

~~MAY~~

~~April~~ NewsLetter

SVBC Officers

President: Michael Neupauer 434-1878

Vice President: Greg Gum 828-0520

Secretary: Michelle Gum 828-0520

Treasurer: Marcia Lamphier 289-6712

President's Column

Thanks to all who came to last month's meeting! That sure was fulfilling. To those who missed it, make sure you make the May meeting at Hillendale Park. The meeting will focus on planning the season's rides. Bring your favorite cue sheet and calendar. Sign up to lead. In the works are a Shenandoah National Drive ride, an overnighter, and Ice Cream Ride II.

May is National Bike Month. Make sure you show all your colors. Try to partake in the National Bike to Work Day, this year it's on the 19th.

With the Tour DuPont coming to the area, there is the need for volunteers. To help at the Massanutten finish on the 12th, call June Brinkman at 289-9441. The riders should come in around 2pm. To help with the JMU start on the 13th, call Ed Steele at 433-2474. Start time is 10am. Ed guarantees T-shirts to his marshals. He needs 100 for the Harrisonburg area.

One last note. We'd like to publish everybody's mileage for the year. Keep track of yours and we'll collect it at the end of the year.

Neups

April Meeting Minutes

The meeting was opened by Neups on April 13, 1992 at 7:30pm. Seven members and 3 guests were present at the Wellness Center. Summer meeting times were discussed. A pre-meeting ride will start at 6:00pm and the meeting will be at 7pm at Hillendale park.

Sherrie Landis, and intern with the ALAV, gave a brief talk and video on the 2nd Annual Clean Air Challenge which will be held on Sunday, May 3rd at Massanutten Village. This year a Bike, Hike or Swim Challenge will be offered. An environmental fair, meal, and incentive party will take place.

Time Trials started on April 14th and will run every Tuesday at 5:45pm except for May 12th due to the Tour DuPont. Starting line is in Montezuma. Neups mentioned that the impromptu Saturday rides are still continuing and should have more people showing up now that the weather is warmer.

Marcia gave a Tour DuPont update. Volunteers are needed on May 12 and 13. Contact June Brinkman at 289-9441 to help on May 12 at Massanutten. For May 13, contact Ed Steele from the Community Activity Center needs volunteers for the Harrisonburg Day at JMU. Ed guarantees T-shirts and can be reached at 433-2474.

Adopt-a-Highway Road Cleanup is scheduled for Thursday, May 14 and Wednesday, May 20 at 6:30pm. Park at R.R. Donnelly and Sons. Bring gloves and boots.

SVBC will be parking bikes during Earth Day activities on April 26th at Hillandale park.

Art gave an update on the bike plan.

May is National Bike Month and Ride to Work day is May 19.

Staunton will host the USCF Masters Eastern Sectional Championships in August.

Treasurer's report shows \$1584.21 in the bank.

Respectfully Submitted,
Michelle

Shenandoah Valley Bike Festival July 24 - 26 July 31 - August 2

The Harrisonburg/Rockingham Chamber of Commerce is holding the Shenandoah Valley Bike Festival in late July and Early August in Harrisonburg and Rockingham County. The rides being planned vary in distances and include a century ride. All rides leave from the C.F.Gilkerson Community Activities Center (Westover Park) in Harrisonburg.

Organizers Don Hohienstein and Bill McNulty expect 400-500 cyclists to participate in the festival. Various companies are sponsoring rides during the festival. The event will also be a fund raiser for the Chamber of Commerce.

The SVBC is being asked to provide ride leaders for the Bike Festival rides. Anyone interested in leading a ride(s) please call Marcia 289-6712 as soon as possible. Lets show our support of this local cycling event!!!

****Ride leaders will ride the route with participants and be responsible for monitoring routes.**

Volunteers are also needed for other various duties throughout the festival. Contact the chamber of commerce at 434-2319.

Shenandoah Valley Bike Festival Ride Schedule

July 24 - 26 July 31 - Aug 2

** Ride schedule is the same for both weekends **

Friday Rides

Time	Distance	Ride Name
=====	=====	=====
4:00pm	32 Miles	Pastoral Ride
4:30pm	32 Miles	Prisoner of Zenda
5:00pm	18 Miles	Turkey Loop
5:30pm	7 Miles	Family Ride
7:30 pm	Dinner and Lecturer	

Saturday Rides

Time	Distance	Ride Name
=====	=====	=====
7:00am	100 Miles	WLR/Coors Century Ride
8:00am	50 Miles	Cross County Ride
9:00am	30 Miles	Dry River Run
10:00am	30 Miles	Westward Ho!
10:30am	18 Miles	Lazy Days
4:00pm	20-40 Miles	
4:30pm	15 Miles	Buffalo Chips
5:30pm	10 Miles	Family Fun

Sunday Rides

Time	Distance	Ride Name
=====	=====	=====
9:00am	50 Miles	Base of the Mountain
9:00am	25 Miles	Mennonite Country Ramble
10:00am	39 Miles	Weyers Cave Jaunt
10:30am	18 Miles	Gertie's Gambol

All Weekend Rides

Time	Distance	Ride Name
=====	=====	=====
9:00am - 5:00pm	9 Miles	Arboretum Rides
9:00am - 5:00pm	32 Miles	Natural Chimney Ride

