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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 April and early Easter everyone! I hope you have started going outside to ride given all the nice weather lately. If you are looking for a ride to do this weekend I have the perfect one. You may remember me talking about it last year. It's called the Folks on Spokes Easter ride. It has changed locations this year to Frankfurt, IL. I'm not sure if the route will change but Frankfurt has a very nice bike trail and there are short as well as long options available.

As the name implies it is Easter themed. There will be an Easter bunny as well as egg salad sandwiches. I will be there helping at the start if you want to meet up and ride or just say hi. This is always my "official" start to the season ride and ironically it is before Easter this year and our breakout ride. Hope to see some of you out there!

- Becca

Last reminder: time to renew your membership

It is time to renew your membership as everyone's status is reset as of December 31st, 2018. This is your last Monthly Note before it is discontinued if your membership is not current. 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.



Get ready for the 39th Annual Spring Breakout Ride

The snow has melted away and the temperature has begun to rise up. 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 be on April 27th (**Rain Out date on May 4th**) followed by the Spring Social Dinner that evening. Russell's Cycling will once again host this event. IVW will provide bagels, donuts, coffee, juice beginning at 8:30am. All 3 level rides will start at 9am. Whenever you visit Joe's store, please thank him for the support he has shown to IVW all through the years.

Looking for volunteers to lead the Spring Breakout Ride

The club is looking for volunteers to lead the level II group since Joe Russell will be leading level I (casual pace) and have a sweeper. If you are familiar with the Washington area, can ride at level II pace (14-17mph) and would like to help, please contact Ride Coordinator Fai Mok (faimok534@gmail.com). The group will need one person to lead and one person to sweep the back of the group.

Spring Social Dinner at Pizza Work on April 27

Thanks to the hard work of Social Event Coordinator Bev Ketel, the 2019 Spring Social Dinner is all set this year. The venue will be at Pizza Work in Peoria Heights on April 27th 6pm. Menu options and price to come. Stay tune.

Cycliq Videos of the Month (Deer Dodging)

If Doug from Adelaide had been riding in a race, this little creature ahead would have been dis-koala-fied! – [video](#)
We asked our Facebook community to stag-ger us with their best deer puns to accompany this video. Here are some of the fawn-niest! “Bambi was nearly bam! Bye!” “Barely grazed his be-hind” “If you’d hit it an ambulance would have had to caribou off to hospital” “Maybe he was fawn his way to a stag doe...(buck’s party)” – [video2](#)

Spring Tune-up Tips

Now is the time to dust off your bike and check to see if it requires any tune-up as warm weather is 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/>

Ideas for 2019

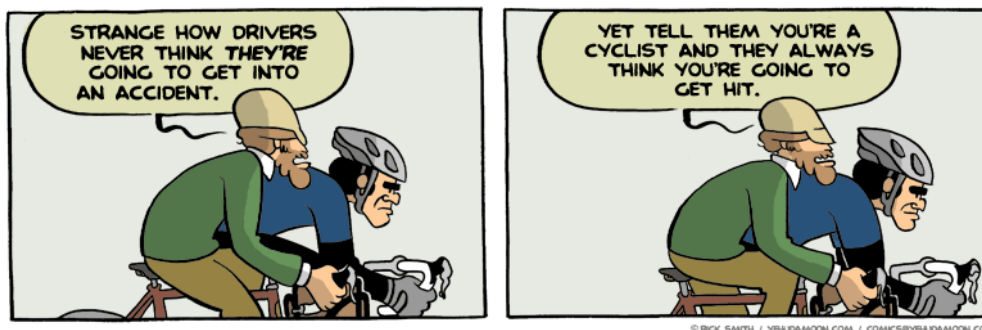
We want to hear any ideas you may have for any club activities for next year. It can be theme rides, picnic, happy hours, bowling or whatever your love desire, the club wants your input. Let any of the club officers know.

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.

Kickstand Comics

By Rick Smith and Brian Griggs



Thanks for reading the April 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 May Monthly Note. Keep the rubber side down. See you all out on the road.

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, Specialized Ruby Elite Road Bike for woman 5'2" to 5'3". Bought in Summer of 2015 but barely used because of health issues. Original price \$2750, asking price \$1200. Items thrown in for free with purchase: odometer, 12"by 9" canvas carrying case that fits on back of bike, bike stand for 2 bikes. Contact Cora Lynn Green – cora_lynn@yahoo.com or phone after 4/25 (309-683-3083 preferred, alt 309-643-8142)



For Sale, pre-owned Saris trunk rack, \$35. Contact Julie – skidurd@sbcglobal.net



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. Call Pam@309-339-9777.

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, 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)



For Sale, 700 X 23 Vuelta alloy wheels. 10 speed hub, Shimano Ultegra set up (cassette not included). Come complete with tubes and tires. \$60. Contact Dan Weakley @309-681-0968, wilyecoyote@att.net.

