



IVW Monthly Note 2017 May Edition

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A note from your president

Happy May everyone! This month starts the grand adventures of trips for me and I hope for the club. May 26-28th is Horsey Hundred in Georgetown, Kentucky. This will be the third time going for me.

Why should I go you ask? They are many reasons. The scenery is perfect. A combination of rolling hills and horses. I have not had any rain or cold temps. There are many routes to choose from. I, of course will be doing the century. It is a bit of a drive but its more than one day. I did not go away to college so I didn't get the dorm experience. While on Horsey I got the opportunity to stay in Georgetown dorms and walk around the campus. It was so much fun! The only bad thing was when I hit my head on the bunk.

After the ride I went to Old Friends farm. It is a rescue for retired racehorses. It was interesting to hear the history on where and how they got some of the horses. After visiting there we of course had to go see where some of their careers started or ended, Churchill Downs. There was no race going on at the time and the place was pretty much empty. This lead to exploring and lots of photos. The TV doesn't do Churchill Downs justice! It is gigantic!

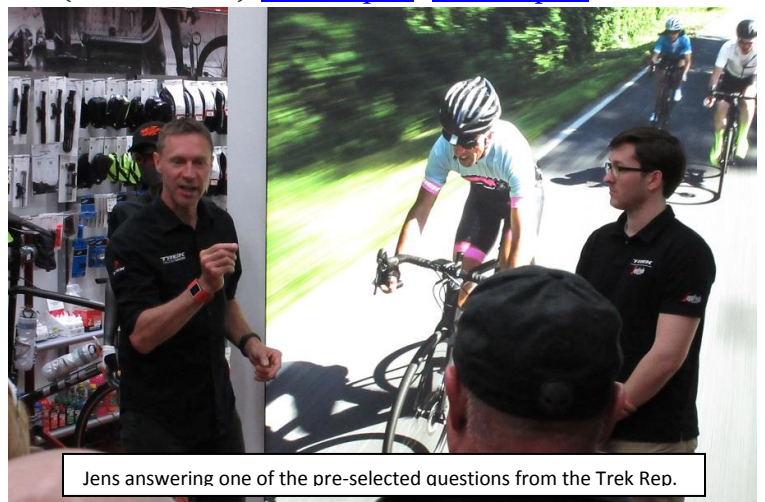
If you don't have any plans for Memorial Day weekend and would be interested in going and maybe carpooling let me know. You can find more info on the Horsey Hundred [website](#). Hope to see you all there!

Jens Voigt visited the new Trek Store

On Monday afternoon May 1st (aka May Day), Jens Voigt visited the new Trek Store on Prospect Ave. in Peoria Heights to do a Meet & Greet session. Around 75 people attended the event. Jens begin the Meet & Greet by answering a bunch of pre-determined general questions about his personal life and professional life prior to retirement and post retirement, cycling as a child, how he got serious with cycling, what is it like to be on the tour, what it took to be competitive at the pro level and what he did to push himself when his body said no more. That was followed by open floor Question & Answer segment and concluded with autograph and photo session. Jerry Keen, owner of the bike shop, provided snacks, beer and water for the attendees while they waited in line to meet Jens. Everyone had a great time even with the rainy evening. Below are links to two video clips during the Meet & Greet courtesy of Steve Kurt. (Thanks Steve!) [Video clip #1](#) [Video clip #2](#)



Trek Store owner Jerry Keen with a short introduction of Jens Voigt.



Jens answering one of the pre-selected questions from the Trek Rep.



It was a full audience at the Meet and Greet.



Jens have fun with a couple of young fans.



IVW President Rebecca with Jens.



Chris Swindell and Sarah Grav with Jens.

May is Bike Month

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try. Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply bike to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. As part of the Bike Month celebration, May 10th is 'National Bike to School day', the week of May 15-19 is 'Bike to Work Week' and May 17th is 'Ride of Silence', which its sole purpose is to honor cyclists who have been killed or injured while cycling on public roadways and to raise the awareness of motorists, police and city officials that cyclists have a legal right to public roadways.



2017 National Bike Challenge has begun

The National Bike Challenge is a nationwide event uniting thousands of current bicyclists and encouraging countless new riders to use bicycle to improve their health, save money and help the environment. In its simplest form, it is a logging center for users to record miles ridden and be part of the national community of bicyclists. 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.

National Bike Challenge

Presented by **3M**

In the past 5 years, the National Bike Challenge was organized by PeopleForBikes and sponsored by Kimberly-Clark's Cottonelle Product Brand, then by Scott Natural Brand. The 2017 Challenge is organized and presented by the League of American Bicyclists with sponsorship by 3M. NBC begun on May 1st and will run until September 30th, 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.

**THIS SUMMER WE'RE UNITING 75,000 PEOPLE
FROM ACROSS THE COUNTRY TO RIDE 35,000,000 MILES.
IT'S FREE, FUN, HEALTHY AND EASY.
WILL YOU RIDE WITH US?**

If you are a participant from last year, use Strava for logging rides and joined the IVW Strava group, you are all set as the club have transfer your profile over to the new NBC website which use Strava for tracking this year.

