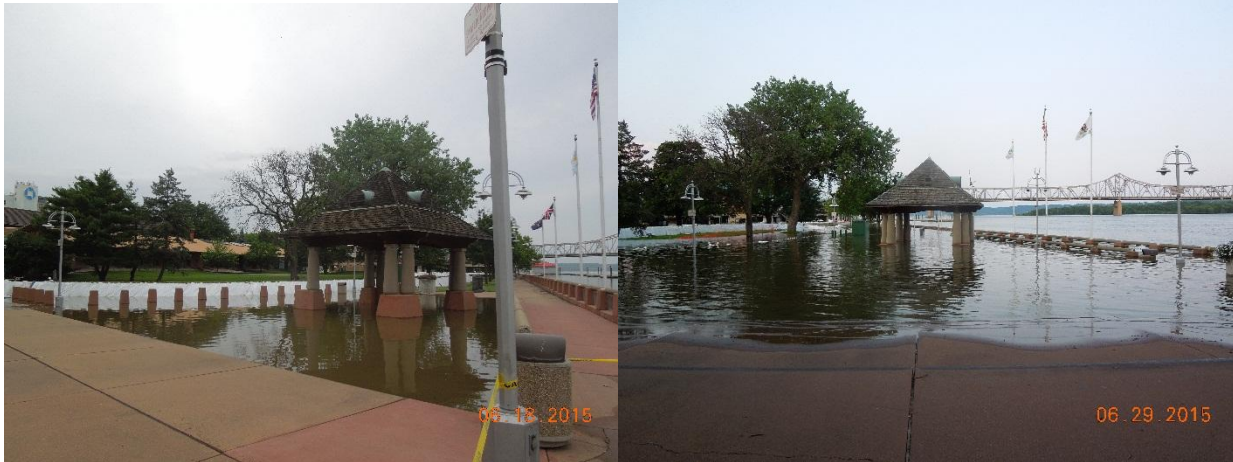


IVW Monthly Note – July Edition

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Opening – For those of you who don't bike down to SW Water St. or watch the news, the Illinois River has flooded the Riverfront area for the last two weeks. It's quite mind-blowing to see that much water covering the area I had bike through so many times. According to the TV 25, June was the 2nd wettest month in history for Peoria, missing the all-time record by 0.09". (Record is 11.69" set in 1974) I'm just glad the forecast for the remainder of the week calls for dry and sunny condition so I can get some rides in.



iCan Bike Camp still need volunteers – Easter Seals are still looking for volunteers to help children with disabilities learn how to ride their bike during the week long iCan Bike Camp next week. They need some more energetic volunteers who will act as spotters for each of the children participating. Volunteer spotters will be showing up Monday through Friday for 75 minute session during the same session each day. He/she must be able to run or walk at a fast pace. If you are interested in helping, click on the link to complete the form or contact Jessica Brack. (<http://events.r20.constantcontact.com/register/event?oeidk=a07eaqya78cdc93ea55&llr=r8bitlhab>) (309-686-1177, jbrack@ci.easterseals.com)

- Sessions will be as followed –
- 1) 9-10:15am
 - 2) 10:35-11:50am
 - 3) 12:45-2pm
 - 4) 2:20-3:35pm

Cross-country ALS riders stopped by Peoria – On June 22, Dave Sowden & his friend Ben Calvophina arrived at Running Central on their bicycles. This was not your typical ride. Dave & Ben started their journey from New Orleans, Louisiana. Peoria was just one of many stops along the 1,400 mile, 14 day route as their final destination was Minneapolis, Minnesota. The reason behind this you ask? They are doing this cross country ride to bring awareness to the public about what ALS, aka Lou Gehrig's disease, is and how it affects patients & caregivers. One of Dave's good friend, Bob, suffers from ALS, which has neither treatment nor cure. So Dave decided he would ride across the country from New Orleans to Minneapolis, where Bob lives in order to gain some attention for his cause. A few IVW members met up with Dave & Ben to show their support and escort them from Morton to Running Central, where a welcome celebration awaits. Click on the links to learn more about Dave & Ben's bike ride.

<http://fox6now.com/2015/06/11/battling-on-a-bicycle-two-men-begin-special-journey-to-tell-the-real-story-of-als/>

<https://www.facebook.com/pages/Ride-Over-ALS/408939279269373?fref=ts>



Left to Right: Larry, Ben, Sarah, Dave and Chris



Welcome party at Running Central.

