



AUGUST 1998 NEWSLETTER

SVBC OFFICERS

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

It is with great sadness that I write this article for the newsletter. As most of you know, due to corporate restructuring at First Union and in-state mergers, I was displaced from my position as commercial underwriter/financial analyst on April 1, 1998. I have enjoyed the summer months off, camping, hiking, cycling, and taking a biology class. During that time, I also have had several job interviews in and out of the 'Burg. Unfortunately, I have not yet been selected as the successful candidate. With trying to find that new position, I have not devoted the much needed time to the administrative duties of the Club. For that, I feel that I have let down

FROM THE SADDLE

the members of the Club. Given my current situation and lack of time to devote to the Club, I have decided to step down as President of the Club, allowing Bob McGovern-Waite to fill-in as acting-President until the next election (March 1999). I have truly enjoyed my time in the seat of President, driving the Club in the direction that I felt the Club needed to travel. I would be remiss if I did not say "Thanks" to all those people who helped me make the Club an active and fun adventure.

For the next six week period (ending around August 31, 1998), I will be performing contract work for First Union in Charlotte, NC.

It was a great deal that I could not pass up. I will try to find people to ride with and places to ride while I am performing that undertaking. I still plan on riding the weekend of the Bike Festival (July 24, 25, & 26). After that, I will try to return on a few August weekends and ride the great roads of the Shenandoah Valley. I hope to see you on one of those riders.

I know that Bob will perform a great job as President, so please give him your support for the next six months.

Until next time, keep those pedals spinning.

Knically

UPCOMING MEETINGS

August 10	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

16th ANNUAL SHENANDOAH VALLEY CENTURY

Planning is well underway for our annual upcoming Century. This year it is on Sunday, September 13. Registration forms are in all area bicycle shops, as well as in other spots frequented by cyclists. Also, they will be printed in next month's newsletter.

We still need volunteers for the day of the ride; for registration, sagging, and working at the checkpoint. Please give me a call if you will be able to help out a few hours that day. Or call me for the time and place of the next Century planning meeting.

Art Fovargue 433-9247.

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.

JULY MEETING MINUTES

The Annual Picnic was held at Hillandale Park in conjunction with the monthly meeting and the usual pre-meeting ride. Alice and Marcia were the only two members that made the ride. They said that despite having to concentrate on the uncommonly high number of inconsiderate motorists, they still managed to have a lively conversation and an enjoyable ride. The sparse number of members attending the picnic still managed to feast on a unique potluck smorgasbord, and afterwards we enjoyed an incredible cobbler dessert.

As the meeting took form, Marcia finalized plans for the Bike Festival and gathered names for additional ride leaders. (By the time you read this, the Bike Festival will have successfully ended, so switch your focus to the SVBC Century). The meeting switched gears, and Art discussed the status of the Century. Brochures should now be available in area bike shops

and businesses, so grab one and sign up early. If you cannot locate a brochure, notify Art or one of the other club officers and we will see that more are distributed. If you would like to volunteer to help at one of the rest stops, drive a sagwagon, or anything else, please let Art know.

For those of you who do not know, we have "temporarily" lost the services of our President, David Knically. David has done a great job to date and his efforts will be sorely missed. In the interim, our Vice-President, Bob McGovern-Waite, has graciously stepped in to fill the role.

Until the next meeting, keep those pedals spinning and come out to enjoy one of the Club rides listed on the calendar.

Eric

WELCOME NEW MEMBERS

Olivia L. Gibboney
 Vicki and Steven Wise
 Clara R. Ziegler

Harrisonburg
 McGaheysville
 Harrisonburg

WELCOME BACK RETURNING MEMBERS

Eric Aschenbach
 Thomas Jenkins
 Dan Neher
 Alice Stecker

Harrisonburg
 Harrisonburg
 Harrisonburg
 Harrisonburg

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

BIKE AID

Bicyclists from Bike-Aid are returning to Harrisonburg again this year. These riders, who start in San Francisco, always stop in our town on their way to finishing in DC. There are 19 riders in the group this year who have raised funds for the Overseas Development Network - a group which helps people internationally by teaching them how to help themselves.

They will arrive in Harrisonburg on Sunday, August 16th. There will be a potluck supper from 5 to 6 that evening at Shelter #1 in Purcell Park. All are invited; just bring food. Many of the riders are vegetarians, and two are vegans (no animal byproducts). It is always a great feast, and it's fun to hear the stories of the riders' travels.

Also, host families are needed for the riders that night (and perhaps the next night, too). If you think you can host one or more bicyclists, call Common Ground at 433-8212. Or show up at the potluck, and there will probably be some still looking for lodging.

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>	needed	
	Web page	http://members.tripod.com/~Neups/SVBC.html			

RIDING, DRIVING, AND HEAT

I took a ride over the mountain to Brandywine, WV on my day off July 3rd. I guess a lot of other people had off that day as the traffic seemed a little more than usual for a weekday. It's been a while since I've done that ride. I found out the water in the roadside park in Brandywine has gotten too cloudy to drink. And the climb back is worse than the climb out. Maybe that is why there are more truck accidents on that side of the mountain. And why they're widening that section of road. I also can't remember smelling so many brake pads as they tried to slow down the vehicles. You don't smell those on *my* bike. When I work that hard going up, I want to enjoy it going down!

That afternoon I finally traded in my old car for a new Nissan Sentra. The deal I got from Bo Hobbie out there was just too good to pass up. If you're looking

for a vehicle, you might want to go see Bo. Tell him Neups sent you.

To cap off a great 4th of July weekend, I took a ride up to the Skyline Drive. It was a great day for views, both near and far. I believe I was the only one to see the doe with its fawn along the side of the road. I also got my best view of a hawk as it hovered just above me for a while.

