



MAY 1996 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Steve Strider	289-5135
Treasurer: Marcia Lamphier	289-6712

Time for a personal confession: I like watching early slap-stick comedy - Martin & Lewis and Laurel & Hardy. However, I especially enjoy watching Abbott and Costello movies. Do you remember any of the Abbott & Costello movies or routines? No matter how many times I see one of their comic routines, I seem to laugh like it's my first time at watching these comedians. I have also introduced my two sons to the mad-cap adventures of Abbott and Costello. My sons' favorite routine/skit is the baseball skit called "Who's On First." Do you remember this skit? It starts with "Who" is on first, "What" is on second, and "I Don't Know" is on third. It's known as maybe one of the funniest skits in comedy history. My two sons have tried to memorize this skit and have done a good job at remembering the lines. Yet, no matter how many times I hear the routine, I can only basically remember where "Who" is playing. Have you ever felt that way, not with this comedy routine, but with clubs in general? "Who" does "What"....."I don't know." Well, I'm going to try to help you

FROM THE SADDLE

understand your bike club.

On March 26th, the Club officers met to establish an executive committee to oversee the operations of the Club and establish Club goals for 1996 (these goals will be discussed in next month's newsletter). The make-up of the Club is detailed on the enclosed organizational chart, headed as Shenandoah Valley Bicycle Club 1996. As you can see, and are probably aware, I am the President, Bob is the Vice-President, Steve is the Secretary, and Marcia is the Treasurer. Four coordinator positions were established at that March meeting to support your club in 1996. These coordinator positions will be headed by three non-officers and one officer. I have the utmost faith that these four activity coordinators will help enhance the activities of your club. And I greatly appreciate the time and effort that all of the individuals (officers & non-officers) are giving to your club. I have promised each of them my full support in making their respective areas successful for 1996. As you can see by the chart, Art Fovargue accepted the position as Century Coordinator. He will

manage and coordinate, with the assistance of other club members, the campaign for our 14th Annual Century. Neups, the past president, accepted the post as Newsletter Coordinator. He, as Editor, will administer and coordinate the publication of the monthly newsletter. Bill Taylor accepted the nomination as Ride Coordinator. He will direct and coordinate, with the help of other club members, the club-sponsored rides. Finally, I accepted the position as Time Trial Coordinator. I, along with other volunteers, will coordinate the club-sponsored time trials. Each coordinator reports directly to the executive committee, who are also members. If anyone would like to volunteer for an activity, please let that coordinator know of your desire. I hope that the enclosed organizational chart will help you understand the make-up of YOUR Club. In other words, I hope it helps tells you the "Who" and "What", without the "I Don't Know."

Until next time, keep those pedals spinning.

Knicely

Mark's Bike Shop, Blue Ridge CycleWorks, and Mole Hill Bikes
all contribute to the cost of the monthly newsletters.

Please support these local shops.

UPCOMING MEETINGS

May 13	6pm	Pre-meeting ride starting at Hillandale Park, Shelter #1.
	7:30pm	Official meeting at Hillandale Park, Shelter #1.
May 29	7:30pm	Century meeting, Art Fovargue's house.
June 8	10am	Pre-meeting ride starting at Hillandale Park, Shelter #1.
	11:30am	Official meeting at Hillandale Park, Shelter #1.

NOTE: June's meeting is a trial Saturday morning meeting. We'll be done by 12:30pm.

WELCOME NEW MEMBERS

Michael Friedmann	Harrisonburg
Carol Lowry	Harrisonburg

BIKE FESTIVAL

The 1996 Shenandoah Valley Bike Festival dates are set for July 26, 27, and 28. The festival will be held on the campus of Bridgewater College. Please contact me as soon as possible to become one of this year's "ride volunteers." I will need two volunteers per ride. Please call me at 289-6712. There are a few changes on the routes, scheduling, etc. This year we will see the addition of two mountain bike rides in the Todd Lake area. Brochures may be picked up at the local bike shops or at the Chamber of Commerce office at 800 Country Club Road. The telephone number for the Chamber is (540) 434-3862.

Thanks in advance for your help!

Marcia

Friday

4:30pm	Westward Ho	31 miles
5:00pm	Briery Branch	19.5 miles
6:15pm	Airport Run	7 miles

Saturday

7:00am	Century	100 miles
7:30am	Cross Country	52 miles
8:00am	Turkey Trot	26 miles
8:30am	Prisoner of Zenda	42 miles
9:00am	Natural Chimneys	32 miles
9:30am	new ride	approx. 20 miles
10:00am	Mountain Bike (2 rides)	10 & 20 miles

1:30pm	Silver Lake	20 miles
All Day	Family Ride	5 miles

Sunday

8:00am	Base of the Mountain	39 miles
8:30am	Lazy Days	24 miles
9:00am	Country Ramble	28 miles

TRASH THANKS

A big THANK YOU to all who helped pick up trash on April 13th: John Maxfield, Bob McGovern-Waite, Alice Stecker, and Debbie Warnaar with Rebecca. With the extra help we were even able to go deeper into the railroad tracks area. And it all took less than an hour! Great job to all. I appreciate all your time.

