

The Mellow Vêlo

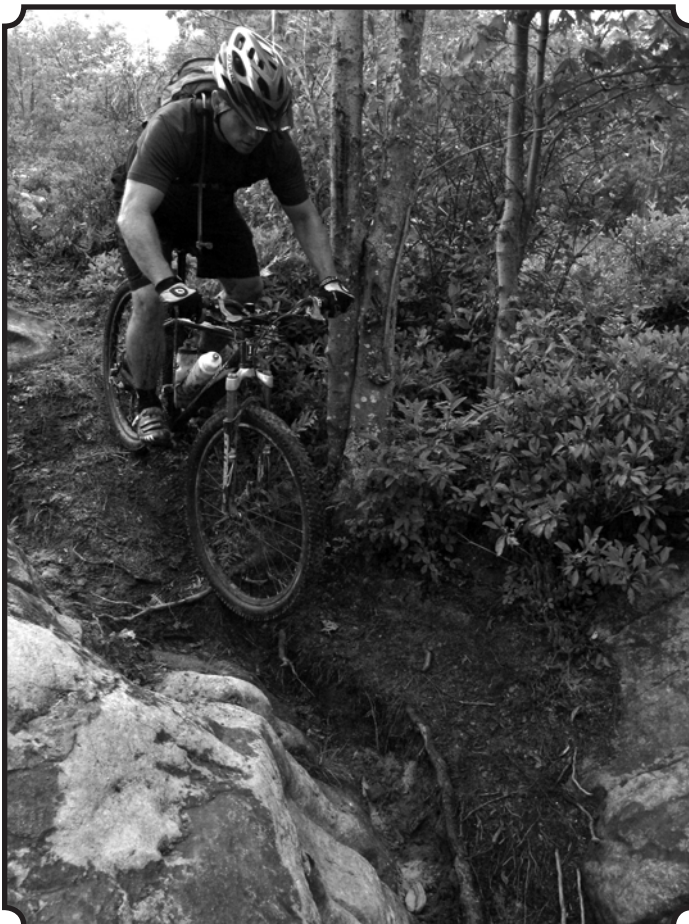
August 2008

The Newsletter of Shenandoah Valley Bicycle Coalition

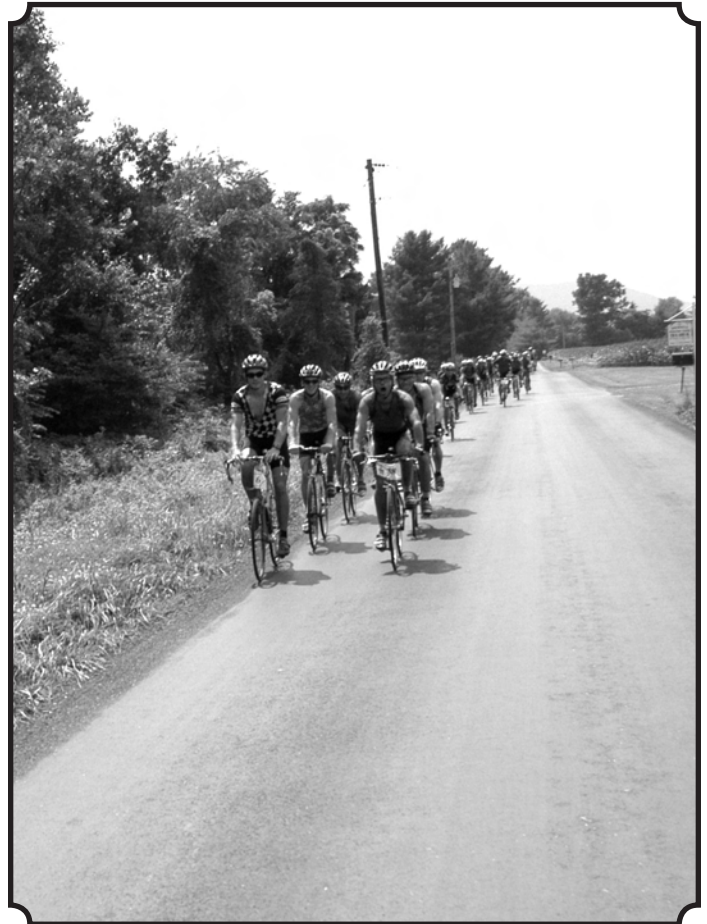
The Double Header

by Thomas Jenkins

The fall season has always been a great celebration for Harrisonburg cycling, you can ask just about anyone in the road or mountain bike scene. Until recently two of the local cycling groups operated their fall festivities separately. The thin tire folks have marked their place in the Valley bicycle scene with the Shenandoah Valley Century; this year will be no different with the 26th annual running of Century (thanks Art!!)...(continues Page 2)



Photograph courtesy of Justin Wimpey.



Photograph courtesy of Branch Crockett.

Bicycle Education Tent at International Festival

by Thanh Dang

Following up on Len Van Wyk's "Fall Bicycle Clinic" story last edition, our planning group would like to invite you all to join us at the Bicycle & Pedestrian Education Tent on September 27 at the International Festival, at Hillendale Park. The tent will feature bicycle maintenance demonstrations, a big collage of photos to visualize what a really bicycle friendly Harrisonburg...(continues Page 2)

LET'S RIDE!

• www.SVBCoalition.org

DON'T MISS THE SVBCoalition MEETING AND SOCIAL!!

**IT'S ON THE SECOND MONDAY OF EACH MONTH:
7:30 - 9:30 @ CLEMENTINE
DOWNTOWN HARRISONBURG**

The Double Header (continued)

For the past 13 years Harrisonburg fat tires lovers have celebrated their love for riding bicycles with the Shenandoah Mountain Bike Festival. In 2008 these two local cycling events which are rich in tradition will reach a new milestone: for the first time the "Coalition" will be the headliner for these two fun cycling weekends. Most folks have not noticed any changes with local cycling activities since the two clubs (Shenandoah Valley Bicycle Club & Shenandoah Mountain Bike Club) merged at the start of 2008 and don't