

## SEPTEMBER 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

There's nothing like a couple of days of straight rain to get me itching to ride again. The morning it broke, I rode to work. What gorgeous views!

Be sure to ride the century, or at least help out with baked goods or volunteering if called upon. Thanks for your contributions to this year's event.

NEUPS

### SVC 12 - CENTURY UPDATE

Plans for our 12th Annual Shenandoah Valley Century are falling into place. Thanks to all who attended our planning meeting at the regular SVBC meeting in August and for taking posters to help advertise. If anyone knows of a place that should have a century poster but doesn't, you can get one from Alice Stecker.

Thanks for Neups, too, for putting together a draft, three panel century brochure with registration. We'll try it out this year in a few spots and see the response.

**BAKED GOODS!** As always, to make our century the attraction that it is, we need your donation of goodies. Bring some cookies, breads, brownies, etc. (or even other treats that you think cyclists would enjoy after a ride, such as salads and other items) to Shelter #12 in Hillandale Park on Sunday, September 11th before noon. Your contribution is truly appreciated by the riders and the century organizers.

Also, we still need some volunteers to help out the day of the ride as of this writing. Wanted: sag drivers, parking assistants, registrars for 9am and checkpoint helpers. If you can help out anywhere from two hours or more, call Art (433-9247). Your help is a noted contribution to the Shenandoah Valley Bicycle Club.

For those who help out the day of the ride, and others, we will have our "workers' century" on Monday, September 5th. We'll meet at Wildwood Park in Bridgewater at 9am to mark the route and check out maps and road conditions. You can ride on e or more 25-mile loops, but remember, this is unsupported, so bring your own water and snacks (and money).

Lastly, be sure to encourage all your bicycling acquaintances, near and far, to come out and ride the century on the 11th. See this newsletter or area bicycle shops for registration info. This should be our best century yet.

Art

**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.

## AUGUST MEETING MINUTES

My oldest son and I were on our way to Hillandale Park to practice baseball before the club's monthly meeting, when we approached a group of cyclists - the premeeting riders - heading south on route 42. For some reason when I see a group of bicyclists and friends riding together, I become mesmerized. At those times I find my heart beating faster as my adrenaline starts to flow. I feel exhilarated and even younger, like a kid again. After the premeeting riders waved and rolled by, my son looked at me and said, "why the BIG smile, dad?" That's the way it is for me. What about you?

The ten cyclists returned from their picturesque 16-mile ride at 7:15pm and were joined by four more people and three large piping-hot pizzas. I know that I speak for everyone when I say, "OUCH!" Everyone seemed to burn something - a finger, a tongue, or the roof of the mouth. Many thanks go out to Art (and the Century budget) for supplying the delicious pizzas.

Neups called the meeting to order at approximately 7:40pm by discussing upcoming club events and interests. 1) Possible Tour duPont ride on the 13th. 2) Trash day on Saturday, October 22nd. Remember, we have a new route (655/683 in Penn Laird). 3) Ice Cream Rides (both A/B and C paced) on the 20th. 4) Workers' Century on Monday, September 5th at 9am. Other business included Marcia's Treasurer's report of \$1,064.80. Marcia also extended sincere thanks to the Bicycle Festival's ride volunteers. Alice Stecker was recognized as the person leading the most rides (3) and the only ride volunteer to lose a cyclist. (Don't worry, Alice. We all know that it was not your fault.) Art took the floor and briefed those attending on the progress of the Harrisonburg/Rockingham county Bicycle Plan. Hold on to your hats, the City Council adopted the plan. However, the Board of County Supervisors still have the plan in an ad hoc committee for further examination.

Art, Chairman of the Century Committee, conducted the century meeting. After a brief history on the club's past centuries, Art addressed particulars for the upcoming 12th Annual Century on September 11th. So far, Art, Neups, Marcia, Judith, Alice, Sylvia, L.B., and Sarah have accomplished a notable job in getting the century off to a rolling start. The next century meeting will be at Art's house on August 24th at 7:30pm. The century committee appeals for your assistance in making this year's event operate smoothly for our friends and guests. Who knows, once you see the groups of 30-, 50-, and 100-mile riders, you may also find yourself blessed with a BIG smile.

