



Content – pg 2 Opening
pg 2 Bike Peoria hosted events to support bicyclist's world adventure
pg 3 Film 'Inspired To Ride' truly inspirational
pg 4 Riding season is close, time to renew your membership
pg 4 Rides Chair position still open
pg 4 Bicycling News around the world
pg 4 Club Jersey Committee meeting
pg 5 Interested in riding 300K or longer?
pg 5 2016 GITAP registration open
pg 5 Pedal Across Wisconsin registration open
pg 5 Rides close to being formalized
pg 6 Throwback Corner
pg 6 Classified

Opening

What I enjoy the most when I strike up a conversation with people who ride bicycle are the stories as to how they got started. I have learned from the past 2 years through my involvement with different bike advocacy events that we all have our own reasons. From lowering the risk of heart disease, to as an alternative to running because of knee ailment. From a mode of transportation, to a good way to de-stress, or just doing it to raise money for a worthy cause. Perhaps even making an impact on oneself and others as he/she develop and change as a person while traveling throughout the world. Yes, you read it correct. That is the goal of Jasmine Reese as she embark on her Pedal Around the World (PAW) tour with her dog Fiji. You can read about it below.

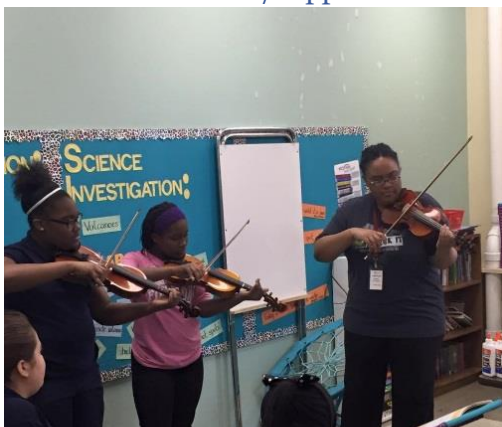
Bike Peoria hosted events to support bicyclist's world adventure

On February 26 & 27, Bike Peoria invited Jasmine Reese to share her Pedal Around the World adventure (which started on Tuesday, March 1st) and the reasons that led her to embark on such of journey with her dog, Fiji. With the coordination of Brent Baker of BP, Jasmine spoke at two schools through the Peoria Public Schools Foundation Horizons Club Program last Friday morning and shared the story of her cross country bicycle trip. She talked about her upcoming adventure and also played some violin with some of the students. Later that evening, she spoke to an audience at Ear in the Envelope in Peoria on the same topics.

At NAACP Peoria office last Saturday morning, I finally got the chance to meet Jasmine and chatted with her. She explained to the crowd and me the reasons behind such of endeavor.

“It's not just about the final destination or pedaling place to place. It's about the journey, the impact I make on the people and communities around me and the way they also help me to develop both musically and as a person in general. I was able to face a few of my own fears, speaking in public and performing violin in front of an audience. I talked about the importance of facing your fears to children at two schools in Peoria. Very rewarding to see their smiles and encouragement.”

She went on to say she hope she can pay forward and give back as much as possible during the next six years, helping our planet, forging true friendships and accomplishing her own dreams in the end. She hope to play with and learn from as many fellow musicians as she can meet along the way. Jasmine finish the meet & greet session by jamming with a couple of audience members. You can follow Fiji & Jasmine Pedal Around the World (FIJAPAW) through Facebook (www.facebook.com/FiJaPAW.official) and through her website (<http://fijapaw.com/>). If you would like to make a donation to aid Jasmine and Fiji along their journey, go to www.FiJaPAW.com/support-us. She will deeply appreciated your support.



Jasmines playing the violin with some students at Thomas Jefferson School.



Sarah Gray (far left) with Jasmine & members of Bike Peoria at Ear in Envelope.



Jasmine jamming with audience members at NAACP in Peoria.



Photo op after the Meet and Greet session.

Film ‘Inspired To Ride’ truly inspirational

A capacity crowd was on hand at the Apollo Theatre in Peoria on January 30 to watch the document film inspired to Ride. It’s the latest cycling film from the makers of Ride the Divide. The film followed a handful of cyclists from around the world as they race unsupported in the inaugural year (2015) of The Trans Am Bike Race. It’s the antithesis to events like Tour de France and Race Across America except there are no teams, no support vehicles, no special jerseys and no prize money involved. It was very well put together as the crew touch on several racers on an intimate level. It showed the true human spirit of competition even when Mother Nature tried to derail the race. I want to thank Peoria Area Mountain Bike Association (PAMBA) for sponsoring this film. If you missed the showing, I highly recommend you check it out on demand. <https://vimeo.com/ondemand/inspiredtoride>



Some IVW members gathered for dinner prior to the movie.



