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



www.bikepeoria.org



www.rideillinois.org



www.bikeleague.org

Opening

Change is evitable. It can be good and it can be bad. It all depends on matter of perspective. For example, the avg. temp. for summer months (June, July & August) in the last 3 years in the Greater Peoria Area has been consistent within a few degrees (2014: 83.3°, 2015: 84°, 2016: 85.6°) based on data from Weather Underground (www.wunderground.com). But if you look at the number of 90+ degree days (2014: 8 days, 2015: 17 days, 2016: 17 days) through these 3 months rather than avg. temp., one can refute summer has gotten hotter. Some of you may see it as good since an increase in avg. temp. means milder winter. Some of you may view it as bad since it's an evident of global warming. Never-the-less, change is evitable.

This holds true for me as well. As much as I enjoy my job, I really need to, and want to advance my career. Even though my company haven't been affected by CAT's downsizing, I feel it time to explore my next job opportunity and meet one of my career goal. When I relocated to Peoria for work 5 years ago, I was excited about the change. A different region to explore; a different climate to do more riding; a different demographic to find that significant other. Even though I have achieved the first 2 goals with relative ease, the third goal proved to be a bigger challenge than I thought. With that said, I feel I need to plan on relocating to achieve both my career and personal goal. As much as I enjoy leading our club, I feel stepping down at the end of the year is the right thing to do for our club and for myself. A quote from Greek philosopher Heraclitus said it best, "change is the only constant in life."

43rd NBR a success despite early rain

It was a wet start for the 2016 No Baloney Ride this past Saturday. In fact, the parking lot of Freedom Hall in Morton looked like a river was flowing through it as volunteers were prepping for participants check-in at 5:30 am. Never-the-less, it did not deter people from showing up early to have hot breakfast while they waited for the rain to subside. The early crowd were treated to pancakes, bacons, quiche, oatmeal, bagels, coffee and orange juice. As the rain finally let up around 9 am, more and more people rolled in. Everyone who rode this year's ride appreciated the excellent route marking thanks to Mark Wilkinson & Jim Coffey's coordination.

Everyone also enjoyed the lunch option of beef & vegetarian chili, chicken fajitas and Italian beef sandwich with peach cobbler, cookies and root beer float to top it off. In addition to the variety of menu items, the raffle drawing for door prizes was a hit as well. It gave participants an incentive to stay around after lunch and take in the music performance by the Peoria Area Accordion Club which IVW member Tom Dorigatti is a member of. Special recognition goes out to Mateo Beeney, Adam Peterson, Amanda Kham and Gerry Hume for completing their first ever century. Way to go! Thanks to Bike Peoria, PAMBA & McLean County Wheelers and all the IVW members who volunteered to help made this year's NBR a success. Also, a round of applause to the No Baloney Coordinator Morgan Grigsby and the Planning Committee of Mark Wilkinson, Jim Coffey and Bryan Wilburn. (I apologized if I miss anyone) This is Morgan's 6th and final year as Coordinator. Be sure to give her a personal thank you when you see. Lastly, thank you PAAC for providing the lunch entertainment.



The crowd have breakfast while they wait for the rain to let up.



A group of cyclists ready to start the ride.



Randy Anderson showing great form on the century route.



Scott Thomas leading the way, followed by his friend and wife Karen.



The crew (Morgan, Mark & Sheldon) hard at work.



Peggy(right) making an appearance as she's still recovering from the bike collision with the cat 4 weeks ago.

See more photos on IVW website or Facebook page.

<http://www.ivwheelmn.org>

<http://www.facebook.com/IVWheelmn>

Eddington number for cycling

If you have never heard of Eddington Number, it's a number calculated by English Astrophysicist Sir Arthur Eddington to predict the number of protons in the observable universe in the 1930's. Eddington, who was an avid bicyclist, applied a bicycle version of the Eddington Number to help him keep track of his lifetime riding achievement. It is defined as "the largest integer E, where you have cycled at least E miles on at least E days. It also comes with clear progression targets for you to achieve ever-higher Eddington numbers. In other words, "how many more days riding of at least x miles do I ride to achieve that score?" The E number can be apply to your rides this month, this year or throughout your lifetime as Dr. Eddington did. I came across an article on the Eddington Number last year when I was doing a search DYI bike maintenance. I was intrigued by it and decided to figure out my E number. Since IVW have many veteran riders who has logged many miles, I thought it would cool to post it.

