



SEPTEMBER 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

FROM THE SADDLE

During the last weekend of July, I participated in the Chamber's 5th Annual Bike Festival, leading two rides and riding in another one during the three-day cycling event. The weather, slightly cooler than usual, was absolutely perfect for cycling around Rockingham County. From what I heard, everyone - volunteers and participants - at the festival had a wonderful weekend. We all seemed to enjoy the routes, camaraderie, and laughter. Just like at last year's event, I made a few new friends and reacquainted myself with a few old friends. On Friday evening, I was introduced to two people from England (yes, as in London, England). On Saturday, I met and talked to the South Carolina cyclists during the evening dinner. All I can say is WOW, what a great group of cyclists, lots and lots of fun to be

around. On my Sunday morning ride, I kept pace with Betty from Weyers Cave. If I correctly recall, she has ridden in the Festival rides for the last four years. Overall, I could not have planned for a better cycling weekend. All I can say is thanks to everyone.

The 100+ miles that I cycled during the Bike Festival definitely helped my overall mileage for the 1996 cycling season. So far, I have peddled my Specialized Epic over 1,400 miles of road. Being President of the Club, I often wonder how the other members are doing with their accumulated mileage. Do you ever wondered how you compare to other cyclist when it comes to overall mileage for a year? Each year, the Club's officers ask each member for their mileage. Approximately six people (11% of the members) listed their

1995 year-end mileage in the newsletter. Now, I know that we can get caught in the quantity trap rather than quality, so do not misunderstand my point.

While reviewing the Richmond Area Bicycle Association's Newsletter ("The Pedaler"), I found their Ride Statistics for 1995, proudly listing the mileage for their members (see attachment) on the front page of their June Newsletter. As you can see, there is a wide swing in the reported mileage, with the bulk falling in the 1,000 miles or less range. Whether you have ridden 10 miles or 10,000 miles, you should be very proud of yourself for cycling the byways, roads, and trails.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

September 9 **6:00pm**
 7:30pm

Pre-meeting ride starting at Hillendale Park, Shelter #1.
Official meeting at Hillendale Park, Shelter #1.

AUGUST MEETING MINUTES

For the second month in a row, the pre-meeting ride had to be canceled due to heavy rainfall. By the time 7:30 arrived, three other club members joined David and his sons for the regular monthly meeting and special membership meeting. In an attempt to get out of the cold, damp, evening air, David quickly called the "A-paced"

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.

meeting to order at approximately 7:35pm. He began by discussing upcoming club events and interests: 1) SVBC rides for August, including Matt's mountain bike ride on August 31st and Neups's Ice Cream ride on August 24th. The Club will sponsor both B and C paced ice cream rides, leaving from Kline's Dairy Bar at 10am. 2) David extended sincere thanks to the Bicycle Festival's ride leaders. Hopefully, Marcia will give the particulars at the next monthly meeting. 3) Century meeting at David's house on August 21st at 7:30pm detailing the upcoming 14th Annual Century on September 8th. So far, Art, Neups, Marcia, Judith, L.B., and Sarah have accomplished a notable job in getting the Century off to a rolling start. The Century Committee appeals for your assistance in making this year's event operate smoothly for our friends and guests. 4) Due to Marcia's absence, a Treasurer's report was not given.

After managing the regular business, the special meeting to change the by-laws commenced. After discussing the changes in the by-laws, a motion was made to adopt the proposed changes as stated in the August newsletter. The motion was seconded, and all in attendance voted for the change. The meetings came to a close at 7:42pm.

Knically

WELCOME NEW MEMBERS

Linda Elliott & JoEllen Wilson	McGaheysville
Adam Gutterman	Dayton
Carol Mayer	Harrisonburg
Bryant Morris	Harrisonburg
Hank Schiefer	Harrisonburg
Mahlon & Alice Webb	Swoope

WELCOME BACK RETURNING MEMBERS

Sandy Brownscombe	Harrisonburg
Matt Madden	Harrisonburg
Bill McAnulty	Weyers Cave
Jim & Charlene Mitchell	Harrisonburg
Steve Strider	Elkton
Charlynn Turner	Harrisonburg
The Wettstones	Pleasant Valley

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

SVBC ACTIVITY COORDINATORS					
<u>Century</u>	Art Fovargue	433-9247	<u>Newsletter</u>	Neups	434-1878
<u>Rides</u>	Bill Taylor	433-7154	<u>Time Trial</u>	David Knically	828-3599

