Peoria Deli Ride Start at old Loucks School (temp. Thomas Jefferson) parking lot
Highlights: West Peoria, Pettengill-Morrison House, Glen Oak Park, Fedora's Deli
- August 11**
Tuesday
Garden Ride Start at Botanical Gardens, Glen Oak Park.
Highlights: Luthy Botanical Gardens & selected city gardens



For Information Call Ride Leader Sheldon Schafer 686-7000 or sschafer@lakeview-museum.org

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT (“AGREEMENT”)

IN CONSIDERATION of being permitted to participate in any way in Illinois Valley Wheelm’n sponsored Bicycling Activities (“Activity”) I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (“RISKS”); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Illinois Valley Wheelm’n, their administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the “RELEASEES” herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

SIGNATURE(S) #1 _____ #4 _____
OF ALL #2 _____ #5 _____
PARTICIPANTS #3 _____ #6 _____

MINOR RELEASE

AND I, THE MINOR’S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR’S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE’S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR’S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR’S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF MINOR(S) _____

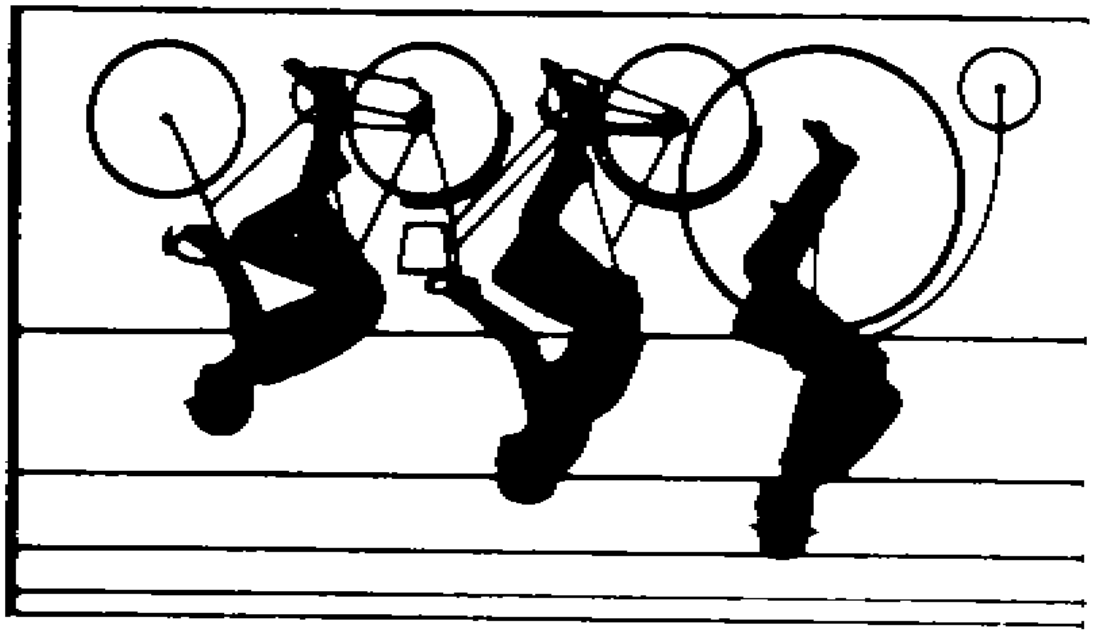
PRINTED NAME OF PARENT/GUARDIAN: _____

ADDRESS: _____ City: _____ State: _____ Zip _____

PHONE: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____

I HAVE READ THIS RELEASE _____ DATE: _____



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

PRSR. STD.
U.S. POSTAGE
PAID
PEORIA IL
Permit No. 310

RETURN SERVICE REQUESTED

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

