

# The Mellow V'elo

May 2010

The Newsletter of Shenandoah Valley Bicycle Coalition

∞ SPRING EDITION ∞

## Your Comments are Needed to Ensure Mountain Bike Access in the George Washington National Forest

By Kyle Lawrence

The time has come for the George Washington National Forest to update the 15 year management plan that guides decisions in the National Forest. Currently in the draft phase, the plan can greatly impact the future of mountain biking in the National Forest and the Forest Service is seeking comments from user groups. While threats of trail loss due to wilderness and other management decisions are important concerns, we are focusing on the potential to expand mountain bike access with new trails. It is important that the planners recognize the need for more sustainable intermediate trails in the forest and that we emphasize our desire to see "no net loss of trail mileage." Check out the Coalition website for more information about what to put in your comment letter.

Please visit: [www.SVBC.org/gwplan.php](http://www.SVBC.org/gwplan.php) for detailed information.

Email your comments to: [comments-southern-georgewashington-jefferson@fs.fed.us](mailto:comments-southern-georgewashington-jefferson@fs.fed.us). Be sure to write "Comment on George Washington Plan Revision" in the subject line of your post.

Send your written comments to: George Washington Plan Revision, George Washington & Jefferson National Forests, 5162 Valleypointe Parkway, Roanoke, Virginia 24019-3050

## H'burg City Bike Plan

By Thomas Jenkins

After over a year of additions, modifications and public input, the new City of Harrisonburg Bike/Pedestrian Plan is about to take the final steps toward approval. The plan is scheduled to go before Planning Commission in June and City Council in July—delayed a month from the original schedule. There are numerous additions to the 2010 Bike Plan from the current 2005 plan. These improvements were generated from citizen input and from the recent Harrisonburg/Davis Bike Trip taken this past March by a group of City Staff and SVBC advocates.

## Virginia IMBA Festival May 28-31

By Chris Scott

The Stokesville Campground is welcoming back festival go'ers for the 5<sup>th</sup> year this Memorial Day weekend. The volunteer driven event has raised over \$20,000 for mountain bike advocacy in Virginia in the first 4 years. Please help it top the \$25,000 mark this year. Registration and event info can be found on [www.bikereg.com](http://www.bikereg.com). Valley locals are encouraged to come lend a hand, ride, and make a donation to support statewide and local singletrack access.

**MAY is NATIONAL BIKE MONTH!**

Details Page 6

[www.SVBCoalition.org](http://www.SVBCoalition.org)

LET'S RIDE!

# Shenandoah Valley Century

By Art Fovarg

Hard to believe, but the club's annual century has crept up upon us again. The event this year will be our 28<sup>th</sup> and is scheduled for Sunday, September 12. As always, rides of 25, 50 and 100 miles in length are being offered. Start/finish is Hillandale Park, shelter 11, with the checkpoint at Wildwood Park in Bridgewater. • And, as always, we need numerous helpers for the day of the century; folks to do registration, parkers, sag drivers, check point workers, etc. The Century is the SVBC's premier event – please consider the support you give to your local club by assisting on 9/12. If you think you can volunteer 2, 4 6 or 8 hours on September 12, give me a call (433-9247) or e-mail me at fovarg@comcast.net. If you have friends or family that may be able to help out, please ask them. • The Century committee has met once and planning has begun. The brochure is in progress & stay tuned for updates on the website. We will have fantastic door prizes again this year, with the list headed by a \$100 gift certificate to the Joshua Wilton House. The next planning meeting is scheduled for Wed, May 12, 7:45 PM, call or email for location. We hope to have brochures available for passing out – if you can help out in any way, please come. • Pass the word about our Century and encourage your friends, near & far, to come out. Our ride attracts riders from all over Virginia & other states. This is a fun event, at which we can showcase our club and the great cycling we have around here. So mark your calendars for September 12. Thanks.

