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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 February everyone! Can't believe today is Ground Hog's day! Before you know it spring will be here, even though Girdie saw her shadow. I hope everyone is enjoying the winter season, be it riding indoors, hiking, skiing, or whatever your heart desires. Now is the time to start thinking about what trips you would like to take this spring and summer. Please see the second attachment for ideas. I would like to have a few groups this summer so we can car pool. Another trip that is fun is GOBA. Stay tuned and next month I will tell you all about it.

Membership renewal is taking place now

It's time to renew your membership as everyone's status get reset as of December 31st, 2016. Please use the link and follow the instruction on the page. We have modified to accept mail-in payment with the online process. http://ivwheelmn.org/wordpress/?page_id=297



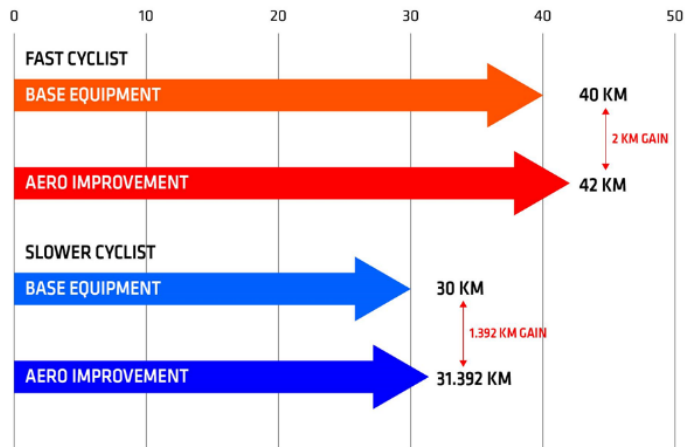
Slow vs fast riders, who benefit the most on an aero bike?

It has been debated many times during a group ride everywhere. Some people believe fast elite riders are the only one who truly benefit from an aero bike. They feel the average riders are wasting their money since they don't ride fast enough to take advantage the aerodynamic properties these streamline machines offers. An article on Cervelo's website settled the debate.

Everyone knows aerodynamic drag increases the faster you go, so an aero bike is important for fast riders. But what about the rest of us?

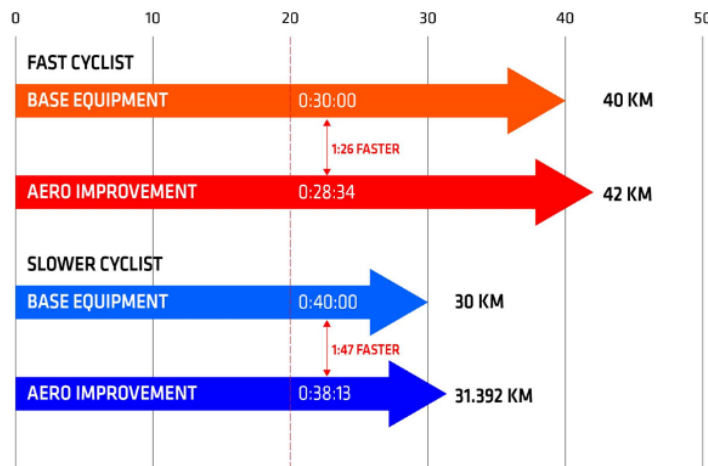
Let's take a fast rider who can go for an hour at an average speed of 40km/h. An aero advantage (frame, wheels, and helmet) gives him a 2km/h speed advantage. When we give the same advantage to a slower rider, he gains 1.392km/h. So the slow rider gains less speed from the aero improvement. This is as expected, based on the drag equation where drag force goes up with speed.

DISTANCE TRAVELED IN ONE HOUR (KM)



However, we usually race a fixed distance, not a fixed time. So let's compute how long it takes to ride a 20km TT distance. It's simple math: To get the finishing time, divide the distance by the speed. For example, if our fast rider goes 40km in one hour, it takes 30min to ride 20km. Do the same for the two speeds, and we obtain this result:

