



IVW Monthly Note May Edition

Content – pg 2 Opening
pg 2 May is National Bike Month
pg 2 National Bike Challenge officially begin
pg 3 No rain during Spring Breakout Ride
pg 4 A fun evening at the Spring Social Dinner
pg 4 First Friday Nite Ride
pg 5 Rides Chair position remains open
pg 5 Ride schedule finalized
pg 5 Annual Ride of Silence on May 18th
pg 5 Interested in riding 300K or longer
pg 6 Throwback Corner
pg 7 Classified

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



www.bikepeoria.org



www.rideillinois.org



www.bikeleague.org

Opening

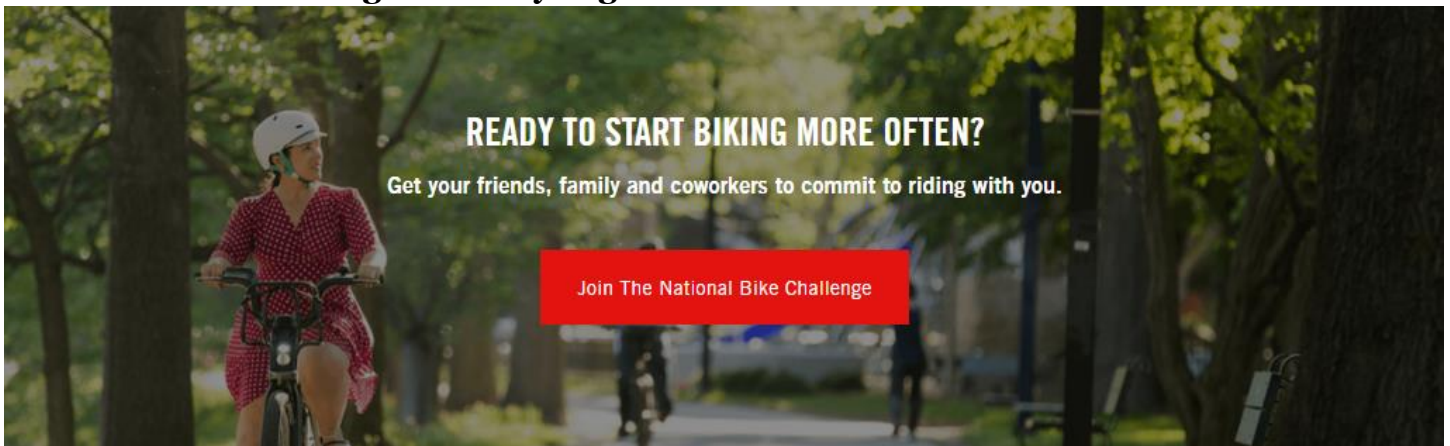
If you didn't already know, Prince, the music artist, passed away unexpectedly two weeks ago. It was as shocking as Michael Jackson's death. Media from all platforms covered it for an entire week. I wasn't a huge Prince fan growing up, but did enjoy his music whenever it came on the radio and get played at parties. I remembered getting hooked on his 'Diamonds and Pearls' album after my college roommate played every day for what seems to be an entire month. During that span, his music grew on me as I discovered his '1999' album which featured the well-known title song 1999 and Little Red Corvette. With his death, I had discovered his other popular songs prior to the 90s. It was then that I realized what I missed out these last 25 years. As I am writing May's Monthly Note, I realized I shouldn't take time for granted. I only have limited time in my life to complete goals on my bucket list minus the time committed to family and career. It's time I sign up for more rides outside of Illinois that many have recommended; go to ski resorts outside of Colorado next winter; do something that I have never attempted before, zip-lining perhaps this summer; or go to places I have been longing to visit one location per summer. For there is no given time limit in life. Thus it is wise to cross an item off as frequently as I can.

May is National 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 to explorer your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. This year's Bike to School Day is Wednesday, May 4th. Encourage your kids to bike to school. Or better yet, bike with your kids to and from school. Bike to Work Week is May 16-20 with May 20 as Bike to Work Day. Tell your friends and coworkers who have been meaning to ride this is the perfect time to start.



