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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)

## **A note from your president**

Happy May Day everyone! I hope you have all been out riding. I want to thank everyone who came out to the Spring Breakout Ride and Social a few weeks ago. I am happy to say everything went well and I even got to do my first ride of the season. I am still healing but it was a step in the right direction.

This past weekend was the Folks on Spokes Easter Ride. Yes I know what most of you are thinking, Easter was a long time ago!. I'm here to tell you that it doesn't matter. Easter ride is Easter ride.

The weather wasn't the greatest at the start of the day, however it improved. There was a great turnout and even the Easter bunny was there. Another surprise was to see a fellow IVW member, Fai Mok.

There were several routes and it was rather windy but a delight. I ended up with 46 miles. The crew I rode with was amazing. I had a wheel when I needed it and everyone was very protective of me. It is nice to have crew. I hope next year the weather is better and more IVW crew can join in the fun!

We have many rides planned for the rest of the season. Make sure to look at website for daily and weekly rides. Look forward to seeing you all on the road!

## **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 9<sup>th</sup> is 'National Bike to School Day'. Participants kicked off last year's ride in record breaking numbers! Thousands of students pedaled their way to school during the 2017 'Bike to School Day' celebration. Over 3000 schools across the country, from D.C. to Hawaii participated. [Register now](#) and remember to share your event plans and photos with #BiketoSchoolDay!

On May 13<sup>th</sup>, Mother's Day, women unite worldwide for CycloFemme events, honoring the past, celebrating the present and empowering the future of women's cycling. CycloFemme rides are full of joy, camaraderie and passion. Through these celebrations, we create an opportunity to drop barriers for the day, see new things in ourselves and our communities, and discover the strength of collective together. Whenever you ride, [#cyclofemme](#).

May 14-18 is 'Bike to Work Week' with 'Bike to Work Day' on May 18<sup>th</sup>. 40% of all trips in the U.S. are less than 2 miles, making bicycling a feasible and fun way to get to work. With increased interest in healthy, sustainable and economic transportation options, it's not surprising that, from 2000 to 2013, the number of bicycle commuters in the U.S. grew by more than 62 percent. In fact, among the 51 largest U.S. cities, 43 hosted Bike to Work Day events in 2010. The City of Denver reported the highest rate of participation with one out of every 28 adults participating in its 2010 'Bike to Work' event. That effort makes a difference: Many people who participate in their 'Bike to Work Day' promotion as first-time commuters become regular bike commuters.

May 16<sup>th</sup> is 'Ride of Silence'. 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.

## May 16<sup>th</sup> is Ride of Silence

Bike Peoria is coordinating this year's Peoria Heights. The [Ride of Silence](#) is a 3rd Wednesday of every May to killed or injured while enjoying the began in 2003 at White Rock Lake in Schwartz was hit by the mirror of a Chris Phelan organized the first ROS in through the word of mouth and email days.



Ride of Silence, which starts and ends in globally recognized movement on the remember those cyclists who have been sport they love. The history of this ride Dallas, TX after endurance cyclist Larry passing bus and was killed. His friend, his honor. The ride drew 1000 cyclists communication over a period of only ten

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. 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 marshalls 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](mailto:rdeemer@domorequipment.com)).