expect any changes with this year's fall "Festival" or "Century." • But 2008 might be a great opportunity to step out of your usual bicycle habits and try experiencing the "other" fall event. Fat tire folks should think about signing up for one of those great rides during the fall century. Thin tire lovers could maybe ride out to Stokesville in October and soak in the great campground vibe or meal. Even though the Century and Festival have operated under different organizational names the events have been driven by the same two wheel passion. It might surprise folks how similar we as cyclists are regardless of the width of our tires or circumference of our wheels. So as you are planning your fall bicycle weekends think about sketching a new event on your calendar. You don't have to devote another whole weekend to two wheels but maybe just commit an hour or two. You can come to the either event to volunteer, ride or just hang out and meet some fellow local or visiting cyclist. This fall will be no different than years past, but it might be a great time to try something new. • Hope to see you at the Century and Festival!!

Bicycle Education Tent (continued)

could look like (we want to get people excited!), bicycle routes and route planning maps, fun quizzes to test everyone's knowledge on safe walking, bicycling, as well as quizzes for motorists, giveaways (bicycle helmets, safety lights, stickers, etc), and a bunch of great bike enthusiasts to help answer questions and share ideas with. • If you would like to become involved in helping us get others excited about bicycling in any way, shape, or form please contact me at thanhd@harrisonburgva.gov, 434-5928, or come to our next planning meeting on August 19, 9am, 320 E Mosby Road. I've posted additional information on the SVBC forum as well. If you'll be at the International Festival please come visit us at the tent – we'll be near the Rocktown Trails entrance!

