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



Cooler weather during TOMRV for a change – Fai Mok

The norm for the Tour of Mississippi River Valley weekend has always been hot and humid, except this year. Saturday's ride up to Dubuque was a wet one for folks starting from Goose Lake as they were greeted with a downpour around 7am. At the same time, riders(including myself) at Bettendorf also encountered rain but to a lesser extent and a shorter duration. Eventually, the rain clouds did give way to the sunshine though the temperature remained steady in the mid-80s. This year is the first time the route did not cross the Mississippi onto the Illinois side. The opening of new bridge connecting Sabula, Iowa and Savanna, Illinois was pushed back from the May opening to late November due to construction issues. The workers had trouble reaching the bed rock as sand continued to refill the holes they had drilled. Many people were looking forward to crossing the bridge as it has always been one of the highlights of this ride.

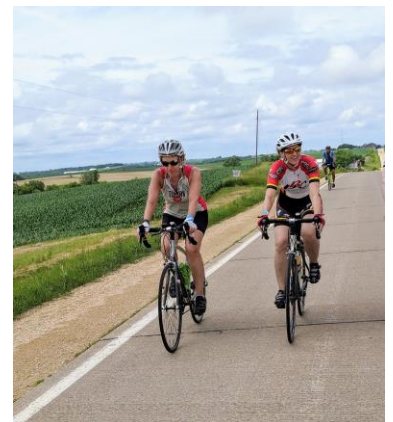
Sunday's ride from Dubuque back down to Goose Lake and Bettendorf was blessed by cool temperature from the overnight rain. The high in the afternoon only reached low-70s. It was ideal riding weather when combined with a light cross-tailwind. This year we had two IVW members who experienced their first TOMRV – Chris Swindell and his wife Sarah Gray. Both truly enjoy the scenery both days had to offer. A stat from the TOMRV coordinator Doug Truesdell – Of the 850 riders, 29% are first timers while 50% reported this was their first, second or third tour; 21% of the riders were women; The median rider age was 52 years; 63% of all riders left from Bettendorf.



You can get a great panoramic view of the Mississippi from the top of here.



Chris looking down at the valley from the top of Mines of Spain.



Heather Fitzanko and Sarah Gray liking the cool temperature on Sunday.

Be glad you don't live in Australia

If you don't avoid dogs, rabbits, squirrels and deer on the road is tough, wait until you see what the cyclists down under have to watch out for. Click the links for videos.

[Kangaroo Crash](#)

[Riding with the Roos](#)

[Sheeplechase](#)

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, July 6th @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.



iCan Bike seeking volunteers



Kids. Therapy. Progress.

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 16th to July 20th. 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 Tammy Wright (twright@ci.easterseals.com, 309-686-1177 ext.2294).



Planning for No Baloney Ride moving along – Fai Mok/Isaac Grimm

While majority of us are doing our weekly rides or planned tours, Isaac and Andrea Grimm has been busy planning this year's No Baloney Ride activities. The 45th NBR will start from Kennel Lake Sportsman Club in Morton on August 18th. We will have new routes to go with the new location but will offer the same distance as in past years – 20, 45, 65, 100 miles. We have many spots available for volunteers and would love to have YOU help make this year's ride a success! To volunteer, find our link for volunteer signup on the website or email NoBaloneyBicycleRide@gmail.com. Additionally, routes are just about finalized, and we will be throwing some new roads into the mix. This year, the longer loop will take the 45, 65, and 100 mile routes south past Tremont to some beautiful countryside and will (fingers cross) have 2 stops along the way. Keep an eye out for horses and some gorgeous black angus cattle. (While previewing the route, I tried taking a selfie with a bull and scared him!) T-shirts are about to be printed and food planning is be under way. Things are coming together nicely and we are excited! If you haven't signed up, come join in for the fun! Go to <http://www.ivwnobaloney.com>

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.



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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. The \$1500 donation will be use to purchase bikes to be awarded to any kids who have meet the summer reading program requirement. All the qualified readers will have their names enter into a drawing for a chance to win a bike. Bike Peoria also made donation of \$1500 in supporting this reading program. We are looking for volunteers to assist in giving the bikes away. If you are interested, please contact President Rebecca Senneff(sennrrr2008@att.net).

July Ice Cream Ride – Fai Mok

When the mercury shoot up on a thermostat and is humid out, it is an ideal time to get some ice cream to cool off! I will periodically do an ice cream ride in July and August pending on my weekend out-of-town riding schedule. So keep an eye on your email inbox. I will be doing an ice cream ride this Sunday(July 8) starting from Safety Town off of Sheridan Road @3pm. It will be easy pace since I use these rides as recovery rides. Distance will be 20-30 miles pending weather condition. If you are interested, please RSVP to my personal email – faimok534@gmail.com. DO NOT reply to the club email as I do not check it.

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.



With Bucky the Badger, on the campus of U. of Wisconsin.

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**, 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

- **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, 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)

