

## SEPTEMBER 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

Once again, during the last weekend of July, I participated in the Chamber's Annual Bike Festival, leading two rides and riding in another two during the three-day cycling event. The weather, slightly cooler than usual in the mornings, was absolutely perfect for cycling around Rockingham County. From what I could tell, everyone who participated in the festival had a wonderful weekend. A big thanks goes out to our own SVBC member Bill McAnulty, Chairman, who once again did a fantastic job at supplying a grade A festival and rides. I know for a fact that Bill put a lot of time and effort into the event, so when you see him, tell him thanks for a job well done. As President of the Club, I wish to also thank the ride

volunteers/SVBC members and Bob and Marcia, Bike Festival Committee members.

The 100+ miles that I cycled during the Bike Festival definitely helped my overall mileage for the 1997 cycling season. So far, I have peddled my Specialized Epic and Hardrock over 2,450 miles. Being President of the Club, I often wonder how the other members are doing with their accumulated mileage. Do you ever wonder how you compare to other cyclists when it comes to overall mileage for a year? Now, I know that we can get caught in the quantity trap rather than quality, so do not misunderstand my point. Please keep a record of your mileage so you can compare your results from one year to the next. Last year at this time, I had only

1,400 miles on the roads, so my 1997 is far better than 1996.

The group rides that are sponsored by the Club have been great. The Wednesday evening rides have average 15 riders for the past few months. If you have a Wednesday evening free, please join me and the other riders for cycling fun. Marcia's Breakfast ride on August 16th saw seventeen riders enjoying the morning ride, with a stopover at the Dayton's Farmers' Market. As I write this article, Neups's annual Ice Cream Ride will take place this weekend. Last year, there were over 30 cyclist riding on one of the two rides. I hope that I see you on one of them.

Until next time, keep those pedals spinning.

Knicely

### UPCOMING MEETINGS

<b>September 8</b>	<b>6:00pm</b>	Pre-meeting ride starting at LUIGI's.
	<b>7:30pm</b>	Monthly meeting at LUIGI's.

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)

## AUGUST MEETING MINUTES

The monthly meeting began at Luigi's at 6:00pm with a pre-meeting ride. Eight cyclists enjoyed a leisurely 12-mile bike ride through the Park View/Dayton area. As always, there was good conversation, fun, and meeting of new people. By the time we concluded our ride at 7:15, each of us had built up a hearty appetite. The size of the gathering increased to seventeen for a meal at Luigi's. In an attempt to get to the food, David quickly called the "A-paced" meeting to order at approximately 7:35pm. He began by discussing upcoming Club events and interests. 1) SVBC rides for August, including Marcia's Breakfast ride on August 16, Matt's mountain bike ride on August 17, and Neups's Ice Cream ride on August 23. The Club will sponsor both B and C paced ice cream rides, leaving from Kline's Dairy Bar at 9:00am. 2) David extended sincere thanks to the Bike Festival's ride leaders. Hopefully, Marcia will give the

particulars at the next monthly meeting. 3) Century meeting at Art's house on August 28th at 7:45pm. detailing the upcoming 15th Annual Century on September 14th. So far, Art, Neups, Marcia, 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 and baked goods in making this year's event operate smoothly for our friends and guests. 4) A Treasurer's report of \$842.70 was given.

After managing the regular business in a rapid fashion, the meeting changed to a lively discussion of the Grundig Dowhill event held in July. Many members brought their pictures and showed them to the other members. We all agreed that Eric's pictures were the best of the group. You need to ask Eric to show you his prints. The meetings came to a close at 9:00pm.

Knically

## WELCOME NEW MEMBERS

Robert Byrd  
Deane Carroll  
Steven Hottle  
Bill & Ellen Painter  
Ray, Nancy, Jill, & Amber Ritchie

Swoope  
Charlottesville  
Harrisonburg  
McGaheysville  
Timberville

## WELCOME BACK RETURNING MEMBERS

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

McGaheysville

## 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

## STICKS AND STONES MAY BREAK MY BONES

There is a technical term called wheel flop that is given to the property of a wheel to sometimes flop to one side of its own accord. At slow speeds, wheel flop overtakes the force of trail, making it harder to balance your bicycle. And when you hit a stick at extremely

slow speed, you go down. And I did. Luckily, I just received a slightly sprained wrist and a good gouge in my right knee. But it ingrained into me the need to always be alert, no matter how slow you are riding.

Neups

## ANNUAL ICE CREAM RIDES

The change to a 9am start time for this year's rides didn't deter the eighteen riders who came out and enjoyed perfect temperature and scenery. The wind only helped to make the views clear; and what views! I led the A ride in a somewhat hilly 38-mile loop and Marcia led the B ride in a 26-mile ride. Both groups even happened to pass each other on Dry River Road, not through any planning on our parts, mind you. Afterwards, the ice cream was enjoyed by all. Look for this ride again next year!