Here is a link to help you calculate your E number if you have been tracking your rides via Strava, RideWithGPS, Endomondo. ([Eddington & More](#))

If you don't use any of the online tracking sites, you can still calculate your Eddington Number using this excel file. (<https://drive.google.com/drive/my-drive>)

A word of caution: you can become quite obsessive after figuring out your E number. Believe me, I know.

Still looking to do a Century? Fall offers some nice options

With this weekend being Labor Day holiday, it only means fall is knocking at our door. For those of you who planned to ride a century or metric century this year but have not done so, your opportunities are dwindling. With that said, there are still some rides left in the fall which not only provide scenic routes but also great food.

First one of the list is Door County Century on Sept 10th – 11th at Sturgeon Bay, WI. DCC was founded in 1979 by Joyce Mahlik, Bob Gaie and members of the Bag Shore Bicycle Club in Green Bay. Today, Joyce's son, Dan and Eric Resch are the organizers of this weekend festival with Bike Expo on Saturday and the ride on Sunday. The DCC century route will take you up north along the western shoreline up to Egg Harbor, Fish Creek and Sister Bay, before heading south along the eastern shoreline through Baileys Harbor, Whitefish Bay and back to Sturgeon Bay. Due to its popularity, the organizers have cap the entries to 3,000 participants. Registration fee for DCC is \$80. For more info, click on the link. <https://www.doorcountycentury.com/>

Next up is Peninsula Century Fall Challenge on Sept. 17th at Sister Bay, WI. The village is a year round vacation destination complete with marina, breathtaking shoreline and numerous festivals. The century route will take you on a tour of the northern half of Door Peninsula as you head south along the western shoreline through Fish Creek & Egg Harbor before turning east toward Whitefish Bay and turn north inland all the way up to tip of the Peninsula at Gills Rock. The ferry dock here is the best place to get some photos with the Lake Michigan in the backdrop. On top of that, you will likely see the beauty of the colorful fall foliage since it a week later the DCC. The organizers of PCFC, the Peninsula Pacers, co-founded by Brian Fitzgerald & Dave Eliot, also organize the Door County Beer Festival, the Door County Pond Hockey Tournament, Door County Half Marathon and Peninsula Century Spring Classic which I participated back in June. All proceeds from this ride are donated to the Friends of the Peninsula State Park, a group of volunteers who are crucial to the care and maintenance of the park including off-road biking and ski trails. Last year's turnout was between 300 & 400 people. Registration fee for PCFC is \$55 Sept. 1st – 14th and \$60 the weekend of. For more info, click on the link below. <http://peninsulacenturyfallchallenge.com/>

Next on the list is North Shore Century on Sept. 18th at Evanston, IL. NSC offers incredibly scenic biking. You'll experience luxurious neighborhoods, view unique architectural treasures and tranquil tree-lined streets. As you pass the half-way point in Kenosha, WI, you get to feel the refreshing breeze of Lake Michigan and see the beautiful shoreline. Organized by the Evanston Bicycling Club, NBC offers one of the best food menu (besides No Baloney) I ever experienced. All baked goods are made by club members with some being gluten free. The century route will take you through Highland Park, Lake Forest, Waukegan, Kenosha and Gurnee just to name a few cities. The return leg of the century utilize the local trail as you ride through several parks. Last year's turnout was around 300 to 400 people. Registration for NSC is \$40, \$50 for the day of the ride. For more info, click on the link. <http://evanstonbikeclub.org/nsc>

The last ride on the list is Apple Cider Century on Sept. 25th at Three Oaks, MI. This is one of the better known century dating back to the early 70s. Between 4,000 and 5,000 cyclists participate each year as the century route take you through countryside and towns along Southwest Michigan and Northwestern corner of Indiana. You will ride through forest roads, along the shoreline of Lake Michigan near New Buffalo and get a glimpse of some luxurious summer homes before making your way back to Three Oaks. Organized by Three Oaks Spokes Bicycle Club, this weekend festival offers Ice Cream Social on Saturday and a viewing of the Bicycle Museum at Downtown Three Oaks and a post ride spaghetti dinner served with apple cider on Sunday. Registration fee is \$45 with no late registration the weekend of. For more info, click on the link below. <https://www.applecidercentury.com/>

Bloomington-Normal to host Ride Illinois Summit

Registration is now open for the fifth annual Illinois Bike Summit, Monday, September 19, 2016, at the Bloomington-Normal Marriott Hotel & Conference Center. Come for a day of learning and networking with hundreds of advocates, planners, civil engineers, public health researchers, business leaders, and elected officials from all corners of the state. Leave inspired and better equipped to improve bicycling in your community and beyond as we focus on Better Biking for All. For more information, click [here](#).



