



Affiliated Club:



www.ivwheelmn.org

Special points of interest:

- Membership renewals are due January 1st! Please see Page 6 for options to renew.

My Farewell to the IVW Newsletter

By Jennifer Sandenaw

Hey everybody! Sorry to get this newsletter out a little late for November.

This newsletter has to be the hardest one for me to write - my "farewell" as the Newsletter Editor and the Newsletter!

In December 2011, Bill passed the newsletter responsibilities to me. I have been the newsletter editor for all of 2012 and 2013.

During that time, we have moved the newsletter from Microsoft Word to Microsoft Publisher. Making my job as "copy/paste" professional a WHOLE lot easier!

I have purchased three new bikes (to take my current bicycle count to four). I have biked in Cozumel, California, Wisconsin, Alabama, Indiana, Arizona, Utah, and Maui (pictured above).

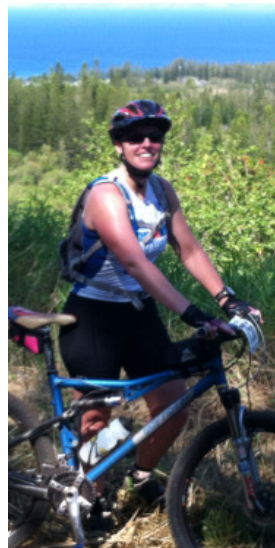
We have seen the club go from Mike as President to no President to Fai as President in 2014. I am excited to see the club continue to grow in 2014 and beyond! Thank you Fai for stepping up!

I will continue to be an IVW Member. In 2014, my boyfriend and I are planning to ride RAGBRAI - ride across Iowa. If anybody else will be there, let me know: trisandi00@gmail.com.

As for the newsletter replacement. Jennefer Coffey has done a wonderful job putting together an IVW brochure that will be located at all of the local bike shops. The brochure will include a list of the IVW weekly rides, a membership form, a list of our sponsors, and club information.

Thank you for trusting me with the IVW Newsletter, thank you for reading, thank you for sharing your stories, and thank you for being part of a great cycling club.

See you all in the RPM rooms of gyms soon and on the roads in 2014! Happy Holidays!



Inside this issue:

Board Members	2
Santa Claus Parade	3
Advocates Corner	4
Classifieds	5
Membership Renewal	6

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Rider Name	September 2013 Mileage	2012/2013 Total Miles
Mary Lou Price	1002.44	7375.52
Steve Kurt	758.15	6147.33
Steve Berger	436.1	5600.7
Michael Honnold	583	4502.38
Tom Dorigatti	653.44	3618.64
Fai Mok	501.23	2371.41
Chris Salvador	265.95	1485.88
Bill Semmens	304	1412.5
Chris Gibson	94.18	790.44

2013 Santa Claus Parade

By Mike Honnold

On Friday, November 29th, the Illinois Valley Wheelm'n along with other area bicyclists will be participating for our 2nd time in the 126th annual Peoria Santa Claus Parade! We entered last year to see what the response would be, and had quite a few participants show up despite the windy & bitterly cold conditions. The goal this year will be to increase our participation numbers while having fun and showing people along the route how bicycles can co-exist on public roads without issue.

Our entry will consist of participants riding their bicycles and/or other pedal-powered contraptions along the 2-2.5 mile route around downtown Peoria. As participants in the parade, everybody is required/encouraged to decorate themselves and/or their bikes along the parade theme of "The Sights and Sounds of Christmas." Any wild and crazy ideas are welcomed – just as long as you don't dress up as the big, fat elf himself – SANTA!

The parade starts at 10:15 A.M. but we typically are required to line up at least an hour in advance of the beginning so they can space all the floats accordingly. If you are interested in participating in the parade, please contact me at 309-696-2591 or cannondale_25@juno.com and I'll add you to my contact list. Once our float number is known, information will be communicated about where/when to meet downtown.

Thank you!

Mike Honnold

November 2013

Advocates Corner

It's getting colder out there! As much as I try to be in denial, Mother Nature quickly puts me in my place on the bicycle when my fingers and toes start to go numb 20 minutes into my weekend ride. Cycling in the cold is not only doable, but lots of fun! I usually get the feeling that I'm "stealing days" from the regular cycling season, and all the crazy looks from motorists and other cyclists trapped in their cars give me all the validation I need. That said, frostbite and hypothermia are no laughing matter, so it's critically important to dress appropriately. Bicycling Magazine put together a brief guide on clothing "layering" and what to wear for specific ambient temperatures. These are just guidelines as everyone is different and has their own comfort level with the cold, but the article is certainly worth a look. Click the link below to get started on your winter cycling journey!

<http://www.bicycling.com/training-nutrition/winter-layering-done-right-how-dress-cycling-cold-weather>

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.

Cycling Etiquette: Don't Be a Jerk

<http://bit.ly/166cZUL>

Arlington, VA: Becoming a Bike Friendly City [video]

<http://bit.ly/16vxTPH>

Photo Gallery: Toronto Art Installation Features 3,144 Bicycles

<http://bit.ly/1hcuK9y>

Stay Fit During Winter: Resistance Training for Cyclists

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

Riding is My Ritalin: ADHD and Cycling

<http://bit.ly/1dn1GMH>

November 2013

Membership Renewals Due January 1st!

As a reminder, all memberships expire December 31st which means all renewals are due on January 1st! With the newsletter being discontinued next year there will be very few reminders on membership renewals, so make sure to take care of yours early! There are 2 ways to renew your membership:

By mail: Fill out the form in this newsletter and mail it to our club mailbox (address is on the same page as the form).

Online: Go to <http://www.ivwheelmn.org> and click on the "Membership Signup" link on the right side of the page.

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 - 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

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
6518 N. SHERIDAN RD. STE 2
PEORIA, IL 61614-2933

1st class
Postage
Required

www.ivwheelmn.org

Date/Time	Event Name	Location
November 29, 2013 Line up: 9:15am Parade Starts: 10:15am	Santa Claus Parade	Contact Mike Honnold for Information: 309-696-2591 or cannondale_25@juno.com