



JANUARY/FEB. 1999 NEWSLETTER

SVBC OFFICERS

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

WINTER MUSINGS

Well, once again we find the days getting shorter and colder. As I write this, we're still a couple of days away from the winter solstice. Riding to work once a week becomes a little more of a chore. I've got to make sure I've got enough life in my battery to keep my headlights shining all the way home, never mind about the life in my legs. This time of year, I'm taking the short way home. It's dark before I leave the office! Coming back in to work isn't quite as bad from the light angle. There is usually enough light to see by the time I get to work, so the battery doesn't have to last quite as long. The cold is another matter. You know the old saying, "It's coldest just before dawn?" Well, I for one believe that thoroughly. There are a couple of things I've noticed with winter riding. If I

keep my feet and hands warm, I stay comfortable longer. That's not to say I'm in shorts and T-shirts. Layers. Lots of layers. I've become a firm believer in the "wicking" properties of polypro. Then a layer to keep me warm and another layer to keep the wind off. Sometimes I throw another layer or two on for good measure... just in case. A balaclava is essential. You lose a lot of body heat from your head. I just haven't figured out how to keep my glasses from fogging over if I have to stop for a light.

A word about glasses. I used to wear glasses to keep the sun out of my eyes. When I was going to UVa, I used to ride my bike to work and school. My route took me over this long hill with a light about half way down that I could time from the top and not have to

stop. I was riding to school one morning, the temperature was above freezing, probably around the upper 30's. I started down the hill and the cold air made my eyes water. Now the temperature standing still was above freezing; however, I never considered the wind chill factor. I went to blink away the water from my eyes. You guessed it. My eye lids froze together, at 30+ miles an hour, going down hill toward a light. Word to the wise, wear glasses, even if they're clear.

With all those clothes on, you probably won't be able to average much over 5 mph; but, when they come off in the spring, you'll ride like a big dog! Have fun, and enjoy the sunrise!

Bob

UPCOMING MEETINGS

January 11 **6:00pm**

It's the Annual Pot Luck! Note the time. Also, this year we will be feasting at Bob McGovern-Waite's house. Of course, this doesn't mean he will be providing all the food. So bring something to share. The club will provide the drinks. Bob lives in Bridgewater just off 704. Call him for directions. We'll see you there!

February 8 **7:00pm**

Monthly meeting at the Valley Wellness Center.

DOWN THE ROAD

Happy Holidays!!! As the traditional holidays approached, I hope that you and your families were able to capture the excitement and merriment that the season had to offer. Most of us take time at the beginning of a new year to reflect on the past while keeping an eye on the future. So I will turn my (your) attention to the Club's colorful and eventful 1998 cycling season. The SVBC's cycling season began in traditional fashion with Bill Taylor's Fourth Annual Icicle Ride on New Year's Day. [For those of you who may not know it, Bill brought that tradition/idea with him from his old Pennsylvania cycling club.] The first day of 1998 was bitterly cold, and there were piles of snow still on the ground. Yet, 12 cyclists enjoyed an 18-mile ride. Two days later, the first off-road winter training ride was held. David, Marq, Marcia, and Bill hosted those weekend rides. If I recall, that first training ride was a particular muddy ride, especially for Tom and Janell. January's monthly meeting/pot luck was held at David's house. Eleven hungry members each fixed a scrumptious food item to bring with them to the meeting. January also saw an unofficial SVBC Super Bowl ride. Many cyclist were seen climbing and descending Reddish Knob in the snow and ice. By February, the cool arctic weather and winds descended on the Shenandoah Valley, pushing those brave cyclists to take cover on the forest development roads and trails. The Club's election was held during March, ushering in a new Secretary - Eric. As in the past, the President announced the appointment of an Executive Committee. April was a busy month for the Club as the weather began to turn warmer. The April monthly meeting was held at the new Valley Wellness Center. Randy Porter, our guest speaker, spoke about his new mountain biking book. Later in the month, Bill and David put in an hour's worth of work picking up trash

