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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

Opening

“Oh where oh where has July gone? Oh where oh where can it be?” “It’s now time for August, and to make us busy bees!

As most of you know August is our big month of the year because of No Baloney. I’m super excited for this year and I know Mark is as well as our other board members. No Baloney is August 26th in Morton starting at the same location again.

We need everyone’s help to make it a big success! Not all the help is needed on the day of. There is lots of prep work in the week prior including helping with food prep and route marking. Please contact Mark Wilkinson or myself if interested in helping.

Attached are some photos from my GOBA Adventure as well as the Z tour. Many of you may have seen this already, but if not I finally got a new bike!!!

A cool day for Z-Tour for a change

Call it climate disruption from Global Warming, luck of the draw or good timing. The weather for this year’s Z Tour was again ideal with temperature in the high 60’s in the morning and in the low 80’s by afternoon with low humidity. Quite a contrast from 2 years ago with the heat and humidity. The routes for this year had some changes as the element of surprises were welcome. The organizers decided to mix it up as the rest stops were shuffle compared than last year. In 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.



Wildflowers along the road – Photo provided by Fai Mok.



A view of a fawn at Big Bureau Creek – Photo provided by Steve Kurt.



The Sole Tree – Photo provided by Fai Mok.



An old bridge at Hennepin Canal – Photo provided by Jim DeVore.

Pau) Senneff with the Elvis & Willie Nelson – Photo provided by Rebecca S.



Rebecca & her Uncle Jim – Photo provided by Rebecca S.



Alpaca farm - Photo provided by Fai M.



Home stretch - Photo provided by Fai M.

Club t-shirt update

We are in the process of ordering short sleeve t-shirts from EmbroidMe in Peoria. The blue t-shirt will have the design from the back of the jersey in the front. As soon as the t-shirts are ready in 2 weeks, we will have instructions on how to get them.

2nd IDR Program a success

On Saturday July 29th, 21 novice cyclists wrapped up their 10 week training program from I've Decided to Ride by taking on a 40 mile trek from Donovan Park in Peoria to Morton and back. It was an ideal summer day for the finale ride with low humidity and temperature in the low 80's. I've Decided Business members and families of the participants cheered them on along the way. 19 of the program participants were able to achieve the 40 mile goal. Coached by fellow IVW member Heather Fitzanko, program participants built strength and endurance through the weekly rides during the 10 week period. They also learned the importance of nutrition and hydration, how a proper bike fit can affect 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 two winter's ago. 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 Rides Coordinator Fai Mok to set up the 10 week program as there are no similar program to go by. I've Decided to Ride was sponsored by local Hardee's owners Tom and Lauri Trotter who were participants themselves last year. In addition, Little Ade's manager Michael Weiss teamed up with IDR by leading the bike maintenance clinics and offered bicycle/accessories bundle package for any participants that who needed a bike.



The coach behind IDR, Heather Fitzanko.



Some of the program participants before the ride.



Volunteers from IVW, PBC and Bike Peoria at the Morton stop.



On the E. Peoria - Morton Trail.

See more photos on I've Decided Facebook page <https://www.facebook.com/ivedecidedpeoria>

First Friday Nite Ride

Get Lit and Art Up Your Ride! Bike Peoria will be hosting the First Friday Nite Ride on this Friday, August 4th. This is a casual ride between 10 – 14 mph that start and end at the [Bike Peoria Co-op](#). The idea of First Friday Nite Ride is to explore Peoria's older neighborhood – the Bike Peoria Co-op area, West Peoria and Bradley campus area. For question, contact Per Ellington – pellington86@hotmail.com.

Peoria Lincoln Branch Library bike giveaway

There were 65 bikes donated to Peoria Lincoln Branch Library's reading program this year by Archer Daniels Midland(ADM) Food Processing Co., Peoria Police Dept. and IVW that were raffled off to kids between the age of 3 & 17. In order to be qualify for the bike raffle drawing, each child had to read all summer and come into library every week. Everyone who participated in the reading program received a book. TV 25's Denise Jackson also attended award ceremony and interviewed some of the kids.

Helmets were also donated by the Children Hospital of Illinois to go with each bike. Jill Wahl and Joe Friskey from Bike Peoria along with Rebecca Senneff, Sheila Hansen, and Steve Kurt assisted helmet and bike fitting. Two staff members from the Illinois Neurological Institute of OSF Healthcare brought a model of a brain to show the kids why wearing a helmet is important when bicycling. They were fascinated! In addition to the giving away the helmets with the bikes, the raffle winners also received a lock to secure their new bikes.



Share your bike adventures

Participate in a memorable bike tour recently? 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.



Rebecca Senneff touring at GOBA.



At GOBA -Oldest Concrete Street in America.



