

## AUGUST NEWSLETTER

### SVBC OFFICERS

<b>President:</b> Michael "Neups" Neupauer	434-1878
<b>Vice-President:</b> David Knicely	828-3599
<b>Secretary:</b> Steve Strider	289-5135
<b>Treasurer:</b> Marcia Lamphier	289-6712

### President's/Editor's Column

Well I've come across reason #17 for wearing a helmet. After all the rain we had in June, I decided to ride out 620 in the northern neck of the county to check the runs out there. Just after I passed a farm named "Don't Step In

It", I rode under an apple tree. An apple decided at that moment to fall from the tree and remind me of Newton. How about that for timing?

NEUPS

### UPCOMING MEETINGS

**August 14 6:15pm, pre-meeting ride, Hillendale Park, Shelter #1.**  
**7:30pm, Monthly Meeting, Hillendale Park, Shelter #1.**

### JULY MEETING MINUTES

Our club's annual summer picnic and monthly meeting began at Hillendale Park at 5:30pm with a pre-meeting ride. Seven cyclists enjoyed a leisurely twelve-mile bike ride through the Dayton/Belmont area. As always, there was good conversation, fun, and meeting of new people. By the time we concluded our ride at 6:30, each of us had built up a hearty appetite. The size of the gathering increased to seventeen for the picnic. Many thanks to those who furnished the great-tasting food. While feasting, Bill McNulty, Chairman of this year's Bicycle Festival, delivered T-shirts to the volunteers that are leading rides in this year's event.

Neups began the official meeting around 7:30 by discussing upcoming Club events and newly received literature. The focus of the meeting than turned to an open forum on how the club could provide something more to each club member. New ideas that were discussed were (s)electing a ride coordinator to organize rides, personally leading rides by selecting a date and placing it in the newsletter, contacting someone to ride with (phone/ride class list was included in June's newsletter), and including ride recaps in the newsletter. Other club business included Marcia's Treasurer's report of \$595.00.

Art took the floor, reminding those in attendance of the July 17th century meeting at Neups's house. The meeting will address particulars for the upcoming 13th annual century on September 10th. The century committee appeals for your help in making this year's event operate smoothly for our friends and guests.

In concluding the meeting at 8:10pm, Neups strongly recommended that each member consider leading rides for our fellow friends and cyclists.

Knicely

**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.

## **WELCOME BACK RETURNING MEMBERS**

Chris Kearnes                      Harrisonburg  
David Knicely                      Bridgewater  
Dave & Sue Schrock Family      Harrisonburg

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

### **FROM THE SADDLE**

As you may or may not have realized, I did not have a "From the Saddle" article in last month's newsletter. The reason that I failed to have an article was simply because I missed the editor's deadline because of a debilitating summertime cold. My sore throat, coughing, and sneezing even separated me from my bike for over a week. By the time I felt better and could gather my thoughts, June's newsletter was in the mail. Sorry, folks.

After two weeks of steady rain and over a week of sickness, I gladly say good-bye to June 1995. I hope that I don't experience another month like that ever again in this lifetime. Mentally and physically, I was thrilled to return to my regular routine of exercising and cycling in July.

Since we are now in mid-cycling season, how is your cycling going? Are those pedals getting easier to spin? Remember, there will be a plethora of bike festivals/centuries for the rest of the season, including the Chamber's festival in July and the Club's century in September. I hope that many of you will be participating in these local events. For those of you that will be traveling to other areas to ride, you might consider contacting other club members or the officers about your plans. Who knows, someone else just might want to drive their vehicle.

Since I volunteered to be one of the ride leaders for the Chamber's festival, I thought that it might be a good idea to pre-ride my route, even though I thought that I knew the route. I asked Marcia to join me after work one day for the 30-mile ride, explaining where I thought the route would take us. About halfway into the ride, I soon discovered that the route was taking us onto different roads than what I originally thought, which were quite a bit more hilly. Simply put, I did not know the route after all! It's a good thing that I familiarized myself with the route just in case someone asked me about it. My advice to fellow ride leaders is that if you have picked a new route to lead for this year's (or any year's) event, ride the route before the day's event. It just might save you some embarrassment.

Until next time, keep those pedals spinning.

Knicely

### **RIDE RECAP**

The first of what hopes to be a regular monthly mountain bike outing turned out very well, especially considering the heat. I was the lone camper to really bear all the elements (ie., the mosquitoes, sleeping in the heat, etc.) but enough people came to ride to still make the trip fun.

Saturday's ride was comparatively easier for the four of us - Marcia Lamphier, Bill Taylor, Tom Mayer, and myself - because, except for two very short climbs, it was dead flat. As is usually the case when riding on trails and fire roads, though, if you are not going up and down hills, you are going in and out of the streams that flow in between them.

