



Affiliated Club:



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

**Special points of interest:**

- March IVW Board Meeting will be held at 6:00pm on March 14th, at the **Bradley** location of Leaves n Beans.

**Spring!**

By Chris Salvador



Spring is coming! Spring is coming! With better weather comes more riding, not that I let the cold stop me in the least. On an Saturday morning in early February I was invited to a local ride leaving at 8am. It was *supposed* to warm up to 45 degrees that day but leaving early meant we were suffering in the 28-degree air, feeling the sweat crystallize on my face and just waiting for my fingers and toes to go numb so they wouldn't hurt so much. But we certainly weren't going to let a little cold stop us; the roads were clear, hard rains the day before had washed away all the salt and fly ash, and the morning was ours for the taking. Away we went and after nearly 40 bone-chilling miles we coasted back to our cars and headed for some celebratory coffee, content that we stole a ride from the weather gods right in the middle of a Midwestern winter. Moments like that are why I love cycling. Our passion leads us to places most would never go under conditions that cause people to think we're slightly off our rockers. And you know what? They may be right, but we certainly wouldn't have it any other way.

This passion for cycling is what makes many of us tick. We get stir crazy if we're off the bike for longer than a day and dread pedaling to nowhere on our indoor trainers. We'd move to warmer climates if we could, and some of us do if only for the cold months of the year. Yet there's something exciting about that first ride after the weather turns. Our pedals creak to life, we meet up with old friends, and we set our eyes forward as memories of snow, ice, and wind chill fade slowly away. We roll on, uncertain but excited for what the new rides will bring.

Hopefully you are as excited for the 2013 riding season as I am. We've got another great newsletter for you this month including some features on this year's Pedal Peoria series, Spring Breakout Ride, and a fantastic training opportunity for members who want to learn about what it takes to become a ride leader. Enjoy, and hopefully the month brings better riding weather!

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## IVW Chairpersons

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Name	November 2012	December 2012	January 2013	2012/2013 Total Miles
Mary Lou Price	1014.94	661.93	160.1	1836.97
Steve Berger	498.7	346.2	396	1240.9
Steve Kurt	489.38	374.42	297.93	1161.73
Michael Honnold	486	273	127	886
Chris Salvador	141.97	114.71	53.67	310.35
Tom Dorigatti	172.82	0	0	172.82
Bill Semmens	102.5	0	0	102.5
Chris Gibson	0	7.44	0	7.44
Edith Albright	0	0	0	0
Fai Mok	0	0	0	0

## March 2013

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### IVW Hot Links

Check out the latest and greatest in cycling related news, products, and videos collected this month from around the web! The links have been shortened for easier navigation – just click on the link or copy and paste it into your web browser.

**NOTE:** Some of these links may require the installation of third-party software such as Adobe® Flash Player.

#### Electronic bike turn signals

<http://bit.ly/Z4713A>

#### Bicycling: Treatment for ADHD in children?

<http://bit.ly/U3IGKG>

#### Avoiding the Door Zone in traffic

<http://bit.ly/Ykxx46>

#### Cycling in icy conditions and bad weather

<http://bit.ly/Z47B2C>

#### The cardboard bike project [video]

<http://bit.ly/12iYJCC>

Got a Hot Link? Send it to [ivwheelmn@gmail.com](mailto:ivwheelmn@gmail.com) and have it published in an upcoming newsletter!

### Spring Social

#### Saturday, April 13

6:00 pm

Good Tequila's

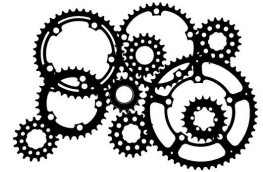
5025 W. American Prairie Dr.

Peoria, Illinois

The club will provide appetizers, attendees will be responsible for their dinner and beverages - order off the menu.

It's time to get ready to bike, so let's start with food first! Enjoy an evening of a visiting with friends you haven't seen since the leaves began to fall.

For reservations please email Marsha Ray at [randy\\_ray\\_117@comcast.net](mailto:randy_ray_117@comcast.net) or phone 691-4947.



