



## April 1997 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

Sitting idle and despondent in front of my blank computer screen and listening to the various monotonous songs on the radio, my mind is reeling from wondering what you would like to read in this month's article. I certainly know that one of my major responsibilities of being Club President is to motivate and inspire club members and others involved in the sport of cycling. Yet, sometimes, I do not know where to start my own crusade.

Mark Twain once wrote, "The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one." Now that does not seem to be an earth shattering idea, does it? But embarking on the "first one" can be a real quandary. Reading Franz Kafka should help with the first step, "As someone said to me, it is really remarkable that when you wake up in the morning, you nearly always find everything in exactly the same place as the evening before. For when asleep and

### FROM THE SADDLE

dreaming you are, apparently at least, in an essentially different state from that of wakefulness: and therefore, as that man truly said, it requires enormous presence of mind or rather quickness of wit, when opening your eyes, to seize hold as it were of everything in the room at exactly the same place where you had let it go on the previous evening. That was why, he said, the moment of waking up was the riskiest moment of the day. Once that was well over without deflecting you from your orbit, you could take heart of grace for the rest of the day." With those two thoughts and ideas in mind, lets embark on the promising day ahead.

Since the beginning of the exciting new year, Marcia Lamphier - Treasurer, Bill Taylor - Ride Coordinator, and I have tried to cycle most every day.....weather permitting, of course. For the first three months of the year, I have been lucky enough to have ridden a substantial 54 days out of the first 57 days of the year, equating to

just under 69% of the time. As a result, I have logged over 750 miles, or roughly 14 miles per outing. To answer any questions, YES, it has been extremely cold and damp at times. Yet, after finishing my hour-long ride, I feel refreshed and ready to take on other small manageable tasks. It's a good way for me to feel good about myself.

Once daylight savings time begins on April 6, 1997 (clocks ahead an hour), there will be more evening daylight hours to cycle. The Shenandoah Valley Bicycle Club is planning to be host for a plethora of rides this season - time trials on Tuesdays, First Union rides on Wednesdays, and weekend rides galore. Check out the April ride schedule for rides this month, and come on out and join a group of excited and motivated cyclists.

Until next time, keep those pedals spinning.

Knicely

### UPCOMING MEETINGS

April 14      6:00pm  
                  7:30pm

Pre-meeting ride starting at the Valley Wellness Center.  
Monthly meeting at the Valley Wellness Center.

## MARCH MEETING MINUTES

The meeting began a few minutes after seven with David counting the ballots in this year's election. There were fourteen ballots cast. The results were: President - David Knicely, Vice-President - Bob McGovern-Waite, and Treasurer - Marcia Lamphier. The Secretary's office was undecided because the incumbent officer's name was omitted from the ballot due to a lack of communication. The results in March were Steve Strider - 2, Matt Madden - 4, and Neups - 1. Look for a runoff ballot in the April newsletter. The April meeting will have a counting of the ballots for Secretary.

The Club will be picking up trash on Saturday morning, April 19<sup>th</sup>, along our roads in Penn Laird. Bring your bicycle because there is a possible impromptu ride afterwards. Meet at the Penn Laird post office at 9am.

Sunday mountain bike rides are still happening. Starting time is 12 noon. Neups brought up the question of starting times being changed and how to confirm a ride start time as published. Call Marcia to verify the starting time of the Sunday rides.

Marcia gave the Treasurer's report of \$1,044.47. She also mentioned the VWC rides on April 26<sup>th</sup>.

You can still get you annual mileage to Neups for inclusion in the newsletter.

May is National Bike Month. There will be a Pedal the Parkway ride. This is the Colonial Parkway near Williamsburg, not the Blue Ridge Parkway.

Neups talked about writing a scathing letter to the *Daily News-Record* about an editorial that appeared on VDOT not wanting to use ISTEA funds for anything to do with bicycles. He also discussed the Bike Virginia "Lee's Retreat" Civil War Odyssey ride taking place June 20-25<sup>th</sup>.

Bill McNulty talked about the upcoming Harrisonburg Chamber of Commerce Bike Festival the weekend of July 25-27<sup>th</sup>. The rides will be changed some this year to better accommodate the participants. He also made a motion that the Secretary's office election be rerun in the April newsletter and counted at the April meeting. The motion was seconded and approved.

