



IVW Monthly Note 2017 March Edition

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



A note from your president

Happy March everyone. Can you believe this weather, and it is only March! I know the season hasn't really started yet, but I am looking forward to my summer bike trip in Ohio.

It is called GOBA. It stands for Great Ohio Bicycle Adventure. A family my dad and I met on across Illinois back roads in 2001 introduced me to it. We signed up in 2002 and I have been doing it ever since.

GOBA moves around Ohio every year. The nice thing about it rotating every year is anyone can come and ride. They alternate the routes to be hilly one year and mild to flat the next year.

When I started GOBA there were around 3000 riders for the week. It has shrunk a little over the years but still has over 2000. It is a family-focused ride that is 7 days. One cool option is something called car camping. If you have little kids/grand kids or maybe a family member who doesn't like to ride or would like to ride shorter distances than this might interest you. Basically you can take your car to each town instead of leaving it at the start site.

Another cool thing is that they have layover days throughout the week and options for those who want to ride everyday as well. I always do the century optional day and occasionally take the other day off. If you do the century you get a patch or a pin to commemorate your accomplishment. Last year we stayed in Oxford and I decided to explore campus (Miami University) and go swimming.

This year the ride starts in Findlay. Every year there is a theme for the week. This year it is "there's no place like GOBA". On Saturday they have a parade and a contest. It will be cool to see how many riders dress up as Dorothy and have Toto with them.

Some might wonder how many miles GOBA is. Each day is around 40-60 miles except for the layover days. This is perfect for newer riders as well as young and old. It is not a race so you can take your time as long as you don't miss the truck in the morning. They transport your gear from town to town for you. If you happen to get there first you may have to empty the trucks.

When is GOBA you ask? It always starts Father's Day weekend. This year it is June 17-24. Some years it has been hotter than blue blazes. Other years it is cold at night. One other risk is rain. Last year we had an unusual experience. A tornado came through early in the morning. I had never experienced sirens and an evacuation before. The staff on the ride was great and no problems occurred, except for a trip to the Laundromat and some duct tape to fix my rain fly.

My favorite part of GOBA is all the new friendships I have made. The first year I only knew the family that invited us to come. By the end of the week I had met many kids and people from all over the US and even Canada. We now have a crew of about 8 that tries to meet up every year. I hope that some of you might join me in the fun adventure this year! For more information go to www.goba.com

Great-grandmother cycled all throughout Europe

At 78 year old, Ethel MacDonald has cycled most of Western Europe in the short span of 13 years. The great-grandmother has covered over 10,000 miles overseas since 2003, the first year she took up bicycle touring. Some of the countries she had toured include Sweden, Ireland, France and Spain. When asked which countries she think offers the best cycling experience, she ranked Holland at the top of the list followed by Denmark and Germany.

“Holland and Denmark are both just made for cyclists and Germany, there it’s so good and drivers are so aware of cyclists and so polite.”

Despite her age, Ethel keeps up with the modern age when she is touring with her dog by utilizing online travel communities [Warm Showers](#) and [Couchsurfing](#) to find a place to stay and hosts guests herself when she is home in Missoula. Warm Showers is exclusively for touring cyclists while Couchsurfing is for any travelers wanting to meet new people or open their homes to others.



Ethel started biking when she was 41 back in 1979. It was her main mode of transportation after her divorce. When she relocated to Missoula, Montana, biking around town really made sense since her home was (and it still is) centralize in Missoula. Besides the obvious reasons for riding whenever she can - fitness, enjoyment, she rides because it’s the right thing to do for the planet, the community and for the thing she believes in ardently: world peace.

“I really see energy conservation being linked to my peace activities and I find it ironic that people who are linked to peace and to sustainability issues don’t practice energy conversation,” she said. “It’s part of my overall ethic to not use oil. We go to war for oil and kill each other for oil. I try to use as little oil as possible.” Closer to home MacDonald helps to broker peace between Missoula cyclists and motorists by getting involve with local politics that affects cycling. She considers herself something of a two-wheeled ambassador. Ethel also advocate that cyclists need to help everyone be safer by wearing reflective clothing with lights on the back and front of bikes when they are riding. You can read more about Ethel by clicking on the links below.

[Great-grandmother cycles 10,000 miles and she’s not stopping](#)
[Missoula 72 yr. old logs almost 3000 miles on bicycle since January](#)
[Profile Response: Ethel MacDonald, Missoula, MT](#)

Membership renewal is taking place now

It’s time to renew your membership as everyone’s status get reset on December 31st, 2016. Please use the [link](#) and follow the instruction on the page. You can print out a [paper form](#) and mail it in if you choose to do so though it will take longer to process.



What is this Rando thing?

Randonneuring, also known as [Audax](#) in the UK, Australia and Brazil, is a long-distance cycling sport with its origins in audax cycling. Randos in the cycling world is short for a group who participates in Randonneuring. IVW's own Randy Anderson started Randonneuring last spring and was quickly hooked on the idea of long self-supported rides. He has ridden a 200K and a couple of 300K rides. If you are looking for a challenge or just want to explore new areas without the hassle of an organized ride, then Randonneuring is for you. For more randonneuring click on the link. http://ivwheelmn.org/wordpress/?page_id=4621

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.