Knically

### WELCOME BACK RETURNING MEMBERS

B. Bauer & D. Warnaar	Elkton
L.B. & Ibbey Branner	Broadway
Sandy Brownscombe	Harrisonburg
Marc Stecker	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.

### TIDBITS

I haven't yet seen this in the *Daily News-Record*, so I'm trying to scoop them. No scooping Q101, though. Anyway, we have an engagement to announce: Christina Holland is engaged to Garth Kunkle. I've suggested they ride from the church on a tandem. The Club wishes them both luck and happiness!

I'd like to get up to the Skyline Drive one more time this year, so I'm shooting for Saturday the 18th, meeting at the McGaheysville Park & Ride. This will be an A-pace for 50 miles. Good hills and good views.  
Neups 434-1878

### TIME TRIALS

Now some guys, they just give up living, and start dying little by little, piece by piece. Some guys come home and wash up and go racing in the streets. B. Springsteen

NAME	14-Jun	21-Jun	28-Jun	12-Jul	19-Jul	9-Aug	23-Aug
Al Clague	24:09	24:48	24:33		24:10		24:35
Mark Eckroth		27:34					
Dave Frye	26:45		27:03				27:55
Chris Kearnes	28:59	30:00					
Kristian Looney							
Neups	24:13	24:56	24:26	24:17	24:10	23:59	23:40
John Ralston							
Bill Taylor			27:27				
Tim Wolthers			27:56		26:27	26:59	26:49

### SEPTEMBER CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 1:30pm- Impromptu Ride Waterman Elem. School
4	5 Workers' Century 9am-Wildwood Park-Bridgewater	6 6pm-Time Trials- Dayton-Rt. 257 & 738	7 6:10pm-Training Ride-Cool Breeze	8 6pm-Keezletown Ride-Keezletown Elementary School	9	10 C-ride from Hillandale, 10am
11 SVBC Century!	12 6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	13 6pm-Time Trials- Dayton-Rt. 257 & 738	14 6:10pm-Training Ride-Cool Breeze	15 6pm-Keezletown Ride-Keezletown Elementary School	16	17 12:30pm- Skyline Drive Ride. Meet at McGaheysville Park & Ride
18	19	20	21 6:10pm-Training Ride-Cool Breeze	22 (6pm-Keezletown Ride-Keezletown Elementary School)	23	24 1:30pm- Impromptu Ride Waterman Elem. School
25	26	27	28 6:10pm-Training Ride-Cool Breeze	29 (6pm-Keezletown Ride-Keezletown Elementary School)	30	

Helmets are required on all club rides.

### RIDE RECAP

We had the annual Ice Cream Ride with an A/B and a C option. Eight people came for the rides - or was it the ice cream? Six rode the C-pace down to Linville and back to Dayton before returning for their just deserts. Two rode through Linville into Zenda and Keezletown on the A/B-pace ride, though they didn't get any extra ice cream for it. Marcia wrote a club check after we all put in our orders. It wasn't fat free, or cholesterol free, but it was free. Anyway, fat, calories, and cholesterol don't count after riding for two hours, right?

### SHENANDOAH VALLEY BIKE FESTIVAL

The 3rd Annual Shenandoah Valley Bike Festival was a HUGE success! Thanks to all my ride volunteers for a job well done. This year's event was based out of Bridgewater College. The Harrisonburg/Rockingham County Chamber of Commerce was very pleased with the Festival plus very appreciative of the SVBC's support.

It was great to see all of you out there on the Shenandoah Valley roads showing off the beauty of it all. We are very fortunate to live in such a scenic area. Over 200 cyclists participated in the Festival.

### THANKS FOR ALL YOUR GREAT HELP!

Scott Harlow

Sue Schrock

Alice Stecker

Judith Trumbo

Bill Taylor

Serena Benson

Stin Lenkerd

Barbara Polin

Mike Neupauer

Damarius Marion

John Maxfield

David Schrock

Sylvia DeVita

Larry Grossman

Jody Hensley

David Knicely

Please feel free to contact me (289-6712) with any comments and/or suggestions for the 4th Annual Shenandoah Valley Bike Festival....thanks!