The next meeting will be on Monday, April 14<sup>th</sup>, 7:30pm at the Valley Wellness Center. There will be a pre-meeting ride at 6pm, also starting at the Center.

Steve Strider

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.

## WELCOME BACK RETURNING MEMBERS

Art & Kathy Fovargue Family  
Neups

Harrisonburg  
Harrisonburg

*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 Knicely	828-3599

## EDITOR'S COLUMN

A lot of people lately have told me I'm getting old. That may be so, but I just can't believe I'm the only one having troubles with the wind this past month. I rode to work one day with the wind a steady 25-35mph with gusts to 50mph! Today we had 17mph steady with gusts to 24mph. I sure had many chances to build character this month.

Another bothersome development this past month is that I have had four incidents with traffic - cars getting too close while passing, another pulling out in front of me at an intersection, and one kid that veered towards me on the time trial road. I hope they're not portents of things to come this year. Let's be careful out there.

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: 1) Look PP136 Pedals with ARC Cleats - Brand New - Never Used - \$25.

2) Serotta T-Max Mountain Bike with XT group - 20 1/2" - \$750.

3) Hiking Boot Gators - \$10.

Call Marc Stecker at 433-2711 during work hours for any or all of the three above items.

FOR SALE: Schwinn Circuit road/street bike. Red, 56cm, Sante components (you can eat off of), like new condition. \$350 firm. Serious inquires only, please! Call 564-0211 and ask for Brian.

FOR SALE: Yakima Bike Rack. Accommodates both short and long roofs, holds two bikes, \$100. Call Bill at 433-7154.

## FINANCIAL AUDIT REPORT

Acting under Presidential authority, I completed in early March an executive/accounting procedure of examining the fiscal year-end's Income Statement (i.e. Profit/Loss Statement) for our cycling Club. For fiscal year-end 1997, the Club operated with a financial loss in the amount of -\$616.00. Total FYE 1997 Club revenues were \$695.00, with \$585.00 from membership dues and \$110.00 from local bike shop contributions. 1997's revenues were the lowest when compared to the last three prior fiscal years. That depressed amount was largely due to the cancellation of the Club's annual century because of the effects from Hurricane Fran. Total FYE 1997 Club general and operating expenses were \$1,311.00, mirroring the three year historical annual average. By far, the two largest expenses for the Club were the publication and delivery of the newsletter, representing \$530.00, and the premiums due for the annual renewal of Club insurance, representing \$594.00.

Membership Dues	\$585	Newsletter Expense	\$354
Bike Shop Contributions	110	Postage Expense	176
Century Surplus	<u>000</u>	Insurance Expense	594
<b>TOTAL REVENUES</b>	<b>\$695</b>	Misc./other Expenses	<u>187</u>
		<b>TOTAL EXPENSES</b>	<b>\$1,311</b>
		<b>NET PROFIT/(LOSS)</b>	<b>(\$616)</b>

Knically

## AN INVITATION

We would like to make an open invitation to any club members who would like a change of scenery. We live in the country around the Swoope/Middlebrook area and can host some rides from our house if anyone is interested. We have routes mapped out that range from 10 to 75 miles and would love to have some company. Our pace is in the 13 to 16mph range for most rides in our part of the country (rolling hills, some screamers, some slow climbs, lots of flat). Feel free to give us a call at (540) 886-6026 if anyone is interested. We could even arrange a pot luck for afterwards, if you want.

Mahlon and Alice Webb

## TIME TRIALS

10...9...8...7...Can you hear the enthusiastic crowds...6...cheering you on...5..., as you push yourself to new...4... and incredible heights...3..., racing against the clock...2... for ten miles..1 ..GO? It's time again for TIME TRIAL TUESDAYS. What was your fastest time last year? Oops, that's a very personal question. But maybe you're very proud of your time trialing effort last year. Last year, the records.....Sue Rippy's at 25:04 and Bill McCarrick's at 20:57 were challenged. The six fastest times, recorded by club officials last season, were as follows:

Neups	22:57
Craig Lowery	23:18
Matt Madden	23:57
Al Clague	24:09
Bill Taylor	25:50
Bob McGovern-Waite	26:24

The first SVBC-sponsored 10-mile TT of the season will take place on TUESDAY, April 15, 1997 at 5:45pm. I will be there to greet you, give you support (encouragement, I'm not going to sag for you, too), and keep your time. Once again we will set the schedule for every other Tuesday. 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.

