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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

A note from your president

Happy May Day everyone! Hope you have got some riding in despite all this rain we have been getting. Because of the rain our Breakout Ride has been postponed til this weekend. I hope to see you all there! The board as well as Joe Russell is excited to see everyone and “officially” start the season. If you are looking for a weekend trip don’t forget Horsey Hundred takes place at the end on this month. It starts in Georgetown, Kentucky. If you like horses, you will enjoy this ride as well as the scenery. Enjoy the rest of the month and see everyone soon! -Becca

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 8th is ‘National Bike to School Day’. Participants kicked off last year’s ride in record breaking numbers! Thousands of students pedaled their way to school during the 2017 ‘Bike to School Day’ celebration. Over 3000 schools across the country, from D.C. to Hawaii participated. [Register now](#) and remember to share your event plans and photos with #BiketetoSchoolDay!

On May 12th, Mother’s Day, women unite worldwide for CycloFemme events, honoring the past, celebrating the present and empowering the future of women’s cycling. CycloFemme rides are full of joy, camaraderie and passion. Through these celebrations, we create an opportunity to drop barriers for the day, see new things in ourselves and our communities, and discover the strength of collective together. Whenever you ride, [#cyclofemme](#).

May 13th -19th is ‘Bike to Work Week’ with ‘Bike to Work Day’ on May 17th. 40% of all trips in the U.S. are less than 2 miles, making bicycling a feasible and fun way to get to work. With increased interest in healthy, sustainable and economic transportation options, it’s not surprising that, from 2000 to 2013, the number of bicycle commuters in the U.S. grew by more than 62 percent. In fact, among the 51 largest U.S. cities, 43 hosted Bike to Work Day events in 2010. The City of Denver reported the highest rate of participation with one out of every 28 adults participating in its 2010 ‘Bike to Work’ event. That effort makes a difference: Many people who participate in their ‘Bike to Work Day’ promotion as first-time commuters become regular bike commuters.

May 15th is ‘Ride of Silence’. 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.

May 15th is Ride of Silence

Bike Peoria is coordinating this year’s Peoria Heights. The [Ride of Silence](#) is a 3rd Wednesday of every May to killed or injured while enjoying the sport in 2003 at White Rock Lake in Dallas, TX was hit by the mirror of a passing bus and organized the first ROS in his honor. The of mouth and email communication over



Ride of Silence, which starts and ends in globally recognized movement on the remember those cyclists who have been they love. The history of this ride began after endurance cyclist Larry Schwartz was killed. His friend, Chris Phelan ride drew 1000 cyclists through the word a period of only ten days.



The goal of this event is to unite ALL cyclists in the Greater Peoria area regardless if they are mountain bikers, roadies, casual riders, commuters, long distance riders, free style riders, etc. and make the community aware of our large presence out on the road. All riders will begin to assemble after 6:30pm. This casual ride will begin promptly at 7:00pm. We are needing your help in three different areas: 1) Bring a friend or two. We have been stuck at 50 participants for the past few years after 150 participated in 2014. Our goal this year is to break 200. 2) Spread the word on social media. Mention it at your workplace, your church, your favorite

coffee shop, etc. 3) Bike Peoria will need a few additional volunteers to be successful. Volunteering responsibilities will require you to arrive at the event early and make sure all participants sign the waiver form and get an arm band. Once the ride has begun, you will be dispersed as ride marshals within the group and look for others who might need assistance with mechanical issues or physical issues. Bike Peoria will also need help with photographer/videographer. If you are interested in helping, contact Ryan Deemer. (rdeemer@domorequipment.com)

Bike Peoria's First Friday Nite Ride



Get Lit and Art Up Your Ride! Bike Peoria will be hosting the First Friday Nite Ride on Friday, May 4th @9pm. This is a casual ride between 10 – 14 mph that starts and ends at the [Bike Peoria Co-op](#). The idea of First Friday Nite Ride is to explore Peoria's older neighborhood – the Bike Peoria Co-op area, West Peoria and Bradley campus area. For question, contact Per Ellington – pellington86@hotmail.com.



Get ready for the 39th Annual Spring Breakout Ride

Good thing we scheduled a rain out date for the Spring Breakout Ride as the event had to be postponed to this weekend due to increment weather. Forecast temperature and wind is ideal for tomorrow, as Russell's Cycling will once again host this event. IVW will provide bagels, donuts, coffee, juice beginning at 8:30am. All 3 level rides will start at 9am. Whenever you visit Joe's store, please thank him for the support he has shown to IVW all through the years. The Spring Breakout Ride will be followed by the Spring Social Dinner in the evening.

