

SEPTEMBER NEWSLETTER

SVBC OFFICERS

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

President's/Editor's Column

I hope everyone enjoyed the Bike Festival. It's a growing event and your participation makes it that much better. A special thank you to Judith Trumbo for halting her own progress on our Cross Country ride to help me look for my cycle computer (it was found).

Just this past Saturday I received a phone call from one of our members, Tony Cascio, of Arlington. He invited me up to Marshall, VA for a ride the next day. It was a nice surprise to be called for a ride. And I was glad I went. Though it took about an hour and twenty minutes to drive there, the ride called the "Blue Ridger" was great. Fifty-

six sometimes quite hilly miles on surprisingly quiet, well-paved roads. The point I'm trying to make is that I hope this is something the club offers. If you're thinking of riding and don't want to ride alone, call somebody. It feels good to be thought of.

The September meeting, our last meeting of the year in Hillandale Park, will be a Century wrap-up, with excess goodies available for our consumption. In upcoming meetings look for a program on mountain biking in October and in November, a talk by Steve Strider on his trip to Cuba with the international bike conference.

NEUPS

AUGUST MEETING MINUTES

Ten members of the SVBC participated in a leisurely ride from Hillandale Park through Dayton and surrounding farmland on a beautiful summer evening. Returning to the park, more club members heard Myron Lind, owner and manager of Blue Ridge Cycle Works, talk on tandem bicycles.

Myron brought several tandems (5!) as demonstrators which club members thoroughly enjoyed testing out. Tandem bicycles go faster than single rider bicycles and the wheels must be stronger because of the additional weight. Thank you, Myron, for the informative presentation!

Marcia's treasury report gave a total of \$922.91.

Neups read a nice thank you letter from Pat Doss of the Chamber of Commerce on the Bike Festival and brought up ideas for future meeting.

Steve

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.

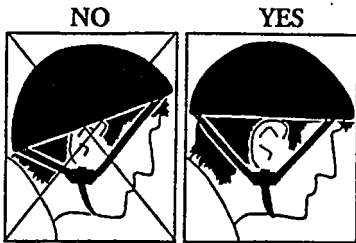
WELCOME NEW MEMBERS

Sylvia DeVita	McGaheysville
Gary Flynn	Mt. Solon
Jeff Lotts	Harrisonburg
Charlynn Turner	Harrisonburg
Patrick A. Wilson	Farmville

WELCOME BACK RETURNING MEMBERS

Matt Alexander	Harrisonburg
Tony Cascio	Arlington
Greg & Michelle Gum	Bridgewater
Brent McNett	Dayton
Zack Perdue	Harrisonburg
Tim Wolters	Staunton
Earl Zmijewski & L. Hulbert	Harrisonburg

Thanks to all the above for your continued support of the Club.



League of American Wheelmen

CHANGE TO CONSTITUTION

The constitution currently specifies a set amount of dues for each category. This makes it very tedious if these figures need revision. To remedy this the executive committee is proposing the following change to be voted on at the October regular meeting:

Current reading:

ARTICLE IV - Dues

Section 2.

	Amount of annual dues:
a.	Junior (12-16) \$4.00
b.	Individual 7.00
c.	Family 10.00
d.	Associate 7.00

Proposed reading:

ARTICLE IV - Dues

Section 2.

Amount of annual dues will be set by the executive committee by the February regular meeting. These amounts will then be in effect throughout the next fiscal year.

If you're wondering what this all means, you'd be right if you guessed that dues will be increased next fiscal year. When doing a calculation of our costs, it turns out that a membership costs much more than what we currently charge. This has been evident over the last two to three years by looking at our final treasurer's report. We would like to reverse this trend and keep the club financially stable. Club dues have not changed in the last three or more years. We hope you all understand the need for this.

