



SEPTEMBER NEWSLETTER

SVBC OFFICERS

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

President's/Editor's Column

Home again. It was a great weekend for Pennsylvania. The races were good and the weather was excellent. One thing I had forgotten about my hometown area - there are many back roads that are tree-lined. They give a good respite from the sun and heat, though they can also make it difficult to distinguish the features of the road at times.

I hope everyone is getting ready for the century. Please try to either ride one of the rides or help out with any aspect of it you can. The club would sure appreciate it.

This is my first newsletter with a new computer and new software. I'm still learning all their nuances, so bear with me for a while.

NEUPS

UPCOMING MEETINGS

September 11 6:15pm, pre-meeting ride, Hillandale Park, Shelter #1.
7:30pm, Monthly Meeting, Hillandale Park, Shelter #1.

We'll be recapping the Century and eating any leftover goodies.

October 9 7:30pm, Monthly Meeting, Valley Wellness Center

We'll have Steve Strider finish his talk on his trip to Cuba.

AUGUST MEETING MINUTES

After a nice pre-meeting ride, the meeting started with Neups stating that he didn't have much to say. But Matt Madden spoke about his mountain bike ride. Art Fovargue spoke about his Reddish Knob ride and the Bike Aid riders coming to town. Neups talked about the Ice Cream ride. Art also talked about the upcoming century.

Marcia's treasurer's report was \$574.27.

WELCOME NEW MEMBERS

Tim Miller	Harrisonburg
Perry Temple	Harrisonburg

WELCOME BACK RETURNING MEMBERS

L.B. & Ibbey Branner	Broadway
Sandy Brownscombe	Harrisonburg
Al & Sue Clague	Harrisonburg
Sylvia DeVita	McGaheysville
David Frye	Mt. Crawford
Jim & Charlene Mitchell	Harrisonburg
Charlynn Turner	Harrisonburg
John Zban	Stuarts Draft

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

Mark's Bike Shop, Cool Breeze Cyclery, Blue Ridge Cycle Works, and Mole Hill Bik
all contribute to the cost of the monthly newsletters.
Please support these local shops.

FROM THE SADDLE

During the last week of July, two days before the Chamber's Bike Festival, I joined a distinctive club for cyclists - Cyclists That Have Kissed The Road Club. Our motto and chant is a big "OUCH" and our colors are black and blue, with road-rash red. My unexpected and unsolicited initiation to the club was going down the back side of an "S" turn. Sliding across the hot, gritty pavement at a 15mph clip was a nasty experience. I'm healing nicely now, thank you. This leads me to revisit a familiar issue - bike safety (let me rephrase that - personal safety). All of us have heard about the recent tragedy during the Tour de France. Personally, reading about Fabio's accident was enough to scare the #@%# out of me. Yet, I still see (avid) cyclists riding without a helmet. [Hello. Is anyone home?!?!] I recently read an article in Better Homes and Gardens (yes, even BH&G discusses bike safety) about a ten-year old boy (without a helmet) who was almost killed in a bike accident. Due to head injuries, he now has to wear a bike helmet 24-hours a day until his brain is completely healed. [Out-of-pocket medical bills for the accident were a substantial \$30,000.] Statistically, over 300 children under the age of 14 are killed and another 400,000 injured in bicycle-related injuries each year. That is just children. What about the number of accidents involving older riders? Did you know that wearing a helmet reduces the risk of head injuries by over 85%?! All of the officers of SVBC want you to know, "Please be safe and wear protective equipment while cycling."

Although I was bruised, sore, and bandaged, I still participated in the Chamber's Festival, leading two rides and riding on two others over the three-day event. From what I heard, everyone - volunteers and participants - had a great weekend. We all seemed to enjoy the routes, camaraderie, and laughter, along with the raindrops on Saturday afternoon. I made a few new friends and reacquainted myself with old ones. On Saturday, I met and kept pace with Ed from Christiansburg. Although Ed was quiet when around groups of people, we had a good conversation while riding the 52-mile route. Ed is a strong cyclist who has been riding for over thirty years. I'm sure we will ride with each other again. On both Friday and Saturday, I cycled with Lori from Falls Church (the flat lands). She is a strong, courageous rider, even though she is not used to our hills. Lori has been riding for over two years, complimenting her exercise program. Over the two days of riding, we had good talks and laughs about riding, work, and life. I'm sure that our cycling paths will cross again. On Sunday morning, I rode with Charlynn from the club. I had not realized it, but the last time we rode together was at one of last year's pre-meeting rides. Overall, I could not have planned for a better cycling weekend. All I can say is thanks.

