



## **IVW Monthly Note** 2016 July Edition

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



[www.bikepeoria.org](http://www.bikepeoria.org)



[www.rideillinois.org](http://www.rideillinois.org)



[www.bikeleague.org](http://www.bikeleague.org)

## Opening

The first thing that come to my mind when I think of July beside Independence Day is the Tour de France. I remember the first time I watched the TdF was 1986. ABC had the tape delay late stages showdown between Greg LeMond and his teammate Bernard Hinault. I was fascinated as a kid to see how fast these cyclists can pedal especially up the mountain. They made it seem effortless. It's still true today, except the speed is even faster with invention of lighter bicycle frame and components. The amount of time spent on aerodynamic research also is a contributing factor along with racers optimizing their diet and training. With all these advancement in the last 30 years, human factor is still the variable in determining the winner of this month long race. Team-work and an individual's effort trumps everything. If you are training for a summer or fall century by yourself, try joining a group ride. You can get a better workout by drafting from the group and having others encouraging you going up those hills or picking up the pace in the home stretch of the ride.

## Heat & Humidity didn't dampen TOMRV spirit

This year's Tour Of Mississippi River Valley was challenging with temperature in the mid 90's and humidity reaching 50% by early afternoon. One would never guess from a cool morning roll out. 8 IVW members made the journey to Iowa. Randy Senneff, Charlie Siczek, Reid & Sheila Hansen, Jim & Sarah Emmons and Bill Semmens started from Goose Lake (69 mi. route) while Terry Hunt and I started from Bettendorf (106 mi. route). Terry and I were zipping right along until around mile 50 when the heat & humidity got to Terry as he started cramping. He wasn't alone and we saw a handful of riders experienced the same thing along the way. The amount of climbing on the century route (approx. 6057 ft. the first day) added to the slow pace for some of the participants. TOMRV is known to challenge every rider every year being so early in the summer. The 2 day tour favor the year round riders as they are condition for it. Never-the-less, I rode it because I love the scenic route and the challenge it offer.



At the Princeton, Iowa Fire Station.



Terry ready to roll after refilling his bottles.



This woman rode her fat bike the whole way.

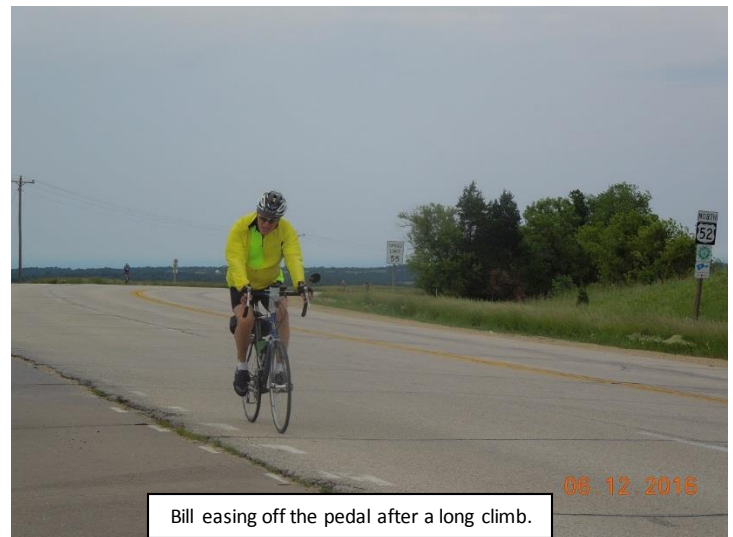


L to R – Randy with 2 of his buddies, Bill & yours truly.





Charlie, Jim & a rider posing for the camera.



Bill easing off the pedal after a long climb.

### **iCan Bike seeking volunteers**

Easter Seals is seeking volunteers to help children with disabilities learn how to ride their bike during the week long iCan Bike Camp from July 25<sup>th</sup> to July 29<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 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 [Register Now to Volunteer!](#) For more info, contact Brenda Bleichner ([bbleichner@ci.easterseals.com](mailto:bbleichner@ci.easterseals.com), 309-686-7755).



