



September 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

Was it just me or was July an excellent month for bicycling? My Stage 7 ride went very well. It's recapped elsewhere in the newsletter. Ted had a great ride on the 23rd. Six of us rode a quick 20 miles. We were able to work on our paceline technique and some hill climbing. Thanks for a good season of Thursday night rides, Ted.

The two weekends of the bicycle festival went well. I missed the dinner and Mark's talk the first night, but made the rest of the dinners and talks. Bill from WrenchForce (who also let me ride his Trek 2300 with STI - NICE bike), Garth, and Ben Serotta all gave excellent talks. The food was good. The riding was good. What else could we ask for except to do it all again next year?

We want to thank all my ride-leading partners: Dave Sprinkle, Steve Strider, Greg Gum, Ron Shenk, and Judith Trumbo. And also all the rest of the ride leaders. I've heard many good comments on the wonderful jobs we all did.

After I did all that riding, I went up to Canton, NY for GEAR '92. See that recap, also. And think about joining the League of American Wheelmen, or Bikecentennial. I'd be glad to answer questions on either of the two organizations. Our September meeting will be the last one at Hillandale until next spring. We will have Larry Hakel, the Chief Park Ranger for the Shenandoah National Park speak on "Bicycling in the Shenandoah National Park." Plan on attending.

Our century is September 13th. This is the major fund-raiser for the club. Please plan to contribute with baked goods set-up, rest stop, sag wagon, or anything else. Call Art Fovargue for information.

Enjoy the upcoming fall colors.

Neups

August

July Meeting Minutes

We had 5 members, including 1 new member for the pre-meeting ride, and the meeting had 6 members present.

CFW will provide cellular phones for the century. The SVC will start and finish out of Shelter #11 in Hillandale Park. Wildwood is the reststop and checkpoint.

Marcia read a letter of thanks sent by the Chamber of commerce and a letter from the Adopt-a-Highway department stating that October 17th has been designated as VA's Great Trash Off. We will be meeting at 8:30am at the R.R. Donnelly parking lot to clean our stretch of roadway. Please make plans to be there.

Bike Va is having Octoberfest in Staunton on October 16-17. Rides range from 23 - 70 miles on Saturday and 19 - 50 miles on Sunday. Call 804/229-0507 for more information.

Treasurer's report show \$1059.80.

Marsh reported that our insurance has been renewed.

Bike Festival had 45 ride leaders who received a "Thanks" from Marcia.

Neup's mentioned his Ice Cream Ride on August 29. 10 am. Easy 20 - 25 miles. Start and Finish at Klins.

Art's Reddish Knob Ride is on Sunday August 23rd. 8 am. Easy ride, not a time trial. Start at Keister Elementary.

Workers Century is Labor Day weekend.

Waynesboro Century is Labor Day weekend. \$15.00. September 6, 6:30 am. Bring your own food, followed by pool party. No sign up the day of the ride. Very hilly.

Neups discussed his trip to Gear

Greg mentioned that there were 7 riders at Ted's Watermelon Ride.

Constitutional changes were discussed and the changes were voted upon and accepted by the members present.

Michelle

Late Additions to Calendar

Mt. Dora Bike Festival - Mt. Dora, Florida. October 16-18. Call Don Hohenstein for information 433-2521 (work).

RIDE CALENDAR - SEPTEMBER

		SEPTEMBER 1 Time Trials 5:45pm-Dayton	2 Training Ride 6:15pm Cool Breeze	3 Ted's Ride 6:15pm Keezletown E.S.	4	5 Impromptu Ride-lpm Waterman Elem. School
6	7 Workers' Century-Call Art 433-9247 or Marcia!!	8 Time Trials 5:45pm-Dayton	9 Training Ride 6:15pm Cool Breeze	10	11	12 Impromptu Ride-lpm Waterman Elem. School
13 SVBC Century 30, 50, 100 mi. 8am-Hillandale	14 SVBC Pre-mtg. Ride-6pm Hillandale 7:30 Meeting	15 Time Trials 5:45pm-Dayton	16 Training Ride 6:15pm Cool Breeze	17	18	19 Impromptu Ride-lpm Waterman Elem. School
20	21 Ladies' Ride 5:45pm Cool Breeze	22 Time Trials 5:45pm-Dayton	23 Art's Ride 6pm-Spotswood Elementary Sch.	24	25	26 Impromptu Ride-lpm Waterman Elem. School
27	28 Ladies' Ride 5:45pm Cool Breeze	29 Time Trials 5:45pm-Dayton	30 Training Ride 6:15pm Cool Breeze	OCTOBER 1	2	3 Impromptu Ride-lpm Waterman Elem. School

Helmets are required for all CLUB rides.

Make sure you call either Art or Marcia for the Workers' Century details. Your help is needed and appreciated.