on the Club's designated section of highway. Time trials began with three brave riders racing against the clock. Marcia called together friends and cyclists as she once again began the Wednesday evening rides. Those rides still seemed to be the biggest hit of all of the Club sponsored rides, supporting 15+ riders each and every week. The Wannabe Rides were also very popular, with close to 20 riders participating on the first ride. The Valley Wellness Center and the Club co-sponsored two rides of 15 and 30 miles. The rides started and ended at the Center. May was also noted as National Bike Month. Rather than April showers, the month of May brought us rain, rain, and rain. Even Marcia's organized Spring Ride, meeting at Mr. J's on Rt. 42, was a wet and rainy ride. The whereabouts of the monthly meeting was even slippery and mysterious, largely due to a communication problem between the President and the Newsletter Editor. Now.....was it the Wellness Center.....or Luigi's? Oh, well. No one showed at either place except David. June was a slow month for Club sponsored rides. The only mentioned event in the newsletter was the Club's co-sponsored ride with the Valley Wellness Center. Nevertheless, impromptu rides were held every weekend. By July, the Club's activity pace picked up. The Club's annual summer picnic and monthly meeting began at Hillandale Park at 5:30pm with a pre-meeting ride. There was a small group for the pre-meeting ride. By the time 6:30 arrived, a few more people arrived. During the meeting the small group feasted on a unique potluck smorgasbord, and afterwards enjoyed an incredible cobbler dessert. The Club, as in the past, supplied ride leaders for the 7th annual H/R Chamber's Bike Festival. July will also be remembered for the Blizzard in July ride. You ask what is a Blizzard ride?! Let's just say Dairy Queen! In late August I resigned the

post of President due to accepting a job in the Roanoke area. Bob McGovern-Waite assumed the responsibilities of President for the interim period - until the March elections. Marcia and Bill quickened the pace of the Club sponsored rides during the month. September will be remembered for the Club's 16th Annual Century. Once again, a big thanks to Art and all of his hard work for making the Century a great success. Thanks to Brent and Judie for hosting the food party at their house this year. The day of the event was gorgeous for cycling the roads in and around Rockingham and Augusta Counties. In October, daylight savings time ended, slowing most evening rides and ending the cycling season for others. Marcia and friends switched to mountain bikes and continued to ride after work in the 'Burg. The pleasant fall-like weather through mid-December helped keep the Wednesday evening rides going. The weekends were still packed full of rides, such as Brent and Judie's breakfast ride and Alice's ride. November's pre-Thanksgiving ride and pot luck at Bill and Jodi's house helped get friends together for fun and EATING. As always, the food and conversation were a great way to end the day. As 1998 ended, November's and December's regular monthly meetings moved to the Valley Wellness Center. As I finish this article, we still have yet to see signs of winter or the northern arctic winds. I hope that when you reflect on your 1998 season, your mind's eye will be seeing a panoramic vision that includes many adventures and excitement.

Until next time, keep those pedals spinning.

Knically

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)

NOVEMBER MEETING MINUTES

This meeting was short and sweet. It was held in a conference room at the Valley Wellness Center. Some of the old business that was covered included a very brief discussion of the recent VDOT/Virginia Bicycle Federation quarterly meeting held in Staunton. If anyone would like to add any information about the VBF meeting, please bring your comments to a future meeting. Other old news included the trash pickup on our section of Adopt-a-Highway. It was a wonderful

success-- Neups, Dan Finseth, and myself managed to collect six bags of debris.

New business involved the discussion of alternate venues for our meetings, dispersal of the Club newsletter, the January potluck dinner, and the potential map project. There was not a Treasurer's report available.

Eric

DECEMBER MEETING MINUTES

This meeting was well attended. Despite the chilly evening, two of the attendees managed to ride their bikes to the Valley Wellness Center. Art gave us a debriefing of the Century Ride which the Club holds every fall. During the past two years the event has been profitable for the Club, and the attendance was up 0.8% this year from last year. A brief discussion was held on how we can do an even better job of promoting and organizing the event for 1999. If you have any suggestions, please bring them to a future meeting - it's never too early to start preparing.

New business included the Treasurer's report of \$2,317.79. In addition, Leonard VanWyk volunteered his services as the Club's new Advocacy Coordinator. He will be working on promoting the use of bicycles as recognized modes of transportation; and developing discussions between city, county, and state officials to promote bicycle access for roadway and development projects. One of the initial items he plans on covering is the Rockingham-Harrisonburg Bike Plan and

whether or not the involved parties have met their goals. Many of you may have seen a recent report in the news and magazines that suggested that building roads does not actually alleviate traffic, but instead creates more congestion. This idea was paraphrased with an alternative expression of, "Widening the roads to alleviate traffic is akin to loosening your belt to alleviate obesity." In his new role, Leonard will be submitting a monthly report for the newsletter to keep us updated on his work and how we can help promote bicycle issues in our rapidly expanding communities.