The "Nameless Trail"

by Thomas Jenkins

Many names have been thrown around for the new trail being built at Massanutten. This newest edition to the Western Slope has been referred to as the "View Trail", "New Trail" and "Upper Homestead." But even though no official name has been decided, construction continues most Thursdays on SVBC's biggest western slope endeavor. Finish work crews continue to make the last touches on the first 1000 feet constructed while rock and corridor crews lay the ground work for the remaining 3000 feet of trail ahead. Volunteers have put forth over 400 hours of work on this trail so far but probably 1500 more will be needed to complete this valuable link to the trail system. SVBC hopes to have this trail completed by June of 2009 (just in time for the Hoo-Ha and Super D weekend). If you have not seen the trail we encourage you to take a look – once you see what is being constructed you will want to join in this amazing trail project.

2008 Western Slope Trail Passes

Passes assigned: 78

Passes paid for: 16

Passes earn from trail work: 24

Those needing to fulfill trail work commitment
(you know who you are!): 38

Blast From the Past!

by Marshall Hammond

From the August 1987 Shenandoah Valley Bicycle Club Newsletter: **President's Column**

"Hope you caught some of the Tour de France this year. It was quite wide open and an exciting race. The 7-Eleven team had a good showing with three stage wins and placing 2 riders in the top 20. If you appreciated WHSV-TV and the Daily News Record's coverage, why not drop them a line? • As a tribute to bicycling in the Valley, Norm Gulliksen was approached by the League of American Wheelmen personnel about holding a GEAR (Great Eastern Rally) here. Two GEAR's were held in Harrisonburg in the 1970's and left positive impressions. These meets draw thousands of cyclists. Norm responded that the SVBC isn't large enough to sponsor GEAR, but would be willing to work with any group that wishes to sponsor. • The Shenandoah National Park reversed its decision to ban the Baltimore Bicycle Club's Tour in September, with the stipulation that it be limited to 80 riders. (See 7/22 Daily News Record). It is good to see the Park is willing to compromise. • Remember the bicycle shops in our area: AAA Rearview, Cool Breeze and Mark's. They all support bicycling in the area and the SVBC. We urge you to use their services." -Art

• It seems really funny to see reference to the 7-Eleven squad and coverage by WHSV and the DNR. Stephen Roche won that year, he is a commentator for VERSUS. I guess some things do not get better. I bet the club could support GEAR now, but the load would have to be equally spread around. A way to check would be to see how many volunteers are repeats for the SVB Festival, Century, and the Mountain Bike Festival. Hmmmm....maybe we need some more time. Boy, I can still see the face of the Park Ranger when the Tour hit Big Meadows from the service road and Tannery Ridge that one year. Perhaps they regret their decision to allow the gentler Baltimore cycling club in. Finally not many remember Rearview's shop and Cool Breeze wasn't Garth's yet, I even believe Les was wrenching there at the time. Let me know if I am right. Mark's is still Mark's and certainly with

stood the test of time. I wonder how many young guns worked for Mark over the years?

Last Cyclist To Fall: City Railroad Crossing Update

by Denise Martin

"You weren't the first cyclist to fall there and you won't be the last." I heard this statement countless times after my May 1 fall on the Route 11 South railroad crossing near Rocco Avenue. When will the last cyclist fall then? • For decades cyclists have been falling at two skewed angle railroad crossings in Harrisonburg: 11 South and Country Club Road. At the present, no opportunity for a reasonably safe crossing exists. Swerving out to ride perpendicularly across the tracks requires advance knowledge of the highly unusual angle of the crossings, careful planning for multiple openings in traffic, and potentially dangerous maneuvers across/into busy lanes of traffic. Alternately, the technique of dismounting into a busy lane of traffic (sans shoulder) is sometimes risked. • An assembly of SVBC members and representatives from Harrisonburg City and Norfolk Southern recently met to discuss options to make the crossings safer. Compressible flangeway fillers that completely fill the inner flange gaps are not an option at this time because of the train type, regulations, and current technology limits. The proposed plan is to create road shoulders and bicycle paths that allow the cyclist to turn right, cross the tracks perpendicularly, turn left, and merge back onto the roadway. In addition, the entire Route 11 crossing needs to be reworked with a rubber filler to replace an old inside metal "chair rail" that seems to be diverting bicycle wheels. • For these plans to be implemented, Harrisonburg City and Norfolk Southern representatives will need to work closely together to plan for, finance, and complete the work. The final improvements to be implemented and a completion date remain unknown. • If you fell at the tracks, please contact Thomas Jenkins: TJ@shenandoahbicycle.com



Some Upcoming Events...

