



OCTOBER 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

For the last two weeks, I have been desperately probing the crevices of my brain to uncover one all important cycling issue to write down on paper. But each time I tried to dedicate time to either an article or one relevant cycling issue, something else required my mental energy. Now I'm working under the pressure of Neups's newsletter deadline. Ergo, I have decided to write about various cycling issues jumping around in my head.

It seemed that September was once again the month of Virginia bike club centuries. The month started with the Mile Post Zero's (Waynesboro) century and ended with the Fredericksburg century. Sandwiched between those two rides was the SVBC, Richmond, and Reston centuries. I have heard through the grapevine that many SVBC club members rode in these cycling events, except, of course, the canceled SVBC Century. [For more information, see the September minutes.] The Club's officers and Century Committee

members were disheartened to cancel the SVBC-sponsored Century. For safety and other reasons, we felt that it was best to cancel the annual event.

Total Club membership has slightly increased over the last two-month period. I have welcomed eight new members to the Shenandoah Valley Bicycle Club. I've even had members ask me for extra application forms so they could give them to friends and associates.

The regular monthly meetings turn indoors beginning in October. As usual, we will utilize one of the upper rooms at the Valley Wellness Center. The next meeting will be October 14, 1996. A pre-meeting ride will begin at 5:30pm. with the official meeting beginning at 7:00pm. The meeting will be presided by Bob, since I will be out of town. Thanks, Bob.

The Ride Committee, headed by Bill, has established various rides for the month of October. [See enclosed ride schedule.] In

addition, the area shops have begun shop rides, such as the Blue Ridge Cycle Works' Friday Mountain Bike (Down Hill) Rides. On September 20, I stopped by the shop to check out the number of participants. Let's just say that there was no place to park due to the huge number of cars, cyclists, and mountain bikes. On the light side, I'd say thirty people showed for the mountain bike ride.

The Club's election is only five months away (March), so if you are interested in any of the officer positions, you should bring it to the attention of the executive committee. That way you can begin your campaign trail - posters, speeches, and TV appearances.

During the September monthly meeting, a trash pickup was established for the 19th of October beginning at 8:30 am. It is an easy road to work, so I'll see you there.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

October 14 **5:30pm**
 7:30pm

Pre-meeting ride starting at VALLEY WELLNESS CENTER.
 Official meeting at VALLEY WELLNESS CENTER.

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.

SEPTEMBER MEETING MINUTES

The day after the "canceled" 14th Annual Century and three days after the onslaught of Hurricane Fran, three weary cyclists showed up at Hillandale Park for the pre-meeting ride. The group left the park at 6:00pm and headed toward the Park View area for a scenic 12-mile ride. Although everyone was tired from the work involved with the recovery from Hurricane Fran, we all enjoyed the camaraderie and lighter-side.

Upon returning from the ride, five other club members joined the group. The official club meeting was called to order by Knicely at 7:35pm. The first half of the meeting dealt with upcoming club events and issues: 1) Monthly meetings return to the Wellness Center in October. A pre-meeting ride will begin at 5:30pm. 2) An October Administrative Meeting will be held at David's house (time/date TBA) 3) Trash day on Saturday, October 19th, starting at 8:30am. 4) Ride recap for the month of August. Finally, Marcia reported a Treasury balance of \$803.30.

The remaining half of the meeting was turned over to Art, Century Chairman. Art, along with David, gave a summation of the Century Committee (along with the executive committee) meeting on Saturday, September 7, 1996 and decision to cancel the 14th Annual Century due to the flood damaged roads on the four loops of the century course. [Pictures will be available to view at the next monthly meeting.] After deciding to cancel the event, food that was purchased for the event was donated to the flood-relief shelter established at Turner Ashby High School, housing approximately 30 victims of the flooding. Art and Marcia contacted the pre-registered riders about the decision to cancel the event due to the hazardous shape of the road.

Approximately 47 riders pre-registered for either the 30-, 50-, or 100-mile rides. A diligent and thought provoking discussion erupted at the regular meeting with regards to the disposition of the pre-registration funds and the effects of the "seed" money that was initially spent by the club. In the end, a difficult motion was made to retain the prepaid fees to cover expenses and contribute funds to the Red Cross or other flood-related cause. In addition, the pre-registered cyclists will receive coupons good towards the Club's 15th Annual Century. The motion was seconded and all the members voted "Yea" for the motion.

The meeting adjourned at 8:00pm.

