

AUGUST 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

Have you ever been high on bicycling? I had the good fortune to have gone to the Winchester Century the end of June. I also had the good fortune to have decided to ride with the front group for a while. That while turned out to be over 70 miles. It also turned out to be at an average speed of 20mph. (If you're wondering, no, I could not hold on to those guys after that.)

A few weeks later I had more good

fortune, being able to leave work a little early on a Friday and driving to see the track races at the Lehigh Valley (PA) Velodrome. The races have always thrilled me. I love the sight of a group of cyclists riding together as one. I also like being one of those cyclists.

Not everyone rides for the high of speed, but isn't it great that even on a leisurely ride, we feel to be one?

NEUPS

JULY MEETING MINUTES

Our club's annual picnic and monthly meeting began at Hillandale Park at 5:30pm with a pre-meeting ride. Nine of us enjoyed a leisurely 14-mile bike ride, with, believe it or not, lower than normal humidity. As always there was good conversation, fun, and meeting new people. By the time we concluded our ride at 6:40, each of us had built up a hearty appetite.

When the picnic began, the size of the group doubled to eighteen. Many thanks to those who furnished food, including the Fovargue family who provided the Jurassic Park chips with their other goodies. (Sorry Art and Kathy, I had to mention them.)

Neups began the official meeting around 7:45pm by turning the floor over to Marcia. She delivered an update on the Chamber's Bicycle Festival. Bill McAnulty, Chairman of this year's Festival, extended sincere thanks to Marcia and our club for helping in this year's event. Marcia's other club business included her Treasurer's report of \$768.99.

Art briefed those in attendance on the progress of the Harrisonburg/Rockingham County Bicycle Plan. Both planning commissions approved the plan and sent it to their respective governing bodies. The city council and board of county supervisors reviewed the recommendations, but sent the plan to another ad hoc committee for further examination.

In concluding the meeting at 8pm, Neups recommended that next month's meeting on August 8th include a Century meeting. The meeting would address particulars for the upcoming 12th annual century on September 11th. The century committee appeals for your help in making this year's event operate smoothly for our friends and guests. 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

Gary, Terry, & Casey Mork Harrisonburg

WELCOME BACK RETURNING MEMBERS

Tony Cascio Arlington
Mike Huffman Harrisonburg
Ken & Doug Puckett 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.

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.

BICYCLE PLAN UPDATE

City: The city council did vote June 28th to hold a public hearing on the Bicycle Plan. It will be held Tuesday, July 26th at 7:30pm at the Municipal Building at 345 S. Main Street.

County: The board of supervisors decided to have an ad hoc committee study the plan. From the county, Mr. Pablo Cuevas will be the representative and they are waiting for possible appointees from the city and from VDOT. I will try to keep informed of developments. Comments can be directed to the Planning Division, Rockingham County. Art Fovargue

SVC12 - CENTURY UPDATE

Registrations (at least one) are rolling in for our 12th Annual Shenandoah Valley Century. Be sure to mark your calendars for Sunday, September 11th. As always, help is needed the day of the ride; sag drivers, parking directors, sandwich dispensers, registration personnel, go-fers, etc. If you can help anywhere from two to eight hours, let me know. Of course, if you can't help, by all means ride.

The next SVBC meeting (August 8th) will be centered around century planning. After the pre-meeting ride, we'll share pizza, recap past centuries, and the status of this year. Some help is needed for publicity and other pre-century chores. All are welcome.

Lastly, our "workers' century" is planned for Labor Day, Monday, September 5th. This is where we check out the route, mark roads, and get a few miles in. Ride any number of 25-mile loops. We'll probably meet in Bridgewater about 9am, but stay tuned to the September newsletter for final details. Art Fovargue

EC Notebook #11 Drafting and Pacelines

By Susie Jones

Some people feel that drafting and pacelines are too dangerous for non-racers and should be avoided at all costs. As long as participants understand the "rules" and applications of these techniques, however, there is no reason for experienced cyclists to shy away from them.

Drafting is the art of riding close enough to the rider in front of you so that your resistance to air is reduced. For experienced cyclists, drafting can save as much as 15% of the energy required to push through the air.

To try this technique, find a partner whose riding ability you know and trust—it's not a good idea to draft off a cyclist whose cadence is choppy, who coasts a lot, or who can't ride a reasonably straight line. Never draft off other cyclists without informing them that you're "on their wheel," and make sure they are willing participants.

To start out, first establish a comfortable but challenging pace, and then close the gap so your front wheel is about 18 inches behind the other rider's rear wheel. You'll notice an immediate reduction in wind resistance and will have to adjust your pedaling accordingly. Although racers may leave only a six-inch gap between riders, 12" to 18" is optimal for most cycling enthusiasts.

