

IVW Monthly Note – June Edition

Content - Opening
Ride of Silence report
Memorial Weekend trip
IVW at Bushwhacker's grand opening
National Bike Challenge continues
Reminder
Classified

Opening – How fitting we ended the month of May the way the same way we started...cool temperature with plenty of precipitation. The only changes as we progress through last month is the amount of daylight has increased as well as the number of organized rides we have to choose from. Now, if we can just get Mother Nature to cooperate, we will be all set.

Ride of Silence report – This year's ROS turnout was smaller than usual due to the questionable weather and cool temperature. Never-the-less, there were about 50 riders who came out to remember and honor all those cyclists who were killed or injured while biking on public roadways. Fox 43 TV was on hand to cover the ride and its purpose while fellow member Bill Clark was there give an interview and help send us off after giving a speech. Thank you Bill, Quinton Smith, Jim Coffey, Neil Terry, Randy Senneff, Steve Grube, Dan Rainey and the Peoria Police Dept. for helping made this year's ride a success.



Memorial Weekend trip – In the past, I spent Memorial Weekend catching up on house cleaning, laundry and lawn maintenance. This year, I was talked into taking a weekend trip to do a bike tour in Kentucky by Sarah Gray & Rebecca Senneff five days before the tour. You are probably thinking what would lead me to make such a decision with such a short notice. Well, given I have never been to Kentucky before and really want to avoid doing chores, it was an easy decision. I was glad I took the trip since the Horsey 100 Bike Tour was a well-organized event with beautiful landscape accompany with bluffs, rolling country roads adjacent to horse farm after horse farm. After getting to the starting point late, I was able to catch up to Sarah, Rebecca and Dennis & Peggy Tresenriter at the second rest stop and rode as a group. Along the way we also saw an old whiskey distillery and Kentucky's state capitol building in Frankfort which rival the size of the U.S. capitol building. It is also listed on the National Register of Historic Places. After riding 100 miles so early in the season, my body was stiff and sore. Thus I signed up for a massage before dinner. Dinner was great as they served pull pork, pasta salad, corn on the cob and hamburger. There also was a concert in town afterward. For day two, Sarah, Rebecca and I decided to forego the full distance of 75 miles and just rode 50 so we can tour a farm for retired race horses called Old Friends which is right in town. It also gave us time stop by Churchill Downs, home of the Kentucky Derby, since it is along the way as we head home. As much fun as I had, it's was great to get home and sleep in my own bed.



IVW at Bushwhacker's grand opening – Last month, Bushwhacker relocated from the Metro Center Shopping Center to Junction City, right off of Knoxville Ave. The new building gave BW a lot more floor space, which allow them to display more merchandise and give customers more elbow room when shopping. To help celebrate the occasion last Saturday, BW invited IVW, Bike Peoria & Illinois River Valley Orienteering Club to promote each of the three organizations' purpose. Both IVW & IRVOC set up a table and handed out club tri-folds and other useful info related to bicycling and orienteering to the public while Bike Peoria set up a tent and performed live music and handed out info

relating to bike advocacy. Jalapeno's even had a food stand for the hungry patrons. Even with the rain, it was still a decent turnout. FYI, sales and prizes giveaway will run through Saturday, June 6th. Go to www.bushwhacker.com/

National Bike Challenge continues – The first month of this year's NBC is in the book as 82,812 riders logged 6,456,581 miles, burned 217,637,154 calories, saved approximately \$976,488 on gas and saved 1,607,316 pounds of CO₂ in May. 48 prizes were given away in the May monthly drawing. What is NBC you ask? If you didn't read last month's Monthly Note, the National Bike Challenge is a nationwide event uniting thousands of current bicyclists and encouraging countless new riders to use bicycle to improve their health, save money and help the environment. The Challenge, which goes from May to September, is also a fun way for participants to interact with other riders in the online 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. To join in the fun, go to www.nationalbikechallenge.org/. You can also join **Team IVW** after you create an account. Click on 'Leaderboards', 'Teams', and then type 'Illinois Valley Wheelmen' in the search field. After you selected 'Illinois Valley Wheelmen', click 'Join'.



Reminder

- Bridge on Hallock Hollow Rd near Galena Rd is still under construction for another week. For the latest update, please go the Peoria County website. (<http://www.peoriacounty.org/countyhighway/construction-projects>)

- Tunnel construction of Rock Island Trail crossing Allen Rd near Alta Rd is progressing at a steady pace. The foundation of the tunnel has been lay and the walls are currently being build.

That is it for this month. Be aware of your surrounding when riding. See you all out on the road.

Fai Mok - Illinois Valley Wheelm'n President

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- Free pair of pre-owned men's Euro size 42 Exustar road shoes. In great condition. Contact me if interested (faimok@myway.com).

- For Sale, pre-owned Sram Rival 10 speed compact crank with bottom bracket cartridge. 170mm aluminum crank arm. Teeth on both chain-ring is great condition. Contact me if interested (faimok@myway.com).

- For Sale, brand new Sram chain catcher. Install on front derailleur to prevent chain drop between crank and bottom bracket. Contact me if interested (faimok@myway.com).