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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

It seem like each year I manage to add some sort of bicycle related item to my collection, either a gadget or an apparel. I have turned into **'that guy'** I vowed I would never become when I started road cycling back on 2008. Back then, I couldn't rationalize why someone would own as many cycling jerseys as neck ties, or why someone would have pricey cycling jacket, bike computer, LED bike head light, HD action cam or a Global Positioning System on a bike that they ride 3 or 4 times a week. After pondering that thought for some time, I realized what led me down this path...it's my enthusiasm and passion about cycling regardless if it's a road ride, trail ride, or ride around town. It's a way for me to capture and reminisce those first time moments every time I put on that TOMRV jersey I brought on my first TOMRV ride. It's a way for me to make the first night ride and every night ride safe & enjoyable by a bike light that light up 20 feet in front of me. It's a way for me to enjoy early spring/late fall riding with an insulated, water-resistant, wind-blocking Gore jacket. With my latest gadget, It's a way for me to navigate a saved route I rode with my friends with a Garmin GPS as I don't recall the turn by turn directions the last time I rode it or let it guide me to a destination point via calculated route.

Picture perfect day for Z-Tour

What a difference one year made. The weather for this year's Z Tour was ideal with temperature in the high 60's in the morning and in the mid 80's by afternoon with low humidity. Quite a contrast from last July's ride with high heat and humidity. The routes for this year had some changes as the element of surprises were welcome. It the end, it was a great ride since it benefited the non-profit Zearing Child Enrichment Center. The ZCEC has provided services to area families for over 35 years. It offers developmentally appropriate programs for children to enhance their physical, social-emotional, communication/language and cognitive skills.



What a fine group of riders representing Peoria. Yours truly 5th from the left; Mark Wilkinson to my right; Randy Anderson 3rd from the right; Reid Hansen up front.



This is one sweet ride.



This jersey look good on me. don't it?



Reid on one of this year's Z-Tour poster.



Rebecca Senneff with Randy Senneff (red shirt) & her uncle Jim (blue shirt).

Club jersey update

Our club order is currently being processed by Ascend Sportswear. Due to the numerous other orders they are working on, I was informed that it might take an additional week for them to fore fill it. Ascend will do their best to rush it to meet the delivery date that I had asked for (2nd week of August).

IDR Program a success

On Saturday July 23rd, 25 novice cyclists braved the 100 degree heat index to test their endurance for the first I've Decided to Ride 40 mile trek from Donovan Park in Peoria to Morton and back. Many met the challenge through the 10 week training program led by fellow member Heather Fitzanko. A few exceeded it! They all gained strength and endurance to ride like they have never ridden before. Program enrollees learned the importance of nutrition and hydration, how bike fit is important to the efficiency of body mechanics and the fundamental of gear shifting on hill climbs.

IDR is an idea Heather and Curves Fitness owner Kim Martin came up with this past winter. They were looking for a way to help novice riders who wants to do longer ride than around the neighborhood but lack the bicycle & safety knowledge to do so. Kim is also the founder of Peoria's I've Decided workshop which is designed to motivate the people of our community to make a positive lifestyle choice or fulfill a dream and provide them resources of local businesses. Both Heather and Kim enlisted the help of IVW member/PBC vice president Sarah Gray and myself to set up the 10 week program as there are no similar program to go by. They both appreciate all the help they received from all the volunteers at the program's bike clinics and during the Finale Ride at the food/drink stations as well as those who provided ride support across the Bob Michel Bridge. They also like to thank Little Ade for sponsoring the program by offering a bike package deal to participants who didn't already own a bike, helmet or any bike related accessories.



Quinton Smith (gray shirt) helping with set up before the ride start.



Program participants before the ride at Donovan Park.



Jack Brejc, Sheila Hansen and Peggy Tresenriter on ride support duty.



Program creator Heather Fitzanko and Kim Martin with Sarah Grav (middle).

See more photos on IVW Facebook page (<https://www.facebook.com/IVWHEELMN>).

First Friday Nite Ride

Get Lit and Art Up Your Ride! Taking a tour of Peoria art studios and galleries. Even better on a bike! Celebrate your creative side and your healthy side! Meet up with friends and other riders for a tour of the Peoria art scene! Join in on the creative side by decorating and lighting your bicycle. Stay tuned for opportunities to get with others for decorating and lighting your bike! Please post on Bike Peoria Facebook if you are willing to meet others at a specific place and time to ride together! There will be a slow ride downtown meeting at 9:00pm on August 5th for anyone wanting to have a First Friday After-Ride. It will be hopefully a large group of well-lit riders creating a rolling visual people powered display of color and sound. Let loose-have fun-make friends-create. Details to come-ideas and suggestion welcome. This is a self-guided and self-motivated event. Put some fun between your legs, get on a bike & ride! This event is being hosted by Bike Peoria. For question, contact BP use this link. <https://www.facebook.com/BikePeoria/>

Next Rides Chairperson can be you

The club is still looking fill the Ride Chairperson for 2016. With Liz Born still taking courses, she fell the position can be better served by someone who can give more of his/her time. For the time being, Jim Coffey is handling all the ride coordination duties until the position is filled. In order for the club to continue to operate, we need our members to be active. So your help is crucial. If you know someone who you think is qualify for the position or you would like to volunteer, let any of the board members know. You can also email me at faimok534@gmail.com. Below is a description of the duty of the Ride Chairperson.