Lastly, how can I not mention the recent heat? And the lack of rain. I've seen more sprinklers in the fields these days. On one 96° day, I rode past a corn field and felt just a bit cooler as the sprinkler helped cool the wind blowing towards me. It wasn't much, but I was thankful for any respite I could get.

Neups

AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 5:45pm-Time Trials Dayton-Rts. 257 & 738	5 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Valley Wellness Ctr.	6 6pm-Keezletown Ride-Keezletown Elementary School	7	8 8:30am - Breakfast Ride. 30 miles. Meet at Hillandale Park.
9 12:30pm - Wannabe Ride. Wildwood Park, Bridgewater.	10 6pm-Pre-Mtng Ride-Luigi's 7:30pm-Monthly Meeting-Luigi's	11 5:45pm-Time Trials Dayton-Rts. 257 & 738	12 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Valley Wellness Ctr.	13 6pm-Keezletown Ride-Keezletown Elementary School	14	15
16 5pm - Potluck Supper for Bike Aid riders.	17	18 5:45pm-Time Trials Dayton-Rts. 257 & 738	19 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Valley Wellness Ctr.	20 6pm-Keezletown Ride-Keezletown Elementary School	21	22 10am - Annual Ice Cream Rides. Meet at Kline's Dairy Barn.
23 12:30pm - Wannabe Ride. Wildwood Park, Bridgewater.	24	25 5:45pm-Time Trials Dayton-Rts. 257 & 738	26 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Valley Wellness Ctr.	27 6pm-Keezletown Ride-Keezletown Elementary School	28	29
30	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. Call Neups for more information.
- 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 Breakfast Ride. 8:30 a.m. 30 miles. Meet at Hillandale Park. This ride will include a stop at the Dayton Farmer's Market. Please call Bill Taylor (433-7154) for details.**
- August 8 Dog Daze Century, Nottingham, PA. Brandywine Bicycle Club, Susan Growe, 610-626-1040.
- August 9 Wannabe Ride. 12:30 p.m. Meet at Wildwood Park, Bridgewater.**
- August 9 State Road Race. 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.) Call 540-772-6982 for more information.
- August 16 Bike Aid comes to town. Potluck supper 5-6pm at Purcell Park, Shelter #1.**
- August 16-23 Cascade Peaks. 4th Annual. Adventure Cycling Association. Starts and ends in Redmond, WA. Call 1-800-755-2453 for more information.
- August 22 Annual Ice Cream Rides. Meet at Kline's Dairy Bar at 10am. Please contact Neups (434-1878) or Bill Taylor (433-7154) for more details.**
- August 23 Wannabe Ride. 12:30 p.m. Meet at Wildwood Park, Bridgewater.**
- 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.
- August 30 18th Annual Varina Lions Bike-A-Thon, Richmond. Ride to Williamsburg. Benefits sight and hearing programs. Call Ross Anderson at 804-226-1812 for more information.
- September 5 The Greg LeMond Bike Ride. Chicago, IL. Call 800-637-3135 or e-mail astark@thresholds.org for more information.
- September 6 10th Annual Waynesboro Century. Always a good ride. Call Neups for more information.
- September 13 16th Annual Shenandoah Valley Century!!!**
- 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.
- September 20 Heart of Virginia Festival, Lynchburg. Various routes, including the Challenge of Thunder Ridge. Call 804-846-6559 for more information.
- September 26 Berryville Bicentennial Bike Tour. 25 or 50 miles. Call Susan Bailey at 540-955-4001 for more information.
- September 26 8th Annual Adams Apple Ride, Gettysburg. \$10 before August 23. Call 717-334-8151 for more information.
- September 27 Cannon Ball Century, Fredericksburg. 8am. 25, 50, 62, or 100 miles through Civil War history. \$20 until 9/11. T-shirt included. Call Willie McCrory at 540-659-5138 for more information.
- October 3 Sea Gull Century. Salisbury State University, MD. 10th anniversary. For more info, call 410-548-2772, or visit their homepage at www.ssu.edu/seagullcentury.html

- October 4 5th Annual National Capital Bicycle Tours, American University, Washington, DC. Phone 202-628-2500, e-mail waba@waba.org, or visit their webpage at www.waba.org for more information.
- October 9-11 Hilly Hundred Weekend Bicycle Tour. Carmel, IN. Late fee charged after 8/1/98. Call Neups for more information.
- October 23-25 Shenandoah Fall foliage Bike Festival. 8th Annual. Road and mountain bike rides. Camping in Gypsy Hill Park, Staunton. Call 757-229-0507 or visit their webpage at www.bikevirginia.org for more information.
- October 24 Between the Waters Bike Tour. Eastville. Phone 757-678-7157 for more information or visit their web page at <http://www.esva.net/~cbes>
- 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: cycling@idt.net

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: BIC sports rack. Fits smaller cars (roof width of 43"-46"). Car must have roof gutters. Can carry two bikes, four pairs of skis, one sailboard/canoe, or can be used as a carry-all. Sets up and tears down quickly. No need to leave it on the car. \$50 obo. Call Neups at 434-1878.

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.

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 August/September

Sharon Babcock	Leonard Clymer	Dan Finseth
<u>Rev. Tim Strock Family/</u>		
Sandy Brownscombe	Robert Byrd	Deane Carroll
Sylvia DeVita	Steven Hottle	Matt Madden
Bill McAnulty	Brent & Judie McNett	Jim & Charlene Mitchell
Bill & Ellen Painter	Ray Ritchie Family	Hank Schiefer
Mahlon & Alice Webb	Dick & Lois Wettstone	John Zban

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.