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





Note from the Prez

Happy February everyone! It's that time to start thinking about rides for the year. I'm super excited to see what this year has in store. I'm planning to do Horsey Hundred, GOBA, maybe RAGBRAI and Door County as well as Hilly Hundred along with the usual one day rides. I hope some of you join me in the festivities. Keep training hard and see you all on the road soon! Stay safe with this weather.

Becca

A New Year has begun; time to renew your membership

Just a reminder it is time to renew your membership as everyone's status is reset as of December 31st, 2018. Please use the link and follow the instruction on the page. Click here ---> [renew](#). If you prefer to do the snail mail way, you can print off a renewal form on the website and mail it in.

Get well soon!

The club's veteran riders Bill Semmens and Jim Emmons had a mishap at the end of January, beginning of this month at Winter Park, Colorado. Bill and Jim had a 'fantastic ski crash' as skis and bodies were all over the place according to Sarah, Jim's wife, and fellow member Ron Chandler. Both were able to get up and ski down the mountain to the Ski Patrol Station to assess the severity of their injuries. Jim walked away with a sprain ankle and Bill hopped away with a broken pelvis. Both are still recovering. Let's all wish them speedy healing and be ready for the riding season.



Cycliq Videos of the Month (Crash Cat-astrophe)

We are paw-sitive this group of riders weren't feline too great after a cat decided to run out in front of them. Fur-tunately, the cat got away uninjured. Un-fur-tunately, the cat now have 8 lives left. – [video](#)

No shadow for Phil

If you didn't tune in on the morning of February 2nd to see if Punxsutawney Phil saw his shadow, the answer is no. Let's hope the little guy is right this year for an early Spring. – [video](#)

Organized Bike Tours in Spain, Greece

Ever thought about doing a bike tour in Europe? If the answer is yes, here is your chance. First up, Saddle Skedaddle is offering a 7 day guided tour in Southern Spain the first week in April of 2019. The leisurely paced tour takes you through exquisite countryside, Moorish history and fantastic food with lashings of Andaluz character. This rural corner of Andalucia is world's apart from the busy Costas of the Mediterranean. Other highlights on the tour include exploring beautiful Ronda, perched on its magnificent gorge, reaching the dramatic Puerto de las Palomas, seeing Grazalema which nestles below the atmospheric limestone mountains. Saddle Skedaddle do offer bike rental option if you decide to leave your ride at home. For details, please contact Jack Welch (Jack_welch_34@comcast.net).



Second tour is offer by Cycle Greece during May 19-30 of 2019 cycling through Ancient Olympia. This guided tour will take you to the 3rd century BC Epidavros Theatre and Mycenae home of King Agamemnon who launched the Trojan War. All routes are on primarily rural paved roads. They also offer self-guided tours if you want to take your time at each site. The 11 days/12 night tour begin at Athens. From there, the group will ride to Corinth, Nafplio, Dimitsana, Olympia, Lampeia, Kalavrita and finish the last day at Pireaus. The use of bike is included in the tour package. Right now, Cycle Greece is offering a 10% discount to any club member. Contact Collen McGuire (info@cyclegreece.com) for detail.



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 Everested, 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, you'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/>

Seeking ride leaders

Do you ride a lot? Do you ride daily during the same time of day? If you answer yes to both question, consider being a weekly ride leader. The club can use more members to lead weekly rides. Contact Ride Coordinator Fai Mok for info. (faimok534@gmail.com)

Share your bike adventures

Participate in a memorable bike tour recently? Planning to partake one soon? Send us your stories and photos of your adventures and share it with the club for next edition of the IVW Monthly Note.

Ideas for 2019

We want to hear any ideas you may have for any club activities for this year. It can be themed rides, picnic, happy hours, bowling or whatever your heart desires, the club wants your input. Let us know.

Where have you taken your jersey?

Did a recent bike tour with your IVW jersey some place warm? Send us a photo of you sporting the club kit or any jersey and a brief description of where it took place. We will include in the Monthly Note.



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Thanks for reading the January/February Monthly Note. If you have any rides, events or announcements you want to share with the club, please email it and have it added in the March Monthly Note. Keep the rubber side down. See you all out on the road.

Rebecca Sennett - 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 send update so your ad can be remove from the posting.**

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



- **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

- **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.

- **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.