BICYCLE PLAN UPDATE

Not much news. The VDOT individual working on finishing touches has been tied up on the Harrisonburg Area Transportation (HAT) study. When contacted, he had just pulled out the bike plan to work on. So hopefully there will be a final draft in about a

month for local jurisdictions to vote on. Again, call either Stacy Turner (434-2463 in the city or Bill Veno (564-3000) in the county for further information and to encourage them. Let me know if you call.

Art

SHENANDOAH VALLEY BIKE FESTIVAL 1993

This is a special THANK YOU to all my Ride Leaders for the Festival. Over 300 cyclists (not including ride leaders) participated in the two-weekend event. the SVBC played a major role in the success of the Bike Festival.

We were highly praised by the Chamber of Commerce and the participants for a job well done. It was a lot of fun for all of us involved in this year's event. I especially enjoyed seeing all the friendly, smiling faces out on the scenic Shenandoah Valley roads. Thanks for your help!!

John Zban
Ed Steele
David Sprinkle
Alan Johnson
Scott Harlow
Serena Benson
Larry Grossman
David Knicely
Jodi Hess
Christina Holland

Jody Hensley
Neups
Carrie Carreno
Marc Stecker
Deb Rigby
Art Fovargue
Judith Trumbo
Dick Wettstone
Gene Miller
Sarah Miller
Ed Strother

Tim Sanjuly
Mary Kay Rose
Greg Gum
Michelle Gum
David Schrock
Sue Schrock
Al Clague
Winston Shifflett
Brent McNett
David Frye

NOTE: Please feel free to contact me with any comments and/or suggestions for next year's Bike Festival, i.e. routes, marking routes, scheduling, etc.)

Marcia 289-6712

REDDISH KNOB REVISITED

Three riders ascended to the Knob in this year's edition of Art's annual ride: Mark Eckroth, Neups, and Art. After the usual stop at Briery Branch Grocery, we started up while it was still somewhat cool. the serious climbing started about 10am (the bridge past the reservoir) and we were all on top by 11am, including Ed Strother who drove up to meet us after being more than his usual ten minutes late at the start. After unsuccessfully

trying to talk Ed into leaving his truck on top and at least riding down the mountain with us, we headed for the traditional Hamburger Heaven. The ice water was as cold as ever and the fish burger anything but greasy. (The chocolate milkshake was great! - Ed) Finally we pushed on through the thick, hot air to Spring Creek, Bridgewater, and back to Keister to rest our knees..Total: 56 miles.

EC Notebook #5-Lane Positioning I or Attitude Adjustment

by Susie Jones

The Effective Cycling (EC) Program is rooted in the theory that "cyclists fare best when they act, and are treated in return, as drivers of vehicles, with the same rights and responsibilities that other drivers have." The group riding skills and emergency maneuvers covered in the last four EC columns are important skills to master, but it is this *vehicular cycling theory* which governs all decisions made by effective cyclists.

The theory is really an attitude, a strong belief in the rights cyclists have as legitimate users of this country's roadways.

If you have grown up believing that as a cyclist it is your responsibility to ride as far to the right as possible or that a two-ton car always has the right of way, it will take some time to change your attitude. Overcoming these feelings, which *Effective Cycling* author John Forester labels as the *Cyclist Inferiority Complex*, will not happen overnight. It takes time to reverse the well-intended but misguided bicycling education most of us have received over the years.

In each issue of *Bicycle USA* this column offers practical suggestions to improve your safety and effectiveness on the bike. To feel comfortable executing some of the maneuvers, however, you have to first believe in the vehicular cycling theory. An Effective Cycling Instructor (ECI) can help by broadening your cycling knowledge and offering numerous opportunities to practice on-bike skills. You can also learn more about the vehicular cycling and cyclist inferiority theories by reading *Effective Cycling*. To order a copy call L.A.W.'s toll-free merchandise line—(800) 288-BIKE.

