

APRIL 1998 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Eric Aschenbach	574-2798
Treasurer: Marcia Lamphier	289-6712

FROM THE SADDLE

It's time again for my annual "shake-off-the-Winter-blues" and "get-on-your-bike" article. One of my major responsibilities of being Club President is to motivate club members and others involved in the sport of cycling. I still like the paragraph (which follows) in my article that I wrote for last year's April newsletter.

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 Fanz 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 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 and I have tried to push each other (i.e. cycle) most every day.....weather and time permitting, of course. For the first three months of the year, I have only ridden 39 days out of first 74 days of the year. Marcia on the other hand is closer to 74 days out

of 74 days. To answer any questions, YES...it has been extremely cold and damp at times. Yet, after finishing my hour-long rides, I feel refreshed and ready to take on my other daily tasks. It's a good way for me to feel good about myself.

Once Daylight Savings time begins on April 5, 1998 (Spring forward), 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 13

6:00pm

Pre-meeting ride starting at the Valley Wellness Center.

7:30pm

Monthly meeting at the 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.

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

MARCH MEETING MINUTES

Eight club members attended March's monthly meeting held at Luigi's. After the meeting was called to order at approximately 7:15, David presented the results of the election. The slate of officers assumed their positions - David, President; Bob, Vice President; Marcia, Treasurer; and Eric, Secretary. The meeting turned to a discussion of upcoming club events and issues: 1) Trash Pickup on Saturday, April 18th at 9:30 a.m. (we will be meeting at the Post Office in Penn Laird). Any help will be greatly appreciated. 2) Marcia's Treasurer's report (\$1,809.02). 3) The winter weather took it toll on the local roads. So if you come across any roads, while riding, that have taken that "Dr. Jekyll and Mr. Hyde" look, please let Neups know. 4) The Club will be sponsoring a plethora a rides starting in April - time trials, Wednesday evening rides, Sunday training rides, Valley Wellness Center rides, Wannabe rides, just to mention a few. Please review

the ride schedule within the newsletter. 5) April's monthly meeting will be on April 13th at the Valley Wellness Center, with a pre-meeting ride at 6:00. At the meeting at 7:30, Randy Porter will be our guest speaker, giving a presentation on his new book Mountain Bike! Virginia - A Guide to the Classic Trails. Other administrative issues included a request for members' 1997 mileage stats, discussion on the progress of a SVBC Helmet Program for Youth, discussion on the progress of listing Club rides in Performance's Quarterly newsletter, Art's continued involvement with VDOT's Advisory Council (Eric will represent the Club at the March 13 meeting in Charlottesville. Thanks Eric for your help in that cause.) The March meeting came to a close at 7:49 with a "bull session" and eating pizza.

Knically

UPCOMING APRIL MEETING

Mountain Bike! Virginia: A Guide to the Classic Trails' author Randy Porter will be our guest speaker for our April 13, 1998 monthly meeting. Randy's will talk about his latest book, which outlines and describes 92 mountain biking venues throughout the state. His book includes all information a person needs to find and ride trails both long and short from the western mountains to the seashore. Join us and Randy on Monday evening, April 13, at the Valley Wellness Center (ask at the front desk for room number). According to Randy, he will bring various cycling books to be raffled off after the meeting.

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WELCOME BACK RETURNING MEMBERS

Mark Eckroth
Dary Erwin

Weyers Cave
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 Knically	828-3599

CRASHES

In 1996 a survey was done by the League of American Bicyclists on riding experiences. I was surprised to see that 59% of crashes involved no other object. The person just fell. Sounds like a good enough reason for me to wear a helmet 42% of all crashes happened on minor streets, with another 21% on major streets. So don't let the quiet streets fool you

into complacency. We need to be alert at all times. Alone or in a group.

It looks like spring will finally arrive this weekend (March 28 and 29). I'll miss the beautiful views in the wintertime briskness, but I'm itching to wear some shorts for a change! Let's hope it decides to stay around for a while.