RIDE CALENDAR - MAY INTO JUNE

					MAY 1	2
3 Clean Air Challenge Massanutten	4 Ladies' Ride 5:45pm Cool Breeze	5 Time Trials 5:45pm-Dayton	6 Training Ride 6:15pm Cool Breeze	7 Ted's Ride 6:15pm Keesletown Elem. School	8	9 Impromptu Ride-1pm Waterman Elem. School
10	11 SVBC Pre-Mtg. Ride-6pm Hillandale 7:30-Meeting	12 Tour DuPont Massanutten Finish NO Time Trials	13 Training Ride 6:15pm Cool Breeze JMU Tour Start	14 Ted's Ride 6:15pm Keesletown Elem. School	15	16 SNP Ride 9:30am-Neups 434-1878 50 miles - A
17	18 Ladies' Ride 5:45pm Cool Breeze	19 Time Trials 5:45pm-Dayton National Bike to Work Day	20 Training Ride 6:15pm Cool Breeze	21 Ted's Ride 6:15pm Keesletown Elem. School	22	23 Impromptu Ride-1pm Waterman Elem. School
24	25 Ladies' Ride 5:45pm Cool Breeze	26 Time Trials 5:45pm-Dayton	27 Training Ride 6:15pm Cool Breeze	28 Ted's Ride 6:15pm Keesletown Elem. School	29	30 Impromptu Ride-1pm Waterman Elem. School
31	JUNE 1 Ladies' Ride 5:45pm Cool Breeze	2 Time Trials 5:45pm-Dayton	3 Training Ride 6:15pm Cool Breeze	4 Ted's Ride 6:15pm Keesletown Elem. School	5	6 Impromptu Ride-1pm Waterman Elem. School

****Helmets are required for all CLUB rides.****

OTHER RIDES

- MAY** NATIONAL BIKE MONTH
- MAY 2,3** COMMONWEALTH CLASSIC CYCLING TOUR, 124 MILES, BENEFITS THE LEUKEMIA SOCIETY
FOR MORE INFORMATION CALL 1-800-886-4483
- MAY 16** ANNAPOLIS SPRING CENTURY, 4TH ANNUAL, RAIN OR SHINE
FOR MORE INFORMATION CALL 301-923-0806, 301-261-6750, OR 410-269-8013
- JUNE 20-27** GRABAAR VII, 500 MILES, \$140
FOR MORE INFORMATION CALL 608-256-2686
- JUNE 30-JULY 5** LAW NATIONAL RALLY, RIVER FALLS, WISCONSIN
FOR MORE INFORMATION CALL 715-425-4484
- JULY 2-5** BAM '92, BICYCLE ACROSS MASSACHUSETTES, 55-65 MILES/DAY, \$145
FOR MORE INFORMATION CALL 505-268-5207
- JULY 24-26** HARRISONBURG BIKE FESTIVAL
JULY 31-AUG 2 HARRISONBURG BIKE FESTIVAL
- AUGUST 7-10** GEAR '92, CANTON, NY
FOR MORE INFORMATION CALL 315-379-5659 OR NEUPS 434-1878
- AUGUST** MASTERS EASTERN SECTIONAL CHAMPIONSHIPS, USCF, STAUNTON

Late Addition to Calendar

May 17. Spankys to Spankys, Harrisonburg, 1pm. 15 miles easy pace. Food afterwards. Meet at parking deck. Contact Terry Ambrose.

Welcome New and Returning Members

New Members

Johnstone Coppock Harrisonburg

Renewed Members

Bernard Edwards
Alvin/Darlene Mowbray Harrisonburg
Steve Slaubaugh
Mike Wenger
Joseph A. Ragione

Dry River Time Trial Results

Name	4/14/92
Dave Frye	27:36
Jody Hensley	25:07
Joe Hiney	25:10



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BIKE to WORK

BICYCLE COMMUTING

IT'S AN EASY, INEXPENSIVE, AND HEALTHY ALTERNATIVE TO RISING GAS PRICES!

May is **National Bike Month**, and it offers a perfect opportunity to start bicycle commuting—*Bike to Work Day*, May 19, 1992. Find out how easy it is to use your car less and use your bike more.

For more information send SASE to:
League of American Wheelmen
190 W. Ostend St., Suite 120
Baltimore, MD 21230

NATIONAL
Try Biking!
BIKE MONTH

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

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.

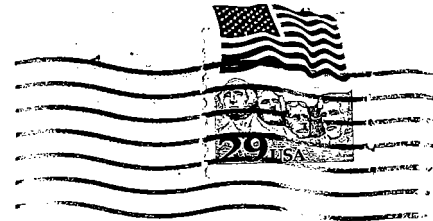
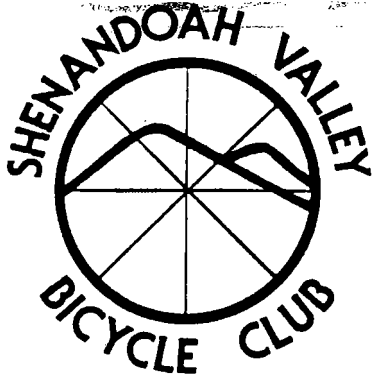
In signing this release for myself, or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or 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



P.O. Box 1014
Harrisonburg, VA
22801

Gregory & Michelle Gum
Rt 1 Box 419
Bridgewater, VA 22812

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

If this box is checked, your dues expire this month

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