Knicely

WELCOME NEW MEMBERS

James Hammer

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Dave & Nancy Cary

McGaheysville

Bernie Edwards

Weyers Cave

Tom Mayer

McGaheysville

Brent & Judie McNett

Dayton

Zack Perdue

Harrisonburg

John Zban

Stuarts Draft

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

SVBC ACTIVITY COORDINATORS

Century

Art Fovargue

433-9247

Newsletter

Neups

434-1878

Rides

Bill Taylor

433-7154

Time Trial

David Knicely

828-3599

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.

EDITOR'S COLUMN

Riding in the valley, as well as riding back in Pennsylvania, I have a tendency to do a lot of standing on the hills. It gives my knees a break, helps stretch me out, and gives my seat area a breath of air. And with all the hills we have, I do my share of standing. So it becomes somewhat strange when I do a ride that does not have hills. I did Richmond's Lake Anna Century this year. The terrain is probably what you would

expect, mostly flat. Thus, there is not much opportunity to stand. This almost makes me feel funny because I do not get that opportunity to stretch out. Also, I tend to have parts of my body fall asleep when this happens. I guess all I'm really trying to say is that I really like the hills. I hope you do, too.

Neups

ROADS TO AVOID

As you are fully aware, Hurricane Fran assaulted the Shenandoah Valley with her fury of rain and wind during the first weekend of September. By the time the hurricane left, everyone was trying to recover from the wraith. As a result, most of the smooth familiar roads that we know have changed their appearance (i.e. disfiguring craters, rocks, gullies and the lot). This Dr. Jekyll and Mr. Hyde act has, and will, create problems. Need I say more? 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 704 - Pleasant Valley Area
Wildwood Park, Bridgewater
Route 693 - North River behind Mt. Crawford
Route 730 - Sangersville area
Route 738 - Time Trial Road
Route 613 - Clover Hill Area
Route 763 - Mt. Clinton Pike

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

KNICELY

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.

WANNABES

This year, the club consistently sponsored the "Wannabe Rides". The rides were developed and held for those riders who ride about 10 to 12 mph and wanted to become smoother, faster, and/or more efficient. In addition, the rides were FUN rides and at no time was anyone dusted/dropped. Many club members came out to train and learn with me. A few people even learned one new way to improve their cycling skills. In the upcoming months, I'm planning to rotate these "Wannabe Rides" between off-road and road rides, depending on the weather. On Sunday, October 13, I will lead a "Wannabe (road) Ride" in the Bridgewater area, starting at 1:00 p.m. Call me at 828-3599 for more information, like starting point.

Knically

14TH ANNUAL CENTURY RECAP

As you are likely aware, we regrettably had to cancel our 14th Annual Shenandoah Valley Century on September 8, 1996. In our previous thirteen years we have never had bad weather (albeit a bit of mist once or twice). However, even though Sunday the 8th dawned sunny with a voice in the air whispering "go ride, go ride...", Hurricane Fran two days previous had rendered our route unrideable.

Two of our four 25 mile loops were impassable, and the remainder strewn with gravel and debris in many places and large puddles in others. This was discovered the day before the century when we headed out to survey for damage. I first chose Loop 4 to scout out. However, after nearly 2.5 hours I was still unable to find my way around, encountering a new three acre lake over Mt. Clinton Pike at one point (due to plugged underground drainage), trees across the time trial course, a missing 20 foot section of road by Cooks Creek,

Dry River raging axle-deep across Rt. 613 in Lilly via a "new" stream channel, and numerous other pavement discontinuities, some which would have required road bike dismount. A long section of Loop 2 along the North River was closed. And although the picnic shelter for our checkpoint was still standing, you would have had to hike downstream to sit and rest at the picnic tables. The rest rooms were closed and who knows the quality of the drinking water. So we felt canceling was the only prudent thing to do.

We considered rescheduling. However, due to other time commitments we had, knowing a lot of pre-registrants would have other commitments (bicycle rides, etc.), the difficulty of getting out effective publicity, and not knowing when the roads would be repaired sufficiently for a quality ride, we felt this was not workable.

We had 49 paid pre-registrants for the century, so it wasn't a total financial bust. Expenses we had

already incurred included postage and printing for publicity, start/finish shelter reservations, insurance, paint, phone, and some food. The food we had committed to were the bananas and oranges. These were subsequently donated to the Bridgewater shelter for flood victims. About \$150 was left over and based on a vote at the regular September Club meeting, this was donated to victims of the flood. A \$4.00 raincheck was issued to all pre-registrants.

