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



A note from your president – *Rebecca Senneff*

Happy June everyone! Hope you have all been out riding and enjoying the start to the summer. I am happy to say that I have finally gotten some miles in but am still healing.

Last weekend I had the pleasure of doing a group ride to the Strawberry Festival in Elmwood. It was very hilly but we had a great group. The best part was all the strawberry treats.

I chose the Strawberry pizza of course. However it was frozen. If you think about it though it's a great idea on a hot day! There was a great turnout and we missed the rain. Apparently, we contributed to doubling Elmwood's population.

I am so excited that GOBA is almost here. I wish I had some members from the club joining me for the week in Ohio but stay tuned next month for a recap. This is the 30th so I expect it to be a big turnout.

A few weeks back we started Thursday rides from different locations. The first one Suzanne led from Lake Camelot. I had never ridden from there before. Very pretty scenery and of course a few hills. We actually rode to Elmwood that day as well. It was an interesting ride because we came up on a barn that was the first site of Elmwood. The owner was around and gave us a tour. See pictures in this [link](#). Enjoy the season!



Another hot & humid Horsey Hundred last weekend – *Fai Mok*

The 2018 rendition of HH was a dandy. Hosted by Bluegrass Cycling Club, this is one of my favorite tour as the route roams through numerous horse farms with miles and miles of pothole-less, crack-less country roads, as well as several distilleries along the way. This year, several members enjoyed the beautiful sceneries for the first time – Dave & Cathy Gromer and Isaac & Andrea Grimm along with Andrea's sister and her boyfriend. The forecast for Saturday was rain but I was glad I did not had to use my rain gears as it was sizzling hot (90 degree) with 56% humidity. The famous Ice Cream Float Stop at mile 90 was a welcome sight to freshen myself for the final push. For Sunday, I opted for the shorter 50 mile route since I had saddle soreness from chaffing the day before. It was a different scenery for me since I usually ride the 70 mile route. I rode part of the way with a guy I met in the parking lot that morning. Ade, who lives Indianapolis, was originally from Joliet, IL. He just started cycling last summer and was very thrill to ride his first HH. Prior to HH, he rode from Indianapolis to Chicago earlier last month solo with family SAG support. Btw, he might come to the No Baloney Ride after I told him about the great riding here in Central Illinois. Click on the links below for photos and routes.

[Saturday's photos](#)

[Sunday's photos](#)

[Dave & Isaac's photos](#)

[Mike McCormack's photos](#)

[Saturday's route](#)

[Sunday's route](#)

Big turnout for Ride of Silence

The 2018 [Ride of Silence](#) had a great turnout. 90 people showed up on a sunny and warm Wednesday. Bike Peoria was able to create a new route this year going through Prospect Rd. and War Memorial Dr., bringing more visibility to the public and getting the ride mentioned on the front page of Peoria Journal Star. The 3.75 mile route was mostly flat with minimal rough pavement. A big thank you to Bike Peoria for putting this year's ROS in a bigger public spotlight. To see more photos, click on the [link](#).



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).



You riding TOMRV? – Fai Mok

The forecast for June 9 and 10 is looking good for the 41st Tour Of Mississippi River Valley with no rain, light breeze and temp in the mid 80's. Hosted by Quad Cities Bicycle Club, TOMRV is one of more scenic tour I have ridden. This year, the route will not cross the Mississippi River at Sabula, Iowa to Savanna, Illinois since the new bridge, which was scheduled to open in May, is still under construction due to the bedrock being deeper than expected. I am curious what the route will be. Saturday's leg up to Dubuque is cap off with a beer garden and an excellent buffet dinner at Clarke College (included with your registration). The return leg Sunday back to Goose Lake (62 miles) or Bettendorf (90 miles), you have an option for a buffet breakfast at Clarke College or a light snack provided by QCBC. For anyone who is interested in riding up together from Bettendorf to Dubuque, send me an email (faimok534@gmail.com). If you are starting from Goose Lake, there are members who will be starting from there as will. I can put you in contact with them. For anyone who can't join the group ride, we can join up for the buffet dinner at Clarke College. Again, send me an email for coordination.

