

## MAY NEWSLETTER

### **SVBC OFFICERS**

|  |          |
|--|----------|
| <b>President:</b> Michael "Neups" Neupauer | 434-1878 |
| <b>Vice-President:</b> Jody Hensley        | 289-5591 |
| <b>Secretary:</b> Steve Strider            | 289-5135 |
| <b>Treasurer:</b> Marcia Lamphier          | 289-6712 |

### **President's/Editor's Column**

Did somebody say once that April was the cruelest month? Whatever the case, it has been a tough month. To begin with I was hit (with an egg)! Dillon was hit (with some soda ice)! And another person was bullied on the road while on her bike. What's going on? None of us were abusing the road or doing shenanigans. This is the first time since I've been here that I've heard of such happenings.

If that weren't enough we had snow one morning. If you were one of those who went riding later that day, you were treated to some outstanding views.

And if *that* weren't enough we had the wind to contend with. I was lucky enough to meet up with four lovely ladies one evening. The company was fantastic, the ride good, but the wind really slashed into us. Same wind two nights later. And riding in to work to finish the newsletter this morning the same wind. And of course, when I left, the wind was back in my face! Let's hope for calm from both drivers and the wind in May.

NEUPS

### **APRIL MEETING MINUTES**

Ed Steele, Volunteer Coordinator for the Tour du Pont in this area, came to our meeting looking for course marshals. If you are interested in helping marshall the course on May 10 and/or 11, please give Ed a call during the day at 433-2474. he needs 75 to 80 volunteers on Monday and 50 volunteers on Tuesday.

Ed also informed us that to the best of his knowledge, the Harrisonburg Cycling Classic will not be held this spring. If you are interested in organizing this event for a later date, please call Ed.

Jody Hensley informed the club of the activities that the town of Elkton plans to have in conjunction with the Tour du Pont. The club has been asked to help with several events. A safety talk will be given in an Elkton school the week before the Tour. we will also present a safety clinic on May 9 at 2pm in Elkton. On May 10 at 2pm we will host an In-Line Sprint Race

**Blue Ridge Cycle Works, Cool Breeze Cyclery, Mark's Bike Shop and Mole Hill Bikes**  
all contribute to the cost of the monthly newsletters.

Please support these local shops.

April minutes continued...

in Elkton. This will consist of a two block sprint open to everyone.

Neups reminded everyone that trash pickup will be held on April 17th at 8am. All members helping will be treated to bagels at Mr. J's afterwards.

Plans for Earth Day were discussed. the club will be providing bicycle parking for those who cycle to the park that day. Earth Day will be April 25th. volunteers are needed for bike check-ins. Marsha will be leading a ride at noon, leaving from Hillandale Park.

Bike rides for the upcoming months were discussed. See the calendar in the newsletter for more information. The Treasurer's report was \$330.05.

Jody (sitting in for Steve who is in Cuba)

### **WELCOME BACK RETURNING MEMBERS**

|                             |               |
|-----------------------------|---------------|
| Dave & Nancy Cary           | McGaheysville |
| Al & Sue Clague & Family    | Harrisonburg  |
| Bill Gaidos & Family        | Edinburg      |
| Jody Hensley                | McGaheysville |
| Jim & Vicki Printy & Family | Staunton      |
| John N. Ralston             | Churchville   |

### **CLASSIFIEDS**

**FOR SALE:** Schwinn Sprint 10-speed. Hardly ridden. 23" frame. \$100. Call Neups.

### **TIDBITS**

- \* 390,000 cyclists under the age of 15 required emergency room treatment in 1990.
- \* Most bicyclists' deaths occur in the late afternoon and early evening.
- \* Of all cyclists who are killed, approximately 75% die of brain injuries. Up to 85% of these fatalities could have been avoided through the use of a helmet.

