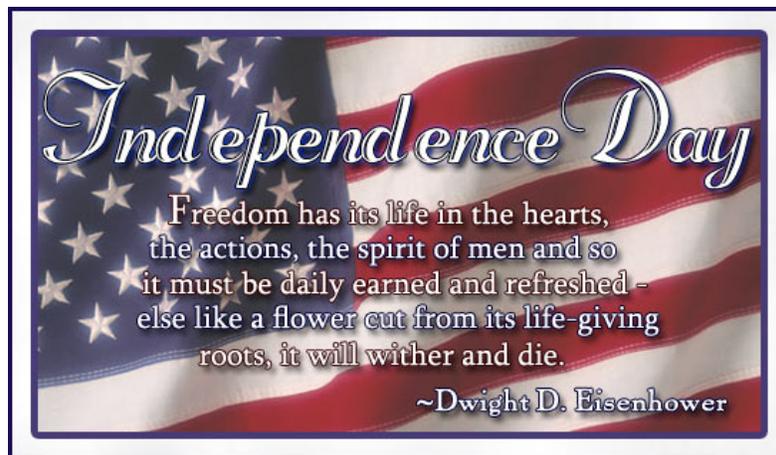




## IVW Monthly Note 2017 July Edition

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



## **A note from your president**

Happy July everyone! Hope you all enjoyed Independence Day, and maybe even a ride. I unfortunately had to work but had a great vacation beforehand. GOBA was an eventful trip this year. The weather wasn't awesome, but it made for some great stories.

The theme this year was "there's no place like GOBA". It really was like the Wizard of Oz! We had storms throughout the week. Around the last half a big one came in. We were given the option of being bussed back to our cars or persevering through it. I, and my cohorts of course continued. We ended up riding 55 miles in the rain. I was surprised at how many others persevered with us.

When we got in to Kenton, OH we were given the option/availability of the fairground facilities or setting up our tents. My group decided to use the facilities. Little did I know what that would be. We stayed in the "show arena". By show arena I mean we slept inside of it.

To explain it more descriptively it was like sleeping in my guinea pig cage. One thing I will say is it smelled good. I will post pics next month.

I am now gearing up for my favorite ride of the year, the Z-tour. For those of you that haven't heard of it before it is a ride benefiting the Zearing Child Enrichment Center. It takes place in Princeton, IL and goes through my dad's hometown of Tiskilwa.

There are several routes including a century. I will be doing that with my uncle who comes back home every year from California. The terrain can be kind of hilly, but very beautiful.

The ride takes place July 15<sup>th</sup>. If interested please visit z tour website or contact me for more information. It would be great to have a nice group. If you aren't interested in the hundred like I said earlier there are several other options. Look forward to seeing you there, and if not on the road some other time.

Don't forget the Tour De France is going on. Very interesting so far! Also, Marge is looking for 4-5 volunteers to help LIMB distribute books on July 21<sup>st</sup> at 10 am at Lincoln Library. This is when they will do the giveaway for the bikes the IVW donated. Please contact myself or Marge if interested. I look forward to seeing the kids get their new bikes!

## **TOMRV 40 was a memorable one – *By Fai Mok***

Last month's Tour Of Mississippi River Valley was the 40<sup>th</sup> edition. It was my fourth straight year riding it. After enjoying tailwind on both days of my first tour back in 2014 (I was spoiled), it seems like each year since has presented a different challenge and this year was no exception. Participants enjoyed the 20 mph tailwind on Saturday, making it one of the faster trips up to Dubuque, Iowa in TOMRV history. Even though the temperature was as hot as last year (89°F), the strong breeze kept everyone cool. The return trip on Sunday was the opposite story...one of the longest since the 20 mph southerly wind did not die down. The 90 mile trek back down to Bettendorf was one of the toughest rides I had ever experienced as the route had everyone facing south with minimal east-west turns. The 90°F temperature had everybody taking longer breaks and drinking more fluids than usual at each stop. It made it one of the longer Sunday trip of the four I had ridden. With all that said, I would sign up again next year because of the interesting people I met on both days. This year, I met several of the online cycling buddies on Strava as well as bottle cap mirror crafter, Mike Hauptman. For photos, click on the links below.

[Saturday's photos](#)  
[Saturday's route](#)

[Sunday's photos](#)  
[Sunday's route](#)

## **National Bike Challenge doubled the mileage in a month**

After two month, 27,486 riders has ridden 9,719,281 miles for The National Bike Challenge. Prize giveaways for June will take place in the next few days. What is NBC you asked? It's 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. In its

simplest form, it is a logging center for users to record miles ridden and be part of the national community of bicyclists. It is a free and easy way to challenge yourself, friends, family, coworkers and the greater community to ride more. It doesn't matter if you're riding hundreds of miles a week or just getting back in the saddle, everyone is welcome to join.

