



Affiliated Club:



www.ivwheelmn.org

A Bike Lesson for the Ages!

By Barb Drake

It is commonly said that you never forget how to ride a bike. But what if you've never learned? What if you're 56 years old and want to try? And if a gauge could measure pure guts, who would score higher, pupil or teacher?

Christine Gottman, a retired teacher living in Pekin, and Mike Honnold, avid biker and former Illinois Valley Wheelm'n president, got together this past summer on such an experiment. Let's just say both came away winners – Christine with the satisfaction of finally learning a skill that had eluded her in previous tries and Mike, happy to see her join the ranks of cyclists.

Our story begins last May with not such a happy event – Christine suffered a stress fracture in her foot as she simultaneously trained for the Steamboat Days race and approached retirement. The injury was enough to make her think that if she were to stay active, lose weight and do less harm to her body, she needed to take up something other than running.

Biking sounded like “a good compromise,” she said, but there were two closely related problems: She'd never learned to ride a bike. And she was terrified of falling. Sure, she'd tried to learn as a child, on an old hand-me-down. “I remember being afraid of falling even then, so I never got comfortable,” she says. Then “something happened to the bike, and we didn't have a lot of money, so somehow it never got fixed.” Years later her husband tried to teach her – same problem, same result. So she was operating under no illusion that learning to ride in her AARP years would be easy. The solution, she thought, might require a neutral partner. But where to find one?

The first local bike club she e-mailed responded quickly enough, but the communication ended when she e-mailed back her age. “I decided I should be honest about how old I am,” she confesses. Her e-mail to the Wheelm'n brought a promise of help from Chris Salvador. He asked Mike if he knew of any local program to teach biking to adults, but Mike didn't think there was any. With the assistance of the internet and his own creative thinking, this busy Caterpillar employee, father and cyclist created his own.

(Story continued on page 3...)

Inside this issue:

Board Members	2
Bike Lesson for the Ages! (continued)	3
Holiday Party Information!	4
Classifieds	6 & 7
Tom & Fred's Rides	8
Out of Box Rides	9
IVW Rides	10

Special points of interest:

- October IVW Board Meeting will be held at 6:00pm on October 3rd, at the **Bradley** location of Leaves n Beans.
- **Save the date!! Holiday Party! November 2nd... Please RSVP! More details on Page 4.**

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Rider Name	August 2013 Mileage	2012/2013 Total Miles
Mary Lou Price	858.3	6373.08
Steve Kurt	779.35	5389.18
Steve Berger	634.4	5164.6
Michael Honnold	476	3919.38
Tom Dorigatti	713.3	2965.2
Fai Mok	415.3	1870.18
Chris Salvador	89.3	1219.93
Bill Semmens	201	1016.5
Chris Gibson	189.54	696.26

October 2013

A Bike Lesson for the Ages! (cont'd...)

“I didn’t want to *not* give her any help,” he explains. “I thought she would be able to pick up on it in a couple of short lessons.” That may have been a bit optimistic, but Christine nonetheless bought a Specialized hybrid from Russell’s for their first outing. “I figured I wanted something all my own,” she explained. “I’d never had a bike.” They met at Bicycle Safety Town in Peoria.

From the internet, Mike learned that the fear of falling is the biggest difference between teaching a child to bike and teaching an adult. To get past that, those teaching adults are advised to remove the bike’s pedals for the first lesson so their pupils can get the feel of balancing while using their feet to move forward. After 20 or 30 minutes, then the pedals go back on. Teachers are advised to take bike and biker up a small incline with the hope that both balance and propulsion will continue through the flats.

“This didn’t go super well in my opinion,” largely because of her terror of falling, Christine recalls. “But Mike was very encouraging.” By lesson’s end, he’d come up with a novel idea. Next time he would bring his tandem and place her on the second seat. “I just kind of realized maybe she didn’t know what it felt like to be on a bike at that speed when it’s balanced,” he explained. The experiment worked.

“He did the work, and I got the sense of balance,” Christine says. She felt confident enough after that to turn to her husband, Larry, for help. In early July he took her to a school playground near their home for practice, and “I felt I could do it,” she says. Each venture since then has brought more success. “I’m doing better and better; I’m balancing longer,” she says. “I still think it’s really hard, but I’m getting to where I kind of enjoy it because I can pedal and go straight really well.” Turns are still tough, so she’s eager for a promised outing with Mike on the mostly straight Rock Island Trail. She’s also looking forward to biking with her husband; he just bought a new bike himself. “He needs to lose weight, too,” she laughs. Someday perhaps the whole family will be able to bike together; both sons, in their late 20s, are cyclists.

Meanwhile, Christine’s foot has healed, and she’s returned a bit to running. Cross-training being advised for any athlete, she hopes to be able to do both as the years move forward.

