



July 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

June's meeting sure felt good. We had eleven(!) riders for the pre-meeting ride. Again we did about fifteen miles, though this time it was both more hilly and more traveled than May's ride. Thanks to all who joined us.

July's meeting will have no ride. It's a family picnic. What we'd like to do is meet everyone. I'm still relatively new to the area and don't know near enough of the seventy-plus members that I should. We'll provide the shelter (#1), utensils, plates, and napkins. You can provide a covered dish and yourself and your family. Come meet your comrades.

Look for the club's revised constitution in this newsletter. The officers have updated it (from 1986) to bring it in line with current practice. If you would like to look over the 1986 version, please call me. The new version will be voted on at the August meeting.

Neups

June Meeting Minutes

The meeting was started by Neups at 7:30pm on Monday, June 8, 1992 at Hillendale Park following a very hilly 15 mile ride.

Dave Frye discussed his upcoming ride to Deerfield on June 13-14. It is to be an overnigher of 140-160 miles round trip. Overnight camping is to be at Williamsville and is primitive. Bring everything you need including water.

Neups mentioned the Adopt-a-Highway trash pickup on Wednesday, June 10, 1992 at R.R. Donnelly. Workers to arrive at 6pm.

Neups told of a rider coming from Winchester on Father's Day who would like some maps of our rides in the 35 - 50 mile range. The rider, Mr. Lonus, has a ride book and he would like to swap with other riders.

Art announced a Century Workers meeting on June 17, 1992 at his house. Art also

announced a ride he is leading on June 24, 1992 at Spotswood Elementary. Meet at 6pm for a "B" class 20 mile ride.

Neups discussed his Tour Du Pont Stage 7 ride on July 18, 1992 with a rain date of July 19, 1992. This A-A+ class ride from Harrisonburg to Hot Springs over the same route as the Tour riders traveled. SAGS are needed. Cookout at Neups following ride and return trip home.

Jeff Smith spoke about the upcoming Harrisonburg Bike Festival. He discussed ride leader responsibilities and handed out maps of the courses. Ride leaders are needed and ride leaders get all the benefits of meals, snacks, T-shirt, water bottle and pool party.

For July meeting, we will have a family picnic at 6pm. No ride before this meeting. Club provides utensils, plates and napkins. Bring covered dish(es) and drinks.

Treasurer's report shows \$1,436.23 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 |

Bike Festival July Update

Marcia still needs ride leaders for the Bike Festival. To date she has only 13 ride leaders. There are 18 rides both weekends. Please call Marcia at 289-6712 to see which rides are still available. She has a copy of the maps for each ride. Ride leaders are being asked to ride their route(s) prior to the bike festival to familiarize themselves with the route(s).

Also, there will be a gathering of all ride leaders, volunteers, organizers, and sponsors prior to the Bike Festival. Marcia will contact each ride leader with details.

Come on and help show off our city and Valley by being a ride leader.

Thanks
Marcia

Late Addition to Calendar

Wednesday, July 29, 1992. Shenandoah Valley Century Planning Meeting. Contact Art Fovargue. 433-9247.

Wednesday, August 26, 1992. Shenandoah Valley Century Planning Meeting. Contact Art.

Sunday, July 19, 1992. Green Mount/Singers Glen Ramble. 28 Miles. Start 1:00pm at Waterman Elementary School. Contact Art.

Sunday, August 23, 1992. Reddish Know Ride. 50 Miles. Start 8:00am at Keister Elementary School. Contact Art.

