



## JULY 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

### EDITOR'S COLUMN

Would you believe that two days in a row I almost hit a bicyclist? The first was a young boy that barreled through a stop sign. He surprised me by stopping and allowing me to admonish him a little. He told me he skid through some gravel and decided to just let up on the brake.

The very next night I was coming back home at 10pm. I stopped for a stop sign, looked both ways, saw no lights, and started moving. I had to stop

abruptly when I noticed a man on a bike right in front of me. No lights, dark clothing. He really surprised me by believing I would see him and not pull out. He was lucky I had full control of my facilities.

Please teach others correct riding when you can. And let's be careful out there.

Neups

### UPCOMING MEETINGS

<b>July 13</b>	<b>5:30pm</b>	Pre-meeting ride starting at Hillandale Park Shelter #1.
	<b>6:30pm</b>	Annual Potluck Picnic at Hillandale Park Shelter #1.

### JUNE MEETING MINUTES

An 18-mile pre-meeting ride consisting of three club members toured Dayton and Bridgewater before returning to Luigi's for our June meeting. Thanks, Tom and John M. I enjoyed your company. Bob McGovern-Waite opened the meeting promptly at 7:30pm. Six members were present.

Marcia discussed the 6<sup>th</sup> Annual Shenandoah Valley Bike Festival which will be held July 24-26 in Bridgewater. Ride volunteers are needed. Early birds get their first choice of routes, so call Marcia (289-6712) as soon as possible.

A Wannabe ride is set for June 28<sup>th</sup> at 12:30pm at Wildwood Park, Bridgewater. As to July's ride schedule, please call Bill Taylor (433-7154) if you wish to lead a ride. There are open slots available.

The July monthly meeting will be our annual potluck picnic at Hillandale Park. The pre-meeting ride will leave from shelter #1 at 5:30pm. The potluck picnic will follow at 6:30pm after a brief meeting. Please join us!!

Neups recommended the purchase of a software package designed for mapping which can be used to enhance the quality of our maps. The recommendation was approved. The software will become part of the SVBC resource library.

The treasurer's report was \$1,525.48.

As the meeting closed at 8:15pm, an abundance of Luigi's good food and beverage was consumed by hungry cyclists.

Marcia

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

Glen Heatwole

Harrisonburg

## WELCOME BACK RETURNING MEMBERS

Rich Harris

Bridgewater

David Knicely

Bridgewater

Bill Taylor

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

## HELMETS

*(I had this message in my e-mail one day. - editor)* In the back of the Washington Post Health Section Tuesday, there appears a box saying that Prudential HealthCare & the Brain Injury Foundation are offering helmets for \$10. So people in the health and insurance fields do take this matter seriously. They say only 15% of youth wear helmets while riding and that every day someone is killed for not wearing a helmet. And every four minutes someone suffers a brain injury because of it.

You can buy a helmet by check or credit card. Call 800 MY-HEALTH.

## TIDBITS

- The number of bicycle commuters in the US has doubled in the past eight years to a total of seven million.
- Pedals for Progress has the mission of rescuing bicycles destined for US landfills and shipping them to developing countries. Keith Oberg of Arlington is the local staff person searching out churches and groups in our region willing to sponsor collections within their communities. His number is 703-525-0931. PFP's web site is <http://www.p4p.org/>. A total of over 21,000 bikes have already been shipped!
- If you're going to northern Virginia or DC and its Maryland suburbs, the Metro system has started a program where cyclists can access the system without a permit. Right now, this can take place between 10am and 2pm, and again after 7pm on weekdays. Access is unrestricted on weekends except for major holidays.

## 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: 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.

## MAPPING

As noted in the minutes from June, the Club has acquired software to do some mapping of our routes. I've installed it at home recently and am now learning how to use it for our use. Below is a sample of what this program can do. The map is from the SVBF's arsenal. It's the 7-mile Airport Run ride. Let me know what you think.

Neups

(taped on then copied)

## 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

## 7<sup>TH</sup> ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL

The 7<sup>th</sup> Annual SVBF is scheduled for July 24-26. Ride volunteers are needed to help with this fun-filled weekend of cycling in the Shenandoah Valley. Please contact Marcia (289-6712) as soon as possible for ride selection. We provide two "ride volunteers" per ride throughout the 3-day event held on the campus of Bridgewater College. Hope to see you out supporting this local cycling event sponsored by the Harrisonburg-Rockingham Chamber of Commerce.

The schedule of rides is listed on the next page.

Friday-July 24<sup>th</sup>

4:30pm Westward Ho (31 miles)

5:00pm County Line (20 miles)

Saturday-July 25<sup>th</sup>

7:00am	Century (100 miles)	9:00am	Natural Chimneys (32 miles)
7:30am	Metric Century (65 miles)	9:30am	Mountain Bike Fun (20 miles)
8:00am	Dry River Run (25 miles)	10:00am	Silver Lake Ride (20 miles)
8:30am	Base of Two Mountains (42 miles)	1:30pm	Union Springs Creek Ride (22 miles)

Sunday-July 26<sup>th</sup>

8:00am	Prisoner of Zenda (42 miles)	9:00am	Country Ramble (28 miles)
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## TIME TRIALS