## Bike Peoria's First Friday Nite Ride

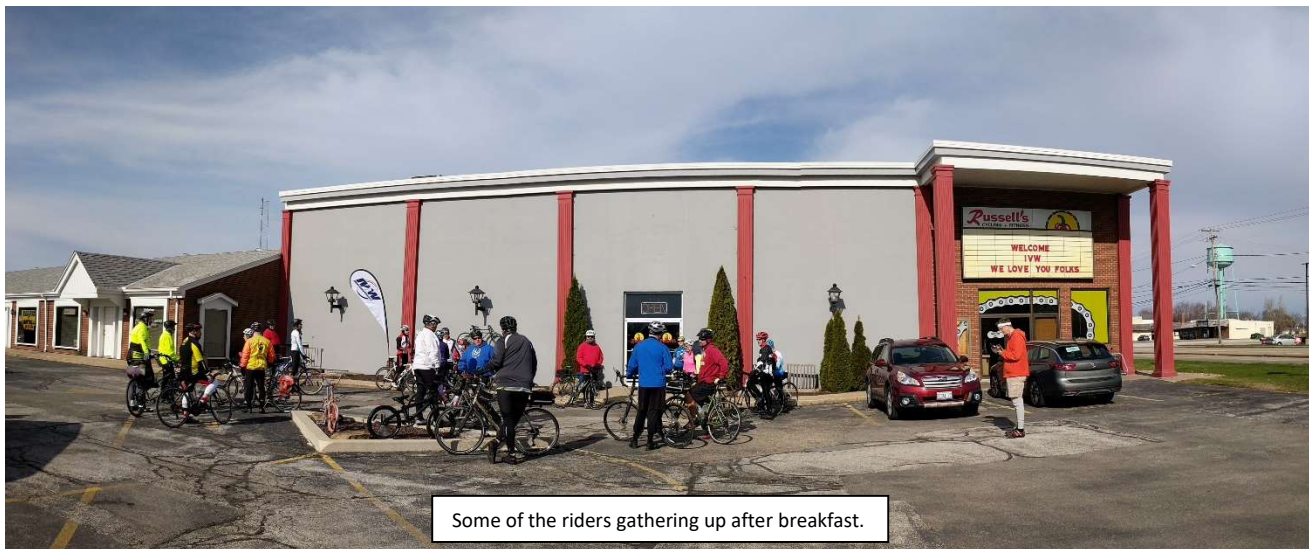


Get Lit and Art Up Your Ride! Bike Peoria will be hosting the First Friday Nite Ride on Friday, May 4<sup>th</sup> @9pm. This is a casual ride between 10 – 14 mph that starts and ends at the [Bike Peoria Co-op](#). The idea of First Friday Nite Ride is to explore Peoria's older neighborhood – the Bike Peoria Co-op area, West Peoria and Bradley campus area. For question, contact Per Ellington – [pellington86@hotmail.com](mailto:pellington86@hotmail.com).



## 2018 Spring Breakout Ride warmer than last year's

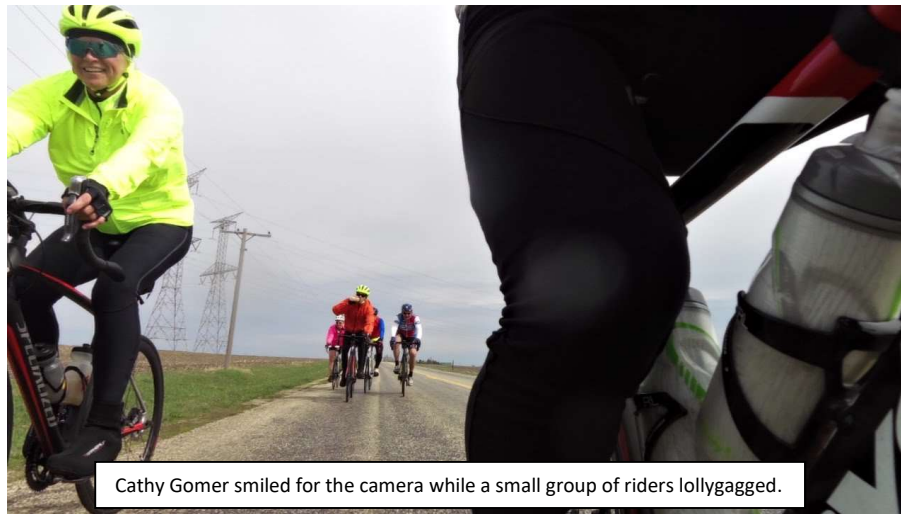
The 38<sup>th</sup> Annual Spring Breakout Ride was warmer than last year's. Surprisingly, we only had 40 riders who enjoyed the orange juice, Panera's coffee & bagels, Costco muffins and Carl's Bakery donuts. Joe Russell led the casual riders while Fai Mok and Mike Haedickde of PBC led the level 2 and 3 respectively. With it being a sunny morning, it warmed up relatively quickly. Before you know it, the 30 mile ride was finished. Joe provided Jimmy John sandwiches for the group for lunch as well as handed out gift certificates through raffle. Be sure to thank Russell's Cycling the next time you visit the store. Click on the [link](#) to see more photos.



Some of the riders gathering up after breakfast.



A good selection of breakfast food.



Cathy Gomer smiled for the camera while a small group of riders lollygagged.

