



MAY 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

Time for a personal confession: I like watching early slap-stick comedy - Martin & Lewis and Laurel & Hardy. However, I especially enjoy watching Abbott and Costello movies. Do you remember any of the Abbott & Costello movies or routines? No matter how many times I see one of their routines, I seem to laugh like it's my first time at watching these comedians. I have also introduced my two sons to the mad-cap adventures of Abbott and Costello. My sons' favorite routine/skit is the baseball skit called "Who is On First". Do you remember this skit? It starts with "Who" is on first, "What" is on second, and "I Don't Know" is on third. It's known as maybe one of the funniest skits in comedy history. My two sons have tried to memorize this skit, and have done a good job at remembering the lines. Yet, no matter how many times I hear the routine, I can only basically remember where "Who" is playing. Have you ever felt that way, not with this comedy routine,

FROM THE SADDLE

but with clubs in general? "Who" does "What"....."I don't know". Well, I'm going to try to help you understand your bike club. The make-up of the club is detailed on the enclosed organizational chart, headed as Shenandoah Valley Bicycle Club 1998. As you can see, and are probably aware, I am the President, Bob is the Vice-President, Eric is the Secretary, and Marcia is the Treasurer. Four coordinator positions are headed by three non-officers and one officer. I have the utmost faith that these activity coordinators will help enhance the activities of your club. And, I greatly appreciate the time and effort that all of the individuals (officers & non-officers) are giving to your club. I have promised each of them my full support in making their respective areas successful for 1998. As you can see by the Chart, Art Fovargue will be the Century Coordinator. He will manage and coordinate, with the assistance of other club members, the campaign for our 16th Annual Century.

Neups will be Newsletter Coordinator. He, as Editor, will administer and coordinate the publication of the monthly newsletter. Bill Taylor will be Ride Coordinator. He will direct and coordinate, with the help of other club members, the club-sponsored rides. Finally, I will be Time Trial Coordinator. I, along with other volunteers, will coordinate the club-sponsored time trials. Each coordinator reports directly to the executive committee, of which they are also members. If anyone would like to volunteer for an activity, please let that coordinator know of your desire. I hope that the enclosed organizational chart will help you understand the make-up of YOUR club. In other words, I hope it helps tells you the "Who" and "What", without the "I Don't Know".

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

May 11 6:00pm
 7:30pm

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

APRIL MEETING MINUTES

This meeting, as you all know, was held at the Valley Wellness Center. The standing-room-only crowd of five packed the conference room to hear Randy Porter speak about his newest book on mountain biking in Virginia and do a little self-promotion. Mr. Porter recognized that while many of us have our favorite mountain bike rides, over the course of working on his book he found it truly refreshing to ride new areas and cover new ground. While many of the rides in the book are found west of the Blue Ridge, there is a wealth of diverse terrain in the Piedmont and Coastal areas. The next time you are visiting friends and relatives in other areas of the commonwealth, do

not be afraid to take your mountain bike with you for some exploring. You may be pleasantly surprised at what you find.

In business related news, Marcia gave the Treasurer's report (\$1549.64) and David mentioned a few items before adjourning the meeting. There are plenty of rides coming up next month for all levels of ability, so come out and join us for a spin. As the Shenandoah Valley Bike Festival draws closer, start thinking about how you can help support this great event!

Eric

WELCOME BACK RETURNING MEMBERS

Marc Stecker & Kay Huskins

Keezletown

Mike & Ann Wenger

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

NATIONAL BIKE MONTH

I know you all know, but I thought I'd remind you anyway of May being National Bike Month. And the 19th is Bike-To-Work Day. Biking to work cuts down on air pollution, gets you ready to face any challenges in work, and lets you get in some extra time on the

bike. I hope you join myself, Al, Art, and the others out there that commute by bicycle, in riding to work for a change. We think you'll be glad you did.

Neups

TRASH

An hour's work was put in by Bill Taylor and myself on April 18th picking up trash. The trash was heavier than usual due to the canceled bi-annual pick up in November 1997. After that, Bill and I did a 30-mile bike ride. Even with the threat of rain, it was a great ride. Thanks, Bill!

Knicely

THE CYCLISTS' DICTIONARY, PART II

- Prune** - To use one's bike or helmet to remove leaves and branches from the surrounding flora. Usually, unintentional.
- Yard sale** - A horrendous crash that leaves all your various "wares" -- water bottles, pump, tool bag, etc. -- scattered as if display for sale.
- The Zone** - A state of mind experienced while riding. You don't think, you just do.
- Wild pigs** - Poorly adjusted brake pads that squeal in use.
- Trail swag** - Equipment or accessories dropped by other bikers and found on the trail.
- Stoned** - Describes a rider after a crash which imbeds stones into the rider's skin.
- Soil sample** - A face plant.
- Three-hour tour** - A ride that looks like a piece of cake at the outset but turns out to be a death march. Derived from the theme song to "Gilligan's Island."
- 'Rhoid buffing** - Going down a hill so steep that your butt touches the rear wheel.
- Engine** - The rider.....YOU.

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.

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.

Knically

SCHEDULE OF EVENTS

TUESDAYS

Tuesdays

5:45pm Time Trials in Montezuma.

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 W. Market Streets. Call Marcia at 289-6712 for more information.

THURSDAYS

Saturdays

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

10am. Shenandoah Velo Training Rides. Valley Wellness Center. Two to four hours of good, fast riding. Call Neups for more information.

May 10

Wannabe Ride. 12:30pm at Wildwood Park in Bridgewater. See article for information or call David at 828-3599.

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 19

Bike-to-Work Day! Give it a try!!

May 23

Spring ride. 8:30am at Mr. J's second location, on Rt. 42 South. 35 miles. Call Marcia for more information.

May 24

ROC Hill Climb, Roanoke.

May 25

Saturn Cup, Roanoke.

May 30-31

The Wilderness Road Ride and the Mountains of Misery Challenge Century. Christiansburg. Call 540-382-4251 or e-mail cmcc@cmccc.org for more information.

May 31

Wannabe Ride. 12:30pm at Wildwood Park in Bridgewater. See article for information or call David at 828-3599.

June 6

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

June 14

Knotts Island Century Rides. 22nd Annual. Chesapeake. For more information contact Tom Adler at 757-482-5587.

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

August 16-23 Cascade Peaks. 4th Annual. Adventure Cycling Association. Starts and ends in Redmond, WA. Call 1-800-755-2453 for more information.

September 19 Rappahannock RoughRide. Second Annual. 12, 35 or 50+ mile paved tours and 20 or 30 mile paved and unpaved courses. Hilly terrain, beautiful scenery. To pre-register send \$20 (\$18 before September 9) to PO Box 3138, Warrenton, VA 20188. Registration includes a long sleeve T-shirt (guaranteed to the 1st 250 registered riders) as well as the chance to win dinner for two at the Inn in Little Washington or Four & Twenty Blackbirds. All proceeds to benefit the Fauquier Free Clinic, Inc. For more information call (540) 347-0394 or e-mail kfk01@citizen.infi.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 MAY/June

Dan Funkhouser

Thomas Jenkins

Ron Helmuth Family

David Knicely

Perry Temple

Judith Trumbo

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.