Intersections are where most bicycle crashes occur, but many of them can be avoided. When you approach a multi-laned intersection, think about where you would position yourself if you were driving a car. You wouldn't be in the right-turn-only lane if you were continuing straight. And you wouldn't attempt a left turn from the right lane of a four-lane road.

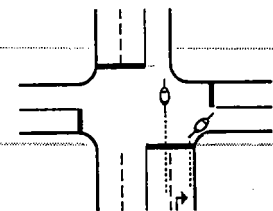
Generally speaking, as a bicyclist, you should be in the right-most lane that goes in the direction you are traveling. As a bicyclist, though, you also have three positions within the lane to choose from: the right third, the center, and the left third. The specific portion of the lane depends on the distinct characteristics of the intersection.

The diagrams below show correct lane positioning for a variety of different scenarios. Compare them to roads you travel in your regular rides. Are you where you're supposed to be?

EC Notebook #6 will delve into the factors involved in choosing the correct position for making left turns.

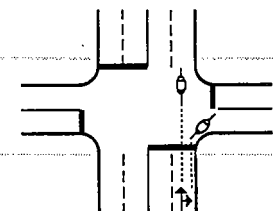
RIGHT TURN LANES

RIGHT-TURN-ONLY LANE



Right turn from right side of right-turn-only lane.
Straight from right side of next lane left.

DUAL-DESTINATION RIGHT-TURN LANE

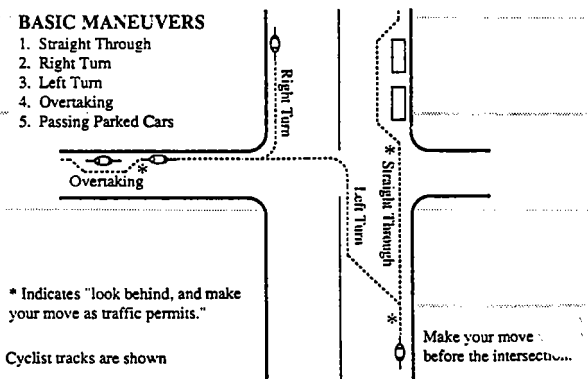


Right turn from right side of right-turn lane.
Straight from center of lane.

BICYCLING IN TRAFFIC

BASIC MANEUVERS

1. Straight Through
2. Right Turn
3. Left Turn
4. Overtaking
5. Passing Parked Cars



* Indicates "look behind, and make your move as traffic permits."

Cyclist tracks are shown

Make your move before the intersection...

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

ICE CREAM RIDE

Saturday the 21st started as a perfect day for the annual ice cream ride. Nine riders showed up, and one called to say he'd be late. Thanks to Dave Frye for waiting. The other eight started off, but two decided to drop and do their own ride. We did a real nice twenty-two miles and returned to Kline's. About the only bad part of the ride was the fact that Kline's did not yet have chocolate ice cream ready to serve. What a bummer! Next year we'll have to tell them ahead of time to be sure to have that chocolate ready for when we get back.

TIME TRIALS

<u>NAME</u>	<u>22-Jun</u>	<u>29-Jun</u>	<u>6-Jul</u>	<u>13-Jul</u>	<u>20-Jul</u>	<u>27-Jul</u>	<u>3-Aug</u>	<u>10-Aug</u>	<u>17-Aug</u>
Matt Alexander	27:07	-	-	26:00	-	26:35	25:25	-	-
Kevin Arnold	-	-	-	-	23:50	-	23:27	-	-
Sue Arnold	-	-	-	-	25:02	-	25:36	-	-
Larry Beiler	26:02	25:35	25:57	25:38	26:49	26:34	-	25:21	25:08
Al Clague	25:53	25:50	-	24:24	25:02	25:01	24:36	24:21	25:11
Dave Frye	27:06	26:49	30:46	-	-	28:13	26:50	-	26:33
Art Fovargue	-	-	-	-	-	-	30:03	-	-
Larry Grossman	-	-	30:03 *	-	-	-	26:01	28:20 *	26:28
Bruce Johnson	28:37	-	-	-	-	-	-	-	-
Dylan Johnson	27:27	-	-	-	-	-	-	-	-
Garth Kunkle	-	-	21:48	-	-	-	-	-	-
Kristian Looney	27:05	26:36	-	-	-	-	27:05	-	25:33
Jeremy Martin	-	-	-	-	-	-	26:18	-	26:22
Brent McNett	-	-	-	-	-	-	27:30	-	-
Neups	24:15	23:57	-	-	24:12	-	23:55	23:45	23:45
Bill Taylor	-	26:04	27:39	25:56	27:27	26:38	26:10	25:41	-
Tim Wolthers	-	-	-	28:03	-	-	26:53	-	27:42