Neups

## A "HOT" BREAKFAST RIDE

It was a hot summer morning in August. Seventeen cyclists left the First Union Bank parking lot early (but not early enough) to get in some miles before the heat really set in. After thirty fun miles touring Dayton, Ottobine, Spring Creek, and Montezuma, we had breakfast at the Dayton Farmers' Market. We relaxed around the table thoroughly enjoying the air conditioning. Cold drinks, along with cinnamon rolls and other various baked goodies, were consumed by hungry cyclists. After sharing stories and laughs, all that was left was a short ride back to Harrisonburg. Come out and join us for a Club ride. See how much fun we have. It doesn't get much better than this!! Friends, laughs, and good food!!!  
Marcia

## VALLEY WELLNESS CENTER RIDES

On July 19<sup>th</sup>, the VWC again teamed up with the SVBC for two rides. Thanks to Alice Stecker (VWC & SVBC member) for taking the 15 mile loop through the Belmont and Mt. Clinton neighborhoods while I took the 30 mile folks out towards Dayton, Montezuma, and Bridgewater, and returned by way of Pleasant Valley to the Center. We had over twenty participants. Cool refreshments (served in the air-conditioned comfort of the VWC) were extremely well received by the cyclists at the end of our rides. Thanks again to Deb Sweigart/VWC for the part she played in making these rides happen!!  
Marcia

## SIXTH ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL

Over 200 cyclists participated in this year's SVBF held July 25, 26, and 27. It was great to see a lot of past participants as well as meeting new folks who share our enjoyment of cycling. A couple from London, England were among the cyclists touring the beautiful Shenandoah Valley for the three-day event. The highlight of the weekend for me was Sunday morning's "Country Ramble" ride - we had over 60 riders!

I would like to sincerely thank ALL my ride volunteers. Our support and involvement with the Shenandoah Valley Bike Festival has been very rewarding. A special thanks to Bill McAnulty (Chairperson/SVBF Committee) for putting his "ALL" into this event!!

### Ride Volunteers:

Bob McGovern-Waite  
Damarius Marion  
Alice Stecker  
Judy McNett  
Brent McNett  
Larry Grossman

Art Fovargue  
Jim Mitchell  
Perry Temple  
Dan Finseth  
Betsy Hayes  
Bill McAnulty

David Knicely  
Sharon Babcock  
Debbie Tuler  
Neups  
Eric Aschenbach

Thanks!

Marcia

## 15<sup>TH</sup> ANNUAL CENTURY

Yes, it's that time again. You've all had the whole summer to get ready for it. Now it's time to just go out and do it. Ride, that is. Or volunteer your help. And/or bring some baked goods. It all adds up to a great day for us and our guests. There's a registration form in this month's newsletter if you are going to ride that day. If you'd like to help mark the course or give your time that day, call Art at 433-9247 and let him know. The baked goods can be brought that morning as you sign-in. Let's all chip in and make this 15<sup>th</sup> edition a special one!

## TIME TRIALS

For September, a Club representative will be present on the 1st and 3rd Tuesday of the month. The following are the results of the recent time trials:

BC	23:21	Kirk Gwaltney	24:19	Bill Taylor	27:13
Neups	23:50	Al Clague	24:29		
Matt Madden	24:11	Dave Frye	27:12		

## SEPTEMBER CALENDAR

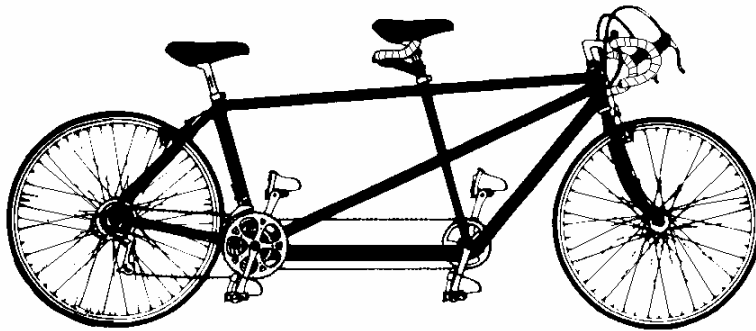
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2 5:45pm-Time Trials Dayton-Rts. 257 & 738	3 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	4 6pm-Keezletown Ride-Keezletown Elementary School	5	6
7	8 6pm Pre-meeting ride. LUIGI's 7:30pm Meeting LUIGI's	9	10 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	11 6pm-Keezletown Ride-Keezletown Elementary School	12	13
14 <b>15th Annual Shenandoah Valley Century!</b>	15 6pm Casual Ride Blue Ridge Cycle	16 5:45pm-Time Trials Dayton-Rts. 257 & 738	17 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	18 6pm-Keezletown Ride-Keezletown Elementary School	19	20 Rappahanock Rough Ride
21 Reston Century  PPTC Century	22 6pm Casual Ride Blue Ridge Cycle	23	24 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	25 6pm-Keezletown Ride-Keezletown Elementary School	26	27 Adams Apple Bike Ride
28 Fredericksburg Century	29 6pm Casual Ride Blue Ridge Cycle	30				

Helmets are required on all club rides.

