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



www.bikepeoria.org



www.rideillinois.org

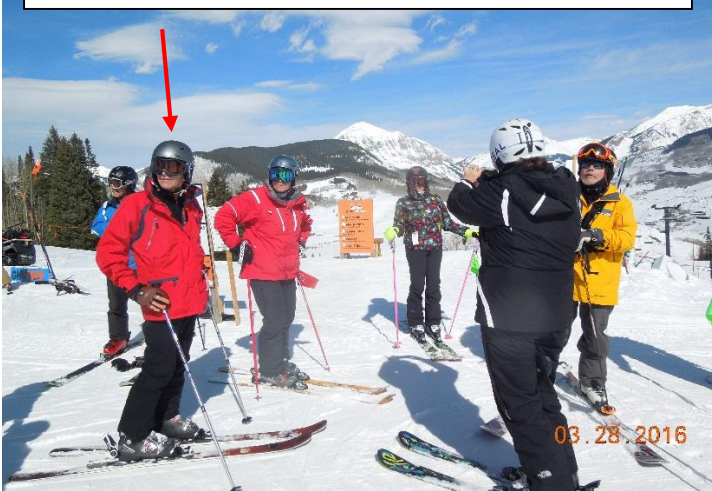


www.bikeleague.org

Opening

For you college hoops fans out there, March Madness is a familiar term and an exciting 3 week span that bridges the gap between the last bit of winter and the beginning of spring. I had coined these 3 week period as 'the most wonderful time of the year' because of three things: 1) My love for NCAA basketball tournament. 2) The anticipation of consistent warm temperature for bicycling. 3) Spring ski trip with the Peoria Ski Club. However, this year's 3 week span wasn't as wonderful as I had hoped for. My beloved alma mater (MSU Spartans) were shockingly ousted on the second day of the 3 week tournament. The weather during these last 3 weeks weren't consistently warm as I had hoped to do any outdoor riding. I was able to salvaged some joy from the two disappointments prior to my arrival at Colorado when I received news a storm had dropped fresh snow in the region. The Weather God was gracious enough to grant a light snow day and abundant of sunshine during my week-long stay. As if that weren't enough, the Weather God even made the temp warm enough during the afternoon that I saw a few locals riding their road bikes as the snow melted onto the streets. It gave me the urge to want to hop on my bike. As I stood there on the street to picture myself on my bike, it dawned on me that biking season is almost upon us back home. And that is why I always love and look forward to 'the most wonderful time of the year.'

Reid Hansen enjoying the mountain view and sunshine at Crested Butte.



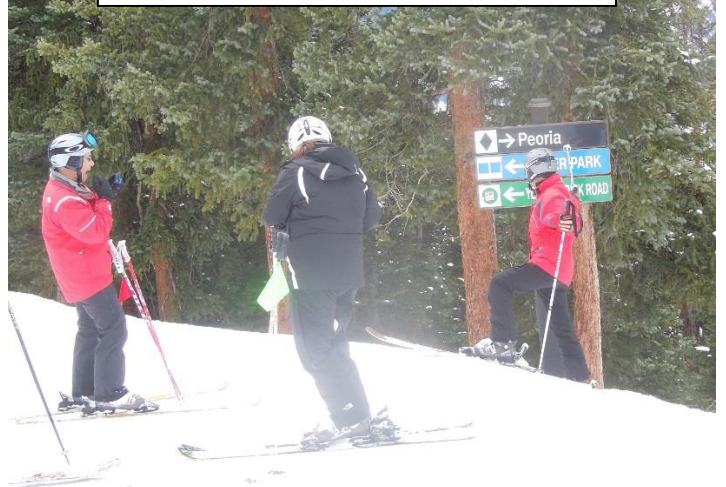
Taking a lunch break after a morning of skiing.



Laverne Wilson posing for the photographer after lunch.



What? Peoria is that way? Must be the scenic route.



