

MAY NEWSLETTER

SVBC OFFICERS

| | |
|--|----------|
| President: Michael "Neups" Neupauer | 434-1878 |
| Vice-President: Jody Hensley | 289-5591 |
| Secretary: David Knicely | 828-3599 |
| Treasurer: Marcia Lamphier | 289-6712 |

President's/Editor's Column

A thank you goes out this month to Marc Stecker for helping to plug the club to the public. Marc made a donation to national public radio which allowed him eight spots on Monday, April 11th (the day of our monthly meeting) for his favorite activity. He chose the SVBC. Thanks for the advertising!

Another note of interest is that I have had people asking about the Saturday impromptu rides. People have been showing up, but it seems they never have showed up on the same day. So if you're

looking for riding companions on a Saturday, try the impromptu rides from the Waterman Elementary School at 1:30pm.

And now for a little algebra. I remember a canoe problem that asked how fast were you going if the current was 6mph and you could row at 10mph. Well if that answer is 4mph, and I was riding 15mph against a 20mph headwind the other day, why is it I'm not always riding at 35mph?

NEUPS

APRIL MEETING MINUTES

After calling the meeting to order, Neups reminded the six club members in attendance of upcoming club events. 1) Trash Day at 8:30am on April 30th. During the discussion a motion was made to renew the contract for trash pickup upon expiration, but only if a new road could be worked. 2) Park and Park Ride at 10am on April 16th. (Thanks John for your support on this ride.) 3) Monthly meeting on May 9th is changed to the Wellness Center, which, now, will be our last indoor meeting until October. A discussion and video presentation by Russ Culver about RAGBRAI is planned for that meeting.

Other club business included Marcia's Treasurer's report of \$1,082.44 and Art's reminder of the upcoming Harrisonburg Planning Commission's meeting. Neups informed everyone that Marc Stecker dedicated April 11th as Shenandoah Valley Bicycle Club Day on WMRA for his contribution during the radio station's semi-annual fund drive.

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.

The floor was then turned over to Scott Gauthier. His presentation included a historical discussion on structural integration, an exercise on body awareness, and an on-site demonstration of structural integration on Neups. How are those ribs doing?

Knically

A follow-up to my session: I went to Scott two days later to finish the session he started on me Monday night. If you need a deep loosening up, go to Scott. He got my shoulders moving easier than they had been. Also, he went so deep when working on my legs, it hurt. But when I was done with the session, I didn't feel any pain from his work. Maybe I should start stretching more. Scott's work is definitely something different. Check him out by calling his office at 170 S. Main St. at 434-4574 or call me. Oh, his wife does regular massage at the same location. Neups

WELCOME NEW MEMBERS

Andy Ringgold

Mt. Sidney

WELCOME BACK RETURNING MEMBERS

Dave & Nancy Cary

McGaheysville

Mike Wenger

Harrisonburg

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



CLASSIFIEDS

Bell Image Helmet (M/L), \$30. **Ambrosio Sew-up rims (2)**, \$30. Both items brand new and in original packaging. Call Brian Bauer at (703) 298-0014.

Racing Wheelset, Campy hubs, Mavic rims, Vittoria sewups. \$90 for the pair. Call Winston Shifflett at (703) 433-6767.

BICYCLE PLAN UPDATE

The Harrisonburg Planning Commission made a motion to have a joint meeting with the Rockingham Planning Commission on the bicycle plan. This meeting will be on Monday, May 23rd at the County Office Building (on E. Gay and N. Main Sts.). There will be a review period from 6-7pm and a public meeting at 7pm. This should be our meeting! We need to show our interest in this as a group. One or two of us will not be enough. Ten or twenty of us will not be enough. Thirty or forty of us will start looking better. This is something that will affect us throughout our riding careers here in the valley. Please make it a point to be there. Without our input, some bicycling decisions could be made by non-riders. If you never make another meeting, please make this one!!!

TIME TRIALS

We have a different situation this year on our time trial route. VDOT has moved the stop sign from Route 752 onto Route 738 at what would be our mile 8 of the course (the third mile after the turnaround). This part of the road is a hard right turn. When the corn gets high there is no seeing ahead of the turn. And with the change you now have cars coming from the left crossroad (752) with no stop. This will put

quite a damper on our times as bicyclists are vehicles of the road and are required to obey the rules of the road, especially stop signs. Does anyone know another stretch of road that might be good for time trialing? Should we continue on the one we now use? Should we only do the five miles out?

On another note, we still haven't had anyone step forward to time this year. Marcia showed up the first night, but isn't guaranteed to always be there. Anyone?