**DON'T MISS THE SVBCoalition  
MEETING AND SOCIAL!!**

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



## Tillman Road 2010 Earth Day Trash Pickup

By Marshall Hammond

It truly takes a village to make a difference. In this instance 18 wonderfully caring folks joined in the Tillman Road Trash pick up to celebrate 2010 Earth Day in the National Forest. Given the 4 hours spent collecting, depositing, raking, and digging a total of 72 hours was logged for volunteer time in the GWNF. Some highlights from the day include: Roland's determination that the species is doomed, Theo and Dennis enjoying the shale pit and its hidden treasures, Tom, Tim, Jason, and Andy fishing for tires, Andy's new technique for removing water from said tires before hauling (nice throw Andy). The "Ladies of the Trash" busting a move on Tillman south of the Dog Graveyard (Connie, Amy, Kari, Katy, and Marcia), Johnnnny and the pididdle mud flap red neck diesel hauling the trash as only Johnnnny can, the McCoy family unit owning a mile of Tillman all to themselves (Anna, Jane, Kathleen, and howitzer calves). Ten folks then enjoyed the fruits of their labor by riding the ridge on Narrowback. A GREAT effort by some very special people. In total, we netted netted 2100 lbs of trash. This is the "official" weigh ticket from the Forest Service. THANKS all.

## DR100 Event Benefit

By Steve Tomasi

Please plan on volunteering and/or participating at the first annual DR100, a Metric Century & ½ Century Charity ride & 5K run (check out the website DR100.org), scheduled for September 18 (pending the final 2010 JMU football schedule).

This event is in memoriam of Dr. Joseph Mirenda who was struck and killed on a bike just 5 miles south of JMU this past August. The Metric Century ride will be a one way trip from Wintergreen to JMU and there will also be a 50K loop ride (starting and returning at JMU CISAT campus) as well as a 5K run on JMU's CISAT grounds followed by caterers and a band/DJ at the finish line. We plan on attracting many college students as Dr. Mirenda's son just started JMU and is part of the Greek system. All proceeds will go to set up a JMU scholarship for students experiencing a chronic event. This event will be a perennial event being offered every year in September. The JMU Foundation and University Advancement are on board with this event.

We've also received an excellent preliminary level of support from various cycling enthusiasts such as cycling clubs (in Harrisonburg, Waynesboro, Staunton, Charlottesville, & Roanoke) as well as corporate interests like Wintergreen, various bike shops, running shops, JMU, restaurants, hospitals, banks & law firms. There has also been a high level of preliminary corporate sponsorship discussions from various banks, professional firms, and other companies (First Bank, BB&T, Community Bank, Farmers & Merchants Bank, NewBridge Bank, Elmore Hupp & Co, Lenhart Obenshain, NTelos, Sayre Enterprises, Clear Channel Communications). A very very important note is that we want all out of town participants/guests (which will probably be many from Virginia Beach, Charlottesville, Richmond, Lynchburg and Roanoke) to see what an awesome, friendly, bike loving community we live in called the Shenandoah Valley! Contact: Steve Tomasi, Tomasi@CountrysideInc.biz, 540.383.6414

## City Comprehensive Plan Meetings

By Than Dang

The City of Harrisonburg will be holding a series of four evening meetings to give residents the opportunity to contribute to the update of the city's comprehensive plan. Beginning April 29<sup>th</sup>, Planning Commission will join all interested citizens in the auditorium of the Lucy F. Simms Center for Continuing Education to participate in discussions on themes such as development and transportation and other community issues. The conversations and ideas will be recorded and will be incorporated into the comprehensive plan where appropriate. Each event will occur once a week, for four consecutive weeks, from 7:00 – 9:00 PM.

**Thursday, April 29<sup>th</sup>:** Land use and Transportation, **Wednesday, May 5<sup>th</sup>:** Natural Resources and Community & Safety Issues, **Thursday, May 13<sup>th</sup>:** Cultural Resources and Revitalization, and **Wednesday, May 19<sup>th</sup>:** Housing and Collaboration.