Country Ride for Autism



THREE BIKE ROUTE OPTIONS
12 MILE 6 MILE 3 MILE

Country Cycle 2016
BIKE RIDE FOR AUTISM

Saturday, April 23
Rain Date - April 30

Registration 8:00am
Ride Start 9:00am

REGISTRATION FEE
Adults (18 years or older) \$35/person
Youth (11-17 years old) \$20/person
Child (10 years old and younger) \$0

FUNDRAISING GOALS ARE ENCOURAGED
Donations over \$100 will receive a Country Cycle 2016 sweatshirt and their name put into a grand prize drawing.

ALL REGISTERED RIDERS WILL RECEIVE ENTRY TO THE EVENT COOKOUT

Rides will begin and end at the Hopedale Wellness Center.

A helmet and reflective attire is required for all riders, regardless of age or skill level.

ALL PROCEEDS WILL GO TO TAZEWELL COUNTY RESOURCE CENTERS



There are no position place winners.
This is a leisure, non-competitive bike ride.

Hopedale Wellness Center
222 NW Grove St
Hopedale, IL 61747
www.HopedaleWC.com

Hours:
M-F 5:00am - 9:00pm
Saturday 7:30am - 5:00pm
Sunday 1:00pm - 5:00pm
Closed Sundays: June-September

For more information, contact
Matt Frahm at
309-449-4516
or mfrahm@hopedalemc.com
309-449-4500



The Wellness Center on the campus of the Hopedale Medical Complex will be hosting a Country Ride for Autism on April 23rd. This bike ride event will start in the parking lot in front of the Wellness Center with a 12, 6 or 3 mile course charted out. In addition, there is a cookout for all participants for the cause of creating more awareness for Autism. This event is to raise money for the Tazewell County Resource Center which is a local agency that houses individuals with disabilities. Matt Frahm, the program coordinator is also trying to promote bicycling surrounding Hopedale so they can continue to host events specifically for cyclists since there are vast options of roads and trails. For registration or more info, contact Matt at mfrahm@hopedalemc.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, 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/>

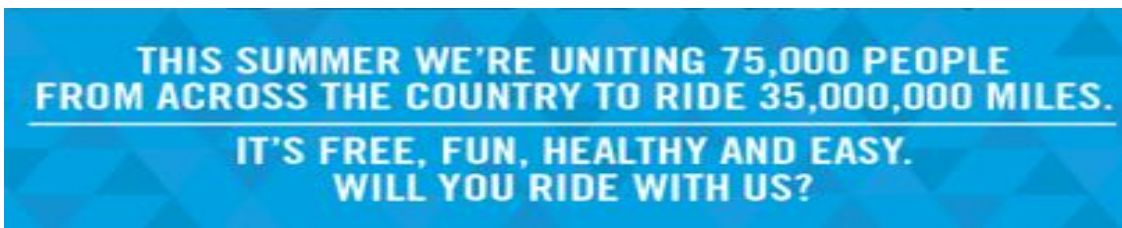
<http://www.bikesafetyquiz.com/>

2016 National Bike Challenge



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 improve 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.



I am leveraging the NBC to keep tabs on all participants' mileage for the 'Most Miles in the Saddle Award' in order to save myself 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.



Ride Chair position remains open

The club is still looking fill the Ride Chairperson for 2016. With Liz Born still taking courses, she fell the position can be better served by someone who can give more of his/her time. For the time being, Jim Coffey is handling all the ride coordination duties until the position is filled. In order for the club to continue to operate, we need our members to be active. So your help is crucial. If you know someone who you think is qualify for the position or you would like to volunteer, let any of the board members know. You can also email me at faimok534@gmail.com. Below is a description of the duty of the Ride Chairperson.

Duties of Rides Chairperson: Responsible for establishing and organizing a weekly ride schedule, and handle any special rides not included in the weekly rides.

Club jersey committee meeting

There will be a meeting on Sunday, April 17th to review some design ideas for the club jersey and color schemes. We will meet at Panera's on Sterling Ave, Peoria at 11:30am. If you are interested in helping, shoot me an email. Thank you.