Fai Mok at Tour de Donut.



Randy Anderson & son William at Tour de Donut.



Randy A. riding next to a field of sunflowers during the Black River Falls, WI 300K Brevet on Saturday.



Fai M. descending Hwy 95 during the Black River Falls, WI 300K Brevet on Saturday.

Randy A. (middle) assisting a randonneur with a flat during the Black River Falls, WI 200K Brevet on Sunday.



Fai M. trying to stay with the group during the Black River Falls, WI 200K Brevet on Sunday.



NBR is fast approaching

This year's No Baloney Ride will be on Saturday August 26th at the same location as last year, Morton Park District's Freedom Hall. There will be ample of parking spaces at the back of the building. The route maps for the 20, 45, 65 and 100 mile are on the website. For more info, please click on the links to the website and Facebook. <http://ivwnobaloney.com> <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 NBR Coordinator Mark Wilkinson if you are interested.

<http://ivwnobaloney.com/volunteers>

If you are an early riser, you should join Bryan's ride

Do you get up at the crack of dawn? Do you like to get your ride in early so you can have the rest of the day to run errands, do landscaping on your yard or just spend time with the family? If you answered yes to any of the questions, then you should join Bryan Wilburn's Saturday Morning Double Espresso Ride. He will have you back home by 9am. The Saturday Morning Double Espresso Ride meet at 30/30 Coffee on Main St. at sunrise with typical distance between 35-40 miles with a quick espresso stop at Eli's in Morton. The goal is to get 35+ miles and a coffee all in 2.5 hours and back home early. Please do not park in the 30/30 parking lot as there will be spots on the street. Start time are as follow: *May* – 6am, *June* – 5:30am, *July* – 6am, *August* – 6:30am, *September* – 7am, *October* – 7:30am.

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.

Thanks for reading the August Monthly Note. If you have any rides, events, announcements or articles you want to share with the club, please email it to Fai (faimok534@gmail.com) to be added in the next Monthly Note.

Rebecca Senneff - 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 a note stating it so your ad can be removed from next month's posting.**

- **Wanted**, Bill Semmens is looking for a kid's stoker kit for his Santana tandem. If you have one that is no longer in use, contact Bill@309-693-9388 or BSemmen5@comcast.net

- **For Sale**, Shimano SH-SD 66 ladies bicycle sandals. Brand new EU size 37-38 USA 6.5-7.0, \$25. Contact Michelle@309-253-8482



- **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.

- **Wanted**, Bicycle trailer to hold two grandkids. Contact Jack Brejc@309-264-3175, jbrecj@hotmail.com

- **For Sale**, 2016 Specialized Roubaix SL4 Comp 56. Red on Black Carbon Fact 8r frame. Purchased new March 2016. Excellent condition. With Shimano Ultegra F/R Derailleurs, Rear Cassette 11spd-32, Shift Levers, Shimano 105 F/R Brakes, Praxis Compact Chain Ring 50/34, Fulcrum S-19 Light Wheels, 12 miles on New 28" Continental Gatorskins with Giant inner tubes. New Specialized body geometry 143 saddle. TSB on bottom bracket: repacked, torqued to specs, all bearings greased. F/R Derailleurs adjusted. Brakes set. Never been in crash. Last serviced by LBS in Oct, 2016. Asking \$1700. Contact Mark Wilkinson@309-634-6043.



- **For Sale**, Litespeed Handlebar Tape. I had tape custom made for my significant other's bike and had to buy a minimum of 10 rolls. I'll keep two rolls, so I have 8 for sale. It's black w/white Litespeed approved logo lettering. 2.0 mm thick for a cushy and wide for an easy gap-free wrap. I'm selling for what I have in it. \$21 per roll. Jack Brejc(309-264-3175, jbrecj@hotmail.com)



- **For Sale**, hitch mount Xport folding bicycle rack. Holds 2 upright bicycles. Fits either 1-1/4" or 2" trailer hitches. Easily adjustable for any size bicycle and safe for carbon framed bikes. Either remove or fold hitch when not in use. Slotted locking pins hold things in place. Excellent condition. Asking \$50. Email Tom Dorigatti (dorigat@comcast.net) or call (309-347-2844).



- **For Sale**, homemade rollers that a friend built for me way back when. Asking for \$50. Contact Bill Semmens. BSemmens5@comcast.com



- **For Sale**, gently used WIKE bicycle trailer designed especially for children and persons with special needs with a capacity of up to 130 lbs. Trailer comes with a third wheel option that allows it to be used as a jogger or stroller as well. Specifications and additional photos can be seen online at www.wicycle.com. Purchase price w/o shipping was \$800. Contact Rick Gentry (309-678-4622) or Judi Gentry (309-678-6373).



- **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)