National Bike Challenge officially begin



The National Bike Challenge officially begin yesterday (May 1st). PeopleForBikes, who sponsor the Challenge is making bicycling better for everyone by uniting millions of riders, thousands of businesses and hundreds of communities. We want to bring people together to create a powerful, united voice for bicycling and its benefits. When you sign up for the National Bike Challenge, you are helping us do just that. In its simplest form, the Challenge is an easy logging center for you to record the miles you ride while competing with other riders all over the country. But the National Bike Challenge is so much more than that. *It is a community of people who all share a love of riding bikes.* With competition possibilities on the local, state and national level, it is a free and easy way to

challenge yourself, colleagues and the greater community to ride more. The Challenge aims to unite 100,000 riders to pedal 75 million miles from May 1, 2016 until September 30, 2016. Now in its fifth year, the Challenge is a successful partnership between PeopleForBikes and Kimberly-Clark's Cottonelle Products brand. 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. To join in the fun for this year's event, go to nationalbikechallenge.org



I am leveraging the NBC to keep tabs on all participants' mileage for the 'Most Miles in the Saddle Award' in order to save myself 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.



No rain during Spring Breakout Ride

Unlike last year's Spring Breakout Ride, which was forced to cancel due to a torrential downpour, this year's ride was filled with abundant sunshine and light breeze. Around 50 participants took in bagels, donuts, coffee and juice before the ride while checking out what new items Russell's Cycling have for this spring. After Joe Russell's short speech and prayer at 9am, the crowd broke up into four groups – family causal, easy pace, intermediate and fast pace as each group went their separate route. There were no incidents during the ride except for a dog deciding to followed the intermediate pace group outside of Eureka for a quarter mile. A big thank you goes out to Jim & Jennefer Coffey, Mark Wilkinson, Mike Brown and Rebecca Senneff for helping out with the setup prior to the ride as well as leading and sweeping the ride. Also, a big thanks goes out to Joe Russell's for allowing us to use his store to as the starting point for this ride again as well as the \$200 he donated to put towards food and beverage.



More photos on IVW Facebook page - <https://www.facebook.com/IVWheelmn>

A fun evening at the Spring Social Dinner

16 members were at this year's Social Dinner which took place at Good Tequila's in Peoria. Some of the participants also participated in the Spring Breakout Ride. Thanks to Social Chairperson Pam Hoehne, we were able to raffle off some gift certificates to Russell's and Bushwhackers after dinner. A thank you goes out to Mark Wilkinson also for donating a multi-task tool set for raffle.



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 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.

Ride schedule finalized

Thanks to some members stepping up to help lead the Out-of-the-Box Ride series, I am happy to announce we have finally finish this year's ride schedule. As many of you know, OOTB Ride series was created by Barb Drake and Cora Lynn Green and has been led by these two great ladies for many years. Due to Barb still recovering from a bicycling injury from last year and Cora Lynn recovering from a knee replacement surgery from this past winter, the ride was in limbo until some volunteers stepped up to help keep the ride going. So the next time you show up for any of the weekly scheduled rides, or the Pedal Peoria Ride or the Out-of-the-Box Ride, please take a moment to thank each of the ride leaders for volunteering their time so the rest of us can enjoy a nice safe route. For the complete schedule, click on this link: http://ivwheelmn.org/wordpress/?page_id=55

Annual Ride of Silence on May 18th

Once again, the Illinois Valley Wheelm'n is organizing our 2016 edition of the Ride of Silence in Peoria, IL. The Ride of Silence is a globally-recognized movement on the 3rd Wednesday in 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 bring together ALL cyclists in the Peoria area regardless if they are mountain bikers, roadies, casual, long distance, trick, etc.... and show the community how much of an impact we can make. We are needing your help in three different areas. Bring a friend (or two) if possible. 1) We have been stuck at 150 participants for the past few years - our goal this year is to break 200! 2) Print out a few copies of the attached poster, and place them where you work, your church, favorite coffee shop, etc. 3) Our ride 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 clipboards. Once the ride has begun, you will be dispersed as ride marshals within the group and look for others who might need assistance/help. We'll also need help with those who would want to take pictures/video. If you are interested in helping, contact Fai at 517-927-9425 or faimok534@gmail.com.

Interested in riding 300K or longer?