**iCan Bike Volunteers - July 25-29, 2016 - East Peoria, IL**

### **Rick is looking for other early risers**

Rick Gentry is wanting to connect with other early risers to ride 20-30 miles Monday through Saturday morning from 6am to 7:30am on road or mountain bike. The average pace will be 14 -17mph. Contact Rick ([runr927@hotmail.com](mailto:runr927@hotmail.com)) if you are interested.

### **First Friday Nite Ride**

Get Lit and Art Up Your Ride! Taking a tour of Peoria art studios and galleries. Even better on a bike! Celebrate your creative side and your healthy side! Meet up with friends and other riders for a tour of the Peoria art scene! Join in on the creative side by decorating and lighting your bicycle. Stay tuned for opportunities to get with others for decorating and lighting your bike! Please post on Bike Peoria Facebook if you are willing to meet others at a specific place and time to ride together! There will be a slow ride downtown meeting at 9:30pm on

July 1<sup>st</sup> for anyone wanting to have a First Friday After-Ride. It will be-hopefully-a large group of well-lit riders creating a rolling visual people powered display of color and sound. Let loose-have fun-make friends-create. Details to come-ideas and suggestion welcome. This is a self-guided and self-motivated event. Put some fun between your legs, get on a bike & ride! This event is being hosted by Bike Peoria. For question, contact BP with the link below.

<http://www.bikepeoria.org/about/contact-us/>

### **Seeking volunteers to support I've Decided to Ride**

We are looking for volunteers for the First Annual I've Decided to Ride 40 mile supported ride on, Saturday, July 23rd. Participants of this ride include approximately 20 new riders who have undertaken a ten week bicycle training program which included two clinics and weekly scheduled rides to prepare them for the goal of completing a 40 mile supported ride along the beautiful Rock Island Greenway, East Peoria River Trail and Morton Trail systems that run through Peoria, East Peoria, and Morton.

The event has been put on by I've Decided, a Peoria - based leadership organization, and sponsored by Little Ade's Bicycle shop in Pekin. Members of all local area bicycle clubs have also been participating to support this event. We look forward to continuing to show our support on July 23rd and growing the event in the future. If you are available and would like to welcome these enthusiastic new riders to the Greater Peoria bicycle community by handing out water and snacks at one of three rest stops, please contact me. At least 2 people at each of the rest stops would be appreciated. Thanks! – *Sarah Gray & Heather Fitzanka*

Shifts available on Saturday, July 23:

#### *Donavan Park*

6:30 am - 8:30 am

8:30 am - 10:30 am

10:30 am - 12:30 pm

#### *Bob Michael Bridge*

7:30 am - 9:00 am

9:00 am - 11:00 am

11 am - 12:30 pm

#### *Park at Morton and Veterans*

7:30 am - 9:00 am

9:00 am - 11:00 am

11 am - 12:30 pm

### **Ride Chair position remains open**

The club is still looking fill the Ride Chairperson for 2016. With Liz Born still taking courses, she fell the position can be better served by someone who can give more of his/her time. For the time being, Jim Coffey is handling all the ride coordination duties until the position is filled. In order for the club to continue to operate, we need our members to be active. So your help is crucial. If you know someone who you think is qualify for the position or you would like to volunteer, let any of the board members know. You can also email me at [faimok534@gmail.com](mailto:faimok534@gmail.com). Below is a description of the duty of the Ride Chairperson.

Duties of Rides Chairperson: Responsible for establishing and organizing a weekly ride schedule, and handle any special rides not included in the weekly rides.