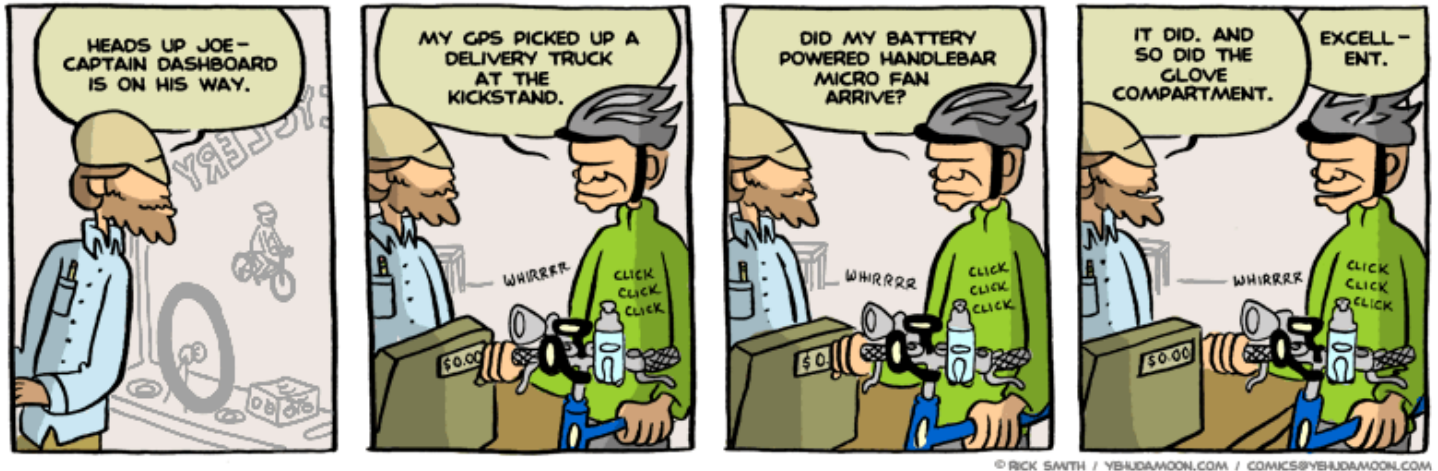
Trek Store open in Peoria Heights

The Greater Peoria Area is getting another bike store. Trek Bicycle Store opened on March 1st will have a Grand Opening from April 6th through April 16th. Located at 4111 N. Prospect Rd in Peoria Heights, owner Jerry Keen will not only sell the Trek's line of bikes, clothing and shoes, but will also focus on bike fit before the customer leaves the store. He feels the key is to "focus on the motion of the athletes, goals and most importantly the athletes' body alignment. There are many ways that we can make the bicycle fit you!"

Having been in the bicycle industry for over 10 years, Jerry has been certified as a bike fitter by Paraic McGlynn - Trek Precision Fit Instructor for N. America and performance analyst for Trek's Factory Racing Team, Michael Sylvester -innovator behind the Serotta Fit System and founder of Bicycle Fitting Service in Portland, Oregon, and Sports Physician Dr. Timmerman who works with both competitive and recreational triathletes & bicyclists. In addition, he is a certified bike safety instructor in Illinois thru League of American Bicyclists as well as a certified spin class instructor. Prior to getting involved in the bicycle industry, Keen also raced competitively for 10 years at the amateur level out of Western Springs near the Chicago Area. He had raced Road, Crit and Cyclo-cross against some of the state's top riders like Robbie Ventura, Chris Horner, Tom Doughty to name a few. If you happen to be in the Heights, stop in and say hi to Jerry.

Roo Rage!

Most of us cyclists are used to dodging rabbits, squirrels or cats during our ride. But in Australia, you will need to keep an eye out for kangaroo as well. Watch [Tony B.](#) and [Peter R.](#)'s two separate encounters with one of these marsupial while riding downhill.



Where have you taken your IVW jersey?

Did a recent bike tour with your IVW jersey at 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. I will include in the April Monthly Note.

Table & shelter for Alta trailhead

The Friends of the Rock Island Trail are working with IDNR to place a table and shelter at the Alta trailhead. We are about half way to our goal of \$10,000. If you would like to join us in this effort, you can do so at www.ritrailillinois.org and click on donate. All donations are tax deductible. Thank YOU!

Gary Brown

VP Friends of the Rock Island Trail

Thanks for reading the March 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) to be posted in the 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. **If the item is sold, please update so your ad can be remove from the posting.**

- **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) or call (309-347-2844).



- **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 or 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



- **For Sale**, Bike Lane Pro Trainer Bicycle Indoor Trainer Exercise Machine. Includes an 850 gram machined steel flywheel for the most natural pedal feel with riser block. Train safely away from high traffic areas. Easy change resistance controller allows you to choose your training with up to 7 levels of resistance. Wide base design gives extra stability and a smooth quiet ride. Cutting edge technology. Almost new condition, only used 1 season (less than 10 rides). Upgraded to a Wahoo Kickr Snap. Asking for \$50. Contact Tao@309-202-7411.

https://www.amazon.com/gp/product/B00GC2HWZG/ref=oh_aui_search_detailpage?ie=UTF8&psc=1



- **For Sale**, homemade rollers that a friend built for me way back when. Asking for \$50. Contact Bill Semmens. 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. Purchase price w/o shipping was \$800. Contact Rick Gentry (309-678-4622) or Judi Gentry (309-678-6373).



- **Free** pair of pre-owned 26x1.25-1.5" Schrader valve inner tubes. Also free pair of new 26x2.4" presta valve tubes. Contact Fai if interested. faimok534@gmail.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.



- **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.