Other news included the January Meeting/Potluck which will be held at Bob's home. Please plan on attending and bring some food to share. There are also several rides being held during January and February including the restart of the Sunday afternoon rides. Check the calendar for a complete list of rides and upcoming events.

Eric

WELCOME NEW MEMBERS

Leonard VanWyk

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Sue Gier

Singers Glen

Chris Hamilton

Harrisonburg

Janell Hofmeister

Harrisonburg

Blair Holl

Bridgewater

Jean Johnson

Harrisonburg

Matt Madden

Harrisonburg

John Maxfield

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>	needed	
	<u>Advocacy</u>	Len VanWyk	432-0138		
Web page	http://members.tripod.com/~Neups/SVBC.html				

NEWSLETTER ARCHIVES

If you've ever wanted to look something up in an old newsletter, but never saved the issues, you were probably out of luck. Unless maybe you knew that the Club Secretary has almost the entire collection in a folder. Well, now you have another option. Though not as complete as the Secretary's folder, you can now download old copies off our web page (<http://members.tripod.com/~Neups/SVBC.html>). The issues go back to April 1996. As there is only so much

web space available to us, the files are zipped. Download the file to your hard drive, then use pkunzip or any other unzip utility of your choosing. The files are all in Microsoft Word for Windows 95 7.0 format.

At December's meeting, we got a new member, and at the same time, an advocacy coordinator. We welcome Len aboard. Be sure to read his article.

Neups

ADVOCACY

Having recently moved here from Pennsylvania - and having also lived and ridden in New York, California, Massachusetts, and Michigan - I see great potential here for a bicycle-friendly environment, and not simply because of the relatively mild winters. The potential lies in the inevitable growth of the area. The City of Harrisonburg and the surrounding county have the opportunity to incorporate bicycles as "design vehicles" in new road construction, and to take other less-expensive steps to promote alternative transportation. However, they won't do this without some diplomatic prodding. That's where we come in.

I believe the primary responsibility of a bicycle advocate is to act as a conduit of information from bicyclists to City/County/Campus officials. Often a well-timed suggestion can make a substantial change in the

quality of a road for bicyclists, for example.

I have already contacted various officials in the city, the county, and at JMU (where I am a mathematics professor), informing them of various actions they could take to realize the bicycling potential of the area. As far as both the city and county, the first step involves reviewing the "Harrisonburg Rockingham Bicycle Plan" which was passed by the city (but not by the county) a few years ago. The Plan itself recommends a review every few years. As far as the JMU campus, aside from writing various administrators, I have contacted representatives of the Student Government Association, who seem excited about working toward a more bicycle-friendly campus.

There are a number of things all SVBC members can do to make this area more bicycle friendly. Contact your City and County

officials, letting them know that you would like to see the "Harrisonburg Rockingham Bicycle Plan" reviewed and implemented. If you notice particular roads in the area where cars regularly speed, call the police non-emergency phone number and let them know. (And when you drive, obey these same speed limits.) Encourage your employer to promote bicycling among employees (sponsoring a "ride to work" day, for example). And of course, ride responsibly.

We can either sit on our hands and watch this area degenerate into another bicycle-hostile area (such as Northern Virginia), or we can work to incorporate the bicycle into the design of the area as it grows. I hope you plan on doing the latter.

Len VanWyk
Advocacy Coordinator
vanwyk@math.jmu.edu

AUGUSTA COUNTY AUTUMN

Saturday, October 24th found the morning air crisp and the sky crystal blue as the Club traveled south to Churchville for a beautiful 28-mile loop from Churchville to Swoope and back. Thanks to the Senior Citizens of Churchville, the Community Center was available to greet the riders driving in from the Harrisonburg area.

After meeting the main concern of the day was how many layers of clothing one would need to wear. Even though the morning air was crisp, the weather people forecasted an ideal day for riding. Tights, jacket, and a long-sleeve jersey seemed to be the correct choice.