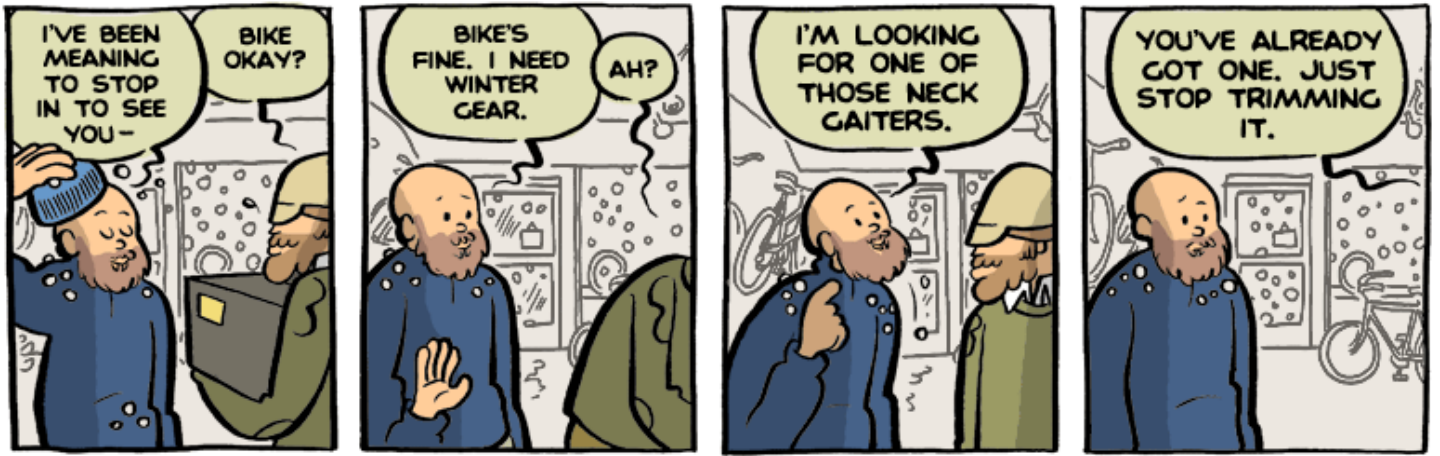
TIME NEEDED FOR A 20 KM TIME TRIAL (HH:MM:SS)



The faster rider saves 1:26, while the slower one saves 1:47! Why does the slower rider save more time? He's on the course for more seconds, so saves more time overall.

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.



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Vel-old-drome! 105 yr. old set record again

On January 4th, Frenchman Robert Marchand set a brand new record for being the oldest person to cycle the furthest distance (22.547km/14.01mi) in one hour. He broke his previous record of being the oldest person (3 yrs. ago) to ride the furthest distance in a hour (26.927km/16.73mi). The retired firefighter, who subsists on his pension in a small flat outside of Paris, said he could have gone further than the 92 laps at the velodrome in Saint Quentin-en-Yvelines but he didn't see the timing board notifying the time remain in his record attempt. "I did not see the sign warning me I had 10 minutes left," Marchand told the Associated Press after his effort. "Otherwise I would have gone faster, I would have posted a better time. I'm now waiting for a rival." You can read more and watch a video about Robert by clicking on the links.

<http://www.welovecycling.com/wide/2017/01/06/robert-marchand-life-105-year-old-phenomenon/>
<https://www.youtube.com/watch?v=Ey48j6dDNEo>

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 included in the March Monthly Note.

Table & shelter for Alta trailhead

The Friends of the Rock Island Trail are working with IDNR to place a table and shelter at the Alta trailhead. We are about half way to our goal of \$10,000. If you would like to join us in this effort, you can do so at www.ritrailillinois.org and click on donate. All donations are tax deductible. Thank YOU!

Gary Brown

VP Friends of the Rock Island Trail

Thanks for reading the February 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 March 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 removed from the posting.

- **For Sale**, Bike Lane Pro Trainer Bicycle Indoor Trainer Exercise Machine. Includes an 850 gram machined steel flywheel for the most natural pedal feel with riser block. Train safely away from high traffic areas. Easy change resistance controller allows you to choose your training with up to 7 levels of resistance. Wide base design gives extra stability and a smooth quiet ride. Cutting edge technology. Almost new condition, only used 1 season (less than 10 rides). Upgraded to a Wahoo Kickr Snap. Asking for \$50. Contact Tao@309-202-7411. https://www.amazon.com/gp/product/B00GC2HWZG/ref=oh_aui_search_detailpage?ie=UTF8&psc=1



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



- **For Sale**, Minoura Mag Tour Trainer. Asking for \$50. Contact Bill. BSemmens5@comcast.com



- **For Sale**, bottle cap mirrors No Baloney mirrors, 1/2 off @\$7, IVW ones are regular price @\$13. Contact Fai if interested. faimok534@gmail.com

- **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

- **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

- **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.

