

The Mellow Véllo

March 2009

The Newsletter of Shenandoah Valley Bicycle Coalition

GOODBYE WINTER, HELLO SPRING!

2009 Harris-Roubaix Preview

By Thomas Jenkins

Spring in Valley brings windy conditions and there is no better place to hide from the winds than the endless gravel roads of the North. In celebration of the beautiful endless gravel roads around Harrisonburg and the greatest single day road race in Europe -- the Paris-Roubaix -- SVBC will once again host it's spring Harris-Roubaix event. The Harris-Roubaix is a group road ride to the Singers Glen area where a 11-15 mile marked loop of mostly gravel roads will begin, ...(continues Page 2)

'Bike the Valley' Web site Launched

Submitted by Than Dang

With the growing popularity of bicycling, citizens and tourists are looking for safe and convenient roads to bike. Now the web site www.bikethevalley.org offers an online resource assembled by riders of the area to help you choose your route whatever your reason for riding the roads of the beautiful Shenandoah Valley. • The site is a product of the Central Shenandoah Planning District Commission's (CSPDC) Bike Pedestrian Committee, an advocacy ...(continues Page 2)



The 2009 SVBC Icicle Ride crew takes a photo op prior to departure on January 1. Wow, remember the many layers of Winter?
Photo courtesy of Neups.

www.SVBCoalition.org

LET'S RIDE!

DON'T MISS THE SVBCoalition MEETING AND SOCIAL!!

**SECOND MONDAY
OF EACH MONTH:
7:30 - 9:30 @ CLEMENTINE
DOWNTOWN HARRISONBURG**

Harris-Roubaix (continued) here folks will have the opportunity to ride one, two or three laps. There will be an unofficial race for those wishing to complete three laps. The Harris-Roubaix is a fun event for any bike or rider, there will be mountain bikes, tandems, fix gears, kids trailers, single speeds and road bikes but if you are on a thin tire bike make sure you are sporting at least a 25c width tire so the gravel roads of the North don't eat you up like the century old cobble stone roads of France. • **DATE:** April 12 • **WHERE:** Ride from Court Square Downtown Harrisonburg • **TIME:** 12:00pm • **DISTANCE:** 15-60 miles depending on the laps you decide to ride.

Have You Seen Me?



If have seen me or other drainage grates like me running parallel to the street in the City of Harrisonburg please e-mail thanhd@harrisonburgva.gov. Please provide location information: street, closest cross street/intersection, direction of travel (i.e. northbound), before or after intersection. Your help is greatly appreciated.

Bike the Valley (continued) group with representatives from 10 local jurisdictions. The committee has raised funds through state grants, local government contributions, bicycle clubs and recreation departments, to develop a bicycle plan and raise awareness about bicycling and walking issues. The web site has downloadable maps and directions for over 40 on-road bicycle routes of varying length and difficulty. Also on the site are links to local bicycle clubs and shops, safety tips and rules of the road, and bicycle tours and events. Go to www.bikethevalley.org or contact Bonnie Riedesel at CSPDC, (540) 885-5174, bonnie@cspdc.org. -From Valley Conservation Council's "Vision" newsletter. • SVBC members are encouraged to submit event and other bicycle information for posting on this web site. Enjoy!

Bicycle & Pedestrian Committee Meeting Summaries

Read meeting summaries at www.harrisonburgva.gov/bikeped. The committee meets once each quarter to identify needs and opportunities for improving the City's network of bicycle and pedestrian facilities. All are welcome.

Kids Hillandale Time Trial Series

By Marty Neary, SVBC Board Member
e-mail: mtnbkrmrt77@hotmail.com

The working group for the Kids Races at Hillandale met the last week of Feb. and decided that a Kids Time Trial series would be established on a bimonthly basis. This would be run in conjunction with a dedicated Kids Ride. Tentatively the series will begin in April on a Monday eve and alternate every Monday eve thereafter with a "final" time trial expected at the Massanutten Hoo-Ha in June. If you are interested in helping out, please drop me an e-mail. A big thanks to the following for helping decide the direction of the series: Dick Heershap, Sue Haywood, Chris Scott, Basis Hangemanole, Lois Duke, Jason Sajko, Misty Tilson and Thomas Jenkins. Stay tuned for start dates and times in April.