*Hot Links courtesy of  
Chris Salvador*



## Ride Leader Training Course

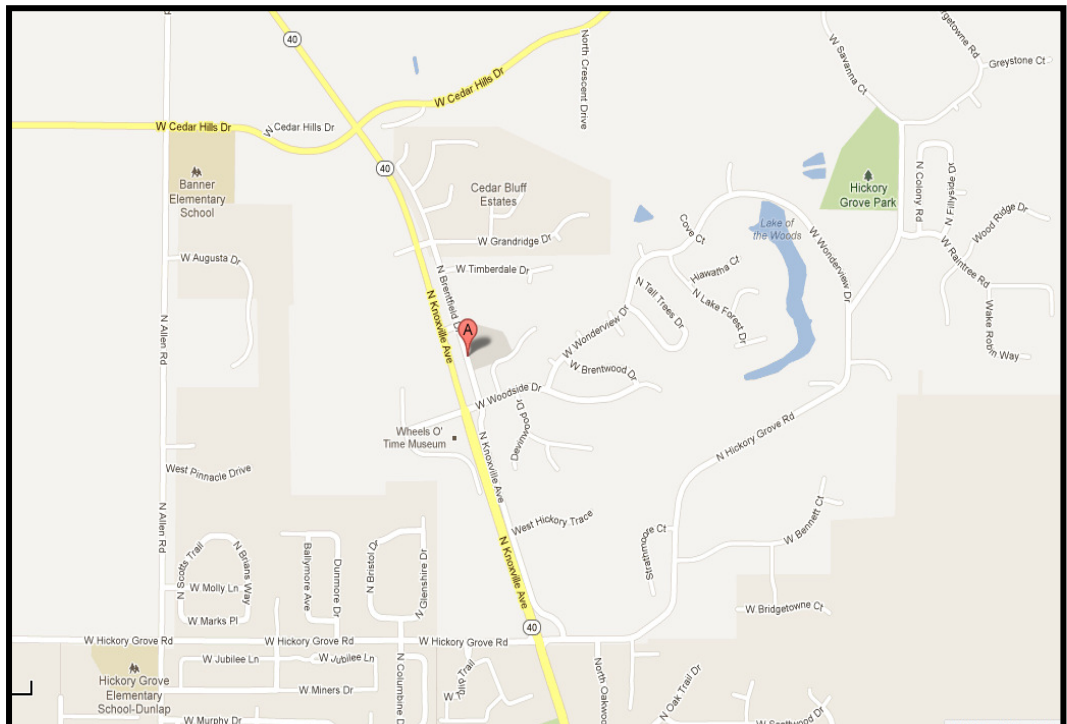
By Mike Honnold

On Saturday, April 6<sup>th</sup>, 2013, the Illinois Valley Wheelm'n will be sponsoring a ride leader training course taught by Quad Cities Bicycle Club certified cycling instructor, Donnie Miller. Donnie offers a well-rounded class for attendees focusing on subjects from planning a route to basic first aid support while on the road. After a morning of classroom instruction, Donnie finishes up his instruction by taking participants out on the road so they can put their newly-learned skills to practical use.

The Illinois Valley Wheelm'n will be offering this class free of charge to all our current weekly club ride leaders from the 2012 season, and any current club member who shows interest in becoming one of our ride leaders. Our hope is to start off 2013 right by promoting a new level of bicycling safety, advocacy, and knowledge within the ranks of our ride leaders.

Training will be held from 9 AM to 1:30 PM on April 6<sup>th</sup> at the St. Francis Anglican Church in Lake of the Woods Plaza; Dunlap (12200 North Brentfield Drive) – near the Cedar Hills/Knoxville intersection. We'll have a short breakfast/social time starting at 8:30 AM with lunch at noon. All food will be provided for by the IVW. If attendees want to participate in the on-road portion of our training at 12:30 PM, we ask they bring their own road bicycle, helmet, and any necessary riding attire. Changing space will be provided at the church.

Please RSVP ASAP to Chris Salvador at 309-229-1404 OR [ivwheelmn@gmail.com](mailto:ivwheelmn@gmail.com) before March 18<sup>th</sup>. Class participation preference will first be given to our current ride leaders with limited first-come / first-served seating to those other members who are interested in becoming a ride leader. Register early to guarantee seating as we anticipate this class being very popular.



## March 2013

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### Illinois Bicycle and Pedestrian Consideration Act

By Chris Salvador

In July 2007 the Illinois General Assembly enacted Public Act 095-0665. This landmark act mandates that bicycle and pedestrian traffic must be considered in the planning and development of new road projects as well as improvements to existing roads. The IVW have already received several requests this year from the Illinois Department of Transportation for our feedback on proposed improvements to some of the roads in the Central Illinois area that are well-traveled by cyclists. The club has taken every opportunity we have to provide the state with valuable feedback that could dramatically improve the road conditions for our riders and future generations. I applaud the state's proactive efforts in utilizing local clubs to generate the most feedback possible in the hopes of making Illinois a bike-friendly state! Below is a link to the full text of the public act for reference.

<http://www.ilga.gov/legislation/publicacts/fulltext.asp?Name=095-0665>



### *Divine Cakes*



113 N Washington St Lacon, IL 61540

309.246.5111

[www.divine-cakes.net](http://www.divine-cakes.net)

Plan a cycling trip to beautiful Lacon on the Illinois River. Call ahead with an order and get 10% off just for being an IVW member with coupon below. Plan on lunch at Mr. Mikes or Pizza Peel, then Julie's Corner Store for fudge, coffee or wine. Bakery walk-in hours are 9am-5pm Wednesday-Friday, 8am-2pm Saturday. Cookie, small pies, and bread available daily. Crave something else? Call ahead and we'll have it ready!!!

