



## **IVW Monthly Note** *November Edition*

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### **Opening**

It's always a hard transition to go from fall to winter if you are an avid cyclist as I know many of you are. The combination of fewer hours of daylight and colder temperature will eventually force us working folks to be able to ride only on the weekends, thus not be able to maintain our physical fitness through the winter months. But it there solutions to that.

Option one, you can get a trainer set up in your workout room and ride your bike while watching TV or bicycling videos. I used to do that when I first got into cycling but quickly learn it's hard to stay motivated due to the monotonous and solidity routine.

Option two, join the gym and sign up for spin class, weight training class, aerobics class, etc. I did this this also. It definitely helps me stay motivated when there are a room full of people who are trying to achieve the same goal of staying well condition. It really improved my core muscle strength, allowing me to maintain good posture on the bike for those longer distance rides. As much effort as I put into these classes, I still fell sluggish when spring time roll around to begin riding outside again.

Then, I discovered option three last fall: custom indoor training program. How is that different than spin class you ask? For starter, your workout intensity is based on your physical ability. Each person takes a 20 minute time trial test to determine their baseline. Once that has been established, a computer software program will tailor each workout session to your test result. Unlike spin class, there is no instructor for each workout, but a set of goals each workout session try to get you to achieve. You also get a better workout since you are riding your own bike versus a universal stationary bike. Like spin class, you are riding along side with others during each workout. On top of that, we all have fun as the group is very interactive during the workout, emulating a group ride. There even a Friday Happy Hour training program which ends with the group sharing a beer or two after the session.

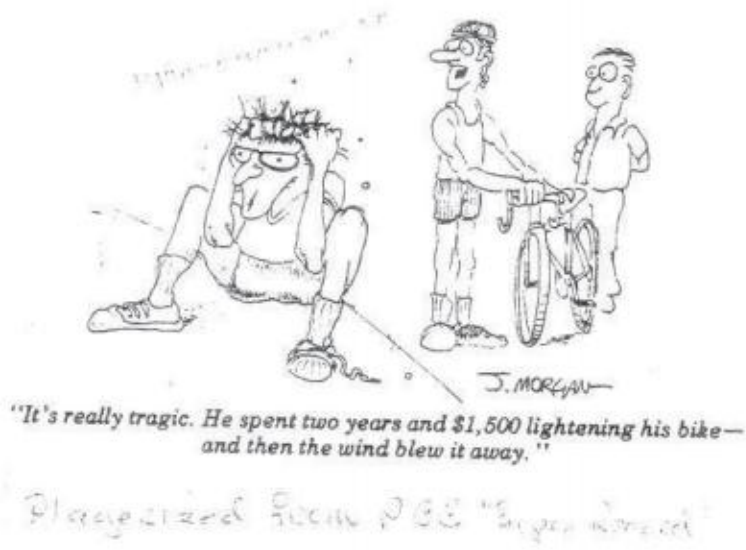
Thanks to the Peoria Bicycle Club, they are offering the training program again this year to any IVW members who interested in joining their workout. For more information, please contact Sarah Gray([sgray2006@gmail.com](mailto:sgray2006@gmail.com), 309-634-1996) for time slot availability and pricing.

### Nice turnout for the resurrected 'Chicken Run' Ride

On Saturday October 3<sup>rd</sup>, 35 cyclists braved the breezy cold weather condition extended from Hurricane Joaquin. A group of 8, led by yours truly, rendezvous at Junction City Shopping Plaza at 7:30 en route to Busy Corner in Goodfield as we resurrected the original Peoria Bicycle Club's(1880 to 1901) annual 'Chicken Run Dinner' Ride. Along with my group, Terry Hunt and Dirk McGuire also led a group from Washington and Morton respectively. We were all greeted by some of the PBC members from the Saturday Morning Ride out of Russell's when we arrived at Busy Corner's. Some of participants had breakfast while others like myself elected lunch: hot shredded beef sandwich with mash potato. It was the first time I ate at BC but it won't be the last after indulging on their famous pumpkin cream pie. I want to thank all who showed up and made it a successful event.



Morton group led by Dirk McGuire (center).



