

JAN./FEBRUARY 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 your Christmas and New Year's holidays have been good ones. It was nice for me to see the snow on the ground.

Look for your election ballots in this newsletter and get them back to our P.O. box or bring them to any regular meeting through March.

Our potluck dinner is January 10th at 6pm. Mark the date and time. And bring something to share. The club will provide the plates, cups, and utensils. A microwave oven and ice are both available.

February's meeting will be the annual swap meet. The time returns to the normal 7:30pm. Randy Porter should also be there to talk about his next book. I've only heard good things about his last one.

Thanks to Christina Holland for her review of her vacation this past summer. If anyone else goes bicycling elsewhere, send in your own review. Someone else may be interested in hearing about and planning their own trip to the same place.

NEUPS

DECEMBER MEETING MINUTES

Neups opened the meeting a few minutes after 7:30pm. He noted that we may not have a Secretary on the ballot for the coming year. Marcia gave a Treasurer's report of \$1,366.79. She noted that we had outstanding postage bills due. (Dave, don't forget to submit them.) The Effective Cycling video was watched. There was general agreement on its merits. Suggestions were made to offer it to area groups, junior and senior high schools, JMU, boy scouts, etc. Neups will get out some letters to these groups.

Neups noted upcoming meeting highlights: January is the annual pot-luck (meeting time is 6pm). This year we will also be handing out awards. February will be the annual swap meet and a talk by Randy Porter, who just finished one book on Bicycling the Shenandoah Valley (see last newsletter), and is now working on a mountain

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.

bicycling book. March will be elections and a presentation by Mole Hill Bikes. April will be our last indoor meeting, with a presentation by Scott Gauthier, practitioner of structural integration.

WELCOME BACK RETURNING MEMBERS

Gene Miller

McGaheysville

CLASSIFIEDS

19" Road Bike. Lotus Triathlon Series - Classique. 14-speed, turquoise color, Shimano 105 components, optional Scott aerobar. Good condition. Asking \$200 or make offer. Call Bart Johnson at (703) 269-8261.

1994 SHENANDOAH VALLEY BIKE FESTIVAL

Planning has already begun for this year's festival. Some changes are to be noted. The festival will be held on one weekend only, July 29-31. Also, the locus has been changed to Bridgewater College. Rides will be from 5 to 100 miles. Preregistration is requested. More information can be obtained by calling (703) 434-3862.

CHANGES IN DUES

Beginning in March the annual dues will change. An Individual membership will cost \$10, as will an Associate membership. Family dues have increased to \$15 and Juniors to \$7. These changes should keep us fiscally stable for awhile. The last few years we've seen a lowering of our end-of-year cash balances and the officers saw the need to remedy that.

A quick summary of our costs: the newsletter and our club insurance together come to \$10 per member. Club membership in the League of American Wheelmen, Bikecentennial, and VA Bike Federation and rental of our post office box add another \$5. On top of those we also have sundry expenses: the cost of the ice cream ride, Mr. J's after trash pickups, and other miscellaneous expenses. Thanks for your understanding on this issue. I hope that this increase will last us for a long time to come. The officers will do what they can to hold to that.

ELK RIVER TOURING

I've been asked to share with you a most incredible mountain biking adventure that I would highly recommend to all of you!

This past October, with the fall leaves at their peak, I headed back to Slatyfork, West Virginia to the Elk River Touring Center. There I was warmly welcomed and introduced to several others who had also come for the self-guided Greenbriar Inn to Inn tour. We were given a map which would lead us 26 miles to Cass, an old logging town, and a hearty lunch filled with many homemade goodies to enjoy on the way.

The scenery was gorgeous - plenty of sunshine, colorful leaves, grazing horses, blue sky, and pleasant temperatures. For me this kind of vacation makes me think "this must be what heaven is like!"

The first night we stayed at "The Shay", a quaint bed and breakfast in Cass. We arrived to find a blazing fire, plenty of hot water for showering, and a dinner of chicken parmesan over angel hair pasta waiting for us. Needless to say we all crashed around 9pm, exhausted but happy!