Neups

CLASSIFIEDS

FOR SALE: Two bike roof racks. A bit aged with a bit of iron oxide, but still functional for that second car, or where cosmetics don't matter.

#1 - Barrecrafters Spoke Tote (BR-20) - Was last on a '72 Capri (was necessary for structural integrity of auto). Connects to rain gutters (remember those?).

#2 - Convert-A-Porter (No. 1002) - Was last on a '76 Datsun hatchback. Connected to an inverted rain gutter (designed to keep water on road from splashing your roof - never caught on).

Both carry two bicycles. Best offer or for-the-taking (before I'm forced to throw 'em out). Call Art Fovargue (433-9247)

Editor's Column

I'll bet every one of us was glad to have a few days of sun and warm weather the beginning of April. But how many were glad for the return of the cooler weather? I was, believe it or not. After I got home from Marcia's ride on the 14th, I realized that after four straight days of riding in shorts, I had developed quite a sunburn on my legs, arms, and face. Luckily, some cooler temperatures returned and I had go back to wearing tights. That kept the sun off my skin for a few

days and allowed me to recover from my burns. Next time I'll use a higher sunblock.

If you haven't yet done so, go to Mark's Bike Shop and check out his scrapbook. He's been in business now for twenty years. His scrapbook includes not only pictures from his business, but also early history and pictures of the Club. Enjoy!

NEUPS

WANNABES

Are you a C-pace rider (10 to 12 mph) who would like to become faster, smoother, and/or more efficient but you're not really sure how to accomplish your goals? Then come out and join me on my rides on May 5th at 1:00pm and May 18th at 10:00am. Together, we will work, train, and have a good time on our bikes and, hopefully, help you meet your cycling goals. We will talk about some of the ways that may improve your riding skills and your speed - techniques that have worked for me and that I continue to use. We will share with each other our experiences and help each other to become better riders. The rides will start at a C-pace with a distance of about 10-15 miles. Periodically during each ride, the speed will be increased for a short time. At later rides, the speed and/or distance will gradually increase (along with a more challenging terrain) based on the needs of the group. These rides are learning /training rides but also FUN rides and at no time will anyone be dropped. So come out, train, and learn with me. I promise that everyone will learn at least one new way to improve your cycling skills. Call me at 828-3599 for more information. (See Calendar and Schedule of Events in Newsletter).

Knically

ROADS TO AVOID UPDATE

To assist you in returning to the Shenandoah Valley roadways, the Shenandoah Valley Bicycle Club will (if you help us) report "Roads to Avoid" for the next couple of months.

Route 738 - Dry River Road, Bridgewater

Route 693 - North River behind Mt. Crawford

Route 910 - Garbers Church Road

MAY ADDITIONS

Route 42 - South of Bridgewater

Route 704 - Pleasant Valley area

Route 988 - Auto Auction Road

Bank Street - Bridgewater

Please call any of the officers to report any "roads to avoid."

Knically

TIME TRIALS

The first SVBC-sponsored 10-mile TT of the season took place on Tuesday, April 16, 1996 at 5:45pm with four participants. Marcia and I were there to greet the riders, give them encouragement, and keep their time. Although there was a dark cloudy sky (with possible rain), a chilly 49 degree temperature, and a 15mph cross-wind blowing, one solitary ride decided to brave all the treacherous elements of nature and race against the clock. As the winds grew stronger and the sky darkened, the lone ride kept pushing and testing his cycling abilities to finish the full, grueling ten miles. The courageous effort was inspiring to us at the finish line. As previously mentioned in last month's newsletter, the Club is working on recruiting people as time-keepers this year. For May, a Club representative will be present on the 1st and 3rd Tuesdays of the month. Two volunteers, Sarah Miller and Jodi Taylor, will be assisting in the TT efforts. If you are reading this and are not a member of the SVBC, you may want to join to keep up with the schedule and other Club activities.