## **Still looking for 2016 board positions nominees**

We are drawing close toward this year's board election which will take place before the End of the Year Dinner. Unfortunately, Mike Brown (treasurer) and Marsha Ray (social event chairperson) will be stepping down for 2016. Thank you Mike and Marsha for volunteering your time for the last 2 years. As of today, I still do not have any candidates for any of the positions. The board of directors are the 'heart and soul' of the club. Without it, it cannot function effectively nor can it truly represent the diversity of our club members. I urge you all come up with some names who can and will continue to bring the passion to keep IVW moving forward. I look forward to hear your nomination.

The following positions are up for election: president, vice president, treasurer & secretary. You can also nominate yourself. We will need to fill one vacancy as Mike Brown will be stepping down from the treasury position. The social event chair vacated by Marsha Ray will be appointed with recommendation from club members.

## **2015 Awards nominations needed**

As the year is drawing to a close, it is time to nominate some recipients for the Most Improved Male Rider, the Most Improved Female Rider and the Hub of the Club award. The HOC historically has been awarded to a club member who went out of their way to represent the club and/or make sure some aspect of the club was extra special. Please include a short paragraph explaining why you nominate that person. You can email all nominations to me at [faimok534@gmail.com](mailto:faimok534@gmail.com). We will vote on who's the most deserving recipients are at the End of the Year Dinner on Saturday November 14<sup>th</sup>.

## **BBC was in town to film local cyclists**



The British Broadcasting Corp. was in Peoria from October 18<sup>th</sup> through 20<sup>th</sup> to film a documentary with IVW's own Sheldon Schafer and some other members. The purpose of the visit was to shoot a segment for an upcoming scientific documentary on the sun's final days: the inevitable collision of the Milky Way and Andromeda galaxies. But don't worry, the event won't happen for another 4 billion years. Sheldon and 10 other cyclists rode their bikes starting from the sun (Peoria Museum) to Mars (Detweiller Marina) for the film crew. Click on the link below to get story in-depth.

<http://www.pjstar.com/article/20151021/NEWS/151029871>

### **Get your mileage in for ‘Most Miles in the Saddle’ award**

How was your riding this year? Been to a lot of scenic places? Log in a lot of miles? Why not get recognize for your outstanding effort and participate in this year’s ‘Most Miles in the Saddle’ award? All mileage count regardless if it’s from commuting, trip to the store or just plain ole recreation as long as it’s log in between November 2014 to October 2015. We will announce the winner at the End of the Year Dinner so submit those mileage now.

### **Get well soon Cora Lynn**

Out of the Box Tour ride leader Cora Lynn Green had a knee replacement surgery last month to improve her mobility. Some of you might not have known, but Cora Lynn has been cycling with a bad knee for several years and the pain has finally forced her to stop riding this year. It will be a long recovery process but I’m sure she will be back on her bike in no time. Below is her contact info if you would like to send her an email or a card. [Cora\\_lynn@yahoo.com](mailto:Cora_lynn@yahoo.com), 7621 N. Melissa Lane, Peoria, IL 61614-1853

### **Join the festivities, put in your reservation for End of the Year Dinner!**

Circle your calendar and reserve the date! The board has decided the venue for this year’s Holiday Dinner. Sazani’s in Peoria will be gathering place on Saturday November 14<sup>th</sup> from 6pm to 8pm. It will be a buffet menu serving short ribs, penne pasta, fried chicken, eggplant parmesan, baked cod, green beans, salad and soft drink. Cost is \$16/person, kids age 5-16/\$15, kids under age of 4/free. We will be raffling off some prizes just like last year. A video for this year’s No Baloney Ride will be reveal after dinner. Please mail check payable to Illinois Valley Wheelm’n and mail it to Fai Mok, 4008 N. Jacqueline St., Peoria, IL 61614. Since Sazani’s require a head count, we ask you RSVP by November 9<sup>th</sup>. If you have any questions, contact Fai at [faimok534@gmail.com](mailto:faimok534@gmail.com).



### **IVW Constitution amend**

Earlier this year, webmaster Jim DeVore brought to the board’s attention the IVW Constitution does not reflect how the club is being run today. Due to the lack of nominations for each position (president, vice president, treasurer & secretary) the past several years, the club is forced to operate outside the bylaws of the constitution. It was agreed upon that all board members and chairpersons review and edit the bylaws to make it as it deem fit, prior to informing the all members regarding the purposed changes. All members will have 60 days to review the changes. At that point, the club will vote on the purposed amend bylaws which will take place prior to the End of the Year Dinner.

Here is the [proposed amended IVW Constitution](#).