Looking for volunteers to lead the Spring Breakout Ride

The club is looking for volunteers to lead the level II group since Joe Russell will be leading level I (casual pace) and have a sweeper. If you are familiar with the Washington area, can ride at level II pace (14-17mph) and would like to help, please contact Ride Coordinator Fai Mok (faimok534@gmail.com). The group will need one person to lead and one person to sweep the back of the group.

Spring Social Dinner at Pizza Work on May 4th

The 2019 Spring Social Dinner is at Pizza Work in Peoria Heights on May 4th at 6pm. Menu options include pizza with vegetarian option, pasta, salad bar, appetizers, dessert. IVW will provide everyone with one drink ticket for beer, wine or soft drink. Please RSVP Social Event Coordinator Bev Ketel ASAP. (b.ketel434@comcast.net)

Bike Swap Meet May 9th

IVW will be hosting Bike Swap Meet at Safety Town on Sheridan Rd on Thursday May 9th. Bring all your gears, clothing and bikes you no longer use and see if someone else has a need for them. The Bike Swap will run from 5:30pm to 7:30pm. Contact Rebecca Senneff for detail. (ivwheelmn@gmail.com)



Cycliq Videos of the Month (Deer Dodging)

If Doug from Adelaide had been riding in a race, this little creature ahead would have been dis-koala-fied! – [video](#)
We asked our Facebook community to stag-ger us with their best deer puns to accompany this video. Here are some of the fawn-niest! “Bambi was nearly bam! Bye!” “Barely grazed his be-hind” “If you’d hit it an ambulance would have had to caribou off to hospital” “Maybe he was fawn his way to a stag doe...(buck’s party)” – [video2](#)

4000 miles of Seamless Trail (Better Homes & Gardens – Andrea Romano)

Grab your helmet and set out for the great outdoors. Instead of opting for a classic summer road trip, you’ll soon be able to try out something a little more challenging — like biking across the mainland United States.

And soon it’s going to be easier than ever. According to [Lonely Planet](#), the [Rails-to-Trails Conservancy \(RTC\)](#) has announced a cross-country, multi-use trail that will run across 12 states and Washington D.C., known as The Great American Rail Trail. Other countries have created similar pathways for bikers and hikers alike, such as [The Grand Sentier de la Côte Bleue](#) in Southern France and [The Route of the Parks of Patagonia](#) in Chile.

According to [My Modern Met](#), the nearly 4,000-mile trail will begin in Washington, D.C., and end in Washington State, attaching to several gateway trails such as Capital Crescent Trail, Chesapeake & Ohio Canal National Historical Park, the Panhandle Trail, the Hennepin Canal Parkway, the Casper Rail Trail, and Palouse to Cascades State Park Trail.

While the idea for this trail began 30 years ago, the RTC has spent the last 18 months researching 34,000 miles worth of pathways across the U.S., as well as collaborating with state agencies and local trail partners to create a comprehensive plan, [Lonely Planet](#) reported. To read the rest of this article, click [here](#).

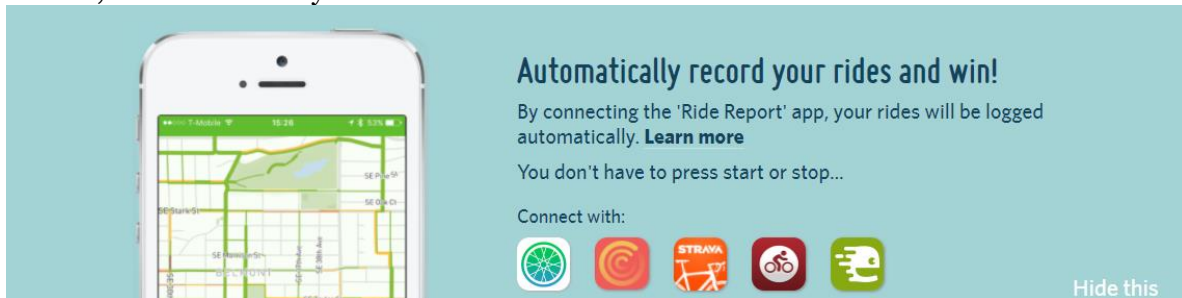
2019 National Bike Challenge is here



In its 8th year, 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. 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, friends, family, coworkers and the greater community to ride more. It doesn't matter if you're riding hundreds of miles a week or just getting back in the saddle, everyone is welcome to join. The National Bike Challenge start on May 1 and run until September 30.