Knically

SUNDAY	MONDAY	TUESDAY	MAY CALENDAR WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	2 6pm-Keezletown Ride-Keezletown Elementary School	3	4 1:30pm- Impromptu Ride Waterman Elementary School
5 10am MT. Bike Ride-Meet Deb's 1pm Wannabe Ride Hillandale Park	6 6pm Casual Ride Blue Ridge Cycle	7 5:45pm-Time Trials Dayton-Rts. 257 & 738	8 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	9 6pm-Keezletown Ride-Keezletown Elementary School	10	11 12:30pm Skyline <u>Drive Ride</u> 1:30pm- Impromptu Ride
12 8am Training Ride Hillandale Park	13 6pm-Pre-Meeting Ride-Hillandale 7:30pm-Meeting Hillandale #1	14 5:45pm-Time Trials Dayton-Rts. 257 & 738	15 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	16 6pm-Keezletown Ride-Keezletown Elementary School	17	18 10am Wannabe Ride <u>Hillandale Park</u> 1:30pm- Impromptu Ride
19	20 6pm Casual Ride Blue Ridge Cycle	21 5:45pm-Time Trials Dayton-Rts. 257 & 738	22 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	23 6pm-Keezletown Ride-Keezletown Elementary School	24	25 1:30pm- Impromptu Ride Waterman Elementary School
26 Mountain Bike Ride	27 6pm Casual Ride Blue Ridge Cycle	28 5:45pm-Time Trials Dayton-Rts. 257 & 738	29 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	30 6pm-Keezletown Ride-Keezletown Elementary School	31	

Helmets are required on all club rides.

YOUR HELP IS NEEDED!

Do you agree that more rides are needed? That a variety of rides are needed for riders of different abilities? As the newly created Ride Coordinator, I need your help in answering these questions. The weather is warming up, and consistent cycling is possible. Now is the time to begin scheduling rides. I would like your input in determining what types of rides are needed for those in our club who wish to cycle with a group. Please consider this offer and call me with your ideas and suggestions. I also would like to hear from those of you who are interested in leading some of these rides. This does not have to be a major commitment. Once a ride is established an occasional leading of a ride is often all that is needed. Call me at 433-7154. I hope to see you on the road!

Bill Taylor

SCHEDULE OF EVENTS

Mondays

6:00pm sharp! 10-12 mile, very casual ride. Blue Ridge CycleWorks. Call 432-0280 for further details.

WEDNESDAYS

5:15pm. . 1 1/2 hours at a B-Pace. Meet at First Union Bank parking lot at the corner of Mason and Main streets. Call Marsha at 289-6712 for more information.

SATURDAYS

- Saturdays 1:30pm. Impromptu ride starting at Waterman Elementary School.
2:00pm. Freestyle Ride Session, Mark's Bike Shop. Call 434-5151 for more info.
- May 4 Fignana Fun ride of Virginia. Blue Ridge Parkway, Naola, VA. 15 to 75 miles. Call 804-385-7213 for more information.
- May 4 Southern Maryland May Metric. Oxon Hill, MD. Rain date May 5. Call Neups for more information.
- May 4 Frederick 300km Randonneur Brevet. 5am start. 20 hour time limit. Contact Jim Kuehn at 410-721-2465 for more information.
- May 5 **10:00am. Mountain Bike Ride. Meet at Deb's (formerly Hamburger Heaven. Call Matt at 574-6062 for details.**
- May 5 **1:00pm. Wannabe Ride. 10-15 miles at a C-pace. See article for details.**
- May 11 **12:30pm. Skyline Drive Ride. Meet at Park and Ride across from Neighbor's Exxon on Rt. 33 in McGaheysville. Ride to be 50 miles at an A-pace. Call Neups at 434-1878 for more info.**
- May 11 Shenandoah Valley Amateur Bicycle Race. 9am. Front Royal. Call Neups at 434-1878 for more information.
- May 12 **8:00am. Training Ride. Meet at Hillendale Park, first parking lot on the right. Ride will be 3 hours long at an A-pace. Call Bill at 433-7154 for more info.**
- May 18 **10:00am. Wannabe ride. 10-15 at a C-Pace. See article for details.**
- May 18 Frederick 400km Randonneur Brevet. 4am start. 27 hour time limit. Contact Jim Kuehn at 410-721-2465 for more information.
- May 19 Heart of Virginia Bike Festival (Includes Challenge of Thunder Ridge). Boonsboro Shopping Center, Lynchburg. Registration begins at 8am. Call 804-947-3456 for more information.
- May 20-24 Bike to Work Week
- May 25-27 Skyline Drive Scenic Tour. Atlantic Cycling. Call Neups for more information.
- May 26 **Mountain Bike Ride. Call Marsha at 289-6712 or Bill at 433-7154 for details.**
- June 1 National Trails Day.
- June 1 & 2 Race for Freedom, Southside Speedway near Richmond. To help fight hunger and homelessness. Call 804-788-3907 for more information.
- June 7-9 10th Annual Chesapeake Bay Bike Tour. Benefits American Lung Association.
- June 7-10 GEAR '96. Millersville, PA. A choice of 30 rides in the wonderful PA Dutch farm country. Exhibits, workshops, and entertainment. Sponsored by LAB. Call 410-539-3399.
- June 8 Warrenton 600km Randonneur Brevet. 4am start. 40 hour time limit. Contact Jim Kuehn at 410-721-2465 for more information.
- June 8 Bedford Cycling Classic. Bedford, PA. Criterium for public and categorized racers. Call 1-800-765-3331 for more information.
- June 8 Morristown Sportsfest Road Ride. 35-, 62-, and 100-mile rides. Call Clark Rucker at (615) 581-1183 for more information.
- June 8 & 9 Pedal the Piedmont MS 150 Bike Tour. Charlottesville to Farmville to Concord. Call 800-451-0373 for more information.
- June 10-Aug 19 Bicycling Ministry Wheel Power Christian Cyclists Across America Tour. San Francisco to Yorktown Beach, VA. Call 804 385-7213 for more information.
- June 14-16 West Virginia Bicycle Tours. Road tour with meals and lodging. Also daytime and evening entertainment. Call 800-566-8573 for more information.
- June 15 Knotts Island Century. Norfolk. 33-, 68-, and 100-mile routes. For more information call Tom Adler at (804) 482-5587.
- June 15-23 Pedal Pennsylvania, Erie to Philadelphia. Call Robert Ingersoll at 215-561-9679 for more information.
- June 21-26 Bike Virginia Civil War Odyssey. Old Town Manassas, Fredericksburg, Bowling Green, Culpeper, back to Old Town Manassas. Call 804-229-0507 for more information.
- June 29 Montebello Double Century. 6am near Milepost 29 of the Blue Ridge Parkway. 15 hour time limit. Call Paul Evans at 540-377-6454 for more information.