## SCHEDULE OF EVENTS

Mondays	6:00pm sharp! 10-12 mile, <u>very casual</u> ride. Blue Ridge CycleWorks. Call 432-0280 for further details.
<b>TUESDAYS</b>	<b>5:45pm Time Trials in Montezuma.</b>
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.
<b>WEDNESDAYS</b>	<b>5:15pm. 1 1/2 hours at a B-pace. Meet at First Union Bank parking lot at the corner of Mason and W. Market Streets. Call Marcia at 289-6712 for more info.</b>
<b>THURSDAYS</b>	<b>6pm Road Ride at Keezletown Elementary School. Fast and furious.</b>
Saturdays	2:30pm Women's Ride starting from Blue Ridge Cycle Works. All ages and abilities encouraged to join. Call 434-6049 for details.
September 4-7	Great Peanut Bicycle Tour & Rides. Emporia. Call 1-800-449-2453 before 9pm for more information.
September 5-8	Tour de Towpath, PPTC, Mike High
<b>September 14</b>	<b>Shenandoah Valley Bicycle Club Century! Call Art to help out.</b>
September 14	Lake Anna Century, Ashland, VA. RABA event. \$17 registration. 25, 63, or 100 miles of rolling terrain through Hanover, Caroline, Spotsylvania, Orange, and Louisa counties. Call Kim Moore at 804-358-0935 for more information.
September 20	Rappahannock RoughRide. Warrenton, VA. 10- and 32-mile paved courses. 25-mile paved and unpaved. Benefits Fauquier Free Clinic. Call 540-347-0394 for more info.
September 20	Maryland Wine Festival Bike Tour. 7 <sup>th</sup> annual to benefit the ALA. Timonium, MD. Call 1-800-642-1184 for more information.
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.
September 28	Cannon Ball Century. Fredericksburg. Rolling terrain, T-shirt, antique & classic bicycle display. Call Tim Eggers at 540-891-8586 for more information.

- October 4-5 Artie Levin Memorial Bicycle Rides. Roanoke. Saturday offers a free 32-mile ride. Century and metric century on Sunday for only \$7. Call Hank Ebert at 540-772-3343 for more information.
- October 4-5 MS 150 Bike Tour. The Valley Campaign. Starts and ends on the Cedar Creek Battlefield (near Middletown). Call 1-800-451-0373 for more information.
- October 5 National Capital Bicycle Tour, Washington DC; starts 7:30 AM - 10 AM from American University, 9 to 100 miles, flat to moderately hilly; choose city sights, urban greenways, or county roads; Washington Area Bicyclist Association, 818 Connecticut Ave. NW Suite 300, Washington DC 20006; 202-872-9830, <waba@capaccess.org>
- October 11 Seagull Century, Salisbury, MD. Must register by 7/31/97. E-mail seagull@ssu.edu or call 410-548-2772 for more information.
- October 12 Tour de Port, Baltimore, MD; Rash Field; urban/family tour of Inner Harbor, port, and historic neighborhoods; 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>
- October 17-19 Frederick Fall Foliage Frolics, Frederick, MD. PPTC. Call 202-363-8687.
- October 17-19 Hilly Hundred Weekend Bicycle Tour, Indianapolis, IN. Call Neups for more info.
- October 24-26 7<sup>th</sup> Annual Shenandoah Fall Foliage Bike Festival. Staunton. Call 757-229-0507 for more information.
- October 25 Between the Waters. On the Waterfront in Wachapreague, Eastville, VA. Rides of 20-, 35-, 60-, and 100-miles. Call (757) 678-7157 for more information.
- October 31 - November 2 PPTC/BBC Chincoteague Weekend, Chincoteague, VA, Bob & Willa Friedman <friedman@cais.com>



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

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

FOR SALE: 1) North Face Dragonfly Tent. Three season. 4 lbs. New. American made. \$175.  
2) Lowe Sonoma Internal Frame Backpack. Ladderback suspension. 4,000 cu. In. \$100.  
Call David Knicely at 828-3599 for any or all of the two above items.

FOR SALE: 1) Peugeot Road Bike. Model PGN-10, 60cm, high quality Reynolds 501 tubing, racing geometry, Look clipless pedals, Simplex/Nervar/Sachs-Maillard drivetrain, 12-speed, NEVER crashed!! Asking \$195.  
2) Cannondale Mountain Bike. Model SM700, 20", Ritchey Logic chromoly fork, Shimano XT/LX components, 21-speed, Vetta cyclocomputer, new grips, new pedals with toeclips, new rear tire. Asking \$400.  
Call Eric at 574-2798 for details about either of these great deals!!!

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.



## 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/Nov-Dec

Sandy Brownscombe  
Matt Madden  
Brent & Judie McNett  
Zack Perdue  
Mahlon & Alice Webb  
Dave & Nancy Cary  
James Hammer  
Al & Sue Clague Family

Linda Elliott & JoEllen Wilson  
Carol Mayer  
Jim & Charlene Mitchell  
Hank Schiefer  
Dick & Lois Wettstone  
Mark Eckroth  
Tom Mayer  
Mary Shaughnessy

Adam Gutterman  
Bill McAnulty  
Bryant Morris  
Charlynn Turner  
John Zban  
Bernie Edwards  
Bob McGovern-Waite

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