



Content – pg 2 A note from your president
 pg 2 A new year has begun, time to renew your membership
 pg 2 Update on Bill Semmens’ recovery
 pg 2 How Old Are You, Really? Your ‘Performance Age’ Can Tell You
 pg 2 Get ready for the 39th Annual Spring Breakout Ride
 pg 2 Looking for volunteers to lead the Spring Breakout Ride
 pg 3 Spring Social Dinner date and location set
 pg 3 March brings Pi Day
 pg 3 Ideas for 2018
 pg 3 Where have you taken your IVW jersey?
 pg 4 Classified Ads

IVW Board Members	
<i>President</i> – Rebecca Senneff 614-769-4770, sennrrr2008@att.net	<i>Ride Coordinator</i> – Fai Mok 517-927-9425, faimok534@gmail.com
<i>Vice President</i> – Pam Hoehne 309-339-9777, pshuckhoehne@gmail.com	<i>Membership Data-keeper</i> – Steve Kurt 309-621-1550, kurtsj0011@gmail.com
<i>Secretary</i> – Andrea Grimm NoBaloneyBicycleRide@gmail.com	<i>Social Event Coordinator</i> – Bev Ketel 309-696-8952, b.ketel434@comcast.net
<i>Treasurer</i> – Richard McDonell 309-370-1063, rwmcdonn01@yahoo.com	<i>Trash Pickup Coordinator</i> – Neil Terry 309-573-4416, terryna@telstar-online.net
<i>No Baloney Director</i> – Isaac & Andrea Grimm NoBaloneyBicycleRide@gmail.com	<i>Webmaster</i> – Jim DeVore 309-657-9302, jim@jimandcindydevore.com

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 March and almost spring everyone! Now is the time to start getting ready for the season. Hope everyone is starting to plan for upcoming rides. I'm looking forward to warmer weather! See everyone soon.

- Becca



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, 2018. 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.

Update on Bill Semmens recovery

After finally getting off the crutches, Bill was able to do a short test ride around his neighborhood on his hybrid bike recently. His hips is still a bit tender but he was able to lift his leg over the saddle. He is still a ways from getting back to form, but it is a good start. Keep it up Bill!

How Old Are You, Really? Your 'Performance Age' Can Tell You *(Danielle Zickl, Bicycling Magazine)*

You know how good getting out on your bike makes you feel. But it also may be doing your body more good than you thought, too: Getting out for a ride on the regular may help you live about 10 years longer than your more sedentary peers, a new study published the [European Journal of Preventive Cardiology](#) suggests.

The study included 126,356 men and women (with an average chronological age of 54) who had an [exercise stress test](#)—which measures how well your heart responds to the stress of exercise—done for the first time at Cleveland Clinic between 1991 and 2015.

To estimate people's performance age—which is called A-BEST (Age Based on Exercise Stress Testing) in the study—researchers crunched the data on their [exercise capacity](#) (in metabolic equivalent of task, or METs), [heart rate](#) during exercise, and heart rate after exercise. Having a higher exercise capacity and a quicker return to regular heart rate after exercise was linked to a younger performance age.

The results? Over half of those who were between 50 and 60 years old—55 percent of men and 57 percent of women—were younger, physiologically speaking, than their actual age. *(To read the rest of the article, click on this [link](#).)*

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.

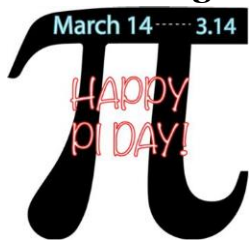
Looking for volunteers to lead the Spring Breakout Ride

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.

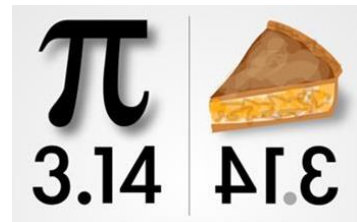
Spring Social Dinner date and location set

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

March brings 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 π . 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.



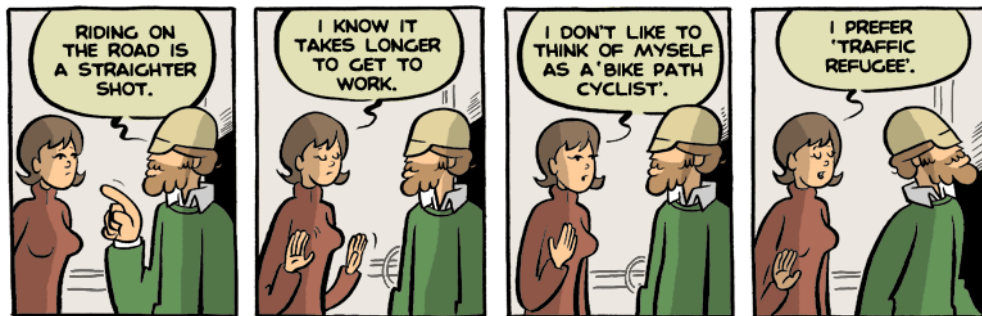
www.wikipedia.com) Now you might ask what does π have anything to do with cycling. If you think about it, it has everything to do with it. How fast you go on your bike is determined by the diameter of the wheels, the cassette size ratio, the chain rings size and your cadence. Everything listed goes around in a circle, which require π to solve your speed in the equation. Hope everyone had a slice of pie or a whole pie last week to celebrate this annual event.

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.



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.

Becca Sennett - 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**, 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. Contact 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, wilyecovote@att.net.

