



IVW Monthly Note *October Edition*

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Opening

It's hard to believe summer is officially over (from a calendar standpoint) as our weekly rides are wrapping up. With fewer hours of daylight and cooler weather to come, it can be challenging to get your ride in during the weekdays. If you don't get home until 4:30-5pm like myself, it only leave you with less than 2 hours of daylight by the time you change into your cycling gears. Investing in a good headlight & taillight can and will extend your weekday rides beyond sunset especially when your ride stay within the city limits where street lights help with visibility. The brand that I have grown fond of is Cateye. My first headlight was the Halo I brought for commuting to & from night college classes in the 90s which used a halogen bulb with 4 AA batteries. Now-a-day I have a Cateye Nano Shot Plus which use two LEDs with Optic Cube technology that can put out 600 lumen and a Fly6 taillight with 4 setting modes. Other brands with good reputation and reasonably priced include NiteRider, Cygolite, Lezyne, Serfas to name a few. For written reviews, check out the links below. Do keep in mind Illinois law(625 Illinois Compiled Statues 5/11-1507) (from Ch. 95 1/2, par. 11-1507) requires every bicycle ridden at night to be equipped with headlight being visible 500 feet in front and with taillight or reflector being visible 600 feet from behind.

<http://www.ilga.gov/legislation/ilcs/ilcs4.asp?ActID=1815&ChapterID=49&SeqStart=133000000&SeqEnd=134900000>

<https://www.bikelightdatabase.com/reviews/>

<https://rideonmagazine.com.au/top-150-bike-lights-2015/>

<http://www.roadbikereview.com/reviews/category/led-light-shootout>

As for the dilemma cold temperature (around 50 degree), there are many apparel options to keep you warm without breaking the bank on high priced thermal jerseys or jackets like Castelli, Pearl Izumi, Gore and amount others. I have 3 Under Armour ColdGear Infrared long sleeve mocks I used for biking. What make the UA Infrared long sleeve mocks different than the cotton mocks or other microfiber mocks you ask? For starter, the inside of the shirt consist of thermo-conductive inner coating (similar to those sticker sensor triggering the store alarm when not removed) which absorb & retain body heat. The fabric also wicks moisture and the anti-order characteristic prevents the growth of odor causing microbes. Besides biking, I also use it for skiing, hiking and as casual wear. The UA Infrared long sleeve also come in crew neck. Depending on the style, the UA Infrared line price range from \$35 up to \$80. (<https://www.underarmour.com/en-us/search?q=coldgear+infrared+long+sleeve>)

As for temperature going from cold to cool (around 50 degree to 60+ degree) as the day progress, wearing arm and leg warmers is the best solution from personal experience. I used to wear a short sleeve jersey, a windbreaker jacket and tights but I find it cumbersome to try to fold and stuff the jacket in my jersey pocket as it is bulky. Wearing long sleeve jersey or UA long sleeve workout shirts works when you start your ride in the morning but not so well when you are 10 miles into your ride and the sun is warming the air up. With the arm and leg warmers, they can be easily rolled up and put it in your jersey pockets without taking up much space. Most arm and leg warmers have thermal lining which work well even on windy days like this week. I have a pair of Primal Wear and a pair of Pearl Izumi as they both work well. Before you go to your local bike shop to pick up a pair, be sure to read the recommended temperature range as some are rated for cool weather (50-60 degree), not so much for cold temperature (below 50).

Meet-in-the-Middle Ride recap

It was a great turnout for the MITM Ride co-sponsored by Illinois State representative Keith Sommer and the City of Mackinaw last Saturday (Sept 26th). With temperature in the 60s around 7am, cyclists from both the IVW and the Mclean County Wheelers began making their way to Mackinaw along the Rock Island Greenway and Constitutional Trail respectively. Mr. Sommer decided to sponsor the MITM Ride since he is a strong supporter of regional and state wide bicycle routes and plans. He hope this event will make the Central Illinois cycling community aware of the great local businesses for shopping and dining in Mackinaw, besides its well-known Mackinaw Winery. Approximately 100 riders participated in the event as they were treated to beautiful sunny weather.



East Peoria stop near Panera.

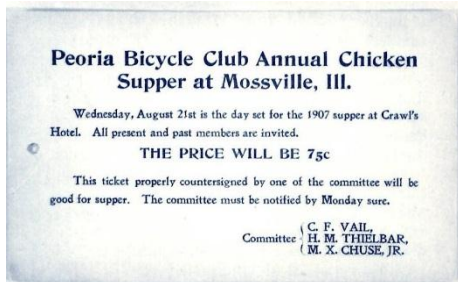


IL State Rep Keith Sommer talking to Jim Coffey.



Washington Show & Go group posing for the camera.