As the group of fourteen minus one (we agreed we wouldn't have thirteen riders as some were superstitious) prepared to take off, Marcia graciously thanked everyone for coming. She was immediately informed that her

leadership would have to take a "back seat" since she didn't know the area. I guess no one desired to end up in Monterey.

The ride from Churchville to Swoope on the back roads went smoothly. The new scenery was interesting to the riders since it was the Club's first ride in the area. When we rode into the extensive farmlands of Swoope, the mountains in their brilliant colors were absolutely breathtaking. Even I (who rides and runs these roads often) had to take a moment and review the beauty of God's wonderful creation. As the bikers commented on the scenery, I was reminded that we should never take anything for granted.

As we were touring along the heart of Swoope, I realized that the riders ahead had stopped as something got their attention. At Hebron Church, the Glenmore Hunt Club was gathering for the

"Blessing of the Hounds". This is a prestigious hunt club where the riders dress in fancy English riding attire and ride expensive horses on a fox chase. We didn't see the fox, if there really was one, but we saw the hounds, horses, and riders looking quite distinguished. The ride continued through more of the Swoope farmland before turning back toward Churchville. Marshall attempted to become ride leader on the way back, but was chastised heavily.

At the conclusion of the ride, bikers gathered at the Community Center to enjoy refreshments which included pizza and fruit. Once again, everyone acknowledged the two things that make biking such a great activity. Great camaraderie and beautiful countryside. Thanks again, SVBC.

Rob Byrd

(Thank you, Rob. Great ride, great day, great hospitality! - ed.)

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: GT Pro Freestyle Tour, Cro-Mo frame, perfect condition, \$375 to start. Call 248-5810.

FOR RENT: Tricosports bike case/carrier. Good for transporting your bike on plane, train, or bus anywhere in the world. Contact Dick Wettstone at 434-9430 (work) or 433-4884 (home).

SCHEDULE OF EVENTS

- SUNDAYS** 10:30am. Winter Road Rides. Dan Finseth will be leading rides from his house in Mt. Crawford, weather permitting. Call him for more information at 438-8063.
- SUNDAYS** 12 noon. Winter Training Rides. This winter, we bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will be meeting on a weekly basis for rides of one to two hours in length - weather to dictate the distance. Ride leaders will include Marcia, Bill, and Marquess. First ride will be on January 3rd and the series will be continued through March. Major snowfall means cancellation of ride and x-country skiing instead. Call Bill at 433-7154, or other ride leaders for location and other details. Shake off that winter feeling of blah and join us.
- January 1** Icicle Bike Ride. Noon. Bring in the New Year in a cycling kind of way with our annual New Years Day Ride. This will be an easy spin of one to two hours depending on the weather. We will stop midway for a hot chocolate break, if needed. Meet at Hillendale Park (first parking lot on the right). Call Bill at 433-7154 for more information and to confirm. Hope to see everyone out there.
- Jan 30 - Feb 27 California Coastal Cruiser. Four one-week tours, cycling from San Francisco to San Diego. For more information, call 201-796-9344, e-mail cycling@idt.net, or visit their web site at www.phys.psu.edu/DIEHL/wayfarers.html.
- February 6** Chili Ride. 2 p.m. We will cycle on a mixture of gravel and paved roads, so bring an appropriate bike. Meet at 1651 Park Road in Harrisonburg. Potluck dinner at Eric's following the ride (chili provided). RSVP for the ride, food, or both by calling 574-2798.
- February 13 Border Surf & Citrus. Harlingen, TX. Routes of 10, 25, 50, 62.5, and 100 miles. Call 956-428-3566 for more information.
- May 15 Tour De Chesapeake. Call 757-229-0507, or e-mail bikeva@bikevirginia.org for more information.
- June 25-30 Bike Virginia James River Odyssey. Richmond, Franklin, Hampton, and Williamsburg. Call 757-229-0507, or e-mail bikeva@bikevirginia.org for more information.

1998 MILEAGES



If you have your 1998 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 Jan-Feb/March

Al Clague Family

Andrew Jones Family

Marcia Lamphier & Larry Grossman

Marquess Lewis

Art Fovargue Family

Debbie Tuler

Scott Ripley 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.