'I've Decided to Ride' for beginning bicyclists

'I've Decided to Ride' is a beginner bicycling clinic and training program that will be starting in May. Sarah Gray has been working closely with Heather Fitzanko on organizing the clinic portion of this program. Heather will be coordinating the program including the weekly ride coaching. If you have friends who don't yet bicycle but are interested in making a commitment to learn, 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/>



Interested in riding 300K or longer?

My name is Randy Anderson and I've been a member of IVW for a couple of years. I've recently joined Randonneurs USA, a long distance cycling organization (<https://rusa.org>), with the goal of getting involved in 200K, 300K, and maybe even longer rides. These are not club events like No Baloney or organized multi-day tours, rather these are self-supported rides with required check-in time ranges along the route. The longer ones require some night time riding and a hotel. If you enjoy long distance riding, are looking to test your endurance, and would like to ride these in a group then please contact me. The first rides start in April out of the St. Louis area (IL side) and Quad Cities area (IA side). Please contact me by email at andersons3517@sbcglobal.net if you are interested.

Motorist-directed signage in Peoria Area

Ed Barsotti of Ride Illinois is currently working with IVW, Bike Peoria, Peoria Bicycle Club and the Tri-County Regional Planning Commission in asking road agencies to install motorist-directed signage on passing bicycles, e.g. "State Law – 3 Feet Min to Pass Bicycles". The signage is meant for education (unofficially) and for addressing urban and rural roads on which cyclists have had problems with motorists' close passing/other poor behaviors (official justification). Ed would like IVW to recommend some priority locations, either inside the urbanized area or in nearby surrounding areas before the end of April. Ideal characteristics should include:

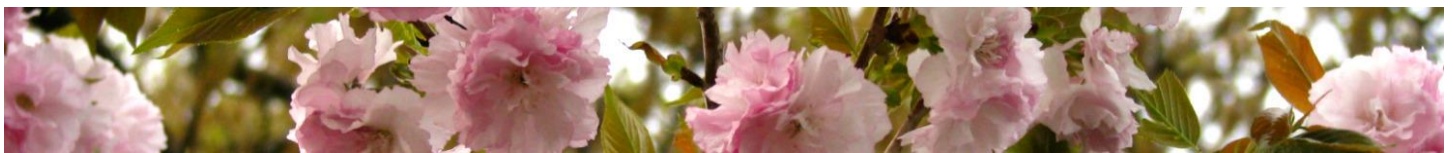
- Roadway lacking space for bikes
- Uncomfortable conditions due to moderate or heavier traffics, etc.
([traffic count map here](#), zoom in)
- Despite conditions, used relatively heavily by bikes (recreation or transportation)
due to lack of nearby alternatives
- Likely road for motorist close-passing incidents, maybe even with specific example

I would like to gather feedback from everyone in order to identify streets, roads or intersections that you all bike on frequently which can benefit from the added signage. Email your input to me by April 25th.
(faimok534@gmail.com)

Railroad bridge across War Memorial to be renovated

Back in early December, the City of Peoria asked IVW for a letter of endorsement in order to improve the city's odds of getting a grant they were seeking to renovate the railroad bridge across War Memorial. In early March, the city received news their grant application was approved by the Peoria-Pekin Urbanized Transportation Study (PPUATS) policy committee. The final voting will take during PPUATS April meeting to finalize it. What does that mean you asked? With the \$282,986 grant from the Tri-County Regional Planning Commission's Transportation Alternative Program (TAP), the City of Peoria will be able to move forward to renovate the bridge and provide a more direct connection for the Rock Island Greenway trail from Peoria Heights to the trail along side of the Marina. You can read the entire article by clicking on the link below.

