

OCTOBER 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

Well, it has turned out to be my turn. As David wrote in the last newsletter, I now have joined the club -- the Cyclists Who Have Kissed The Road Club, that is. Maybe this is an officer thing. Earlier this year Marcia had a mishap. Then David. And now me. Steve, can you be far behind?

Mine happened at about 35mph going around an unknown hard right turn during the Waynesboro century. It's been about 17 years since my last major spill, so I consider myself lucky. Lucky also for a few other reasons: I went wide into the turn and was lucky no car was coming from the other way. Also lucky that when I went down a car didn't approach. Also, I took down no one in my group of riders, and following riders were far

enough back that they were not also involved. And very lucky that my bike and myself both sustained little damage -- mainly road rash on both of us.

Now you would think that after an incident like that I would be more observant when I ride. But on my way down 42 the other day I had my head down for a second and ended up riding over a dead groundhog! And a fairly fresh one at that. Thankfully it was perpendicular to my line of travel and I only got a jolt out of the experience.

Lastly, I'd like to tell anyone who wants to contribute to the newsletter that I am now able to accept 3.25" diskettes in just about any format. That will make my job easier.

NEUPS

UPCOMING MEETINGS

October 9 7:30pm, Monthly Meeting, Valley Wellness Center We'll have Steve Strider finish his talk on his trip to Cuba.

SEPTEMBER MEETING MINUTES

The day after the 13th Annual Century, six weary cyclists returned to Hillendale Park for the pre-meeting ride. The exceedingly quiet group left the park at 6:20pm and headed toward the Belmont area for a picturesque, and, for some unknown reason, quick 14-mile ride. Although almost everyone was tired, we all enjoyed the cooler weather.

Upon returning from the ride, four other club members joined the group. Neups began the official club meeting at 7:30pm. Art took the floor and gave a brief summation of the Century. Approximately, 167 riders registered for either the 30-, 50-, or 100-mile rides. The event was praised by many of the riders for the organization, routes, baked goods, etc. A BIG club thank you goes out to Art, Chairman of the Century Committee. In addition, thanks to all of the club members who devoted their time over the last couple of months and the day of the event to help make this year's century a memorable one.

The remaining half of the meeting dealt with upcoming club events. 1) Monthly meetings return to the Wellness Center in October. There is no pre-meeting ride scheduled at this time. 2) Damarius and Char's Skyline Drive Ride on Saturday, September 16th. 3) Trash day on Saturday, October 14th, starting at 10:00am. Finally, a Treasury balance of \$676.30 was reported. The meeting adjourned around 8:00pm.

Knically

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

WELCOME NEW MEMBERS

Bill McAnulty	Weyers Cave
Jim Ratterree	Rockwall, TX
Judie Tullock	McGaheysville

WELCOME BACK RETURNING MEMBERS

Tom Mayer	McGaheysville
Brent McNett	Dayton

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

FROM THE SADDLE

I wrote the following words for the September 1994 newsletter, and after re-reading them this year, I find that in one aspect, I feel slightly the same way: "I find this time of year a bittersweet period for me, as a cyclist and a person. I'm sure many of you know exactly what I'm talking about. The humid summer weather begins to fade and that bodes well for my cycling and just being outdoors with friends and family. Yet, as the summer weather cools, I realize that Arctic weather and a time change are just around the bend. Both seem to confine me within the four walls of my warm house, restricting my fitness level, outdoor recreation (I'm not a skier), and state of mind. Maybe this year, I'll either ride my mountain bike and hike more often or join a health club or gym to support my fitness and sanity levels. For now, I'll just keep my pedals spinning while appreciating the spectacular and crisp weather."

As it turned out, my gloomy feelings were unfounded because I had a great time, physically and socially, once the weather began to turn cooler and the time changed last year. I even kept my sanity (I know, that's my opinion). I did not join a health club because Marcia, Larry, and I (and others) climbed onto our mountain bikes and continued to ride throughout the cooler (sometimes downright cold), rainy, and snowy weather on the roads and the muddy trails/forest roads. I also enjoyed my hiking in the snow and playing in the snow with my sons. I have no doubt that I will once again climb onto my off-road bike and continue to ride with Marcia, Larry, and others as the weather turns cooler this year. There are numerous trails and forest development roads for exploring on mountain bikes (just ask Matt Madden). After talking to Tom Mayer, Larry, and Marcia, I am going to try cross-country skiing for the first time. I'm planning to do more hiking this autumn and winter, too. A friend of mine just bought a new pair of Merrell hiking boots and is in the process of breaking them in, so we can explore the trails by foot and enjoy the fall foliage and the wintertime stillness of the woods. As you can see, I'm planning for a lot of activities to keep me fit and in good spirits. How about you? What plans do you have in store?

Nevertheless, even with my upcoming plans, I still find it just a little hard to say good-bye to my summer of fun. Until next time, keep those pedals spinning.

Knically

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.

