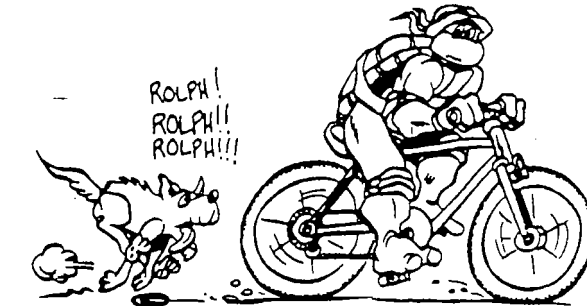
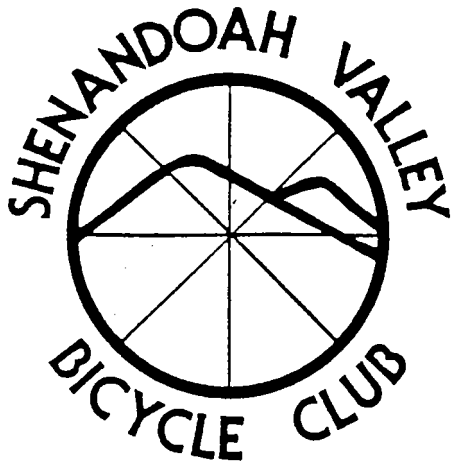


MAY 1991



RIDE A BIKE

RIDING A BIKE
INSTEAD OF USING
A CAR SAVES
ENERGY AND REDUCES
POLLUTION. IT'S
ALSO A GREAT WAY
TO KEEP IN SHAPE!

FROM THE WHEEL/RESTON BICYCLE CLUB

MAY NEWSLETTER -- FROM JACK FOSTER

Spring has arrived with a flurry of events that are occurring with amazing frequency. These opportunities to enjoy the special qualities of cycling, in the Valley should satisfy many interests. Despite the cool wet conditions, Earth Day weekend was an appropriate example of things to come. We look forward to the upcoming major events in May and June. The American Lung Association's Clean Air Challenge, May 5th at Massanutten's Ski Center is the "intensified" result of the ever popular "Pizza Hut" rides. Only 19 other sites in the United States were chosen for this event. Hiking and use of recreational facilities are also available. Details are listed and also posted at many shops in the area. The bike route has been planned by none other than Art Forvarge and Russ Culver. This neck of the woods has great appeal as is witnessed by the continued success of the "Yee Hah" near Keezletown. Although enjoyment of this mountain bike event is greatly enhanced through participation, the wide variety of events married with the "laid back" execution provide a wonderful entertainment for anyone. Everybody celebrates! Bike Virginia rolls right through the Valley May 21-25. Whether you choose to ride, support or both, this is an opportunity to meet many cyclists outside of the Valley. Come join SVBC on a perennial favorite ride to Todd Lake May 23rd. This is a food stop that is perfect considering the surroundings. cyclists will be rolling in early (about 8:00 am). Anyone interested in a dawn ride at 6:30? If interested, call Jack (828-4047). Help in marshalling this event as it rolls through will be appreciated. The exciting pro/am event the Tour duPont will be coming right through Harrisonburg in May. Check the bike shops for further details.

On a more local note, the topic of the next meeting, Monday May 13th will concern organizing rides and tours. Demanding schedules and interests pose many conflicts to these regular activities. In attempting to meet these challenges a survey indicating your interest and preferred time to ride is included. This survey will also be available at the bike shops. Input provided by this survey will determine the nature and time of upcoming rides that will be planned May 13th. The meetings are also moved to Hillendale Park with a 6:00 ride preceeding. If you want to enjoy the fellowship of club riding, it is imperative that we receive your input. With all that is happening, it is not hard to believe that the SVBC century is just around the corner. Keep spinning!

A very special "thank you" to all my volunteer course marshalls. Despite the damp, cool weather; everyone's excitement and enthusiasm was great. They all are to be commended for a job well done!

Also, my congratulations to Mitchell Slaymaker, race director, for the smooth operation of Saturday's race.