Upcoming Events for Spring

(Note: Some events require RSVP, some require registration fee while others have early registration discount)

Local

Wednesday, February 8th, 6pm – 7pm

IVW Board Meeting - Peoria Public Library-North Branch, Seminar Room, 3001 W. Grand Parkway, Peoria

Wednesday, March 8th, 6pm – 7pm

IVW Board Meeting - Peoria Public Library-North Branch, Seminar Room, 3001 W. Grand Parkway, Peoria

Wednesday, April 12th, 6pm – 7pm

IVW Board Meeting - Peoria Public Library-North Branch, Seminar Room, 3001 W. Grand Parkway, Peoria

Saturday, April (TBD)

Spring Breakout Ride – Details to be determined.

Wednesday, May 10th, 6pm – 7pm

IVW Board Meeting - Peoria Public Library-North Branch, Seminar Room, 3001 W. Grand Parkway, Peoria

Wednesday, May 17th, 7pm – 8:30pm

Ride of Silence, Peoria – Bike Peoria will be organizing the 2017 edition of the Ride of Silence in Peoria, IL. The Ride of Silence is a globally-recognized movement on the 3rd Wednesday in May to remember those cyclists who have been killed or injured while enjoying the sport they love. The history of this ride began in 2003 at White Rock Lake in Dallas, TX after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed. His friend, Chris Phelan organized the first ROS in his honor. The ride drew 1000 cyclists through the word of mouth and email communication over a period of only ten days.

The goal of this event is to bring together ALL cyclists in the Peoria area regardless if they are mountain bikers, roadies, casual, long distance, trick, etc.... and show the community how much of an impact we can make. We are needing your help in three different areas. Bring a friend (or two) if possible. 1) We have been stuck at 150 participants for the past few years - our goal this year is to break 200! 2) Print out a few copies of the attached poster, and place them where you work, your church, favorite coffee shop, etc. 3) Our ride will need a few additional volunteers to be successful. Volunteering responsibilities will require you to arrive at the event early and make sure all participants sign the waiver clipboards. Once the ride has begun, you will be dispersed as ride marshals within the group and look for others who might need assistance/help. We'll also need help with those who would want to take pictures/video. If you are interested in helping, contact Brent Baker (brentthevolunteer@gmail.com).

Wednesday, June 14th, 6pm – 7pm

IVW Board Meeting - Peoria Public Library-North Branch, Seminar Room, 3001 W. Grand Parkway, Peoria

Outside Peoria Area

Saturday, April 8th, 8am

Rough Road 100, Morris, IL – Ride on the road, ride on gravel, ride on more road, more gravel, more limestone, more road & more gravel. That is what this event is all about. 9 sectors of varied surfaces, flat and fast, or test your skills on our new 64K course! Though it is listed as a bike ride, there will be purse prize given to top male & female finishers. If you love a challenge, than this ride is for you. For registration or more info, go to <http://www.roughroad100.com/>

Saturday, May 6th, 7am

Tour de Stooges – What? You're looking for beautiful scenery, great cookies, the best after-ride meal and all the vidiot fun a stooge could want? Well, then don't be a knucklehead or a victim of soicumstance. You better not miss the 20th annual Tour de Stooges on Saturday, May 6, 2017, in Lebanon, Illinois (See the About the Ride page for a map of Lebanon). Miss it, and I'll moiderize youse!

The rolling countryside has great scenery, picturesque farms, fields of wildflowers on lightly traveled country lanes. Plus, our ride features the best rest stop treats around. Yes, our Missouri friends might need to drive a little, but the trip down Interstates 70 or 64 is about the same as traveling from downtown to West County. Plus, the trip is worth it and we promise a ride to remember. After you ride, there's am all-you-can eat hot meal with lots of variety, including pizza, salads, soups, hot plates, sandwiches, etc. served in Ames Dining Hall at McKendree University.

