

JAN./FEB. 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

Happy holidays to all! If you haven't been to a meeting lately, you've missed some good ones. Make a resolution to make it to one (or more) next year.

Take note of the Icicle ride on January 1st. Bill's old club had this as a tradition and

he's looking to make it one for us. I hope to see some of you that day.

Don't forget our annual pot luck on the January 9th. And the swap meet on February 13th. Until we meet again, good days to all.

NEUPS

UPCOMING EVENTS

JANUARY 1 ICICLE BIKE RIDE - Join a group of brave cyclists in bringing in the new year with the first ride of the season. We will leave Hillandale Park at noon on New Year's Day for a short jaunt to Bridgewater for a cup of hot chocolate and then ride back. The ride is open to all categories of cyclists, as we will ride at whatever pace it takes to keep fingers and toes warm and the group together. Call Bill Taylor at 433-7154 to confirm this ride. Hope to see you out there.

JANUARY 9 ANNUAL POT LUCK Our January meeting will be our annual pot luck starting at 6pm at the Valley Wellness Center. The club will take care of cups, napkins, utensils, and ice. Bring a dish to share. The center's kitchen is now locked, so don't count on having the use of a microwave or sink.

FEBRUARY 13 ANNUAL SWAP MEET It's back to 7:30pm at the Wellness Center. Bring your best dealmakers.

NOVEMBER MEETING MINUTES

Well, it's happening and there is nothing that any one of us can do to prevent it. What is happening, you ask? Daylight hours are growing shorter and shorter, and the weather is turning chilly. With a tilt of the earth, we've lost precious minutes of riding and warm weather. Although nature is changing, many of us are adapting by grabbing our tights, mountain bikes, and lights. Marcia and I have established a 10-mile route around Harrisonburg for after-work rides. I believe that Native Americans were (and are) right. Since you cannot control the forces of nature, you must walk within nature's harmonies, moods, and seasons. Seven club members were present when Jody called the club's monthly meeting to order at 7:35pm. The floor was then turned over to our guest speaker and club member, Deb Rigby. She is the director of corporate and wellness programs for the Valley Wellness Center. Deb's enlightening program concentrated on physical fitness for the cyclist during the winter months.

Mark's Bike Shop, Cool Breeze Cyclery, Blue Ridge Cycle Works, and Mole Hill Bikes
all contribute to the cost of the monthly newsletters.

Please support these local shops.

The 45-minute presentation about alternate workouts during the cold winter months included outside clothing requirements, stretching, and aerobic and anaerobic (both inside and outside) training. Deb, thanks for the information, handouts, and encouragement.

Jody facilitated the remaining half of the meeting, reminding everyone of upcoming club meetings. We are planning to have a guest speaker, John Coleman from the Forestry Service, for our December 12th meeting. January 9th's meeting will be our annual pot luck. If you like to eat, this is your type of meeting. Remember, the meeting starts early - 6pm. Elections are coming up in March. If you wish to become more active in the club by becoming an officer, step forward. In concluding, Marcia reported a Treasury balance of \$1,370.96 and Art briefed us on the development of Rockingham County's bike plan. The meeting adjourned at 8:30pm.

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DECEMBER MEETING MINUTES

Happy holidays!!! As the traditional holidays approach, I hope that you and your families are able to capture the excitement of joy and hope that this season has to offer us.

Neups called the meeting to order at approximately 7:35pm by discussing upcoming club interests and events to the seven attending club members. 1) A letter from a century rider complimenting the club on our 1994 Century. 2) A newsletter from VDOT congratulating those involved with the Adopt-A-Highway program. The State of Virginia topped the list for the cleanest American byways. 3) A request for the club to conduct a bicycle rodeo for a local 4-H club to be held in July. [We've already committed to doing this. More in upcoming newsletters and meetings. - Neups] 4) Upcoming club meetings: January's pot luck, February's swap meet, and March's elections. Other business included Marcia's Treasurer's report of \$1,359.41. Art took the floor and briefed those attending on the progress of the Harrisonburg/Rockingham County Bicycle Plan. The city council announced they will apply for ISTEAs funds. Council members asked that our club submit a letter approving of the plan, which will then be forwarded with the application for funds.

After the business side of the meeting was finished, Neups turned the floor over to John Coleman. John is the resident ranger in the Lee District of the George Washington National Forest. In addition John is a (mountain) bike rider. He's lucky because he said that he can ride his bike while performing his official duties. Where do I sigh up?!?! His informative presentation included a historical discussion of how the GW National Forest was established and regulations on biking within the National Forest [refer to Mountain Bike Update in this newsletter.] John also brought with him topographical maps of the Massanutten Mountain. He highlighted trails and roads that he thought were great for riding, and also hiking, on the mountain. In closing, John (the biker and ranger) recommended that our club consider becoming partners with the Forest Service, Mirroring actions of hiking and horseback riding clubs. This would help give credibility to our cause with the other user groups and the Forest Service.