'Chicken Run' Ride to take place Oct 3rd



In the 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 is resurrecting this "Chicken Run" Ride with a twist: We will be riding to Busy Corner in Goodfield for brunch. Starting locations & time are listed below. Peoria Bicycle Club's Saturday Morning ride group as well as all other

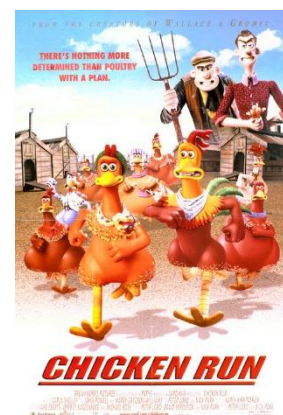
ride groups are welcome. Please RSVP Fai Mok (517-927-9425, faimok534@gmail.com) in order for Busy Corner to accommodate us.

Peoria - Cyd's at Junction City Shopping Center (5901 N. Prospect Rd., Peoria)
Ride leader – Fai Mok (faimok534@gmail.com, 517-927-9425)
Starting time – 7:30 am
Distance – approx. 55 miles round trip

Morton – Field's Shopping Center (2200 S. Main St., Morton)
Ride Leader – Dirk McGuire (dirkbike1@gmail.com, 309-699-8482)
Starting time – 9:30 am
Distance – approx. 30 miles round trip

Washington – Russell's Cycling & Fitness (10 Valley Forge Dr., Washington)
Ride leader 1 – Show & Go
Starting time – 8:30 am
Distance – check with group at the start

Washington – Russell's Cycling & Fitness (10 Valley Forge Dr., Washington)
Ride leader 2 – Terry Hunt (thunt@mchsi.com, 309-310-7527)
Starting time – 9:00 am
Distance – approx. 30 miles round trip



2016 club officers & award nominations

As we are nearing the end of another year, it's time to start thinking who will be your club officers for 2016 (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. Mike, thanks for volunteering your time for the last 2 years. I am also looking for nomination 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 faimok534@gmail.com. We will have the election and voting of the awards at the Holiday Dinner on Saturday November 14th.

Ever wonder how do bikes stay upright?

Bicycles are one of the most efficient and versatile means of human powered transportation. But perhaps even more amazing is the fact that given the right circumstances, bicycles can stay upright all by themselves. Check out the video from the link below to find out how.

<http://www.roadbikereview.com/reviews/tech-talk-how-do-bikes-stay-upright>

Holiday Dinner date set, put in your reservation!

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 14th 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. Please mail check payable to Illinois Valley Wheelm'n and mail it to Marsha Ray, 6446 N. Oakbrook Ct, Peoria, IL 61614. Since Sazani's require a head count, we ask you RSVP by November 7th. If you have any questions, contact Marsha at marsha.myers.ray@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 Holiday Dinner. Here is the [proposed amended IVW Constitution](#).

Club jersey interest?

In the last few months, I had been approached by new members expressing their desire to purchase a club jersey after seeing some members wearing one created from 3 years ago. We want to gauge the amount of interest before investing the time and man-power to creating one. Please take the survey to help the board in making that determination. <http://goo.gl/forms/XVI6adBDtT>

Discover the backwards brain bicycle

Think you can ride a backwards bicycle which turn the opposite direction as you steer? It sounds easy but it's more difficult than you think.

<http://www.openculture.com/2015/08/the-backwards-brain-bicycle.html>

Reminder

It's the end of the month, don't forget to log in your mileage if you are participating in the 'Most Miles in the Saddle Award'. I am leveraging the National Bike Challenge event to keep tabs on all participants' mileage in order to save myself time and effort in keeping tabs the contenders of the award. Please create an account and log in your miles through NBC from the link above.

Final tally for the 2015 National Bike Challenge

The National Bike Challenge sponsored by People for Bikes wrapped up with record amount of participation nationwide. Since its inception 2 years ago, 92,369 riders had signed up to participate. Collectively, the group has ridden 37,675,658 miles, burned 1,268,375,512 calories, saved approximately \$4,934,644 in gas and saved 8,122,512 pounds of CO₂ from May to September. The Challenge created a fun online cycling community interaction among bicyclists to share advice & tips, scenic riding locations and personal adventures on bikes. It also encouraged countless new riders to use bicycle to improve their health, save money and help the environment. Even though the Challenge is over, you can still log miles year round and keep track of all the metrics. It's a great way to stay motivated during the fall and winter if you choose to ride. Join **Team IVW** after you create an account by clicking on 'Leaderboards', 'Teams', and then type 'Illinois Valley Wheelmn' in the search field. After you have selected 'Illinois Valley Wheelmn', click 'Join'. That's all to it. www.nationalbikechallenge.org



Thanks for reading the October 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, quiet 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).
- 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).