<http://www.pjstar.com/news/20160310/grant-to-renovate-old-railroad-bridge-would-ease-connection-of-rock-island-greenway-trail-to-downtown-peoria>



Spring Breakout Ride & Spring Social Dinner date set

This year's Spring Breakout Ride will be on Saturday, April 23rd 9am once again starting at Russell's parking lot in Washington. The ride will be weather permitting with no make-up date. 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 and a medium pace group and a faster pace group. Contact me if you would like to help.

Also, we will have the Spring Social Dinner that evening (6 pm), at Good Tequila's in the Grand Prairie Mall in Peoria. The menu options are 1) Horseshoe Chicken Breast w/soft drink, 2) Burrito Deluxe – one chicken, one beef w/soft drink. 3) Vegetarian Chalupa, Cheese Enchilada, Beans w/soft drink. If you are interested in attending the dinner, you can sign up and prepay online with this link (<http://www.signmeup.com/114085>) or sign up and prepay with the [attached](#) form. The deadline is April 18th. If you have any questions, please call Social Chairperson Pam Hoehne (309-339-9777). Hope to see you all that day.



Throwback Corner



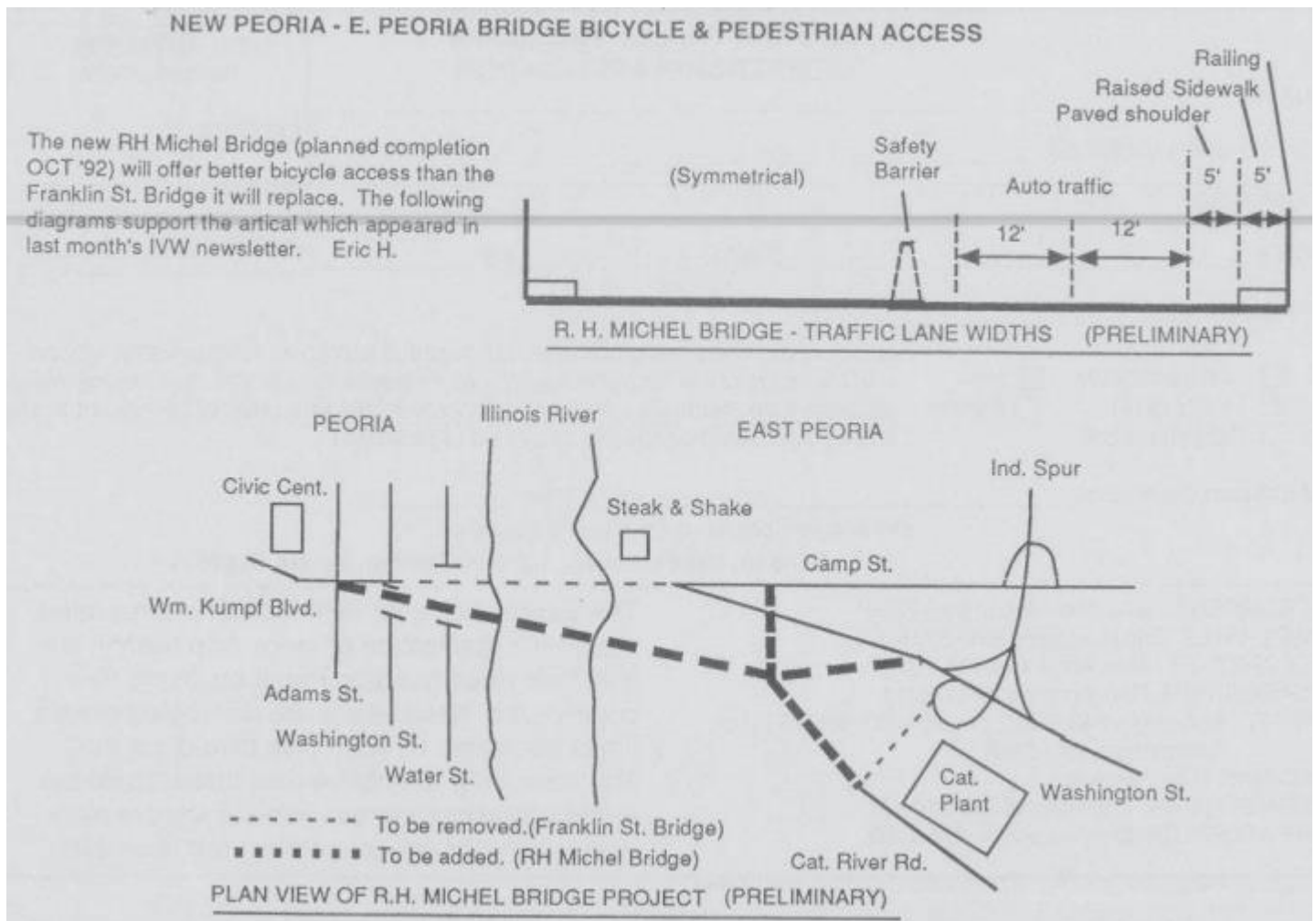
Each month, I will include some materials from IVW's newsletter archive before it was discontinued back in 2013. I plan to have some interesting facts, comics, advertisements, etc., etc. It will be fun looking back as to how far the club evolved.