My name is Randy Anderson and I've been a member of IVW for a couple of years. I've recently joined Randonneurs USA, a long distance cycling organization (<https://rusa.org>), with the goal of getting involved in 200K, 300K, and maybe even longer rides. These are not club events like No Baloney or organized multi-day tours, rather these are self-supported rides with required check-in time ranges along the route. The longer ones require some night time riding and a hotel. If you enjoy long distance riding, are looking to test your endurance, and would like to ride these in a group then please contact me. The first rides start in April out of the St. Louis


area (IL side) and Quad Cities area (IA side). Please contact me by email at andersons3517@sbcglobal.net if you are interested.

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 May, 1990



ANNUAL JUNK FOOD RIDE (JFR)

The 1994 JFR will be held Wednesday, June 15 at 6 p.m., starting from Lake of the Woods Plaza (on Route 88 between Mossville Road and Cedar Hills Drive). Please bring your favorite junk food (cookies, chips, etc.) to share at Benning's after the ride. Drinks will be provided. The ride will proceed at a casual pace for between three and 100 miles. Everyone is welcome; if you can't make the ride, show up at about 7:15 p.m. to gain the weight needed to see you through the season. Questions? Call Gregg and Liz Benning at 243-5206.

From April, 1979

RUSSELL'S CYCLE WORLD ★ SUPER VALUES ★

RUSSELL'S CYCLE WORLD, 602 S. Elm, Washington, IL 61571 444-2098 offers EXPLOSIVE Spring values. Quantities extremely limited.

TIRES: National Nylon tubulars, 230 and 270 gr--\$14.88**700 C Clinchers, 270 gr. and 27 x 1-1/8 clinchers, 300 gr.--\$6.88

DERAILLEURS: Campy Nuovo Record front--\$19.35, rear--\$29.45**Suntour Cyclone GT rear--\$19.88**Suntour Cyclone front--\$13.88, rear \$18.88

GEAR: Dura Ace bar end shifters, complete--\$13.22**Suntour downtube shifters--\$11.88**Zefal pumps, competition presta valve--\$6.88, schraeder valve--\$4.37, assorted colors

BIKE OF THE MONTH SPECIAL: 78 Peugeot VO19C Ladies Mixte, 20", silver, alloy crank & brakes. This bike is less than a year old and in like new condition. Originally cost \$214, now \$178. Once again Russell brings low low prices to the IVW!!

From April, 1976

THE ROCK ISLAND TRAIL... The Tri-County Planning Commission has in the past publicly supported the Rock Island Trail.

In a recent meeting I attended, of the Tri-County Planning Commission, The Rock Island Trail Property Owners Association presented their views on the Rock Island Trail, and asked the Commission to publicly withdraw their support.

After allowing this group fifteen minutes to argue against the trail, they allowed Alex Ciegler of the Sierra Club to present the pro-trail view. In my opinion, the debate was no contest. Although the property owners put on a good presentation, they had few facts to work with. Alex was allowed to show his slides and present his facts and histories of other trails and generally was very convincing.

After both sides were presented, the real issues were brought up. Mr. Raymond Neumiller reminded the Commission that they get a large amount of funds to operate the commission from the rural areas where the objectives are strong and a vote to continue to support the trail could be costly. The Commission voted to study the matter for ninety days and vote on it in the July meeting.

It is apparent that the trail is not being allowed to stand or fall on its merit but is subject to all kinds of pressures from groups that have more power than the one vote per person to which we are all entitled.

With the nomination and probably election of Mary Lou Sumner to the State legislature, those of us who support the trail have their work cut out for them. Write your senator and representatives and make your views known.

There will be a Public Hearing on the Rock Island Trail on May 4, 1976, at Peoria Central High School, at 7:30 P.M. conducted by the Illinois Department of Conservation on whether to continue with the Rock Island Trail. Let's pack that meeting to show our support. I'm sure the opposition will.

- - - Bill Overbey

Thanks for reading the May Monthly Note. If you any events or announcements you want the club to be aware of, please email it to me to be posted in the June Monthly Note. Be aware of your surrounding when riding. See you all out on the road.

Fai Mok - Illinois Valley Wheelm'n President

Classified

- **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-owed 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