

JUNE

May 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

While riding the Clean Air Challenge, I kept questioning to myself why I decided to pay to torture myself. But the weather and scenery were both beautiful. A shower and plenty of food and friendly banter after the ride helped ease the pain. My thanks to Gene Miller for taking the lead when I needed it.

I had the opportunity a week later to ride with the Cool Breeze gang. Cruising at 26 mph in a pack was a great feeling, even if I only lasted six miles. Those guys can move! But I was especially glad to note that we all wore helmets and all traffic laws were obeyed. That sets a good example for those watching us in their cars.

The May pre-meeting ride was a nice fifteen mile jaunt. We even had a guest from Nashville. Try to join us for next month's. It's a ride all can enjoy. After the ride we'll have a speaker from the Harrisonburg Bike Festival. Be there!

Neups

May Meeting Minutes

The meeting started right on time after a 5 rider, 15 mile jaunt. Six members and one guest were present. Art submitted three rides to the calendar. Neups Added his ice cream ride. Anyone wanting to submit one should contact Neups.

Marcia again stressed the need for ride leaders at the upcoming Harrisonburg Bike Festival. Be sure to contact here for more details. Brochures have now come out on the festival. Pick one up.

Neups added a plug for individuals to join one or both of the national bicycling organizations, The League of American Wheelmen or Bikecentennial. Call Neups if you would like more information on either.

The Treasury stands at \$1,364,46

Time trials are on again- They're not just for the racers. The only one you have to beat is yourself. Just Try It.

The meeting ended around 8:05pm

Respectfully Submitted,
Neups

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.

RIDE CALENDAR - JUNE INTO JULY

| | | | | | | |
|--|---|------------------------------------|--|---|----|--|
| | June 1 Ladies' Ride 6:15pm Cool Breeze | 2 Time Trials 5:45pm-Dayton | 3 Training Ride 6:15pm Cool Breeze | 4 Ted's Ride 6:15pm Keezletown E.S. | 5. | 6 Impromptu Ride-1pm Waterman Elem. School |
| 7 | 8 SVBC Pre-Mtg. Ride-6pm Hillandale 7:30-Meeting | 9 Time Trials 5:45pm-Dayton | 10 Training Ride 6:15pm Cool Breeze | 11 Ted's Ride 6:15pm Keezletown E.S. | 12 | 13 Impromptu ^{Camp on} Ride-1pm ^{cow} Waterman Elem. School ^{Pastor} |
| 14 Dave Fry's Camp on Cowpasture | 15 Ladies' Ride 6:15pm Cool Breeze | 16 Time Trials 5:45pm-Dayton | 17 Training Ride 6:15pm Cool Breeze | 18 Ted's Ride 6:15pm Keezletown E.S. | 19 | 20 Impromptu Ride-1pm Waterman Elem. School |
| 21 | 22 Ladies' Ride 6:15pm Cool Breeze | 23 Time Trials 5:45pm-Dayton | 24 Art's Ride 6pm-Spotswood Elementary Sch. | 25 Ted's Ride 6:15pm Keezletown E.S. | 26 | 27 Impromptu Ride-1pm Waterman Elem. School |
| 28 | 29 Ladies' Ride 6:15pm Cool Breeze | 30 Time Trials 5:45pm-Dayton | July 1 Training Ride 6:15pm Cool Breeze | 2 Ted's Ride 6:15pm Keezletown E.S. | 3 | 4 |

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

OTHER RIDES

- June 20-27 GRABAWR VII, 500 miles, \$140
For more information call 608-256-2686
- June 24 Art's 20-miler. B-class ride. 6pm. Call Art for details, 433-9247.
- 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 19 Art's 30-miler. B/C-class ride. 1pm. Singer's Glen. Call Art for details, 433-9247.
- 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 at 434-1878
- August 22 2nd Annual Ice Cream Ride. B/C-class ride. Call Neups for details, 434-1878.
- August 23 Art's annual Reddish Knob ride. B-class ride. Call Art for deatils, 433-9247.
- August MASTERS EASTERN SECTIONAL CHAMPIONSHIPS, USCF, Staunton

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 |

June Update

Marcia Still needs ride leaders for the Bike Festival. To date she only has 5 ride leaders! Come on and help show off our city and valley by being a ride leader. Call Marcia at 289-6712. Thanks

Late Addition to Calendar

Camp on the Cowpasture

Dave Frye is leading an overnigher into the Deerfield area on June 13-14. Leave around 8am for a total round trip mileage of 160 miles. Slow pace. Carry all supplies for camping or provide your own SAG. Contact Dave for more information at 433-1800.

Trash Pickup

Rain Date for our adopt-a-highway program is June 10. Meet at R.R. Donnelly at 6pm. Come out and lend a hand. It shouldn't take to long to wrap it up.

Welcome Returning Members

Dwight & Vicky Denlinger
Charles Scott

Dry River Time Trial Results

| Name | 4/14/92 | 5/19/92 |
|----------------|---------|---------|
| Dave Frye | 27:36 | |
| Adam Gutterman | | 26:14 |
| Jody Hensley | 25:07 | |
| Joe Hiney | 25:10 | |
| Mike Neupauer | | 25:17 |

Cycling On ESPN

| | | |
|--------------|-----------------|-----------------------------------|
| June 1 | 12:00 - 12:30am | Grundig Mountain Bike World Cup |
| June 29 | TBA | Tour De France Preview |
| July 25 | 5 - 6 pm | US Olympic Cycling Trials |
| September 18 | 12 - 1 am | Grundig Mountain Bike World Cup |
| October 2 | 1 - 2 am | World Mountain Bike Championships |

Also Jeep National Championships and Tour De France

Thanks to Art for this Information

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 (87) FAMILY (410) JUNIOR (12-16 Yrs.) (34)
 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.

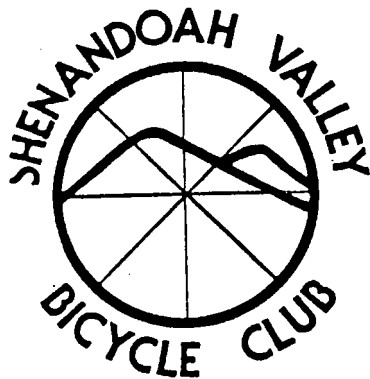
signature of Club member or applicant

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