



IVW Monthly Note *September Edition*

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Opening

My my my, this summer seen to be on fast-forward mode as August has come to an end and September is upon us. Seem like April was just a month ago as I was in training mode to get myself in shape for TOMRV and the Two Rivers Century's double metric. I remembered putting in the hours for fast tempo rides during the week and long endurance rides during the weekend mixing in some hill workouts in between. I was so focused on my training regimen, improving on my performance metrics and meeting my fitness goals all summer, I did not realized I had made bicycling more and more like a chord on my daily to-do list and less and less like a stress relieving, freedom to explore, fun activity that led me to the sport. All that changed during one of Terry Hunt's Best Rides of Illinois tour down in Southern Illinois last month.

During the ride, Terry told new club member Cindy Fleming it's okay if you ride slow since these scenic rides are put together for people to take in beauty of the landscape. You can ride fast during your weekly routine rides. His words has really stuck with me ever since that day. Now, I allow myself to ride at a causal relax pace several times a week, mixing in between my interval rides. I also try not to get fixated to my heart rate, cadence, distance and average speed metrics during some of my weekend long distance rides as I remind myself to take in the scenery and just enjoy the moment. Btw, Terry's next Best Rides of Illinois is the Charleston Cruise on Sept. 12th down in Charleston (details of the ride is in the Upcoming Events).



42nd NBR a success

It was a picture perfect day for the 42nd No Baloney Ride as temperature was on the cool side around the official start time which progressed to a comfortable afternoon temp in the mid-70s, accompanied by a welcomed breeze. The great weather led to a great turnout of participants (unofficial number around the mid 300) as bicyclists were spread all throughout Morton and the surrounding area. NB committee received numerous compliment on the routes and the marking of the routes. It was a great experience for eight 'First Century' riders as we recognized them after the ride for their effort. With great routes, came great food service. We had some delicious selection of food – from hot pancakes in the morning to shredded beef sliders during mid-morning to tacos & burritos at high noon, followed by homemade chili (vegetarian and meat-lover) in the afternoon. Riders also had the option of celebrating the completion of NBR with a cold frosty beer (Thanks to bartender Dan Rainey). A big thank you goes out to NBR Coordinator Morgan Grigsby and all the volunteers for making this year's ride a success. Btw, there is still time to order this year's vibrant color NBR jersey but you better hurry as the deadline is **Sept 5th**. You can get one by clicking [HERE](#).



l – r: Dan Weakley, Rebecca Senneff & Dave Cover taken a break before they hop back on their bikes.



Jennifer Coffey is having a deep conversation while Randy Anderson wonder what the discussion is about.



Denny Tresenriter about to have some lunch.



Group of riders enjoying the scenery on Queenwood Rd outside of Groveland.



Love those long smooth blacktop the county just put down.



Nothing beats splitting the workload on a tandem.



Never seen an Ellipti-Go bicycle until the No Baloney Ride.



Michelle McGuire, Jim Kamp and Dirk McGuire serving up some breakfast



It's never a good time to have a flat.



Bartender Dan Rainey hard at work serving himself a cold one.

PPD receives bike donation from IVW



Back in January, during the club's monthly meeting I proposed that IVW make a donation to the Peoria Park District for letting us hold our meetings at Safety Town. Everyone was on board with the idea. Safety Town Coordinator Carrie Bottrell was thrilled when I told her about it. She mentioned PPD could use more kid's bikes for the bicycle safety class she teaches. After spending many months coordinating the purchase of the bikes and delivery of the bikes, we finally made it happen in August. I want to thank Social Chairperson Marsha Ray for representing IVW during the presentation (All of us board members were stuck at work) and Brad Nauman, Bushwhacker store manager for the free labor and delivery of the bikes.

Bike Peoria to host fundraiser at PBC

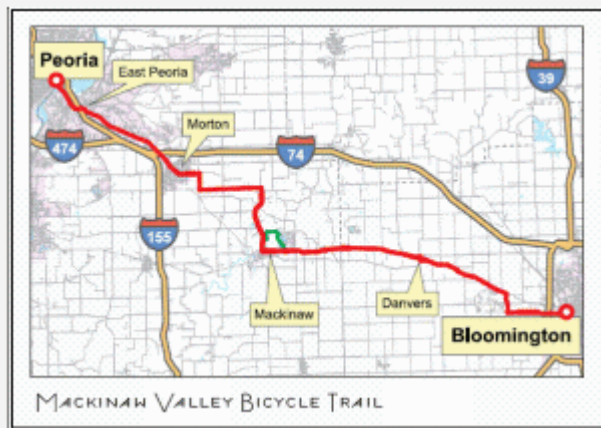
Bicycle advocacy group Bike Peoria will be hosting a fundraising event at Peoria Brewing Company on Sept. 19th from 6pm to 9pm. There will be live music playing by several bands, raffle drawing and possibly 'a treasure hunt on bike' through some local businesses around town. For more info, contact Erik Reader (readerareadevelopment@gmail.com) or go to <http://www.bikepeoria.org>.