P.S. A quote from the Chamber of Commerce's thank you letter to Marcia:

"The festival has consistently received very nice feedback from the participants and I know that that is due in large measure to the well-run rides. We certainly could not provide such safe yet fun experiences were it not for you folks."

### BICYCLE PLAN UPDATE

We're halfway to having an adopted bicycle plan in our area. At their meeting on July 26th, the Harrisonburg City Council unanimously passed a resolution to adopt the plan with minor revisions. Thanks to those city residents who showed support, and if you know any city planning commissioners or council members, give them your appreciation.

Regarding the county, as of this writing the plan is still with an ad hoc committee that was (is to be?) set up to study its implementation. County residents, you need to show your concern that the plan is acted on and doesn't become dead by inaction. Let your voice be heard by calling the county planning department (564-3030) and simply inquire as to the status of the plan to show your interest. State your support for the plan and that you want action taken. This is important not to let them think we don't care.

Art Fovargue

### UPCOMING RIDES

September will have a C-ride on Saturday the 10th, meeting at Hillendale Park at 10am. About 15 easy miles. The next day is the century, so come out and do a few miles to stretch and make sure you and your bicycle are ready to be all you can be on Sunday.

Max 432-1603

## 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.**
- 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 5 Workers' Century, 9am, Wildwood Park, Bridgewater.**  
SEPT. 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.
- SEPT. 10 C-ride, Hillandale Park, 10am, 15 miles.** Call Max, 432-1603.  
SEPT. 10-11 Massanutten Mountain Bike Hoo-Ha. Call 289-9441 for information.
- SEPT. 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.  
**SEPT. 18 Skyline Drive, 50 miles, A-ride. Meet at McGaheysville Park & Ride at 12:30pm. Call Neups, 434-1878.**
- SEPTEMBER 18 Ed Harvey Memorial Tours, Mechanicsville, VA. Call Neups for form.  
SEPTEMBER 18 Surry Century.  
SEPTEMBER 18 PPTC Century. Starts at Charles County Community College in LaPlata, MD. Call Neups for more information.
- SEPTEMBER 18 The Storming of Thunder Ridge, Lynchburg, VA. Benefits ALA.  
SEPTEMBER 24 Adams Apple Bike Ride, Gettysburg, PA. 25-, 50-, 100 miles. Call 717-334-8151 for more information.
- SEPTEMBER 25 Artie Levin Century, Salem, VA.  
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.
- OCTOBER 7-9 Colonial Virginia Bike Trek. Benefits ALAV. Call 1-800-LUNG USA for info.  
**OCTOBER 22 The Great State Trash-Off. This will be our next trash pickup day.**

## 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 SEPTEMBER/October

Sylvia DeVita	Gary Flynn	Greg & Michelle Gum
Jeff Lotts	Damarius Marion	Jeremy Martin
Brent McNett	Jim & C. Mitchell	Zack Perdue
Charlynn Turner	Patrick Wilson	Tim Wolters
<b><u>E. Zmijewski &amp; L. Hulbert</u></b>		
Mark Eckroth	S. Harlow & S. Benson	Sam Johnson Family
Nancy Sheffield	Steve Strider	Chris Trimble
Marc & Suzi Trubitz		

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

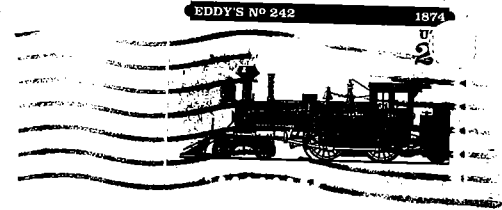
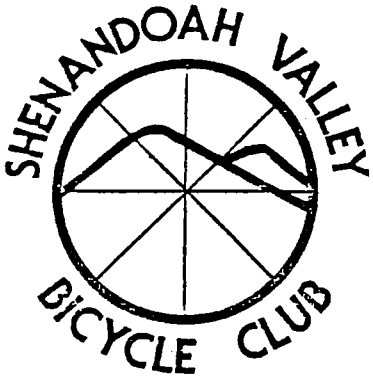
**COMMITTEES**

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

SVBC SECRETARY  
 103-B WEEPING WILLOW LN.  
 BRIDGEWATER, VA 22812