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



[www.bikepeoria.org](http://www.bikepeoria.org)



[www.rideillinois.org](http://www.rideillinois.org)



[www.bikeleague.org](http://www.bikeleague.org)

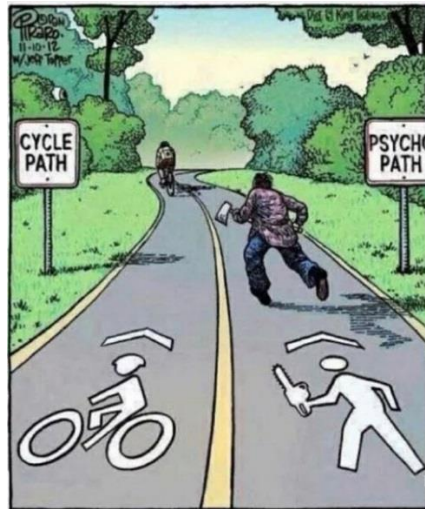
## A note from your president

Hello everyone! Can't believe it is March already! They say time flies when you are having fun, but in my case, I wouldn't say that. As most of you already know, I was in a car accident with my boyfriend Glenn. March 10<sup>th</sup> marks exactly one month since the accident. We are both doing pretty well. However, I had a complication and had to return to the hospital for surgery and spent five days there last week. Of course, I have always been unique but this time I wished I wasn't. The rare thing I developed was called a Morel-Lavallee lesion. The ortho doc said it normally occurs in shearing accidents such as motorcycle crashes and maybe bike (if you were going super fast). I was so looking forward to the season and now I have at least five more weeks added to recovery since they had to place two drains. The drains help keep my muscles squished together so no more fluid can return. I hope everyone has started to make goals for the 2018 season. Right now, my main goal is to get through recovery and be back out on the bike with everyone for the Spring Breakout Ride. We have a lot planned for this year and I'm not letting this little hurdle stop me! Hope to see you all very soon! Don't forget to renew your memberships and enjoy this nice weather.

**GET WELL  
SOON**  
**Rebecca and Glenn!**

## 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 31<sup>st</sup>, 2017. 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.



## Rando is a different concept of riding long distance – Fai Mok



Randonneuring, also known as [Audax](#) in the UK, Australia and Brazil, is a long-distance cycling sport with its origin in audax cycling. Rando in the cycling world is short for a group who participates in Randonneuring. Club member Randy Anderson started Randonneuring in spring of 2016 and was quickly hooked on the idea of long self-supported rides. He has ridden many 200K and 300K rides and a handful of 400K since then. Last March, Randy invited me to participate with him in the Edwardsville 200K Brevet. I had ridden six organized double metric centuries before, but never a self-supported one. Thus, I were a little hesitant to join him. He assured me there

are enough convenience stores and gas stations on the route that rest stops will not be an issue. Plus, it give me a chance to ride outside of Peoria and explore different places. I decided to try it and to my surprise, it was no different from a paid organized bike tour. Everyone received a cue sheet at the start or you can go high tech like me by downloading the route onto your cycling GPS device before arrive at the ride. I had so much fun from that ride that I decided to do 4 more – two 200K Brevet and two 300K Brevet. My goal this year is to ride at least one 400K Brevet as a personal challenge. If you are looking for a challenge or just want to explore new areas without the hassle of an organized ride, give Randonneuring a try. You might get hook on it like Randy and I. For more information on Randonneuring click on the link. [http://ivwheelmn.org/wordpress/?page\\_id=4621](http://ivwheelmn.org/wordpress/?page_id=4621)

### **Accessories to Help You Avoid Getting Pinched on St. Patty's Day**

*(bicycling.com)* – Afraid you might be pinched on St. Patrick's Day because you don't have any green cycling accessories? Don't fear! Bicycling.com selected 20 green cycling accessories that will clear you from getting pinched. Check them out over [here](#).

### **Cycling Can Slow Down the Aging Process**

*(bicycling.com)* – It might not grant eternal youth, but cycling, scientists have found, can slow the aging process and keep your muscles and immune system healthy well into your golden years. Aging, it turns out, can do a number on your muscles. Humans typically lose muscle mass as they get older. Fat and connective tissue also start invading, affecting the muscles' ability to contract. Furthermore, muscles can no longer suck up oxygen at the same rates. However, a new study questioned if these age-related muscle declines are inevitable or if regular exercise, cycling, in this case, can slow down or even reverse them.

