



Content – pg 2	Opening
pg 2	Summer-like weather for the 6 th MITM Ride
pg 2	Club t-shirt, socks & other merchandise still available
pg 3	2018 club officers & award nominations
pg 3	End of the Year Holiday Dinner
pg 3	Chicken Run Ride Oct. 21 st
pg 3	Watch out for Caterpillars
pg 3	Bike Peoria's First Friday Nite Ride
pg 4	Out of the Box Tour #11: Barb's Birthday Ride
pg 4	Share your bike adventures
pg 5	Where have you taken your IVW jersey?
pg 5	Central Illinois Vintage & Steel Bike Ride
pg 5	If you are an early riser, you should join Bryan's ride
pg 6-8	Classified Ads

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



www.bikepeoria.org



www.rideillinois.org



www.bikeleague.org

Opening

Happy Fall everyone! Can't believe it's October already! Where did the season go? Sadly it is coming to a close unless you are like me and ride all year.

This weekend several club members including myself are headed to Hilly Hundred for one of maybe the last organized rides of the year. This year marks the 50th anniversary! Can you believe some people are crazy enough to have done hills for 50 years?

Everyone has his or her favorite rides and terrain. I enjoy this one mostly for the scenery. Photos to come next month.

Don't forget next month is the end of year banquet. Please think about positions for next year and ideas as well. This club needs your help to stay alive!

Summer-like weather for the 6th MITM Ride

It was unseasonably warm for this year's Meet-In-The-Middle Ride on Sept. 23rd as the temperature reached 89 degree by noon. That did not deter 60 riders from coming out for this annual event. The group picked up additional participants from Junction City Shopping Center in Peoria Heights, Levee Shopping Districts in E. Peoria and Morton Trailhead on Jefferson St. The ride was to celebrate the opening of the Mackinaw Valley Trail back on October 1st 2011. IVW member Tim O'Hanlon and a group of local bike enthusiasts contacted the Illinois Department of Natural Resources 9 years ago about creating the Mackinaw Valley Trail. It would offer a safe route for tourists to ride from Peoria to Bloomington-Normal and vice-versa. With the connection, tourists can now get access to other trails in the Illinois Trail System throughout the state. For the original article on the opening of Mackinaw Valley Trail, click [here](#) and scroll down to page 4. For information on the MVT, click [here](#). For photos of the event, click [here](#).



Club t-shirt & other merchandise still available

There are plenty of club short sleeve t-shirts and socks still available for purchase. The dark royal blue t-shirts that have the design from the back of the jersey in the front are \$17 and the socks in white with IVW logo are \$8. There are a few IVW jerseys and shorts left. Both jersey and shorts are \$68 each. In addition, we have some IVW and No Baloney bottle cap mirrors (\$13 each) if you don't have one. It's a must have if you ride on your own often. Contact Rebecca if interested.

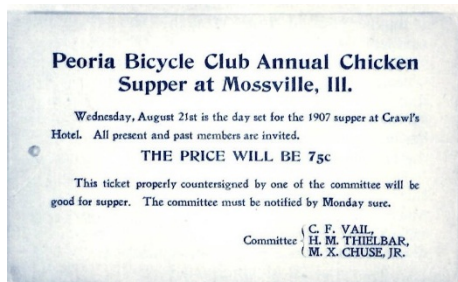
2018 club officers & award nomination

As we are nearing the end of another year, it is time to start thinking who will be your club officers for 2018 (president, vice president, treasurer & secretary). You can also nominate yourself. **Remember, IVW can only function if there are members leading it.** The club is also looking for nominations for the Most Improved Male & Female Rider award 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 sennrrr2008@att.net. We will have the election and voting of the awards at the Holiday Dinner.

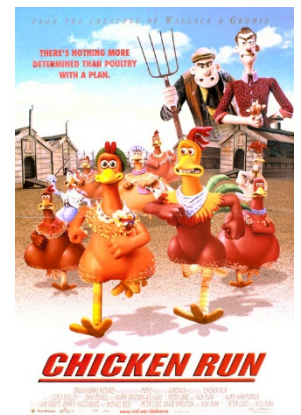
End of the Year Holiday Dinner

This year's End of the Year Dinner will take place at One World Café in Peoria on Saturday, November 4th. Dinner will be buffet style including vegetarian dishes. We will have more info once the menu is finalized during the October club meeting. RSVP Social Chairperson Bev Ketel (b.ketel434@comcast.net) if you plan on attending.

Chicken Run Ride



In 1881, the Peoria Bicycle Club was founded by Fred Patee & Harry Rouse, whose father owned a bicycle store. One activity that the club members participated in back in the day was the annual "Chicken Run", in which bicyclists would ride to a popular restaurant in Mossville for a fried chicken dinner. IVW resurrected the "Chicken Run" Ride two years ago with good turnout. We are bringing it back again on Saturday October 21st. This year's

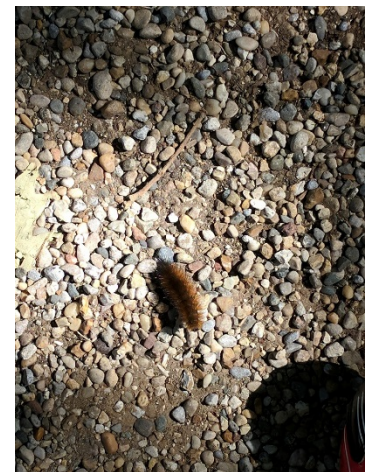


venue will be Jack's Café in Tremont. Tentative starting time & locations: Junction City Shopping Center in Peoria @7:30am, Russell's Cycling in Washington @8:00am and S. Main St. Shopping Plaza in Morton @9:00am. We will have more details next week. Keep an eye on your email inbox.