Before Your Ride: The ABC Quick Check

By Bonnie McClun

So... you're going for a bike ride. Your body will get a workout, and so will your bike. Have you checked your bike for mechanical safety? Timely bicycle maintenance can prevent a serious accident. Here is the ABC Quick Check*, which you should do every time you ride.

✓ **A is for Air.**

- *Check tire pressure.* Tires should be inflated to the rated pressure noted on the sidewall (pounds/square inch). Use a gauge to verify you have reached the recommended rate.
- *Check for damage to the tire sidewalls and/or tread.* Sidewall damage is common if the brakes aren't adjusted properly. If the bands of the tire are showing below the surface, you need a new tire—now!

✓ **B is for Brakes.**

- *Check the brakes for pad wear and adjustment.* Visually check the brake-block pad. If less than 1/8" of rubber shows at any place, replace the brake-block/pad assembly. Make sure the brake blocks are parallel to and aligned with the side of the rim when applied.
- *Check cables and housing.* Cables need to travel smoothly. If the cables stick, apply lubrication at the ends of the housing and work it in by applying the brakes several times. Frayed cables should be replaced.

✓ **C is for Crank Set.**

- *Check the crank set.* The crank set consists of the bottom bracket, the crank arms, and chainrings. To do this check, take the left and right crank arms in your hands and attempt to move them sideways. If both move, you have a problem with the bottom bracket. If only one moves, the individual crank arm is loose and must be secured. A loose crank arm should never be ridden.

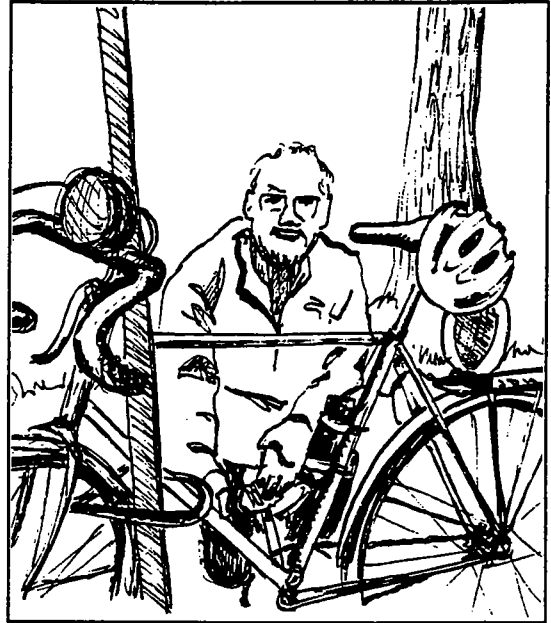
✓ **Quick is for Quick Releases.**

- *Quick-release hubs* need to be tight, but not too tight. The proper pressure is obtained by pushing on the quick-release lever so it leaves an impression on the palm of your hand. The closed lever should face up and back to minimize the chance of catching on anything while you ride.
- *Quick-release brakes*, which are opened when removing or installing wheels, need to be in the closed position. When closed, check to make sure the brake pads aren't rubbing the rims.

✓ **Check is for a brief, slow ride to check that your derailleurs and shift levers are working properly.**

Many items of the ABC Quick Check can be done visually; others require just a brief physical check. If you find that your bike needs adjustments beyond your ability, enlist the professional mechanics at your local bike shop.

*The ABC Quick Check was developed by Gene Miller, Kirby Beck, Allan Howard, and Stuart Bracken for the International Police Mountain Bike Association's Police Cycling Program. 



Drawing by Jennifer Horan

League Education Assistant and daily bicycle commuter Joe Gardiner gives his bike the ABC Quick Check before his ride home.

In an effort to promote safe cycling behavior among League members, each issue of Bicycle USA features an Effective Cycling column. For more information and one-on-one interaction with an experienced Instructor, sign up for an Effective Cycling class. This column is sent 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.

CENTURY RECAP

Another successful Century down and a huge thanks to all those who helped the day of the ride and to all the bakers who brought goodies. Weather was nearly perfect for our 13th Annual Shenandoah Valley Century, as 167 bicyclists awoke to ride 25, 50, or 100 miles. In addition to the better than ever baked goods, new on the menu this year were pretzels, animal crackers, and tootsie rolls at the checkpoint. Also new this year were the masseurs and masseuses available at the end of the ride; some riders as they got off the table had to be restrained from doing a second century.

Hoping I haven't forgotten anyone, again thanks to the following for kindly volunteering your time and hence helping the SVBC: Brian Bauer, Marcia and Larry Brown, Kathy and Rachel Fovargue, Dave Frye, Larry Grossman, David Knicely, Marcia Lamphier, Myron Lind, Damarius Marion, John and Cory Maxfield, Bill McAnulty, Bob McGovern-Waite, Sarah Miller, Martha Porter, Alice Stecker, and Debbie Warner. Also thanks to Neups for his help with pre-ride publicity and for not wiping out on our Century.