Welcome returning Members

New Members

John N. Ralston Churchville

Renewed Members

Ed Strothers

Judith Trumbo Broadway

John F. Zban Stuarts Draft

Marc Stecker

Jody F. Hensley McGaheysville

Nancy and David Cary McGaheysville

Jim and Vicki Princy Staunton

David & Sue Shrock and Family Harrisonburg

RIDE CALENDAR - JULY

| | | | | | | |
|--|--|---------------------------------|--|---|--|--|
| June 28 | 29 Ladies' Ride 5:45pm Cool Breeze | 30 Time Trials 5:45pm-Dayton | JULY 1 Training Ride 6:15pm Cool Breeze | 2 Ted's Ride 6:15pm Keezletown Elem. School | 3 | 4 Impromptu Ride-lpm Waterman Elem. School |
| 5 | 6 Ladies' Ride 5:45pm Cool Breeze | 7 Time Trials 5:45pm-Dayton | 8 Training Ride 6:15pm Cool Breeze | 9 Ted's Ride 6:15pm Keezletown Elem. School | 10 | 11 Impromptu Ride-lpm Waterman Elem. School |
| 12 | 13 SVBC Family Picnic-6pm Shelter #1 Hillandale | 14 Time Trials 5:45pm-Dayton | 15 Training Ride 6:15pm Cool Breeze | 16 Ted's Ride 6:15pm Keezletown Elem. School | 17 | 18 Stage 7 Ride 8am Neups 85 miles Class A+ |
| 19 | 20 Ladies' Ride 5:45pm Cool Breeze | 21 Time Trials 5:45pm-Dayton | 22 Training Ride 6:15pm Cool Breeze | 23 Ted's Ride 6:15pm Keezletown Elem. School | 24 Harrisonburg Bicycle Festival | 25 Harrisonburg Bicycle Festival |
| 26 Harrisonburg Bicycle Festival | 27 Ladies' Ride 5:45pm Cool Breeze | 28 Time Trials 5:45pm-Dayton | 29 Training Ride 6:15pm Cool Breeze | 30 Ted's Ride 6:15pm Keezletown Elem. School | 31 Harrisonburg Bicycle Festival | August 1 Harrisonburg Bicycle Festival |

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

July 18th Neups is leading a 1992 Tour DuPont Stage 7 Ride. Harrisonburg to Hot Springs, VA. 85 miles. 3 mountain climbs. Imagine Reddish Knob after 75 miles. Be sure to call him for more details. Sags are needed, if you don't feel like riding. Rain date is July 19th, same time. Be sure to call Friday night for Saturday go or no-go status.

OTHER RIDES

- July 26-Aug. 1 Cycle Across Maryland. Call 1-800-842-BANK.
- July 29-Aug. 2 Snowshoe Cycling Challenge, WV. \$295. Call 304-572-5252.
- August 2 Winchester Triathlon. Call Fred Lonas, 703-667-5716.
- August 8 Roanoke Valley Biathlon, Catawba, VA. Call Artie Levin, 703-774-2828.
- September 11-13 14th Annual great Peanut Bicycle Tour and Rides, Emporia, VA. Call Robert C. Wrenn, 804-634-2222.
- September 13 SVBC Century.
- September 19 Maryland Wine Festival Bike Tour, Carroll County, MD. 10-, 25-, or 50-miles. Call Theresa Dent, 1-800-492-7527.
- September 20 Winchester Wheelmen Century. Call Fred Lonas, 667-5716.
- September 26-7 Deep Creek Lake Autumn Bike Tour, McHenry, MD. 15-, 25-, or 40-mile per day routes. Call Glen Besa, 1-800-222-9974.
- September 27 Storming of Thunder Ridge. Call 804-846-1829 or 1-800-345-LUNG.
- October 2-4 Colonial Virginia Bike Trek, Williamsburg, VA. Call 1-800-362-5864.
- October 18 Adams County Bike Ride, Gettysburg, PA. Call 717-334-8151.

Shenandoah Valley Century and Tee Shirt Contest

It's hard to believe how the years have flown by, but this year is our 10th Annual Century. It seems like only yesterday we had our inaugural Century with 58 riders (counting those who rode the Workers' Century). The SVC is scheduled for Sunday, September 13, 1992 with rides of 30, 50, and 100 miles. The start/finish is at Hillandale Park, Shelter #11, in Harrisonburg with the checkpoint at Wildwood Park in Bridgewater.

Registration fees have been held at the same low figure: \$5.00 pre-register and \$7.00 thereafter. As always, we will have a good selection of baked goods available at the end of the ride. In celebration of our 10th year, this year we will offer commemorative tee-shirts for an extra cost. Supplies will be limited (read on for design contest rules).

Per usual, we are looking for volunteers to help out in planning and helping the day of the ride. As we have grown to near 200 riders over the years, more support personnel are needed. Please consider helping your club by volunteering a few hours the day of the ride by driving SAG, assisting in parking, registering, shopping, handing out food, etc. Our next planning meeting is Wednesday, July 29, 6:00 PM at Shelter #11, Hillandale Park. We will share pizza and cost - Call Ed Strother (434-1957) to indicate pizza preference. You are welcome to attend if you want to help, or call me at 433-9247.

As mentioned before, this year we will offer commemorative Tee-shirts for sale. We decided to open up the design to club members (or others) as a contest. The shirts will be two color (for example Black on Red). Designs may be submitted in Black & White or in colors you suggest. However, the color scheme is not part of the contest. The design must include the following information, but is not limited to:

- SVBC Logo (as on front of Newsletter)
- "10th Annual Shenandoah Valley Century"
- "Harrisonburg, VA"
- Date of ride
- Graphics, some picture, design obviously bicycling related. Helmets preferred on riders if pictured.