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WELCOME NEW MEMBERS

Fran Kray/Pat Dwyer Weyers Cave

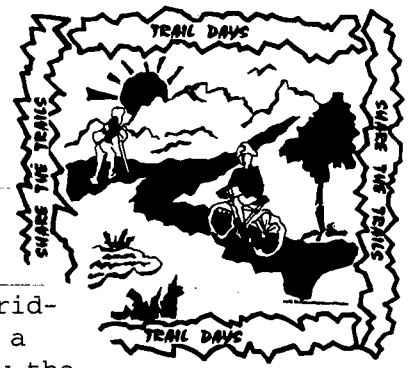
WELCOME BACK RETURNING MEMBERS

Damarius Marion Bridgewater
Bill Taylor Harrisonburg

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

EC Notebook #13

SHARING THE PATH



The E.C. Notebook typically deals with the skills and knowledge necessary for bicycling on the road. This installment, however, focuses on recreational paths and trails, which have become quite popular with novice cyclists, families, and casual, recreational riders. As a result, trails have become very congested and safety is a major issue. Whether bicycling, walking, or jogging, if you follow the same rules as everyone else you will have a safer, more enjoyable time.

It is important to remember that trails have engineering and design limitations that require you to ride differently than you would on the road. If your preferred speed or style of cycling is inappropriate for trail riding, look for alternative routes better suited to your needs.

BE COURTEOUS. All trail users, including bicyclists, joggers, walkers, and wheelchair users, should be respectful of other users, regardless of their mode of travel, speed, or skill level.

GIVE AN AUDIBLE SIGNAL WHEN PASSING.

Give a clear signal when passing. This signal may be a bell, horn or voice. Warn in advance so that you have time to maneuver if necessary. "Passing on your left" is the most common signal used to alert other users of your approach.

YIELD WHEN ENTERING & CROSSING OTHER TRAILS.

When entering or crossing a trail at trail intersections, yield to traffic on the cross trail or road.

This is often the most dangerous point on a trail.

KEEP RIGHT. Stay as close to the right side of the trail as is safe, except when passing another user.

PASS ON LEFT. Pass others, going your direction, on their left. Look ahead and behind to make sure the lane is clear before pulling out. Pass with ample separation. Do not move back to the right until safely passed. (Allow more distance than you think is needed.) Fast moving users are responsible for yielding to slower moving users.

BE PREDICTABLE. Walk and ride straight. Indicate when you are turning. Warn other trail users of your intentions.

USE LIGHTS AT NIGHT. If the trail is open and you are using it between dusk and dawn you must be equipped with lights. Bikes need a white front light and a red rear light or reflector. Reflectors (or reflective clothing) is no help if there is no source of light.

DO NOT BLOCK THE TRAIL. When riding in a group, use no more than half the trail. Don't be a trail hog. On many trails with heavy use, this means that all users will need to stay single file. And if you stop to regroup, always do it off the trail.

NO ALCOHOL & DRUGS. On trails, as on the road, you often need to react quickly. Do not use the trail when under the influence of alcohol or drugs. Not only is it unsafe, it is against the law to operate a bicycle when under the influence.

CLEAN UP LITTER. Do not leave glass, paper, cans, or any other debris along the trail. If you drop something, please pick it up and carry it until you find a litter receptacle. Go the extra mile—pack out more trash than you bring in.

Reprinted with permission from the Ohio Bicycle Advisory Council

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.

BICYCLE PLAN UPDATE

Hope you saw the articles in the DN-R about how the city is going to apply for ISTEAFunding to construct bicycle lanes and sidewalks along Port Republic Road east of I-81. This will go a long way towards addressing the number one priority in the local bicycle plan and should be supported. The SVBC is writing a letter of support and you, too, can show your support by writing a letter to the city manager and/or attending the public hearing on Tuesday evening, January 10, 1995. If you are associated with JMU, are a bicyclist who travels this section, or are aware of particular dangerous events that have occurred, your input would be especially helpful.

County - let's see if we can get it all together now. The county Board of Supervisors and the town they represent are:

- | | |
|-----------------------------------|---|
| District 1: Pablo Cuevas | Berhton, Broadway, Fulks Run, Lacey Springs, Timberville |
| District 2: Charles W. Ahrend | Edom, Keezletown, Melrose, Mill Creek, Singers Glen, Tenth Legion |
| District 3: James V. Couch | Dayton, Massanetta Springs, Mt. Clinton, Ottobine |
| District 4: William B. Kyger, Jr. | Bridgewater, Grottoes, Montezuma, Mt. Crawford, Port Republic |
| District 5: Joseph R. Corea, Jr. | Elkton, McGaheysville, South Fork, Swift Run |

As far as I know, the bicycle plan is still bottled up in the Board of Supervisors Ad Hoc Committee. So it's important to call or write your supervisor to show your support and request action. Write your supervisor c/o Rockingham County, P.O. Box 1250, Harrisonburg, VA 22801. Call me for any details.

