



Affiliated Club:



www.ivwheelmn.org

Special points of interest:

- February IVW Board Meeting will be held on February 12th, at the Peoria Heights Leaves and Beans.

From the editor...

By Jennifer Sandenaw

You know, there's not much to write about for a February article after Lance Armstrong admitted to doing drugs in January on Oprah. What a very tough act to follow!

I grew up playing soccer... my hero's were Mia Hamm and Brandy Chastain. I didn't grow up watching Lance Armstrong or the Tour de France.

It wasn't until I really got into cycling more and doing triathlons that I really heard about him, got to know about him and the Livestrong foundation he built. And, like a lot of other people, I believed that he was innocent.

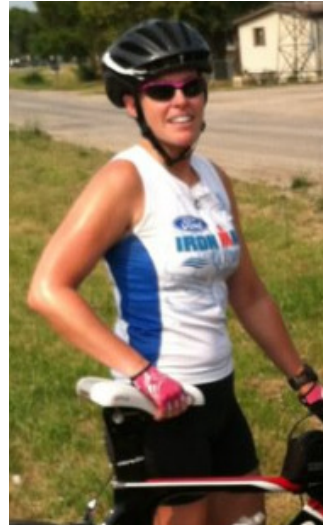
While I played soccer in college, we were randomly drug tested. NCAA Division 1 means no performance enhancing drugs, no drugs in general, and also no gambling/betting. I knew the rules. So of course, when I had been told that Lance never tested positive... In my mind, he did not do drugs.

So now that this has come out into the public, details, and all the lies that were true... Where do you stand? Do you still support the Livestrong brand? Do you still want to see Lance race again? Do you think he will be able to come back?

While trying to figure out what to write about for this opening article, I found something about Lance Armstrong and RAGBRAI. I found the article... enlightening.

This link goes to T.J. Juskiewicz talking about RAGBRAI and that Lance is welcome back to come ride. <http://dmreg.co/UYZ1NK>

What he says at the end puts a smile on my face. There are some good people out there and people with a good sense of humor. T.J. says "If we started judging everyone who wants to come on RAGBRAI, we'd be in trouble."



RPM Class anybody???



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No Baloney Sub-Committees

After another fantastic No Baloney ride in 2012 we received great feedback from riders and volunteers as to how to improve for next year. We have tons of great ideas and are excited to run with them, but we can't do it alone. In order to really make our ride great we need volunteers to lead sub-committees in the following (6) areas: **food, route/rest stops, marketing/promotion, SAG/volunteers, ride day logistics,**

and registration. Leaders of these sub-committees would be responsible for planning and executing everything in their specific areas but still receive guidance and support from Morgan Grigsby, the No Baloney chair. These are only temporary volunteer spots (not board member spots) so your commitment is only required up to and during the ride, not the entire year.

If you are interested in leading a sub-committee or want more information please email:
NoBaloneyBicycleRide@gmail.com.
Because of the amount of time required to plan the ride we need all the leader spots filled by **March 1st, 2013.**

February 2013

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.

Revolights: Revolutionary bike lighting system:

<http://bit.ly/X7uQEb>

The InterLock: Bike lock that hides inside seat post:

<http://bit.ly/139aD49>

Chain drive or belt drive – which is faster?

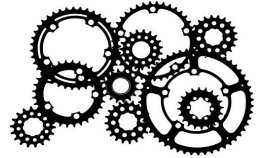
<http://bit.ly/UM9f4D>

The Cyclotrope [video]:

<http://bit.ly/VB3lnr>

What NOT to eat while training:

<http://bit.ly/Uq87q2>



*Hot Links courtesy of
Chris Salvador*

Most Miles Ridden!

Congratulations to Mary Lou Price for being awarded the “Most Miles Ridden” plaques for 2012!!