Designs must be sent to Art Fovargue, 210 Monument, Harrisonburg, VA 22801 by July 27. Don't put your name on the design layouts (pictures) so that the judges (century committee) can be impartial. "Artist" of the chosen design will receive a free tee-shirt or century registration. Designs become the property of the SVBC and may be applied in whole or in part. Call Art (433-9247) if there are any questions.

International and U.S. Cyclists Bike Across U.S. to Fight Global Poverty and Injustice

This summer, 60 people from the U.S., Canada, Africa, and Latin America are making a transcontinental bike trek to fight global poverty and injustice as part of Bike-Aid '92, a project of the Overseas Development Network (ODN). The 21 San Francisco to D.C. riders will be visiting your community on Tuesday, August 18.

Bike-Aid '92 is the seventh annual cross-country ride sponsored by ODN. This year, as an added attraction, Bike-Aid will be commemorating its partnership with native peoples of the Americas during this 500th year of Columbus' arrival to the "New World." The transcontinental ride began on June 16 from Seattle, Portland, and San Francisco and will begin on July 10 from Brownsville, TX. All four routes converge in Washington, D.C. on August 20.

Bike-Aid raises funds for domestic and international grassroots development initiatives as well as educating riders, and Americans they meet, about global development issues. In the past six years Bike-Aid has raised over \$800,000 in support of domestic and international education and grassroots projects. Bike-Aid addresses global poverty and injustice on a local level by doing community service throughout the U.S., and links riders with community organizers they meet across the nation. Locally, the riders will be staying with members of our community.

Riders come from all walks of life -- students, teachers, community organizers, and business professionals. This year Bike-Aid riders from Bolivia, Columbia and Ghana add an international perspective to the ride. Bike-Aid cyclists will meet with community activists in such diverse settings as homeless shelters, farmers' cooperatives, food banks, and Native American communities.

Places are needed for riders to stay the night of August 18. There are 21 bicyclists (12 women, 9 men) of whom 10 are "Veggies". If you can house one or more riders, call Pete Mahoney at Common Ground, 433-8212. A number of SVBC members helped out a few years ago and it was a wonderful experience. To greet the riders, there will be a pot luck dinner in Purcell Park that evening, call Pete for details. It is a real honor for our community having these bicyclist stop here.

In the last two days, I have seen several instances of unsafe riding when traveling to and from work. The worst two cases involved riders going the wrong way on Rt. 33 East out in the I81/Valley Mall area. The riders looked like casual riders on their way to the store or home. As Club members, we all need to be extra sure that we follow the rules of the road and present bicycling in a positive way. This is especially important since Harrisonburg and Rockingham County are starting to do a great deal to support bikers including establishing bike lanes, hiring bike cops, hosting the Bike Classic, Tour Dupont, and the new Bike Festival. Let's do our part to keep this good trend going. Greg.

Dry River Time Trial Results

| Name | 4/14/92 | 5/19/92 | 6/2/92 | 6/9/92 | 6/16/92 |
|------------------|---------|---------|--------|--------|---------|
| Allen Clague | | | 24:05 | 24:05 | 23:54 |
| Dwight Denlinger | | | | | 23:40 |
| Bernie Edwards | | | | | 30:09 |
| Dave Frye | 27:36 | | 27:07 | 26:27 | 26:15 |
| Shaun Galang | | | | 24:26 | |
| Greg Gum | | | | | 26:11 |
| Michelle Gum | | | | | 31:54 |
| Adam Gutterman | | 26:14 | | | |
| Ted Harris | | | | | 26:01 |
| Jody Hensley | 25:07 | | | | |
| Joe Hiney | 25:10 | | | | |
| Mike Neupauer | | 25:17 | 24:34 | 24:39 | 24:31 |
| Steve Slabaugh | | | | | 23:54 |
| Mark Stecker | | | 22:55 | | 22:46 |
| Drew Shull | | | 26:40 | | |
| Chris Ward | | | 21:40 | | |
| Mike Wenger | | | | 24:12 | 24:47 |
| Tim Wolters | | | | 28:09 | |

!!! Park Picnic !!!

Plan on attending July's meeting which will be a carry in dinner at Hillendale Park at 6 pm. Bring a covered dish and drinks and the club will provide Napkins, Utensils, and Plates. No pre-meeting ride just a relaxing evening in the park getting to know other riders in the club.