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



www.bikepeoria.org



www.rideillinois.org



www.bikeleague.org

A note from your president

Happy Easter and April everyone! Hope you all have a great day with family or biking. I hope everyone is ready for the season. Our official Spring Breakout Ride and social are April 21st. I plan to be there, be it riding or just helping, only time will tell.

We have several rides approaching. They include Break out Ride, Folks on Spokes Easter Ride, and a little further out Horsey Hundred, and Door County Century. Everyone should try these if you haven't!

The Breakout Ride is our club's official season opener. We plan to have goodies before and after as well as the dinner that evening. All levels are welcome. It will take place as usual starting at Russell's Cycle and Fitness in Washington.

The Folks on Spokes Easter Ride is not local but worth the drive to the suburbs. One of my very dear friend's club puts this ride on. They call it the Easter Ride even though it is past Easter because that is the theme. If you participate in this ride, you will see the Easter bunny and after the ride there are egg salad sandwiches. If interested let me know or look it up online.

Horsey Hundred is an awesome ride as well. Unfortunately, I may not be able to participate this year but I hope you all will. It is a 2 day event that takes place in Georgetown, Kentucky over Memorial Day weekend. I have done this ride for several years. The thing that is nice is there are many ride options and non-riders can participate as well. The scenery is great in horse country and there are tons of people.

The Door County Century I'm sure most of you remember reading about last year. It isn't until September, but registration opens today (April 1st). It is also a great ride. It takes place in Door County, Wisconsin. This is home to wine country as well as many parks and scenic things/places.

I hope you all can participate in at least one of these adventures! See you on the roads soon! Keep the rubber side down.

Kickstand Comics

By Rick Smith and Brian Griggs



Last reminder for Membership renewal

This will be the last reminder for membership renewal as the club is prepping for the 2018 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 (kurtsjoo11@gamil.com).

Bike Peoria's First Friday Nite Ride



Get Lit and Art Up Your Ride! Bike Peoria will be hosting the First Friday Nite Ride on Friday, March 2nd @9pm. This is a casual ride between 10 – 14 mph that start and end at the [Bike Peoria Co-op](#). The idea of First Friday Nite Ride is to explore Peoria's older neighborhood – the Bike Peoria Co-op area, West Peoria and Bradley campus area. For question, contact Per Ellington – pellington86@hotmail.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 (DIY) 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, is 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 leisurely 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/>

Spring Breakout Ride & Spring Social Dinner date set



The 38th Annual Spring Breakout Ride will be on Saturday, April 21st with a rain date on April 28th. The ride starts at 9:00 am at Russell's parking lot in Washington. We will have coffee, juice, bagels and donuts before the ride at 8:30 am. We are looking for volunteers who are familiar with area to lead a medium pace group and a fast pace group. Contact Fai (faimok534@gmail.com) if you would like to help.

The Social Dinner will be at Bernardi's in Dunlap this year on the same day, 6pm. It will be a family style dinner with fried chicken, spaghetti w/meat sauce, vegetarian shells Florentine, green beans, baked potatoes, salad, coffee or tea. The club will provide everyone with 1 drink ticket (beer, wine or soft drink) and appetizers. Contact Social Event Coordinator Bev Ketel (b.ketel434@comcast.net) if you plan to attend. Deadline is April 17.

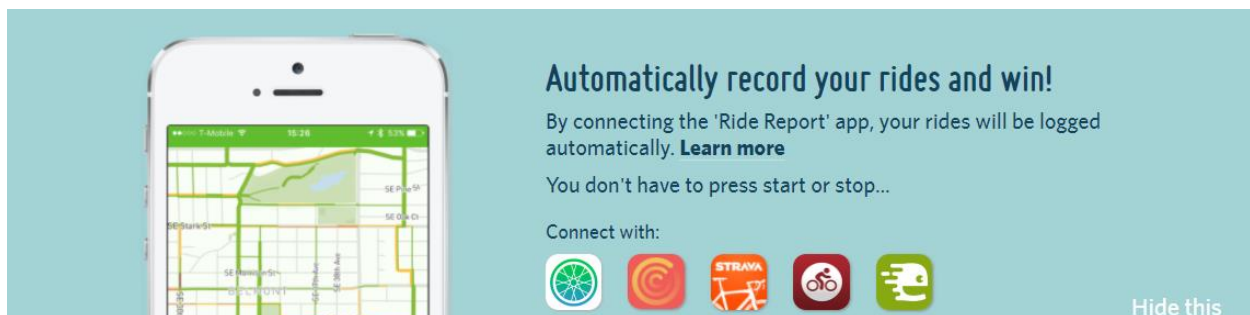
2018 National Bike Challenge is right around the corner



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.

In 2017, The National Bike Challenge aimed to unite 60,000 riders to pedal 30 million miles from May 1, 2017 until September 30, 2017. 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 improve health, saving money and helping the environment by reducing carbon footprint. The 2018 NBC is brought to you by [Love to Ride](#) and the [League of American Bicyclists](#). To join in the fun for this year's event, go to https://www.lovetoride.net/usa/teams/4773?locale=en-US&team_invite=true.

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.



Ideas for 2018

We want to hear any ideas you may have for any club activities for next year. It can be theme rides, picnic, happy hours, bowling or whatever your love desire, the club wants your input. Let any of the club officers know.

Where have you taken your IVW jersey?

Did a recent bike tour with your IVW jersey 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. We will included in the January Monthly Note.

Thanks for reading the April Monthly Note. If you have any rides, events or announcements you want to share with the club, please email it to be posted in the May Monthly Note. Keep the rubber side down. See you all out on the road.

Rebecca Senneff - Illinois Valley Wheelm'n President

Classified Ads

Classified Ads from club members are welcome. If you have something 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 let me know so your ad can be remove from the posting.

- **For Sale**, Sigma bike computer (Model BC 16.12). It does all the usual stuff like distance and speed. But it also gives you cadence and the air temperature reading. I'd like to get \$60 for it. It's brand new and still in the original shipping box. Contact Bill Semmens. BSemmens5@comcast.com

- **For Sale**, Shimano SH-SD 66 ladies bicycle sandals. Brand new EU size 37-38 USA 6.5-7.0, \$25. Contact Michelle@309-253-8482



- **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**, 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**, Men's Castelli full zip short sleeve jersey, size 3XL. Nice bright yellow color. It did not fit me. \$44 or best offer. Contact Tom Moses (bassplayer974@gmail.com)