Once you've experienced the benefits of drafting, you'll probably want to see what paceline riding is all about. A **paceline** is formed when a group of riders take advantage of the drafting technique to increase their average speed, allowing everyone in the group to ride at the same speed. Pacelines can be the perfect "equalizer" for a group of riders with different strengths and abilities.

A paceline can consist of as few as two riders or as many as twenty or more, but four is a good number for starting out. There are different kinds of pacelines (single, double, echelon, circular), but for this column we'll concentrate on single pacelines only.

All riders should be in single file about a foot apart. Leave enough room on both the right and left side of the white stripe of the road for maneuverability around obstacles. Because of close formation, the front rider has a special responsibility to act as the eyes for the group, which means calling out obstacles, clearly signaling any position changes and moving fluidly so the rest of the group can follow.

The rider in front is pedaling hardest to fight the wind, so it's important to share the work. To rotate the paceline, the front rider will check behind for oncoming traffic, listen for warnings from the

rear, and then slowly roll off the front of the line in the agreed-upon direction. This rider "soft pedals," easing off the cranks to decrease his/her speed and drops back toward the end position as the next rider takes the "pull." When taking the lead position, the next rider maintains the group's pace rather than jumping forward, which just causes gaps in the line.

There are times when you'll need to slow your speed to avoid overlapping wheels, which can be done by coasting, sitting up to catch air, or, as a last resort, feathering the brakes. The object is to not slow so abruptly that you decrease the gap between you and the next rider.

If the purpose of the paceline is to increase the speed of the group while sharing the workload equally, each pull should last only 20 to 40 seconds to keep riders strong and fresh. An advantage of pacelines, though, is that not everyone has to do the same amount of work. One rider may take a longer pull, or weaker riders may not pull at all, instead taking advantage of the stronger riders' turns at the front to develop their own skills. No one appreciates a "wheelsucker," though, who is strong enough to take a turn pulling, but never does.

When NOT to Draft

There are times when drafting and pacelines are not a good idea and can actually be quite dangerous. Because of the tight riding formation, concentration is extremely important while drafting. If your concentration is hampered due to excessive fatigue or lack of nourishment, don't attempt these techniques.

When approaching hills that are more than rolling, spread out the paceline and be alert for the accordion effect that will occur at the base. Everyone rides hills differently, and the results can be disastrous if you try to stay in formation.

Aerobars should never be used when drafting because they limit your turning capability, and it's essential to have your hands on the brake levers at all times for emergencies.

Drafting and pacelines are common on large invitational or cross-state rides, but because they bring together riders of different levels, they are often the cause of crashes. As stated above, when you don't know the riding style and ability of other riders, stay off their wheel.

Because pacelines require such focused concentration, they should be avoided in heavily trafficked areas and roads with frequent intersections.



In an effort to promote safe cycling behavior among League members, each issue of Bicycle USA features an Effective Cycling column. Reading and practicing the information and maneuvers covered in this column can help you become a safer, more confident cyclist. For more information and one-on-one interaction with an experienced instructor, sign up for an Effective Cycling Class today.

This column is sent in camera-ready format to all League affiliated clubs and coalitions c/o the League Rep for reprinting in their newsletters. If your club is not taking advantage of this benefit, and you would like to contact your League Rep but don't know who that is, call us at (410) 539-3399.

BIKE-AID

The riders of Bike-Aid '94 are on their way from the west coast to Washington, DC to raise funds for community development and AIDS education projects worldwide. They'll be arriving in Harrisonburg the night of August 16th. A potluck dinner for the riders will be held in Purcell Park, Shelter 1, on this evening. All are welcome. Contact Pete Mahoney at 433-8212 for the time and any additional information.

AUGUST CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 6pm-Time Trials- Dayton-Rt. 257 & 738	3 6:10pm-Training Ride-Cool Breeze	4 6pm-Keezletown Ride-Keezletown Elementary School	5	6 1:30pm- Impromptu Ride Waterman Elem. School
7	8 6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	9 6pm-Time Trials- Dayton-Rt. 257 & 738	10 6:10pm-Training Ride-Cool Breeze	11 6pm-Keezletown Ride-Keezletown Elementary School	12	13 8am-Tour duPont Call Neups.
14	15	16 6pm-Time Trials- Dayton-Rt. 257 & 738	17 6:10pm-Training Ride-Cool Breeze	18 6pm-Keezletown Ride-Keezletown Elementary School	19	20 10am-Ice Cream Rides, A/B and C paces. Kline's
21	22	23 6pm-Time Trials- Dayton-Rt. 257 & 738	24 6:10pm-Training Ride-Cool Breeze	25 6pm-Keezletown Ride-Keezletown Elementary School	26	27 1:30pm- Impromptu Ride Waterman Elem. School
28	29	30 6pm-Time Trials- Dayton-Rt. 257 & 738	31 6:10pm-Training Ride-Cool Breeze			

Helmets are required on all club rides.