Watch out for Caterpillars

No, I am not talking about Big Yellow. I am talking about the fuzzy brown & black band Woolly Bear Caterpillar. I have crossed paths with at least one every day that I ride. Try not to ride over them as they are harmless and are weather predictors. Dr. C.H. Curran, curator of insect, did a scientific study back in the 50's to see if there is any correlation between the average number of the reddish-brown segments and the type of winter for that particular year. You can read more about it by clicking on the link.

(<http://www.almanac.com/content/predicting-winter-weather-woolly-bear-caterpillars>)



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, October 6th @9pm. This is a casual ride between 10 – 14 mph that start and end 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 questions, contact Per Ellington – pellington86@hotmail.com.

Out of the Box Tour #11: Barb's Birthday Ride

Barb's birthday ride along the Great River Trail paralleling the Mississippi is a tradition for the Out of the Box Tour. It is about as pretty as it gets in Illinois, and the birthday cake will be good too. This is Barb's favorite ride in Illinois, and she's glad she's not too old YET to share it with you. We'll do the southerly route again, because it's the prettiest, and we'll follow up with our lunch and birthday cake tradition at the Brothers Family Restaurant in Rapids City. That's about 30 miles, but you can turn north and go more or turn around and go less, depending on how fast you ride on your way back for lunch at 1pm. If you want to see the Quad Cities, you can join Fai M. for a metric century along the trails on the Iowa side. Plan to leave from the riverfront parking lot at 8:00am. Do bring the family; slower riders can enjoy the spectacular scenery just as much as faster ones, and there are some nice parks to explore along the way. The entire trail is paved. The ride begins at 9:15am at the riverfront parking lot in Rapids City. (*Take Rt. 84 exit north from Rt. 80. Go a half-mile or so, looking for gas station on your right and then turning left onto 18th Street. Turn right at the river, and go 4 or 5 blocks to the lot.*) Let Barb (692-1201, bdrake110744@gmail.com) know if you plan to show up for a ride. That way she can let you know if weather requires cancellation or a change in start-up time – or if road construction forces a change of plans.

Share your bike adventures

Participated in a memorable bike tour recently? 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.

For someone who had never ridden in Wisconsin until last year, I have become a regular visitor in the Land of the Cheese, doubling from 2 trips last year to 4 trips this year. The most recent adventure was the Fall Peninsula Challenge at Sister Bay on the Door Peninsula. I did this tour last year and really loved the scenery AND the food after the ride. Hence, I went back several weeks ago. The weather was ideal with temperature in the low 60s in the morning and warmed up to mid 7-70s by afternoon with a 10mph lake breeze. During the tour, I met a guy named Josh as I was taking on second King Of the Hill Strava segment challenge. We struck up a conversation since he is a Badger fan and I am a Spartan fan. We met up a few more times at different rest stops along with his two cycling companions, both from the suburbs of Chicago. As we approached the third and final KOM segment challenge, I noticed he was struggling. After I completed the segment challenge, I decided to wait for him at the top after seeing his two companions but with him nowhere in sight.

Josh finally made it to the top as he was surprised to see me waiting. Little did I know this century ride was his longest ride of the year. He had only rode six spin class prior to it. I told him I would pull him the last 10 or so miles by blocking the wind for him. As he began to fade, I urged him to push beyond the fatigue and burn in the legs. We were able to finish strong as we were fueled by the vision of food and beer waiting for us. While we had our post ride meal, I learned both of Josh's friends, Marty and Lori also rode their longest ride, ever! I told all three that was quite a cycling achievement. We wound up hanging out at a sports bar later on. They really made my day as much as I made theirs. It is always an adventure when I go on these trips as you never know whom you will meet. – *Fai Mok*



At Cave Point County Park, north of Whitefish Bay.



Who says a Badger and a Spartan can't get along? Photo op with L-R Josh, Lori and Marty.

Where have you taken your IVW jersey?

Did a recent bike tour with your IVW jersey? 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 November Monthly Note. Below are a few submissions.



Dirk & Michelle McGuire at Niagara Falls, Canada Sept. 13.



Fai at the Capital City Century double metric route in Springfield, Sept. 10.

Central Illinois Vintage & Steel Bike Ride

This is a chance to ride with fellow vintage & steel bike enthusiasts and perhaps show off the pride of your fleet! If you've got a nice road bike from the 70's or 80's hanging in the garage that is too beautiful to sell, but you've been worried about it not being fast enough for the usual club rides, then this is the ride for you! Likewise, if you've got a modern steel framed bike, let's see how it compares to the vintage bikes. The ride is intended to be a medium speed ride along quiet rural roads north of Peoria, IL, including a stretch along the scenic Illinois river... nothing too serious, and no drops. The group will meet at Shore Acres Park, 100 Park Blvd, Chillicothe. Loop distance is approximately 40 miles with Tanner's Orchard as the half-way point. Contact Steve Kurt for more info. (kurtsjoo11@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 October Monthly Note. If you have any rides, events or announcements you want to share with the club, please email it to me to be posted in the November Monthly Note. Be aware of your surrounding when riding. 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. **If the item is sold, please send a note stating it so your ad can be remove from next month's 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

- **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**, 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

- **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 MarkWilkinson@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 Breje(309-264-3175, jbreje@hotmail.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).



- **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).



- **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)