To figure this out, researchers at King's College in London biopsied the vastus lateralis muscle, the largest and most powerful part of the quad, in 125 male and female cyclists. Participants were all between 55 and 79 yrs. old and deemed highly active, meaning the men could bike at least 62 miles at 15mph, and the women 37 miles at 7mph, twice within a 3 week period.

The researchers then analyzed muscle properties related to aerobic function and explosive muscle power. They found that, compared to sedentary populations, the cyclists showed less age-related muscle deterioration. That is, at the tissue level, muscle mass and strength stayed intact.

A second study turned the researchers' attention to the immune system, which can also decline as you age. Specifically, your thymus, the part of your body that produces white blood cells, begin to shrink. It then produces fewer cells, meaning your body gradually loses the ability to protect itself against disease.

This trend, however, has been observed primarily in inactive populations, so the researchers wanted to see whether regular cycling could help prevent it. They compared blood samples from the same group of cyclists with blood from 75 older sedentary adults(age 57-80) and 55 younger sedentary adults(age 20-36).

They found that while cycling didn't protect against every single measure of immune-system decline, the cyclists had white blood cell levels comparable to those of the younger control group, meaning that their immune systems were acting "younger."

These studies are only two of many that demonstrate how physical activity like cycling can slow the aging process. One 2017 study found that high intensity interval cycling increased mitochondrial capacity, a big deal when it comes to aging, as the decline of these organelles leads to the onset of age-related disease.

Another study from last year found that regular vigorous exercise protected telomere length. Shortened telomeres are what cause cell death-i.e., aging-and those who exercised saved themselves up to nine years of cellular deterioration.

### 38<sup>th</sup> Annual Spring Breakout Ride in the works

The snow has melted away and the temperature has begun to rise up. Pretty soon, you will be able to ride outside, unless you are a die-hard who ride outside year around. With that said, this year's Spring Breakout Ride is in the works along with the Spring Social Dinner. Both event will be on the same date in late April. Stay tune.

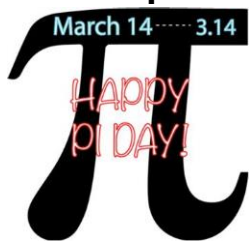
### We finally have a No Baloney Ride coordinator

The club finally have a No Baloney Ride coordinator! Issac Grimm and his wife Andrea has step up to fill the position. Thus we will have a NBR this year. Below is a quick word from Isaac. Be sure to thank Issac and Andrea when you see them.

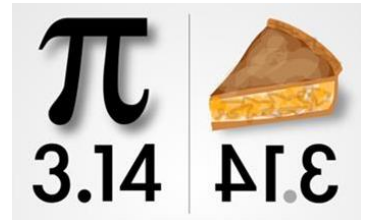
Andrea and I are excited to be the new No Baloney ride coordinators and look forward to hosting the 45th edition of this great ride. We have ridden the No Baloney for the last four years and are looking forward to continuing this great Peoria area bicycling tradition. We hope to build on the great efforts of past coordinators and volunteers and look forward to this year's adventure. Please stay tuned for more information to come. Have a great ride!

Isaac and Andrea Grimm

### March 14 is Pi Day



Pi Day is an annual celebration of the [mathematical constant  \$\pi\$  \(pi\)](#). Pi Day is observed on March 14 (3/14 in the *month/day date format*) since 3, 1, and 4 are the first three [significant digits](#) of  $\pi$ . In 2009, the [United States House of Representatives](#) supported the designation of Pi Day. The earliest known official or large-scale celebration of Pi Day was organized by Larry Shaw in 1988 at the San Francisco Exploratorium, where Shaw worked as a physicist, with staff and pubic marching around one of the its circular spaces, then consuming fruit pies. The Exploratorium continues to hold Pi Day celebration.



[www.wikipedia.com](http://www.wikipedia.com)) Now you might ask what does  $\pi$  have anything to do with cycling. If you think about it, it has everything to do with it. How fast you go on your bike is determined by the diameter of the wheels, the cassette size ratio, the chain rings size and your cadence. Everything listed goes around in a circle, which require  $\pi$  to solve your speed in the equation. So come March 14<sup>th</sup>, have yourself a slice of pie or a whole pie to celebrate this annual event.

### 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 March 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 April 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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto:bassplayer974@gmail.com))