We're continuing the Moe Metric Century and the full 100-mile route – the Roger Kramer Memorial Century named after the founder of Tour de Stooges. There's a 9 mile route, too, and other intermediate routes for your velocipedic pleasure – something for everyone, and family-friendly, too. After the ride, we spread out, eat and watch Three Stooges shorts until the cows come home. Nyuk, nyuk, nyuk. For registration or more info, go to <http://tourdestooges.com/>

Sunday, May 7th, 7am

Five Boroughs of New York – 40 Miles, Five Boros and 0 cars. Yes, they close the streets down to car traffic for this ride in the Big Apple for this ride. It's an annual and unique opportunity to ride all five of the New York City boros without car traffic. If you are interested in joining the ride, register and join the "Bike Peoria" team which will enable Peoria local riders to share the ride together. Interested riders can contact Brian Cunningham at 309-633-1224 if you want to travel as a group. <http://www.bike.nyc/events/td-five-boro-bike-tour/>

Saturday, May 13th, 7am

Vino Gran Fondo – Big Shark Bicycle Company and Sugar Creek Winery are bringing the European cycling tradition of the Gran Fondo cycling experience to Missouri's hilliest wine country. A traditional pairing of challenging riding and a tour of some of Missouri's best vineyards. Experience the same roads and towns visited by the internationally acclaimed Tour of Missouri Professional Cycling Race.

The Vino Fondo is a fully supported, timed ride. Although not a race, all participants will receive two measures of their achievement: overall ride time AND their climbing time over the penultimate beast, the Schluersburg. There are three distance options, each tuned to maximize scenery and include as many of the regions challenging "topographic features" as we can find. We're crafty like that.

About Gran Fondo's - Also called Cyclosporitif rides, Gran Fondo's are challenging rides that combine the best elements of epic recreational rides, some of the characteristics of a race and the visual experiences of the touring cyclist. The Gran Fondo experience is a true melting pot for cyclists of all abilities - with one goal, the satisfaction of achievement.

<http://bigshark.com/about/2017-vino-fondo-gran-fondo-5-13-17-pg796.htm>

Saturday-Sunday, May 27th & May 28th, 8:00am

40th Annual Horsey Hundred – The Horsey Hundred is the premier cycling event of the Bluegrass Cycling Club. This event have come a long way since the inaugural Horsey Hundred was held at the Kentucky Horse Park in Lexington in 1978. It is a scenic and challenging century ride past a beautiful covered bridge, popular bourbon distilleries, historic churches, famed horse farms, and even a castle.

After departing Georgetown, riders will experience Kentucky's rolling countryside as they head towards Frankfort for a loop around our state Capitol. Then it is on to Versailles, KY (although we say it just a little bit differently than they do in France) before turning north and working your way back to Georgetown. Don't forget to stop for an ice-cream float (but save some room for the awesome lunch that we have for when you finish) at our last rest stop. Other supported distances include 25, 41, 62 and 82 mile routes that take you through breathtaking landscape that is just as beautiful as our century route.

This year our four Sunday route choices will be following a new course out of Georgetown before heading east into historic Bourbon County (namesake of our world famous spirit) toward another section of the "Thoroughbred Capital of the World" Paris, Kentucky. No matter how your legs feel after Saturday's ride, we will have something for you on one of our 4 great routes. Choose from 26 mile, 35 mile, 53 mile, and 75 mile routes. And when you make your way back to Georgetown, we will have lunch waiting for you. Save \$25 for early registration which is open through midnight May 24th. After May 24th, only on-site registration is available the weekend of the ride which is \$90. For more info, go to <http://www.horseyhundred.com/>.

Saturday-Sunday, May 27th & 28th, 7:30am

The Peddlers' Jamboree – This is a music festival created for bicycle riders and non-riders alike! Get a ticket for a weekend bicycle ride full of adventure or a non-rider ticket for the Kemper Park festivities available in Boonville, MO on May 23rd! Bicyclists start at Flat Branch Park from 7:30 am to 10 am in Columbia, MO. Flat Branch Park is located at 101 South 4th St, Columbia, MO. This is the beginning of the MKT trail which connects to the Katy Trail State Park. For non-riders with ticket passes to the Kemper Park Festivities, gates open at 3 pm on Saturday, May 23rd. Kemper Park is located at 757 3rd St, Boonville, MO behind the YMCA building. Cars will not be permitted in the park. Free street side parking will be located close to the YMCA building. For details, go to <http://www.pedalersjamboree.com>