August 23: Annual Ice Cream Ride Leaving at 9am from Mr. J's Bagels, Harmony Square Shopping Center, Rt 42 North. We'll ride 2-3 hours. The Club will pick up the tab for our treats. Contact Neups (438-1488) or Marcia (432-3312) for more information.

August 31: 10th Annual Shenandoah Mountain 100 This mountain bike event will bring an international field of competitors as well as a campground full of more casual mountain bike riders who are looking to experience a full day of back country riding in one of the most popular bike destinations on the east coast. Harrisonburg Local's Jeff Schalk and Sue Haywood own the course records in this National Ultra Endurance Series event. The event is promoted by local Harrisonburg business, Shenandoah Mountain Touring and is supported by the SVBC, MORE and CAMBC. For more information: www.mountaintouring.com.

September 14: 26th Annual Shenandoah Valley Century Enjoy the beautiful back roads of the Shenandoah Valley. Rides of 25, 50, and 100 miles over rolling to hilly roads. Checkpoints, snacks, drinks, sags, baked goods. 300 rider limit. Start/finish at Hillandale Park. Preregistration \$12. For information: Art Fovargue, 1043 Chestnut Dr., Harrisonburg, VA 22801, phone (540) 433-9247, e-mail century@svbikeclub.org, or Marcia Lamphier (540) 432-3312.

September 18-22: Battle of North Valley's Hills Come join us as we traverse the foothills of the famous Shenandoah Valley. Options for Family Rides, 30, 60, & 100 mile recreational road rides, hikes, guided walking tours, and optional MTB tours will carry you on a journey through history and focus on some of the Civil War's most famous battles. Register by 8/16 to save 10%. For more information: www.forba.org

September 27-28: Bike MS 2008: Best of the Blue Ridge, the Artie Levin Memorial Ride A 2-day bike tour that will take place at the Fairgrounds of Buchanan, VA with all proceeds going to support those living with MS and to help find a cure for MS one day. For more information: www.bikemsva.org

October 10-12: 13th Annual Shenandoah Mountain Bike Festival in Stokesville, VA Planning is currently underway for the fall Shenandoah Mountain Bike Festival. The "Festival" is a three day event marked with rides, meals, camping and

trail work. It takes many hands to get this annual fund raiser (all proceeds go to the Coalition) off the ground, so volunteers will be needed. For details of the event, rides and volunteer positions visit the svbcoalition.org !!

...and Weekly Rides...

Monday SVBCoalition Social MTB Ride: Casual spin in the mountains or Hillandale Park. Contact Thomas 434-9943, tj@shenandoahbicycle.com

Monday SVBCoalition Beginner Road Ride: 5-10 miles in 1 to 1.5 hours. Contact Rich Harris 828-2380, harrisra@jmu.edu

Tuesday SVBCoalition Fast Road Ride: A fast two hour road ride, different each week. For more info contact Thomas 434-9943, tj@shenandoahbicycle.com

Tuesday Ladies Mountain Bike Ride: Different levels of difficulty each week. The first Tuesday of the month will be at Hillandale Park and is geared for those who are new to fat tires on trails. The middle Tuesdays of the month will be at a beginner to intermediate location and the final Tuesday of the month will be a challenging ride.

Tuesday Dry River Road Time Trial Series: May-Sept. 2nd and 4th Tuesdays 6:30 pm sign up and first rider off. Helmets are required. This is an open road event, watch for traffic. Contact Jody Hess 433-3013 or 568-6880

Wednesday Social Road Ride: 5:15 pm from Harrisonburg High School on Garbers Church Road. A fun, social road ride approximately 2 hrs. Ride leaves at 5:15 sharp. Contact Marcia for details, 432-3312.

