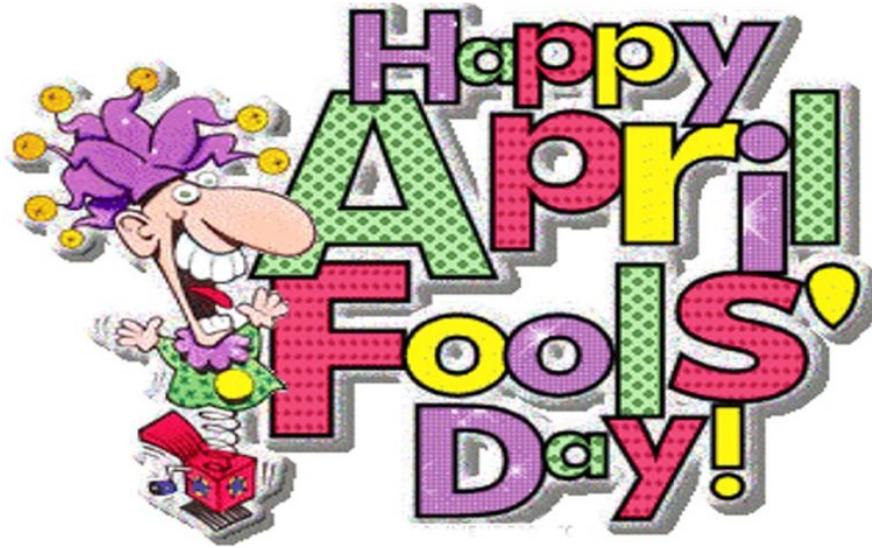


Content – pg 2 A note from your president
pg 2 Jens Voigt is coming to Peoria
pg 2 Spring Breakout Ride & Spring Social Dinner date set
pg 2 Last reminder for Membership renewal
pg 2,3 Spring Tune-up Tips
pg 3 Bike Etiquette Review
pg 3 Tragedy struck well known ultra-distance racer
pg 3 IVW bottle cap mirror & club kit available for purchase
pg 3 Share your bike adventures
pg 4 2017 National Bike Challenge is right around the corner
pg 5 Never knew you can do that on a bike
pg 5,6 Where have you taken your IVW jersey?
pg 6 'I've Decided to Ride' for beginning bicyclist
pg 6 What is this Rando thing?
pg 7-9 Have a Look at the Classified Ads



Illinois Valley Wheelm'n is affiliated with the following non-profit organizations:



A note from your president

Happy April Fools day everyone. They say time flies when you're having fun, but I still can't believe it's April already! I'm so excited for this month. We finally get to hopefully see everyone and "officially" ride together. Spring is here and the weather is somewhat nice despite the rain. You know the old saying "April showers bring May flowers". Maybe that will be true. I don't know. We have a lot planned for the coming season. I hope everyone is ready and comes to enjoy the season like I am. In your free time be sure to catch up on the spring classics in Europe. Tomorrow is the Tour of Flanders.

Jens Voigt is coming to Peoria



Nope! This is not an April fool's joke. Former professional Trek Team racer is coming to Peoria on May 1 to help promote the new Trek Store in Peoria Heights. He will be at the Trek Bicycle Store from 5:30-8pm doing Meet & Greet and signing autographs or other items if you wish.

MAY 1
Jens Voigt Meet and Greet
Public · Hosted by Trek Bicycle Store Peoria



Spring Breakout Ride & Spring Social Dinner date set

This year's Spring Breakout Ride will be on Saturday, April 22nd with a rain date on April 29th. The ride starts at 9:00 am at Russell's parking lot in Washington. We will have coffee, juice and donuts before the ride at 8:30 am. We are looking for volunteers who are familiar with area to lead a causal pace group, a medium pace group and a fast pace group. Contact Fai (faimok534@gmail.com) if you would like to help. Social Event Coordinator Bev Ketel is finalizing dinner venue option on the same date. We will make an announcement via email in the next week for time and location.

Last reminder for Membership renewal

This will be the last reminder for membership renewal as the club is prepping for the 2017 riding season. The email list will be updated in April and you will be left off the list for any club communication. Please use the [link](#) and follow the instruction on the page. You can print out a [paper form](#) and mail it in if you choose to do so though it will take longer to process. If you have any questions regarding your membership status, contact Membership Data-keeper Steve Kurt (kurtsj@mtco.com).

Spring Tune-up Tips

Now is the time to dust off your bike and check to see if it requires any tune-up as warmer weather is almost here. Some of the basic tune-up include, adequate tire pressure, all screws and bolts are tighten to the recommended torque, shifting cables & braking cables adjustment and brake pads alignment. If you are not a Do-It-Yourself-er (DYI) like me, I suggest you take your ride to your local bike shop as they will gladly check it

over for you. Don't forget to take advantage of the club discount as all 4 shops do honor it. (Discount varies depending on bike shop)

Bike Etiquette Review

As you prep your bike for the upcoming riding season, this is the time to review bicycle etiquette on the road & trail as many of us, including myself, are a bit rusty on the safety guidelines and traffic laws after a long winter. Below is a link to some safety practices we all need to review to insure we minimize any chance of colliding with motor vehicles, cyclists or pedestrians. In addition, Ride Illinois (Formerly the League of Illinois Bicyclists) has provided a link to the Bike Safety Quiz they have put together. Please take some time to review both at your leisure as I would hate to see anyone of you get injured due to not knowing the safety guidelines and laws.