## Some new faces at this year's Spring Social Dinner

The Spring Social Dinner had a good turnout at Bernardi's as 24 people attended the family style dinner with fried chicken, spaghetti w/meat sauce, vegetarian shells Florentine, green beans, baked potatoes and salad. There were some new faces at the event including Trek Store owner Jerry Keen and a couple of his employees. Thanks to Social Event chairperson Bev Ketel for getting some gift certificates from the Trek Store & Bushwhacker to raffle off. Everyone had a great time chatting with people they haven't seen a long time and no one went home hungry as there were plenty of leftover for everyone to take home. A thank you goes out to Trek Store and Bushwhacker for donating gift certificates for the dinner.



## 2018 National Bike Challenge is here!



In its 7<sup>th</sup> year, 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. 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](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.

**Cycling in Colorado** *by Fai Mok*

Whenever an opportunity present itself for me to ride somewhere I have never ridden, I do not hesitate to take advantage of it. So when I was getting ready for my ski trip to Aspen during the last week of March, I packed my skis AND my bike in the car and made the 2 day trek to the Centennial State. I had contacted a cycling friend who I met on Strava a month prior to my trip to see if he had time to show me around Denver. Marcus, who lives in Aurora, was from a suburb of Chicago up until last fall when he relocated to Denver for work. We talked about doing a ride together before he moved but it never materialized. When I reached out to him, he was excited to show me around.

The route he planned was a scenic one with a lot (I mean A LOT) of climbing. By the time we were finished, we had ridden 68 miles. I arrived in Denver late Saturday March 24. The next morning, Marcus, his friend Bill (who moved from San Francisco to Denver last fall) and I began our ride from Hildebrand Ranch Park in Deer Creek and slowly made our way Southwest through Pyramid Peak, Sampson Mountain and Legault Mountain. In the stretch of 12.6 miles, we had climbed 2851 feet. It took me nearly 2 hours as I struggled with tired legs from driving the day before and thin air. It was well worth it as we were greeted by a gorgeous mountain top view of the snowcapped Rockies.



After we descended down the backside of the mountain, Marcus, Bill and I headed north to Red Rocks State Park located in Morrison. As you would guess, the rocks here are reddish color and in unique formation. The state even built an amphitheatre right into the landscape, which hosts many big name bands during the summer. I welcomed the rest break and lower elevation at Red Rocks before riding north again. Our next destination was Lookout Mountain in Golden, home of Coors Brewery.

Lookout Mountain wasn't as high as Legault Mountain. The highest elevation I recorded here was 7613 feet, compared to 8493 feet at Legault Mountain. From the top, we got a great panoramic view of Golden. As the three of us made our way through the backside of the mountain, we began descending back down and made our way south back to Deer Creek which was 21 miles away.

The following Saturday I left Snowmass Ski Resort in Aspen at dawn in order to get one last ride in Denver before heading back to Peoria. This was a solo ride on the well-maintained Platte River Trail, which connects Columbine to downtown Denver. Marcus told me the trail system here connects almost every suburb of Denver to the outer city limit and to Denver. The Platte River Trail runs right next to Mile High Stadium, home of the Denver Bronco football team. With a right turn across the Platte River, I was able to get to downtown Denver at Coors Field, home of the Colorado Rockies baseball team. After a few photos at the Pepsi Center where the basketball and hockey team made its home at, I made my way south, back to the car. The out and back trek was 36 miles with minimal climbing. My legs were happy after a week of skiing.



Click on the links to see more photos. [68-mile adventure](#), [Tour of downtown Denver](#).

## Bike Peoria to host Beers and Gears Pub Crawl

Bike Peoria will be hosting the 2<sup>nd</sup> Beers and Gears fundraiser on Saturday May 19<sup>th</sup> at Industry Brewing Co., formerly Peoria Brewing Co. This is a casual bike ride from Industry Brewing Co. to downtown Peoria, but with a few stops along the way – Fox Pub, Tavern on Prospect, Novu, Publik House, Noir, Cayenne, W.E. Sullivan's and Thyme. Part of the proceeds will benefit Bike Peoria's community outreach programs like the Dream Center. For more info go to <http://www.bikepeoria.org/beers-gears-pub-crawl/>

## 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 love desires, the club wants your input. Let any of the club officers 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.

Thanks for reading the May Monthly Note. If you have any rides, events or announcements you want to share with the club, please email it to be added in the June Monthly Note. Keep the rubber side down. See you all out on the road.

*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](mailto:faimok534@gmail.com). **If the item is sold, please 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](mailto: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](mailto:jbrejc@hotmail.com)
- **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, [jbrejc@hotmail.com](mailto: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](mailto:bassplayer974@gmail.com))