Many, many thanks to the regulars of the "Century Committee" - David Knically, Marcia Lamphier, Sarah Miller, and Neups. Although your efforts may in retrospect seem in vain, your help was much appreciated and noticed. Thanks also to those who said they would help the day of the ride. I've got your names written down for next year.

Art

TIME TRIALS

The final SVBC-sponsored time trial of the season was held, prematurely, on Tuesday, August 20, 1996 at 5:45pm with six participants. Hurricane Fran's wrath crinkled the road and dissolved the road's shoulders, canceling the final two time trials for the 1996 season.

Personally, I believe the time trials were a successful, twice-monthly event sponsored by the Club. I plan on recommending that the event be sponsored by the Club for the 1997 Season. I was able to recruit a new time-keeper - Jodi Taylor for this year (and next?). Thank you, Jodi, for helping me with the event.

KNICELY

OCTOBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	3	4	5 B-paced, 25-30 miles. 9am. Hillandale Park. Shelter #1
6 Artie Levin Century. Roanoke.	7 6pm Casual Ride Blue Ridge Cycle	8	9 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	10	11	12
13 Wannabe Ride 1pm, Bridgewater. Tour du Port. Baltimore, MD.	14 5:30pm Pre-mtng ride. VWC 7:30pm Monthly meeting. VWC	15	16 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	17	18	19 Trash Pick-up. 8:30am. Penn Laird Post Office.
20 Mountain Bike Ride. 10am. Wilbur Pence Middle School	21 6pm Casual Ride Blue Ridge Cycle	22	23 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	24	25 Bike Virginia	26 Bike Virginia
27 <u>Clocks back!</u> A/B Ride. 10am. 40-50 miles. <u>Wilbur Pence MS</u> Bike Virginia	28	29	30	31		

Helmets are required on all club rides.

SCHEDULE OF EVENTS

- Mondays** 6:00pm sharp! 10-12 mile, very casual ride. Blue Ridge CycleWorks. Call 432-0280 for further details.
- Tuesdays** 3:30pm. Women's Ride. Two to four hours. Beginners welcome. Meet at Mark's Bike Shop. Call Erin at 433-3437 for more information.
- Tuesdays** Keezlenut Ride. Beginner to moderately advanced Mountain Bike ride. 6:00pm. Meet at blue house on Rt. 758 (approximately two miles north of Keezletown off Rt. 620). Call 269-4602 or 432-0280 for more 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 28** **Breakfast Ride. 8:30am. Meet at Montevideo School for 30-mile B-paced ride. Breakfast to follow in Grottoes. Call Marcia at 289-6712 for details.**
- October 5** **B-paced, 25-30 mile ride. 9am. Meet at Hillandale Park, Shelter #1.**
- 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** **Wannabe Ride. 1pm. Bridgewater area. Call David at 828-3599 for details.**
- October 13** Fabulous Fat Tire Fall Foliage Festival. Atlantic Cycling. Call Neups for more info.
- October 13** Tour du Port. Baltimore, MD. Three mileage options. Sponsored by LAB. Call 410-539-3399 for more information.
- October 18-20** 29th Hilly Hundred Tour. Indianapolis, IN. Call (317) 257-5607 for more information.
- October 19** **Trash pick-up. 8:30am. Meet at Penn Laird Post Office on Rt. 33.**
- October 20** **Mountain Bike Ride. 10am. Meet at Wilbur Pence Middle School. 2 1/2 - 3 hour ride to Hone Quarry area. Time may change due to temperature. Call Matt at 574-6062 to confirm time.**
- October 25-27** Bike Virginia Fall Festival Weekend.

October 26 **A/B-paced ride. 10am. 40-50 miles. Meet at Wilbur Pence Middle School. Call Bill at 433-7154 for more details.**

October 26 Frederick County Fall Classic. Atlantic Cycling. Call Neups for more information.

October 26 Tour Between the Waters, 8:30am, Nassawadox, VA. Four route options. Call 757-678-7157 for more information

March 16-20 and/or
March 23-27, 1997 WinterGEAR '97. Mount Dora, FL. Sponsored by LAB. Rides and workshops in lake country. Call 410-539-3399 for more information.

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 before then.

MEMBERSHIPS EXPIRING OCTOBER

Larry & Marcia Brown
Jim Ratterree

Mark Eckroth

Bob McGovern-Waite



Take time this autumn to stop and enjoy the colors and scenery!