TIME TRIALS

As previously mentioned in past newsletters, the Club had been working on recruiting people as time-keepers this year. Jodi Taylor helped me greet and keep time for five cyclists on August 6th and August 20th. For September, a Club representative will be present on the 1st and 3rd Tuesdays of the month. The following are the results of the recent time trials:

August 6

Neups	23:24
Matt Madden	23:56
Bill Taylor	25:59
Bob McGovern-Waite	26:24

August 20

Neups	23:13
Al Clague	24:09
Matt Madden	24:36
Bill Taylor	26:55
Bob McGovern-Waite	26:57
Bill McAnulty	31:22

CENTURY TIME/BAKED GOODS

Well, it's hard to get my mind off of last week's family vacation to Washington and Oregon, but alas, it's Century time again. As in years past, our Century is on the 2nd Sunday in September (the 8th) and starts at Shelter #12 in Hillandale Park. Registration for the 100-mile route is from 7 to 8am, and for the 25- and 50-milers, from 9 to 10am. Rides start at 8 and 10am, respectively. See the registration form in this newsletter, more information at area bicycle shops, or call me or Marcia Lamphier.

As I get ready for the last Century organizational meeting tomorrow night, I realize we still need help the day of the ride. If you can ride, that's great. But if you are not planning to ride, please consider helping out a few hours during the ride. Slots are still available for parking and traffic directors, registrars, checkpoint helpers, sag drivers, and chief gophers. If you can help in any of these capacities, or have any questions, call me. No talents required.

Let all your cycling acquaintances know of our 14th Annual Century and what a superb ride it is. As stated before, it will be great if you can ride it, but even greater if you can volunteer the day of the ride. In either case, please remember your donation of baked goods (bread, cookies, brownies, etc., even nutritious snacks) is appreciated by all riders at the end of their efforts. It is one of our Century's claims to fame. Bring goodies to Shelter #12 in Hillandale by noon on Sunday, September 8th.

Art Fovargue 433-9247

EDITOR'S COLUMN

If you had to choose one cog to use on a 37-mile ride, effectively giving you only two gears, which one would it be? Keep in mind that you would be riding with a small group, would be doing a gradual 17-mile downhill, followed by a gradual 8-mile uphill, followed by a steep half-mile climb, and then good rolling hills the rest of the way. Make your pick yet?

Well, I had to decide on a ride to Mathias, WV. My rear derailleur cable broke after service of a little over 10,000 miles. Luckily it broke at the Ergo shift/brake lever area. That allowed me to have plenty of free cable to wrap around the bolt-on cable guide on my downtube. I chose to keep the gear in my 17-tooth cog. That gave me gears of 62" and 84".

Surprisingly, I was able to keep up the 25-30 mph pace out of Mathias and into Fulks Run mostly be staying in the draft. The uphill on 612 was at a faster than normal pace for me, but I needed to keep the momentum going. When we hit Little North Mountain, I just grinned, stood up, and beared it. Even that climb was better than expected. Mt. Clinton Pike wasn't too bad after having done everything else up to that point.

Don't expect me to keep my bike as a two-speed, though. I've gotten quite used to being able to find just the right gear out of sixteen. But it was quite an experience. I hope you never have it yourself.

Neups

ICE CREAM RIDE RECAP

Another fantastic Ice Cream Ride has occurred! We increased the ride participation by over 100%! Last year's fourteen riders became thirty this year, with thirteen opting for the 30-mile ride and seventeen taking the twenty-mile ride. The 30-mile riders came in just minutes before the rain showers came down. But by the time we finished our ice cream and socializing, the rain had cleared and most of us got home dry. Thanks, everyone, for making it a great day.

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 at 433-9247.

FOR SALE: 1) Nishiki Modulus - 56 cm - 12 speed - 105 groupo - Look pedals - Good condition - \$200.
 2) Giant Iguana - 18" - Alivio groupo - New 95' - \$350.
 3) Specialized Rockhopper Ultra - 17" - 21 speed - STX and Alivio groupo - Like new - never ridden - \$350.
 4) Trek 1000 Aluminum - 54 cm - Blaze groupo - good trainer or beginners bike - \$150.
 Call Brian - 433-4977 - or - 1-800-972-5234 on any or all of the four above items.

FOR SALE: Look PP136 Pedals with ARC Cleats - Brand New - Never Used - \$75. Call Marc Stecker at 433-2711 during work hours.