Spring Time Disc Brake Tune-Up

By Tim Richardson

Disc brakes are one of the greatest developments the bike industry has come up with. They take much muscular effort out of the equation of controlling the bike. If your bike has ever spent a few weeks or more without use, you likely had a rubbing brake when you got back on. The rub is not a conspiracy, it is more likely a dry spot on the seal of the piston housed in the caliper. Fluid and cable actuated disc brakes alike can get a rub from lack of use just the same, but there is an easy fix. First, you need to gather a few bits to do a proper clean job: a can of brake-clean (from any auto parts store), a few clean rags, and a few Q-tips. Set up a well lit work space with music (to calm the savage beast). The WHY of the rub is usually a dry spot or crusty dirt contamination between the brake caliper body and piston -- either situation has the same fix. Start by taking the wheels out of the frame, and remove the brake pads by their preferred method, some bolt in, some have a spring clip. Pay attention to the pad orientation and right/left pad placement to avoid changing to many variables during the reinstall. Next you will have to do the first round of cleaning. Liberally spray down the brake pads, inside the caliper, and the brake rotor with the brake-clean. The Q-tips help in the tight spaces to get all the contamination out which might be contributing to the fussy brake. Crud build up might be causing the pads to drag along their path of movement which can contribute to the rub. Now with one eye looking into the caliper, squeeze the lever once (or a few times) to pump out the pistons a bit, usually a few millimeters max. Beware: too much pump out will pop the piston out causing temporary psychosis and money outlay. You will likely see a crust ring on the circumference of the piston which needs to come off with more brake-clean, Q-tips and elbow grease. Once clean, push the piston back into the caliper with a box end 10 mm wrench, make sure to encircle the little post in the center of the piston face if there is one, and do not push directly on the little post. With the system clean enough to eat off you can start the second

part of cycling/lubricating the piston seal. Start by pushing the piston all the way into the bore of the caliper with the wrench, then pumping it back out with the lever again, just a few millimeters. You will likely have one piston that is more active which means the other side is likely the problem child. Hold the more active piston into the caliper with the 10mm wrench to divert more pressure to the fussy piston. The sticky one will probably come out unevenly at first until you cycle it in/out enough to draw inner lubrication to the dry spot. Once it moves out freely, push both pistons back in and see if they pump out moderately even. It's not a perfect world so let close be close enough. Reinstall the cleaned pads and spray down the entire system once more with brake clean and wipe all bits down with a clean rag including the rotor. Put the wheels on, take a quick spin with light to medium pressure on the brake levers to heat up the pads. Once home, test for rub. If you have a rub, slacken the two bolts that hold the caliper to the frame, pump the brake lever vigorously and hold it tightly while you tighten two caliper bolts you just loosened. This should align the system and get the rub out. If all else fails turn the music up enough to quite the rub.

Weekly Rides and Trail Work...

Beginning in March and April, look for these and other weekly rides and trail work days:

MONDAY: Social Mountain Bike Ride

MONDAY: Beginner Road Ride

TUESDAY: Ladies Mountain Bike Ride

WEDNESDAY: Road Ride from HHS

THURSDAY: Massanutten Trail Work

FRIDAY: National Forest Fatty Mountain
Bike Ride

SATURDAY: Trail Work Day

SUNDAY: Casual Road Ride

**...for start times and updates
go to: www.SVBCoalition.org
and check out the Forum.**



Dave O'Neil and kids on a break from the climbing Superbowl Sunday.

2nd Annual Rocktown Trailrun

WHEN: Saturday April 18 @ 10 AM

WHERE: Hillandale Park

WHAT: 5 Mile Trailrun

WHY: Proceeds to benefit SVBC

HOW: \$15 entry fee

WHAT IF?: www.SVBCoalition.org



3rd Annual George Washington National Forest Earth Day Clean Up

We will be picking up trash along Tillman Road in Rockingham and Augusta County. Bring hiking boots, gloves, water, and possibly a sandwich. We'll work for about 4 hrs but any help for any amount of time is appreciated. For those interested there will be a mountain bike ride afterward. Questions? Contact Marshall Hammond 432-3312

Saturday, April 25
Meet at Food Lion on 42S @ 8 AM
or Dog Graveyard @ 8:30 AM



Most of the Superbowl Sunday crew on Flagpole and the bikes that got them there.



