

## JULY NEWSLETTER

### SVBC OFFICERS

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

### President's/Editor's Column

Well, I finally got to go mountain biking. I had to drive twelve hours to Indiana to do it, though. I even got a good scrape from a fall taken while riding. I guess that means I'm truly initiated now.

And for those who were just as perplexed as I on my canoe question - a JMU physics professor has told me that in a canoe the water moves underneath you, whereas on a bicycle the road does not

(unless you get stuck in an earthquake in Los Angeles). Therefore, you cannot really compare the two in terms of speed.

I'm hoping to see everybody at the annual club picnic on July 11th. You can even work up an appetite with a short ride at 5:30pm before the eating begins at 6:30pm. Bring a covered dish and your hunger.

NEUPS

### JUNE MEETING MINUTES

When I walked outside on June 13th, after working eight hours in the air conditioning, it felt as if I had stepped into an inferno. My first question was, "Do I want to ride in the pre-meeting ride in this heat and humidity?" On the way to my car, I convinced myself that I should ride and that it was not that hot. When I arrived at Hillandale Park, I was happy to see that there were ten other riders who had also said yes to the ride. Even new member Janet said yes to her first pre-meeting ride. Whether it was the sight of friends and fellow bikers or the time of the day, I had forgotten all about my major worry - the heat. If I would have said no, I would have surely missed an exciting and scenic 16-mile bike ride, good conversation and laughter, spending time with friends, and meeting new people. After the group left the Park at 6pm, we headed toward Dayton, then Mt. Clinton Pike.

Returning from the ride we gathered together for the club's monthly meeting and were joined by four more club members. Upon calling the meeting to order around 7:30, Neups reminded everyone of many upcoming events and interests. 1) Captain MAX's C-paced ride on June 25th. 2) Bike-Aid will be stopping for the night in our area again this year. 3) The Harrisonburg Planning Commission meeting on June 15th, which will include the pending bike plan. The Rockingham County Planning Commission approved the bike plan, subject to funding sources. 4) Meeting at Art's house on June 16th regarding the plans for the Century. 5) Annual Club Picnic at Hillandale on July 11th at 6:30pm, with a 5:30 pre-meeting ride. Take my advice, don't say no the the

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.

pre-meeting ride or you might miss something. Finally, Neups informed everyone about a thank letter from Randy Porter and a four-year certificate of appreciation form VDOT on the club's commitment to trash pickup. Other club business included Marcia's Treasurer's report of \$1,152.00

Neups turned the floor over to Bill McAnulty, Chairman of this year's Shenandoah Valley Bicycle Festival. Bill presented an overview of this year's festival, concentrating on the major changes. These included a new starting location - Bridgewater College, new road markings, only one Weekend, only one registration area, and only two ride volunteers per ride. If you are interested in being a ride volunteer, you better call Marcia as quickly as you can.

Knically

#### WELCOME NEW MEMBERS

|               |              |
|---------------|--------------|
| Chris Kearnes | Harrisonburg |
| Robyn Nolen   | Luray        |
| Janet Vaglia  | Harrisonburg |

#### WELCOME BACK RETURNING MEMBERS

|                           |               |
|---------------------------|---------------|
| Al and Sue Clague Family  | Harrisonburg  |
| Christina Holland         | Harrisonburg  |
| Dave & Sue Schrock Family | Harrisonburg  |
| Steve Slaubaugh           | McGaheysville |

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.

**Blue Sky Bicycle Trailer, very good condition, \$150.** Call Randy at (703) 885-9671.

**WANTED:** Good black and white mountain bike photos of the George Washington National Forest. Vertical format. Will be used in A Mountain Biker's Guide to the Shenandoah Valley. For photos used you'll receive a free copy of the book when published. Call Randy Porter at (703) 885-9671.

#### RIDE RECAP

May's C ride started with a tour of Fort Harrison in Dayton. The ride following the tour was supposed to be 18 miles. The four of us were having a great time going down hill and missed a turn. We decided to go back and finish correctly, so it became 23 miles. Later we found that you climb a half mile UP Mole Hill but go about 1 1/2 miles DOWN?! I wouldn't want to do it backwards! The view was terrific and the weather was perfect.

#### 12th Annual Shenandoah Valley Century

It's hard to think of century time and the possibilities of cycling in cooler weather, but it is that time again. Marcia, Larry, Neups, and Art had the kickoff planning meeting June 16th. Notices will be sent out to other clubs, shops, media, and past out-of-town participants. The Century (100, 50, and 30 mile rides), on September 11, will again start and finish in Hillandale Park, with the checkpoint at Bridgewater. As always, we need help, prior to and day of the ride. (Help is especially needed this year more than ever since our always reliable Karen Mason has had the audacity to quit her job and bicycle cross country!) Our next planning meeting will be at Larry and Marcia's at 6:50pm (at least that's what Larry wrote on my calendar) on July 14th. Please come if you can help, or if you can't make it, call Marcia (289-6712) or Art (433-9247).