OTHER RIDES

- September 11-13 14th Annual great Peanut Bicycle Tour and Rides, Emporia, VA. Neups has brochures.
- September 19 Maryland Wine Festival Bike Tour, Carroll County, MD. 10-, 25-, or 50-miles. Call Theresa Dent, 1-800-492-7527.
- September 19 Tour of Franklin County, Chambersburg, PA. Neups has brochures.
- September 19-20 Tour of the Eastern Shore, Virginia Beach, VA. Call Neups for information.
- September 20 Winchester Wheelmen Century. Call Fred Lonas, 703-667-5716.
- September 20 Harvey Hundred, Richmond, VA. Neups has brochures.
- September 20 Bay Country Century, Deale, MD. Neups has brochures.
- September 26 General A.P. Hill Rides, Bowling Green, VA. Neups has brochures.
- September 26 CAM Fat Tire Rally, Baltimore, MD. Call Sarah Pick, 410-465-5982.
- 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, Lynchburg, VA. Neups has brochures.
- September 27 Fredericksburg Century. Neups has brochures.
- October 2-4 Colonial Virginia Bike Trek, Williamsburg, VA. Neups has brochures.
- October 4 Paradise Bike Tour, State College, PA. Neups has brochures.
- October 10 Sea Gull Century, Salisbury State, MD. Neups has brochures.
- October 10 Capital City Bike Festival, Washington, DC. Call 202-783-0717.
- October 16-18 Bike Virginia Oktoberfest, Staunton, VA. Neups has brochures.
- October 18 Adams County Bike Ride, Gettysburg, PA. Call 717-334-8151.

Welcome returning Members

New Members

Larry L. Beiler Harrisonburg
David M. Clark Broadway
Greg Gooden Crimora
Kay Harrison Harrisonburg
Jonathan Moss Bridgewater
Brian Bauer and Debbie Warnaer Elkton

Renewed Members

L.B. & Iby Branner Broadway
Dave Sprinkle Harrisonburg
Randy Swecker Harrisonburg
Dick Wettstone Pleasant Valley
Tim Wolters Staunton
Wiatt Wright Timberville
Damarius T. Marion Bridgewater

Worker's Century

On Labor Day weekend, most likely Sept 7, we will have the Worker's Century. This ride is for those who won't be able to ride the SVC, or anyone else, to mark the roads and check out the route. Again, you can do any distance you want, however there is no support services. If interested, call Art Fovargue or Marcia Lamphier for place and time to meet.

10th Annual S V Century

We hope you've made plans for the SVBC's 10th annual century ride, scheduled for Sunday, September 13. This year we expect over 200 riders to tackle our 30, 50, or 100 mile routes (other combinations available too!). The rides start and finish at Hillandale Park, and are ride at your own pace. Maps and cue sheets are provided, arrows marked on the road and SAGs patrol the course. As always, generous amounts of food and drink are provided at the checkpoint in Bridgewater, and delectable calories in the form of baked goods at the finish. Patches and 10th annual commemorative Tee-Shirts will be available for purchase. To guarantee availability (and size) of Tee-Shirt, you must pre-register by Aug 28. ANSI or Snell approved helmets are required.

For those interested in how fast you can do your chosen distance, we keep track of the times (again, this is not a race). Fastest times from the past SVC's are:

MEN	WOMEN
25 Miles 1:29 1990 Brian Manning	2:17 1987 Serena Benson
50 Miles 2:35 1990 Dave Sprinkel	3:06 1991 Leslie Troxel
100 Miles 5:31 1989 Craig Mauck	6:11 1991 Barbara Minor/Beth Portman

Baked Goods 'N More

Needed: baked goods for our 10th annual Shenandoah Valley Century coming up Sunday, September 13. That's right, it is our century, and to make it the success it usually is, we need your cookies, cakes, breads, brownies, etc. Bring to Art's house (he's trustworthy) the day before or to Shelter #11 in Hillandale Park by noon the 13th. The bicyclists as the finish truly appreciate our spread of goodies. Grab your favorite recipe now.

Also needed: volunteers for day of ride activities. As of this writing we still need some help with sags, registration, and at the checkpoint. If you can assist, even if only for a few hours, please call Art Fovargue (433-9247). You will be making a valuable contribution to the SVBC and to cycling in the area.

Lastly, if you can't volunteer, be sure to ride. Tell your friends about it too. Registration for the 100 mile ride is 7:00 AM; ride starts at 8:00 AM. For the 50 and 30 mile rides, registration starts at 9:00 AM with the first cyclists off at 10:00. You can pre-register by picking up a form at area bicycle shops and mailing (or bringing) to Art's house. Pre-registration is \$5 (family rate = \$15), and registration day of the ride is \$7. Helmets required.

Pre-registrations are rolling in and we've had requests for information from as far as Arizona and California. It's shaping up to be another great SVC! Don't miss it.