FOR SALE: Cannondale Road Bike - 56cm - \$225. If taken with new Look Pedals and ARC Cleats, \$300. Call Alice Stecker at 564-1611.

1996 SHENANDOAH VALLEY BIKE FESTIVAL

Once again, my sincere thanks to all my ride volunteers at the SVBF held at Bridgewater College July 26, 27, and 28. Cyclists numbering close to 200 joined us for a fabulous weekend of cycling in the Shenandoah Valley. Participants from as far away as Wisconsin, Pennsylvania, South Carolina, Texas (SVBC member Jim Ratterree), and even Northern England came to enjoy the weekend with us. We were graciously thanked by all participants and the Harrisonburg/Rockingham Chamber of Commerce.

Special thanks goes to Bill McAnulty for his many, many dedicated hours of work that went into making the 5th Annual Shenandoah Valley Bike Festival a success. His excitement and high energy is very contagious. Thanks, Bill!!!

Marcia Lamphier

Ride Volunteers:

Bob McGovern-Waite
 David Schrock
 Michael "Neups" Neupauer
 Perry Temple
 Alice Stecker
 Bruce Johnson

Jim Mitchell
 Charlynn Turner
 Sylvia DeVita
 Damarius Marion
 Zack Perdue
 Brent & Judy McNett

David Knicely
 Tom Mayer
 Larry Grossman
 Art Fovargue
 Judith Trumbo
 Kay Harrison & Jerry

Shenandoah Valley Bike Festival Success, Thanks to SVBC Members

On behalf of the Shenandoah Valley Bike Festival and the Harrisonburg/Rockingham Chamber of Commerce, I would like to say thank you to all SVBC members who worked as ride volunteers during the weekend of July 26, 27 and 28. The Festival had participants from South Carolina, Wisconsin, England and France to name a few locations. Many compliments were extended by participants about the Festival's organization, markings for the rides, and the many volunteers. Without the ride volunteers and rest stop volunteers, this Festival could not, and would not be, a success.

Many Club members volunteered, and I hesitate to try and mention everyone's name for fear of missing someone. There are two particular members I must mention, Marcia Lamphier and Bob McGovern-Waite. Both of these individuals were an integral part of the Festival's planning committee. Bob's humor helped to keep things light while Marcia's organizational skills were the backbone to the Festival. I cannot say enough about Marcia's efforts in making this event a success. I hope both will be a part of the planning process for 1997.

Speaking of 1997, the Chamber's Board of Directors voted on August 20 to hold the

Shenandoah Valley Bike Festival on the weekend of July 25, 26 and 27, 1997 at Bridgewater College. Mark your calendars now and plan to be a part of this highly successful and growing event.

Any suggestions or comments about the Festival would be much appreciated. I can be contacted at 234-0926 (home), 434-2200 (work) or e-mail at prman@cfw.com. Again, thanks to all SVBC members who volunteered to help with the 1996 Shenandoah Valley Bike Festival.

Bill McAnulty
 Chairman, Shenandoah Valley Bike Festival

THOUGHTS AND VIGNETTES

Editor's note: Jim Ratterree, our member in Texas, wrote quite an account of his experience at this year's Bike Festival. Here is a condensed version of his letter. The full letter will be at September's meeting.

Thanks for providing me with an absolutely stupendous cycling experience. My expectations of observing some fabulous scenery were more than adequately met. Neups is the epitome of the cycling nut and a gracious host. Marcia has a beautiful smile and is probably the best person to greet someone to the Valley and make them feel really welcome. Knicely is one heck of a nice guy that loves to race GOBIT's (Good Old Boys In Training; i.e., teenaged boys in pickup trucks) down the main street of Bridgewater. McAnulty was always there to shout encouragement for me to continue my century after 50 and 75 miles, every time I thought about packing it in.

The Century's first loop was a beautiful start. Great roads! The hills weren't too bad. I didn't have to use my small chainring once. The second loop had me lagging behind in our group of seven and getting caught at the light in town. After the light switches, and after a small error in direction, I get down on my aerobars since Bill said this loop was flat and hope to make up the five minutes that I fell behind the others. I am making good time when a gut-buster of a hill forces me to go to the small chainring. I was able to catch up to five of the peleton before loop's end, but at considerable physical exertion.