The Thursday Trail Series at Massanutten Western Slope and the Rocktown Trails at Hillandale Park. For more info contact Thomas 434-9943, tj@shenandoahbicycle.com

Thursday "No Leader" Fast Road Ride: 6:00 pm Keezletown, Every Thursday. Ride leaves at 6:00 from Keezletown Elementary. Ride averages ~35 miles @ ~20 mph. There is no official ride leader; instead, I'll hand out maps whenever I'm there, and the ride will do the same loop every time, so riders can hang with the front group until they fall off, then finish the rest of the loop at their own speed. Contact Matthew Wikswo for more info, 434-242-3693 or wikswo@cstone.net

...For more events and updates go to: www.SVBCoalition.org and check out the Forum.

Wolfe Ridge Update

If you happen to be traveling on the Wolfe Ridge Trail don't be worried about all the flagging or open corridors you might notice along the fall line portion of the trail. These signs of change are not for logging but for the future construction of reroutes on this popular Reddish descent. In late May the North River Ranger District had several work crews opening the corridor for the future reroutes that are part of the Coalition's DCR Grant that was awarded in the fall of 2007. Expect the first of several legs to be built during the fall Shenandoah Mountain Bike Festival.

SVBC Total Volunteer Trail Work Hours in 2008: 1,000

Hillandale Rocktown Trails: 248

Massanutten Western Slope: 402

George Washington National Forest: 350

Shenandoah Valley Bike Festival Recap

by Ron Copeland

The 17th Annual Shenandoah Valley Bike Fest held at Our Community Place in Harrisonburg was a great success. We had more riders than we have had in recent years – 135! Riders enjoyed the gorgeous weather, the stunning scenery, the hills :), and the rest stops including a second one on the back half of the 50 that was GREATLY appreciated. We are seeing more and more local folks trying out and succeeding with the 25 and 50 – this, combined with the home cooked meal following the ride and coupons for Clementine Restaurant



Photograph courtesy of Rich Edwards.

and Shenandoah Bicycle Company on the back of the rider numbers, is beginning to give the event a truly homegrown Harrisonburg feel. OCP would especially like to thank members of the SVBC who selflessly gave of their time and energy to help ensure the success of the day. Over the years, the Bike Club has been very patient with the more bicycle-challenged folks here at the OCP, and we appreciate the help and the good relationship. We are already looking forward to next year! See you then! Peace and Love from OCP.

26th Annual Shenandoah Century

by Art Fovarge

The Coalition's 1st century (the 26th Shenandoah Valley Century) is coming up on Sunday, September 14. As always, cyclists start at Hillandale park and the route consists of four 25 mile loops. Checkpoint is back at Wildwood Park in Bridgewater this year. • Registrations have been coming in at a regular rate. Paninis and other great food at the finish, and door prizes, are included in the package. • We're looking for numerous folks to volunteer at least two hours; jobs include sag drivers, parking assistants, food prep & work at checkpoint, and general gopher service. If you can help out in any of these efforts, contact Art at century@svbikeclub.org or leave a message at 433-9247. • Also, help will be needed to mark roads. We will have our traditional ride to do this on Labor Day, September 1. We will meet at Wildwood Park in Bridgewater at 9:00 AM.

The Pump Track Scene

by Rich Edwards

Ben Blitch of B4 construction and design visited town last week to assess the current pump tracks in town and offer suggestions on how to expand the Hillandale track into a larger and more diverse facility that provides opportunity for wheels of all sizes. He rode the skate park, Justin's track, and the Hillandale track with various local riders to get a feel for what people liked to ride and how they liked to ride. Ben also spent some time working on the new trail at the Nut and helped groom the Hillandale track. A proposed plan for the Hillandale track is up on pumptrackbuilder.com. The small track in lower left corner is the current track and the majority of the expansion will be tree covered. Hopefully site prep work and dirt acquisition can be accomplished during the winter and building can happen next spring.

The Mellow Velo

The Newsletter of Shenandoah Valley Bicycle Coalition

Post Office Box 1423, 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 1423, 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