MAY CALENDER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|---|---|--------|---|
| 1 | 2 5:45pm-Women's Ride-Cool Breeze | 3 6pm-Time Trials- Dayton-Rt. 257 & 738 | 4 6:10pm-Training Ride-Cool Breeze | 5 6pm-Keezletown Ride-Keezletown Elementary School | 6 | 7 1:30pm- Impromptu Ride Waterman Elem. School |
| 8 | 9-6pm-PreMtg. Ride-VWC! 7:30pm-Monthly Meeting-Valley Wellness Center! | 10 6pm-Time Trials- Dayton-Rt. 257 & 738 | 11 6:10pm-Training Ride-Cool Breeze | 12 6pm-Keezletown Ride-Keezletown Elementary School | 13 | 14 10am-Skyline Ride, 50 miles. Meet at McGah. Park & Ride. |
| 15 | 16 5:45pm-Women's Ride-Cool Breeze | 17 6pm-Time Trials- Dayton-Rt. 257 & 738 | 18 6:10pm-Training Ride-Cool Breeze | 19 6pm-Keezletown Ride-Keezletown Elementary School | 20 | 21 10am-Park & Park Ride. Wildwood Park, Bridgewater. |
| 22 | 23 6pm review, 7pm meeting- Bicycle Plan! County Offices | 24 6pm-Time Trials- Dayton-Rt. 257 & 738 | 25 6:10pm-Training Ride-Cool Breeze | 26 6pm-Keezletown Ride-Keezletown Elementary School | 27 | 28 1pm-Ft. Harrison Frolic, 18-miles C-pace. |
| 29 | 30 5:45pm-Women's Ride-Cool Breeze | 31 6pm-Time Trials- Dayton-Rt. 257 & 738 | | | | |

Helmets are required on all club rides.

Even though rides are scheduled for some Saturdays, the impromptu ride is understood to take place at 1:30pm.

CERTIFICATE of RECOGNITION

*By virtue of the authority vested by the Constitution
in the Governor of the Commonwealth of Virginia,
there is hereby officially recognized:*

BICYCLE MONTH

WHEREAS, for more than a century, the bicycle has been an important part of the lives of many Americans, usually providing their first form of independent transportation; and

WHEREAS, approximately 100 million Americans engage in bicycling today for fun, fitness, sport, recreation, and transportation; and

WHEREAS, the use of bicycles for travel benefits all residents of Virginia because bicycles do not pollute and because they ease traffic congestion; and

WHEREAS, bicycle clubs and organizations throughout Virginia promote wholesome recreational and racing activities for thousands of bicyclists;

NOW, THEREFORE, I, George Allen, Governor, do hereby recognize May, 1994 as **BICYCLE MONTH**, in the **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.



George Allen

Governor

Betsy Davis Beamler

Secretary of the Commonwealth

EC Notebook #9 - Tools For The Road

By Don Roy (NY), ECI #232

A common question asked of Effective Cycling Instructors is, "What tools should I carry with me on rides?" Unfortunately, there is no one correct answer. Ask yourself these three questions to determine what you should carry.

1) What do I know how to repair? Carrying two pounds of tools that you don't know how to use will help only if a Good Samaritan who knows about bikes happens along. Only carry tools for work that you know how to do.

2) How well do I maintain my bike? A lack of maintenance at home ensures a greater likelihood of a specific bike failure occurring. If you regularly check your derailleur cables for damage, corrosion, and wear, you shouldn't have to carry equipment to replace one. Be sure to check your tires for proper inflation before each ride and maintain adequate lubrication of the chain.

3) How far from civilization will I be riding? If you do only day rides close to home, flat tire tools and a quarter for the phone may be enough. For loaded touring, you'll probably want a larger kit including a freewheel tool, spare spokes, crank puller, and more.

Although each bike has different tool needs, most bikes today are standard to the extent that the following list will handle the majority of on-road repairs and adjustments:

- Tire levers
- Spare tube
- Hand pump (better than CO2 because it never runs out of air)
- Patch kit (to fix the occasional second flat on one ride)
- Adjustable wrench, 6" (for most hex bolts)
- Screwdrivers (straight & Phillips head as needed)
- Box wrenches or open/box combination (as appropriate for your bike where the 6" adjustable wrench may not fit; also available are 8-9-10 mm "Y" wrenches and metric "ignition wrench" sets)
- Hex (Allen) wrenches of 4, 5, and 6 mm (or a "Y" wrench of these sizes)

Look this list over and compare it with your bike's needs for such things as derailleur adjustments, brake adjustments, handlebar or rack tightening, wheel removal, and saddle adjustments. Be sure you understand what tool is needed for each fitting on your bike, and then alter the above list of tools as needed.

Always remember that tools don't fix things - people fix things. A good way to learn how to make repairs on your bike is by taking a course from an Effective Cycling Instructor. Many ECIs offer maintenance-only courses, especially in winter.