June 29-30 Ocean City Weekend. Atlantic Cycling. Call Neups for more information.
 June 30 Blue and Gray Century. Winchester. Rides of 50 and 100 miles. 8am start at Lord Fairfax Community College. \$10. Call Mike or Karen at (540) 662-1510 for more info.
 June 30 Bay to Bay Ride. Chestertown, MD. 27 to 107 miles. Call 410-778-4881.
 July 3-7 LAB National Rally. Dayton, OH. A wide variety of rides in gently rolling terrain. Advocacy program plus many workshops, exhibits, and entertainment. Call 410-539-3399.
 July 14-19 Bicycle Tour of Colorado. Breckenridge. Benefits Down Syndrome Association. Call 800-985-9399 for more information.
 July 20-21 Deep Creek Lake Weekend. Atlantic Cycling. Call Neups for more information.
 July 20-27 Pedal Pennsylvania, Pittsburgh to Philadelphia. . Call Robert Ingersoll at 215-561-9679 for more information.
 July 21-27 Cycle Across Maryland.
July 26-28 Harrisonburg-Rockingham County Chamber of Commerce Bike Festival.
 July 28-Aug 2 Moose Tour. 6-day Maine bicycle adventure. Call 207-743-2577 for more information.
 August 11-17 Wheeling Washington III.
 August 31-Sept. 2 Tour of the C&O Canal. Atlantic Cycling. Call Neups for more information.
 September 15 Tour of the Maryland Eastern Shore. Atlantic Cycling. Call Neups for more info.
September 8 14th Annual Shenandoah Valley Century.
 Sept. 16 - Nov. 2 Southern Cross Bicycle Classic. Disneyland (CA) to Disney World (FL).
September 21 Cycle For Life. American Cancer Society. Purcell Park. Registration opens 6am. Call 434-3360 for more information.
 September 21 Maryland Wine Festival Bike Tour. Benefits American Lung Association.
 September 22 Reston Century.
 October 25-27 Bike Virginia Fall Festival Weekend.

For more information on any of the above, call Neups (434-1878).

1995 MILEAGES

Art Fovargue	2,515
David Knicely	3,330
Marcia Lamphier	5,895
Stin Lenkerd	2,090
Brent & Judie McNett	1,600 on tandem
Neups	5,001

If you have your 1995 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 May/June

<u>Ron Helmuth & Family</u>	<u>Jody Hensley</u>	<u>Mike Wenger</u>
Ellen Harrison	David Knicely	Matt Madden
John Maxfield & Family	Zandra M. Pavicic	Rich, Jane, & Rick Pickett
Alice Stecker	Judith Trumbo	Dave Yutzy