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Opening

I think Mother Nature finally got the memo of 'too much precipitation' as we had fewer rainy days and more sunny days for the month of July. With sunny weather come the heat and humidity, which is typical for summer in Central Illinois. With that said, be sure you bring enough water with you on your rides. Better yet, bring some electrolyte drinks as it will enhance fluid retention and help keep you hydrated better than plain H₂O. For you skeptics, you are probably thinking it is a marketing ploy from those sports drink companies to get you to spend money. Or you just gonna stick with the try-and-true method of drinking water, which it has worked for you year after year (decade after decade for some of you). Studies have shown sports drinks, energy bars and gels do enhance your workout if you do any kind of multiple hours exercise as all of them are packed with good amount of calories and sodium without having to eat a full meal. You can read more about it from active.com. (<http://www.active.com/nutrition/articles/are-energy-bars-gels-and-electrolyte-replacers-essential-for-athletes?page=2>)

Great IVW support for the Z-Tour

About 500 people participated in this year's Z-Tour on July 18 up in Princeton. A good



majority started before 7am to beat the heat and humidity forecasted later on that day. Around 20 IVW members were present in showing their support the Z-Tour including myself. That is a good turnout for a non-IVW ride. The Zearing Child Enrichment Center created the Z-Tour as a fund-raiser to provide high quality educational childcare services to area families as well as enhancing the physical, social-emotional, communication/language and cognitive

development of children. All the routes on the Z-Tour take you through part of the Hennepin Canal and Miller-Anderson Woods State Nature Preserve which made the ride

very scenic. The bicycle art piece along the way also add to the wonderful experience. For those of you who have never ridden this event, I highly recommend you sign up next year.



New routes for NBR this year

The No Baloney Ride routes are all set and registration link is up and running. In order to provide excellent food stop support, the NBR committee decided to use a 'cloverleaf' loop system this year with each route leading back to Knights of Columbus in Morton. The menu will change from morning period to the noon and afternoon period to better suit the participants' appetite. There are 5 routes to choose from: family fun ride (8 mi), 25, 50, 62 and 100 mi. The post-ride event will be enhanced this year to not only include fabulous food, but also adult beverages as well as general beverages in air conditioned K of C. We are offer full-zip jersey and t-shirt for purchase again this year. For more info, go to <http://www.ivwnobaloney.com/>.



Wonderful turnout at Mike's farewell party

As I mentioned in July's Monthly Note, past president Mike Honnold is relocating down to Georgia for work. A huge crowd gathered at Peoria Brewing Company three weeks ago to reminisce all of Mike's rides, volunteer events and personal stories. Mike was presented a collage signed by everyone present from Mark Wilkinson, a chain-ring clock from the IVW board members for his service to the club and a bike chain coffee mug from me for all the bike maintenance help and advice he had given me. Everyone had a great time as we indulged chips & salsa, Avanti sandwiches, S'more and Katrina's (Mike's wife) homemade coffee cake. Best of luck on all of your endeavor Mike!



Peoria's own version of Eddy Merckx

If you are not a Peoria native (like myself), you would not have known about its great history with bicycles right before the turn of the twentieth century. The formation of the Peoria Bicycle Club on January 25, 1881 by Harry Rouse and Fred Patee was a marketing strategy to sell bikes which Rouse's father, George W. Rouse, and S. B. Hazard (The Rouse-Hazard Co.) manufactured for Charles & Frank Duryea, the designers, right here in Peoria. The Duryea brothers, both from Illinois, were also considered the early pioneers in the automobile industry. One of Rouse-Hazard Co.'s employee, Charles Albert 'Bert' Myers, started cycling in 1883 joined the PBC three years later. Myers, known to be a competitive person, quickly became a skilled cyclist with his knowledge from working at the Rouse-Hazard factory. He began entering in races and winning them. Not only did he win races, but he also set records. World records to be exact. Records like riding a first PBC sponsored 10 miles race in 1887 with a time of 40 minutes 27 seconds and pedaling 289 miles through the streets of Chicago in a 24 hour period. Now a day, it doesn't sound fast. Keep in mind back in that era, all bikes are high wheel fixies and all the roads were unpaved (Safety bike, predecessor of modern day bike, didn't become popular in Europe and N. America until middle to late 1890s).

Crowds of cyclists came to Peoria from around the country and Europe to challenge his records while cycling enthusiasts all came to see if he can defend or break his own record which he did on a regular basis. Bert was so skilled, he began racing against the clock instead of other cyclists to intrigue the spectators. One example was his attempt to shatter his own half mile unicycle world record when unicycles were one big wheel with handles. His down-to-earth demeanor and his style of entertaining the audiences were what set himself apart from his competitors. And the crowd loved him for it. His personality was the polar opposite when he is not entertaining as he was quiet and seldom talked about himself.

With the invention of the automobile in the 1900s, the popularity of the bicycle and adventure the racers brought began to fade. The Peoria Bicycle Club died in early 1901. However, Bert Myers stayed with the sport, even if it was only for pleasure. While getting ready for his routine morning ride with a friend on May 7, 1933, Myers collapsed in his house of an apparent heart attack. He was 66 years old. Myers was laid to rest in the hills of Springdale Cemetery with the emblem of the League of American Wheelmen (League of American Bicyclists as known today) on his tombstone in honor of all of his lifetime achievements. Bert Myers was truly an equivalent of Eddy Merckx in his era. *(A big thank you goes out to Sheldon Schafer for providing the info on Bert Myers during his Pedal Peoria Springdale Cemetery Ride.)*



NBC update

With three months in the books and two months remaining, the National Bike Challenge sponsored by People for Bikes 89,854 riders across the country has logged in 21,587,723

miles, burned 726,764,744 calories, saved approximately \$2,940,135 on gas and saved 4,839,514 pounds of CO₂. 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 <http://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.

Reminder

It's the end of the month, don't forget to log in your mileage if you are participating in the 'Most Miles in the Saddle Award'. 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 from the link above.

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 surrounding on your rides.

Fai Mok - Illinois Valley Wheelm'n President

Classified

- For sale, Schwinn Recumbent Exercise Bike model 217p. Whether you are just getting started in an exercise program or are already in good shape, this bike is designed to be an efficient, easy and fun way to slimmer, healthier body. It is also a great way to recover from orthopedic surgery such as knee or hip replacement or cardiac rehab. The on-board computer enables you to accurately monitor your progress by tracking time, distance, speed, RPM's, and workload. Price \$525. Contact Bill @309-693-9388.

Features & benefits

- ❖ On-board computer – Provides immediate feedback regarding your fitness progress. The easy to read LCD displays time, heart rate, distance , odometer, speed, RPM's, calories, calories/hour, workload, and resistance level,
- ❖ Has a fully shrouded eddy current brake for contact free resistance
- ❖ Extra wide, extra padded seat for maximum comfort
- ❖ Comfortable grip heart rate monitor
- ❖ Belt drive for smooth, quite operation
- ❖ Transport wheels for easy storage

- 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).