In 2018, The National Bike Challenge aimed to unite 60,000 riders to pedal 30 million miles from May 1, 2018 until September 30, 2018. It is also a fun way for participants to interact with other riders in the online community, track improvement on a local, state and national level and win prizes. Yes, NBC has monthly prize giveaways just for participating. All mileage counts towards getting you to qualify the next level of prizes regardless if you ride your bike for fitness, commuting or grocery shopping. Even if you don't get selected for the monthly prize, every participant is a winner with improve health, saving money and helping the environment by reducing carbon footprint. The 2018 NBC is brought to you by [Love to Ride](#) and the [League of American Bicyclists](#). To join in the fun for this year's event, go to https://www.lovetoride.net/usa/teams/4773?locale=en-US&team_invite=true.

IVW is leveraging the [NBC](#) to keep tabs on all participants' mileage for the 'Most Miles in the Saddle Award' in order to save time and effort. Logging mileage is easy and simple by sync-ing with **Strava, MapMyRide or Endomondo**. There is also a manual log option for those of us who are low-tech. Please create an account and log in your miles through NBC by joining Team **Illinois Valley Wheelmn**. After you create an account, click on 'Leaderboards', 'Teams', and then type 'Illinois Valley Wheelmn' in the search field. After you selected 'Illinois Valley Wheelmn', click 'Join' and you are all set.



Bike Peoria's hosting 4th Annual Beers & Gears

Bike Peoria will be hosting the 2nd Beers and Gears fundraiser on Saturday May 19th at Industry Brewing Co., formerly Peoria Brewing Co. This is a casual bike ride from Industry Brewing Co. to downtown Peoria, but with a few stops along the way – Fox Pub, Tavern on Prospect, Novu, Publik House, Noir, Cayenne, W.E. Sullivan's and Thyme. Part of the proceeds will benefit Bike Peoria's community outreach programs like the Dream Center. For more info go to <http://www.bikepeoria.org/beers-gears-pub-crawl/>

Ideas for 2019

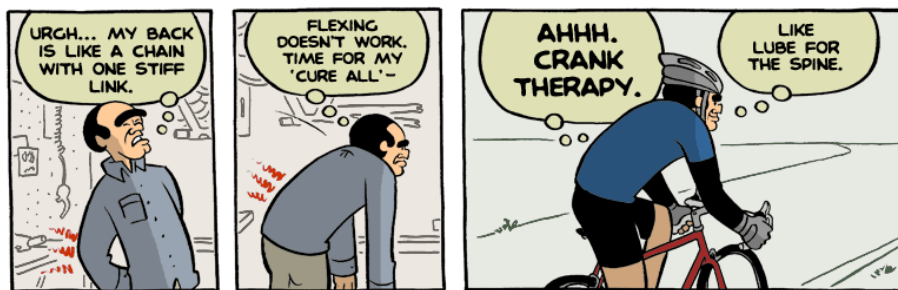
We want to hear any ideas you may have for any club activities for next year. It can be theme rides, picnic, happy hours, bowling or whatever your love desire, the club wants your input. Let any of the club officers know.

Where have you taken your IVW jersey?

Did a recent bike tour with your IVW jersey some place warm? Send me a photo of you sporting the club kit (old or new) and a brief description of where it took place. We will included in the January Monthly Note.

Kickstand Comics

By Rick Smith and Brian Griggs



Thanks for reading the May Monthly Note. If you have any rides, events or announcements you want to share with the club, please email it to be posted in the June Monthly Note. Keep the rubber side down. See you all out on the road.

Becca Senneff - Illinois Valley Wheelm'n President

Classified Ads

Classified Ads from 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.

For Sale, Specialized Ruby Elite Road Bike for woman 5'2" to 5'3". Bought in Summer of 2015 but barely used because of health issues. Original price \$2750, asking price \$1200. Items thrown in for free with purchase: odometer, 12"by 9" canvas carrying case that fits on back of bike, bike stand for 2 bikes. Contact Cora Lynn Green – cora_lynn@yahoo.com or phone after 4/25 (309-683-3083 preferred, alt 309-643-8142)



For Sale, pre-owned Saris trunk rack, \$35. Contact Julie – skidurd@sbcglobal.net

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. Call Pam@309-339-9777.



For Sale, Sigma bike computer (Model BC 16.12). It does all the usual stuff like distance and speed. But it also gives you cadence and the air temperature reading. I'd like to get \$60 for it. It's brand new and still in the original shipping box. Contact Bill Semmens. BSemmens5@comcast.com

For Sale, Men's Castelli full zip short sleeve jersey, size 3XL. Nice bright yellow color. It did not fit me. \$44 or best offer. Contact Tom Moses (bassplayer974@gmail.com)



For Sale, 700 X 23 Vuelta alloy wheels. 10 speed hub, Shimano Ultegra set up (cassette not included). Come complete with tubes and tires. \$60. Contact Dan Weakley @309-681-0968, wilyecoyote@att.net.

