



JULY 1997 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Matt Madden	574-6062
Treasurer: Marcia Lamphier	289-6712

FROM THE SADDLE

Since we are quickly overtaking the mid-point of the cycling season, may I ask you how your cycling is progressing? Are your pedals getting easier to spin with your strong, healthy legs? Are your expanding lungs breathing much easier while cycling up those long, steady hills? Overall, do you feel like you are meeting or exceeding your cycling goals for the 1997 cycling season? As President of the Club, I hope that the presence of the Shenandoah Valley Bicycle Club has served in helping you meet your needs so far in this exciting season. The Club has been sponsoring various paced mountain bike and road rides this year, weather permitting, and many of you have joined other members during these Club-sponsored rides. A BIG thanks goes out to Bill

Taylor, Ride Coordinator, and his committee (i.e. ride leaders) - Marcia and Matt. More Club-sponsored rides are planned in the coming months. If you have not joined any of the past rides, try to make it to one of the rides.

On a grand scale, there will be a plethora of bike festivals/centuries for the rest of the season, including the Chamber's festival in July and the Club's Century in September. I hope that many of you will be participating in these local events. For those of you that will be traveling to other areas to ride, you might consider contacting other club members or the officers about your plans. Who knows, someone else just might want to drive his or her vehicle.

There are several safety factors you should remember when participating in summer events and cycling. Here are just a few brief reminders to help you have a fun and safe summer:

Wear proper clothing and shoes for the activity and weather conditions.

Always drink plenty of fluids before, during, and after an event.

Use plenty of sunscreen and wear sunglasses.

Wear the proper safety gear (helmet) when biking or rollerblading.

Try to avoid the hottest periods of the day (12-4pm) when working or playing outdoors.

Until next time, keep those pedals spinning.

Knicely

JUNE MEETING MINUTES

For the second straight month, the pre-meeting ride departed from Luigi's parking lot. The five cyclists returned to Luigi's from their 16-mile ride at approximately 7.20pm. When the meeting started at 7:40, we were joined by three more club members, three small salads, one chalazion, and a large cheese crisp. While eating and munching on food, David and club members discussed upcoming club events and interests: 1) Bill McAnulty and Marcia spoke about the R/H 6th Annual Bike Festival - July 25, 26, & 27 1997.

Marcia needs ride leaders. 2) World Cup Downhill at Massanutten on July 4, 5, & 6. 3) Marcia and David talked about the Valley Wellness Center rides for July 19. Both rides will leave from VWC at 9am. 4) David discussed issues regarding the new insurance company for the Club. 5) Art, Chairman of the Century Committee, called for a meeting at his house for June 18 at 7:30. Other business included Marcia's Treasurer's report of \$994.59.

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.
(Also underwritten by R.R. Donnelley & Sons Company)

UPCOMING MEETINGS

July 14 **5:30pm** Pre-meeting ride starting at Hillandale Park, Shelter #1.
6:30pm Annual Picnic meeting at Hillandale Park, Shelter #1.

WELCOME NEW MEMBERS

Eric Aschenbach Harrisonburg

WELCOME BACK RETURNING MEMBERS

Daniel Neher Harrisonburg
Bill Taylor Harrisonburg
Judith Trumbo Broadway

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

The dog days of summer are upon us. And I do mean DOG. A current member just stopped by today and told me he crashed due to two dogs coming out on the road. One dog was unlucky enough to be under his front wheel. The member shattered his collarbone. He'll now be missing most of the season. The only

good thing is that he found out you can collect three ways on insurance, and the main one is from the dog's owner. Let's hope nobody else will have to use this knowledge in the future.

Let's be careful out there.

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. Together, we will work, train, and have a good time on our bikes and, hopefully, helping 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.

Knicely

VWC MID-SUMMER RIDE

The Valley Wellness Center and the Shenandoah Valley Bicycle Club will team up again for a ride. We had so much fun on the "Spring Ride" that we will be coordinating a "Mid-Summer Ride" on July 19th, starting at 9am. There will be two ride options - 15 or 30 miles. Please contact Marcia Lamphier (540) 289-6712 or Deb Sweigart at the Valley Wellness Center (540) 434-6224 for additional information. Come on out and join us!

SHENANDOAH VALLEY BICYCLE FESTIVAL

Please select a ride and contact Marcia Lamphier (289-6712 as soon as possible to be a Ride Volunteer at this year's event to be held at Bridgewater College on July 25, 26, and 27.

Friday - July 25

4:30pm	Westward Ho	31 miles
5:00pm	Briery Branch	19.5 miles

Saturday - July 26

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	Mountain Bike Rides	10 or 20 miles
10:00am	County Line	20 miles
1:30pm	Silver Lake	20 miles

Sunday - July 27

8:00am	Base of the Mountain	39 miles
9:00am	Country Ramble	28 miles

Thanks in advance for your help. Our participation in the SVBF is truly appreciated!

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) Serotta T-Max Mountain Bike with XT group - 20 1/2" - \$550.

2) Hiking Boot Gators - \$5.

3) Bike rack, hatchback design. Holds two bikes with fork mount. \$15.

Call Marc Stecker at 269-8903 for any or all of the three above items.

FOR SALE: 52cm Basso Loto, full SLX, Mavic brakes and wheels, Campagnolo index shifting, \$675. Call Mark Eckroth at 234-0511.

