

IVW Monthly Note – May edition

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Opening - The saying goes 'April showers bring May flowers.' Since we haven't had much rain in April, we may not get much flowers in May. It also seem there is a correlation between the lack of rain and the lack of warm temperature from my own observation. The amount of rain in early spring from 2012, 2013 and 2014 all translated to early summer-like temperature. I recalled having a handful of 70 & 80 degree days in April from the last 3 years after having a very wet early spring. Do keep in mind the correlation is drawn from my own observation and have no scientific backing what-so-ever. Furthermore, as you continue to read this monthly note, you are waiving your rights to hold me responsible for any meteorological outcome that does not support my weather theory. If you are still reading this monthly note, you are acknowledging my theory is r for entertainment value only and will not hold me responsible if your next bike ride in the cold happen to result in you getting caught in the rain, which totally goes against my theory. :-)

Spring Breakout Ride report - Last Saturday's Breakout Ride was derailed by the rain. However, it did not affect the festivities as it was moved indoor to Russell's. Joe was nice enough to hand out gifts to anybody who had shown up for the ride. He also provided breakfast and lunch for those who came in for the festivities. Christina from the Forest Park Nature Center was invited to the event as part of this year's ride dedication to Mark Klokkenga. She brought displays showcasing the hiking trails & nature preserve areas, along with programs they run at the Nature Center educating the public. I am sure Mark would had been happy we brought awareness to two of his passion, the Nature Center & local cycling.



Weekly rides/bike tuning/bike safety - The club's weekly rides will be kicking off next week. If you plan on doing some longer distance rides or tours this summer, it's a great way to train for it using these rides as well as meet other members who not only share your passion, but will share other tips/advice that you might never thought about.

I mentioned last month, it is important to do an inspection on your bike before taking it for a ride. After storing it all winter, cables & derailleurs might get gummed up, chain could have a stiff link. Bicycle Habitat have some very in-depth maintenance tips for those of you who are DIY-er. The website (<http://bicyclehabitat.com/how-to/a-simple-bike-maintenance-chart-pg366.htm>) even list care tips based on how long since your bike's last service and number of miles ridden since last service. I like using this site because they keep thing simple without all the details.

Besides bike maintenance, it is also a good idea to bush up on bicycle etiquette, hand signals and bicycle laws. It astonish me how many bikers ride on the wrong side of the street/road or make improper turns, riding unpredictably and how many motorists don't yield to pedestrians or cyclists at cross-walk. It is all likely they did not know the law. Hand signal accompany with vocal cue are crucial in avoiding collision when riding in group or with pedestrians present in front of your path. Vocal cue becomes a must if you do early morning group ride or late afternoon/early evening group ride as light condition will shorten your line of sight. I am guilty of this and is constantly reminding myself to bark out my intention. I found the League of Illinois Bicyclists' bike safety quiz (<http://www.bikesafetyquiz.com/>) as a great tool for reviewing riding etiquette, bicycle law and safe cycling habits. Just like anything, you have to practice it in order make instinctive.

New ride this year – Terry Hunt has put together a new bike tour this year called the Best Rides of Illinois. All of his schedule bike tour is straight out of the book by Ted Villaire entitled 'Road Biking Illinois, A Guide to the State's Best Bike Rides', A Falcon Guide, 2010. These rides are supported by IVW and are open to all club members. Terry have planned some tours at scenic locales throughout the state. If you like touring, these rides is a must. I am looking forward to doing some of these rides with you Terry. For detail, you can contact Terry via phone or email (309-310-7527, thunt@mchsi.com).

May is Bike Month - May is National Bike Month, sponsored by the League of American



Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling – and encourage more folks to giving biking a try. Whether you bike to work or school; ride to save money or time;

pump those pedals to preserve your health or the environment; or simply bike to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. As part of the Bike Month celebration, May 6th is 'National Bike to School day', the week of May 11-15 is 'Bike to Work Week' and May 20th is 'Ride of Silence', which its sole purpose is to honor cyclists who have been killed or injured while cycling on public roadways and to raise the awareness of motorists, police and city officials that cyclists have a legal right to public roadways.

THE NATIONAL BIKE CHALLENGE

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THE CHALLENGE BEGINS MAY 1.

THIS SUMMER WE'RE UNITING 75,000 PEOPLE
FROM ACROSS THE COUNTRY TO RIDE 35,000,000 MILES.

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WILL YOU RIDE WITH US?



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MAY 1 – SEPT. 30, 2015

START RIDING



National Bike Challenge - The National Bike Challenge is a nationwide event uniting thousands of current bicyclists and encouraging countless new riders. In its simplest form

it is a logging center for users to record miles ridden and be part of the national community of bicyclists. It is a free and easy way to challenge yourself, colleagues and the greater community to ride more. Users compete on a local, state and national level. The Challenge aims to unite 75,000 riders to pedal 35 million miles from May 1, 2015 until September 30, 2015. The Challenge is a successful partnership between PeopleForBikes and Kimberly-Clark's Scott Natural Brand.

I discovered the NBC last year through the League of American Bicyclists newsletter. The NBC's cause made it fun to log my miles ridden regardless if it was for fitness, recreational or for commuting around town. It also motivated me to ride more often and longer distance than I did the previous year. I always enjoy knowing how I stack up versus other participants nationally, on the state level or local area. On top of all that, I love that the Challenge has monthly prize giveaways just for participating. (I won a LED headlight in the month of July last yr.) But when the NBC end, every participants are winners with improve health, saving money and helping the environment by reducing carbon footprint. You can join in on the fun at <https://nationalbikechallenge.org/>.

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

Miscellaneous

- Fellow member Paul Resnick is preparing for the Bike Across Missouri (BAM) Ride at the end of June. He is seeking others who might be participating the event to do some training with. Please contact Paul (resnickpaul762@gmail.com) if you are signed up for BAM.

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

- Free pair of Look Keo Easy road pedals. Great for beginner who is looking to transition from toe-clip to clip-less pedal as there is no setting to monkey around with. Easy on and off. 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).