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 Grigg



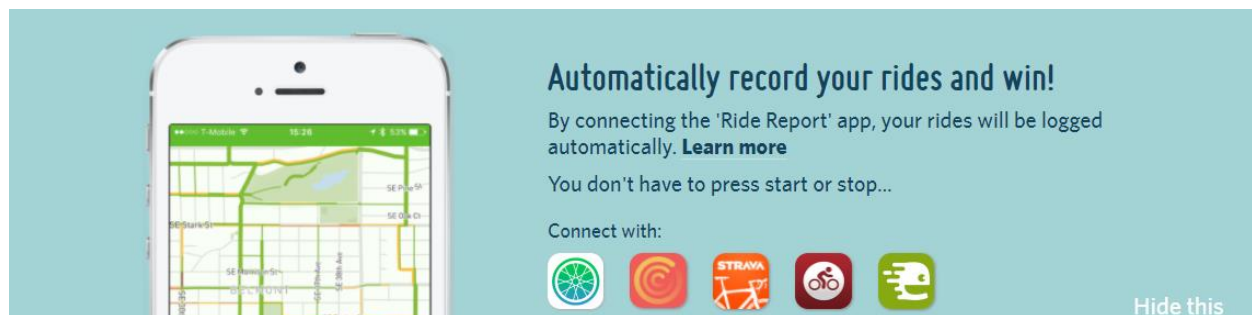
One month in the book for 2018 National Bike Challenge.



After one month, the National Bike Challenge has cumulated 7,778,638 miles from 42,907 participants. There were 802,481 trips made in May. So why are these people participating year after year? 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. The National Bike Challenge start on May 1 and run until September 30.

In 2017, The National Bike Challenge aimed to unite 60,000 riders to pedal 30 million miles from May 1, 2017 until September 30, 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. The 2018 NBC is brought to you by [Love to Ride](#) and the [League of American Bicyclists](#). To join in the fun for this year's event, go to https://www.lovetoride.net/usa/teams/4773?locale=en-US&team_invite=true.

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. Logging mileage is easy and simple by sync-ing with **Strava, MapMyRide or Endomondo**. There is also a manual log option for those of us who are low-tech. Please create an account and log in your miles through NBC by joining Team **Illinois Valley Wheelmn**. After you create an account, click on 'Leaderboards', 'Teams', and then type 'Illinois Valley Wheelmn' in the search field. After you selected 'Illinois Valley Wheelmn', click 'Join' and you are all set.



Vino Gran Fondo a hidden gem – Fai Mok

If you like wine, good food, music and riding in rolling landscape, then you need to circle your calendar for next year's Vino Gran Fondo. I learned about this ride last year from IVW and PBC members Charlotte Schmitz and Charley Rodgers. The Vino Gran Fondo starts from Sugar Creek Winery in Defiance, Missouri and takes you through a rolling landscape journey west of Defiance alongside the Missouri River. Since part of the Mondo Fondo route intertwine with the Katy Trail, I had met people cycling from the Philadelphia en-route to San Francisco using Katy Trail as a connection as well as people hiking across the country.

Sponsored by Big Shark Bicycle Co. of St. Louis, this ride is well supported with 3 distances to choose from – Mini Fondo(42.5 mi), Midi Fondo(75 mi) and Mondo Fondo(104 mi). All participants get to finish the ride going up the Schleusberg Hill, made famous by former professional cyclist Alberto Contador during Vino Gran Fondo's

early years before heading back to the winery for a post-ride meal. I love that this ride not only it offers great food and entertainment, but also donate a portion of the proceeds to Pedal the Cause, a cancer charity based in St. Louis. [See route](#)



With Charlotte & Charley before the start of the Fondo.



At the Katy Trail rest stop.

Bike Peoria's Beers and Gears Pub Crawl another big turnout

The 2nd Annual Beers and Gears fundraiser had a huge turnout with 400 people in participation. This casual ride begin from Industry Brewing Co. and making stops at Fox Pub, Tavern on Prospect, Novu, Publik House, Noir, Cayenne, W.E. Sullivan's and Thyme. Part of the proceeds benefit Bike Peoria's community outreach programs like the Dream Center and Lincoln Library Read A Book summer program which kids receive a free bike through raffle for reading books. There were two separate minor incidents where a woman fell off her bike in Springdale Cemetery and Andy Stow of BP got a branch stuck between his front wheel and fender. Otherwise, everyone had a great time and went home uninjured.

Ideas for 2018

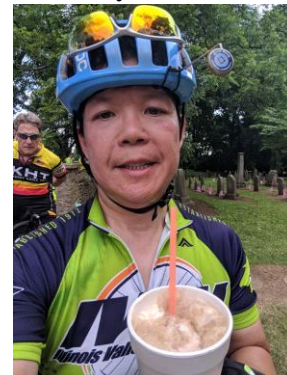
We want to hear any ideas you may have for any club activities for this year. It can be themed rides, picnic, happy hours, bowling or whatever your heart desires, the club wants your input. Let us know.

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.



Isaac Grimm w/ wife Andrea, sister-in-law & her boyfriend.



Fai refreshing up with a root beer float.

Thanks for reading the June 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 July Monthly Note. Keep the rubber side down. See you all out on the road.

Rebecca Sennett - 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)