The comprehensive plan is a citizen developed, all inclusive document, required by the state code to be reviewed every five years. Goals, objectives, and strategies are outlined in the plan and are used by city officials to implement the desires of the community. "It's important to get the input of the community as we update the comprehensive plan," said Stacy Turner, Director of Planning and Community Development. "This document helps guide city officials on policy and planning decisions, having the participation of our residents helps us make sure that we are moving in a direction that works for all of our residents."

Evening themes correspond with subject matter and existing chapters of the comprehensive plan. The current plan is available to the public online at the city's website [www.harrisonburgva.gov/compplan](http://www.harrisonburgva.gov/compplan) or by calling the Department of Planning and Community Development at 540.432.7700.

# Bicycle Infrastructure

By Lara Mack

As we move deeper into spring and experience all the weather variations of this significant season, I feel like our projects to build bicycle infrastructure and the commuter culture have been just as varied and important. Our trip to Davis, California facilitated an understated yet extremely significant shift in the mindset of city staff. Before, when proposing different important bicycle infrastructure integrations, the city often responded to our queries with multiple explanations of why each of these projects weren't possible. Since Davis, we better understand the very real challenges we face but also recognize that improved bicycle infrastructure in our city is not impossible. When we speak with city staff now they don't tell us why it can't be done they ask us how it can be done. Might not seem like much, but this slight change in the view of city staff signifies the opening of many windows (if not doors) for us.

We have initiated projects, seen things get done, and are supporting the city in creating more bicycle infrastructure this summer. We have taken many steps forward and momentum is still building. The number of folks stepping out of their cars for local trips and riding bikes is growing. I see more bicycles on our streets every day and we have already passed our goal of 200 pledges in a year for the One Mile Challenge campaign. Five more months remain to get as many more pledgers as possible and build the community of people that are engaging in our local bicycle advocacy efforts. Community members have come together to plan over 15 different events for our first ever celebration of National Bike Month during May. We will be installing a beautiful bike mural that will remain a constant reminder of the joy that bicycles can bring our community. Our means of advocating for bicycles have diversified and are visible and inviting to far more of the community now than it ever was before.

Setbacks are always part of the game too. The proposed 2011 city budget reflects a need for the city to do some severe cutting back on spending

and, as to be expected, the \$30,000 set aside for bicycle infrastructure is one of the things to go. We understand the economic state Harrisonburg and the rest of the country is in and the need for the city to evolve to work within the current restraints. However, when I think about it critically, the budget cut doesn't mean we have lost much. Sure, funding is huge, but with all that has been done by our community in less than a year (nearly always done voluntarily, free of charge) we can easily recognize just how much we are willing and can do with 0 dollars. So lets keep this up!

## More Bike Lanes Coming to the 'Burg

By Thomas Jenkins

This summer you should see the first phase of new bicycle improvement in the City. Bicycle lanes have been approved by Public Works to be installed on Main Street between Port Republic Road and Cantrell—this will be made possible by reducing the size of the car travel lanes and using the cutter pan as well as three feet of asphalt to create a five foot bike lane. This will hopefully not be the only bicycle lane addition near a City University. EMU President has agreed to car parking removal on Park Road which will allow for bike lanes on a stretch of Park Road.

## City of Harrisonburg Applies for Bike League Status

By Tammy Jinkson

Bronze, Silver, Gold, Platinum—these are the four rankings the League of American Bicyclists gives to cities that are recognized for their achievements in bicycle infrastructure, planning and education. This spring the City of Harrisonburg applied to the League to become a bike friendly city and results from the application should be available this summer. This is another step Harrisonburg is taking to help make the City more bicycle friendly.