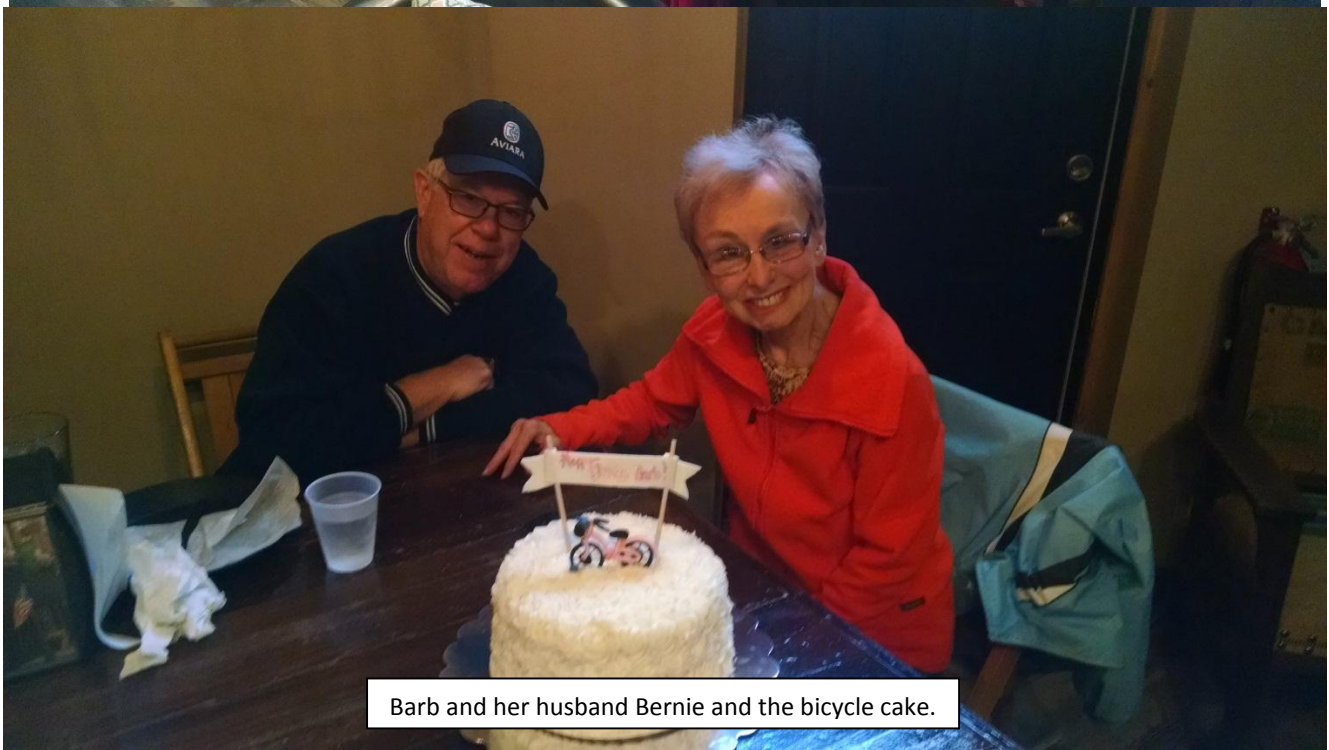
### **Barb’s recovery is going well**

This year’s Out of the Box Tour: Barb’s Birthday Ride was a special one. As most of you know, OOTB ride leader Barb Drake suffered a serious bike accident back in August during one of the ride early August. With her strong will, Barb has recovered quite fast as she was able to travel with her husband Bernie to meet up with the group of riders for lunch at One Elven in Wyoming, IL. The themed ride,

also was to celebrate Barb's 70<sup>th</sup> birthday which was topped off with bicycle cake. Barb wanted to thank everyone who assisted her during the accident and those who expressed their well wishes through phone calls, emails and personal visits. Though still not fully recovered from her injury, Barb still plan on attending the End of the Year Dinner this month and hope to hop back on her bike come spring. Now that is one tough and determined cyclist. We wish you the best Barb.



Posing for a group photo during lunch.



Barb and her husband Bernie and the bicycle cake.



Taking a break while others catch up near Princeville.

### **Club jersey interest? Your input counts!**

A few months back, I was approached by some new members expressing their desire to purchase a club jersey after seeing some members wearing one from 3 years ago. The board want to gauge the amount of interest before investing the time and man-power to produce one. Regardless if you want one or have no interest in getting one, please take few minutes and voice your opinion. Thank you.