If you are a participant from last year, use Strava for logging rides but didn't join the IVW Strava group, you will need to 1) Join the IVW Strava group by placing the pointer on 'Explore' at the top of the page and select 'clubs.' 2) Go to the [NBC website](#) and select 'join' and 'connect with Strava' under 'settings' in your NBC profile.

If you are not a participant from last year, use Strava currently for logging rides and would like to join this fun challenge, you will need to 1) Register on the new [NBC website](#). 2) Select 'join' and 'connect with Strava' under 'settings' in your NBC profile. 3) Join the IVW Strava group by placing the pointer on 'Explore' at the top of the page and select 'clubs.' 4) Log your rides on Strava and they will automatically import into the Challenge.

If you are not a participant from last year, don't use a GPS tracking device (Wahoo, Garmin, Polar, etc.) and would like to join this fun challenge you will need to 1) Register on the new [NBC website](#). 2) Select 'join' and 'connect with Strava' under 'settings' in your NBC profile. 3) Create a Strava account. (it's free) 4) Join the IVW Strava group by placing the pointer on 'Explore' at the top of the page and select 'clubs.' 5) Log your rides on Strava either with the Strava app for smartphone or do it manually on the website and they will automatically import into the Challenge.

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. So sign up and participate!



No rain, just wind at this year's Spring Breakout Ride

17 mph wind and 43 degree temperature did not stop an enthusiastic group of approximately 50 cyclists from riding this year's Spring Breakout Ride on April 22nd. Everyone gathered at Russell's in Washington prior to the ride for donuts, bagels, coffee and orange juice. With the strong wind, it was challenging heading out towards Eureka. But we were all rewarded with a strong tail wind, which got us back to Washington in record time. Joe Russell was generous in providing Jimmy John's sandwiches, chips and fruit punch for lunch to the group. A big thank you to Mark Wilkinson for leading the casual group, Rebecca Senneff for leading the medium pace group, Wally Born for sweeping the medium pace group and Steve Kurt for sweeping the fast pace group.



Even with the cool and windy condition, there was a good turnout.



Joe Russell ready to roll after the pre-ride speech.



Regroup and a break at Chanticleer Restaurant in Eureka.



A couple of horses enjoying the breezy weather.



Gotta love the 17 mph tail wind on the way back.



Was nice not having much traffic during the ride.



Riders filing in for lunch at Russell's after the ride thanks to Joe Russell.

A full house at Spring Social Dinner

This year's Spring Social Dinner took place at Bernardi's in Dunlap the evening of the Spring Breakout Ride. It was a great turnout as a few of the new members (Tom Moses & Anthony Strickland) got to meet the veterans of the club and chatted over a full course meal of pretzel bread and nacho appetizer, mixed green salad, fried chicken, baked potato, green beans, spaghetti, rigatoni and cake. Thanks to Social Event Coordinator Bev Ketel for organizing the fabulous dinner and raffling off some cool door prizes. Also, Thanks to all the bike shops for donating the items for the raffle.



Dan Rainey enjoying the mixed green salad.



Sheila Hansen chatting with Laverne Wilson.



Rebecca Senneff having a great time.



Bev demonstrates how to ring a cow bell.



Mmm cake for dessert!



Ron & Gwen Chandler won a set of 'Shut Up Legs' cap by Jens Voigt.

First Friday Nite Ride May 5

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. Please post on Bike Peoria Facebook if you will be joining the ride from the Bike Peoria [Co-Op](#). This will be a slow ride beginning at 9:00pm. It will be a large group of well-lit riders creating a rolling visual people powered display of color and sound. Let loose, have fun, make friends. This event is being hosted by Bike Peoria. For question, contact BP with the link below. <http://www.bikepeoria.org/about/contact-us/>

The Annual Ride of Silence on May 17th

Bike Peoria is coordinating the May 17th Ride of Silence in Peoria. During this past winter, IVW's Rides Coordinator Fai Mok worked with BP's Board of Trustees for the transition of organization of this annual ride. The [Ride of Silence](#) is a globally-recognized movement on the 3rd Wednesday of every May to remember those cyclists who have been killed or injured while enjoying the sport they love. The history of this ride began in 2003 at White Rock Lake in Dallas, TX after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed. His friend, Chris Phelan organized the first ROS in his honor. The ride drew 1000 cyclists through the word of mouth and email communication over a period of only ten days.

The goal of this event is to unite ALL cyclists in the Greater Peoria area regardless if they are mountain bikers, roadies, casual riders, commuters, long distance riders, free style riders, etc. and make the community aware of our large presence out on the road. All riders will begin to assemble after 6:30pm. This casual ride will begin promptly at 7:00pm. There will be a police escort the entire way to and from Salvation Army on Wisconsin Ave. We are needing your help in three different areas: 1) Bring a friend or two. We have been stuck at 50 participants for the past few years after 150 participated in 2014. Our goal this year is to break 200. 2) Spread the word on social media. Mention it at your workplace, your church, your favorite coffee shop, etc. 3) Bike Peoria will need a few additional volunteers to be successful. Volunteering responsibilities will require you to arrive at the event early and make sure all participants sign the waiver form and get an arm band. Once the ride has begun, you will be dispersed as ride marshals within the group and look for others who might need assistance with mechanical issues or physical issues. BP will also need help with photographer/videographer. If you are interested in helping, contact Ryan Deemer (rdeemer@domorequipment.com).