Sunday-Saturday, June 4th thru June 10th

Pedal Across Wisconsin: Old World Wisconsin Tour – Cycle America's "Little Switzerland," tour Frank Lloyd Wright's [Taliesin](#), enjoy Kettle Moraine Whitewater Lakes Recreational area and the heart of our nation's dairyland. Enjoy a scenic week blending Bicycle Heaven with the old world charm of New Glarus and Spring Green. Cycle through some of Wisconsin's most scenic and historic areas while cycling over roads you will long remember. Tour the popular [New Glarus Brewery](#) and stroll through the historic Swiss Village of New Glarus. Walk into historic downtown New Glarus to sample chocolates, cheeses and sausages all made the Old World Way and shop early for Christmas in unique shoppes. A fantastic way to put some energy into your cycling with a loop tour through some of Wisconsin's most scenic and historic areas. \$765 includes hotel lodging, 3 buffet & 3 continental breakfasts, 3 group dinners, food stops, luggage transport, SAG support, maps & cue sheets, parking for the week and ice cream social on June 4th. For more info, go to www.pedalacrosswisconsin.com.

Saturday, June 10th 7am

McLean County's 36th Annual Spring Metric – Organized by the McLean County Wheelers, this ride offers distance of 20, 40 or 60 miles adjacent to Evergreen Lake north of Bloomington, IL. Roads are sometimes challenging in the lovely Mackinaw River Valley, but the views are worth every pedal stroke. There's a fair chance you'll see white-tailed deer, red-tail hawks and other wildlife on your ride. This is the Wheelers' signature fundraising event for the [Bikes Change Lives](#) community program. Entry fee include hot lunch and baked goodies. For more info, go to <http://www.mcleancountywheelers.com/rides-and-events/spring-metric/>

Saturday & Sunday, June 10th & 11th 7am

TOMRV 40 – TOMRV is the Tour Of the Mississippi River Valley, a Midwest cycling tradition since 1978. Every year 1,500 bicycling enthusiasts come to ride the TOMRV tour. They enjoy a well-supported, challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River. There are 2 distances to choose from – Bettendorf, IA to Dubuque, IA (approx. 100 miles one way) or Goose Lake, IA to Dubuque (approx. 70 miles one way). I have ridden TOMRV for the last two years and had a blast. Great food stops, great view along the way, great concert, great dinner and great breakfast. Early registration discount (\$10 off) ends on March 31st. For more info, go to <http://www.qcbc.org/tomrv/>

Sunday, June 11th thru Friday, June 16th

GITAP – Get set for the 15th annual Grand Illinois Trail And Parks bicycle tour. This year's route will feature the Rock River and Mississippi River valleys in scenic northwestern Illinois, with charming towns and great bicycling on quiet roads and some trails. Our unforgettable six-day ride will make a 300 mile loop starting and ending in Byron, with stops in Dixon, Savanna, the Quad Cities area (two nights), and Sterling. Choose between our camping and motel options and enjoy overnights filled with good food and good fellowship with riders hailing from around the country. Proceeds benefit Ride Illinois and support our mission to make Illinois a better, safer, and more enjoyable place to ride. **This tour is limited to the first 230 riders with less than 20 rooms remain in our motel options.** For more info, go to <http://rideillinois.org/events/gitap/>

Friday – Saturday, June 16th – 17th

Le Tour de Shore – Le Tour de Shore is a 2 day, 100 mile charity recreational bike ride from Chicago to New Buffalo, MI benefiting Arts for Kids at Maywood Fine Arts. Beautiful scenery, great routes, and sops that include treats like pancakes and donuts make this ride a favorite for Chicagoans. Registration includes cue sheet, route maps, SAG stops every 20 miles with bike tech available, door-to-door gear check valet service to/from Chicago and participating motels and Saturday end-of-ride beach barbecue celebration. Early bird Ride Only registration fee(\$88) ends on May 16th. After May 16th Ride Only fee will be \$108. Early bird Ride N' Camp registration fee (\$98) ends on May 16th. After May 16th Ride N' Camp fee will be \$118. Camp space is limited on a first register basis. For more info, go to <http://www.letourdeshore.com/>