Items added to our lost and found this year include four water bottles and two pairs of cycling gloves. If any of these items is yours let me know. We also have many items left from previous years, so if you, or someone you know, left something in the past, just give me a call. Otherwise, perhaps we'll offer them as door prizes at our annual dinner in January.

If anyone has any comments, suggestions, or questions on the Century please let us know -- we're always considering ways to improve. Also, if anyone wants to get an early slot on our ever growing Century volunteer list for next year's, give a call -- we'll try to get an early start.

Art Fovargue (433-9247)

REMEMBERING

Most of you probably never knew Norm Gulliksen. Norm was one of the original founders of the Shenandoah Valley Bicycle Club in 1982. I first met Norm in early 1983 when Kathy and I moved to Harrisonburg. He was 65 then, and an exceptionally strong rider on long rides. Back in those days the SVBC actually had a Ride Chairman, who organized all the Club's rides during the year; Norm was the first to fill this role as I recall. There were many more "conversationalist pace" rides then, and Norm was one of the better conversationalists. In spite of being one of the stronger riders, Norm always found time to converse with and help out the beginner bicyclists. I learned a lot from Norm.

In addition to riding with the SVBC, Norm was very much a utilitarian bicyclist. You would often see him on his bicycle heading toward town; also for years he "commuted" by bicycle to Bridgewater Home to see his mom (who passed away at 93). I don't think I ever saw Norm drive a car.

Norm organized picnic rides to Todd Lake even before there was a Club, where close to 100 cyclists from the area participated. He also was one of the instigators of the first AGVITHH (Annual Great Valley Interstate Tour from Harrisonburg to Harrisburg) in 1982, which developed into one of the better known rides on the East Coast. Norm routinely incorporated his bicycle into his vacation plans as when he toured in Wisconsin and the Canadian Rockies. Or he built vacation around one of the many GEAR's he attended.

As Norm got older, slowed down on the hills, and the pace became less conversationalist, we saw him less and less at club rides. He still rode though. Norm has the distinction of the eldest rider ever to participate in our Century. In 1992 (10th annual SVC), at age 75, Norm rode the 50 miler in a respectable 5:01. And of course he rode his bicycle to and from the ride start at Hillendale Park.

I hope when I reach my 60's and 70's that I'm capable of being anywhere near the bicyclist that Norm was. He was a detail type person and kept his bicycles (and the rest of his life) in immaculate order. Norm was one of those people you thought would go on forever. Norm Gulliksen passed away on August 27, 1995, giving us another lesson in our own mortality. I'll miss you Norm -- may tailwinds follow you wherever you ride.

Art Fovargue

NEW SHOP RIDE

(This is very late getting into the newsletter. My fault entirely. - Neups)

Begun in August, Blue Ridge CycleWorks leads a 10-12 mile ride for those who are just getting started in cycling or for those who just need to get out for a non-competitive evening ride. This ride won't be geared toward those wanting to chat about Mavic ZAP, Ergo versus STI, billet machining versus cold forging, etc. If you have no idea or concern about what was in that last sentence, then this is probably **THE RIDE FOR YOU!**

Those interested should call 432-0280 for further details. Those who want to get riding should meet at Blue Ridge CycleWorks, 774 E. Market St. at 6:00 sharp on the first and third Mondays.

UPCOMING ELECTIONS

Election time (club, not state or national) will soon be upon us. As such, I wish to let everyone know that I will not be running for re-election to the office of President. Some of you know that I am about to finish my MBA program. After much running around between everything going on in my life the last four years, I wish to take some time off for myself. My office is one of the items I am putting aside. I'll follow up on this at a later date.

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.
- Mondays (1st & 3rd)** 6pm sharp. 10-12 mile ride, Blue Ridge CycleWorks. Call 432 0280 for further details.
- 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.
- 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 8 Harvest 100 Bicycle Ride, Charleston, SC. Call Neups for more information.
- OCTOBER 14** **Trash pick-up, 10am at Penn Laird Post Office.**
- 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.
- October 15 Tour du Port, Baltimore, MD. Call Neups for more information.
- October 20-22 Shenandoah Fall Foliage Festival, Staunton. Sponsored by Bike Virginia. Pick up a brochure at one of the local shops.
- OCTOBER 28** **20-mile B/C, conversational pace ride led by Damarius Marion (828-0930). 10am leaving from 301 Broad St., Bridgewater.**

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 OCTOBER

Larry Beiler Larry & Marcia Brown Mark Eckroth
Bob McGovern-Waite Denny Woodyard

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) _____

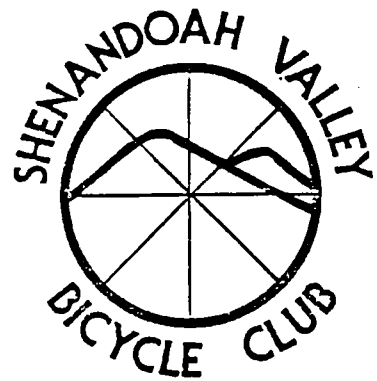
COMMITTEES

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