### **TRASH PICKUP**

The morning of April 17th was cool, but clear, and seven people showed up to pick up trash on our stretch of Route 753. It only took 2 1/4 hours, which I believe is a record, and we picked up 26 bags (plus a few tires). Frank found a great bone (maybe). Art found a water valve he'll use at work to save them some money. And then we went to Mr. J's, on the club, for refreshment. Thanks go out to Art, Frank, Jody, Marcia, Larry, Bruce, and Neups. Good job!

### **BRIAN & DEBBIE'S RIDE**

On April 10th, four brave souls believed the rain would subside. And just when it was too late to turn back, the rain hit with a vengeance. It's good to know we have a lot of hearty souls in the club. (This is from a relayed recount of the day. I hope it's generally correct).

# Effective Cycling Notebook

by Susie Jones

## Instant Turn

In the last Effective Cycling column I described Rock Dodging as an evasive action to take when you need to suddenly avoid an object (such as a rock) that appears in your path. This month's column will address a different scenario and the appropriate countermeasure, called an *Instant Turn*.

Picture yourself riding along the right side of the roadway approaching an intersection. You plan to continue straight through and are occupying the correct position for this action. Just as you enter the intersection a car passes you and makes a right turn in front of you. You have three choices: hit the car; execute a panic stop (described in the ~~next~~ <sup>last</sup> column); or turn to the right onto the cross street.

Preparing for and executing a normal right turn takes too long and would cause a collision in this situation, so an *Instant Turn* is necessary. For the technique to make sense, however, you have to first understand what happens during a turn. Many people think that a turn is produced simply by turning the front wheel, but you actually lean first and turn second. Because they happen so fast, the two moves appear simultaneous.

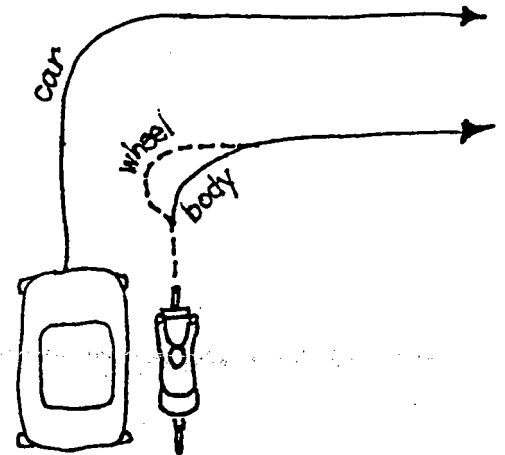
For a planned turn you start by leaning in the direction of the turn. Instead of immediately steering to get the bike back under you, you wait until you are leaning more and more. The bike then steers itself around the corner while you adjust the handlebars so it feels as if they are directly under you.

By steering sharper into the turn you start to fall out of it, which lets you straighten up.

In the situation described above, this type of turn would take too long, because you are not already in a lean position, and you would end up hitting the car. To force the lean quickly you have to perform a maneuver that feels unnatural (and sounds even more unlikely!)

"Turn your front wheel left—the wrong way, toward the car. By doing this you've forced a right lean, and you'll start to fall right. The moment you've got a good lean started, after a tenth of a second or so, turn your front wheel right and you'll find yourself in a tight right turn. This is what you've done. To make a right turn you must lean right, so to hurry up the leaning process you made your bike track to the left a few inches. Then you are leaning over properly and can steer a right turn. This doesn't ever feel natural, and you must train yourself to do it. It is a jerk in the wrong direction at the start of the instant turn when you deliberately unbalance yourself by steering the whole bike out from under you." (*Effective Cycling*—page 125)

The *Instant Turn* will take some time to learn and must be practiced regularly. Set a sponge down in an abandoned parking lot and start by *Rock Dodging* it, slowly progressing to the *Instant Turn*.



This column is provided as part of our benefit package as an affiliated club of the League of American Wheelmen (L.A.W.), and will focus on various aspects of Effective Cycling (EC). EC is the only nationally-recognized bicycling education program. If you would like to learn more about L.A.W. or the EC program, contact the League at (410) 539-3399.

## DUES

Remember to pay your dues when the date on your mailing label is highlighted. The newsletter deadline is the third Monday of each month, so have your check in by then.