The next three days were just as wonderful. We biked adjacent to the Greenbriar River on a well groomed trail leading through many small towns surrounded by peaks of the Allegheny mountains. Each night we enjoyed the hospitality of our hosts at a different B&B. Outside hot tubs made for a delightful end to a long day of cycling.

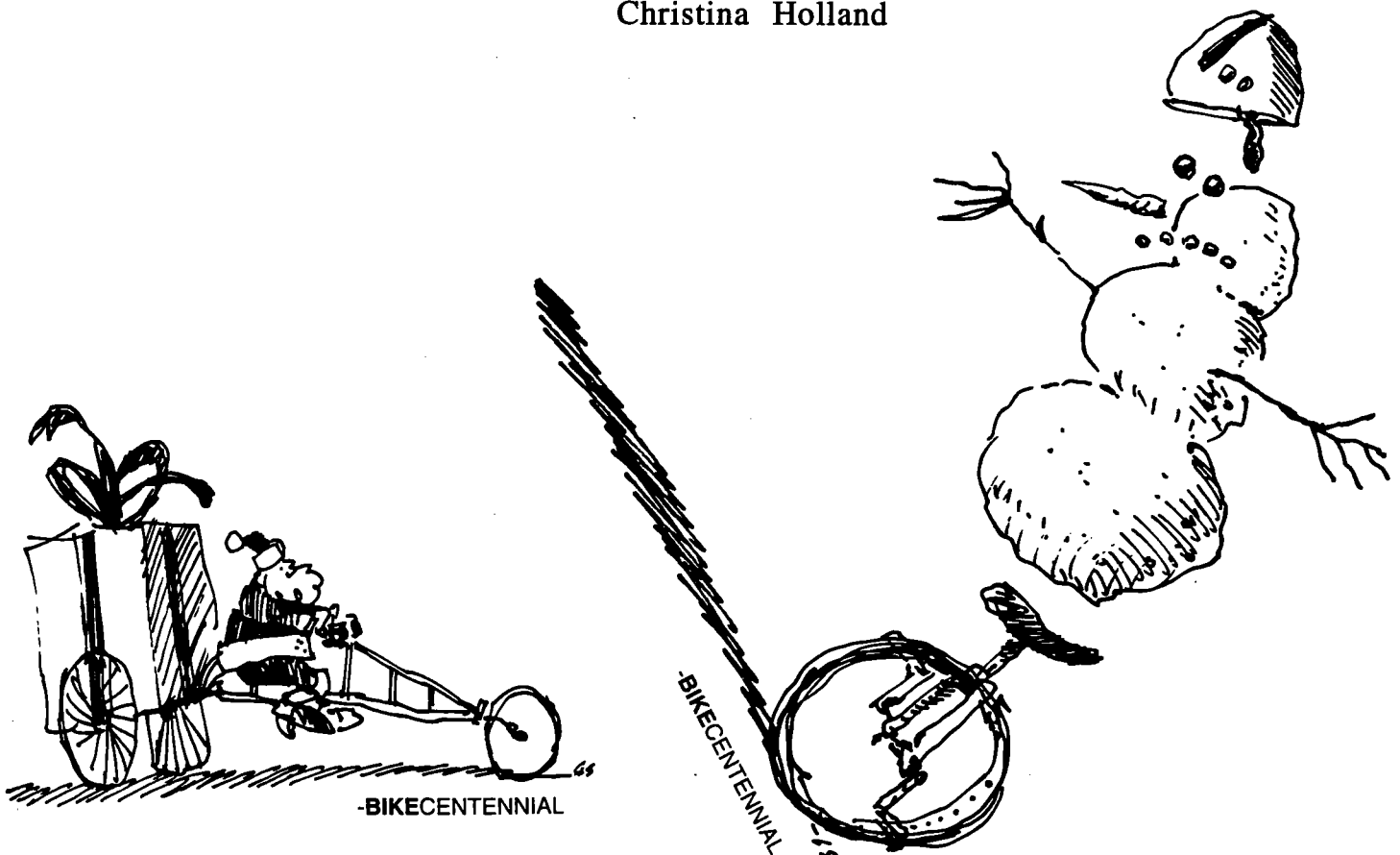
There are many things that will stay with me from this experience - the friendliness of everyone I encountered on the tour, the steaming black bean soup and homemade chocolate chip cookies for lunch after a particularly wet and chilly morning, and the peacefulness of being surrounded by such astounding beauty and fresh air.