2 Free entries to Ride Illinois Summit

Since this is a great bicycle event and so close to Peoria, the board members voted to offer 2 paid entries to this year's Ride Illinois Summit. It will be a full day of fun and knowledge sharing. First two people to respond to this offer get the free registration.



Helpers needed for Poker Ride

Social Chairperson Pam Hoehne is looking for some volunteers to make some baked goods for post ride snack to go with the main meal after the Poker Ride. The club will reimburse all ingredient cost. Contact Pam at pshuckhoehne@gmail.com or 309-339-9777 if you can help.

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 and share it with the club for next edition of the IVW Monthly Note.

Home stretch for NBC



There are only 31 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. Just for logging your mileage, you will be automatically enter into the monthly prize drawings. For sign-up instruction, click on the link below. You can sync with Strava, MapMyRide or Endomondo to log your mileage or log manually on website if you are low-tech.

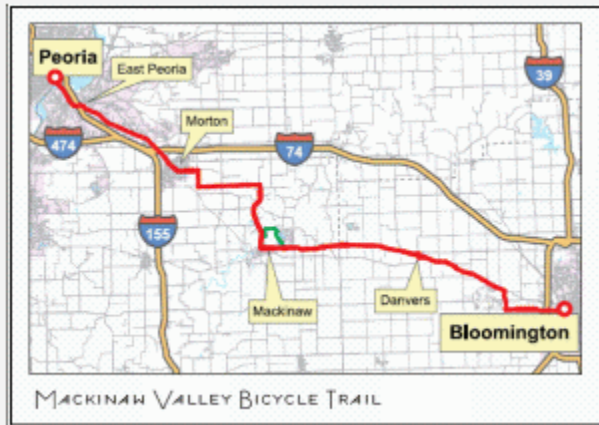
http://ivwheelmn.org/wordpress/?page_id=4003

2017 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 2017(president, vice president, treasurer & secretary). You can also nominate yourself. Remember, IVW can only function if there are people leading it. The club is 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.

Meet-in-the-Middle to take place

On October 1st, 2011, Ride Illinois (formerly the League of Illinois Bicyclists) invited IVW & McLean County Wheelers 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 RI, 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. 27th, IVW and MCW 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. Contact Jim Coffey (309-231-5831, coffey4115@msn.com) for detail or with any questions you may have.



Chicken Run Ride back again

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 resurrected the "Chicken Run" Ride last year with great turnout. So we are bring it back again in October. Once again, we will be riding to Busy Corner in Goodfield for brunch. Tentative starting locations: Hickory Grove Grade School in Dunlap, Junction City Shopping Center in Peoria, Russell's and S. Main St. Shopping Plaza in Morton. We will have more details on routes later this month. Please RSVP Fai Mok (517-927-9425, faimok534@gmail.com) in order to get a head count.

Update on Denny & Peggy Tresenriter

Both Denny and Peggy Tresenriter are slowly recovery at home. Both want to thank the club for all the well wishes, get well cards, food donation and help they have received. Denny's road rash is almost healed up but his 12 broken ribs well take a lot longer. Though he haven't let his broken ribs keeping him from riding his trike as he been taking it for some short rides around where his neighborhood. Peggy is able to walk more freely as the pain from her broken pelvis is more manageable. You can email Denny at dtresenriter@comcast.net and Peggy at ptresenriter@comcast.net with your well wishes.

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 9:00pm on August 5th 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 use this link. <https://www.facebook.com/BikePeoria/>

Rick is looking for other early risers

Rick Gentry is wanting to connect with other early risers to ride 20-30 miles Monday through Saturday morning from 6am to 7:30am on road or mountain bike. The average pace will be 14-17mph. Contact Rick (309-678-4622, run927@hotmail.com) if you are interested.

Thanks for reading the September 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 September Monthly Note. Be aware of your surrounding when riding. See you all out on the road.

Fai Mok - Illinois Valley Wheelm'n President

Classified Ads

- **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**, 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 BSemmens5@comcast.net
- **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
- **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

Classified Ads for club members are welcome. If you have something 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 let me know so your ad can be remove from the posting.