Stage 7 Recap

Three riders, myself, Winston, and Jody Hensley, decided to become quasi-Tour du Pont participants on July 18th. The day started cool and cloudy, and we had some rain into Churchville. Halfway up the first mountain the rain stopped and the clouds cleared. It's too bad the racers don't get a chance to view the scenery. Some of it was just beautiful. The mountains were tough, but we conquered them. We expected a nice long downhill into Hot Springs, but didn't get it. We also expected a few less miles, but ended up with just under 100. Glad to be home, we showered and had a cookout at my place. Anyone thinking about next year? --Neups

Shenandoah Valley Bike Festival

A special thank you to all my Bike Festival ride leaders. We were very highly praised for our participation in the Shenandoah Valley Bike Festival. The SVBC members and friends came through with flying colors. We represented the Shenandoah Valley well.

The Shenandoah Valley Bike Festival was a huge success. A total of 180 riders (not including ride leaders) participated in the two-weekend event.

I will continue to serve on the Chamber of Commerce Bike Festival Committee for the 1993 Shenandoah Valley Bike Festival. I would appreciate any feed back on this year's Bike Festival. Please contact me at 289-6712.

Thanks again for all your GREAT help!! I really appreciate everything that you did to make the Bike Festival a success!

Marcia

September Meeting Speaker

Be sure to attend our September meeting. At 7:30 pm in Hillendale Park, Shelter #1, Larry Hakel from Shenandoah National Park will give a short (15-20 minute) talk on bicycling in the Park. Come hear what the Park has to offer us. --Neups

Gear '92

Though the car ride there was a royal pain, the weekend turned into much joy. About 1400 bicyclist converged on St. Lawrence University in Canton, NY. If you think we have little traffic on our backroads, you should try Canton. It was amazing how few cars actually passed us.

The weekend was sprinkled with more than just bicycling. Seminars and workshops took place in the afternoons after the riding was done. LOTS of food was there to eat. And then some serious entertainment. I saw a hypnotist that had us crying from laughing so hard. There were also bands, comics, and jugglers.

Next year's GEAR is in Geneseo, NY, about six hours away. The National Rally is in Kutztown, PA, about four hours. Ask me about either. I plan on making at least one of them. --Neups

Great State Trash-Off

Saturday, October 17th has been designated as the state wide trash pickup day. We will be cleaning our stretch of highway starting at 8:30 am. Please plan on helping out so that we can finish the task quickly. We will be meeting at the R.R. Donnelly Parking lot. Come out and give us a hand in cleaning up the roads that we travel over as we pedal down the highway.

Dry River Time Trial Results

Name	4/14	5/19	6/2	6/9	6/16	6/23	6/30	7/7	7/14	7/21	7/28	8/4	8/18
Kevin Arnold												24:35	
Sue Arnold												26:36	
Larry Beller									26:50	27:03	26:55		25:43
Jenny Burtner								29:15			27:08		
Allen Clague			24:05	24:05	23:54	24:10	23:46	23:20	23:41	24:07	23:52	24:14	23:47
Brian Clark											26:08		
Steve Clark											33:11		
Dwight Denlinger					23:40								
Bernie Edwards					30:09								
Dave Frye	27:36		27:07	26:27	26:15	26:07							26:09
Shaun Galang			24:26		24:12	24:12	23:45				24:52		25:11
Steve Gardner							24:14						
Larry Grossman					27:27								
Greg Gum					26:11								
Michelle Gum					31:54								
Adam Gutterman		26:14							26:19				
Ted Harris					26:01						26:45		
Jody Hensley	25:07					25:48							
Joe Hiney	25:10												
Bruce Johnson								29:37			30:47		
Dillon Johnson								30:37		31:31	31:46		
Carol Kiser												30:50	
Craig Lowery											23:37	23:28	
Mike Neupauer		25:17	24:34	24:39	24:31			23:45			24:07	24:26	
Paul Payne										25:20			
Zack Perdue													27:29
Darren Reed								23:40					
Deb Rigby												26:45	
Steve Slabaugh					23:54			24:01			24:15		
Mark Stecker			22:55		22:46		22:20					22:22	21:53
Drew Shull			26:40										
Chris Ward			21:40										
Doug Weatherall											30:03		
Mike Wenger				24:12	24:47			23:29		24:20			
Tim Wolters			28:09		28:27			27:22		27:47	27:23	29:48	27:51
Steve Zanetti											23:23		



Harrisonburg-
Rockingham
Chamber of Commerce

800 Country Club Road
P.O. Box One
Harrisonburg, Virginia
22801

(703) 434-3862

August 5, 1992

Michael Neupauer
Shenandoah Valley Bicycle Club
P.O. Box 1014
Harrisonburg, VA 22801

Dear Neups:

On behalf of the Harrisonburg-Rockingham Chamber of Commerce, I want to thank you and all the Ride Leaders from your club without whom our festival could not have taken place. We are very pleased with the first year participation and know that the event will grow.

We had so many pleasant comments from riders about the beauty of the rides, the help and patience of the ride leaders, and the camaraderie of everyone in general. I think we all had a good time; volunteers and riders alike.

We had applications here during sign-up for your Century Ride in September and several folks took copies and asked about it. It appears that we are becoming the mecca for bicyclers everywhere. How clever of them to discover "Our Valley".

I hope your Century is a great success and I'm looking forward to next year.

Sincerely,

Patricia H. Doss
Executive Vice President