Saturday June 17th, 7am

Peninsula Century Spring Classic – The Spring Classic begins in the center of the lakeside village of Baileys Harbor, Wisconsin and features routes of 25, 50, 62, and 100 miles through scenic Door County. After pedaling along pristine roads spanning one of Wisconsin's most popular tourist destinations, you'll be treated to a post-ride meal prepared by top local chefs including specialties from The Cookery, Wild Tomato, Wickman House, Cornerstone Pub, The Fireside, Chives Door County, Coyote Roadhouse, and Door County Creamery. There will be live music throughout the day as part of our partnering event, The Door County Beer Festival. If you're thirsty, you can use your complimentary drink ticket, good for one beer from the acclaimed Door County Brewing Company, or a soda. And if you're still thirsty after that, you can enjoy the Door County Beer Festival, which will be kicking off about the time you're rolling in (tickets sold separately). For more info, go to <http://peninsulacenturyspringclassic.com/register/>

Saturday, June 17th, 7am

Horribly Hilly Hundred – Since 2003, Horribly Hilly participants have enjoyed a day of riding that results in an awe-inspiring accumulation of 10,000 feet of elevation gain in the Driftless Area** of Wisconsin. Growing in popularity each year, the Horribly Hilly registration has moved to an annual lottery system to accommodate the swelling number of interested riders. A second and third route option beyond the original course were added in 2005 and 2011. How hard do you want to push it? Choose between the 100K, 150K, and 200K routes. The day is capped with a meal featuring quality local food and beer. Growing in popularity each year, the HHH has moved to an annual lottery system of registration to accommodate the swelling number of interested riders. The lottery entry is 100% FREE. Lottery entries will be accepted from 12am CST on Feb 6th, 2017 through 11:59pm CST Feb 12th, 2017. A link to the registration lottery will be posted on the website. Each lottery entrant is allowed up to 2 individual lottery registrations. Lottery results will be emailed on Feb 13th, 2017. If you are selected through the lottery, your registration fee is \$90. For more info, go to www.horriblyhilly.com.

Sunday June 18th, 7am

RAIL North – Bicycle Illinois is proud to announce our new **Ride Across Illinois (RAIL)** event series! Similar to ultra-distance one day cycling events, these fully supported rides will challenge you to push the limits of your endurance while riding from one border of Illinois to the other! The **RAIL North** ride will be approximately 175 miles and travel from Moline, IL to Chicago, IL with 5 rest stops along the way. Regular registration ends at 11:59pm CST, Friday

June 2nd. Registration from June 3rd to the day before the ride will be accessed an additional \$15. For more info, go to <http://www.bicycleillinois.com/rail/rail.htm>

Monday-Friday, June 19th thru June 23rd

Pedal Across Wisconsin: Door County Holiday – Door County, Wisconsin's most prestigious vacationland...rightfully nicknamed "Cape Cod of the Midwest"...a biker's paradise where you may ride as much or as little as you please...always a beach, pub, or bakery nearby. Shoreline route through Egg Harbor, Fish Creek, and Peninsula State Park...peaceful backroads...picturesque harbors...quaint towns...roads seemingly created just for bikers.

Here's an opportunity to cycle the entire Door County Peninsula, plus a full day on Washington Island where our route provides many miles of empty roads as you glide past beaches, dunes, unique shops, parks and museums. On the mainland, you will have a chance to see shipyards, state parks, back roads through cherry and apple orchards, plus many miles of shoreline scenery.

Loop ride from Sturgeon Bay and three nights in Sister Bay. Five days of photo-op cycling with many miles of shoreline, forests, and State Parks while never far from a beach or pub. A day to remember on [Washington Island](#), where there are 100 miles of paved roads and hardly any cars (or people) to use them. Full service tour with fee that includes hotels with indoor pool and whirlpools, food stops, dinners, baggage truck, and emergency support. And of course.....our own PAW Happy hour(s). \$665 includes hotel lodging, 2 group dinners, luggage transport, food stops, PAW Happy Hours, maps & cue sheets, SAG support, parking for the week. For more info, go to www.pedalacrosswisconsin.com.

Saturday, June 24th, 7am

RAIL South – Bicycle Illinois is proud to announce our new **Ride Across Illinois (RAIL)** event series! Similar to ultra-distance one day cycling events, these fully supported rides will challenge you to push the limits of your endurance while riding from one border of Illinois to the other! The **RAIL South** ride will be approximately 165 miles and travel from St. Louis, MO to Vincennes, IN with 5 rest stops along the way. Regular registration ends at 11:59pm CST, Friday June 2nd. Registration from June 3rd to the day before the ride will be accessed an additional \$15. For more info, go to <http://www.bicycleillinois.com/rail/rail.htm>