# The Featured Road Ride

## South To Sidney

Start at Hillendale Park, Shelter #1

Dist	Turn	Road	Total Dist
- mi		Shelter #1	- mi
0.04 mi	Turn left (SSE) on to	Hillendale Ave	0.04 mi
0.15 mi	Turn right (W) on to	S Dogwood Dr	0.19 mi
0.25 mi	Turn left (SE) on to	Hidden Creek Ln	0.44 mi
0.29 mi	Turn right (WSW) on to	SR 42 (S High St)	0.73 mi
0.27 mi	Turn right (NNW) on to	SSR 726 (Erickson Ave)	1.00 mi
1.47 mi	Turn left (W) on to	Flint Ave	2.47 mi
0.32 mi	Turn right (NNE) on to	Dexter Dr	2.79 mi
0.07 mi	Turn left (N) on to	Clement Dr	2.86 mi
0.16 mi	Turn left (NNW) on to	Belmont Dr	3.02 mi
0.13 mi	Turn left (W) on to	Old Route 33	3.15 mi
0.48 mi	Turn left (S) on to	SSR 701	3.63 mi
2.43 mi	Go straight (S) on to	College St	6.06 mi
0.03 mi	Turn right (WNW) on to	SSR 732	6.09 mi
0.06 mi	Go straight (W) on to	Bowman Rd	6.15 mi
0.39 mi	Turn left (S) on to	Westview St	6.54 mi
0.48 mi	Turn right (WSW) on to	SR 257 (Mason St)	7.02 mi
1.65 mi	Turn left (SSE) on to	SSR 738 (Dry River Rd)	8.67 mi
1.52 mi	Turn right (WNW) on to	N River Rd	10.19 mi
0.26 mi	Turn left (SSW) on to	W View St	10.45 mi
0.52 mi	Turn left (SE) on to	W Bank St	10.97 mi
0.30 mi	Turn right (SW) on to	SR 42 (S Main St)	11.27 mi
0.90 mi	Turn left (SSW) on to	SSR 699	12.17 mi
2.77 mi	Turn left (SSE) on to	SSR 646 (Fadley Rd)	14.94 mi
3.10 mi	Bear right (S) on to	SSR 732 (Roman Rd)	18.04 mi
0.52 mi	Turn left (SE) on to	SSR 804 (Salem Church Rd)	18.56 mi
2.15 mi	Bear left (SSE) on to	SSR 616 (Salem Church Rd)	20.71 mi
0.33 mi	Turn left (ESE) on to	SSR 626 (Seawright Springs Rd)	21.04 mi
1.45 mi	Turn left (NNE) on to	US 11 (Lee Hwy)	22.49 mi
12.96 mi	Turn left (NW) on to	Pleasant Hill Rd	35.45 mi
0.77 mi	Turn right (NE) on to	Pear St	36.22 mi
0.21 mi	Turn right (ENE) on to	SR 42 (S High St)	36.43 mi
0.09 mi	Turn left (NW) on to	Hillendale Ave	36.52 mi
0.40 mi	Finish at	Shelter #1	36.92 mi

This is a good leg stretcher, with lots of little hills to keep them sharp. Keep your eyes sharp, too, as there are a lot of turns in the first half of the course. Watch yourself on Route 11, especially as you get inside the city limits.

Enjoy -- Neups

## Bike Month Events

Email [bike.ped.challenge@gmail.com](mailto:bike.ped.challenge@gmail.com) for more information or to volunteer.

**WEEKLY EVENTS • SVBC Daily Rides** When & Where: Visit [www.svbccoalition.org](http://www.svbccoalition.org) for the schedule, start locations and ride descriptions. Community rides for every sort of cyclist in our area. Check out SVBC's regular bike ride schedule for one that fits you best! Mondays: Social Mountain Bike Ride. Tuesdays: Fast Road Ride. Wednesdays: Social Ride. Thursday: Tempo Road Ride • **Free Community Bike Repair** When: 10 AM – 3 PM Mondays in May: May 3, 10, 17, 24 and 31. Where: Our Community Place Lawn, the Everyday Bikes Shed, on N. Main St. The Community Bicycle Shop is another effort to ease greenhouse gas emissions while providing affordable transportation for all members of the community. Used bicycles are donated to the shop, then the bikes are refurbished and "sold" to customers in return for donated labor.