KNICELY

APRIL CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 Noon-Winter Training Series Final Ride, lunch <i>Daylight Savings!</i>	7 6pm Casual Ride Blue Ridge Cycle	8 6pm-Mountain Bike Ride-Union Springs Dam	9 5:15pm-B Ride First Union Bank	10 6pm-Keezletown Ride-Keezletown Elementary School	11	12
13	14 6pm Pre-mtnng ride. VWC 7:30pm Monthly meeting. VWC	15 5:45pm-Time Trials Dayton-Rts. 257 & 738	16 5:15pm-B Ride First Union Bank	17 6pm-Keezletown Ride-Keezletown Elementary School	18	19 Trash Pick-up. 9am. Penn Laird Post Office.
20	21 6pm Casual Ride Blue Ridge Cycle	22 6pm-Mountain Bike Ride-Union Springs Dam	23 5:15pm-B Ride First Union Bank	24 6pm-Keezletown Ride-Keezletown Elementary School	25	26 11am Spring Rides starting at the VWC
27	28 6pm Casual Ride Blue Ridge Cycle	29 5:45pm-Time Trials Dayton-Rts. 257 & 738	30 5:15pm-B Ride First Union Bank			

Helmets are required on all club rides.

## SPECIAL BALLOT FOR SECRETARY

Mail your ballot for receipt in time for the April meeting or bring it to the meeting with you.

Steve Strider \_\_\_\_\_

Matt Madden \_\_\_\_\_

Neups \_\_\_\_\_

---

## SCHEDULE OF EVENTS

- Mondays 6:00pm sharp! 10-12 mile, very casual ride. Blue Ridge CycleWorks. Call 432-0280 for further details.
- TUESDAYS** **5:45pm Time Trials in Montezuma or**  
**6pm sharp. Mountain Bike Rides at Union Springs Dam. Moderately difficult.**  
**Various skill levels welcome. Approximately 1 1/2 hours. Call Matt at 574-6062 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.**
- THURSDAYS** **6pm Road Ride at Keezletown Elementary School. Fast and furious.**
- April 6** **Noon. Final ride of the winter training series. Meet for approximately a two hour ride (off-road or on-road pending weather conditions). We will finish with a late lunch at a local eating establishment. Call Bill at 433-7154 or Marcia at 289-6712 to confirm the itinerary. Don't forget to advance your clocks one hour on Saturday to avoid missing this ride.**
- April 12-13 Bike tour benefit. \$25 to register and \$50 in pledges. Call Bryant Morris at 434-4816 for more information.
- April 13 Taxing Metric Century. Knauertown, PA. 100k or 50k. Call Sue at 610-983-9127 for more information.
- April 19 Potomac Pedalers Brevet Series. Warrenton. Call Jim Kuehn at 410-721-2465 for more information.
- April 19 Mountain Bike Mania Metric Century. Caldwell County, NC. Call Neups for more information.
- April 19** **Trash pick-up. Meet at the Penn Laird Post Office at 9am. It should take less than an hour, so you will have time to take your bike to the VWC for the maintenance check-up. Bring work gloves.**
- April 19** **Bring your bike to the Valley Wellness Center (411 Stone Spring Rd.) from 8:30am until 12 noon for a FREE maintenance check-up by Mark's Bike Shop.**
- April 26** **Spring Ride. Strap on your helmets and join the SVBC for a ride!! At 11am, two rides will leave the VWC parking lot - 15 miles or 30 miles - take your pick!! Both rides will return to the VWC for refreshments.**

For additional information or questions, please contact Deb Sweigart at the VWC (564-5695) or Marcia Lamphier (289-6712).

