



JULY 1999 NEWSLETTER

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

UPCOMING MEETINGS

July 14 6:00pm *Potluck Picnic at Bob McGovern-Waite's house in Bridgewater.*
 Please call Bob if you don't know the way to his house.

JUNE MEETING MINUTES

Sixteen people showed for the monthly meeting, this time held at the Spring Creek Community Center. As no officers were in attendance, Neups started the meeting and turned it over to Jim Sochacki. Jim talked about ideas for a Bridgewater to Broadway bicycle route. Lively discussion followed with a decision made

to draft letters to the city and county in regards to bicycling in general. The letter will be drafted by Len and Neups and e-mailed to all in attendance, and then some. (Please see the attached letters in this issue of the newsletter.)

Neups

WELCOME NEW MEMBERS

- | | |
|---------------|--------------|
| Robert Gooden | Elkton |
| Becky Matheny | Harrisonburg |
| Mike Welsh | Harrisonburg |

WELCOME BACK RETURNING MEMBERS

- | | |
|--------------|--------------|
| Mark Eckroth | Weyers Cave |
| Stin Lenkerd | Mt. Crawford |

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

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)

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://www.math.jmu.edu/~vanwyk/svbc/			

LONG RUN, GLOVES, AND TEARS

In preparation for my tour out West, I decided I better do a few more good climbs. This past Saturday I ventured up Long Run. It's been about three years since I've been on that route, and I'm hoping it's about three more years before I try it again.

I was not perturbed by the climb itself. Actually, it's quite an easy grade for the most part. But the rocks! It was bad enough being jostled going up. So I thought I'd do down Second Mountain Road. After a mile of that there is sign that reads "Dead End Road 3 miles". Now, did that mean the road dead ends in three miles or that I would meet up with that road in three miles? Since I didn't check the map before I left, rode out there to begin with, and was alone, I wussed out and returned to the top of Long Run. From there I proceeded down through the rocks.

Oh the agony! I think I stopped three times on the way down to let my body recover a little. Even if I had rear suspension (I have front), I don't think it would have helped much. Guys, do you really enjoy it that

much to risk ruin? I finally hit the blacktop and bent down to kiss it. What a relief. Literally.

Sunday I left early and decided to do the Trail of Tears loop. But the early start didn't keep me out of the humidity. My gloves were soaked from the inside. Since I don't like riding without gloves, I thought I'd try turning them inside out. And it worked. While it may look a little funny, the inside (that was now outside) got dry. Of course, now the inside (formerly the outside) was soaked. So I did another flop. That little trick got me through the ride. You might want to try it.

Lastly, Jim let me know during the Wednesday night ride (can you believe we had 20 people there? That's about a third of our membership!) that no matter which direction you ride in Montana, the wind is always at your face. Well, I guess nature wanted to help me out with that today, too. Once I hit New Market, the wind picked up from the south and stayed in my face all the way back home.

Neups

17th ANNUAL SHENANDOAH VALLEY CENTURY

I know we haven't even gotten through with the SVBF yet, but century preparations are under way. The next meeting of the century committee will be on Wednesday, July 21st at 7:30pm at the house of Neups. Call if you need directions. Please join us if you can and help lend a hand. Thanks!

ADVOCACY

Well, the time has come for some member action! As many of you know, at the June SVBC meeting we decided to draft letters (included in this newsletter) for the Harrisonburg City Council and the Rockingham Board of Supervisors to make it easier for the bicycling masses to voice their support for safe bicycle transport. So please take the time to sign and mail the appropriate letter (depending on whether you live in the City or the County), and encourage any like-minded non-members to do so too. Of course, if you would like to draft your own letter instead, feel free. We desperately need this type of grassroots support in order to grease the wheels of change in this area.

Speaking of citizen action, a few months ago I asked George Dodson, the manager of the Rite Aid drug store on South Main Street, to install a bicycle rack outside of his store. As you may have noticed, he did. So, when you shop at that particular Rite Aid, tell him "thanks".

Leonard VanWyk
Advocacy Coordinator

CLUB JERSEYS

There have been a few discussions during the past few months regarding club jerseys. At this point it is still just discussion. To move this forward we would like to find the answers to a few questions and a few people willing to take on this project. How many of you are interested in a club jersey? If you are interested, how much would you be willing to pay? The assumption is that the jerseys will be sold at or very near cost, but we need to determine what constitutes a "reasonable" cost. What sort of research, design, or other help might you be willing to offer? The only way we can make this happen is by getting involved. Please contact Dan Finseth (via e-mail at dafinseth@rockinghamgroup.com or phone 438-8063) if you are interested in a jersey and/or willing to help with this project.

INTERESTING ARTICLE

This article appeared on the front page of the New York Times, June 7, 1999. - ed.

