



IVW Monthly Note 2016 June Edition

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



www.bikepeoria.org



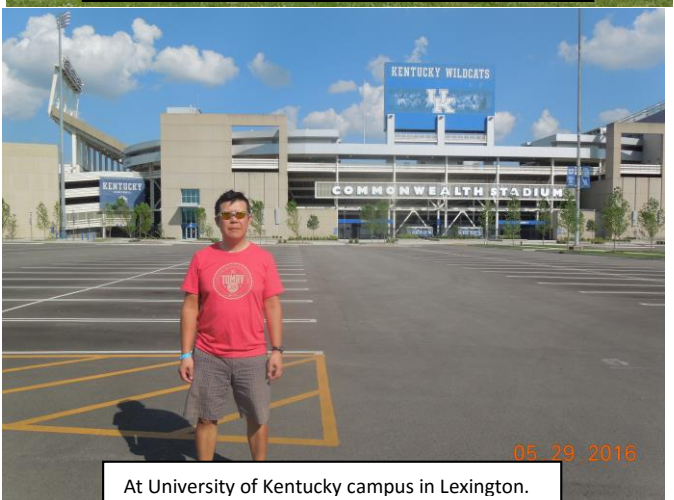
www.rideillinois.org



www.bikeleague.org

Opening

Memorial Day is a holiday created by the federal government to honor veterans for serving this country and preserving our freedom. The weekend leading up to the Monday has turn into the signal of beginning of summer (true summer is on June 20th, Summer Solstice). The long weekend has given me opportunity to take a road trip to Kentucky and ride the Horsey Hundred. I rode it again this past weekend because the pothole-less roads (likely because minimal snow = no salt needed), the scenery (horse farms, bluffs & valleys, old whiskey distilleries) and the food (pulled pork or pulled chicken, pasta, ice cream float to name a few). A small group of IVW members must also share my thoughts as Rebecca Senneff, Tao Zhu, Mike Brown, Mary Lou Price, Charlotte Woodhouse, Bonnie Martin, Mike & Karen McCormack and Denny & Peggy Tresenriter all were down at Georgetown, KY. The two day tour have many different distance route options that to accommodate everyone. If you are looking for a new place to visit, consider the Horsey Hundred next year.



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.