**10% OFF YOUR FIRST ORDER WITH  
THIS COUPON  
JUST FOR BEING AN IVW MEMBER**

Expires 12.31.2013

## IVW Registration



We are always looking for new members to join our family fun. During the summer, we host rides at least every day of the week. The rides range from beginner no-drop to expert level.

Please join the Illinois Valley Wheelm'n with experienced ride leaders!

### Mail the registration form to:

Illinois Valley Wheelm'n  
6518 North Sheridan Road, Suite 2  
Peoria, IL 61614

### ILLINOIS VALLEY WHEELM'N MEMBERSHIP APPLICATION

Name #1 \_\_\_\_\_ Birthdate \_\_\_\_\_  
(Please print clearly – this must be an adult)

Name #2 \_\_\_\_\_ Birthdate \_\_\_\_\_

Name #3 \_\_\_\_\_ Birthdate \_\_\_\_\_

Name #4 \_\_\_\_\_ Birthdate \_\_\_\_\_

E-Mail Address (print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ (home/cell)

Signature #1 \_\_\_\_\_ Signature #2 \_\_\_\_\_

Signature #3 \_\_\_\_\_ Signature #4 \_\_\_\_\_

Date signature lines were filled out \_\_\_\_\_

**Disclaimer** The IVW assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions. By signing form, all IVW members also agree their pictures can be used in club electronic media.

**\*\*IVW newsletters/communications will be sent electronically unless other arrangements have been made  
\*\*Effective 1/1/2013, all IVW memberships will renew January 1st – all new/current members must renew at this time to stay current in database**

\*\*Save time & be green by registering online at [www.signmeup.com/G22V3K7](http://www.signmeup.com/G22V3K7)

Are you a new or renewing member?

New \_\_\_\_\_ Renewing \_\_\_\_\_

If you are a new member, how did you find out about our club?

\_\_\_\_\_

Are you a member of the:

League of American Bicyclists (LAB)

Yes \_\_\_\_\_ No \_\_\_\_\_

League of Illinois Bicyclists (LIB)

Yes \_\_\_\_\_ No \_\_\_\_\_

#### 12 month membership effective 1/1

Individual (\$15.00) \$ \_\_\_\_\_

Household (\$20.00) \$ \_\_\_\_\_

#### 6 month membership if joining after 6/30

Individual (\$7.50) \$ \_\_\_\_\_

Household (\$10.00) \$ \_\_\_\_\_

Lifetime (\$250) \$ \_\_\_\_\_

Voluntary advocacy contribution  
\$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

March 2013

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## Illinois Valley Wheelm'n - Spring/Summer/Fall 2013 Local Rides Schedule

**\*\*NOTE:** If you have any doubt in the times/dates, please check our ride calendar at [www.ivwheelmn.org](http://www.ivwheelmn.org) – it is considered the “safe source”



**Saturday Show and Go All Levels:** Leader(s): SHOW & GO

**Location:** [Russell's Cycle and Fitness; Valley Forge Plaza; Washington, IL](#)

**Start Time:** 8:30 a.m. **Start Date:** All year long depending on weather

**Ride Info:** Show and go. **Distance:** 30-60 miles **Food:** Possible meal / gas station stop

## Classified Ads

Classified ads for club members are welcome. Let me know if you want to post a bike/item for sale or a wanted ad. Commercial ads are also welcome at a charge of \$25 for a half page and \$50 for a full page. To submit any kind of ad, send an electronic document compatible with Windows to [trisandi00@gmail.com](mailto:trisandi00@gmail.com).

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

### TANDEM BIKE for sale!

Tandem, Santana model Sovereign, all aluminum. Sized for captain from 5'10" - 6'2" and for stocker from 5'4" - 5'8". Excellent condition, never been down. Recently serviced with rebuilt rear wheel.

Price: \$2500

Call: 309-357-0403

Email: [rkpjdouglas@comcast.net](mailto:rkpjdouglas@comcast.net)

Ron Douglas

### FREE:

(3) Bontrager 700x35c – 44c (27x1 3/8 – 1 3/4) tubes new in box. Presta valve with 48mm stem. Contact Chris at [KidEntropy818@yahoo.com](mailto:KidEntropy818@yahoo.com) or (309) 229-1404.

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

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

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

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Date/Time	Event Name	Location
April 6, 2013 Time: 9:00am	Ride Leader Training Course	St Francis Anglican Church Dunlap, IL
April 13, 2013 Time: 6:00pm	IVW Spring Social	Good Tequila's Peoria, IL
April 27, 2013 Arrive: 8:30am Depart: 9:00am	Spring Breakout Ride  Two routes: Approximately 20-miles Approximately 40-miles	Russell's Washington, IL