Again, thanks for all your help with the Harrisonburg Cycling Classic!!

Marcia

Barb Polin
Sue Arnold
David Frye
Art Fovargue
Dennis Kenney
Ed Strothers
Karen Mason

Gene Miller
Sarah Miller
Jack Foster
Robin Baldwin
Suzanne Cavanaugh
Mark Deusche
Bonnie Bauserman

Heather Michaels
Jennifer Rota
Pat Hinson
Heather Watson
Chris Marshall
Massanutten Amateur Radio
JMU ROTC

DRESS FOR SAFETY, Revisited

Last month's Dress for Safety article wonderfully describes the importance of dressing in bright, light-colored clothing to enhance our visibility when we try to get a ride in before dark or as we commute home by bicycle. The piece cites the distances that five different types/colors of clothing can be seen under the best of circumstances: no opposing headlights, a clear windshield, and a young sober adult behind the wheel. Of course we realize that's rarely the situation because of the frequency of oncoming vehicles, dirty windshields (even dirtier headlights), many older drivers (a 50 year old requires nearly twice the illumination a 20 year old requires), and the unfortunately high numbers of drivers impaired by a great variety of substances (it's been estimated that 1 of every 8 drivers is alcohol impaired on Friday evenings).

Let us now consider the importance of speed as it relates to the distances cited in Dress for Safety because vehicle drivers must not only be able to see and identify us as cyclists, but must be able to do so in time to properly react and steer safely around us.

Time in Seconds to Travel Stated Distances at Various Speeds

Distances	20 mph	30 mph	40 mph	55 mph
Visible 55 ft	1.9	1.3	0.9	0.7
80 ft	2.7	1.8	1.4	1.0
120 ft	4.1	2.7	2.0	1.5
150 ft	5.1	3.4	2.6	1.9
500 ft	17.1	11.4	8.5	6.2

Celebrate Cycling!

Ride the **NATIONAL BIKE RIDE**

MAY 18-19, 1991

It's easy! Just ride your bike anywhere, any distance, and for any purpose on May 18 or 19. For information, or to order a 1991 "I Rode The National Bike Ride" pin (\$3), write: National Bike Ride, P.O. Box 388-AD, Bristol, VT 05443.

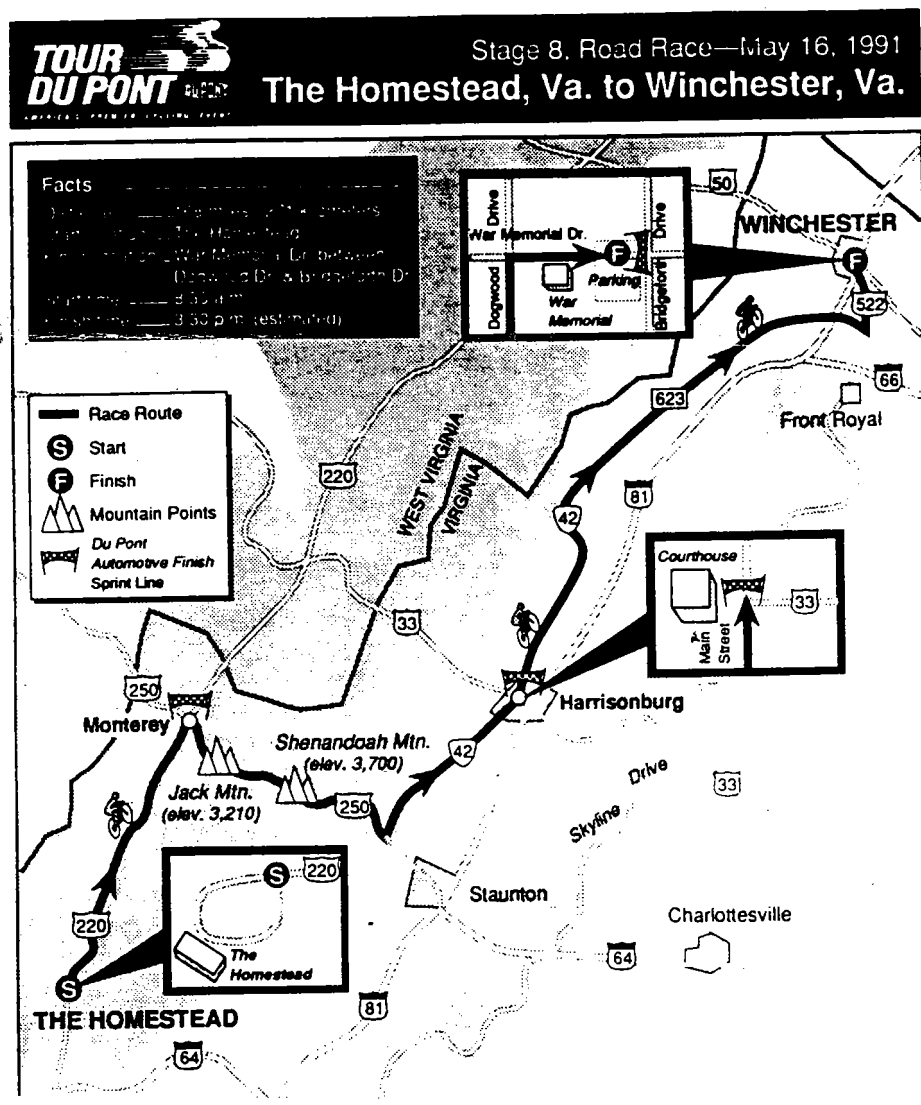
SPONSORED BY THE BICYCLE INSTITUTE OF AMERICA