* - Mountain Bike

BAKED GOODS 'N MORE

Needed: baked goods for our 11th Annual Shenandoah Valley Century coming up Sunday, September 12. 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 #12 in Hillandale Park by noon the 12th. The bicyclists truly appreciate our spread of goodies as they finish their rides. Grab your favorite recipe now.

Also needed: volunteers for day-of-ride activities. As of this writing we still need some help with sags(3), registration (1), and at the checkpoint (4). If you can assist, even if only for a few hours, please call Art (433-9247). You will be making a valuable contribution to the SVBC and to cycling in the area. For those who help out we will have the Worker's Century on Labor Day, September 6th. You can ride any number of loops: we will be checking out and marking the route. This is unsupported, so bring your own water and food as needed. Meet at Wildwood Park in Bridgewater at 9am.

Lastly, if you can't volunteer, be sure to ride. Tell your friends about it, too. Registration for the 100 mile ride is 7am; ride starts at 8am. For the 50- and 30 mile rides, registration

starts at 9am with the first cyclists off at 10am. You can pre-register by filling out the form in this newsletter and mailing (or bringing) it to Art's house. Pre-registration is \$6 (family rate = \$15), and registration day of the ride is \$8. Helmets required.

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

SEPTEMBER CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:10pm-Training Ride-Cool Breeze	2 6pm-Keezletown Ride-Keezletown Elementary School	3	4 1:30pm- Impromptu Ride Waterman Elem. School
5	6 5:45pm-Women's Ride-Cool Breeze	7 6pm-Time Trials- Dayton-Rt. 257 & 738	8 6:10pm-Training Ride-Cool Breeze	9 6pm-Keezletown Ride-Keezletown Elementary School	10	11 1:30pm- Impromptu Ride Waterman Elem. School
12 SVBC CENTURY- HILLANDALE PARK	13-6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	14 6pm-Time Trials- Dayton-Rt. 257 & 738 Last Chance!!	15 6:10pm-Training Ride-Cool Breeze	16 6pm-Keezletown Ride-Keezletown Elem. School -Watermelon!	17	18 Skyline Ride-50 miles at A-pace. 1pm start. Call Neups.
19	20 5:45pm-Women's Ride-Cool Breeze	21	22 6:10pm-Training Ride-Cool Breeze	23 6pm-Keezletown Ride-Keezletown Elementary School	24	25 No Quiche Ride 100 miles through mountains! Call Neups.
26	27 5:45pm-Women's Ride-Cool Breeze	28	29 6:10pm-Training Ride-Cool Breeze	30 6pm-Keezletown Ride-Keezletown Elementary School	31	

Helmets are required on all club rides.

