

## JUNE 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**

In the April newsletter I noted that 44% of our members are mountain bikers. Yet we haven't had a club mountain bike ride in a long time. So the gauntlet is not thrown down for someone to come forward and pick it up and lead a (or some) mountain bike rides. I'm no mountain biker, so maybe I don't know what I'm missing.

Next is the need for newsletter articles. If you have something you'd like to contribute, please do so. Mail your submission to our P.O. box so that I can get it by the 3rd Monday of the month before you would like it featured. A single article is welcome, as are monthly series.

The rides for June seem to be light, except for the weekly rides. Don't be shy! Lead a ride! And don't forget the restart of the weekly time trials on the 22nd. Test yourself!

NEUPS

### **JUNE MEETING AGENDA**

This will be our first outdoor meeting of the year. The meeting takes place in Hillandale Park, Shelter #1. We'll start with a group ride starting at 6pm, starting at the shelter. It will be about an hour to an hour and fifteen minutes long at a C to B pace.

After we're back and have cooled down some, we'll have a special guest from the Wildlife Center of Virginia talk to us about the happenings at their place.

### **ELKTON FESTIVAL & TOUR DU PONT**

The May monthly meeting was cancelled so that members could help out with the Tour du Pont and associated activities.

To start things off members were asked to help with several presentations in conjunction with the Town of Elkton Tour du Pont Festival. Mark Lind of Blue Ridge Cycle Works conducted a bicycling safety skills clinic on Sunday, May 9th. It was very informative and his young audience seemed to enjoy it. The bike rodeo was organized by Jody Hensley and several club members. Many thanks to the club members that showed up for the rodeo. Maybe next

**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.

Elkton continued...

year we will have some non-members attend.

On Monday Debi Ritchie and Steve Strider gave a safety presentation at Elkton Middle School. Club members also served as course marshalls on Monday and Tuesday.

For helping with these events, the SVBC received local media coverage, including event listing in the Daily News-Record and a live radio spot by Jody with Rich Randall of WBOP 106.3 FM.

### **MARCIA'S NATIONAL BICYCLE WEEKEND RIDE**

Saturday, May 15, Marcia was joined by seven happy cyclists to celebrate National Bike Ride Weekend. Marcia was joined by David Knicely, David Parker, Larry Grossman, Barb Polin, Neups (good job getting through all the street closed barriers), Debbie Warnear, and Brian Bower (good job fixing a flat in record time) with daughter, Rebecca, in tow for her first official SVBC group ride. She did great!! We carefully exited the city as anxious Poultry Parade watchers proceeded to downtown Harrisonburg. It was a gorgeous spring morning tour of Dayton, Silver Lake, Mole Hill (not up it!!), Route 33 West (not for long), Hinton, Bridgewater, Pleasant Valley, and returning to Harrisonburg. I do apologize for picking almost every street in the city that was under construction for spring paving. However, I did arrange for the high school band to serenade us as we passed Harrisonburg High School--what more could you ask for on National Bike Ride Weekend?!

### **SKYLINE DRIVE RIDE**

Saturday the 22nd started cool and slightly breezy for the four who decided to ride the Skyline-Jody, Neups, Matt Alexander, and Tony Cascio, who rolled down all the way from Arlington to ride with us. Once the haze burned off the vistas were beautiful. Traffic was light and the decents were speedy (but not the rises). Neups (the old man of the four) kept up his complaint of the coolness of the weather most of the ride (he even started off in full-length gloves and a face mask). We'll plan this ride again later in the year. Join us!

### **WELCOME NEW MEMBERS**

C. David Knicely	Bridgewater
Kristian Looney	Bridgewater
John Maxfield	Harrisonburg
Kenneth R. Puckett	Harrisonburg

### **WELCOME BACK RETURNING MEMBERS**

Christina G. Parker	Harrisonburg
Sue & Dave Schrock Family	Harrisonburg
Judith Trumbo	Broadway
John F. Zban	Stuarts Draft

# EC Notebook #4-GROUP RIDING

(From "How to Ride in a Group" by Franklin Prosser, L.A.W. Effective Cycling Instructor #159)

Riding in a group is one of life's most enjoyable activities. Cycling with friends, traveling rapidly and safely with confidence in your companions, is a joy. However, there is a certain cycling etiquette, or rules of the road, of which you should be aware whenever cycling in a group.