Rock Island Trail Cleanup

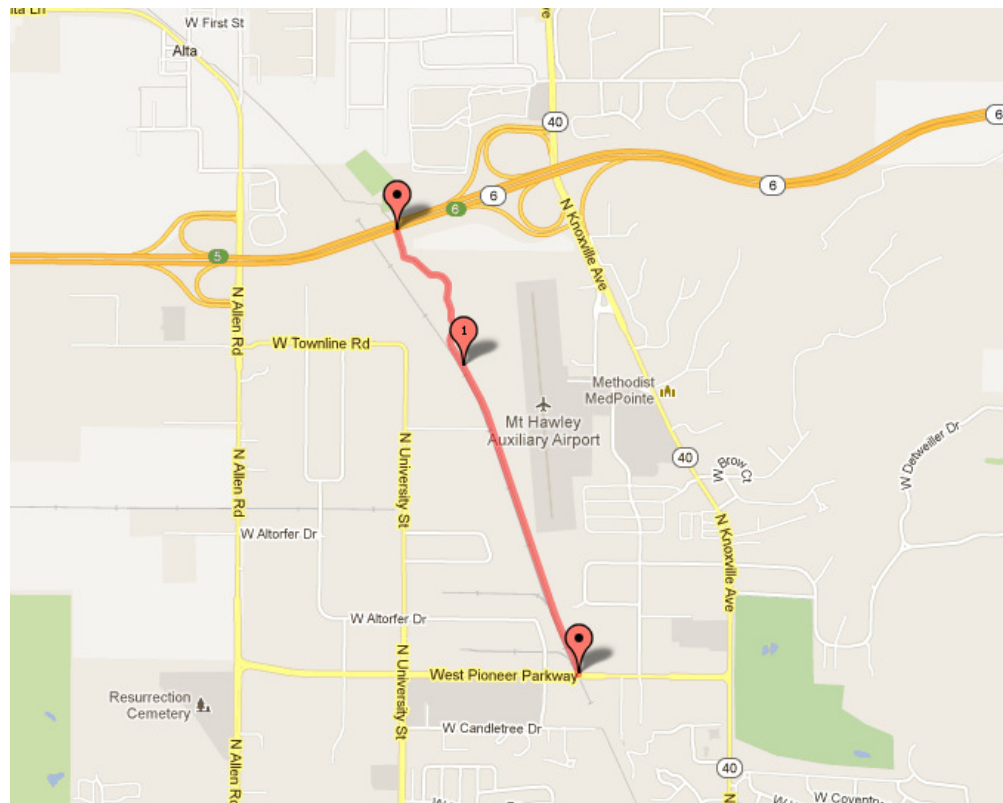
By Mike Honnold

Recently the IVW board voted to adopt a small section of the Rock Island Trail from the Pioneer Parkway trailhead on the south to where the tunnel starts under Route 6 on the north. In addition to picking up litter, responsibilities include reporting any trail damage, problems, or issues to the Peoria Park District so they can be taken care of.

The section of trail we have adopted is approximately 1.5 miles long, and extends from the Pioneer Parkway trailhead on the south to where the tunnel starts under Route 6 on the north. In return for our service to the trail, a sign will be placed at each end advertising our club and how we are volunteering to keep the trail clean/beautiful.

We are now looking for a few IVW members who would be willing to step up to the plate and act as "trail boss" to organize the pickup on a monthly basis 10-12 times a year (not required during cold/winter months). Responsibilities of the trail boss would be to decide on the date/time of the pickup and recruit OR ask for help in recruiting volunteers. On the day of the pickup, the "trail boss" would coordinate the work, and make sure it is done to completion. We are estimating a good crew of 3-4 people could pick up this small section in under an hour.

If this sounds like something you'd like to do, please contact Chris Salvador at cjsalva-dor26@gmail.com OR 309-229-1404



February 2013

New Year's DAY Ride at Russell's

By Jennifer Sandenaw

Photo's from the New Year's Day Ride. 18-riders and 2-runners completed a 11.5-mile course from Russell's on New Year's Day. The course was snowy/cold but there were hot beverages and refreshments following the ride at the bike shop provided by Joe Russell.

Next year's ride is already set, same time, same place.

BRRRR.... ☺



1 - 1 - 2013



Pictures from the New Year's Day Ride from Russell's.

IVW Registration



ALL memberships (with exception of the lifetime memberships) were up for renewal January 1, 2013. **Approximately 50% of 2012 members still have not renewed their membership for 2013.**

If you have not renewed your membership yet, please visit <http://www.ivwheelmn.org> to renew online or print and mail the form below.

The grace period for expired memberships ends March 1, 2013. Any 2012 members who have not renewed by that date will be considered inactive and will no longer receive club communications.

Mail 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

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 \$ _____

February 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

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.

All materials (including payment) must be received no later than the 15TH 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

Ron Douglas

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
February 9, 2013 Time: 7:00pm	"Reveal the Path" PAMBA Benefit Movie Night	Apollo Theater Peoria, IL
February 23, 2013 Registration: 8:00am Start Time: 10:00am	Illini Chill "A Red Flannel Affair"	St Joseph, IL Registration: http://www.stjoechamber.org/doc/IlliniChill%20Registration%20page%201.pdf
February 24, 3013 Time: 10:00am	Bushwhacker CycloCross	Peoria, IL Expo Gardens http://www.bushwhacker.com/cx.html