SCHEDULE OF EVENTS

- SATURDAYS** 9am. Mountain Bike Rides. Beginning at and sponsored by Mark's Bike Shop. 434-5151.
- SATURDAYS** 1:30pm. Impromptu ride starting at Waterman Elementary School.
- SEPTEMBER 4-6** Bicycle Mechanics for the Enthusiast, East Coast Bicycle Academy. Call 433-3222 for more information.
- SEPTEMBER 5** Ride for Raptors. Central, SC. 25-, 62.5-, and 100 miles. \$15. SASE to Rick Hane, P.O. Box 284, Clemson, SC 29633 or call 803-868-4739.
- SEPTEMBER 10-12** Great National Peanut Rides. Emporia. Call Robert Wrenn, 804-634-4191.
- SEPTEMBER 11** General A.P. Hill Rides. Bowling Green. Quarter-, Half-, Metric-, and Century. 500 Rider limit. SASE to Jim Day, P.O. Box 682, Bowling Green, VA 22427.
- SEPTEMBER 11** Hawk Triathlon. Hagerstown, MD. Call Lino Giannoni at 301-790-2800, ext. 404.

11th Annual Shenandoah Valley Century

Sunday, September 12, 1993

Bicycle rides of 30, 50, or 100 miles through
the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The SHENANDOAH VALLEY CENTURY is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similiar rides during September. The term "Century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and many others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by auto sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 30 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepared to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 12, 1993

TIME: 100 mile ride: registration at 7:00 AM; start 8:00 AM
30 & 50 miles: registration at 9:00 AM; start 10:00 AM

PLACE: Hillendale Park Shelter # 12
Hillendale Avenue
Harrisonburg, VA

COST: Individual \$6 on or before September 11; \$8 after
Family \$15 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride and after ride treats. National Century patches from League of American Wheelmen (a national bicycling organization) will be available for \$2.50. **ANSI OR SNELL APPROVED HELMETS ARE REQUIRED**

Harrisonburg is easily reached from the north or south via I-81. Hillendale Ave. is off Rt. 42 on the western side of the city. Parking in Hillendale may be limited; additional parking available at Food Lion and other locations.

INFORMATION: Art Fovargue (703) 433-9247
Marcia Lamphier (703) 289-6712

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to pre-register.

REGISTRATION FORM - Shenandoah Valley Century
Sunday, September 12, 1993
ANSI or SNELL APPROVED HELMETS ARE REQUIRED

Name(s) _____

Address _____

City _____ State _____ Zip _____

Tour distance (check one) 30 mile _____ 50 mile _____ 100 mile _____

Cost \$6/person on or before 9/11/93; \$8 after 9/11/93 \$ _____
\$15/family (3 or more members)
_____ number of family members \$ _____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1. I shall be _____ years of age on the tour date, and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age I will ride with an adult over 18 years of age. Name of adult _____
2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for the tour.
3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding, and shall ride in that manner, for my own protection, and for the protection of others.
4. I agree to check in with those operating the tour at the completion of my ride so that they will know when I am finished on the tour route. Furthermore if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, the club officers, the club members, League of American Wheelman, the City of Harrisonburg, and any others connected with this event are not responsible for and are not insurers of my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, RR tracks, etc. may be encountered.

I thus release the above organizations and their officers, employers, and members and agree to absolve and hold them harmless, from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear an ANSI or SNELL approved helmet.

Signature of rider: _____

Signature of Parent if rider is under
18 years of age _____

ALL PARTICIPANTS MUST COMPLETE AND SIGN THIS RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check payable to SHENANDOAH VALLEY BICYCLE CLUB, to:

SHENANDOAH VALLEY CENTURY
c/o Art Fovargue
210 Monument Avenue
Harrisonburg, VA 22801