Spring, summer, and fall are open for many different mountain biking tours - the Pocohontas County 6-day Inn to Inn Tour, Cranberry to Canaan 6-day Tour, Single-Track Weekends, and of course, the Greenbriar Inn to Inn Tour. There are many B&B rooms to choose from during your stay at Elk River.

Winter is open for cross-country skiing at the Elk River Nordic Center. Guided backcountry tours, moonlight skiing, and individual lessons are available.

Whatever you choose, I guarantee Elk River will make your vacation one to remember! for more information, contact Elk River touring Center, Slatyfork, WV 26291, (304) 572-3771.

Christina Holland



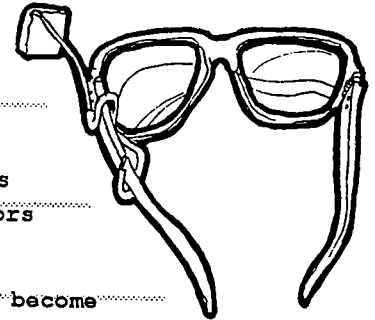
EC Notebook #7 - Do You See What I See?

by Susie Jones

The Great Mirror Debate - not quite as big as The Great Helmet Debate, but definitely an issue that divides cyclists. Effective Cycling Instructors (ECIs) can be found on both sides of the argument because there is no "correct answer" - the decision to use or not use a mirror is a personal one that depends on many factors. EC classes, and the EC Program in general, are not designed to tell cyclists right from wrong, but rather to give cyclists the knowledge and skills they need to make informed decisions about all aspects of their riding (equipment, clothing, technique, road position, etc.).

Those who use mirrors can't imagine riding without one. They argue that mirrorless cyclists are blind to the rear most of the time and must sneak a time-consuming and risky over-the-shoulder glance when they need to know what is behind them. A mirror allows them to frequently glance behind while keeping attention on the road ahead. With knowledge of the total traffic situation, they feel better prepared to react if an emergency situation should arise.

In situations where cyclists confront high volume or high speed automobile traffic (such as a daily commute), and the situation changes quickly, a mirror may be the only way to determine when it is safe to look behind before changing lanes. Mirrors are also useful on group rides to keep track of riding companions. Some cyclists experience a decrease in neck flexibility as they age and rely on mirrors to relay information about changing traffic conditions.



Those who prefer not to use mirrors feel that many cyclists become overconcerned with the situation behind them. Since statistics tell us that the situation in front is more likely to cause injury than the one behind, there is concern that the mirrored cyclists are concentrating in the wrong direction. Some cyclists become dependent upon mirrors and forget the importance of looking over their shoulder before executing lane changes or other turning/merging maneuvers. Although mirrors will alert cyclists of approaching vehicles, it is not always possible to discern how close they are or their speed. Handlebar mirrors are typically convex, causing images to appear farther away than they really are. Helmet mirrors can distort depth perception because the cyclist is looking through only one eye.

Cyclists who do not scan over their shoulders before changing lanes lose an important communication tool with motorists. EC teaches that cyclists with mirrors should still check over their left shoulders when changing lanes or maneuvering into position for a turn so that following or overtaking motorists will know that a change is coming.

When a cyclist is occupying the correct lane position and is riding predictably, information about what is happening behind him/her should not change that position (except in extenuating circumstances). If a cyclist is riding in the travel lane because the shoulder is littered with debris, then that is the correct position whether or not there are vehicles approaching from behind. By moving back onto an unsafe shoulder to allow a motorist to pass, a cyclist could hit something, lose control of the bike, and end up in the car's path.

As you can see, there are many valid arguments on both sides of the mirror debate. Using one to be aware of the total traffic situation makes sense; ignoring the limitations of mirrors does not. Glancing in your mirror is no substitute for glancing over your shoulder before changing lanes.