### TIDBITS

Do you get leg cramps? The latest idea is calcium. Carry some Tums when you ride. When you feel a cramp coming on, chew a couple Tums to help ward them off.

### UPCOMING RIDES

In July we'll ride a C-paced 20-miler, leaving from Hillendale at 10am on the 9th. Once again from the book, it's called Edom Express. The route goes through Harrisonburg and exits on what used to be known as German Street. We'll go through a town formerly known as Kratzer Spring, and where the town of Greenmount used to be. We'll pass a llama farm and the famous VA Ag-Bags.

Check with me about a possible 13 mile C ride on July 23rd.

Max 432-1603

It looks like July 16th is the day for the annual Tour DuPont ride. We're looking to go from Harrisonburg to Hot Springs. The ride is beautiful, but does have three mountain climbs. Sag drivers are needed. Call Neups if you wish to ride or sag.

### SHENANDOAH VALLEY BIKE FESTIVAL

The time for the third annual festival is upon us. The dates this year are July 29, 30, and 31st. There will be four rides on Friday, starting from 4-5:15pm. Saturday has seven rides starting from 7:30am-3pm, with a family ride that goes all day. Sunday finishes the weekend with three rides starting from 8-9am. Two ride volunteers are needed for each ride. Call Marcia now!!

Everything takes place at the Klein Campus Center at Bridgewater College. Volunteer for a ride and get the day's activities free, and also a T-shirt. This is a great way to meet new friends and show off our area.

### BICYCLE PLAN UPDATE

Since the joint City of Harrisonburg and Rockingham County public hearing in May, both the County's (on June 7th) and the City's (on June 15) Planning Commissions approved the Bicycle Plan and passed it onto the Board of Supervisors and City Council respectively. Both these bodies will likely schedule public hearings, separately. Potential dates for the hearings are July 20 or 27 for the County and July 26 for the City. However, until it is on their calendars, it is not certain. Nevertheless, keep these dates open for now. I will announce the dates at the next bicycle club meeting, or call me (433-9247) after July 6th. Thanks to all who showed their support at the May 23rd hearing, we need your (and your friends') help again. If you ever do anything politically to help bicycling, showing up at the upcoming appropriate hearing is it. And please speak out, even if all you say is, "I support the plan." Thanks. Art

### TIME TRIALS

Some ideas have been related on the time trials. One is to hold them on the farm road that parallels 81 on the north border of town. Another is to hold them in Sangerville.

| <u>NAME</u>     | <u>12-Apr</u> | <u>10-May</u> | <u>17-May</u> | <u>24-May</u> | <u>31-May</u> | <u>7-Jun</u> | <u>14-Jun</u> |
|-----------------|---------------|---------------|---------------|---------------|---------------|--------------|---------------|
| Al Clague       |               |               |               |               |               |              | 24:09         |
| Dave Frye       | 27:06         | 27:12         |               | 26:16         |               | 26:52        | 26:45         |
| Chris Kearnes   |               |               |               |               |               | 29:45        | 28:59         |
| Kristian Looney | 27:00         |               |               |               |               |              |               |
| Neups           |               | 26:35         | 27:08         |               | 25:30         | 24:40        | 24:13         |
| John Falston    | 26:56         |               |               |               |               |              |               |
| Tim Wolthers    | 26:45         |               |               |               |               |              |               |

These times are what I have. If you have yours or can help me fill in the blanks, please call me.

Neups

**JULY CALENDER**

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY                                 | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|---|---|---|--|--|
|  |  |   |   |   | 1  | 2<br>1:30pm-<br>Impromptu Ride<br>Waterman<br>Elem. School                         |
| 3  | 4<br>5:45pm-Women's<br>Ride-Cool Breeze  | 5<br>6pm-Time Trials-<br>Dayton-Rt. 257<br>& 738  | 6<br>6:10pm-Training<br>Ride-Cool Breeze  | 7<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School  | 8  | 9<br>10am-20 mile<br>C ride from<br>Hillandale<br>Call Max                         |
| 10   | 11 PICNIC-6:30<br>Shelter #1<br>Hillandale Park<br>Appetite ride<br>starts at 5:30pm | 12<br>6pm-Time Trials-<br>Dayton-Rt. 257<br>& 738 | 13<br>6:10pm-Training<br>Ride-Cool Breeze | 14<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School | 15   | 16<br>Tour du Pont Ride<br>to Hot Springs<br>100 miles, 3 mts.<br>8am - Call Neups |
| 17   | 18<br>5:45pm-Women's<br>Ride-Cool Breeze   | 19<br>6pm-Time Trials-<br>Dayton-Rt. 257<br>& 738 | 20<br>6:10pm-Training<br>Ride-Cool Breeze | 21<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School | 22   | 23<br>Call Max on a<br>possible ride.  |
| 24   | 25<br>5:45pm-Women's<br>Ride-Cool Breeze   | 26<br>6pm-Time Trials-<br>Dayton-Rt. 257<br>& 738 | 27<br>6:10pm-Training<br>Ride-Cool Breeze | 28<br>6pm-Keezletown<br>Ride-Keezletown<br>Elementary<br>School | 29<br>Shenandoah<br>Valley<br>Bike<br>Festival | 30<br>Shenandoah<br>Valley<br>Bike<br>Festival                                     |
| 31<br>Shenandoah<br>Valley<br>Bike<br>Festival |  |   |   |   |  |  |