<http://goo.gl/forms/XVI6adBDtT>

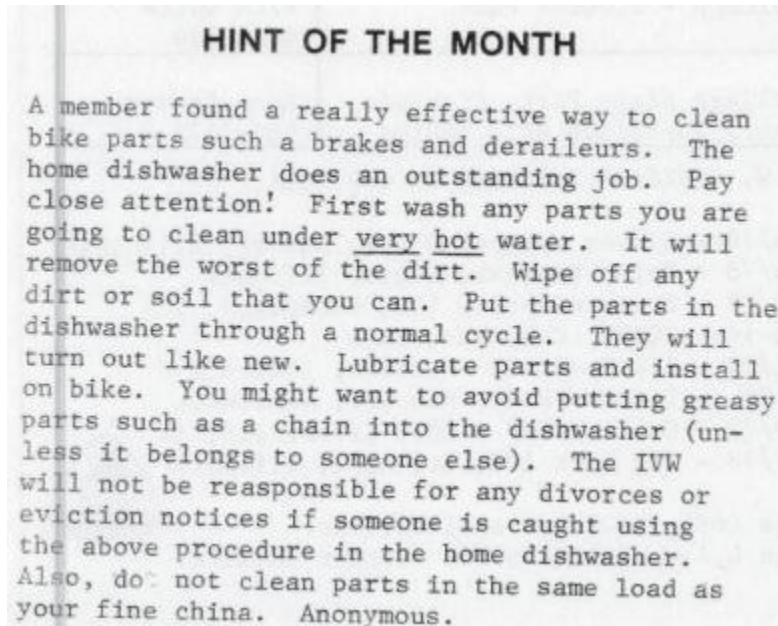
### **IVW & Bike Peoria to enter the Santa Claus Parade once again**

IVW will once again team up with the bicycle advocacy group Bike Peoria in the 128<sup>th</sup> Annual Santa Claus Parade on November 27<sup>th</sup> hosted by the Peoria Area Community Events (PACE). This will be the third year we have participated. We won 1st place last year as the "Best Novelty Entry" – Elf Award! With the help of two of our board members, Mark Wilkinson and Jim Coffey, our 2015 theme is "The Welcoming Winter Wheelm'n". Like last year we'll be riding our decorated bikes and we ourselves have to be in some kind of holiday colors or costume as well (It **CANNOT** be Santa Claus - there is one Santa and he is on the last float). We must be ready and staged at 10am at the corner of NE Madison and Hancock and will start rolling about 10:30am as we are in the middle.



The parade start time is at 10:15am on Monroe St. in front of Peoria Central Firehouse. If you would like to participate, please contact Mark for details. ([savedbygracein08@gmail.com](mailto:savedbygracein08@gmail.com), [309-634-6043](tel:309-634-6043)).

**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 as I'm looking for materials to write for next edition of the IVW Monthly Note.



Thanks for reading the November Monthly Note. See you all out on the road. As always, be aware of your surroundings.

### ***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.

- **For sale**, Schwinn Recumbent Exercise Bike model 217p. Whether you are just getting started in an exercise program or are already in good shape, this bike is designed to be an efficient, easy and fun way to slimmer, healthier body. It is also a great way to recover from orthopedic surgery such as knee or hip replacement or cardiac rehab. The on-board computer enables you to accurately monitor your progress by tracking time, distance, speed, RPM's, and workload. Price \$525. Contact Bill @309-693-9388.

#### *Features & benefits*

- ❖ On-board computer – Provides immediate feedback regarding your fitness progress. The easy to read LCD displays time, heart rate, distance, odometer, speed, RPM's, calories, calories/hour, workload, and resistance level,
- ❖ Has a fully shrouded eddy current brake for contact free resistance

- ❖ Extra wide, extra padded seat for maximum comfort
- ❖ Comfortable grip heart rate monitor
- ❖ Belt drive for smooth, quite operation
- ❖ Transport wheels for easy storage

- **Free** pair of pre-owned 26x1.25-1.5" Schrader valve inner tubes. Contact me if interested ([faimok534@gmail.com](mailto:faimok534@gmail.com)).

- **For Sale**, brand new Sram chain catcher. Install on front derailleur to prevent chain drop between crank and bottom bracket. Price-\$15 Contact me if interested ([faimok534@gmail.com](mailto:faimok534@gmail.com)).