**BIKE MONTH SPECIFIC EVENTS • Bicycle Mural** When: Beginning in May. Where: North wall of the Shen-Valley Band Instrument store, North Liberty Street, Downtown Harrisonburg. Local artists will be installing a bicycle-related mural. Check out the progression of the mural throughout the month! • **Rules of the Road Workshops** When: throughout bike month. Where: TBA and can be set up at your work place. Learn your rights on the road as a cyclist as well as the best rules to follow to keep you safe and allow you to enjoy your ride with your fellow vehicles. Come with any questions you may have about bicycling as a form of transportation. Contact [bike.ped.challenge@gmail.com](mailto:bike.ped.challenge@gmail.com) to set up this workshop for your business in preparation for Bike to Work Day!

**WEEK 1 • Petrol Free Gypsy Carnival Tour DIY Workshop** When: Tuesday, May 4<sup>th</sup>, 7:30 PM. Where: Our Community Place. The Petrol-Free Gypsy Carnival Tour is a bicycle powered music and art tour for peace, social justice and a healthy planet. Members of the Petrol-Free planning collective will be speaking about how and why they decided to organize the tour and how they kept costs down by making their own saddle bags, trailers and bicycle powered electricity generators. **LEARN HOW TO MAKE YOUR OWN WATERPROOF SADDLE BAGS.** • **Bike Themed Trivia Night** When: Tuesday, May 4<sup>th</sup>, 9 PM. Where: Clementine Cafe. Clementine's regular raucous trivia night with a bicycle-inspired twist! Come out for a night of mind exercising fun!

**WEEK 2 • SVBC Welcome and Open House** When: 6:30 PM – 7:30 PM Monday May 10. Where: Basement of Clementine Cafe, Downtown Harrisonburg. Will be followed by SVBC's monthly meeting from 7:30-9:30. Learn how the Coalition came to be and about SVBC's current bicycle advocacy efforts. You will also have the opportunity to see what it is to be a member of the coalition and sign up if you like! • **Petrol Free Gypsy Carnival Tour Harrisonburg Kick Off Show** When and Where: Tuesday May 11<sup>th</sup>. Check out <http://www.gypsycarnivaltour.org/> for time and location of the show! • **Rules of the Road Workshop:** All you need to know about how to be a good bicycle commuter and have a great time. When: 7-8 PM, Tuesday May 12<sup>th</sup>. Where: Clementine Cafe Basement, Downtown. Learn about your rights on the road as a fellow vehicle as well as the laws that we must follow as a unique form of transportation. Get to check out bikes with accessories that can make your ride easier and get any questions answered about bike commuting like how to develop a safe and efficient

route to work for you! • **Alley CAT** When: 8 PM – 11 PMISH Friday May 14. Where: Starts at Court Square, Downtown Harrisonburg. Cost: \$3 suggested donation. Bicycle scavenger hunt! Choose your own adventure all around Harrisonburg! Bring bike helmets and pens.