Bill pooh-poohs my weak attempts to stop because my knees are twinging. The scenery is still spectacular, but the continual conquering of the rolling terrain begins turning my knee twinges into mild barks. For the fourth loop, I have plenty of Cytomax left but some slight knee discomfort. I understand that several folks have dropped out of the century by now. The scenery is still great, I guess. We see mostly the roads by now, all the while trying to keep our tongues from getting caught in the front wheel spokes. I have never climbed out of the saddle so much in my life. I have never had such a high degree of lactic acid buildup in my life. We expected to hear a band playing and have cheering crowds to greet us as we arrive at the college in our hour of triumph. Next time, right, Bill?

My final thoughts - best century I've ever ridden. Hardest century I've ever ridden. All the other rides had some sort of title given to them. My suggestion for the Bike Fest century title - McAnulty's Chondromalacia Century Ride.

Jim Ratterree

MORE ON THE SNP BIKES ONLY DAY

A second annual "bikes only" day on a section of the Shenandoah National Park is being planned for April of 1997. Some Blue Ridge Parkway officials had concerns about the speeds some of the cyclists reached on the hilly sections used during the first bike day. As such, the tentative plan is to use a more level section of the park, between Elkwallow at milepost 24 and Thorton Gap at milepost 32.

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 Marcia at 289-6712 for more information.

September 8	14th Annual Shenandoah Valley Century.
September 15	Lake Anna Century, Richmond. Call Neups for more information.
September 15	Tour of the Maryland Eastern Shore. Atlantic Cycling. Call Neups for more info.
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. Includes 200-km, 100-miles, 100-km, 50-miles, and a 26-mile ride. Pre-register and get a T-shirt. Call 703-904-0900 for more information.
September 28	Adams Apple Ride. Sixth Annual. Rain date on the 29 th . 25-, 50-, and 100-mile rides out of Gettysburg, PA. Call (717) 334-8151 for more information.

- October 6 Artie Levin Century, Roanoke, VA. 8:00 a.m. Contact Hank Ebert, 6016 Burnham Road, Roanoke, VA 24018. Telephone 540-772-3343. A very challenging 100 miler (with a tough mountain 70 miles into the ride). Will also have a metric century option. The 100 has three rest/food stops and is sagged. The metric has two rest stops and is also sagged. The route begins/ends at Salem's Longwood Park and passes through scenic Roanoke, Montgomery, Craig, and Botetourt Counties.
- October 13 Fabulous Fat Tire Fall Foliage Festival. Atlantic Cycling. Call Neups for more info.
- October 18-20 29th Hilly Hundred Tour. Indianapolis, IN. Call (317) 257-5607 for more information.
- October 25-27 Bike Virginia Fall Festival Weekend.
- October 26 Frederick County Fall Classic. Atlantic Cycling. Call Neups for more information.

SEPTEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Waynesboro Century	2 6pm Casual Ride Blue Ridge Cycle Labor Day	3 5:45pm-Time Trials Dayton-Rts. 257 & 738	4 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	5 6pm-Keezletown Ride-Keezletown Elementary School	6	7
8 Shenandoah Valley Century	9 6pm-Pre-Meeting Ride-Hillandale 7:30pm-Meeting Hillandale #1	10 5:45pm-Time Trials Dayton-Rts. 257 & 738	11 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	12 6pm-Keezletown Ride-Keezletown Elementary School	13	14
15 Lake Anna Century Richmond	16 6pm Casual Ride Blue Ridge Cycle	17 5:45pm-Time Trials Dayton-Rts. 257 & 738	18 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	19 6pm-Keezletown Ride-Keezletown Elementary School	20	21 American Cancer Society Ride for Life
22 Reston Century	23 6pm Casual Ride Blue Ridge Cycle	24 5:45pm-Time Trials Dayton-Rts. 257 & 738	25 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	26 6pm-Keezletown Ride-Keezletown Elementary School	27	28
29	30 6pm Casual Ride Blue Ridge Cycle					

Helmets are required on all club rides.

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 before then.

MEMBERSHIPS EXPIRING SEPTEMBER/October

Al & Sue Clague & Family
Tim Miller
John Zban

Sylvia DeVita
Zack Perdue

Brent & Judie McNett
Perry Temple

Larry & Marcia Brown
Bob McGovern-Waite

Mark Eckroth
Jim Ratterree

Tom Mayer

REMEMBER that the Newsletter is available for delivery via e-mail, fax, or regular mail. The same can be said for articles submitted for the Newsletter. Just e-mail to Neups at neups@shentel.net or fax articles to 434-1878. You may use the Club's P.O. Box 1014 for regular mail. Thanks.