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.**
- JULY 2** Liberty Tour, Bay City, MI. Call Neups.
- JULY 7-10** L.A.W. National Rally, San Diego, CA.
- JULY 8-10** 6th Annual Maine Bike Rally, Bethel, ME. Call Neups.
- JULY 11** **Annual Club Picnic, 6:30pm, Hillandale Park, Shelter #1. A short ride will take place starting at 5:30pm, same place.**
- JULY 14-17** Virginia Commonwealth Games, Roanoke. Cycling competition is on the 15th and 16th. Call (703) 343-0987 for more information.
- JULY 21-24** L.A.W. Greater Eastern Area Rally (GEAR). Salisbury, MD.
- JULY 23-29** Tour of the Thumb, St. Clair, MI. Call Neups.
- 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 4** Ride for Raptors, Central, SC. 25-, 62.5-, and 100 miles. A 1993 century challenge winner as awarded by LAB. Call Rick or Kathy Hane at 803-868-4739
- SEPTEMBER 8-11** Great National Peanut Rides, Emporia. Call Robert Wrenn at 804-634-4191 for more information.

**SEPTEMBER 11** **SVBC Century!**  
**SEPTEMBER 18** Ed Harvey Memorial Tours, Mechanicsville. Call Neups for form.  
**SEPTEMBER 18** Surry Century.  
**SEPTEMBER 25** Artie Levin Century, Salem, VA.  
**SEPTEMBER 25** Reston Century, 7am, Issac Newton Square. 25-, 50-, 62-, and 100 miles. Call 703-904-0900 and leave a message for more information.  
**OCTOBER 7-9** Colonial Virginia Bike Trek. Benefits ALAV.  
**OCTOBER 8** Sea Gull Century and Metric Century, Salisbury, MD. Breakfast, post-ride buffet, and 60's dance. Optional rides Friday and Sunday. Call Joe Gilbert at 410-548-2772 for more information.

Bicycle touring maps are now available for the eastern portion of Ontario, Canada. Call Neups for access to them or for more information.

### 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 JULY/August

|                              |                              |                    |
|------------------------------|------------------------------|--------------------|
| Kevin & Sue Arnold           | Larry Beiler                 | Alan Johnson       |
| David Parker                 | Don Ritchie Family           | Lee & Lynn Scharf  |
| <u>W. &amp; M. Shifflett</u> | <u>D. &amp; L. Wettstone</u> | <u>Cindy Yoder</u> |
| Matt Alexander               | B. Bauer & D. Warnaar        | Susan Brownscombe  |
| Tony Cascio                  | Dave Frye                    | Larry Hitchon      |
| Marc Stecker                 | Bill Taylor                  |                    |

## League of American Bicyclists Membership Application

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Club \_\_\_\_\_

To Join by Phone Call

**1-800-288-BIKE**

*The mission of the League of American Bicyclists is to protect and advance the rights of bicyclists and to promote bicycling for recreation and transportation. Members receive Bicycle USA magazine and the Bicyclist Advocacy Bulletin, and can fly their bikes for free on five major airlines.*

Please check off a membership category:

Individual: \$25       Family :\$30

Send checks to:

League of American Bicyclists, 190 W. Ostend St., Suite 120, Baltimore MD 21230

**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) \_\_\_\_\_

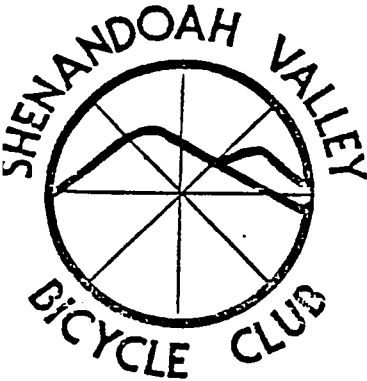
**COMMITTEES**

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

C. DAVID KNICELY 06-94  
 103-B WEEPING WILLOW LN.  
 BRIDGEWATER, VA 22812