Spring Tune-up Tips

Now is the time to dust off your bike and check to see if it requires any tune-up as the weekly rides have started. Some of the basic tune-up include, adequate tire pressure, all screws and bolts are tightened to the recommended torque, shifting cables & braking cables adjustment and brake pads alignment. If you are not a Do-It-Yourself-er (DIY) like me, I suggest you take your ride to your local bike shop as they will gladly check it over for you. Don't forget to take advantage of the club discount as all 4 shops do honor it. (Discount varies depending on bike shop)

Bike Etiquette Review

As you prep your bike for the weekly rides, this is the time to review bicycle etiquette on the road & trail as many of us are a bit rusty on the safety guidelines and traffic laws after a long winter. Below is a link to some safety practices we all need to review to insure we minimize any chance of colliding with motor vehicles, cyclists or pedestrians. In addition, Ride Illinois (Formerly the League of Illinois Bicyclists) has provided a link to the Bike Safety Quiz they have put together. Please take some time to review both at your leisurely as I would hate to see anyone of you get injured due to not knowing the safety guidelines and laws. Your Rides Coordinator, Fai Mok. <http://bicyclesafe.com/> <http://www.bikesafetyquiz.com/>

Tragedy struck a beloved Italian pro racer (Chloe Hubbard and AP News)

Team Astana cyclist Michele Scarponi was killed after being hit by a van while out training on Saturday, April 22. Scarponi who won the Giro d'Italia in 2011, was training near his home of Filottrano, near Ancona, when he was hit by a van at a crossroad. He leaves behind a wife and twin sons.

According to initial reports the Italian cyclist, who was 37, died on the spot and was unable to be revived by emergency services. Team Astana called it "a tragedy too big to be written" in a statement. "We left a great champion and a special guy, always smiling in every situation, he was a real mile stone and a landmark for everyone in the Astana Pro Team. The team clings to the Michele family in this incredibly painful moment of sorrow and mourning," It added



Scarponi was awarded the 2011 Giro trophy after Alberto Contador was stripped of the title because of doping. He had been named as Astana's leader for the upcoming race, which starts in less than two weeks, after teammate Fabio Aru pulled out with a knee injury.

Scarponi had returned home after finishing fourth in the Tour of the Alps on Friday in Trento. He won the first stage on Monday. The Italian was one of the most liked riders on the circuit, with his sense of humor and jovial disposition. He was also known for cycling with his [pet parrot](#) on his shoulders.

"Yesterday he was racing. He came up to me. Michele was smiling, as ever," Italy team coach Davide Cassani wrote on Twitter. "He was happy for (Monday's) win. He was talking about the Giro. And now I'm here crying for him. Oh my God."

IVW bottle cap mirror & club kit available for purchase

We still have some bottle cap mirrors with IVW logo and No Baloney Ride logo from last year available for sale. IVW cap mirrors are \$13 each and NBR cap mirrors are \$7 each. We also have limited stock on the IVW club kit available as well. Jersey and shorts are \$68 each available both men and women sizes. For image of the items, contact Fai (faimok534@gmail.com). All items will also be available for purchase at the Spring Breakout Ride if there are any stock left.

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.

Kickstand Comics

By Rick Smith and Brian Griggs



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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 June Monthly Note.



Tom Moses riding around Peoria en-route to Lou's Drive-In.

'I've Decided to Ride' for beginning bicyclists

Last year, 'I've Decided to Ride' was launched as a beginner bicycling clinic and training program. Heather Fitzanko will once again lead this program with the help of Sarah Gray. This 10 week training program is organized into two parts: Sarah will coordinate the clinic portion while Heather will be coordinating the weekly ride coaching portion. If you have friends who don't yet bicycle but are interested in making a commitment to learn longer distance riding, this would be a great way to get them out on paved trails, providing them with basic skills, trail and road etiquette. It is designed to welcome new riders into the bicycle community by helping them build strength and confidence in a supportive environment. For more info please click on the link. <https://www.ivedecided.org/signup/ive-decided-to-ride/> Also, Sarah are looking for a couple of volunteers who can help out at this Sunday's clinic. If you would like to help, contact Sarah (sgray2006@gmail.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.

Thanks for reading the May 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 next 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.**

- **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**, 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**, 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, jbrecj@hotmail.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.



- **For Sale**, Litespeed Handlebar Tape. I had tape custom made for my significant other's bike and had to buy a minimum of 10 rolls. I'll keep two rolls, so I have 8 for sale. It's black w/white Litespeed approved logo lettering. 2.0 mm thick for a cushy and wide for an easy gap-free wrap. I'm selling for what I have in it. \$21 per roll. Jack Brejc(309-264-3175, jbrecj@hotmail.com)



- **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**, 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)