Thanks to ECIs Paul Magrath (MA), Dave Spitler (KY), and John Waltz (NJ) for contributing to this column.

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.

SCHEDULE OF EVENTS

- SATURDAYS 10am. Mountain Bike Rides.** Beginning at and sponsored by Mark's Bike Shop.- 434-5151.
- SATURDAYS 1:30pm. Impromptu ride starting at Waterman Elementary School.**
- JANUARY 10 Monthly meeting, annual pot-luck dinner, 6pm, Valley Wellness Center.** We'll provide the drinks, cups, utensils, and napkins. Ice and a microwave are both available. And don't forget the awards.
- FEBRUARY 14 Monthly meeting, 7:30pm, Valley Wellness Center. Annual swap meet and Randy Porter.** Bring your items to buy, sell, or trade.
- MARCH 14 Monthly meeting, 7:30pm, Valley Wellness Center. Elections and a presentation by Mole Hill Bikes.**
- APRIL 30 Tour de Cure, Appomattox.** Call (703) 989-7871 or 800-944-6766 for more information.
- JUNE 24-29 Bike Virginia.** This year's route will be from Bedford to Goochland. Call (804) 229-0507 for more information.
- JULY 7-10 L.A.W. National Rally, San Diego, CA.**
- JULY 14-17 Virginia Commonwealth Games, Roanoke.** Call (703) 343-0987 for more information.
- JULY 21-24 L.A.W. Greater Eastern Area Rally (GEAR). Salisbury, MD.**
- OCTOBER 7-9 Colonial Virginia Bike Trek. Benefits ALAV.**

1993 MILEAGES

If you have your 1993 total and would like to have it listed, call Neups.

**League of American Wheelmen
Membership Application**

I want to join the national organization of bicyclists. Please start my subscription to BICYCLEUSA magazine. Also send my membership materials, including bike and window decals, and a membership card.

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 TELEPHONE (____) _____
 CLUB _____
 SPONSOR _____

L.A.W. Membership Categories
 (Add \$15 for postage to foreign countries. Pay by check drawn in U.S.)

<input type="checkbox"/>	Individual: \$25
<input type="checkbox"/>	Family: \$30
<input type="checkbox"/>	Advocate—Individual: \$35
<input type="checkbox"/>	Advocate—Family: \$40
<input type="checkbox"/>	Sustaining: \$50
<input type="checkbox"/>	Bike Shop: \$50
<input type="checkbox"/>	Individual Life: \$425
<input type="checkbox"/>	Family Life: \$525
<input type="checkbox"/>	Public Library: \$19
<input type="checkbox"/>	IPMBA: \$35

Please add me to the Hospitality Homes List

League of American Wheelmen
 190 W. Ostend Street, Suite 120
 Baltimore, MD 21230
 (410) 539-3399/FAX (410) 539-3496
 Membership Hotline 1-800-288-BIKE



SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____ / _____

ADDRESS _____
 Street _____ City _____ State _____ Zip _____

Individual _____ (\$10) Family _____ (\$15) Junior (12-16) _____ (\$5) Associate (non-voting) _____ (\$10)

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	under 10	5 - 15	_____

TYPE(S) OF CYCLING

Racing _____ Mountain _____ Recreational _____ Overnight Tours _____ Other (specify) _____

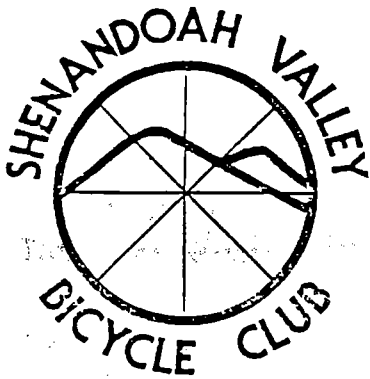
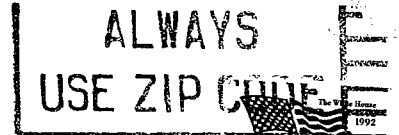
COMMITTEES

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 22801-1014



P.O. Box 1014
 Harrisonburg, VA 22801