## Peninsula Century – nice weekend getaway

One of my goal this year is to explore rides I have never ridden before. The Peninsula Century Spring Classic is one of those ride. I made the 6.5 hour trip to Baileys Harbor, Wisconsin on Friday afternoon. When I arrived, I was greeted by a beautiful sunset. Baileys Harbor is a cozy small tourist town which remind me of Traverse City in upper Michigan. Like Traverse City, Baileys Harbor is located on a Peninsula surrounded by Lake Michigan. Since it's surrounded by water, the temperature was comfortable, in the low 80's. It was a welcome relief compared to the prior weekend when I rode TOMRV. The century route took me all along the Door County with breath-taking views. Upon finishing the ride, participants were given a post ride meal with food donated by local restaurants. In conjunction to the PCSC, there was a concert and the Door County Beer Festival going on. It was a great way to spend the day outside. It also feel good to know that some of the proceeds benefit local charities. The organizer of PCSC – Peninsula Pacers, also host Peninsula Century Fall Challenge on September 17<sup>th</sup>. The Fall Challenge will have a King/Queen of the Hills contest for those riders who wishes participate.

Photo op at Gills Rock, northern Door County.



Riding through Kangaroo Lake near the end of the Century route.



FRESH, ORGANIC, LOCALLY BREWED  
**KOMBUCHA ON TAP**  
TAPUAT BREWING CO. \* SISTER BAY, D.C., WI.  
f/TAPUATLLC @TAPUATCHA

Took my free sample of Cherry-Cola beer. twice.



Door County Beer Festival took place same time as the Ride.







A beautiful moon rise at the Baileys Harbor.



A colorful sunset from Yacht Club Resort.

### 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.

### Volunteers needed for Morton's Pumpkin Fest

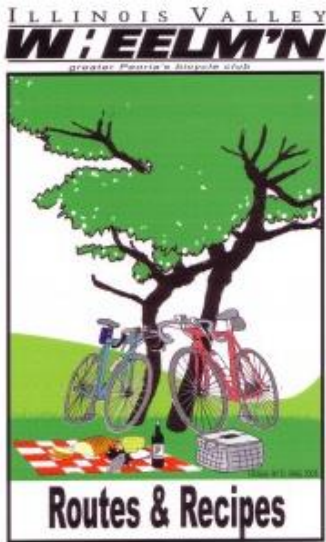
Morton Chamber of Commerce, the host of Morton's Pumpkin Festival, is celebrating 50 years of the Pumpkin Festival this September. With the assistance of IVW, Morton CoC is hosting a Half Century Pumpkin Festival Ride to commemorate the 50 year achievement on Saturday, September 10<sup>th</sup>. They are seeking volunteers to help with food stops. If you like to help, please email me ASAP so I can let Morton CoC know how many confirm volunteers they have.

### Club jersey finished!

At last, we have the final design finished and submitted to our vendor, Ascend Sportswear. I am waiting for them to setup an online store before taking orders. The jersey come in club cut (relax) or sport cut (form fitting) both in full zip short sleeve or sleeve-less. The shorts and bibs have 6 panels with cool gel chamois. The colors in the image are a bit faded for some reason and doesn't represent the colors we chose. These colors will be richer and darker on the jersey and shorts. I will send out detail info in an email when the store is open regarding sizing, fit kit, and deadline to ordering these items.



## Routes Book now available online



The Routes and Recipes books were available in local bike shops for years, at a cost that varied with shop, generally 15-20 dollars. We also sold them directly to people that requested copies. In 2016, with all known copies sold, the IVW board decided to allow downloading of the PDF to anyone that desired a copy. The introductory letter, instructions on how to purchase printed copies, membership application, and the sponsor pages have been removed as they are very out of date and would create confusion at the shops that formerly sold printed copies. This page was added as a preface. Use with care as links, routes, and other information will no doubt be impacted by the passage of time. Since we are giving away this PDF, we don't plan another printing. To see the Routes Book click on the link below.

[http://ivwheelmn.org/wordpress/?page\\_id=573](http://ivwheelmn.org/wordpress/?page_id=573)

## Throwback Corner



Each month, I will include some materials from IVW's newsletter archive before it was discontinued back in 2013. I plan to have some interesting facts, comics, advertisements, etc., etc. It will be fun looking back as to how far the club evolved.