From March, 1980

The one that started it. First official Spring Breakout Ride.

SUNDAY April 20	8:30 A.M.	"Spring break out ride" Meet at Peoria Court House for tour of Peoria. Every onw will be expected to "BIKE" to the Court House. Gift Certificates will be awarded to the persons who ride the farthest to get to the Court House, and the youngest and the oldest to ride in.	Joe Mugavero 685-6608
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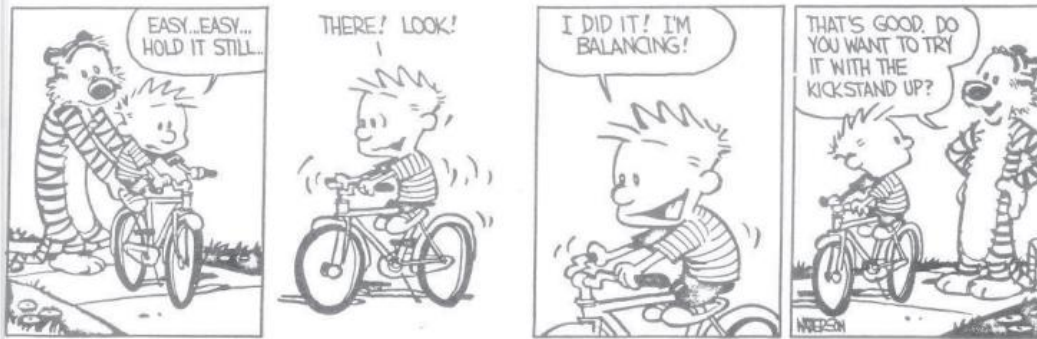
From April, 1991



From February, 1978

The word tandem can mean a bicycle with 2, 3 or even 30 seats. The word, taken from Latin, simply means 'at length'.

From April, 1988



Thanks for reading the April Monthly Note. If you any events or announcements you want the club to be aware of, please email it to me to be posted in the May Monthly Note.

Fai Mok - Illinois Valley Wheelm'n President

Classified

- **For sale**, Blue(1) and Green(1) Bike Fridays American made in Eugene, Oregon. Purchased in 2003 for \$862.30 each. Bikes were used on about 5 airplane vacations. Bikes were ridden about 30 to 40 days. Sale includes all accessories which were all part of the original sales price: 1 air pump, 2 travel hard plastic cases, and 2 under seat accessory bags. Asking price: \$550. Each. One owner and well maintained. Contact Sandi or George Burrier@309-266-5085.

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

- **Free** set of pre-owed carbon fiber water bottle cages with open design. Color black/grey with minor cosmetic blemish. Contact Fai if interested. faimok534@gmail.com

- **For Sale**, brand new Sram chain catcher. Install on front derailleur to prevent chain drop between crank and bottom bracket. Price-\$10 Contact Fai if interested. faimok534@gmail.com