A full crowd at the Apollo Theatre fo the showing.

Riding season is close, time to renew your membership

This will be your last reminder to renew your membership for 2016. Membership not current will be get drop off the email list regarding any form of communication, any event announcements as well as discount to local bike shops. You can renew by clicking on the link below. If you have question regarding your membership status, please contact Membership Data-keeper Mark Wilkinson (savedbygraceino8@gmail.com). http://ivwheelmn.org/wordpress/?page_id=297

Ride Chair position still 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.

Bicycling News around the world

Some interesting articles related to bicycling that I came across recently. Check it out for yourself.

Doctor Cycles Six Continents in Six Years – for a Great Cause

<http://weather.com/travel/news/doctor-stephen-fabes-cycling-6-continents>

Goodbye carbon. Hello cardboard: Making a Cardboard Push Bike – The Wheel Deal

<https://www.youtube.com/watch?v=WWaXfWQglik>

Exercise AND Wash Laundry With This Amazing Eco-Friendly Bicycle

<http://www.trueactivist.com/exercise-and-wash-laundry-with-this-amazing-eco-friendly-bicycle/>

How This Non-Pro Trained for – And Crushed – the Hour Record

<http://www.bicycling.com/racing/tips/how-this-non-pro-trained-for-and-crushed-the-hour-record>

Club jersey committee meeting

There will be a meeting on Saturday, March 12th to brainstorm some design ideas for the club jersey. I will set a time and location base on the group's response. If you are interested in helping, shoot me an email. Thank you.



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.

2016 GITAP registration open

The 2016 Grand Illinois Tail and Parks Bike Tour (GITAP) will take place from June 12th through June 17th. This will be the 14th GITAP organized by Ride Illinois (formerly League of Illinois Bicyclists). Join the fun of friendly, comfortably-sized supported bike tour. Ride at your own pace as this year's GITAP will cover new ground, highlighting some of the best sections and attractions of Illinois' Rout 66 Trail – aka the 'Mother Trail', an international draw for bike tourists. Also featured: the I&M Canal Trail, Mackinaw Valley Trail, and more.

This unforgettable 6 day tour will make a loop starting and ending in Coal City, with stops in Oglesby, Washington, Bloomington-Normal area (2 nights) and Pontiac. Enjoy days filled with bike touring, good food and good fellowship, all in support of Ride Illinois. Cost for weeklong event is \$475 (\$460 if pay by check) and current Ride Illinois members is \$440 (\$425 if pay by check). For more info, go to www.rideillinois.org/events/gitap.

Pedal Across Wisconsin registration open

Pedal Across Wisconsin has been making memories and helping cyclists explore Wisconsin's extensive back roads with our amazing Wisconsin bike rides for 32 years. As a small organization giving Wisconsin bike tours, and Florida Keys Bike Rides there are no icy showers or long lines for porta-potties. We provide an opportunity to cycle Wisconsin's paved back roads while providing Q-sheets, maps and easy to follow road markings as well as fully supported SAG service. Enjoy planned rest stops offering a buffet of snacks and goodies. Experience great off-bike sightseeing opportunities while indulging in terrific buffet dinners with a friendly, family atmosphere. Whether coming alone or with friends you will feel at home among our friendly crew and riders. 5 day hotel tours are \$645, 7 day hotel tours are 745. For more information on the list of tours, check out the link below. <http://www.pedalacrosswisconsin.com/index.html>

Rides are close to being formalize

Jim Coffey is working hard to help finalize the potential rides for 2016. If you have a ride idea you want to turn it into reality, now is the time to reach out to Jim so he can included in the club's tri-fold to be printed. You can contact Jim at coffey4415@msn.com.

Throwback Corner



Starting this month, I will include some materials from IVW's newsletter archive to the Monthly Note. I will showcase some interesting facts, articles, advertisements, comic, etc. It will be fun looking back to see how far the club evolved.

From March & April, 1984

From February, 1978

The United Parcel Service, likely the largest independent small parcel delivery service in the world, was started in 1907 by six teenagers with two bicycles.

From March, 1988



Thanks for reading the March 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 April 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 me 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-\$15 Contact me if interested (faimok534@gmail.com).

