

MARCH 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

As I type this I have had four straight days on the bike. It sure feels good to be out on the road again. I've needed a release for a few weeks now and I had been unwilling to go out in the colder weather. Riding sure helps.

Already there are three rides on the calendar. Brian's early season rides last year were superb and I highly recommend you try one or more. Also, if you'd like to lead a ride, just do it. All you need to know is a route and

your pace. Call me to list it in the newsletter.

March starts the new club year with elections. The election committee has tried to get a few people for the secretary position, but have had no takers. We'd appreciate somebody stepping forward.

May the year hold promising rides for us all.

NEUPS

UPCOMING MEETINGS

- March 13 7:30pm, Valley Wellness Center. Election of officers. Garth Kunkle of Cool Breeze Cyclery and Fitness will be talking on what's new. We last had this topic two years ago and it was quite interesting. It's definitely time for another talk on this subject.
- April 10 6pm, pre-meeting ride, Hillandale Park, Shelter #1.
7:30pm, Hillandale Park, Shelter #1. Earth Day will be held this year and we need to gather volunteers and work out our involvement. Please help us in this endeavor.

JANUARY MEETING MINUTES

Twelve hungry members (munch) battled the (crunch, munch) chilly night air to (munch) attend the Club's annual potluck dinner (munch, crunch). Sorry, it's tough to eat (munch) at the same time you are writing. Just past 6pm we began swarming over the spread of delicious food like honey bees to flowers in early spring. I was surprised to see a few members taking leftovers home.

Thanks to Neups's planning, door prizes were awarded for the second consecutive year. A very special thanks goes out to each of the donating sponsors. Below is a listing of the sponsors, prizes, and winners:

Blue Ridge Cycle Works	Seat Pack	Neups
Cool Breeze Cyclery	Short-sleeve shirt	Marcia
Mole Hill Bikes	Taillight	Jody
Performance	\$17.00 gift certificate	Knicely
Performance	\$10.00 gift certificate	Art
Performance	\$10.00 gift certificate	Nancy Cary

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.

I know, from the above listing, it might appear that the drawing was rigged as each one of the Club's officers won a prize, but truly, it was not an inside job. (Right, Neups, Marcia, and Jody?)

Neups concluded the dinner/meeting by reminding us of the focus on upcoming Club meetings and odds and ends. Swap meet in February and elections in March. Garth Kunkle will be our featured speaker in March, discussing new products hitting the street and trails. Marcia's Treasurer's report was \$1,366.22. Neups asked for 1994 mileage. Call either Neups or another officer with your 1994 mileage and we will include your miles in the newsletter. Placing your hard-earned achievement within the newsletter is an excellent way to close out your cycling for 1994.

Knically

FEBRUARY MEETING MINUTES

Well, winter has finally arrived in the Shenandoah Valley and I have not been on either one of my bikes over the last three-week period. I must confess that after riding over 2,000 miles (a personal best) in 1994, my legs are enjoying the rest. Actually, my legs still feel strong and sturdy without going round and round and round. I guess there's something to be said about relaxation. This year I'll try to remember that rest is good for the ol' legs and improves performance.

After calling the meeting to order at 7:40pm, Neups turned the floor over to Diana, a representative from Citizens Against Sexual Assault (CASA). This private, non-profit organization provides crisis intervention, victim assistance, and community education services. This support is provided through a professional staff and volunteers. Currently, CASA is searching for volunteers for 1995. Training for the newest group of volunteers begins in March. If you have any questions or would like further information, please contact either Diana or another representative at 434-CASA.

Neups facilitated the remaining half of the meeting. He displayed, to the seven club members, various literature that he received since the last monthly meeting. In addition Neups asked everyone to consider ways that the club could assist in Earth Day 1995. Marcia gave a Treasurer's report: \$1,302.63. Art announced that he attended the state's DOT Bike Advisory meeting in Richmond. As many of you might know, the City of Harrisonburg decided not to apply for ISTEAs funds for the Port Republic Road project this year. The February meeting came to a close with the annual swap meet.

Knically

WELCOME NEW MEMBERS

Gray Clark	Harrisonburg
Mary Ann Kiser	Harrisonburg

March has some rides, so come and join us so we can get to know you.

WELCOME BACK RETURNING MEMBERS

Art Fovargue Family	Harrisonburg
Neups	Harrisonburg

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

EC Notebook #14

REASONS FOR RIDING ON THE RIGHT

As a serious cyclist, you know to ride on the right side of the road, in the same direction as other traffic. If someone asked you why, though, would you know how to explain your reasons? This edition of the League's "Effective Cycling Notebook" offers ammunition for those times you need to convince a friend, neighbor, child, or co-worker why this is such an important aspect of safe bicycling.

FACT: Wrong-way cyclists make up only five percent of bicycle traffic, but make up 21 percent of total car-bike collisions. Many people believe that they are safer riding against traffic because they can "see what's coming"—but only four to six percent of all car/bike collisions involve a cyclist being struck from behind. Real safety comes instead from travelling on the road in the same predictable manner as other road users.

