

JUNE 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

I've been vindicated! The current issue of Bicycling has an article on good foods that look like they're not. **And Yoo-Hoo is spotlighted!**

Another thank you goes out this month to the Shrock family. They dedicated a day on WMRA to bicycle commuters. Thanks for the exposure.

Another math-type question this

month, for those who have cyclo-computers. At times I look at my average speed - let's say it's 15.0mph. At the same time I'm traveling down the road at a current speed of 15.7mph. How is it possible that when I look down at the average speed again it has gone down to 14.9mph?

NEUPS

MAY MEETING MINUTES

Just sit right back and I'll tell you a tale, a tale of the club's first pre-meeting ride. It started at the Wellness Center on our well-tuned bikes. The Secretary was a mighty biker, and the President strong and sure. Six club members set off at 6pm for a one hour ride, a one hour ride. The weather started getting rough.....Ok, I know enough is enough. Seriously, the evening was absolutely perfect for pushing the pedals through Rockingham County and fellowship with other bikers. Those six members and Russ Culver enjoyed a scenic 14-mile bike ride (without Gilligan), good company, and plenty of exercise.

Upon returning from our scenic ride and adjourning inside, Russ Culver began the meeting by telling us about his personal experiences while riding in RAGBRAI XXI (1993). The annual one-week bike ride across Iowa starts at the Missouri River and ends approximately 500 miles later at the Mississippi River. Russ's 45-minute video tape and personal photos showed Iowa countryside, selected town events, and over 7,000 bikers (young and old). Many thanks, Russ, for your exciting overview of RAGBRAI XXI.

Other club business included the Treasurer's report of \$1,082.21 and a reminder of the Harrisonburg/Rockingham County Planning Commissions' May 23rd meeting regarding bicycling. Neups informed everyone that eight people showed up for Trash Day, and were treated to Mr. J's bagels afterwards. Finally, after reviewing several new roads available for trash pick-up, a motion was made to select Rt. 655/683. Neups will check with VDOT.

Knicely

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

Jeff Smith Family Harrisonburg

WELCOME BACK RETURNING MEMBERS

Bernard Edwards Weyers Cave
John Maxfield & Family Harrisonburg
Jim Printy & Family Staunton
John Ralston Churchville
Judith Trumbo Broadway

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.

TIDBITS

In Texas a jury awarded a cyclist \$1.8 million for leg injuries suffered when a dog darted in front of his bicycle. The ruling was because the owners were deemed to have violated leash laws. As this was reported in the Daily News-Record, I hope a lot of our dog-loving friends in the county read this.

RIDES RECAP-John Maxfield

April's C-paced ride, the Dayton Donut, a 12-miler, had ten riders. It was a beautiful day, if a little bit cool. I think we all had a good time. We don't work any harder than we have to on the ups and we can coast on the downs. We see more when we take our time. We're doing rides from A Cyclist's Guide to the Shenandoah Valley.

Sorry I missed writing anything in the May Newsletter about the May ride. I didn't really plan the May ride until after the April ride was over, and the newsletter lead time got ahead of me. The May C-ride is slightly more ambitious, 18 miles, including some of Mole Hill.

UPCOMING RIDES

June's C-ride will be at 10am on Saturday, June 25th. Working from the Guide again, we'll start in Bridgewater and see its airport, cross Silver Creek, see bamboo, and go through Centerville, all in 13 miles. MAXimum enjoyment on a C-ride; that's me, Captain MAX.

I'm not scheduling a D-ride for June. Only one person came out in April, and she's better served by the C-pace (at least!). I'm writing this before the May D-ride in Bridgewater. If a lot of folks show then, or if I get calls for it, we might try to find a time for one in June.

Don't forget that the rides before our club meetings are billed as B/C pace. They start at Hillendale shelter #1 at 6pm beginning in June with the meetings beginning at 7:30pm.

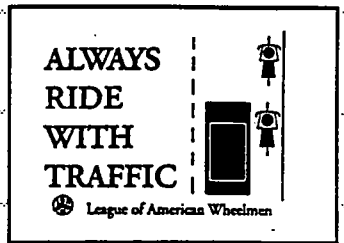
John Maxfield

EC Notebook #10 - How Far Right Is Right?

By Dave Shaw (WA), ECI # 60

Traffic laws in most jurisdictions direct bicyclists to ride "as far to the right as is practicable." So how far right is that?

It doesn't mean you have to ride in the gutter and dodge drain grates, glass, and gravel. It does mean you need to ride far enough to the right to allow traffic to pass IF IT IS SAFE FOR YOU TO DO SO. And you get to decide whether or not it's safe.



The Uniform Vehicle Code and many state codes require travelers proceeding at a slower pace than other traffic to keep to the right to facilitate overtaking and promote smooth traffic flow. This is an ordinary courtesy made into law, and it applies to motor vehicle operators, equestrians, and bicyclists.

Because bicycles are narrow vehicles, it is often possible to share a traffic lane with a motor vehicle. However, if the lane is too narrow for you to safely share, ride far enough to the left to fully occupy the lane. (In the right-hand tire track is a good spot.) Overtaking motorists will not be able to squeeze past you and remain in the lane, so they will have to acknowledge that they are passing another vehicle, wait for oncoming traffic to clear, and pull across the center line.

NOTE: Overtaking bicyclists could still share the lane, so don't assume that you own the lane while riding in this blocking position. Always look behind you before moving left or right within the lane.



Here's a general rule: ride just to the right of traffic, except in a narrow lane, when you should ride in the right hand tire track.

