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Illinois Valley Wheelm'n is affiliated with the following non-profit organizations:



Note from the Prez

Happy August everyone! I just finished some awesome time with my uncle Jim. Some of you may know him from years past. He's my dad's baby brother. He raced back when I was little. Every year he comes home for two weeks. He trains all winter to come and ride the Z-Tour with us. We rode all over Bureau County while he was home.

The Z-Tour was great this year. Unfortunately, I didn't get to do the century but the 51 miler was just as nice. The weather was perfect. Not too hot, not too cold and we even got a little mist. We traveled from Princeton to Tiskilwa and beyond. This ride is very special to me because my dad grew up in Tiskilwa and my mom grew up in Princeton. Every year I see something new.

We travel a lot of the same roads but the scenery changes and the Z-Tour places cool signs as well as bikes along the route. If you didn't get a chance to participate this year hopefully you will next year.

I can't believe it is almost time for No Baloney! Hope everyone is ready. I'm excited to see what Andrea and Isaac have in store for us. They say it takes a village so we could really use everyone's help if you are available. Please contact [Andrea Grimm](#) for more info or signup [here](#). Hope to see everyone out on the road!

Strong breeze and comfortable temp accompanied Z-Tour

For the second consecutive year, it was a very comfortable day for the Z-Tour to take place. Even though there was a strong NW 14mph wind that Saturday, it provided a nice tailwind as the routes all lead back to Princeton from the West. Nobody complain about the high 60's morning temperature either as it only climb up to low 80's in the afternoon. The organizers changed the routes for the second straight year which seem to keep the ride fresh as riders can't anticipate what is around the next turn drawing from memory of last year. If you have never ridden Z-Tour, you need to consider it next year because of the following reasons. 1) There are virtually no traffic on any of the roads. 2) There are only minor hills in the form of rollers which makes it fun to ride. 3) It's for a good cause – all proceed 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.



Christy, Rebecca and her Uncle Jim.



The Alpaca Farm Northwest of Princeton.



Rebecca S. and the Hvdrate mascot.



Fai M. test riding his new trike.



Someone took advantage of the strong wind to fly a dog kite.

No Baloney Ride is fast approaching

There are only two weeks until the 45th NBR to be held at Kennel Lake Sportsman Club in Morton on August 18th. While NBR Directors Isaac and Andrea are busy working out the final details, all the routes (20, 45, 65, 100 miles) are finalized. The food menu is finalized. With that said, we are still needing volunteers and would love to have YOU help make this year's ride a success! To volunteer, go to <http://ivwnobaloney.com/volunteers/> to pick a time slot and duty that works best for you without interfering with your ride if you plan to partake this year's event. Lastly, if you haven't signed up yet, what are you waiting for? Go to <http://www.ivwnobaloney.com> and Get er Done!

Bike Peoria's First Friday Nite Ride



Get Lit and Art Up Your Ride! Bike Peoria will be hosting the First Friday Nite Ride on Friday, August 3rd @9pm. This is a casual ride between 10 – 14 mph that starts and ends 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.



I've Decided To Ride program wrapped up its 3rd year

15 program participants rode the 40 mile finale ride in this year's I've Decided To Ride on Saturday, July 28th in comfortably temperature of 70ish degree and light breeze. IDR was formed two winters' ago when IVW member Heather Fitzanko collaborated with Curves Fitness owner Kim Martin as 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 Ride Coordinator Fai Mok to set up the 10 week program as there are no similar program to go by. Local Hardee's owners Tom and Lauri Trotter who were participants themselves two years ago help sponsor IDR along with Bushwhacker. For more photos click on this [link](#).



Cycliq Videos of the Month

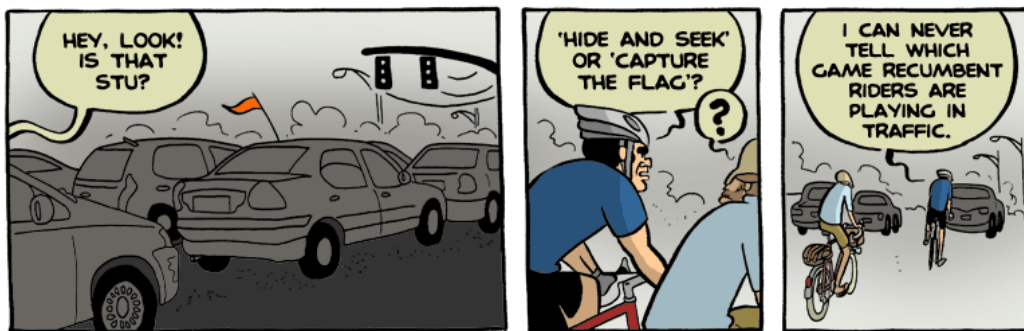
Just when you think the slow speed at a parking garage is safe for bikes, think again – [video 1](#). Don't do this when riding your bike – [video 2](#).

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.

Kickstand Comics

By Rick Smith and Brian Griggs



Lincoln Library Read a Book Bike Giveaway

As many of you know, IVW has always promote and encourage recreational and utilitarian cycling. In fact, it is the number one directive in the mission statement. In following this directive, the club again has made a donation to the Lincoln Library's Read a Book Bike Giveaway summer program. 60 bikes were awarded through a raffle to kids who have meet the summer reading program requirement two weeks ago. Bike Peoria also made donation of \$1500 in supporting this reading program. Club president Rebecca Senneff was on hand to help distribute the bikes to the winners along with a couple of IVW members and Bike Peoria member. Photos to come next month.

MITM Ride to take place in September

After reaching out to the McLean County Wheelers, they have agreed to continue the Meet-In-The-Middle Ride once again this year. The date of the ride will be Saturday, September 22nd with a rainout date of September 29th. Details to come next month.

Ideas for 2018

We want to hear any ideas you may have for any club activities for this year. It can be themed rides, picnic, happy hours, bowling or whatever your heart desires, the club wants your input. Let us 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 include in the Monthly Note.



Fai M. at Alma, WI during a 300K brevet on July 28. Randy Anderson not pictured.
[Ride profile](#)



'Moo' along! Fai M. at Hixton, WI during a 200K brevet on July 29. Randy Anderson not pictured.
[Ride profile](#)

Thanks for reading the July Monthly Note. If you have any rides, events or announcements you want to share with the club, please email it and have it added in the August Monthly Note. Keep the rubber side down. See you all out on the road.

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 update so your ad can be remove from the posting.**

- **For Sale**, pre-owned Saris trunk rack \$35. Contact Julie – skidurd@sbcglobal.net

- **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



- **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, jbrejc@hotmail.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)