Reasons to Ride on the Right:

1. Motorists expect to find other traffic on the right. Wrong-way cyclists are outside of the normal searching patterns. This is especially important at intersections, where auto drivers may only be scanning where they expect to see other traffic.

2. Turning maneuvers for wrong-way cyclists are more dangerous and complicated because a cyclist must cross paths with so many other vehicles on the road.

3. Wrong-way cyclists are in head-on conflict with cyclists who are riding correctly, which can result in a net speed of impact of over 40 miles-per-hour.

4. The speed difference between a car and wrong-way cyclist in the same lane is much greater than for cyclists riding correctly. Any impact, therefore, will be much more damaging. In addition, approaching motorists have less time to respond to the presence of a wrong-way cyclist. A motorist has more time to react to a cyclist riding with traffic, and more time to plan to give the cyclist adequate room to share the road.

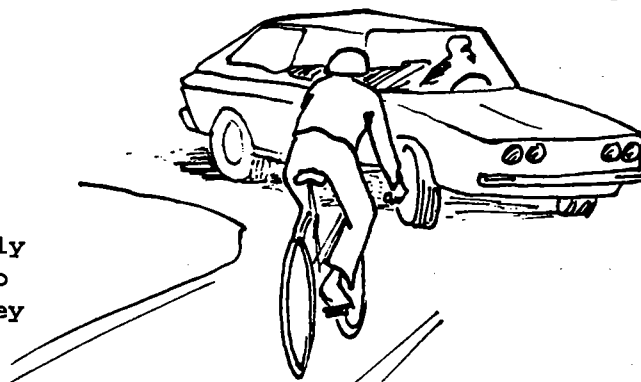
5. Traffic control devices (such as stop lights, stop signs, and yield signs) and other important regulatory signs that apply to all road users can't be seen as easily by cyclists riding on the wrong side of the road.

6. If you need additional motivation, the Vehicle Codes of all 50 states require bicyclists to ride on the right with the flow of traffic.

There are exceptions to the strict rule of riding on the right, such as on one-way streets and when a cyclist is changing position to prepare for an upcoming maneuver. For more on these issues, see "E.C. Notebook" #5 (July/August '93) and #6 (Sept. '93) on Lane Positioning; also see "E.C. Notebook" #10 (May/June '94), "How Far Right Is Right?" Note that even in these cases, however, the cyclist is still riding with traffic and not against traffic.

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.



GRAPHIC BY JENNIFER HORAN

SCHEDULE OF EVENTS

- SATURDAYS** 1:30pm. Impromptu ride starting at Waterman Elementary School.
MARCH 5 10am, Montevideo Middle School, about 30 miles, B-pace. Led by Brian Bauer. Call 298-0014.
- MARCH 19** 10am, Montevideo Middle School, about 30 miles, B-pace. Led by Brian Bauer. Call 298-0014.
- APRIL 2** 10am, Montevideo Middle School, about 30 miles, B-pace. Led by Brian Bauer. Call 298-0014.
- April 1 Jubilee Joy Ride, Anderson, SC. Call 803-947-9629.
- April 29 Tour de Cure, Appomattox County H.S. Benefits American Diabetes Association. Must raise \$50 in pledges. Call 1-800-TOUR-888.
- May 13 Shenandoah Valley Amateur Bicycle Race, Front Royal, VA. Must register by April 28. Call 1-800-338-2576.
- June 10-11 MS 150 Bike Tour. Piedmont Virginia Community College in Charlottesville to Stonewall Vineyards in Concord. Benefits Multiple Sclerosis Society. Must raise \$150 in pledges. Call 1-800-451-0373.
- June 16-19 GEAR '95, Amherst, MA. 30 rides, exhibits, workshops, and entertainment. Call Neups or Jody for more information, or 410-539-3399.
- June 23-28 Bike Virginia Two State Odyssey. Roanoke to Keysville. Call Neups.
- June 23-25 Annual Great Valley Interstate Tour: Harrisonburg, VA to Harrisburg, PA. Must register by April 1. Call 717-697-8343 or 717-697-1740.
- June 23-25 Blue & Gray Rally, Gettysburg College, PA. Call Tom Helm at 717-975-0925.
- July 6-9 LAB National Rally, Asheville, NC.
- July 30-Aug. 4 Cycle Moosa-1, starts in South Paris, ME. Call 207-743-2577.
- September 24 Apple Cider Century, Three Oaks, MI. Must register before July 31. Call Neups for more information.

ICICLE BIKE RIDE

Eight cyclists helped bring in the New Year on the first ride of the 1995 season. We're looking forward to the Icicle Bike Ride to become a Club tradition. We were greeted by an unseasonably warm day with temperatures reaching the upper fifties. Twenty-five miles were cycled as we made our way on back roads to and from Bridgewater. Hot chocolate was not needed as we had no difficulty keeping warm on the ride. Our day out on this ride was great! I am now looking forward to warmer weather and more rides.

Bill Taylor

CLASSIFIEDS

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.