- April 26 Maryland 500 Ride, College Park, MD; 10 AM, casual, community-oriented family ride that seeks to attract 500 riders; College Park Area Bicycle Coalition, Bill Kelly, PO Box 1035, College Park, MD, 301-441-2740, email <bleau@umd.edu>, <http://umdsp.umd.edu/~bleau/cpabc.html>
- May 3 Tour de Cure. Roanoke, VA. Benefits the American Diabetes Association. Call 1-800-868-7888 for more information.
- May 3 Pedal the (Colonial) Parkway. 7am-noon for the exclusive use of bikers.
- May 3 Potomac Pedalers Brevet Series. Frederick. Call Jim Kuehn at 410-721-2465 for more information.
- May 10 Tour de Chesapeake, Mathews County, VA; 10/20/30/50/64/100 miles, flat; \$40 adults, \$20 children, \$100 family, \$15 nonrider, includes lunch, camping, and T-shirt, other meals extra; Bike Virginia, PO Box 203, Williamsburg, VA 23187-0203; 757-229-0507.
- May 10 Tour de Cure. Baltimore, Annapolis, or Washington, DC. Benefits the American Diabetes Association. Call 1-800-868-7888 for more information.
- May 10 3-State 3-Mountain Challenge. Chattanooga, TN. Quarter, Metric, and Full Centuries. Call Daisy Blanton at 706-820-1157 for more information.
- May 17 Potomac Pedalers Brevet Series. Frederick. Call Jim Kuehn at 410-721-2465 for more information.
- May 18 Heart of Virginia Bike Festival. Includes 100k Storming of Thunder Ridge.
- May 31 Clean Air Challenge Bike and Hike, Fairfax, VA; 20 to 100 mile rides, benefits the American Lung Association of Northern Virginia; CAC c/o ALANV, 9735 Main St., Fairfax, VA 22031, 703-591-4131.
- June 6 - 9 GEAR South, Williamsburg, VA; College of William & Mary. League of American Bicyclists, Mary Kay Ellenberger, 190 W. Ostend Street, Suite 120, Baltimore, MD 21230-3755; 410-539-3399 x211; fax 410-539-3496; e-mail <Bikevent@aol.com>; or Web page: <http://www.bikeleague.org>
- June 7 Potomac Pedalers Brevet Series. Warrenton. Call Jim Kuehn at 410-721-2465 for more information.
- June 7 National Trails Day; celebrations around the U.S.; contact American Hiking Society, Virginia Trails <VATrails@aol.com>, or the Washington Area Bicyclist Association <WABA@capaccess.org>.
- June 7-8 National Multiple Sclerosis Society MS150 tour. Charlottesville to John H. Kerr Reservoir. For more information, call 804-971-8010.
- June 14 Knott's Island Century Rides; 100/63/33 miles through pastoral Virginia and North Carolina countryside, ferry ride and cookout; Kim Aldridge, Tidewater Bicycle Assoc., Box 12254, Norfolk, VA 23502, 757-436-9300 or 757-427-6260.
- June 15 BAW 100 (Baltimore-Annapolis-Washington Century), rolling; benefits Wheelers Not Dealers and the East Coast Greenway Alliance.
- June 19 - 22 North Carolina to Washington DC AIDS Ride, 300 miles; benefits Food & Friends and Whitman-Walker Clinic, providers of HIV/AIDS services in Washington DC; limited to 1700 riders; call 1-800-825-1000 or 202-293-RIDE to register or volunteer.
- June 20 - 25 Bike Virginia, The Civil War Odyssey II: Lee's Retreat, Petersburg, VA; 227- to 346-mile, flat-to-rolling loop over five days with overnights in Amelia, Farmville, and Lawrenceville (optional century or zero mileage on day 3), 2000 riders; \$180 adults, \$50 children, \$450 families; includes camping and showers, luggage transport, T-shirt, ending lunch, and more; meals are extra. Bike Virginia, PO Box 203, Williamsburg, VA 23187-0203; 757-229-0507.
- June 28 - July 5 Pedal Pennsylvania Battlefield Ramble. Call Neups for more information.
- June 29 Bay to Bay Ride. Bettertown, MD. 50 to 107 miles, flat. Swim in the Chesapeake Bay after the ride. Call Neups for more information.

## 1996 MILEAGES

Art Fovargue	3,002.2	Neups	6,750
Larry Grossman	766	Hank Schiefer	1,202
David Knicely	2,603	Bill Taylor	5,258
Marcia Lamphier	5,424	Mahlon Webb	1,280
Bill McAnulty	579	Alice Webb	980
Bryant Morris	798		

If you have your 1996 total, call, e-mail, or fax 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 APRIL/May

	<u>Brian Ailles</u>	<u>Bill Taylor</u>	
Michael Friedmann	Ron Helmuth Family	Carol Lowry	Mike Wenger

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](mailto:neups@shentel.net) or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.