



IVW Monthly Note 2017 January Edition



Content	– pg 2	Opening
	pg 2	A note from your new president
	pg 2	A new year has begun, time to renew your membership
	pg 2	Share your bike adventures
	pg 2	Bike Tour to Minneapolis & Back (Dan Shearer)
	pg 4	Where have you taken your IVW jersey?
	pg 7	Classified Ads

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



www.bikepeoria.org



www.rideillinois.org



www.bikeleague.org

Opening

People always say time fly when you are having fun. As I reached my 30s, I realized time fly regardless if I was living life adventurously or working the fingers to the bone. When I took over the IVW presidency from Chris Salvador 3 years ago, I never imagined each term would go by sequentially faster than the previous one. My initial goal in my first term was to make the club better by addressing the needs of you members. After reading the mission statement from the IVW Constitution one day, I realized my duty as the leader of this fine club extend beyond just serving you. It should include seeking opportunities to improve cycling in the community for each one of you as well as for future generations; getting involved with the local government agencies to make cycling safer and the infrastructure more accessible; lobbying for the expansion of bicycle infrastructure; getting involve with the community like supplying bicycles to Bike Safety Town in order for the Peoria Park District to teach kids on proper bicycle riding on the road and having them put to practice; funding the historic plaque that the Peoria Park District will be putting up to commemorate the significant of park area next to the Detweiller Marina. Did you know it used to be a race track that hosted penny farthing races with competition from around the world?

When I looked back these last 3 years, my initial thought was I did not accomplish as much as my predecessors did. I felt I could have done more. My friend Sarah told me I should not measure my accomplishments against the previously presidents, but rather compare them against the goals I had set for myself when I took office. With that said, I hope you all feel the club is better now than 3 years ago in accommodating each one of you members. I hope IVW is more visible in the community now than 3 years ago. I hope in your eyes the local bicycle infrastructure is better now than 3 years ago with my involvement in the community. With Rebecca taking over the helm, I am confident she will continue where I left off. I know she will be thinking outside the box give the club some fun activities. *Fai Mok – Outgoing IVW President*

A note from your new president

Happy New Year everyone! My name is Rebecca Senneff and I have been elected the new club president. For those of you that don't know me I am one of the younger members of the club. I was "born" into the club. My father Randy Senneff has been a club member since before I was born (late 80's). I have been riding from a young age and now it is my turn to hold the torch. I have never been the president of a club before but I have been going to a majority of the board meetings as well as group rides. My plan for this year is to carry on the old traditions as well as make some new ones. I look forward to meeting all of you and encourage you to come to our first board meeting on January 11th 6pm at the Peoria North Branch Library.

A new year has begun, time to renew your membership

Just a reminder it's time to renew your membership as everyone's status get reset as of December 31st, 2016. Please use the link and follow the instruction on the page. http://ivwheelmn.org/wordpress/?page_id=297

Share your bike adventures

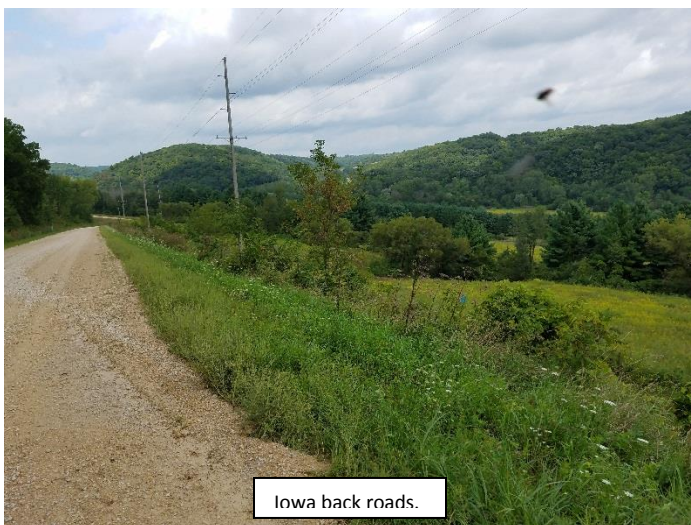
Participate in a memorable bike tour recently or planning to partake one soon? Send me your stories or photos of your adventures and share it with the club for next edition of the IVW Monthly Note. I want to thank Dan Shearer for sharing the following adventure on two wheels. It was very adventurous for him to partake such trip.

Bike Tour to Minneapolis & Back (Dan Shearer)

I've enjoyed past bike tours lasting several days and saw an opportunity for another when family members proposed a reunion in Minneapolis. I brought an inexpensive Jamis Aurora touring bike and the necessary rack and panniers and trained some on the bluffs of the Illinois River. I knew I would be traveling much of the time along the Mississippi and knew I would encounter similar hills en route. I used a section of the Adventure Cycling Association <https://www.adenturecycling.org/about-us/> Northern Tier route map and Google Maps to navigate through the very hilly region of northwestern Iowa and southwestern Minnesota on the way up. I consulted the

Wisconsin DOT bike trail maps to come home through Wisconsin. The total distance was 940 miles averaging roughly 67 miles per day and I divided the overnights between tent camping and hotels.

Anyone that tours by bicycle knows that every day presents unexpected challenges even with extensive planning. The challenges take the form of navigation, nutrition, hydration, injury, fatigue, bike maintenance and unfriendly motorists. I had my share of all of these and it's in taming these challenges that fond memories are made. On this trip, as is often the case, several challenges were solved through the efforts of friendly strangers. The scenery was stunning at times and the photos I took were definitely not the most wondrous things I saw. Often the best photo ops were lost because they happened so quickly or when I was too busy enjoying to remember to snap a photo. I've provided a few photos with this narrative but the best views are only mental memories including those of the hilly farmlands and the Mississippi river backwaters with its colorful wildlife. I'm looking forward to cleaning up the bike and planning the next touring adventure.





Southern Minnesota.



Wisconsin trail 2.



Wisconsin trail 1.



Hennepin Canal Trail.

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. I will included in the January Monthly Note.

Thanks for reading the November 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 December Monthly Note. Be aware of your surrounding when riding. See you all out on the road.

Rebecca Senneff - Illinois Valley Wheelm'n President

Classified Ads

- **For Sale**, Bike Lane Pro Trainer Bicycle Indoor Trainer Exercise Machine. Includes an 850 gram machined steel flywheel for the most natural pedal feel with riser block. Train safely away from high traffic areas. Easy change resistance controller allows you to choose your training with up to 7 levels of resistance. Wide base design gives extra stability and a smooth quiet ride. Cutting edge technology. Almost new condition, only used 1 season (less than 10 rides). Upgraded to a Wahoo Kickr Snap. Asking for \$50. Contact Tao@309-202-7411. https://www.amazon.com/gp/product/B00GC2HWZG/ref=oh_aui_search_detailpage?ie=UTF8&psc=1



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



- **Fore Sale**, Minoura Mag Tour Trainer. Asking for \$50. Contact Bill. BSemmens5@comcast.com



- **Free** pair of pre-owned 26x1.25-1.5" Schrader valve inner tubes. Also free pair of new 26x2.4" presta valve 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

- **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**, 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

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 update so your ad can be remove from the posting.