Allen Webb, The Pedaler (RABA)

1991 Tour Du Pont -- America's Premier Cycling Event comes through HARRISONBURG on May 16th!!!

SEE: Greg Lemond, Davis Phinney, Canada's Steve Bauer of Team Motorola, Norway's Dag-Otto Lauritzen 1989 Tour de Trump winner and 1984 Olympic gold medalist Alexi Grewal of Boulder, Colo.

STAGE 8, May 16th The Homestead (Hot Springs, VA) to Winchester, a 168 mile road race will pass through Harrisonburg sometime between 12-2 pm (the early afternoon). They will come into town on 42, cross over Cantrell Avenue and turn onto North Main Street. In front of the Joshua Wilton House, a 10 second time bonus plus \$500 cash awaits the first rider over the sprint line. The race will roll onward through Court Square, a left onto Elizabeth Street and back onto 42 heading for Winchester and the end of the race.



Stages

Prologue, May 9
 Wilmington, Del.

Stage 1, May 10
 Delaware Bay Road Race, Wilmington, Del.

Stage 2, May 11
 Newark, Del. to Columbia, Md. Road Race

Stage 3, May 12
 Arlington Circuit, Arlington, Va.

Stage 4, May 13
 Fredericksburg, Va. to Richmond, Va. Road Race

Stage 5, May 13
 Richmond Criterium, Richmond, Va.

Stage 6, May 14
 Richmond, Va. to Wintergreen Resort, Va. Road Race

Stage 7, May 15
 Charlottesville, Va. to
 The Homestead (Hot Springs, Va.) Road Race

Stage 8, May 16
 The Homestead to Winchester, Va. Road Race

Stage 9, May 17
 Winchester, Va. to Harrisburg, Pa. Road Race

Stage 10, May 18
 The Pocono Mountains Circuit, Stroudsburg, Pa.

Stage 11, May 19
 Time Trial, Wilmington, Del.

MINUTES

The April SVBC meeting was called to order by Jack Foster at about 7:10 PM on April 8, 1991 at the Valley Wellness Center.

The next meeting will be held on May 13, about 7 PM at Hillendale Park. It will be preceded by a casual ride leaving from the Park at 6 PM.

Marcia Lamphier gave the Treasurer's report; it was \$853.84.

Marcia called for volunteers to help with the Adopt-a-Highway litter pickup on April 14 and promised to provide goodies. (Historical Note: she did, however, then it rained (more) and so we had to go home.)