The Featured Road Ride

Lazy Days

Start at **Bridgewater College**

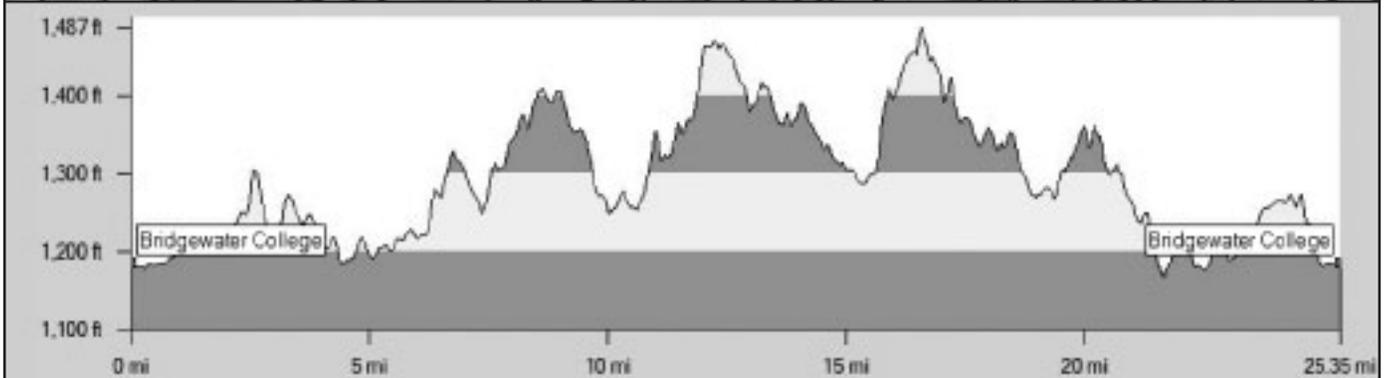
Dist		Turn		Road	Total Dist
-	mi		right (NE)	on to W College St	- mi
0.70	mi	Turn	right (NNE)	on to NW View St	0.70 mi
0.45	mi	Turn	right (ESE)	on to N River Rd	1.15 mi
0.27	mi	Turn	left (NNE)	on to Dry River Rd	1.42 mi
0.24	mi	Turn	right (ESE)	on to Old River Rd	1.66 mi
0.32	mi	Turn	left (NE)	on to SR 42 (N Main St)	1.98 mi
0.15	mi	Turn	right (ESE)	on to SSR 704	2.13 mi
2.28	mi	Turn	left (NE)	on to US 11	4.41 mi
1.36	mi	Turn	left (WNW)	on to SSR 701/756	5.77 mi
0.08	mi	Turn	left (W)	on to SSR 756	5.85 mi
0.94	mi	Bear	right (N)	on to SSR 712	6.79 mi
0.86	mi	Turn	left (NNE)	on to SSR 701	7.65 mi
0.07	mi	Turn	right (NE)	on to SSR 712 (becomes Mosby Rd)	7.72 mi
2.10	mi	Turn	left (NE)	on to US 11 (S Main St)	9.82 mi
0.48	mi	Turn	right (ESE)	on to Pleasant Hill Rd	10.30 mi
0.04	mi	Turn	right (SSW)	on to Stone Spring Rd (SSR 726)	10.34 mi
1.91	mi	Turn	right (SSE)	on to SSR 659	12.25 mi
1.34	mi	Turn	right (W)	on to SSR 704	13.59 mi
1.83	mi	Turn	left (SE)	on to SSR 679	15.42 mi
1.99	mi	Turn	right (SW)	on to SSR 680	17.41 mi
1.49	mi	Turn	right (WNW)	on to SSR 682	18.90 mi
3.14	mi	Go	straight (WNW)	on to SR 257	22.04 mi
2.73	mi	Turn	left (SW)	on to College View Dr	24.77 mi
0.22	mi	Turn	right (NW)	on to E College St	24.99 mi
0.27	mi	Finish	at	Bridgewater College	25.26

Here's a shorter route, originally used during the 1995 Bike Festival, to get the spring back into your legs. It's a little hilly, but nothing out of the ordinary for our area. Watch for traffic on a few of the busier roads, especially if making a left-hand turn. Enjoy. - Neups

After you try this ride, give some feedback. Go to www.SVBCoalition.org and head to the Forum. Start a new thread or add to an existing one so you can share your experience with others who can gain insight into the outstanding road riding here in the Valley. Not a member of the Coalition? Not a problem, just join! (The membership form is on the back page of this newsletter.)