Sunday's ride was much more difficult for Bill and I, this time joined by Neups, as we spent two hours more or less ascending up to Reddish Knob (4500 ft.) by forest roads. Coming down was easier on the legs, but harder on the hands and arms as we took trails back down. Except perhaps for the rattlesnake Bill nearly rode over, it was truly a hardcore mountain biker's paradise.

If all of this sounds exciting, call me about this month's one day trip.

Matt

### UPCOMING RIDES!

**AUGUST 12** No Quiche. 100 miles, mountains, heat, humidity. A serious ride with no sag support. It looks like we'll be joined by some members of the Potomac Pedalers, also. Meet at Neups's house at 7:30am. Call to confirm, 434-1878.

**AUGUST 13** Marcia's ride. 35 miles, B-pace. Meet at Montevideo Middle School at 8:30am. Call Marcia (289-6712) for more details.

**AUGUST 19** Mountain bike ride. Location undecided, but call Matt Madden (249-5417) for further information. Leave a message and he will return the call ASAP.

**AUGUST 20** Art's Reddish Knob Ride. Meet 8am at Keister Elementary School. Sardines at Hamburger Heaven after the climb. About 55 miles. Call Art (433-9247) for details.

**AUGUST 26** Annual Ice Cream Ride. Meet at Kline's. 10am for the B-pace ride (about 30 miles), 11am for the C-pace ride (about 12 miles). As always, ice cream on the club afterwards!

### UPCOMING CENTURY MEETINGS

**August 9** 7:30pm at the Indian Restaurant on Main Street near the post office.

**August 23** 7:30pm at Art's house.

For both meetings call either Art (433-9247) or Marcia (289-6712) for details.

### CLASSIFIEDS

**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.

### BIKE AID

On August 18th twenty bicyclists riding the Bike Aid cross-country route from San Francisco will arrive in Harrisonburg. This route is one of five, all of which terminate in Washington, DC two or three days after leaving Harrisonburg. Their theme this year is "Pedaling for the Planet: Promoting Environmental Solutions" by which they hope to raise awareness of environmental problems facing communities worldwide. Since 1986 Bike Aid cyclists have raised over \$1 million for over 100 small scale, community initiated development projects in the U.S. and worldwide.

Common Ground will be sponsoring a pot luck dinner/picnic for the riders the evening of the 18th in Shelter #1 in Purcell Park (by the basketball courts) at 6pm. It is always enjoyable meeting these bicyclists as they are winding up their journey and hearing of their adventures. Members of the SVBC are invited, so if you enjoy potlucks and bicycling talk, grab a food dish and come along. Also, if you have sleeping space to share, the riders typically need host families for the evening, although this is not a prerequisite for enjoying the picnic.

On Saturday, the 19th, the riders will be heading toward Winchester. If anyone would like to ride part (or all) of the way, call Art Fovargue and he'll try to get details as to when they'll leave. In the past few years, departure has been preceded by breakfast at the Little Grill.

P.S. Fifteen of the cyclist consider themselves vegetarians.

### TIME TRIALS

July 18

Daniel Fovargue (age 10)

58:04

Good job, Daniel!

## SHENANDOAH VALLEY CENTURY-13

This year we'll present our 13th annual Shenandoah Valley Century. The date is September 10th (Sunday) and, as in the past years, will start at Hillandale Park. So mark your calendars and tell all your cycling amigos. registration forms will be in next month's newsletter.

Our next century planning meetings are August 9th and 23rd. We still need some assistance, so if you can provide some, call me for meeting details. The workers' century, when we mark roads and final check the route, is tentatively set for September 4th. If you can help out that day, riding one or more 25-mile loops, call me for further details.

And, as always, assistance is needed the day of the ride - helping at the checkpoint, directing parking, registering riders, driving sag, checking off riders, etc. This is your club's big event of the year, so please volunteer. Also, baked goods are needed for the 10th.

Thanks.

Art Fovargue (433-9247)