Neups

THE CYCLIST'S DICTIONARY

Lately, it appears that everyone is coming up with "buzz words", formally known in the ol' days as slang. Dilbert, Silicone Valley, and big business have recently led the way, or at least have to power to promote their particular words. Well, before the business world assumed sole responsible for the "buzz words", the athletic world - skiing, surfing, skateboarding, and BMX - and the "street" produced cool words. We in the cycling community had our slang words too. It would be a lie for me to say that I know all of the cool cycling words. So that you will not be a "tool" and say something "bootsey". I want to get everyone "on the same page" so you get "dap" when talking around cyclists. In the next few issues, we will print a few of the words with their meanings.

Bacon - Scabs on a rider's knees, elbows, or other body parts.

Beartrap - To slip off one pedal, causing the other pedal to slam in the shin, when one gets cracked with a pedal.

Cleanie - One who desires to remain clean; a wimp who will not have fun, stays on the clean trail.

Corndog - To become covered in silt, usually after a fall.

Deathcookies - Fist size rocks that knock your bike in every direction but the one you want to proceed in.

Digger - Face plant or endo.

Fred - A person who spends a lot of money on his/her bike and clothing but still can't ride.

Horizontal track stand - Unable to unclip at a stop sign, falling over.

Involuntary dismount - Crash....enough said.

Male blindness - When a male rider watches a beautiful female ride over rough terrain and stares intensely at jiggling parts. Making him too dizzy to see straight while riding the same terrain.

Tea party - When a whole group of riders stops and chats, and nobody seems to want to ride on.

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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: Serotta Frame, 60LCM with a 60cm top tube. Titanium. Kestral fork. Call Marc at 269-8903 to work out a price.

FOR SALE: Cyclops trainer, like new, seldom used, \$125. Call Hank Schiefer, 434-3581.

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.

FINANCIAL AUDIT REPORT

Acting under Presidential authority, I completed the executive/accounting procedure of examining the fiscal year-end's Income Statement (i.e. Deficit/Surplus Statement) for your cycling Club in early March. For fiscal year-end 1998, the Club operated with a financial surplus in the amount of \$765.00. Total FYE 1998 Club revenues were \$1,408.00, with \$680.00 from membership dues, \$110.00 from local bike shop contributions, and \$618.00 in century surplus. 1998's revenues rebounded, but still lagged behind historical levels. The recovery was brought on by a rise in memberships and the Club's annual century contributions. Total FYE 1998 Club general and operating

expenses were \$643.00, representing one-half the historical annual average. Historically, the two largest expenses for the Club were the publication of the newsletter, representing approximately \$400.00, and the premiums for the Club's insurance, representing approximately \$600.00. During 1998, the executive committee worked to substantially reduce those two amounts. With the help of corporate sponsorship, R.R. Donnelley & Sons Co., the publication of the monthly newsletter was provided for. Insurance premiums declined to \$210.00 when we changed insurance providers. As a result of those two areas, the Club's bottom line surplus increased approximately \$600.00.

Membership Dues	\$680	Newsletter Expense	\$0
Bike Shop Contributions	110	Postage Expense	189
Century Surplus	618	Insurance Expense	210
		Misc./Other Expenses	<u>244</u>
TOTAL REVENUES	<u>\$1,408</u>	TOTAL EXPENSES	\$643
		SURPLUS/DEFICIT	<u>\$765</u>

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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, like starting point.

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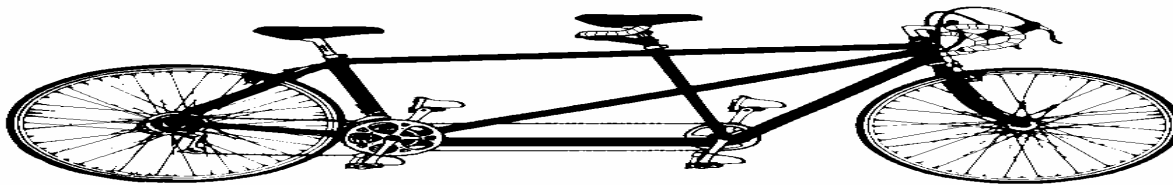
TIME TRIALS

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 10 miles....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 first SVBC-sponsored 10-mile TT of the season will take place on TUESDAY, April 14, 1998 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. We will set the schedule for every other Tuesday, see the ride calendar. 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.