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.**
- MAY 9** **Pre-meeting ride, 6pm, Valley Wellness Center. Monthly meeting, 7:30pm. Russ Culver will speak on RAGBRAI.** (Rescheduled from March).
- MAY 14** **Skyline Drive ride, A pace, 50 miles, 10am, McGaheysville Park & Ride. Call Neups!**
- MAY 14** Tour de Poulet.
- MAY 14** 2nd Annual Shenandoah Valley Amateur Bicycle Race, Front Royal. 32.6 miles, \$15. Call 703-635-3185 for more information.
- MAY 14-15** Commonwealth Classic, Richmond. Benefits the Leukemia Society of America. Call (800) 866-4483 for more information.
- MAY 21** **Park and Park ride, D pace, 10am, Wildwood Park in Bridgewater. Led by John Maxfield. Call 432-1603.**
- MAY 21** Hawk Sports Festival Triathlon, Fat Tire Scramble, and 10K Foot Races. Greenbrier State Park near Hagerstown, MD. For information call Lino Giannoni at 301-790-2800 x404.
- MAY 21-22** Fairfax to Richmond Clean Air Challenge. Benefits the American Lung Association. Call 1-800-AL-CYCLE for more information.
- MAY 28** **Fort Harrison Frolic, C pace, 1pm, Fort Harrison, Dayton. Visit the fort, then an 18-mile ride. Led by John Maxfield. Call 432-1603.**
- MAY 28** Williamsburg Weenie Rides.
- MAY 29** ROC Hill Climb, Roanoke. USCF race up Mill Mountain.
- MAY 30** Saturn Cup, Roanoke. USCF sanctioned criterium.
- JUNE 11-12** MS 150 Bike Tour, Piedmont Virginia CC, Charlottesville. Call Neups.
- JUNE 11-12** Chesapeake Bay Bike Tour, American Lung Association of Maryland
- JUNE 12-17** Ride Around Wyoming. Starts and ends in Jackson. For more information, call (307) 672-6323.
- JUNE 12** 18th Annual Knotts Island Century, Chesapeake, VA. \$15. Contact Brian Bielitz at 804-498-0330.
- JUNE 13** **Pre-meeting ride, 6pm, Hillendale Park, Shelter #1. Monthly meeting at 7:30pm. Bill McAnulty will talk with us about the upcoming Shenandoah Valley Bicycle Festival.**
- JUNE 24-29** Bike Virginia. This year's route will be from Bedford to Goochland. Call (804) 229-0507 for more information.
- JUNE 26** Bay to Bay Ride, Bettertown, MD. 86 or 107 miles. \$8 until June 10th. For more information, write to Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665.

- JULY 2 Liberty Tour, Bay City, MI. Call Neups.
 JULY 7-10 L.A.W. National Rally, San Diego, CA.
 JULY 11 **Annual Club Picnic, 6pm, Hillandale Park, Shelter #1.**
 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.
 JULY 29-31 **Shenandoah Valley Bike Festival, Bridgewater College Campus.**
 AUGUST 13 Roanoke Valley Biathlon, Catawba, VA. 5 mile run, 20 mile ride. Call BilliBob Abshire at 703-343-7632 for more information.
 SEPTEMBER 8-11 Great National Peanut Rides, Emporia. Call Robert Wrenn at 804-634-4191 for more information.
 SEPTEMBER 11 **SVBC Century!**

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 MAY/June

| | | |
|-------------------------------|---------------------------------|---------------------------|
| Al Clague & Family | Bill Gaidos & Family | Jody Hensley |
| Jim Printy Family | John Ralston | Dave Shrock Family |
| Christina Holland | Mike Huffman | C. David Knicely |
| Kristian Looney | John Maxfield | Kenneth Puckett |
| Judith Trumbo | John Zban | |

TRY BIKING

AS A POLLUTION SOLUTION

- 50% of urban space in the U.S. is devoted to roadways.
- Auto emissions rank #1 among all causes of air pollution.
- Motor vehicles are responsible for 55% of cancer contaminants — greater than any other source.
- 54% of Americans live less than 5 miles from their jobs, a distance easily traveled by bicycle.
- 20% of our (Americans) disposable income is spent on transportation.
- Drivers have to work 1 day per week just to pay for their driving expenses (car, insurance, gas, parking, etc.).
- A ten-mile commute by bicycle requires 350 calories of energy. The same trip in an average American car requires 18,600 calories of energy (about half a gallon of gasoline); 9,200 calories by bus, 8,850 by rail, and 1,000 by foot.
- Motorists could save an average of 150 gallons of gasoline each year if they rode to public transit facilities instead of driving.
- 12 bicycles can be parked in the space of one car.
- Number of lanes a bridge or city street must have to accommodate 40,000 autos per hour: 12
- Number of lanes necessary to accommodate 40,000 bicycles per hour: 1

To purchase additional copies or for information about bicycle education and advocacy, contact:
 League of American Wheelmen, 190 W. Ostend Street,
 Suite 120, Baltimore, MD 21230-3755/(410) 539-3399.

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) _____

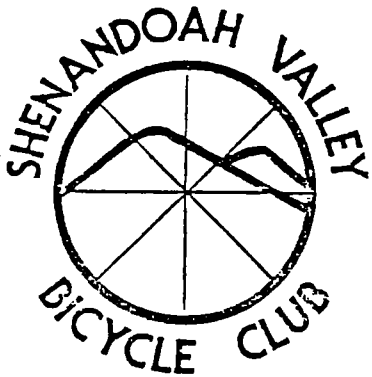
COMMITTEES

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