# National Bike Challenge

Presented by **3M**

In the past 5 years, the National Bike Challenge was organized by PeopleForBikes and sponsored by Kimberly-Clark's Cottonelle Product Brand, then by Scott Natural Brand. The 2017 Challenge is organized and presented by the League of American Bicyclists with sponsorship by 3M. NBC began on May 1<sup>st</sup> and will run until September 30<sup>th</sup>, 2017. It is also a fun way for participants to interact with other riders in the online community, track improvement on a local, state and national level and win prizes. Yes, NBC has monthly prize giveaways just for participating. All mileage counts towards getting you to qualify the next level of prizes regardless if you ride your bike for fitness, commuting or grocery shopping. Even if you don't get selected for the monthly prize, every participant is a winner with improve health, saving money and helping the environment by reducing carbon footprint.

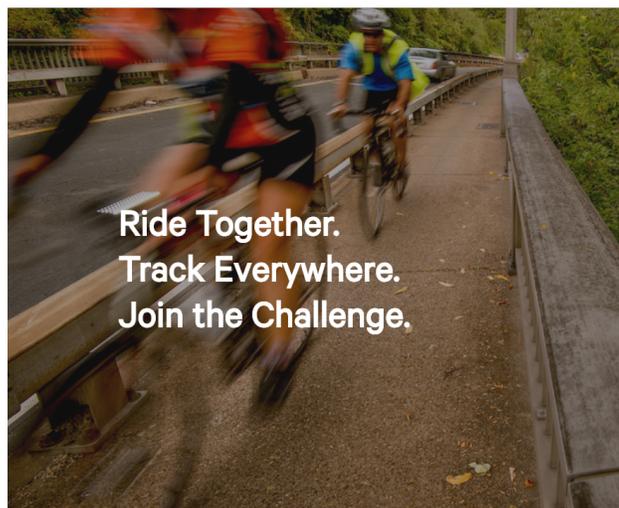
If you are a participant from last year, use Strava for logging rides and joined the IVW Strava group, you are all set as the club have transfer your profile over to the new NBC website which use Strava for tracking this year.

If you are a participant from last year, use Strava for logging rides but didn't join the IVW Strava group, you will need to 1) Join the IVW Strava group by placing the pointer on 'Explore' at the top of the page and select 'clubs.' 2) Go to the [NBC website](#) and select 'join' and 'connect with Strava' under 'settings' in your NBC profile.

If you are not a participant from last year, use Strava currently for logging rides and would like to join this fun challenge, you will need to 1) Register on the new [NBC website](#). 2) Select 'join' and 'connect with Strava' under 'settings' in your NBC profile. 3) Join the IVW Strava group by placing the pointer on 'Explore' at the top of the page and select 'clubs.' 4) Log your rides on Strava and they will automatically import into the Challenge.

If you are not a participant from last year, don't use a GPS tracking device (Wahoo, Garmin, Polar, etc.) and would like to join this fun challenge you will need to 1) Register on the new [NBC website](#). 2) Select 'join' and 'connect with Strava' under 'settings' in your NBC profile. 3) Create a Strava account. (it's free) 4) Join the IVW Strava group by placing the pointer on 'Explore' at the top of the page and select 'clubs.' 5) Log your rides on Strava either with the Strava app for smartphone or do it manually on the website and they will automatically import into the Challenge.

IVW is leveraging the NBC to keep tabs on all participants' mileage for the 'Most Miles in the Saddle Award' in order to save time and effort. So sign up and participate!



## **iCan Bike seeking volunteers**

Easter Seals is once again seeking volunteers to help children with disabilities learn how to ride their bike during the week long iCan Bike Camp from July 10<sup>th</sup> to July 14<sup>th</sup>. They are looking for some energetic individuals who will act



as spotters for each of the children participating. Volunteer spotters will show up for the same 75 minute session from Monday to Friday. He/she must be able to run or walk at a fast pace. To volunteer, click on this link [Be A Volunteer](#). For more info, contact Brenda Bleichner ([bbleichner@ci.easterseals.com](mailto:bbleichner@ci.easterseals.com), 309-686-1177 ext.2294).

### Bike Peoria First Friday Nite Ride

Bike Peoria will be having their First Friday Ride on Friday July 7 through the West Bluff and the Bradley U. campus area. This will be a slow ride beginning at 9:00pm. It will be a large group of well-lit riders creating a rolling visual. Please post on Bike Peoria Facebook if you will be joining the ride from the Bike Peoria [Co-Op](#).

### IVW t-shirt update

Please contact Rebecca if interested. They will all be short sleeved. We can also make socks if enough interest.

### 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.*

### IVW bottle cap mirror & club kit available for purchase

We still have some bottle cap mirrors with IVW logo and No Baloney Ride logo from last year available for sale. IVW cap mirrors are \$13 each and NBR cap mirrors are \$6 each. We also have limited stock on the IVW club kit {jersey and shorts}. They are \$68 each available both men and women. Contact Fai ([faimok534@gmail.com](mailto:faimok534@gmail.com)).