From June, 1997

From June, 2010



**JUNE 7 TRAIL DEDICATION.** Congressman Ray LaHood will help dedicate a recently completed segment of the Morton trails system at 1 p.m., June 7, in the parking lot of the Morton K-Mart. Your attendance will help keep our two-wheeled momentum moving. Contact George Burrier (698-5512) for more details.

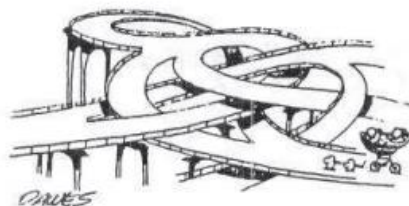
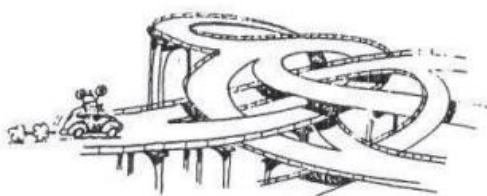
**BROKEN FENCES BUILD STRONG NEIGHBORHOODS.** Bicycling and walking is an ideal way to improve your neighborhood because it brings people together in ways that never happen behind the cocoon of our car's windshields. I had a recent experience, very close to home, which seemed appropriate to share: Our next door neighbor's fence was recent casualty of the spring winds. We've always had a great relationship with Marge and John, but this windy twist of nature made things even better. They decided to leave the fence down and replace it with a flagstone walking path through their garden linking our properties. If strong fences make good neighbors then broken fences must make great ones.

—Eric Hutchison

## Share the Road License Plate

**"Share the Road" license plate (Senate Bill 2798) – PASSED!** State Senator Michael Bond and State Representative Joe Lyons were lead sponsors of our bill to enable production of a permanent "Share the Road" license plate for Illinois. The plates will include the messages "Share the Road" and "Same Rights, Same Rules", and the \$22 incremental cost for these plates will fund LIB's Share the Road public education programs for motorists and bicyclists. **LATEST STATUS (May 17, 2010):** The bill has passed the legislature! On April 22, SB2798 passed the House by a vote of **105-8**, following earlier victories in the Senate (**32-7-1**) and both chambers' committees. LIB will now ask the Governor's office to schedule a signing ceremony. Afterwards, we can we begin working with the Secretary of State to design and, later, offer the plates to the public. Thanks go to our great sponsors, plus all other legislators who co-sponsored and/or voted Yes on the bill.

From May, 1985



Thanks for reading the July Monthly Note. If you any rides, events or announcements you want to share with the club, please email it to me to be posted in the August Monthly Note. Be aware of your surrounding when riding. See you all out on the road.

**Fai Mok** - Illinois Valley Wheelm'n President

### **Classified Ads**

- **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.

- **For Sale**, Thule Doublerack 990XT set up for a 1-1/4" hitch. Purchased from Illinois Cycle & Fitness in 2013. Only used twice. Paid \$320, will sell for \$160. Will include brochure and lock. Contact Cora Lynn [cora\\_lynn@yahoo.com](mailto:cora_lynn@yahoo.com)

- **Free** pair of pre-owned 26x1.25-1.5" Schrader valve inner tubes. Contact Fai if interested. [faimok534@gmail.com](mailto:faimok534@gmail.com)

- **Free** set of pre-owed carbon fiber water bottle cages with open design. Color black/grey with minor cosmetic blemish. Contact Fai if interested. [faimok534@gmail.com](mailto: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](mailto:faimok534@gmail.com)

**Classified Ads** for club members are welcome. You have something bicycle related you want to sell or you are looking for a bike, bike parts or accessories, email your ad to [faimok534@gmail.com](mailto:faimok534@gmail.com). If the item is sold, please let me know so your ad can be remove from posting.