Marcia also called for volunteers to act as road marshalls at the H'burg Cycling Classic, April 20. (Historical Note: Marcia did a great job, and in spite of the RAIN & COLD, it was fun.)

Art Fovargue summarized the planned SVBC activities for Earth Day. Dave Frye and Jack Foster will lead rides. Art asked for volunteers to help with the booth and bicycle parking. (Historical Note: It didn't RAIN, but was a little COOL - thanks to all who helped!)

Some discussion took place regarding the proposed Wilderness area in the G W National Forest. Gene Layman felt it wasn't necessary (Wilderness designation that is, not the discussion). Marcia said Steve Sherwood would be willing to do a program to discuss the Wilderness proposal, and Forest Service policy.

Rita Hertel gave us an update on the Lung Assoc's Clean Air Challenge, planned for May 5 at Massanutten (If you have not gotten a brochure by this time call 434-LUNG for further info).

The passage of the Tour DuPont through H'burg in May was discussed.

Jack reminded everyone of the Bike Virginia tour which will be passing through our area in June.

Jack called for members to lead rides, and that it would be desirable to put together a season long schedule.

Jack announced that time trials start April 16, at 5:45 PM.

Gene Miller brought up that it would be nice to have the west side of Massanutten opened up to bicyclists. Jack (I think) mentioned that there may be more acceptance of this. Serena Benson mentioned that Steve Sherwood told her that an old jeep trail in Massanuttten may be opened for bicyclists.

The meeting closed about 8:15 PM. There were 12 in attendance.

BIKE VIRGINIA / Shenandoah Valley Odyssey / June 21-26, 1991

Bike Virginia will be in the Bridgewater area on Sunday, June 23. The SVBC will be providing a Rest Stop at Todd Lake for the riders.

I am seeking volunteers to help me with our Rest Stop. There may be as many as 800 bikers coming through our area -- I NEED YOUR HELP!!! Marcia (432-0419).

SVBC members are invited to ride along with the Bike Virginia Group on any parts of the ride.

TIME TRIAL RESULTS - April

Name	4/16	4/23 windy cool/cold
Tim Wolters		27:45
Craig Lowry	23:30	24:11
Garth Kunkle		23:21
Rich Spencer		24:00
Mark Devlin		24:48
Kevin Arnold	23:43	
Sue Arnold	25:17	
Dave Frye	26:52	
Bill Klan	31:02	
Ron Shenk	27:48	
Greg Gum	26:10	
Mike Wenger	25:21	
Mike Downey	25:36	
Neups Neupauer	26:48	
Steve Hull	28:16	



CLEAN
AIR
CHALLENGE

Bike or Hike for Clean Air

A family event celebrating
the air we breathe.

May 5, 1991

Massanutten Resort

For more information call
703 434-LUNG
or
1 800 345-LUNG.

 AMERICAN LUNG
ASSOCIATION®
OF VIRGINIA

For a limited time, the League of American Wheelmen is offering a trial membership. For four dollars, you will receive: two issues of BICYCLE USA, the League membership magazine which contains informative articles, product reviews, bicycle action information, health and legal advice, and a national ride calendar. Please send four dollars to: L.A.W., 6707 Whitestone Rd., Suite 209T, Baltimore, MD, 21207-4106.

TRIAL MEMBERSHIP OFFER

For a limited time, the League of American Wheelmen is offering a trial membership. For four dollars, you will receive: two issues of BICYCLE USA, the League membership magazine which contains informative articles, product reviews, bicycle action information, health and legal advice, and a national ride calendar.

Name _____
Address _____
City _____ State _____ Zip _____
Club _____

send application and four dollars to:
League of American Wheelmen
6707 Whitestone Rd.
Suite 209T
Baltimore, MD 21207-4106

this trial membership offer is good through September, 1991. Please allow time for processing.