<http://bicyclesafe.com/>

<http://www.bikesafetyquiz.com/>



Tragedy struck well-known ultra-distance racer

For those of you who saw the documentary film 'Inspired To Ride' back in 2015 at the Peoria's Apollo Theater, you will recognize the name Mike Hall. For those who didn't see the film, he was the winner of the Inaugural Trans-America Bike Race back in 2014. In the early morning of March 31, 2017 while competing in the Inaugural Indian Pacific Wheel Race in Australia, Mike was involved in a collision with a vehicle and died at the scene. The race, which was in its final stages of the

3,300 miles was canceled by organizers in mourning of this ultra-distance racer.

Born in Harrogate, North Yorkshire, England, Mike started racing mountain bikes as a teenager and became serious about racing in 2009 when he started competing in 24 hr. mt. bike races. His first ultra-distance self-supported race was the Tour Divide in 2011. In the film 'Inspired To Ride', Mike won the inaugural Trans-America Bike Race with a time of 17 days, 16 hours, 29 minutes. He finished an incredible 19 hours ahead of the 2nd place finisher Jason Lane. His record time still stands today.

Hall, 35, raised thousands of pounds for charities including Newborns Vietnam during the Indian Pacific Wheel Race. He was recognized by the cycling community around the world as the best ultra-endurance racer. He was the founder of the Transcontinental Race in Europe. Authorities are investigating the circumstance of the crash. A tribute ride is being organized in Mike's honor and will be held in Sydney, Australia on Sunday.

IVW bottle cap mirror & club kit available for purchase

We still have some bottle cap mirrors with IVW logo and No Baloney Ride logo from last year available for sale. IVW cap mirrors are \$13 each and NBR cap mirrors are \$7 each. We also have limited stock of the IVW club kit available as well. Jerseys and shorts are \$68 each and are available in both men and women sizes. For image of the items, contact Fai (faimok534@gmail.com). All items will also be available for purchase at the Spring Breakout Ride if there is any stock left.

Share your bike adventures

Participate in a memorable bike tour recently or planning to partake one soon? Send me your stories or photos of your adventures and share it with the club for next edition of the IVW Monthly Note.

Next month is Horsey Hundred. We would like to have a group if possible. Contact Rebecca if interested in car pooling or just more information.

2017 National Bike Challenge is right around the corner



The National Bike Challenge is a nationwide event uniting thousands of current bicyclists and encouraging countless new riders to use bicycle to improve their health, save money and help the environment. In its simplest form, it is a logging center for users to record miles ridden and be part of the national community of bicyclists. It is a free and easy way to challenge yourself, friends, family, coworkers and the greater community to ride more. It doesn't matter if you're riding hundreds of miles a week or just getting back in the saddle, everyone is welcome to join.

The National Bike Challenge aims to unite 75,000 riders to pedal 35 million miles from May 1, 2016 until September 30, 2016. It is also a fun way for participants to interact with other riders in the online community, track improvement on a local, state and national level and win prizes. Yes, NBC has monthly prize giveaways just for participating. All mileage counts towards getting you to qualify the next level of prizes regardless if you ride your bike for fitness, commuting or grocery shopping. Even if you don't get selected for the monthly prize, every participant is a winner with improved health, saving money and helping the environment by reducing carbon footprint. The Challenge is a successful partnership between PeopleForBikes and Kimberly-Clark's Scott Natural Brand. To join in the fun for this year's event, go to www.nationalbikechallenge.org.



IVW is leveraging the NBC to keep tabs on all participants' mileage for the 'Most Miles in the Saddle Award' in order to save time and effort. Logging mileage is easy and simple by sync-ing with **Strava, MapMyRide or Endomondo**. There is also a manual log option for those of us who are low-tech. Please create an account and log in your miles through NBC by joining Team **Illinois Valley Wheelmn**. After you create an account, click on 'Leaderboards', 'Teams', and then type 'Illinois Valley Wheelmn' in the search field. After you selected 'Illinois Valley Wheelmn', click 'Join' and you are all set.



Never knew you can do that on a bike

Most of us think road bikes are for the road pavement only. Martyn Ashton and his friends refined where one can take a road bike. [Road Bike Party](#) [Road Bike Party 2](#)



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Where have you taken your IVW jersey?

Did a recent bike tour with your IVW jersey at some place warm? Send me a photo of you sporting the club kit (old or new) and a brief description of where it took place. I will include in the May Monthly Note.