### Share your bike adventures

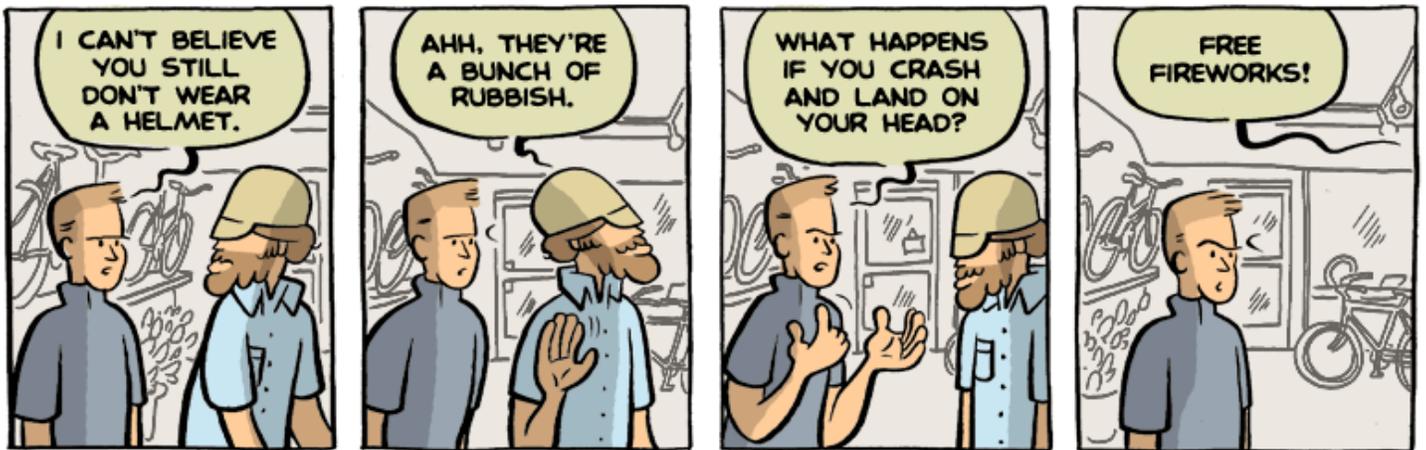
Participated in a memorable bike tour recently or planning to partake one soon? Send me your stories or photos of your adventures and share it with the club for next edition of the IVW Monthly Note.

*I have come a full circle in six years - By Fai Mok*

I remembered my first bike ride in Peoria. I wasn't accustomed to seeing or riding so many hills. Where I was from, Mid-Michigan is quite flat. I remembered I complained every time the ride leader picked a hilly route. Fast forward 6 years later. I have turned into one of those cyclists who welcomes these very same inclines. In fact, I even seek them out now a days. When someone from my winter indoor training session told me about the Horribly Hilly Hundred back in February, I was eager to take on the 200 kilometer, 11,000 feet of climbing challenge. I began my hill training in March and armed myself with advice from several people who had ridden it. As the ride date got closer and closer, I met more people who remembered the suffer fest, I began to have doubts if I can finish this insane ride. Thanks to the advice and reassurance of Colm Flannery, I was able to stay relax and not think about the negative. Instead, I thought of it as another training ride and have fun with it at my own pace. Man, I have come a full circle in six years. Click [here](#) for photos of the HHH.

# Kickstand Comics

By Rick Smith and Brian Griggs



© RICK SMITH / YBUDAMOON.COM / COMICS@YBUDAMOON.COM

## Where have you taken your IVW jersey?

Did a recent bike tour with your IVW jersey at some place scenic? Send me a photo of you sporting the club kit (old or new) and a brief description of where it took place. I will include in the July Monthly Note.



Randy Anderson and Fai Mok after the Horribly Hilly Hundred 200k, 10,886 ft. of elevation gain.



Randy Anderson and two other randonneurs at the Elridge, Iowa 600k Brevet.

Thanks for reading the July 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](mailto: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](mailto: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](mailto:Bill@309-693-9388) or [BSemmen5@comcast.net](mailto:BSemmen5@comcast.net)

- **For Sale**, brand new SRAM chain catcher. Install on front derailleur to prevent chain drop between crank and bike frame which will scratch the paint on the bike. Most places selling for \$22. Asking for \$10. Contact Fai if interested. [faimok534@gmail.com](mailto: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](mailto:Pam@309-339-9777).

- **Wanted**, Bicycle trailer to hold two grandkids. Contact Jack Brejc@309-264-3175, [jbrejc@hotmail.com](mailto:jbrejc@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, [jbrejc@hotmail.com](mailto:jbrejc@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](mailto: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](mailto: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](http://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](mailto:bassplayer974@gmail.com))