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How's this for a stretch tandem?



APRIL CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Daylight Savings Begins! Wannabe Ride 12:30 at B'water Subway Shop	6	7 5:45pm-Time Trials Dayton-Rts. 257 & 738 (unofficial)	8 5:15pm-B Ride First Union Bank	9 6pm-Keezletown Ride-Keezletown Elementary School	10	11
12	13 6pm-Pre-Meeting Ride-VWC 7:30pm-Meeting VWC	14 5:45pm-Time Trials Dayton-Rts. 257 & 738	15 5:15pm-B Ride First Union Bank	16 6pm-Keezletown Ride-Keezletown Elementary School	17	18 9:30am Trash Pick-up. Meet at Penn Laird P.O. 10:30am Ride - meet at Montevideo M.S.
19 Wannabe Ride 12:30 at B'water Subway Shop	20	21 5:45pm-Time Trials Dayton-Rts. 257 & 738 (unofficial)	22 5:15pm-B Ride First Union Bank	23 6pm-Keezletown Ride-Keezletown Elementary School	24	25 10am Valley Wellness Center Rides
26	27	28 5:45pm-Time Trials Dayton-Rts. 257 & 738	29 5:15pm-B Ride First Union Bank	30 6pm-Keezletown Ride-Keezletown Elementary School	31	

Helmets are required on all club rides.

SCHEDULE OF EVENTS

TUESDAYS

5:45pm Time Trials in Montezuma.

WEDNESDAYS

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 information.

THURSDAYS

6pm Road Ride at Keezletown Elementary School. Fast and furious.

Saturdays

10am. Shenandoah Velo Training Rides. Valley Wellness Center. Two to four hours long. Call Neups for more information.

April 5

Wannabe Ride. 12:30pm at Subway parking lot in Bridgewater. See article for information or call David at 828-3599. *Don't forget - Daylight Savings Time begins.

April 18

Trash Pick-up. Meet at the Penn Laird Post Office at 9:30am. Bike ride following trash pick-up at approx. 10:30. Meet at Montevideo Middle School. Call Bill at 433-7154 for more information.

April 19

Wannabe Ride. 12:30 at Subway parking lot in Bridgewater. Call David at 828-3599 for more information.

April 18

Randonneur Brevet, 200km, Warrenton. Potomac Pedalers, Jim Kuehn, 410-721-2465.

April 18

Mountain Bike Mania Metric Century, Lenoir, NC. Caldwell County Chamber of Commerce, Jodi Quinn, 704-726-0616, or e-mail: jcquinn@twave.net

April 19

First Annual Jimmy London Memorial Ride. Benefits the Leukemia Society of America. Pungo, VA. Call Chris Nolan at 804-673-8855 for more information.

April 19

Taxing Metric Century, Knauertown, PA. Brandywine Bicycle Club, Sue Greene, 610-983-9127.

APRIL 25

Spring Valley Wellness Center Rides. 10am. Rides of 15 or 30 miles.

May 2

Pedal the Colonial Parkway, Williamsburg.

May 2 - 3

Clean Air Challenge. Little Rock - Hot Springs, AR. Call 1-800-880-5864 to pre-register.

May 9 Clean Air Challenge-Lungs in Flight. Shenandoah Valley Regional Airport. 52 and 25 mile loops. Benefits American Lung Association of VA. Lunch, refreshments, and bluegrass concert afterwards. Call 1-800-LUNG-USA or e-mail alavnw@aol.com for more information.

May 9 Tour de Cure, Baltimore. American Diabetes Association, 1-800-868-7888.

May 9 Randonneur Brevet, 300km, Frederick. Potomac Pedalers, Jim Kuehn, 410-721-2465.