For July, a Club representative will be present on the 1st and 3rd Tuesdays of the month. 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. Below are the results from the latest time trials:

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	<u>April 14</u>	<u>April 28</u>	<u>May 19</u>
Eric Aschenbach	26:15		
Derek	25:03		
Neups	24:22		
Bruce Johnson		28:42	
Dillon Johnson		27:41	
Thomas Jenkins		26:01	26:05
Juan Ureta		23:29	
Craig Lowery		23:01	
Matt Madden			24:26

### JULY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Massanutten Resort Summer Games
5 Wannabe Ride 12:30 at Wildwood Park, Bridgewater	6	7 5:45pm-Time Trials Dayton-Rts. 257 & 738	8 5:15pm-B Ride First Union Bank	9 6pm-Keezletown Ride-Keezletown Elementary School	10	11
12	13 5:30pm-Pre-Mtn g Ride-Hillandale #1 6:30pm-Picnic Mtg Hillandale #1	14 5:45pm-Time Trials Dayton-Rts. 257 & 738 (unofficial)	15 5:15pm-B Ride First Union Bank	16 6pm-Keezletown Ride-Keezletown Elementary School	17	18 9am-Blizzard in July Wildwood Park Bridgewater
19 Wannabe Ride 12:30 at Wildwood Park, Bridgewater	20	21 5:45pm-Time Trials Dayton-Rts. 257 & 738	22 5:15pm-B Ride First Union Bank	23 6pm-Keezletown Ride-Keezletown Elementary School	24 Shenandoah Valley Bike Festival	25 Shenandoah Valley Bike Festival
26 Shenandoah Valley Bike Festival	27	28 5:45pm-Time Trials Dayton-Rts. 257 & 738 (unofficial)	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

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. No ride on race days. Call Neups for more information.

July 4

Massanutten Resort Summer Games. NORBA VA State Championship Mountain Bike Downhill and Dual Slalom. Races start at 10am and noon. Also, a skateboard competition at 2pm open to the public. Food, music, and fireworks. Call 540-289-4954 for more information.

July 5

**Wannabe Ride, 12:30pm, Wildwood Park, Bridgewater. Call David at 828-3599 for more information.**

July 5

Firecracker 500 Race and Benefit Event. Eldersburg, MD. Races start at 8:30am. Call Stefan Yench at 301-854-5508 for more information.

July 11

Navigate Indy This Evening, 11pm. No applications accepted after 7/1/98. Limited to 2500 riders. Call Neups for more information.

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 18

**Come out and join us for the "Blizzard in July" ride. We will meet at 9am at Wildwood Park in Bridgewater for a 30-mile ride. The ride will conclude at the Dairy Queen on Main Street in Bridgewater for a "blizzard" ice cream treat. The ride date will be July 19<sup>th</sup>. if you need more details, call Marcia at 289-6712.**

July 19

**Wannabe Ride, 12:30pm, Wildwood Park, Bridgewater. Call David at 828-3599 for more information.**

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

**7<sup>th</sup> 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

Richardsville Ramble Summer Century, VA. Call 540-399-9718 or e-mail n2biking@juno.com for more information.

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 8-9

James Madison Stage Race, Orange. Road race, hill climb, and crit. Call Ruth Stornetta at 804-525-9552 for more information.

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 15

BRBC Biathlon. Catawba (Just outside Roanoke.)

August 16-23	Cascade Peaks. 4 <sup>th</sup> Annual. Adventure Cycling Association. Starts and ends in Redmond, WA. Call 1-800-755-2453 for more information.
August 29	Hotter 'n Hell Hundred. Wichita Falls, TX. Call their hotline at 940-723-5800 for more information.
August 30	Massanutten Hoo-Ha. NORBA Classic race. Call 540-977-4335 for more information.
September 5	The Greg LeMond Bike Ride. Chicago, IL. Call 800-637-3135 or e-mail <a href="mailto:astark@thresholds.org">astark@thresholds.org</a> 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 <a href="mailto:kfkm01@citizen.infi.net">kfkm01@citizen.infi.net</a> .
October 3	Sea Gull Century. Salisbury State University, MD. 10 <sup>th</sup> anniversary. Call 410-548-2772 for more information, or visit their homepage at <a href="http://www.ssu.edu/seagullcentury.html">www.ssu.edu/seagullcentury.html</a>
October 9-11	Hilly Hundred Weekend Bicycle Tour. Carmel, IN. Late fee charged after 8/1/98. Call Neups for more information.
October 24	Between the Waters Bike Tour. Eastville. Phone 757-678-7157 for more information or visit their web page at <a href="http://www.esva.net/~cbes">http://www.esva.net/~cbes</a>
Various	Grand American Cycling Tour. Killington, VT. Call 800-621-MTNS.
Various	National Park, Cross-State, and Coast-to-Coast Tours. Cycle America, 800-245-3263.
Various	The Wayfarers Tours, 201-796-9344, or e-mail: <a href="mailto:cycling@idt.net">cycling@idt.net</a>

## 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 JULY/August

<u>Eric Aschenbach</u>	<u>Eula Eppard</u>	<u>Daniel Neher/</u>
Sharon Babcock	Leonard Clymer	Dan Finseth
Alice Stecker	Rev. Timothy Strock 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](mailto:neups@shentel.net) or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.