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.

FOR SALE: North Face Sleeping Bag. Size - Long, fits to 6'-5". Temperature - minus 5°F. Weight - 4 pounds. \$150. Call Larry Grossman at (540) 289-6739. Tested at Gorak Ship, base camp for Everest!

15TH ANNUAL SHENANDOAH VALLEY CENTURY

Can you believe this is our 15th year of doing this? Well, this year should be better than last, shouldn't it? (wink, wink) And to make it so, the Century Committee needs YOUR help. The next century committee meeting will be on July 9th at 7:30pm at David Knicely's house. Won't you come join us? Call Art or David for more information.

TIME TRIALS

For July, a Club representative will be present on the 1st and 3rd Tuesday of the month.

JULY CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5:45pm-Time Trials Dayton-Rts. 257 & 738	2 5:15pm-B Ride First Union Bank	3 6pm-Keezletown Ride-Keezletown Elementary School	4 Independence Day Hoo-Ha	5 Hoo-Ha
6 Hoo-Ha	7 6pm Casual Ride Blue Ridge Cycle	8 6pm-Mountain Bike Ride-Union Springs Dam	9 5:15pm-B Ride First Union Bank 7:30pm-Century Meeting-David's	10 6pm-Keezletown Ride-Keezletown Elementary School	11	12
13	14 5:30pm Pre-mtng ride. Hillandale 6:30pm Annual picnic. Hillandale	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 9am-VWC Mid-Summer Rides. 15- or 30- miles. Call Marcia.
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 Shenandoah Valley Bicycle Festival	26 Shenandoah Valley Bicycle Festival
27 Shenandoah Valley Bicycle Festival	28 6pm Casual Ride Blue Ridge Cycle	29	30 5:15pm-B Ride First Union Bank	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 **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 Bill at 433-7154 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.**
Saturdays 2:30pm Women's Ride starting from Blue Ridge Cycle Works. All ages and abilities encouraged to join. Call 434-6049 for details.

July 4-6	Massanutten Hoo-Ha and Grundig/ECI Mountain Bike World Cup. For information, e-mail skimass@shentel.net or call 289-4954.
July 6	Delaware Doublecross, a family ride twice across the width of Delaware; Paul Stevenson, White Clay Bicycle Club, 35 Rossiter Cir., Newark, DE 19702; 302-368-2167.
July 11-13	Maine Bike Rally. Augusta, Maine. Call Neups for more information.
July 13-19	Bicycle Tour of Colorado. Loop tour starting in Breckenridge. Benefits the Mile High Down Syndrome Association. Call Neups for more information.
July 18-20	Virginia Commonwealth Games, Roanoke. Road Race, Hill Climb, Criterium. Call 1-800-333-8274 for more information.
July 19	Valley Wellness Center Rides. 9am. 15- and 30-mile options. Call Marcia at 289-6712 or Deb Sweigart at 434-6224 for more information.
July 19-24	Bikefrat-500. Harrisonburg, PA. Call 717-238-FRAT for more information.
July 19-26	Pedal Pennsylvania Penn Central. Call Neups for more information.
July 25-27	Shenandoah Valley Bike Festival. Call Marcia to be a ride volunteer.
July 25-27	Chowan Weekend Getaway; 10-63 mile rides from local college; Kim Aldridge, Tidewater Bicycle Assoc., Box 12254, Norfolk, VA 23502, 757-436-9300 or 757-427-6260.
July 26-31	CAM Tour (Cycle Across Maryland), 350 miles over six days in southern and central MD; also, new 3-day option; 1500 riders; CAM Tour, 7 Church Ln., Suite 8, Baltimore, MD 21208, 410-653-8288.
July 27 - August 2	The Bon Ton Roulet, Auburn, NY. A festival on wheels through the Finger Lakes. \$250. Call Neups for more information.
July 27 - August 1	5 th Annual Moose Tour. A six day loop ride, fully supported, tent camping; starts in South Paris, Maine. For more information, call 207-743-2577.
August 1-8	5 th Annual MOOSA Tour. Cycle in Maine and southeastern Quebec. Call 207-743-9018 for more information.
August 10-16	Lighthouse Tour. Cycle the rim of the Bay of Fundy, Maine. Call 207-743-9018 for more information.
August 23	Hotter 'n Hell Hundred. Wichita Falls, TX. Call Neups for more information.
August 30-31	Wheeling Around Corn Country. Bloomington, IL. Call Neups for more information.
August 30 - Sept. 1	Bicycle Across Missouri. 576 miles in 63 hours. Call Neups for more information.
September 4-7	Great Peanut Bicycle Tour & Rides. Emporia. Call 1-800-449-2453 before 9pm.
September 5-8	Tour de Towpath, PPTC, Mike High
September 14	Shenandoah Valley Bicycle Club Century! Call Art to help out.
September 21	Reston Century. Call 703-904-0900 for more information.
September 21	PPTC Century, Potomac Pedalers Touring Club, 202-363-8687.
September 27	Adams Apple Bike Ride, Gettysburg, PA. 25-, 50-, and 100-miles. Call 717-334-8151 for more information.

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 JULY/AUGUST

Eula Eppard/

Ellen Harrison

Alice Stecker

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. The deadline for articles is the second to last Monday of the month. Just e-mail to Neups at neups@shentel.net or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.