IVW members featured on The Science Channel

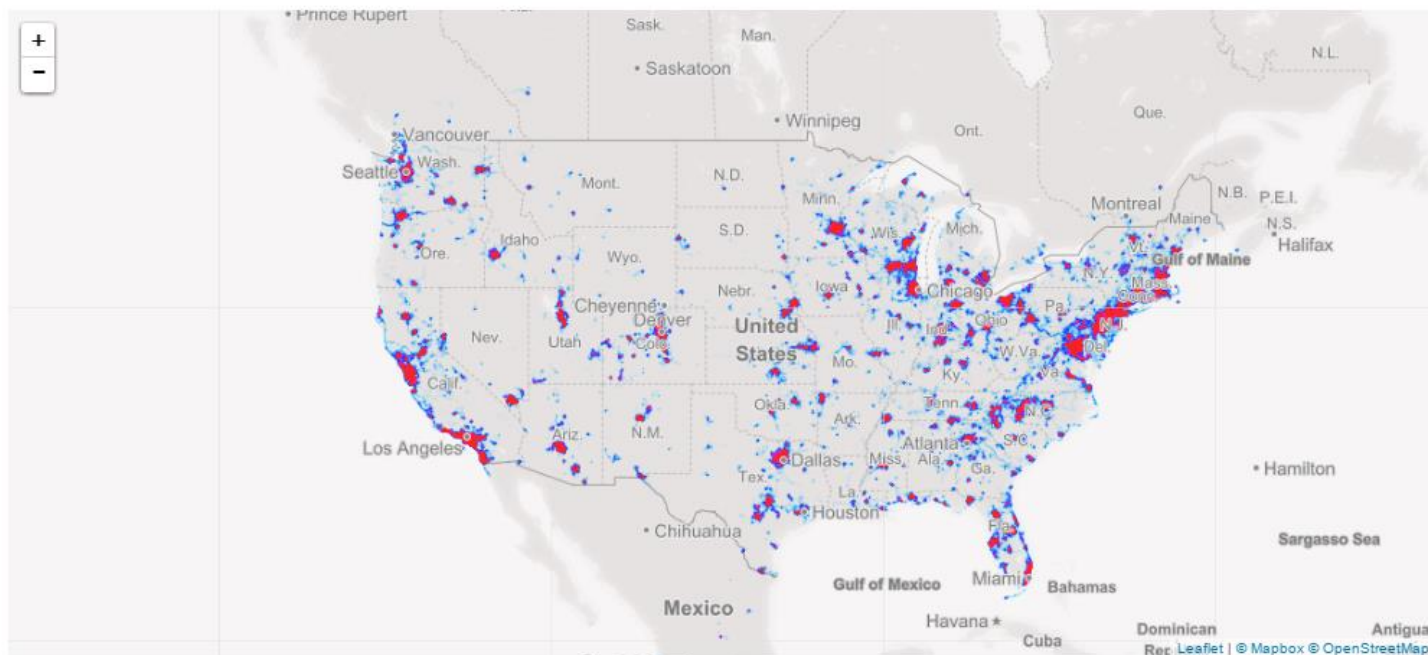


Last October, the British Broadcasting Corp. was in Peoria to film IVW's own Sheldon Schafer and 10 members while on the Planetary Ride along the river trail. The scientific documentary titled 'Space's Deepest Secrets: Death of the Solar System' talk about the sun's final days when it run out of hydrogen to burn and when the Milky Way & Andromeda galaxies collide. The episode premiered on May 10th on The Science Channel. If you miss it, the episode will be re-aired *on June 3rd at 5am & June 9th at 6pm* for you to record it.

National Bike Challenge added heat map

The National Bike Challenge (begin on May 1st) have added a heat map to show participants where everyone is riding. It's a great tool if you are looking for different routes to ride as well as other safe roadways to ride especially if you are vacationing at unfamiliar places. Sponsored by PeopleForBikes, NBC is free to join. To sign-up and get enter into monthly prize drawings for logging your mileage, go to nationalbikechallenge.org

SEE WHERE WE ARE RIDING THIS WEEK



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. Click on the link below for sign-up instruction.

http://ivwheelmn.org/wordpress/?page_id=4003

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 25th to July 29th. 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, 309-686-7755).

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 (309-678-4622, 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 June 3rd 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/>

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. 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.

Good weather for this year's ROS

57 cyclists came out to Glen Oak Park to participate in this year's Ride of Silence on May 18th as well as to remember and honor all those cyclists who were killed or injured while riding on public roadways. Local cyclists killed include IVW's very own Diane Ziegler-Matuska on April 8th 1986, Rev. Thomas Triebel on May 6th 1988

and Jessie 'Jay' Jackson on February 28th 2006. Other cyclists who lost their lives locally include Dave Tomlinson on July 10th 2008, Christopher Bobinski-Curtis on June 23rd 2014 and 13 yr. old Dillon Fisher on November 13th 2014.



Unlike last year ride (overcast sky with temp of 55 degree), we had a cloudless day with temp in the upper 70s making it an ideal ride. WMBD TV 31/Fox TV 43 was on hand to cover the ride and its purpose, which was to bring awareness to motorists that we cyclists have the right, by state law, to be out on the road and that we obey the same traffic laws as any vehicles. Participants wore black arm bands to show solidarity and those who were injured while riding wore red arm band to show he/she was a victim of a bike/car collision. A huge thank you goes out to Quinton Smith, Mike Brown, Jim Coffey, Marsha Ray, Randy & Rebecca Senneff, Steve Grube, Dan Rainey, Steve Kurt, Jack Brejc, Pastor Donna Miller of Salvation Army, trumpet player Heather Maughan and the Peoria Police Dept. for making 11th Annual ROS a success. Go to IVW Facebook to see more photos. <https://www.facebook.com/IVWheelmn>

Peoria Trail Day Saturday June 4th



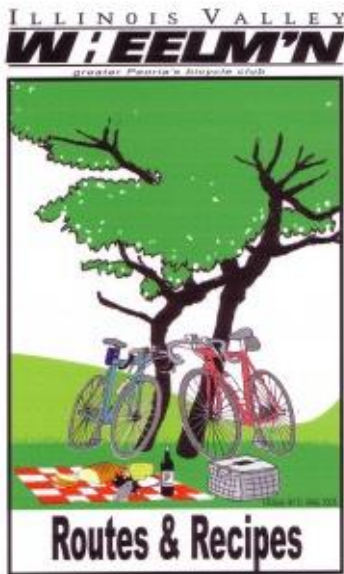
Rails to Trails Conservancy with the help of Friends of the Rock Island Trail are co-sponsoring this event at Junction City Shopping Center in Peoria. The trail opening will take place nation-wide. This celebration is to bring awareness to the full completion of RIT to the community and to make use of it. Slated activities include group bike ride, hike, nature & bird watching, group running to name a few. For more info, click on the link. <http://newjunctioncity.com/event/peoria-trails-day/>

Club jersey update

We are finalizing the club jersey design and will make it available for purchase very soon. I will send out an email with all the information once the final design is in. Thank you for being patient.