RIDE RECAP

The Tour duPont ride had only three riders, Neups, Mark Eckroth, and Larry Beiler, so we decided to not bother Stin Lenkerd to sag (though we thank him for his willingness) and decided to do the No Quiche ride. As with last year the day started overcast. Once we got up on the Skyline Drive the air cooled and we had a few drops of rain - thoughts of last year going through my head. But after a rest at Skyland, where Mark and I ran into some friends met at the Winchester century in June, the sky cleared and the temperature warmed. Coming off the Drive at Swift Run Gap, we decended at over 40+mph into even warmer temperature. We took a break in Elkton before returning to Harrisonburg, with a total of 7 hours elapsed. Neups

UPCOMING RIDES

Look for another shot at the Tour duPont ride on August 13th. Call Neups to ride or sag.

Also, the annual ice cream ride will take place on August 20th. John Maxfield will lead out the C-pace riders and Neups will do a A/B-pace ride. Both rides start at 10am from Kline's Ice Cream.

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.**
- AUGUST 13 Tour duPont, part deux. Call Neups.**
AUGUST 13 Roanoke Valley Biathlon, Catawba, VA. 5 mile run, 20 mile ride. Call BilliBob Abshire at 703-343-7632 for more information.
- AUGUST 20 Annual SVBC Ice Cream Ride. See article.**
AUGUST 26-28 Canyon Country Cycle Fest, Ski Sawmill Mountain Resort, Morris, PA. Call Neups for 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 10 MS Harvest Tour, Charlottesville.** Routes of 25-, 50, and 100 miles. Call 800-451-0373 for more information.
- SEPTEMBER 11 SVBC Century!**
- SEPTEMBER 11 Bryans Road Century, Charles County, MD.** Call Neups for information.
- SEPTEMBER 17 General A.P. Hill Rides, Bowling Green, VA.** Call Neups for information.
- SEPTEMBER 18 Ed Harvey Memorial Tours, Mechanicsville, VA.** Call Neups for form.
- SEPTEMBER 24 Adams Apple Bike Ride, Gettysburg, PA. 25-, 50-, 100 miles.** Call 717-334-8151 for more information.
- SEPTEMBER 25 Ride Your Ash Off Century, Fredericksburg, VA.** All new routes of 25-, 50-, 62-, 75-, or 100 miles. Call Angel or Esther Cruz at 703-371-2625.
- 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.
- Bicycle touring maps are now available for the eastern portion of Ontario, Canada. Call Neups.

1993 MILEAGES

Mark Eckroth 3,240

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

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 August/September

Matt Alexander	B Bauer & D Warnaar	Susan Brownscombe
David Frye	Larry Hitchon	Marc Stecker
Bill Taylor		
Sylvia DeVita	Gary Flynn	Greg & Michelle Gum
Jeff Lotts	Damarius Marion	Jeremy Martin
Brent McNett	Jim & Charlene Mitchell	Zack Perdue
Charlynn Turner	Patrick Wilson	Tim Wolters
E Zmijewski & L Hulbert		

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	16 - 22	25 - 100	_____
B	12 - 16	15 - 60	_____
C	10 - 12	10 - 35	_____
D	under 10	5 - 15	_____

TYPE(S) OF CYCLING

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

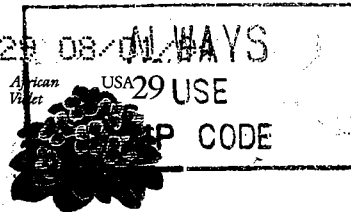
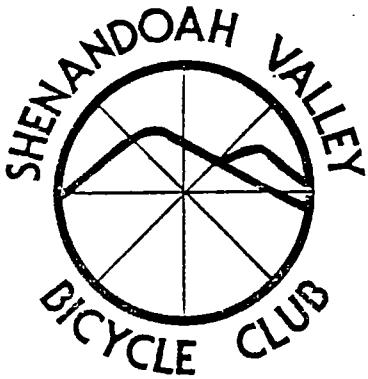
COMMITTEES

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
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 BRIDGEWATER, VA 22812

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