Until next time, keep those pedals spinning.

Knically

RIDES RECAP

MARCIA'S ZOO TOUR- The McGaheysville-Pineville area (just east of Harrisonburg) has quite the variety of exotic animals. I thought it was time to share my side of the county with other SVBC members. August 13th, six of us ventured out on five bikes (you guessed it - one tandem) for my famous Zoo Tour.

I had promised the opportunity to view at least three exotic animals (llamas, a camel, and tow ostriches). Well, that was only the beginning. An egret, a Vietnamese pot-bellied pig, two white swans, and a small snake were just a few of the extras seen along the way.

Thanks Tom, Art, Char, and Brent & Judy (tandem) for a great Sunday morning ride!! Let's do it again REAL soon!!

Marcia

NO QUICHE RIDE- We had what I called for in the last newsletter - 100 miles (+), mountains, heat (95°), and humidity. And also add a couple flat tires and a misplaced rider. A tough ride, but Tony, Mark, and Bill all persevered. Now the century should be easy!
Neups

MATT's MOUNTAIN BIKE RIDE- This ride was canceled due to lack of participants, but Matt is not discouraged. He plans to have another ride at Sherando Lake on September 30, so make sure you call him (249-5417) for more information.

ICE CREAM RIDE -IV- WOW! Our best turnout ever. Two new members joined the club and the ride. We had fourteen riders in all on the 25-mile ride. Bob covered the 12-mile ride and had two join him. Ice cream on the club afterwards came just as it got overcast. An overall great time. Thanks to all who came out for the ride. I hope to see you again next year.
Neups

CAR-FREE SKYLINE DRIVE

Hope you noticed the item in our last newsletter that Shenandoah National Park will be holding its first ever day where autos are not allowed. They will be closing a 19-mile stretch of the Drive from 9am to 4pm on Saturday, September 16th. The Drive will be closed to cars from the Dickey Ridge Visitor Center (mile 4.6) to the Elkwallow Wayside (mile 23.8).

The Park Superintendent stated, "The park has recognized the desire on the part of some park users to have a day when they can walk and bike along the Skyline Drive without having to compete with cars. We hope bicyclists will take advantage of this opportunity."

Hospitality stations/rest stops will be located along the route. Bicycles will be allowed only on the roadway, of course, and normal entrance fees will be charged. For further information on the special Bike/Hike Day, call 540-999-3300.

This type of opportunity has been lobbied for a long time by many, so we should all make every effort to pass the word and take advantage of the day. Although this unfortunately takes place in the northern end of the park, if attendance is good and the event successful, hopefully it will be repeated closer to home. This is our day - let's enjoy it.

1995 SHENANDOAH VALLEY BIKE FESTIVAL

Thanks for your participation as ride volunteers at the 4th Annual SV Bike Festival. This year's event was the best to date! The Chamber of Commerce (Bill McAnulty in particular) did a great job!! Over 200 cyclists joined us at Bridgewater College on July 28, 29, and 30.

Your willingness to help says a lot about your interest in cycling and sharing the beauty of the area we are fortunate enough to call home!! I will continue to serve on the Chamber's Committee for the 1996 SVBF. I would appreciate any comments and/or suggestions you may want to share.

Again, thank you for your help!! We play a key role in the success of this cycling event. Please call me at 289-6712.

Sylvia DeVita	Larry Grossman	Damarius Marion	Alan Johnson
Alice Stecker	Bob McGovern-Waite	Stin Lenkerd	Neups
Barb Polin	Christina Kunkle	Jody Hensley	David Schrock
David Knicely	Charlynn Turner	Tom Mayer	Judith Trumbo

SHENANDOAH VALLEY CENTURY - 13

Now that our environment is slowly turning back to a bit cooler weather, and September arrives, we should be thinking of putting all those summer base miles to use by doing a century. Or half century. Or metric century. Whatever is a challenge for you. Preparations are nearly in place for our 13th Annual Century. We have received registrations from as near as Keezletown and as far as Knoxville, TN.