## HARRISONBURG-ROCKINGHAM COUNTY BICYCLE FESTIVAL

The festival is fast approaching. Ride leaders will be needed. But first, ride verifiers will be needed. The maps will be available soon. Please call Marcia and let her know you'll take a route to verify.

### MAY CALENDER

| SUNDAY | MONDAY  | TUESDAY                            | WEDNESDAY                                 | THURSDAY  | FRIDAY | SATURDAY  |
|--------|---|------------------------------------|---|---|--------|---|
|        |   |                                    |   |   |        | 1<br>1:30pm-<br>Impromptu Ride<br>Waterman<br>Elem. School  |
| 2      | 3<br>5:45pm-Women's<br>Ride-Cool Breeze               | 4                                  | 5<br>6:10pm-Training<br>Ride-Cool Breeze  | 6<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School  | 7      | 8<br>8am-Tour de<br>Poulet,<br>Bridgewater<br>Perdue Plant  |
| 9      | 10<br>Tour du Pont into<br>Massanutten-<br>Volunteer! | 11                                 | 12<br>6:10pm-Training<br>Ride-Cool Breeze | 13<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School | 14     | 15<br>9am-Marcia's<br>Nat'l Bike Ride<br>Weekend Ride       |
| 16     | 17<br>5:45pm-Women's<br>Ride-Cool Breeze              | 18<br>National Bike to<br>Work Day | 19<br>6:10pm-Training<br>Ride-Cool Breeze | 20<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School | 21     | 22<br>9am-Skyline Ride<br>10am-Montvideo<br>Ride            |
| 23     | 24<br>5:45pm-Women's<br>Ride-Cool Breeze              | 25                                 | 26<br>6:10pm-Training<br>Ride-Cool Breeze | 27<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School | 28     | 29<br>1:30pm-<br>Impromptu Ride<br>Waterman<br>Elem. School |
| 30     | 31<br>5:45pm-Women's<br>Ride-Cool Breeze              |                                    |   |   |        |   |

15th-Marcia's Ride will begin at Dominion Bank, Downtown Office. 30 Miles. B Pace. Raindate will be Sunday-same time, place.

22nd-9am-Skyline Ride. Meet at 9am at the Park & Ride across from Neighbor's Exxon on Rt. 33 in McGaheysville. This will be a 30-miler at an A pace. For more information contact Jody Hensley.

22nd-10am-Montvideo Ride. Start at Montvideo Intermediate School. This will be a 20 miler-with a 50 mile option, both(?) at an A pace. For more information contact Debbie Yarnaer at 298-0014.

**Helmets are required on all club rides.**

## SCHEDULE OF EVENTS

- MAY 6-16** Tour DuPont.  
**MAY 8** VPF Bicycle Tour. Bridgewater/Dayton area. Leisurely 14 mile loop. Registration 7:30am. Ride starts 8am. \$5 covers lunch and T-shirt. Helmet required. Call 433-2451.
- MAY 8-10** Elkton Tour DuPont Warm-up days. Look for more information in the next newsletter.
- MAY 10** NO MONTHLY MEETING! Do your part in the Tour du Pont and volunteer.
- MAY 15-16** National Bicycle Weekend.
- MAY 22** Sports Festival, Hagerstown, MD. Triathlon, biathlon, 10k race. Call Neups.
- MAY 22 & 23** Clean Air Challenge. Fairfax to Ashland, VA. Call 703-591-4131.
- JUNE 5** Wilderness Road Bicycle Ride, Blacksburg, VA. 20, 50, and 75-mile options. Call Neups for registration form.
- JUNE 5 & 6** MS Virginia Dare Bike Tour. 8th Annual. Richmond, VA. Call John Miller, 804-748-4190.
- JUNE 12 & 13** MS 150 Bike Tour. Charlottesville, VA. Call 1-800-451-0373.
- JUNE 14** Club meeting at Hillandale Park, Shelter #1. Pre-meeting ride at 6pm. Meeting at 7:30pm. Look for something different here.
- JUNE 18-23** Sixth Annual Bike Virginia. Bristol to Floyd, VA. Average 50 miles/day. \$125 per adult. Call 804-229-0507.
- JULY 2-6** L.A.W. National Rally. Kutztown, PA. Neups and Jody Hensley have already registered. Call one of them for information.
- JULY 3-25** Tour de France. 80th Annual.
- JULY 17** Tour du Pont Stage Ride. Call Jody or Neups for information.
- JULY 23-25** Harrisonburg-Rockingham County Bike Festival, Weekend 1.
- JULY 29-AUG. 1** L.A.W. GEAR 1993. Geneseo, NY. Call Neups for info.
- JULY 30-AUG. 1** Harrisonburg-Rockingham County Bike Festival, Weekend 2.
- AUGUST 21** Ice Cream Ride. 10am from Kline's Dairy Barn. Call Neups.
- SEPTEMBER 12** SVBC Century Ride.