'Chicken Run' being resurrected

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. Tentative starting locations: Hickory Grove Grade School, Junction City Shopping Center, Russell's. Will have more details on routes later on this month. Please RSVP Fai Mok (517-927-9425, faimok534@gmail.com) in order to give Busy Corner advanced notice.

'Meet in the Middle' Ride to take place

On October 1st, 2011, the League of Illinois Bicyclists invited the IVW & the Bloomington Bicycle Club's members to celebrate the official opening of the Mackinaw Valley Trail route. The MVT route is part of



the long term plan drawn up by LIB, Tri-County Regional Planning Commission (TCRPC) and Illinois Dept. of Natural Resources (IDNR) to connect the Rock Island Trail in Peoria area with the Route 66 Trail in Bloomington-Normal and eventually north to the I&M Canal. Members from both clubs that day started riding from their respective ends of the trail which led them to meet in Mackinaw. On Saturday Sept. 26th, IVW and BBC will once again take part in this ride as participants will once again meet at the Village of Mackinaw. There will be some form of festivities at the village square. The plan is to have multiple starting locations along the way with the

group starting at the farthest point picking up riders along the route leading to Mackinaw. We'll have more details by late next week. Contact Jim Coffey (309-231-5831, coffey4115@msn.com) with any questions you may have.

Holiday Dinner venue chosen

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. 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.



Update on ride leader Barb Drake

I had visited Barb last month to see how she's doing and has talked to her several times since then. Though she's still in a lot of pain, her spirit remains high. Barb's husband Bernie is doing a fine job taken care of her. She wanted to thank everyone for their inquiries and well wishes as she miss seeing the regular 'Out of the Box' riders. Barb hope her recovery will be near completion by November so she can attend the Holiday Dinner. At the meantime, several riders had stepped up to help lead the remaining Out of the Box tour (4 rides left). I highly recommend you try the rides as there are always some fun facts to go with it (see Upcoming Events for detail).

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.

Home stretch for NBC

There are only 29 days remain in this year's National Bike Challenge sponsored by People for Bikes. Since its inception 2 years ago, 91,504 riders had signed up to participate in this national event. Collectively, the group has ridden 30,756,888 miles, burned 1,035,450,662 calories, saved approximately \$4,058,609 in gas and saved 6,680,542 pounds of CO2 year to date. You can still take part in the challenge by signing up at www.nationalbikechallenge.org. Why join you ask? The purpose of NBC is to unite thousands of bicyclists nationwide and encourage countless new riders to use bicycle to improve their health, save money and help the environment. It's also a fun way for participants to interact with other riders in the online

A graphic advertisement for the National Bike Challenge. At the top, it says "THE NATIONAL BIKE CHALLENGE" in white text on a red banner, with "in partnership with Scott" and the Scott logo below it. The main text in the center reads "IT'S FREE, FUN, HEALTHY AND EASY. MAKE EVERY DAY COUNT." in large, bold, blue and white letters. At the bottom, there is a red banner that says "JOIN NOW" in white. Below that, the website "NATIONALBIKECHALLENGE.ORG" is listed next to the "peopleforbikes" logo.

community, track improvement and win prizes. Plus, it's free to sign up. All mileage counts regardless if you ride your bike for fitness, commuting or grocery shopping. You can also join **Team IVW** after you create an account. Click 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.

2016 club officers & award nomination

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.

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.

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 Sept. Monthly Note. Now go hop on your bike and go ride. As always, be aware of your surroundings.

Fai Mok - Illinois Valley Wheelm'n President

Classified

- 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, pre-owned Sram Rival 10 speed compact crank with bottom bracket cartridge. 170mm aluminum crank arm. Teeth on both chain-ring in great condition. Need a new home. Price-\$80 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).