**WEEK 3 • Bicycle Hoedown!** When: 5 PM – 9 PM Sunday May 16 (pot luck at 5 PM; dancing starts at 6 PM; music jam at 8 PM). Where: Liberty Park, Downtown Harrisonburg. Cost: \$5 suggested donation. Kids under 12 are free. Those who arrive by bicycle get a free scoop of ice cream! Bring friends and family for fun activities including fun hoedown dancing with a bicycle twist, bike-churned ice cream, face painting, mural painting, kids games, and food. • **Ride of Silence** When: 7 PM Wednesday May 19. Where: Starts at EMU Commons parking lot (north end of campus on the west side of Park Road). This ride is a slow paced ride to remember all those injured or killed while riding their bikes on public roadways. The loop will be 10-12 miles. The Ride of Silence happens in hundreds of communities around the world. For more info see [www.rideofsilence.org](http://www.rideofsilence.org) • **Bike to Work Day** When: Friday May 21. Your ride to work! Join tens of thousands of people across North America for this annual celebration of bicycle commuting! This May, Harrisonburg warms up with workshops and a friendly contest between workplaces. To sign up or learn more about the day's events, visit [tinyurl.com/hburg2work](http://tinyurl.com/hburg2work) • **Community Bike Ride** When: 12pm Saturday May 22. Where: Starts at Harrisonburg Farmers Market, Downtown Harrisonburg. A family friendly ride centered around the neighborhoods of Downtown Harrisonburg. Riders must wear a helmet, all bike types encouraged, bike trailers and tag-a-longs also welcomed. Kids who can ride two wheels will have an option as well. The ride is not about speed, distance or racing .... It is about building a community two wheels at a time. • **Bike Month Movie Night & Harrisonburg/Davis Bike Trip Documentary** When: 7:30 PM Saturday May 22. Where: Court Square Theater, Downtown Harrisonburg. Cost: \$7. Parking: Ride your Bike!! Bring your friends for a two wheel bicycle Movie Night at Court Square Theater in Harrisonburg. SVBC will be showing the 80's bicycle classic "American Flyers" which will be preceded by the first showing of a short Documentary of the Harrisonburg/Davis Bicycle Trip. A social will immediate follow the showings at the Blue Nile Restaurant/Lounge, a great opportunity to meet fellow cyclist and ask question to those who went on the Harrisonburg/Davis Bicycle.

**WEEK 4 • Commuting for Peace Presentation** When: Tuesday May 25<sup>th</sup>, 7:30 PM. Where: Our Community Place. Presented at the Intercollegiate Peace Fellowship Conference this year. Transportation alternatives in the 21<sup>st</sup> Century - Oil wars, sustainability, community, poverty, and biking? This presentation explores the connections between riding a bicycle and peace as well as learning tools to promote cycling as a viable and beneficial form of transportation.



## Massanutten Hoo-Ha Mountain Bike Race June 19 and 20

This June the Hoo-Ha race/event will return for the 22<sup>nd</sup> year in a row, bigger, better and more fun than ever. This year's event will be the finals of the US Cup Triple Crown All Mountain Pro Series. But don't worry you don't have to be a Pro to participate, there will be events and classes for all skill and ages levels for the cross country mountain bike race on Sunday. The fun will start at 1pm on Saturday with the Pro Super D race, immediately followed by the amateur Super D event. Make sure you stick around or just come out for the fast action Short Track Pro race Saturday after the Super D event. This NASCAR style event will feature the top mountain bike

racers in the country battling it out on the newly built SVBC Short Track Course.

## Thursday Trail Work Evenings Continue into June

Thursday trail work evenings have started with record numbers this year. SVBC has been spread out over the mountain in March and April but the volunteers find their way each week to the work location. Improvements have been made to the Homestead Trail by the Spring House, the Upper Ravine Trail and the construction of the new Short Track Course (also the finish for the Super D and Hoo-Ha). Thursday Trail Work evening will continue up to the Hoo-Ha Race then alternate back to Hillandale.



**Don't miss out on the  
Thursday Trail Work action!  
[www.svbcoalition.org](http://www.svbcoalition.org)**

# 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 (# of cyclists over 12 _____)          | \$25  |
| <input type="checkbox"/> Individual Lifetime Membership                           | \$300 |
| <input type="checkbox"/> Family Lifetime Membership (# of cyclists over 12 _____) | \$500 |

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 e-mail at the address listed above.

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian (under 18)

\_\_\_\_\_  
Date