### 1992 MILEAGES

|               |       |
|---------------|-------|
| Dave Sprinkle | 6,134 |
| Tim Wolters   | 3,656 |
| Neups         | 3,223 |
| Art Fovargue  | 2,506 |

If you have your 1992 total, call Neups to have it listed.

"A human, outfitted with a bicycle, outstrips the efficiency of not only all machines, but all other animals as well." Ivan Illich, Energy and Equity

## MAY IS NATIONAL BIKE MONTH

## FINAL INSURANCE UPDATE!

Our current insurance policy will conclude June 15th and our current insurer will no longer be covering us. We will be switching to a new insurer.

Our new insurance will again make possible the time trials. They'll be back starting June 22nd. There are no forms to get signed except for your membership form. We believe this policy is the best for all our needs and hope they will serve us for years to come.

## Legal Briefs

### CYCLISTS:

#### What to Do in Case of an Accident

If you're involved in a cycling accident, there are steps you can take to help recover your losses. Never rely on your memory at the time of an accident. Record the license numbers, makes, models and years of all cars. Always exchange names, addresses, phone numbers and insurance information with drivers, passengers and witnesses. If you are unable to get this information yourself, ask a witness to help. If you can, call the police from the scene of the accident and stay there until they arrive. Draw a diagram of the accident scene and note the weather and road conditions.

Get a detailed repair estimate for the damage to your bike from a repair shop. Contact your insurance company and submit an accident claim. Most importantly, if you're injured get medical attention immediately.



-BIKECENTENNIAL



-BIKECENTENNIAL

### ***Bikes Fly Free!***

Are you planning a 1993 bicycle tour or vacation? If you answered yes, now you can fly your bike FREE! That's right, L.A.W. members receive FREE BIKE PASSES on USAir, Northwest, America West, and Trans World Airlines (TWA) when tickets are purchased through the Sports National Reservation Center, Colorado Springs, CO. In addition, L.A.W. members are promised the lowest fare available at the time of the reservation.

To get your free bike pass, simply book your travel plans by calling the Sports National Reservation Center at 1-800-426-4055. Have your current L.A.W. membership card available, select travel on one of the participating airlines, and enjoy the savings.

While free bicycle transport on airplanes represents an excellent new membership benefit, L.A.W. is still committed as a matter of policy and practice to eliminating discriminatory bicycle charges on airlines.

## IS YOUR BICYCLE READY TO GO TO WORK?

This checklist will help you equip your bike to do the job.