As for Mike, his next pupil will be a bit younger than Christine. It’s John, his three-year-old. Right now, he’s learning to balance on a two-wheeler, where he uses his feet to stop and to go. Kind of like that first lesson with Christine.



IVW Newsletter to Cease in 2014

As part of our club operations restructuring for the future as well as our commitment to a green lifestyle, the IVW will publish our last printed newsletter in December 2013. Going forward in 2014 we will no longer have an official newsletter, but we plan to use our website to update club members on all our weekly rides, club events, and other local cycling related news and activities. So keep your eyes peeled for the latest and greatest information on our website and Facebook pages as we get set for a fantastic club future!

Save the Date! Holiday Party Details...

Family style chicken dinner with numerous meatless sides

Saturday, November 2nd

6:30pm

Bernardi's in Peoria

\$15 per person

Please RSVP to Marsha!

Contact Marsha Ray for more information: marsha.randy@gmail.com



October 2013

Advocates Corner

While the days are getting shorter, the desire to ride is still as strong as ever. Are you prepared for riding as the daylight fades into night? Here are some tips to get you through safely:

- **Wear bright and reflective clothing.** This one seems obvious but is often overlooked with the proliferation of black bicycle shorts and darker jerseys.
- **Mind the terrain.** Make sure you're riding in the right places. For example, the Rock Island Trail is only open until sunset, which can be as early as 6pm!
- **Know the law.** In Illinois bicycles are required to have a white front reflector, two wheel-mounted side reflectors (one on each wheel), and a red rear reflector visible from 100 to 600 feet. When riding at night a front light visible from at least 500 feet is also required.
- **Take it slow.** Reduced visibility at night time means less time to react to obstacles and situations, so keep your speed slower than you normally would.

Hot Links!

By Chris Salvador

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.

Get Your Saddle Height Right

<http://bit.ly/17C4wbp>

Cyclist Hit By Car, Punched By Motorist

<http://bit.ly/167whow>

Photo Gallery: Odd Bicycles

<http://bit.ly/15wdWpB>

No Direction Known: The Story of a Transcontinental Bike Ride

<http://bit.ly/18pIHPn>

WTF Files: A Bicycle-Powered Tree House Elevator [video]

<http://bit.ly/15wezzo>

Attention Ride Leaders!

Please submit your nominations for Most Improved Male and Most Improved Female to Mike Honnold (cannondale_25@juno.com) by October 15th!!

Also, please submit the “Hub of the Club” nominations.

We would like to present these awards at the IVW Holiday Party on November 2nd.

Thank you!

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.

FOR SALE

2011 Cervelo P2 Triathlon Bicycle, \$1800 OBO

Colors: Black with Red and White Stripes

Comfortable Cobb Saddle

Ultegra components

Size 51

Email for more info:

Jennifer Sandenaw

trisandi00@gmail.com

Cannondale Tandem Bicycle, \$300

Email for more info:

Jennifer Sandenaw

trisandi00@gmail.com

Burley Cub, \$75

Email for more info:

Jennifer Sandenaw

trisandi00@gmail.com

IVW Thursday Morning Rides – October, 2013

Date of Ride: Thursday October 3**Leader(s):** Tom Dorigatti/Dale Cook**Starting Location:** Pekin VFW**Start Time:** **8:30 AM****Ride Information:** Route dependent upon wind/weather conditions.**Lunch and/or Rest Stop Details:** Casey's Stops planned during the ride. We will have a lunch stop during the ride.*Please keep checking IVW website for updates.***Distance:** 40-50 miles**Level:** I & II We will regroup frequently during the ride. No one will be left behind.**Tom's Home Phone:** 309-347-2844 Cell: 267-2844**Dale's Home Phone:** 309-353-1725 Cell: 309-613-4037**Tom's E-mail** dorigat@comcast.net**Dale's E-mail:** cook1501@gmail.com**NOTE:** If the weather is questionable, please contact Tom Dorigatti or Dale Cook at the above phone number (s) to see if the ride is a go or is not a go. If it is raining, the ride will be cancelled.**Date of Ride: Thursday October 10****NOTE: THIS IS THE LAST OFFICIAL IVW THURSDAY RIDE FOR 2013****Leader(s):** Tom Dorigatti/Fred Smiser**Starting Location:** Green Valley, Valley Inn Restaurant Parking Lot**Start Time:** **8:30 AM****Ride Information:** Routing dependent upon wind and weather. We hope to go to Havanna or to Mason City, depending upon wind conditions.**Lunch and/or Rest Stop Details:** Casey's stop along the way. Lunch stop TBD dependent upon wind/weather.*Please keep checking IVW website for updates.***Distance:** 40-50 miles depending upon the weather.**Level:** I & II We will regroup frequently during the ride. No one will be left behind.**Tom's Home Phone:** 309-347-2844 Cell: 267-2844**Fred's Home Phone:** 309-346-9735 Cell: 241-7431**Tom's E-mail** dorigat@comcast.net**Fred's E-mail** smizz444@gmail.com**NOTE:** If the weather is questionable, please contact Tom Dorigatti at the above phone number(s) to see if the ride is a go or is not a go.