May 9 3-State 3-Mountain Challenge. Chattanooga, TN. 25, 62, and 100 miles. Call Steve at 423-942-0784 (evenings) for more information.

May 16 **The American Diabetes Association is sponsoring a fundraising cycling event titled "Tour de Cure '98". The challenge is to fight diabetes and help change the world. Diabetes is the leading cause of death by disease in the United States. Nearly 16 million Americans have diabetes, yet one-third of them don't know they have it. I have volunteered my support by registering for the 100K ride, which begins and ends at Appomattox County High School. I would be most appreciative of your financial support in this most worthwhile endeavor. Should you choose to contribute, please send your check payable to the "American Diabetes Association" to me at 301 Flint Ave., Harrisonburg, VA 22801. Also, I have available registration forms for those who might be interested in cycling with me or otherwise supporting the ride. Thanks for your support and encouragement.**

Sincerely,
Henry J. Schiefer

May 24 ROC Hill Climb, Roanoke.

May 25 Saturn Cup, Roanoke.

June 6 Randonneur Brevet, 400km, Warrenton. Potomac Pedalers, Jim Kuehn, 410-721-2465.

June 15-August 1 GTE Big Ride Across America. Benefits the American Lung Association. Seattle, WA to Washington, DC. Call 1-800-BIG-RIDE for more information.

June 19-24 Bike Virginia Civil War Odyssey III. 757-229-0507.

JUNE 20 **Summer Valley Wellness Center Rides. Information to be forthcoming.**

June 27 Randonneur Brevet, 600km, Warrenton. Potomac Pedalers, Gordon Meuse, 703-812-5166.

July 11-18 Pedal Pennsylvania Penn Central Tour. Pittsburgh to Philadelphia. 215-561-9679, or e-mail: bobi@pedal-pa.com

July 17-19 Virginia Commonwealth Games.

July 19-25 Bicycle Tour of Colorado. Benefits the Make-A-Wish Foundation. 1-800-985-9399.

July 23 - 29 Cycle Across Maryland. Tenth anniversary. Explore the Eastern Shore area. Call 1-888-226-7433 to be put on the mailing list.

July 24-26 **7th Annual Shenandoah Valley Bike Festival. Harrisonburg-Rockingham Chamber of Commerce, 434-3862.**

July 26-31 Moose Tour, Maine. Maine Wheels Bicycle Club, 207-743-2577, or e-mail: moostour@megalink.net

July 26-Aug. 1 Bon Ton Roulet. Auburn & Cortland, NY YMCA's, 315-253-5304.

August 1-7 MOOSA Tour, Main & Canada. Can-Am Wheelers, 207-743-9018, or e-mail: moosa@megalink.net

August 1-7 Cycle Montana, Adventure Cycling Association, 1-800-755-2453.

August 8 Dog Daze Century, Nottingham, PA. Brandywine Bicycle Club, Susan Growe, 610-626-1040.

August 9-14 New England Adventure. 320 miles in MA, NH, and VT. Tri-State Wheelers, 1-800-727-9711.

August 9-15 Lighthouse Tour, Nova Scotia. Can-Am Wheelers, 207-743-9018, or e-mail: moosa@megalink.net

Various National Park, Cross-State, and Coast-to-Coast Tours. Cycle America, 1-800-245-3263.

Various The Wayfarers Tours, 201-796-9344, or e-mail: cycling@idt.net

1997 MILEAGES



Jim Mitchell	2,400	Bill Painter	3,070
Neups	5,480	Hank Schiefer	1,783
Bill McAnulty	2,074	Art Fovargue	2,036
Marcia Lamphier	5,263	Larry Grossman	3,850
David Knicely	3,884	Zack Perdue	3,201
Mahlon Webb	3,200	Alice Webb	960
Sharon Babcock	1,030		

If you have your 1997 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

William Taylor/

Mike & Ann Wenger

Dan Funkhouser

Perry Temple

Ron Helmuth Family

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.



The old



and the new.