- Baskets or Panniers:** Make the bike carry your stuff. A bicycle without carrying capacity is not a convenient way to get to work. A sturdy rear rack is a must. You can strap your briefcase on with a bungee cord or use a basket, panniers, or plastic crate. Carrying capacity will also come in handy for shopping or errands on the way home.
- Fenders:** Stay clean and dry. Fenders will keep you clean and dry in all weather. If it's not raining you can get dirty from mud and moisture on the road.
- Lights:** 24-hour transportation. Commuters must be prepared to ride after dark. Find out what the law requires for lighting in your state, but minimally, you need a white light in front and a red light in back to make you visible and show which direction you're going. For additional visibility, wear retro-reflective clothing or attach reflective strips to your bike and/or helmet.
- Helmet:** Protect a very precious asset. Nobody expects to fall, but it happens to everyone. A helmet can prevent up to 85% of serious head injury.
- Maintenance:** Flat prevention and reliability. Keep your bike in good working order or take it to a bicycle shop for regular tune-ups. Good maintenance is critical to commuting because you rely on it to get you to work on time. Keep the chain and moving parts lubricated. Flats can be prevented by using Kevlar belted tires or tire liners and by maintaining proper tire pressure.
- Lock:** Avoid bicycle theft. Don't wait to get a bike stolen before you get a decent lock. Secure your bike to a solid object, with a good U-lock, and in a conspicuous place. Quick-release components are easy to steal; either remove them when you park or secure them with cables. If your bike is too valuable to leave outside, get a second, less expensive bike for transportation.

*Distributed as part of National Bike Month, sponsored by the League of American Wheelmen (L.A.W.), the National Organization of Bicyclists. For more information contact L.A.W., 190 W. Ostend St., Suite 120, Baltimore, MD 21230-3755; (410) 539-3399.*



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The National Organization of Bicyclists

# BIKE TO WORK

NO PARKING EXPENSES • SAVE TIME BY COMBINING EXERCISE AND COMMUTING

EVERY SEAT IS A WINDOW SEAT • NON-POLLUTING • RELIEVES CONGESTION

## Try Bicycle Commuting!

This is your chance to try bicycling to work. It's efficient. It's economical. It's healthy. It's ecological. And it's fashionable. Too often overlooked and underrated, the bicycle is the simplest- and most pleasure inducing- way to get healthier while saving our environment.

EXPERIENCE NATURE • ARRIVE AT WORK INVIGORATED

# SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) \_\_\_\_\_ PHONE \_\_\_\_\_ / \_\_\_\_\_

ADDRESS \_\_\_\_\_  
Street City State Zip

Individual \_\_\_\_ (\$7) Family \_\_\_\_ (\$10) Junior (12-16) \_\_\_\_ (\$4) Associate (non-voting) \_\_\_\_ (\$7)

NOTE: Membership lasts for one year from month dues are paid.

| Ride Class<br>Designation | Approx. Speed<br>(MPH) | Approx. Distance<br>(Miles) | Check<br>Here |
|---------------------------|------------------------|-----------------------------|---------------|
| A                         | 14 - 22                | 25 - 100                    | _____         |
| B                         | 12 - 16                | 15 - 60                     | _____         |
| C                         | 8 - 12                 | 10 - 35                     | _____         |
| D                         | less than 10           | 5 - 15                      | _____         |

### TYPE(S) OF CYCLING

Racing \_\_\_\_ Mountain \_\_\_\_ Recreational \_\_\_\_ Overnight Tours \_\_\_\_ Other (specify) \_\_\_\_

### COMMITTEES

Racing \_\_\_\_ Mt. Biking \_\_\_\_ Touring \_\_\_\_ Century \_\_\_\_ Newsletter \_\_\_\_

### INSURANCE RELEASE

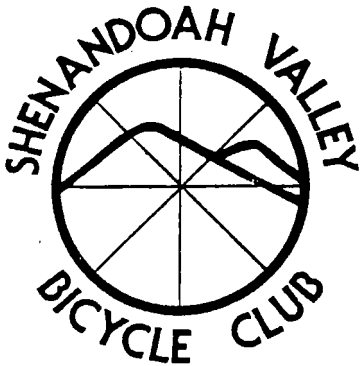
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any others connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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

Member signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent/guardian (under 18) \_\_\_\_\_

Return to: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801



P.O. Box 1014  
Harrisonburg, VA 22801



SVBC SECRETARY  
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ELKTON, VA 22827