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.

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, 1977

From June, 2010

Anti-Harassment Bill (Senate Bill 2951) – PASSED. State Senator Ira Silverstein introduced a bill establishing penalties for motorists driving recklessly and unnecessarily close to, toward, or near a bicyclist. Depending on whether serious injuries result, it is either a Class A misdemeanor or Class 4 felony. The bill also makes throwing objects at cyclists a Class A misdemeanor. LATEST STATUS (May 17, 2010) SB2951 was approved by the House on April 21 by a vote of [93-20-1](#), and now awaits the Governor's signature. The section on throwing objects was removed in an amendment on March 15, and the remaining bill passed the Senate [55-0-2](#) on March 18. Rep. Sente was the chief House sponsor for the bill, with 21 co-sponsors.

(Reprinted with permission from the LIB newsletter)

From August, 1986

For those members who joined IVW post-1986 and don't know Diane Ziegler-Matuska, she was one of the most active member in IVW history. She was also a long time member of League of American Wheelmen (current League of American Bicyclists). She held club positions in newsletter editor, newsletter mailer, membership data-keeper, president and organized & led many rides with tremendous enthusiasm. She was an avid cyclist who partake numerous adventures on two wheels in the 10 years she was with the club. Diane lost her life when a van struck her while bike commuting home from work Bartonville on April 8, 1986. It has been 30 years since her passing. In memory and as a way to honor Diane, I thought I repost an article she had written explaining why she love cycling. It's very inspirational and it pretty much summed up why each one of us do what we do...ride.

A Tourists Story - The Joy of Bicycling by Diane Ziegler-Matuska Peoria, Illinois Illinois Valley Wheelmen Member 10 years

Reports are listed in the IVW Newsletter of the speed of the time trialists who try to beat their own and other riders speed records, and of the fast rides on Saturday mornings. Few reports are ever listed about tourists and the records they maintain and achieve. This is a story about a bicycle tourist.

I started touring when I was 22 years old. Like everyone else I bought a bicycle to ride around town. Seeing the Illinois Valley Wheelmen rides listed in the Weekender section of the Journal Star (the local paper), I would ride over and peek at the group. I didn't ride with them because I was shy and I didn't think I was good enough. I remember seeing the IVW bicyclists and their nice bicycles thinking how elite they must be. The first IVW Pedal-In was listed in the paper, however, I had never ridden that far, so I stayed away. That summer my sister and I left for a bike packing trip starting from LaCrosse, Wisconsin. We rode across the state to Kenosha and then back to central Illinois. We rode 500 miles in 10 days. On this trip I met a fellow from Normal who told me about the bike club in Peoria. So mustering up my courage I went to a club ride starting in Tremont. We rode to Hoedale and back. Some of the riders looked pretty strong. However, being the only female rider, they took turns riding with me and waited on the corners when I lagged back. Somehow I managed to keep up and finish. After my initial ride I went out with them every Sunday and went on a few out-of-town tours in the fall. One was in Galena, IL, starting at Chestnut Mountain and the other was in Bloomington, Indiana, the Hilly 100. I logged about 4,000 miles my first year.

By my second year I was riding all the time. Doing centuries for the fun of it. I rode TOSRV (Tour of the Scioto River Valley, Ohio) in the spring, centuries back to back and did another tour across the Upper Peninsula of Michigan. The next year, after doing so many centuries the prior year, I knew it was now time to do a double century. So down to Litchfield I went for the annual Central Double Century ride. The week after the double I left for a tour from Peoria to Denver, via Estes Park, where I logged at total of 1,400 miles in two weeks. (I could never get the most improved female rider award, I started out improved.)