October 2013

Out of the Box Rides

Out-of-the-Box Tours will close out a memorable season with two October rides. We hope you can make it and hope the weather cooperates. As always, the pace is Level One, and no one will be dropped. Cora Lynn Green and Barb Drake are your leaders, with a lot of help from our biking buddies.

Oct. 12: Scenic Fulton County. The idea behind the Out of the Box rides is to bike down less familiar pathways, and Bruce Starbuck mapped out this awesome one for us last year. At the request of those who rode it, we are bringing it back but at a date designed to take advantage of fall colors. We'll begin in Farmington, wind along the west shore of Canton Lake and stop for lunch at Herbst's Landing (formerly the Canton Country Club). After lunch, we'll pass by some strip-mined land around Norris, biking 43 miles in all. Departure time is 9:30 from Jacob's City Park in Farmington (If coming from Peoria, turn left off of Rt. 116 onto Elmwood, then left again onto Wilson, and you'll see the park).

Oct. 25: A Second Chance. You probably know this as the Spring Bay and Metamora ride, but we've dubbed it Second Chance because rain (remember that?) forced cancellation the first time around. This beautiful and challenging ride takes us along Upper Spring Bay Road and uphill into Metamora. We'll have lunch at the lovely Metamora Fields. The ride leaves at 9:30 from Russell's Cycling in Washington; distance is about 35 miles. LaVerne Wilson will lead.

And just in case you're reading this before September ends, please join us on September 28 for Barb's Birthday Ride on the Great River Trail, paralleling the Mississippi. The ride begins at 9:30 at the riverfront parking lot in Rapids City. We'll have lunch and birthday cake in Rapids City. E-mail Barb or Cora Lynn for more details.

**Please let Barb
(692-1201, bdrake@mtco.com) or
Cora Lynn
(683-3083, cora_lynn@yahoo.com)
know if you plan to show up for a ride.**

October 2013

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 – 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

Monday Level II Ride: Leader(s): Denny and Peggy Tresenriter
Location: [Grace Evangelical Church on the corner of Tennessee and Jefferson Street; Morton, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 1, 2013
Ride Info: Congenial Level II Ride. **Distance:** 20-30 miles **Food:** Possible gas station stop

Monday Ride: Leader(s): Jim Coffey and Phil Burroughs
Location: [Dunlap Grade School; Dunlap, IL](#)
Start Time: 6:00 p.m. **Start Date:** May 6, 2013
Ride Info: TBA. **Distance:** TBA **Food:** TBA

Tuesday Level 3: Leader(s): Steve Kurt
Location: [Dunlap Grade School; Dunlap, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 9, 2013
Ride Info: Level 3 for “seasoned riders”. Average speed 17-18MPH **Distance:** 20-30 miles

Wednesday Level I: Leader(s): Dirk McGuire
Location: [Cross Point Church, 304 South Pleasant Hill Road; East Peoria, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 3, 2013
Ride Info: Level 1, ramp up to Level 2. **Distance:** 30-40 miles **Food:** Bring your own snacks

Thursday Tandem Ride: Leader(s): Dirk McGuire
Location: [Crosspoint Church; East Peoria, IL](#)
Start Time: 5:30 p.m. **Start Date:** April 4, 2013
Ride Info: Tandem ride but others are welcome. **Distance:** TBA **Food:** Bring your own snacks

Thursday Show and Go Level 3: Leader(s): SHOW & GO
Location: [Russell's Cycle and Fitness; Valley Forge Plaza; Washington, IL](#)
Start Time: 5:30 p.m. **Start Date:** March 15, 2013
Ride Info: Average speeds 18MPH **Distance:** 20-30 miles **Food:** Bring your own snacks

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

REMINDER! All memberships expire on December 31, 2013 and must be renewed in January!
If you have questions about renewing or about your membership status, please contact Chris Salvador at KidEntropy818@yahoo.com.

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**

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 \$ _____

ILLINOIS VALLEY WHEELM'N
6518 N. SHERIDAN RD. STE 2
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1st class
Postage
Required

www.ivwheelmn.org

Date/Time	Event Name	Location
Save the Date!! November 2nd 6:30pm	IVW Holiday Party! \$15 per person	Bernardi's in Peoria