### AUGUST RIDE CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6pm-Time Trials- Dayton-Rt. 257 & 738	2 6:10pm-Training Ride-Cool Breeze	3 6pm-Keezletown Ride-Keezletown Elementary School	4	5 1:30pm- Impromptu Ride Waterman Elem. School
6	7 5:45pm-Ladies' Ride-Cool Breeze	8 6pm-Time Trials- Dayton-Rt. 257 & 738	9 6:10pm-Training Ride-Cool Breeze Century Meeting 7:30-see article.	10 6pm-Keezletown Ride-Keezletown Elementary School	11	12 1:30pm- Impromptu Ride <b>No Quiche-see article.</b>
13 <b>Marcia's Ride-</b> 8:30am - see article.	14-6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	15 6pm-Time Trials- Dayton-Rt. 257 & 738	16 6:10pm-Training Ride-Cool Breeze	17 6pm-Keezletown Ride-Keezletown Elementary School	18	19 1:30pm- Impromptu Ride <b>Mountain Bkng- see article.</b>
20 <b>Reddish Knob</b> Ride-8am-see article.	21 5:45pm-Ladies' Ride-Cool Breeze	22 6pm-Time Trials- Dayton-Rt. 257 & 738	23 6:10pm-Training Ride-Cool Breeze Century Meeting 7:30-see article.	24 6pm-Keezletown Ride-Keezletown Elementary School	25	26 1:30pm- Impromptu Ride <b>Ice Cream Ride see article.</b>
27	28 5:45pm-Ladies' Ride-Cool Breeze	29 6pm-Time Trials- Dayton-Rt. 257 & 738	30 6:10pm-Training Ride-Cool Breeze	31 6pm-Keezletown Ride-Keezletown Elementary School		

Helmets are required on all club rides.

### SCHEDULE OF EVENTS

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

**Saturdays**      2pm.      Freestyle Ride Session, Mark's Bike Shop.      Call 434-5151 for  
more information.

Through October 1 West Virginia 1995 Mountain Road Series, a series of 12 races (2 took place in May). Earn points towards the overall awards. Cost is free for the series. For more information call Mike Holt at (304) 457-2616 or call Neups to get a copy of the entry form (this form is for the series, not for the individual events).

**AUGUST CLUB RIDES See article in body of newsletter.**

- August 26 Mad River Valley Century Ride. Waitsfield, VT. Call Neups for information.
- September 2-4 Bicycle Across Missouri. Register by July 15. A RAAM qualifier. Call 314-644-4660.
- September 7-10 Great Peanut Bicycle Tour and Rides. Emporia. For more information, call 1-800-449-2453 before 9pm.
- SEPTEMBER 10 13th Annual Shenandoah Valley Century!**
- September 16 Skyline Drive open only to bikers and hikers from milepost 4.6 to 23.8!
- September 17 Massanutten Hoo Ha.
- September 23 5th Annual Adams Apple Ride. 25-, 50-, 100-mile rides. Gettysburg, PA. T-shirts available for \$12. Call 717-334-8151 for more information.
- September 24 Fredericksburg Cyclists Century Challenge. 8am at Lee Hill Elementary School. New routes. Includes t-shirt and plenty of snacks. 25-, 50-, 62-, or 100-miles. For additional information, call Tim Eggers at 703-899-0097 or James LaFratta at 703-899-2070.
- September 24 Reston Century. Starts and finishes at Isaac Newton Square. 25-, 50-, 64-, and 100-miles; also 200km option! \$15 pre-registration includes T-shirt. Send a SASE to Reston Bicycle Club, P.O. Box 3389, Reston, VA 22090 for a brochure and registration form. Or call 703-904-0900 and leave a message.
- September 24 Apple Cider Century, Three Oaks, MI. Must register before July 31. Call Neups for more information.
- Sept. 29-Oct. 1 Canyon Country Cycle Fest, Ski Sawmill Mountain Resort, Morris, PA. Call Neups for more information.
- October 6-8 Colonial Virginia Bike Trek, Williamsburg. Benefits American Lung Association.
- October 7 Bicentennial Eastern Shore Heritage Tour, Fruitland, MD. Call Neups for more information.
- October 14 Sea Gull Century, Salisbury, MD. Breakfast, post-ride buffet, and 60's dance. Also, rides on 13th and 15th. Call 410-548-2772.

**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**

<b>Brian &amp; Debbie Bauer</b>	<b>L.B. &amp; Ibbey Branner</b>	<b>Sandy Brownscombe</b>
<b>Tony Cascio</b>	<b>David Frye</b>	<b>Mike Huffman</b>
<b>Gary Mork Family</b>	<b>Ken &amp; Doug Puckett</b>	<b>Marc Stecker</b>
Sylvia DeVita	Gary Flynn	Brent McNett
Jim & C. Mitchell	Zack Perdue	Charlynn Turner

**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**

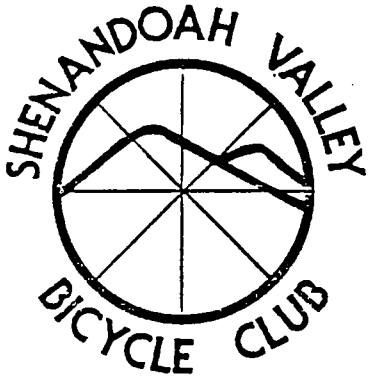
Racing \_\_\_\_\_ Mt. Biking \_\_\_\_\_ Touring \_\_\_\_\_ Century \_\_\_\_\_ Newsletter \_\_\_\_\_

**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