Duties of Rides Chairperson: Responsible for establishing and organizing a weekly ride schedule, and handle any special rides not included in the weekly rides.

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 and share it with the club for next edition of the IVW Monthly Note.

Get well soon

If you haven't already heard, Denny and Peggy Tresenriter both were serious injured during the Saturday Morning Ride out of Russell's on July 30th. A cat came out of nowhere and ran under the rear wheel of Denny and Peggy's tandem, lifting up the back wheel, causing them to lose balance. Denny fell hard on his left side and slid along the Mt Zion road for about 7 feet, taking a 6x8 inch patch of skin off his elbow and breaking at least 6 ribs as far as the doctors can tell. He is in a lot of pain and can barely move. Peggy has a fractured pelvis and may have a broken clavicle. She is waiting for the doctors to decide if she need surgery. Most of her road rash is on her face, from chin to cheek. Both are not really for visitors at this time and really need to rest to let the swelling go down. I will update the club when visitors are allow to see them. At the meantime, if you want to send your well wishes to Denny & Peggy, you can email Denny at dtresenriter@comcast.net and Peggy at ptresenriter@comcast.net as they are assigned to different rooms at St. Francis.

New starting location for NBR

This year's No Baloney Ride will be on Saturday August 27th at our new location, Morton Park District's Freedom Hall. There will be ample of parking spaces at the new venue. Also new will be all the routes. After reading the feedback comments from last year's ride, we decided to change the clover loop routes to minimize the number of return trips back to Morton until the very end if you are planning to ride the 40 mile, 60 mile or the century route. For more info, please click on the links to the website and Facebook. Also, this will be NBR Coordinator Morgan Grigsby's last year as coordinator. Be sure to thank her for her effort for the last six NBR when you see her. <http://ivwheelmn.org/ivwnobaloney/> <https://www.facebook.com/NoBaloneyBicycleRide/>

Volunteers needed for NBR

In order to have a great No Baloney Ride, we need a great coordinator and helpers. Let's keep this annual club ride GREAT! Step up and volunteer if you haven't done it in a long while. There are many shifts you can take and still be able to ride. Click on the link below to see what works best for you. And if you are creative, we would love to have you as the next coordinator. Contact Morgan if you are interested.

<http://ivwheelmn.org/ivwnobaloney/volunteers/>

Rick is looking for other early risers

Rick Gentry is wanting to connect with other early risers to ride 20-30 miles Monday through Saturday morning from 6am to 7:30am on road or mountain bike. The average pace will be 14-17mph. Contact Rick (309-678-4622, runr927@hotmail.com) if you are interested.

Bloomington-Normal to host Ride Illinois Summit

Registration is now open for the fifth annual Illinois Bike Summit, Monday, September 19, 2016, at the Bloomington-Normal Marriott Hotel & Conference Center. Come for a day of learning and networking with hundreds of advocates, planners, civil engineers, public health researchers, business leaders, and elected officials from all corners of the state. Leave inspired and better equipped to improve bicycling in your community and beyond as we focus on Better Biking for All. For more information, click [here](#).

Thanks for reading the August Monthly Note. If you have any rides, events or announcements you want to share with the club, please email it to me to be posted in the September Monthly Note. Be aware of your surrounding when riding. See you all out on the road.

***Fai Mok** - Illinois Valley Wheelm'n President*

Classified Ads

- **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**, Blue(1) and Green(1) Bike Fridays American made in Eugene, Oregon. Purchased in 2003 for \$862.30 each. Bikes were used on about 5 airplane vacations. Bikes were ridden about 30 to 40 days. Sale includes all accessories which were all part of the original sales price: 1 air pump, 2 travel hard plastic cases, and 2 under seat accessory bags. Asking price: \$550. Each. One owner and well maintained. Contact Sandi or George Burrier@309-266-5085.

- **Free** pair of pre-owned 26x1.25-1.5" Schrader valve inner tubes. Contact Fai 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. Price-\$10 Contact Fai if interested. faimok534@gmail.com

Classified Ads for club members are welcome. You have something bicycle related you want to sell or you are looking for a bike, bike parts or accessories, email your ad to faimok534@gmail.com. If the item is sold, please let me know so your ad can be remove from posting.