



## NOV.-DEC. 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

By the time you stoke up the fire in the fireplace, settle into that soft, comfortable recliner, and begin reading my last "From the Saddle" article for 1997, some of you will have called it quits on your cycling season due to the shorter daylight hours and cooler weather, and will have been concentrating on how to celebrate the many upcoming holidays. Others of you, like me, will have been trying very hard to drag out your cycling season by entering into that off-road riding world of single-track and/or forest development roads.

As many of you know, I'm not a serious mountain bike rider because of my past struggles with my lower back. However, when the cool, crisp, Autumn season descends, I find myself as one of the first cyclists to grab for the mountain bike and head to the woods. As such, on Columbus Day, Marcia, Janell, Eric, and I decided to hop on our mountain bikes and cycle the backside of Massanutten Mountain. Easy enough.....or so I thought! (I really need to quit thinking.) The

### FROM THE SADDLE

first two-thirds of the 15-mile ride went well for me, and the others, growing unseasonably warm. So, during one of the uphill climbs, I quickly stripped off my cycling shirt to cool off (OK...OK.....now I know, that was a mistake). While rock hopping and zooming down the single-track trail, I lost control at the same time my bike decided to jump into a parallel water rut. While trying to pull the front tire out of the one-foot deep rut, my front wheel hit a rock and I was radically thrown and flipped into the rocky, dusty, stick-covered trail. That was the first time that I crashed on a trail, initiating me to that distinctive club of cyclists Who Have Kissed The Trail. Doing a wicked endo and bouncing and sliding across the rocky trail without my shirt on was a very nasty, gnarly experience. After Marcia, Janell, and Eric patched up my bloody arm, and I checked on my bruised ribs (which still hurt), we continued on with the rest of the ride. I'm glad that Eric had a first aid kit with him. Otherwise, I would have had to bail and bleed. If you ride in the woods, you may

want to take a first aid kit just in case you happen to run across me laying on the trail from another endo. Oh yeah,.....the lower back held up to the punishment of the trail. Thanks, Bill Taylor, PT.

Since the year is winding down, I first want to say that I had one great year of cycling and I hope that you did too. Not only did I cycle more miles, but I found new friends and developed closer friendships with my other friends. While cycling, I feel like I grow physically, mentally, socially, and spiritually. That is really why I enjoy cycling as much as I do. I especially want to thank my friends who helped me as a cyclist and as a person - Marcia and Larry, Bob, Janell, Tom & Michael, Bill Taylor, Bill McAnulty, Eric, Dave and Nancy, Alice, Mark, Matt, Neups, Art, Mike and Ann, Dan Finseth, and everyone else who cycled a few miles with me over the past year. As one friend says, "Life is Good."

Until next time, keep those pedals spinning.

"Endo Dave"

### UPCOMING MEETINGS

November 10 7:00pm

Monthly meeting at Luigi's.

## OCTOBER MEETING MINUTES

Typical of monthly meetings held at Luigi's, the food was great. The first order of business was pizza, of course! We did, eventually get to the matters at hand - while we stuffed our faces.

The particulars were:

- Elections are coming up in March. Keep in mind anyone you might want to nominate for an office.
- There are extra t-shirts from the Club's century for \$8.00 each. One is teal and eight are raspberry.

• It was decided to have the Club's fall trash pickup the 8<sup>th</sup> of November. See the calendar of events.

• Marcia reported a balance of \$907.83 in the treasury. This will increase significantly after the earnings from the century are determined and deposited. A century meeting is planned by that committee this month.

Nothing else of importance was discussed, so perhaps we will see you at the next meeting.

Matthew Madden

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)

## WELCOME NEW MEMBERS

Chris Hamilton  
James D. Hammer  
Marshall Hammond  
Janell Hofmeister  
Blair Holl

Harrisonburg  
Harrisonburg  
Bridgewater  
Glen Allen  
Bridgewater

## WELCOME BACK RETURNING MEMBERS

Bruce Johnson  
Matt Madden  
Tom Mayer  
Brent & Judie McNett  
Zack Perdue  
Mary E. Shaughnessy

Keezletown  
Harrisonburg  
McGaheysville  
Dayton  
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

## MASSANUTTEN AUTUMN PEAK RIDE

It was a beautiful fall morning as eleven cyclists left the Montevideo Middle School parking lot on October 11<sup>th</sup>. The first downhill reminded us that cooler temperatures have arrived in the valley. Our 36-mile ride took us towards Pineville, Port Republic, New Hope, and Grottoes. After a brief stop at the 7-11 store in Grottoes, we were on the return trip back

to McGaheysville. What a gorgeous day for the Autumn Peak celebration at Massanutten. Many folks made their way up the mountain to see the fall colors in their glory. It was great to have everyone join us!

Marcia

## CENTURY T-SHIRTS

The t-shirts we offered for sale were well received. However, we still have nine left. We need to sell these so that our t-shirt venture is not a financial loss. All nine are large. Eight are raspberry and one is teal (blue). If you are interested, the price is \$8.00 and they make great Christmas gifts. I will bring any left to the next meeting so that you can see what they look like.

