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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

On Saturday, February 10th, club president Rebecca Senneff and her boyfriend were involved in a serious car collision. Both Rebecca and Glenn Firme were taken to OSF for the injuries they sustained. Rebecca suffered a broken pelvis while Glenn have a broken arm, broken leg and laceration on the back of his head. Rebecca was able to go home yesterday(Feb. 13). Glenn is still at OSF after a surgery to insert pins and metal plate onto his arm. He is having another surgery today(Feb. 14) to insert pins and metal plate onto his leg. Let's keep Rebecca and Glenn in our prayer. If you would like to see Rebecca, she is welcoming visitors though she ask that you call first(614-769-4770). If you elected to send a card, her address is 3816 West Warwick Dr. in Peoria. If you would like to see Glenn, he is at OSF room 6435 but call him first(219-395-6815)

GET WELL
SOON

A new year has begun; time to renew your membership

Just a reminder it's time to renew your membership as everyone's status is reset as of December 31st, 2017. Please use the link and follow the instruction on the page. Click here ---> [renew](#)

Training tips from former pro Jens Voigt



(*bikeradar.com*) - While Jens Voigt is no longer racing on the World Tour, his retirement has been anything but relaxing. Starting with setting an hour record (which has since been beaten), he has Everest, climbing 8,848m/29,028.87ft(the vertical elevation of the mountain), which took 26.5 hours and covered 400km/248.54mi. Just last month, he attempted to run seven marathons in seven days — an effort that was unfortunately curtailed by a bacterial infection in his leg after his fourth marathon. With that, it's safe to say Voigt knows his way around a training plan. We caught up with him just after the Tour Down Under to find out his best tips and tricks for staying fit.

No shortcuts - Even with a pro career spanning nearly two decades, when it comes to hard work Voigt was never able to find a quick and easy way to get fast. Lesson A, your've gotta do the miles. Your fitness should be, in the ideal scenario, shaped in a triangle or pyramid. On the bottom is a big strong layer of base miles. The next layer on top of the base miles is a little smaller with a little more intensity, and on top of that is more intensity. In the end, the tip of the pyramid should be the high point of your season or where your objective is.

Dropping a few pounds – Whether you're a pro coming back from the off-season or just trying to burn off some festive ham and eggnog, there are times when we could all stand to lose a few pounds. When I started training again after the off-season and I wanted to lose some weight, I would often wake up, have a cup of coffee and be on the bike more or less with 5 or 10 minutes, no breakfast. That start into training forces your body to go quickly into fat-burning metabolism, and your body is just forced to use fat cells for energy. But after 2 hours into the ride(maybe 1 hour 30 for an untrained person), you need to start eating carbs. So you would then need 60g of muesli power bar every hour(or 30g every 30 min), because you want to burn fat, but you don't want to run yourself into the ground.

Intensity is important – Riding 3 times a week for 3 hours gets you to a certain level, but never further than that. If you want to compete and be in races, then you need to do intervals. If you ever want to have a racing license or compete in a Gran Fondo or whatever, you need to do intervals and train your body to work harder, to recover, work harder again, and then recover again – change of rhythm, that’s important. And as bizarre as it might sound, five 1 minute efforts makes you a better rider even if you’re aiming for a 3 hour bike ride. Short and vicious workouts will make you better.

To read more of Jens’ training tips, go to <https://www.bikeradar.com/us/road/gear/article/jens-voigts-top-training-tips-51638/>

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.



We still need a No Baloney Ride coordinator

The club is still looking for a No Baloney Ride coordinator to head up the ride in late August. We have a manual to assist the person(s) with all the planning. Without a coordinator, we will not be able to put on the ride this summer. So if you can help, please contact any of the board members.

XC skiing with Bill

Bill Semmens is tired of being cooped up in the house due to the cold temp and is ready to play in the snow. If anyone is interested in doing some cross-country skiing at Donovan Park, give him a shout out.

Bsemmens4@comcast.net

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 February 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 March 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**, 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**, 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).



- **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)