**Be Predictable**-Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

**Use Signals**-Use hand and verbal signals to communicate with members of the group and with other traffic. Hand signals for turning and stopping are as follows: left arm straight out to signal a left turn; left arm out and down with your palm to the rear to signal slowing or stopping; and for a right turn, put your right arm straight out (in states where this is legal) or put your left arm out and up.

**Give Warnings**-Warn cyclists behind you of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out "left turn" or "right turn," in addition to giving a hand signal. The lead rider should announce the turn well in advance of the intersection, so that members of the group have time to position themselves properly for the turn.

**Change Positions Correctly**-Generally, slower traffic stays right, so you should try to pass others on their left. Say "on your left" to warn the cyclist ahead that you are passing. If you need to pass someone on the right, say "on your right" clearly since this is an unusual maneuver.

**Announce Hazards**-When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, gravel, grates, and other hazards. Indicate road hazards by pointing down to the left or right, and by shouting "hole," "bump," etc., where required for safety. Everyone in a group should be made aware of hazards, however, everyone does not need to announce them.

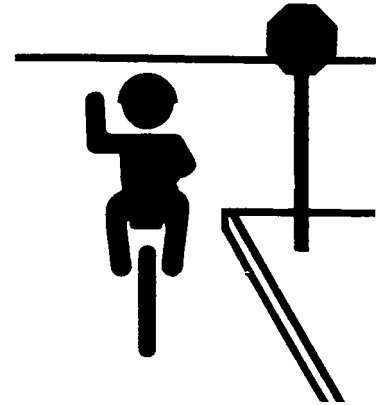
**Watch For Traffic Coming From The Rear**-Even when you are occupying the proper lane position, it often helps to know when a car is coming. Since those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying "car back." Around curves, on narrow roads, or when riding double, it is also helpful to warn of traffic approaching from the front with "car up."

**Watch Out At Intersections**-When approaching intersections requiring vehicles to yield or stop, the lead rider will say "slowing" or "stopping" to alert those behind to the change in speed. When passing through an intersection, some cyclists say "clear" if there is no cross traffic. This is a dangerous practice that should be abandoned. It encourages riders to follow the leader, letting others do their thinking for them. Each cyclist is responsible for verifying that the way is indeed clear.

**Leave A Gap For Cars**-When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bicycles. This way a motorist can take advantage of shorter passing intervals and eventually move piecemeal around the entire group.

**Move Off The Road When You Stop**-Whether you are stopping because of mechanical problems or to regroup with your companions, move well off the road so you don't interfere with traffic. When you start up again, each cyclist should look for, and yield to, traffic.

**Ride One Or Two Across**-Ride single file or double file as appropriate to the roadway and traffic conditions and where allowed by law. Most state vehicle codes permit narrow vehicles such as bicycles and motorcycles to ride double file within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you if the lane is wide enough for them to safely do so.



In an effort to promote safe cycling behavior among L.A.W. members, each issue of Bicycle USA will feature an Effective Cycling column. By reading and practicing the information and maneuvers covered in this column, you are on your way to becoming a safer, more confident cyclist. For even more information and one-on-one interaction with an experienced Instructor, sign up for an Effective Cycling class today.

**JUNE CALENDER**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 6:10pm-Training Ride-Cool Breeze	3 6pm-Keezletown Ride-Keezletown Elementary School	4	5 1:30pm- Impromptu Ride Waterman Elem. School
6	7 5:45pm-Women's Ride-Cool Breeze	8	9 6:10pm-Training Ride-Cool Breeze	10 6pm-Keezletown Ride-Keezletown Elementary School	11	12 1:30pm- Impromptu Ride Waterman Elem. School
13	14-6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	15	16 6:10pm-Training Ride-Cool Breeze	17 6pm-Keezletown Ride-Keezletown Elementary School	18	19 1:30pm- Impromptu Ride Waterman Elem. School
20	21 5:45pm-Women's Ride-Cool Breeze	22 6pm-Time Trials- Dayton-Rt. 257 & 738	23 6:10pm-Training Ride-Cool Breeze	24 6pm-Keezletown Ride-Keezletown Elementary School	25	26 1:30pm- Impromptu Ride Waterman Elem. School
27	28 5:45pm-Women's Ride-Cool Breeze	29 6pm-Time Trials- Dayton-Rt. 257 & 738	30 6:10pm-Training Ride-Cool Breeze	31 6pm-Keezletown Ride-Keezletown Elementary School		

Time Trials begin again on the 22nd!

Helmets are required on all club rides.