Farewell to a former president – Former president Mike Honnold(2009-2012) has embarked on a new position at Caterpillar in LaGrange, Georgia. In fact, he has been commuting from LaGrange to Peoria on the weekend to see his family for last 3 months. This month, he will make the move permanent and will be relocating his wife, Katrina, and son, John, to the peach state. I first met Mike when I volunteered to help at the Multi-Sports Extravaganza back in 2011. I have gotten to know him a great deal over the last 4 years through volunteering & social events. Mike is always thinking about ‘the bigger picture’ when it comes to making Peoria a more bike friendly community. It wasn’t good enough for him to attend street improvement planning meetings or Friends of the Rock Island Trail meetings. He went above and beyond and asked the City of Peoria to have bike racks place in the downtown area for people to lock their bikes. He put together a bike route recipe book when former president Kathy Jones asked him to create cue sheets for each route. These are just a few examples of many that he was

involved in to improve and promote local bicycling. Outside of advocacy work, Mike has helped me with bike maintenance work on multiple occasions by loaning me tools and offering his expertise. We will miss your enthusiasm and passion Mike along with your leadership in the community. There will be a send-off party next Monday, July 6 from 4-7pm at Peoria Brewing Company(8012 N. Hale Ave, Peoria) for those of you who want to bid a last farewell to Mike. It will be a family friendly event with pop and water available along with food.

National Bike Challenge into its 3rd month – After 2 months of riding, 87,529 riders across the country has logged in 13,363,322 miles, burned 449,884,949 calories, saved approximately \$1,942,448 on gas and saved 3,197,304 pounds of CO₂. 76 prizes have been given away in the monthly drawing thus far. What is NBC you ask? If you didn't read last month's Monthly Note, the National Bike Challenge is a nationwide event uniting thousands of current bicyclists and encouraging countless new riders to use bicycle to improve their health, save money and help the environment. The Challenge, which goes from May to September, is also a fun way for participants to interact with other riders in the online community, track improvement and win prizes. Plus it's free to sign up. All mileage counts regardless if you ride your bike for fitness, commuting or grocery shopping. You can still join in on the fun by going to www.nationalbikechallenge.org/. You can also join **Team IVW** after you create an account. Click on 'Leaderboards', 'Teams', and then type 'Illinois Valley Wheelmn' in the search field. After you have selected 'Illinois Valley Wheelmn', click 'Join'. That's all to it.



2015 IVW mileage log – In the past several years, Mike Honnold has handled the club's mileage log for those of you who participate in the 'Most Miles in the Saddle Award'. Since Mike is relocating to LaGrange, GA, he will no longer be maintaining the log. I am leveraging the National Bike Challenge event to keep tabs on all participants' mileage in order to save myself time and effort in keeping tabs the contenders of the award. Please create an account and log in your miles through NBC.

Road construction update

- Construction of the bridge on Hallock Hollow Rd near Galena Rd had finished and the road is open for those of you who use Hallock Hollow as part of your bike route.
- Construction of the bridge on Cloverdale Rd has been stalled due to rain and the daily threat of rain. The last remaining work will require 2-3 days of weather that has no rain forecast.
- The porta potty at Dunlap Grade School is back in operation after being knocked down by a fallen tree branch during a recently storm.
- Tunnel construction of the Rock Island Trail crossing Allen Rd near Alta Rd is beginning to take shape as the ceiling form for the tunnel was being built this week.
- Old Galena Rd and State St in Mossville is closed for construction. The intersection will be reconfigured into a roundabout with approximately 1600 ft of Old Galena Rd and approximately 700 ft of State St being paved with new concrete, curb, gutter, storm sewers and roadway lighting. The target completion date is October 15 pending on weather.

Share your bike adventures – Participate in a memorable bike tour recently or planning to partake one soon? Send me your stories or photos of your adventures as I'm looking for materials to write for next edition of the IVW Monthly Note.

That's it for this month. Have a great Independence Day weekend and be aware of your surroundings on your rides.

Fai Mok - Illinois Valley Wheelm'n President

Classified

- Free pair of pre-owned men's Euro size 42 Exustar road shoes. Great condition. Contact me if interested (faimok534@gmail.com).
- Free pair of pre-owned 26x1.25-1.5" Schrader valve inner tubes. Contact me if interested (faimok534@gmail.com).
- For Sale, pre-owned Sram Rival 10 speed compact crank with bottom bracket cartridge. 170mm aluminum crank arm. Teeth on both chain-ring in great condition. 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. Contact me if interested (faimok534@gmail.com).