Lazy Days



Lin Dist: 25.34 mi	Terr Dist: 25.35 mi	Elev Gain: 0.00 ft	Avg Grade: 2
Grade: 2	Latitude: N38° 22.701'	Longitude: W78° 58.257'	Elev: 1,184.40 ft
Climb Elev: 1,744.27 ft	Desc Elev: 1,744.27 ft	Max. Elev: 1,486.71 ft	Min. Elev: 1,166.25 ft
Climb Dist: 12.43 mi	Desc Dist: 12.85 mi		

2009 Season Passes

Western Slope passes are available for the 2009 year to all SVBC members. New for 2009 you can obtain a pass with your purchase of an annual SVBC membership. Massanutten has requested that all pass holders be SVBC members since this organization is the group that builds and maintains the trails of the Western Slope. There are two options for obtaining a pass: **1)** Commit to 8 hours of trail work, or **2)** Purchase a trail pass for \$50. For a full recap of the details of the Western slope and to obtain a western slope pass go the to the SVBC web site: <http://www.svbccoalition.org/massanutten.php>

Western Slope Trail Work Update

Massanutten officially opened for everyday use on February 15th (passes required) and work on the trails begins this March. SVBC will work hard this spring and summer to finish the new Upper Homestead Trail. This $\frac{3}{4}$ mile trail features spectacular views and some of finest hand work of any trail in Virginia. SVBC, with a grant from USA Cycling, will be bringing some trail work machines and operators to help with the finishing of this trail but volunteers will be needed in order to finish the trail prior to the Hoo-Ha/Super D

weekend. Come out to SVBC Thursday Trail Work Days and help finish this new trail while earning your pass to a great place to ride. **WHEN:** Every Thursday starting March 12th **TIME:** 5pm-Dark **WHERE:** Meet at the top of the access road of the Western Slope (Drive Slow!!)

2009 Massanutten Hoo-Ha and Super D June 6 & 7

It is still a few months away but the Massanutten Hoo-Ha Cross Country Race is on many peoples' minds. The race that has been going on for 21 years will get a major face lift this year by being part of the new GT Bicycle Golden Cup Series (Check out the details at www.gtisgolden.com/usa/usaeng/) as well as be a stop for the Kenda Cup (www.mtb-uscup.com) Series. This additional exposure will be a significant boost to the race participants which is a great thing for SVBC since Massanutten donates \$2/racer to the Coalition!! SVBC will be looking for a large number of volunteers to help with the event. This racing weekend has turned into one of the largest fundraising weekends for SVBC but we need your help. If interested contact Thomas: tj@shenandoahbicycle.com.



The Mellow Velo

The Newsletter of Shenandoah Valley Bicycle Coalition

Post Office Box 1014, Harrisonburg, Virginia 22803

Shenandoah Valley Bicycle Coalition Membership & Donation Form

Please return this signed, completed form along with your check made payable to: SVBC, PO Box 1014, H'burg, VA 22803

Name(s): _____ Address: _____

_____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Annual Membership Dues: SVBC membership runs on an annual basis beginning January 1st of each year. The Coalition is a 501(c)(3) organization so your membership and donations are tax deductible and will be used to further our Mission.

- | | |
|--|-------|
| <input type="checkbox"/> Individual Membership | \$15 |
| <input type="checkbox"/> Family Membership (Includes all members of household) | \$25 |
| <input type="checkbox"/> Big Wheel Membership | \$50 |
| <input type="checkbox"/> Two Wheel Membership | \$100 |

Additional Donation \$ _____

Membership / Donation Total \$ _____

- Please keep my contribution anonymous. I prefer to receive the SVBC Newsletter at the supplied e-mail address.

Insurance release: In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Coalition, the Coalition officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience suffered. I understand that the Coalition is not responsible for, and is not insurer of, my personal safety. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in bicycling, including wearing an approved helmet at all times. Consent to E-mail Notification & Communication: In signing this release for myself, or the named entrant, I consent to receive communications from SVBC electronically and agree that SVBC may communicate with me by e-mail or by posting notices on its web site. Any notice that SVBC is required to provide to me pursuant to the Virginia Nonstock Corporation Act may be sent to me via email at the address listed above.

Member Signature

Date

Signature of Parent / Guardian (under 18)

Date