Note the registration form in this newsletter. Feel free to make copies for friends, or forms are available at area bicycle shops and other locations. The more the merrier, so help make this one of our best events ever.

Of course, we still desperately need some help the day of the ride. We need two or three people to help register riders in the morning, one or two people to direct parking in the morning, and two or three people to help at the checkpoint. So if you don't want to ride (or only want to do a short ride), your assistance would be appreciated. Or if any family members could help (even for only two hours), that, too, would be appreciated. Call Art (433-9247) to volunteer.

We will be doing the workers' century on Labor Day at 10am. Probably starting at Bridgewater's Wildwood Park. Call Art for details.

Lastly, please contribute some baked goods (cookies, brownies, bread, etc.) or other goody for the riders when they finish. Besides our beautiful roads, our food offering is what keeps riders returning year after year. Bring your goodies to shelter #12 in Hillandale Park by noon on September 10th. Thanks.
The Century Committee

SEPTEMBER CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 1:30pm- Impromptu Ride Waterman Elem. School
3	4 5:45pm-Ladies' Ride-Cool Breeze	5 6pm-Time Trials- Dayton-Rt. 257 & 738	6 6:10pm-Training Ride-Cool Breeze	7 6pm-Keezletown Ride-Keezletown Elementary School	8	9 1:30pm- Impromptu Ride Waterman Elem. School
10 SVBC Century	11-6pm-PreMtg. Ride-Hillandale 7:30pm-Monthly Meeting-Shelter #1-Hillandale	12 6pm-Time Trials- Dayton-Rt. 257 & 738	13 6:10pm-Training Ride-Cool Breeze	14 6pm-Keezletown Ride-Keezletown Elementary School	15	16 1:30pm- Impromptu Ride Waterman Elem. School
17	18 5:45pm-Ladies' Ride-Cool Breeze	19	20 6:10pm-Training Ride-Cool Breeze	21	22	23 1:30pm- Impromptu Ride Waterman Elem. School
24	25 5:45pm-Ladies' Ride-Cool Breeze	26	27 6:10pm-Training Ride-Cool Breeze	28	29	30 1:30pm- Impromptu Ride Matt's Mountain Bike Ride

Helmets are required on all club rides.

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.

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).
- 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 ride led by Char (433-3846) and Damarius (828-0930)**
This is the day the Drive is only open to bikers and hikers. The ladies will start at 10am at Milepost 24 at Elkwallow Wayside and ride to Dickie Ridge (about 19 miles), have a lunch break, so bring yours, and then ride back. Conversational B/C pace. Call for any more information.
- September 16 Skyline Drive open only to bikers and hikers from milepost 4.6 to 23.8!
- September 16 Maryland Wine Festival Bike Tour. 5th Annual. Benefits American Lung Association. For more information call 1-800-642-1184.
- SEPTEMBER 17 Massanutten Hoo Ha.**
- September 17 The Ed. Harvey Memorial Bicycling Tours. Mechanicsville. 100-, 68-, and 25-mile rides. \$15. For additional information call David Bloor at 804-285-6177.
- SEPTEMBER 23 Trail maintenance day. Meet 9am at one of the shops. Call Garth Cool Breeze (433-0323) for details.**
- 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.
- September 29-Oct. 1 Canyon Country Cycle Fest, Ski Sawmill Mountain Resort, Morris, PA. Call Neups for more information.
- SEPTEMBER 30 Mountain Biking at Sherando Lake with Matt Madden. Call him at 249-5417 for more information.**
- October 1 Artie Levin Century, Roanoke. First year that this ride is open to the general public. \$5. 62- and 100-mile options. Call Randal Johnson 540-776-7884 for more information.

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

<u>Gary Flynn</u>	<u>Brent McNett</u>	<u>Zack Perdue</u>
Larry Beiler	Larry & Marcia Brown	Mark Eckroth
Tom Mayer	Bob McGovern-Waite	Denny Woodyard