As part of the thirty-fifth annual celebration of National Bike Month the League of American Wheelman is conducting a survey to find out more about the nature and needs of the active bicycling community. Please answer the following questions and return the form by May 31, 1991. If you include a stamped, self-addressed envelope (SASE) we will send you a National Bike Month sticker and a reprint of "Bicycle Commuting," one of the items from the 1991 Bike Month Organizer's Kit, as long as supplies last. You could help even more by duplicating the survey form (or contacting us for more copies) and encouraging other cyclists to complete it. We need the maximum possible response in order for the data to be meaningful. If you do not have, or wish to provide, information for each item, that is fine. Any information that you do give is helpful. Thank you for your participation.

1. How many miles did you bicycle in 1990? Est. _____ or Actual _____
2. In a typical year what is your annual mileage? _____
3. In a typical year what is your average monthly mileage?
Jan _____ Feb _____ Mar _____ Apr _____ May _____ Jun _____
Jul _____ Aug _____ Sep _____ Oct _____ Nov _____ Dec _____
4. If you know it, what was your actual monthly mileage for 1990?
Jan _____ Feb _____ Mar _____ Apr _____ May _____ Jun _____
Jul _____ Aug _____ Sep _____ Oct _____ Nov _____ Dec _____
5. Where do you ride? _____
6. What percentage of your riding would you estimate to be off-road? _____ on road? _____
7. Of your off-road riding, what percentage is on a bike path? _____ Which one(s)? _____
8. When do you ride? Time of day _____ Day(s) of week _____
Months _____
9. For what purpose(s) do you ride? _____
10. What obstacles are you aware of? _____

11. Female _____ Male _____
12. Age _____
13. Why does bicycling appeal to you? _____

14. Please give any references you have to similar information about bicycle usage in your area (club surveys, campus or employer studies, etc.) - or better still, enclose a copy.

Return survey by May 31, 1991 with an SASE for your sticker and reprint to: Anne Markham, BUSA Survey, League of American Wheelmen, 6707 Whitestone Road, Suite 209, Baltimore, Maryland 21207. Thank you.

OR BRING TO MEETING MAY 13
AND WE'LL MAIL IN

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

If this box is checked, your dues expire this month

Name(s) _____ Phone _____

Address _____
street city state zip

Check type of membership desired:

INDIVIDUAL (\$7) FAMILY (\$10) JUNIOR (12-16 Yrs.) (\$4)

NOTE: Membership begins in March of this year, and lasts until next March.

PLEASE INDICATE YOUR INTERESTS BELOW

RIDE CLASS DESIGNATION	APPROX. SPEED (MPH)	APPROX. DISTANCE (MILES)	CHECK HERE
A	14-22	25-100	_____
B	12-16	15-60	_____
C	8-12	10-35	_____
D	less than 10	5-15	_____

INDICATE TYPE(S) OF CYCLING IN WHICH YOU ARE INTERESTED

Racing Off-Road Recreational Overnight Tours Other (specify) _____

WOULD YOU BE INTERESTED IN SERVING ON ANY OF THE FOLLOWING COMMITTEES?

Racing Touring Program Safety Century

SHENANDOAH VALLEY BICYCLE CLUB RELEASE

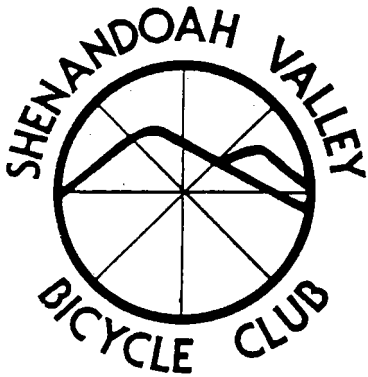
All club members must sign the release below. For persons under the age of 18, the parent or guardian must sign. Any person riding on an invitational status must furnish a release. This signed release will remain in effect as long as the Club is officially active.

In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others 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 Club is not responsible for and is not an 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 cycling.

 signature of Club member or applicant date signature of parent or guardian of member under 18

RETURN TO: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801

If this box is checked, your dues have expired, and this is your last newsletter



P.O. Box 1014
 Harrisonburg, VA
 22801



Cool Breeze Cyclery and Mark's Bike Shop contribute to the cost of the monthly newsletters