Art Fovargue (433-9247)

## 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: 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 Knically 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.

## TRANS-AM, ANYONE?

Forget this "prevailing winds" myth!!! To anyone contemplating taking the Adventure Cycling (Bikecentennial) route cross-country, living in the east has an advantage. We, myself and five others, did not do it that way. We waited until the end of May, having to prepare for very low temperatures through the Rocky Mountains and the Continental Divide during June and July. Other than that it was a

great adventure. If we weren't "old-timers", we might even do it again sometime.

Anyone interested in my maps (excellent condition) can have them for \$25. They cost around \$100 through the Adventure Cycling Association. You may call me at 432-9567 for inquiries about my trip or an interest in my maps.

Mary E. Shaughnessy

## TRASH PICKUP DAY

It's time to do our semi-annual trash pickup on our roads in Penn Laird. Join us at 9:30am on November 8<sup>th</sup> at the Penn Laird post office on Route 33. This won't take more than an hour. Thanks.

## JUST A QUICK REMINDER

The National Forest Service, such as the George Washington Forest, is managed and regulated by the United States Department of Agriculture. On the other hand, the National Park Service (Skyline Drive - Shenandoah National Park and Blue Ridge Parkway) is managed and regulated by the United States Department of Interior. To add to the confusion, there is the State Park Service. Because of the different administrative bodies, the rules and regulations (hunting, biking, fishing, etc.) under each respective system could be very different. So be aware of which public lands you are riding. As an example, the Blue Ridge Parkway cuts through one district of the George Washington National Forest.

Around 1917, the George Washington National Forest was established as the Shenandoah National Forest through the combination of three separate land purchases (Shenandoah, Potomac, and Massanutten). President Herbert Hoover renamed the collective forest the George Washington National Forest in 1932. Presently, the Forest is broken into six districts and managed by resident rangers. There are over 2,000 miles of roads running through the Forest, ranging from wide, paved interstate highways, to narrow, rough "old wood" roads. The paved interstate highways (e.g., I-64), U.S. highways (e.g., US 33), and state routes (e.g., SR 42) are accompanied by over 1,700 miles of forest development roads. These are identified on maps

with a Forest Development Road number (e.g., FDR 123). These roads are usually in good condition, but in some cases, extensive use can cause a rough, washboard surface.

The George Washington Forest Supervisor and governing body recognize that mountain biking is an increasingly popular recreation within the boundaries of the George Washington National Forest. With over 200 miles of open, back country trails, and even more miles of forest development roads, bicyclists have more than ample room to explore. Since none of the back country trails are maintained for continuous riding, you can expect to carry your bicycle across obstacles. Outside of designated wilderness areas, such as Ramseys Draft Wilderness [the Forest hosts six such wilderness areas], you may ride behind the gated and mounded earth tank traps of closed roads. These roads are closed to motorized vehicles but are open to pedal-powered bicycles, horses, and hikers. If you are riding trails, anticipate meeting horse riders and hikers. Just as hikers should yield to horse riders, mountain bikers should yield to both horse riders and hikers. We are still considered the newest user group in the back country, so mountain bicyclists have to continue to earn the respect of hikers, horse riders, and forestry officials and rangers. Mutual cooperation and courtesy will help keep the back country trails and roads open to all of us mountain bikers.

## SCHEDULE OF EVENTS

Sunday, **November 2<sup>nd</sup>** at 9:30am. **Mountain bike ride.** Catherine Furnace area of Massanutten. Meet at the Park and Ride across from Neighbor's Exxon on Rt. 33. Approx. 25miles. Call Marcia at 289-6712 for more information.

Saturday, **November 8<sup>th</sup>** at 9:30am. Trash pick-up. Meet at the Penn Laird post office.

Sunday **November 16<sup>th</sup>** at 12:00noon. **Mountain bike ride** on dirt roads around Bridgewater area. Meet at Wildwood Park in Bridgewater. Approx. 2 hours. Call Bill at 433-7154 for more information.

## 1997 MILEAGES

When you have your 1997 total, call, e-mail, or fax Neups to have it listed.

## ZIP CODES!!!

The new Harrisonburg zip codes are in effect. If you are in the area that now uses the 22802 zip, make sure you'll always receive your copy of the newsletter by calling me and letting me know the change. I'd rather not have to figure out the ones that should be changed. My number is 434-1878. Make sure the postman finds you! Thanks!  
Neups



## 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 JAN-FEB/March

Larry & Marcia Brown  
John Maxfield & Family  
Debbie Tuler

Dary Erwin  
Richard McGuffin

Damarius T. Marion  
Marc Stecker & Kay Huskins

Brian Bauer & Debbie Warnaar  
Marcia Lamphier & L. Grossman

Art & Kathy Fovargue Family  
Mike Miller

Rich Harris

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.