From that time on it was riding history. Each year with a new destination for a cycling trip, I put the packs on and rode from Peoria to Oklahoma (in August-HOT!). I rode from Peoria to Cincinnati to Bloomington, Ind. I rode northern Wisconsin and SAAGBRAU. I rode the Canadian Rockies. The culmination of my bike-packing history climaxed when I rode with only my sister, Nancy on the transcontinental Bicycle route from Portland, Oregon to the coast at Tillamook, crossing all the mountain ranges in between the Outer Banks of North Carolina (4,219 miles in 50 days). I rode the Arizona desert (in August-EXTREMELY HOT!!). I have toured the northern regions of Florida. I also have toured the State of Forgottenia to Missouri, to Southern Illinois and back to Hoosier country in Indiana. I toured this year across the great state of Iowa and RAGBRAI and then took a couple of days and rode to the end of Illinois and over to Indiana. My lifetime touring goal is to tour all 50 states-I've got about 30 of them now.

Each year, aside from my bike-packing, I ride countless IVW club rides, and commute to work on a daily basis in season. My riding season realistically starts around March 15 and ends around October 30th. I log all my miles in the daylight. I believe it is much too dangerous to ride in the twilight or evening darkness.

My goal from the first was to log at least 5,000 miles per year on my bicycle. I have records and riding logs from the beginning of my riding history. Many years I have exceeded this by about 1,000-2,000 miles. To date I have logged 68,000 miles on my bike. The year of the Trans-Continental I logged over 8,300 miles, my personal record for a year of riding. This year I am very proud to say I have beat my own record of the trans-continental year. I have ridden 8,500 miles in 1985. No other IVW member has ever logged this mileage in a single year with the exception of a

former member Don Eberle, with whom I had the pleasure of riding many miles. This breaks down to an average of 23 miles per day or 700 miles per month.

One might think I must spend all my time on my bicycle, however, aside from riding, I juggle a career, family and home. I feel very fortunate that I can blend my bicycle riding hobby and sport into my career by cycling to work. I also feel very fortunate that my husband also loves to ride a bike, takes bicycling seriously and understands why I ride and rides with me a lot.

Some of you are probably thinking:

"I can ride faster than Diane, she's not very strong." I have never been fast, but I go pretty far. I only travel fast when I'm running late or have a dog after me.

"She is not a very good hill climber." True, I don't stand up and push on the hills, but I have crossed most of the U.S. mountain ranges, the Canadian Rockies ranges and have ridden to the top of the highest paved road in the U.S., 14,260 feet in elevation.

She may ride miles, but they aren't quality miles." All my miles are quality miles, each mile spurs me on to ride another and another.

Why do I ride? I love it. I like to feel the pedals turn under my feet. I like to see the wheels go around and around. I like watching the little fence posts go passing by as I cruise down the road. I like to see the swan in the pond out by the dump. I like to see the sun rise up over the Illinois River. I like to see the first clump of green grass as the snow melts. I like to feel the corn husks blow through my wheels and the leaves fall all around. I like to feel the wind in my face and at my back. When the weather conditions get worse than ever possible, rain, sleet, dust storms, snow, heat over the 100 degree mark, or hills that my knees feel like breaking and my heart is pounding in my throat, or a combination of all of these conditions in one day, that is when I have my most memorable rides.

Do I ride for health, physical fitness and weight loss? Oh my, no. I consider these factors pleasant side effects of bicycling. Do I know my top speed? What is my cadence? Do I know what number of gear I ride in? Do I do my own bike repairs and maintenance? Once, again, OH MY, NO! I have no interest in any of that stuff. I'm just a tourist, not a technician or mechanic. I could care less if I know I am riding in a 40 inch gear or a 100 inch gear. I only carry a minimum of tools in my bike bag, I wouldn't know how to use the others. I am, however, very good at changing flat tires, this is due to a lot of practice over the years and is second nature to me now. I once remarked to my husband that he should consider himself lucky that his wife can and doesn't mind changing flat tires for him, not too many husbands can say the same.

Bicycling is an integral part of my life. My only hope is that some of the new members of the IVW grow to love the sport as much as I do and get as much out of it as I. Bicycle touring is more than a sport or hobby, it's my way of life.

May the wind be always at your back, Diane Ziegler-Matuska

Thanks for reading the June 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 July 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**, Blue(1) and Green(1) Bike Fridays American made in Eugene, Oregon. Purchased in 2003 for \$862.30 each. Bikes were used on about 5 airplane vacations. Bikes were ridden about 30 to 40 days. Sale includes all accessories which were all part of the original sales price: 1 air pump, 2 travel hard plastic cases, and 2 under seat accessory bags. Asking price: \$550. Each. One owner and well maintained. Contact Sandi or George Burrier@309-266-5085.

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

- **Free** set of pre-owned carbon fiber water bottle cages with open design. Color black/grey with minor cosmetic blemish. 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

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. If the item is sold, please let me know so your ad can be remove from posting.