- SEPTEMBER 11 Amish Country Tour. Dover, DE. 25-, 50-, and 100 miles. Call Tom Hartley at 302-697-6400.
- SEPTEMBER 11-12 CAM Fat Tire Rally. Patapsco State Park, Baltimore, MD. Call Sarah Pick at 410-465-5982 for more information.
- SEPTEMBER 12 **SVBC Century Ride.**
- SEPTEMBER 12 Reston Triathlon.
- SEPTEMBER 18 **Skyline Drive Ride. Meet at Neighbor's Exxon in McGaheysville at 12:15pm. Call Neups for information.**
- SEPTEMBER 18 MS Harvest Tour. Charlottesville.. 25-, 50-, and 100 miles. Call 800-451-0373.
- SEPTEMBER 18 Surry Century Rides. Newport 25-, 50-, 75-, and 100 miles. Call Trish Fielding at 804-838-5021.
- SEPTEMBER 18 Potomac Pedalers Touring Club Century.
- SEPTEMBER 18 Second Tour of Franklin County, Chambersburg, PA. 10-, 25-, 50-, and 100 miles. Call Gloria Verge at 717-263-8508.
- SEPTEMBER 18 Maryland Wine Festival Bike Tour. Timonium, MD. Call the American Lung Association at 800-642-1184.
- SEPTEMBER 19 The Storming of Thunder Ridge. Roanoke. 50- and 100 miles. Call the American Lung Association at 800-345-LUNG.
- SEPTEMBER 19 Harvey Hundred. Richmond. 25-, 65-, and 100 miles. \$12 before day of event, \$15 day of event. Call Alan Armstrong at 804 262-5128
- SEPTEMBER 25 **No Quiche Ride. An alternative to other centuries. This is 100 hilly miles from what I understand. Climbs up to the Skyline Drive from Luray and then up to Big Meadows. Leave at 8am. Call Neups for information.**
- SEPTEMBER 25-6 Deep Creek Lake Autumn Bike Tour. Timonium, MD. Call the American Lung Association at 800-642-1184.
- SEPTEMBER 26 Apple Valley Century. Winchester. Call Tom Sullivan, 703-667-1098.
- SEPTEMBER 26 Ride Your Ash Off to Ashland. Fredericksburg. \$12 before September 14. Call Rosemary Pitts, 703-371-0398.
- SEPTEMBER 26 Adams Apple Ride. Gettysburg, PA. \$10 before August 20. 25-, 50-, and 100 miles. Call 717-334-8151 for more information.
- SEPTEMBER 26 Bryans Road Century. Charles County, MD. 25-, 50-, 63-, and 100 miles. Call Randy Schoch at 301-567-6760.
- OCTOBER 3 Reston Bicycle Club Century. Reston. 25-, 50-, 62.5-, and 100 miles. Call Anneliese Schmid, 703-742-6752.
- OCTOBER 8-10 Colonial Virginia Bike Trek. Williamsburg. Benefits American Lung Association of Virginia. Call 800-345-LUNG.
- OCTOBER 15-17 Bike Virginia Fall Festival. On and off-road rides. Call 804-229-0507.
- OCTOBER 17 Watermen's Museum Bicycle Ride. Yorktown. 25- and 50 miles. Call Tom Gray at 804-898-8690.
- OCTOBER 24 Knotts Island Ride for Life. Hampton. Benefits Leukemia Society. 12-, 25-, and 62-miles. Call 800-866-4483.

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 SEPTEMBER/OCTOBER

Jim Borkholder	Carrie Carreno	Frank Hill
Damarius T. Marion	<u>Jim & Charlene Mitchell</u>	
Sam & Margaret Johnson	Samuel Piercy	Nancy Sheffield
Steve Strider		

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	_____

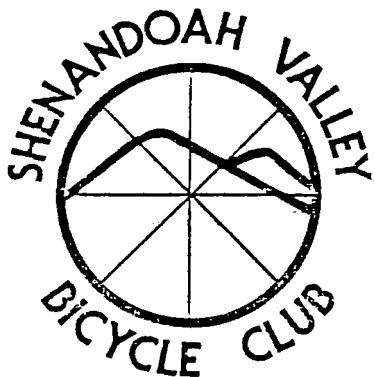
TYPE(S) OF CYCLING

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



P.O. Box 1014
 Harrisonburg, VA 22801



SVBC SECRETARY
 RT. 2, BOX 405-B
 ELKTON, VA 22827

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