Randy Anderson on the last 20 miles of the 200km of the Edwardsville Randonneuring Brevet.

'I've Decided to Ride' for beginning bicyclists

Last year, 'I've Decided to Ride' was launched as a beginner bicycling clinic and training program. Heather Fitzanko will once again lead this program with the help of Sarah Gray. This 10 week training program is organized into two parts: Sarah will coordinate the clinic portion while Heather will be coordinating the weekly ride coaching portion. If you have friends who don't yet bicycle but are interested in making a commitment to learn longer distance riding, this would be a great way to get them out on paved trails, providing them with basic skills, trail and road etiquette. It is designed to welcome new riders into the bicycle community by helping them build strength and confidence in a supportive environment. For more info please click on the link. <https://www.ivedecided.org/signup/ive-decided-to-ride/>



What is this Rando thing?

Randonneuring, also known as [Audax](#) in the UK, Australia and Brazil, is a long-distance cycling sport with its origins in audax cycling. Randos in the cycling world is short for a group who participates in Randonneuring. IVW's own Randy Anderson started Randonneuring last spring and was quickly hooked on the idea of long self-supported rides. He has ridden a 200K and a couple of 300K rides. If you are looking for a challenge or just want to explore new areas without the hassle of an organized ride, then Randonneuring is for you. For more randonneuring click on the link. http://ivwheelmn.org/wordpress/?page_id=4621

Thanks for reading the April Monthly Note. If you have any rides, events, announcements or articles you want to share with the club, please email it to Fai (faimok534@gmail.com) to be posted in the next Monthly Note.

Rebecca Senneff - Illinois Valley Wheelm'n President

Classified Ads

Classified Ads from club members are welcome. If you have some bicycle related items you want to sell or you are looking for a bike related item, email your ad to faimok534@gmail.com. **If the item is sold, please update so your ad can be remove from the posting.**

- **Wanted**, Bill Semmens is looking for a kid's stoker kit for his Santana tandem. If you have one that is no longer in use, contact Bill@309-693-9388 or BSemmen5@comcast.net

- **For Sale**, brand new SRAM chain catcher. Install on front derailleur to prevent chain drop between crank and bike frame which will scratch the paint on the bike. Most places selling for \$22. Asking for \$10. Contact Fai if interested. faimok534@gmail.com



- **For Sale**, hitch mount Xport folding bicycle rack. Holds 2 upright bicycles. Fits either 1-1/4" or 2" trailer hitches. Easily adjustable for any size bicycle and safe for carbon framed bikes. Either remove or fold hitch when not in use. Slotted locking pins hold things in place. Excellent condition. Asking \$50. Email Tom Dorigatti (dorigat@comcast.net) or call (309-347-2844).



- **Wanted**, Pam Hoehne is looking to buy a quality good used hybrid bike to fit a person about 5'10" to 6'. The one she shared with her son was stolen. Contact Pam@309-339-9777.

- **Wanted**, Bicycle trailer to hold two grandkids. Contact Jack Brejc@309-264-3175, jbrejc@hotmail.com

- **For Sale**, 2016 Specialized Roubaix SL4 Comp 56. Red on Black Carbon Fact 8r frame. Purchased new March 2016. Excellent condition. With Shimano Ultegra F/R Derailleurs, Rear Cassette 11spd-32, Shift Levers, Shimano 105 F/R Brakes, Praxis Compact Chain Ring 50/34, Fulcrum S-19 Light Wheels, 12 miles on New 28" Continental Gatorskins with Giant inner tubes. New Specialized body geometry 143 saddle. TSB on bottom bracket: repacked, torqued to specs, all bearings greased. F/R Derailleurs adjusted. Brakes set. Never been in crash. Last serviced by LBS in Oct, 2016. Asking \$1700. Contact Mark Wilkinson@309-634-6043.



- **For Sale**, Litespeed Handlebar Tape. I had tape custom made for my significant other's bike and had to buy a minimum of 10 rolls. I'll keep two rolls, so I have 8 for sale. It's black w/white Litespeed approved logo lettering. 2.0 mm thick for a cushy and wide for an easy gap-free wrap. I'm selling for what I have in it. \$21 per roll. Jack Brejc(309-264-3175, jbrejc@hotmail.com)



- **For Sale**, homemade rollers that a friend built for me way back when. Asking for \$50. Contact Bill Semmens. BSemmens5@comcast.com



- **For Sale**, gently used WIKE bicycle trailer designed especially for children and persons with special needs with a capacity of up to 130 lbs. Trailer comes with a third wheel option that allows it to be used as a jogger or stroller as well. Specifications and additional photos can be seen online at www.wicycle.com. Purchase price w/o shipping was \$800. Contact Rick Gentry (309-678-4622) or Judi Gentry (309-678-6373).



- **Free** pair of pre-owned 26x1.25-1.5" Schrader valve inner tubes. Also free pair of new 26x2.4" presta valve tubes. Contact Fai if interested. faimok534@gmail.com