Art Fovargue

MOUNTAIN BIKE UPDATE

The cool, crisp, and colorful Autumn season has descended upon Virginia, forcing many of us road riders to quickly grab for our mountain bikes. The last weekend of October, Marcia and Judith gave me a firsthand look at the vast difference between road riding and mountain bike riding. Before the 27-mile ride around the Todd Lake/Elkhorn Lake area, I thought that my "road-riding" legs were in the best of shape. Let me just say, I soon discovered several new muscle groups within my legs and lower back. Except for screaming muscles, I thoroughly enjoyed the ride and day. Being a novice mountain biker, I decided to visit the George Washington National Forest headquarters for maps and information about riding within the Forest boundaries. I learned quite a bit, which I thought I would pass along to those who might be interested.

The National Forest Service, such as the George Washington National Forest, is managed and regulated by the U.S. Department of Agriculture. On the other hand, the National Park Service (Skyline Drive - Shenandoah National Park and Blue Ridge Parkway) is managed and regulated by the U.S. Department of the Interior. To add to the confusion, there is the State Park Service. Because of the different administrative bodies, the rules and regulations (hunting, biking, fishing, etc.) under each respective system could be very different. So be aware of which public lands you are riding. As an example, the Blue Ridge Parkway cuts through one district of the George Washington National Forest.

Around 1917 the George Washington National Forest was established as the Shenandoah National Forest through the combination of three separate land purchases (Shenandoah, Potomac, and Massanutten). President Herbert Hoover renamed the collective forest the George Washington National Forest in 1932. Presently, the Forest is broken into six districts and managed by resident rangers. There are over 2,000 miles of roads running through the Forest, ranging from wide paved interstate highways to narrow, rough "old wood" roads. The paved interstate highways (e.g. I-64), U.S. highways (e.g. US 33), and state route (e.g. SR 42) are accompanied by over 1,700 miles of forest development roads. These are identified on maps with a Forest Development Road number (e.g. FDR 123). These roads are usually in good condition, but in some cases, extensive use can cause a rough, washboard surface.

The George Washington Forest Supervisor and governing body recognize that mountain biking is an increasingly popular recreation within the boundaries of the George Washington

National Forest. With over 200 miles of open backcountry trails, and even more miles of forest development roads, bicyclists have more than ample room to explore. Since none of the backcountry trails are maintained for continuous riding, you can expect to carry your bicycle across obstacles. Outside of designated wilderness areas, such as Ramseys Draft Wilderness [the Forest hosts six such wilderness areas], you may ride behind the gated and mounded earth tank traps of closed roads. These roads are closed to motorized vehicles but are open to bicycles, horses, and hikers. If you are riding trails, anticipate meeting horseriders and hikers. Just as hikers should yield to horseriders, mountain bikers should yield to **both** horseriders and hikers. We are still considered the newest user group in the backcountry, so mountain bicyclists have to continue to earn the respect of hikers, horseriders, and forestry officials/rangers. Mutual cooperation and courtesy will help keep the backcountry trails and roads open to all of us mountain bikers.

One word of caution - if you see me out on the trails or backcountry roads, be careful because I'm quite slow on my descents.

Knically

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.

Cadex Carbon Fiber ATB, 2 years old, SPD pedals, Cateye Mity Computer, great condition. \$600. Call Steve Slaubaugh at (703) 289-9430.

Yakima Bike Rack, top of car, good condition, holds two bikes. Call Deb Rigby at (703) 564-0716 home, or 434-6224 work.

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.

SCHEDULE OF EVENTS

SATURDAYS 1:30pm. Impromptu ride starting at Waterman Elementary School.

1994 MILEAGES

Marcia Lamphier	4,100
Neups	5,000

If you have your 1994 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 Jan-Feb/March

Gene Miller

Art Fovargue Family	M Lamphier/L Grossman	Bruce Miller
Deb Rigby	Alice Stecker	

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) _____

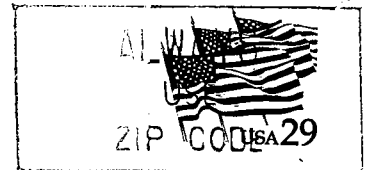
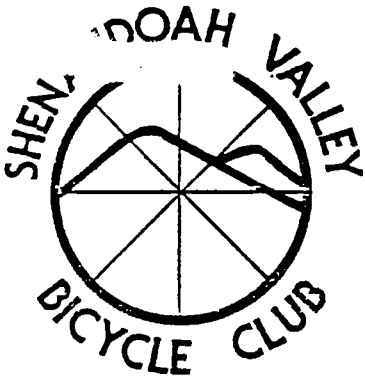
COMMITTEES

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