In a very wide lane there might be room for you to ride several feet from the curb and still allow room for traffic to pass to your left. There are no good reasons to move right in this situation, and several reasons why you are safer away from the curb. You're more visible, there is more time to react to someone opening a car door or pulling out of a driveway, and there is less trash. You're not holding up traffic in that position, and you're doing yourself some good.

Other conditions besides the width of the lane will make a difference in how far to the right you will want to ride. For example: If there are parked cars or other barriers like a wall near the right edge of the road, move left. Give yourself some room to maneuver and time to react to conditions like a sudden gust of wind or the impatient motorist who tries to squeeze by in the lane.

If you are moving as fast as other traffic, move left into the lane. You won't hold anyone up since you are traveling as fast as they are, and you need extra space around you at high speed. If you are grinding up a hill at little more than a walking pace, move right. At slow speed it's possible to ride safely within a few inches of the edge of the pavement.

At intersections your position in the lane can be a very effective signal to let other drivers know which way you are going. If you are going straight or turning left, move to the center or left side of the lane. Drivers behind you who want to turn right can pull up to your right and make the turn without crossing your path. If you are turning right, keep right and share the lane.

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.

RIDE RECAP-Neups

May 14th turned out to be a beautiful day for a ride on the Skyline Drive. The temperature was only somewhat cool, but the sky and views were clear. Traffic on our end was extremely light. I was joined by Judith Trumbo and her friends Walt and Chris, the latter two riding mountain bikes. Plenty of deer were seen, and plenty of bugs were swatted at the turnaround overlook.

JUNE 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	13-6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	14 6pm-Time Trials- Dayton-Rt. 257 & 738	15 6:10pm-Training Ride-Cool Breeze	16 6pm-Keezletown Ride-Keezletown Elem. School	17	18 1:30pm- Impromptu Ride Waterman Elem. School
19	20 5:45pm-Women's Ride-Cool Breeze	21 6pm-Time Trials- Dayton-Rt. 257 & 738	22 6:10pm-Training Ride-Cool Breeze	23 6pm-Keezletown Ride-Keezletown Elementary School	24	25 10am-C ride Bridgewater See article for details!
26	27 5:45pm-Women's Ride-Cool Breeze	28 6pm-Time Trials- Dayton-Rt. 257 & 738	29 6:10pm-Training Ride-Cool Breeze	30 6pm-Keezletown Ride-Keezletown Elementary School		

Helmets are required on all club rides.

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.**
- JUNE 11** Bicycle Stage Race, Criterium, Little Creek Amphibious Base, Virginia Beach. Call Make Ashe at 804-425-5307.
- JUNE 12** Road Race, Little Creek Amphibious Base, Virginia Beach. Call Make Ashe at 804-425-5307.
- 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, Hillandale 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 25 **Bridgewater 13-miler, C-pace, 10am, led by John Maxfield, 432-1603.**
- JUNE 25-JULY 3 Costa Rica Eco-Bicycle Adventure Tour. Call (800) 347-6136 for more information.
- JUNE 26 Winchester Century, Lord Fairfax Community College. Call Neups.
 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 11 **Annual Club Picnic, 6pm, Hillandale Park, Shelter #1.**
- JULY 14-17 Virginia Commonwealth Games, Roanoke. Cycling competition is on the 15th and 16th. Call (703) 343-0987 for more information.
- JULY 23-29 Tour of the Thumb, St. Clair, MI. Call Neups.
- JULY 29-31 **Shenandoah Valley Bike Festival, Bridgewater College Campus.**

BICYCLE PLAN UPDATE

The joint public meeting was held with a generally positive outlook, but no vote was taken. There was good support from bikers - thanks much to those who came to the meeting. The next step is the plan coming before the separate planning commissions. The city's tentative date for this is June 15th and the county's is June 7th or 21st. On either one call Art (433-9247) to be sure. We still need to show our support for this.

THANKS, TRASHERS

A beautiful day dawned for the cleanup crew of Marcia, Janet (Marcia's mom who was in for a visit), Larry Grossman, Marc Stecker, Alice Stecker, Stin Lenkerd, Dave Frye, Judith Trumbo, and Neups. With so much help (and so much high grass), we got done in record time, an hour and a half. Some of us then continued on to Mr. J's for refreshments and chatter. Thanks, all, for a job well done!

We've changed our trash route now to give us a change of scenery. We'll have Routes 655 and 683 in Penn Laird on the north side of 33. It's shorter than our last area and less traveled, so cleanups should be quicker. We'll see in October.

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 JUNE/July

Christina Holland	Mike Huffman	David Knicely
Kristian Looney	Kenneth Puckett	John Zban
Kevin & Sue Arnold	Larry Beiler	Alan Johnson
David Parker	Don Ritchie Family	Lee & Lynn Scharf
Winston & Melissa Shifflett		Dick & Lois Wettstone
Cindy Yoder		

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

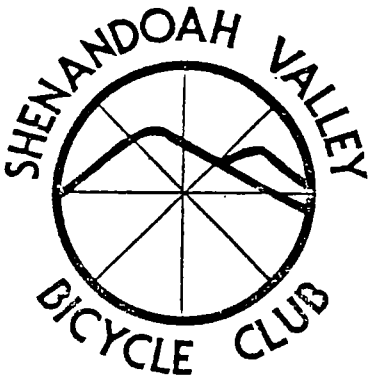
Racing _____ Mt. Biking _____ Touring _____ Century _____ Newsletter _____

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