**SCHEDULE OF EVENTS**

- 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.
- JUNE 18-20** Blue & Gray Rally. Gettysburg, PA. Call 717-975-0888 for more info.
- JUNE 19** Tour de Bud. Muscular Dystrophy Association Benefit. Springfield, VA. Call 703-922-2880 for more information.
- JUNE 25-27** Ski Sawmill Mountain Resort Summer Sizzler Bike Rally. Call Neups for more information.
- JUNE 27** Bay to Bay Ride, Betterton, MD. Call Neups for address.
- JULY 17** Tour du Pont Stage Ride. Call Jody or Neups for information.
- JULY 23-25** Harrisonburg-Rockingham County Bike Festival, Weekend 1.
- JULY 30-AUG. 1** Harrisonburg-Rockingham County Bike Festival, Weekend 2.

## EARTH DAY 1993

Well it's been a few years, but we finally had some great weather for Earth Day. I would personally like to thank Marcia for leading the day's ride. Also, I want to thank all the workers at our bicycle parking corral: Art, Marcia, Larry, Jody, Dave, Nancy, and Matt. You were great. It was good to see some fresh helpers, notably Nancy and Matt. One last note of thanks to Bruce Johnson for helping to get the bike racks from JMU.

## 1993 SHENANDOAH VALLEY BIKE FESTIVAL

Remember all the fun we had as ride leaders on the 1992 Shenandoah Valley Bike Festival rides? Once again, the SVBC is being asked to provide ride leaders. Ride leaders will receive free T-shirts, snacks, meals, etc.

It's a great way to show off the beautiful Shenandoah Valley. Anyone interested in leading a ride(s), please call Marcia at 289-6712 as soon as possible. Volunteers are also needed with Festival activities--contact the Chamber of Commerce at 434-3862.

All rides leave from the C.F. Gilkerson CAC (Westover Park) in Harrisonburg. Distances vary from a 5-mile family ride to a century ride. Various local businesses are sponsoring the two weekends. Over 180 cyclists participated in last year's event.

Friday and Saturday evening rides will be followed by a dinner and lecture beginning at 7pm. The weekends are July 23rd-25th and July 30th-August 1st.

The ride schedule is as follows (same schedule for both weekends):

### FRIDAY RIDES

<u>Time</u>	<u>Distance</u>	<u>Ride Name</u>
4:00 pm	27 miles	Lazy Days
4:30 pm	32	Prisoner of Zenda
5:00 pm	24	Turkey Trot

### SATURDAY RIDES

7:30 am	100 miles	Century
8:00 am	50	Cross Country
8:30 am	5	Family Ride (Bridgewater)
1:00 pm	30	Westward Ho
1:30 pm	34	Natural Chimney
3:00 pm	19	Gertie's Gambol

### SUNDAY RIDES

8:00 am	27 miles	Silver Lake Ride
8:30 am	42	Base of the Mountain
9:00 am	25	Country Ramble

## DUES

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

## MEMBERSHIPS EXPIRING

Terry Ambrose	Mike Huffman	Steven P. Johnson
Zack Perdue	Don Ritchie Family	Ed Strother
Larry L. Beiler	David M. Clark	Greg Gooden
Greg & Michelle Gum	Mark Miller	David L. Sprinkel
Randy Swecker	Marc & Suzi Trubitz	Dick Wettstone
Timothy A. Wolters	Viatt Wright	

**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 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	_____

**TYPE(S) OF CYCLING**

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

**COMMITTEES**

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

**INSURANCE RELEASE**

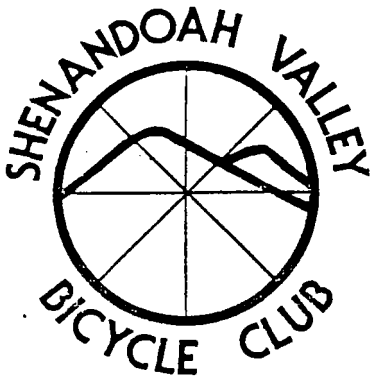
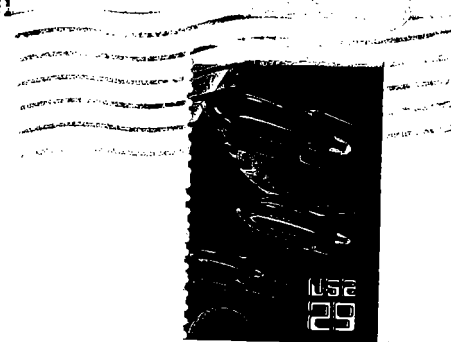
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any others connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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



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