No Work for a Bicycle Thief: Children Pedal Around Less

By PETER T. KILBORN

HANNIBAL, Mo. -- These are exquisite days to ride a bike in this all-American, middle-American boyhood home of Mark Twain. Children can ride to school, to the Tom Sawyer Cave a couple miles south of town, to the banks of the Mississippi for fishing, or to a park to play pitch and catch.

They can and they did, but they don't any more. Hannibal's parks, river banks and schools are all but barren of bikes. Plastic riding toys cover the lawn of Ya Gotta Have It, a store that sells secondhand toys, but the few bikes are stored in the back room. A late-afternoon tour of a subdivision yielded two people on bikes and four on riding lawn mowers.

As vacation approached for the 350 pupils at Oakwood Elementary School, only four bikes were parked outside. Kenneth Treaster, principal of the 950-student Hannibal Middle School, said, "I can remember one kid riding a bike here in the three years I've been in this building."

As Hannibal goes, so goes the nation. In the shadow of a long, slow decline in cycling generally, the bicycle as a century-old symbol of childhood freedom and transportation is nearly extinct.

"Biking as a form for children to get from one location to another has become very, very rare," said Richard Killingsworth, a health scientist for the Centers for Disease Control and Prevention in Atlanta.

Less than 1 percent of children ages 7 to 15 ride bikes to school, Killingsworth said, a precipitous and accelerating decline of 60 percent to 70 percent since the 1970s. Only 2.5 percent of those who live within two miles of school ride bikes there, he said.

For children, such analysts say, bicycles have been muscled aside by parental fears of crime and traffic, tight scheduling of organized play, television and computer games, and disappearing sidewalks. This century's longest stretch of prosperity, with its abundance of part-time jobs for teen-agers that have put 16-year-olds into cars, has conspired against bicycles, too.

"I was talking about it over the weekend," said Cathy Carver, 42, who was having coffee at the Mark Twain Dinette. At a garage sale, she said, "they had a black 10-speed for \$2."

"Thing of the past," said Greg Henderson, 43, a grain inspector sitting at the counter beside Ms. Carver. "Nintendo," he said. "They'd rather do that than go out and ride a bike."

Ms. Carver has a daughter, 11. "She's never had any desire to have a bike," she said.

"Now my daughter did," Henderson said. "She had two bikes. But by the time she got to 12, she was done. She hasn't rode a bike since."

It is not that bicycles are disappearing. The industry reports robust sales of mountain bikes to mostly adult riders, of soft-saddled "comfort" bikes to aging baby boomers and of recumbent bikes that let riders lie back to pedal.

But over all, Huffy Corp., in Dayton, Ohio -- the United States' largest bike maker -- reports that industry sales of bikes have fallen from the levels of the 1970s and been flat at 15 million to 17 million for a decade. With the growth of the population, the per capita decline is sharper.

And fewer people use the bikes they have. Elliot Gluskin, research director for *Bicycling Magazine*, said the number of riders dropped to 43.5 million from 56.3 million just in the years from 1995 to 1998.

"We are living in a much less friendly bicycle environment," said Tom Doyle, vice president for research at the National Sporting Goods Association.

There are few statistics on children who ride bikes. But no one denies that the number of young bike-riders has declined.

Not so long ago, Diane Colbert, 38, and her husband, Jerry, 40, were glued to their bikes. Growing up in Bowling Green, 30 miles south of Hannibal, Ms. Colbert said: "I had a 10-speed. I rode 15 to 20 miles a day. I was everywhere on my bike. You didn't have to worry who was out when."

But these days, safety is a big issue. The Colberts and their son, Jaron, 12, were holding a garage sale at their small ranch house in a sidewalk-free subdivision of Hannibal, and Jaron was trying to sell his bike, which he has outgrown, for \$15.

He would like another bike but can live without one. "I'd like to ride to the place where I play baseball" two miles away, he said. "But there's the traffic." So his mother drives him.

Dylan Mardis, 9, who lives in another subdivision, has two bikes -- one he uses and one he has outgrown that a friend comes over to ride. His father, David Mardis, 45, said that as a child in Des Moines, Iowa, he rode a bike a mile to school every day. "I'd ride all over town," he said.

Dylan said, "I ride, too, every day." But he is not allowed off his own block, where his parents know all the residents. Mardis said: "Parents are so distrustful of what society has done to children. Maybe that's paranoid, but it's real."

Such parental concerns, widespread in Hannibal, may be overdrawn. No one seems to know of statistics showing crime involving bicycles, other than thefts, which have been declining far more than the decline in bike riding. The FBI reports 318 bicycle thefts for every 10,000 Americans in 1980 compared with 165 per 10,000 in 1996.

In part because of the growing use of helmets, fewer people are dying on bikes. In a typical year, 2 percent of traffic fatalities involve bicycle riders.

The Insurance Institute for Highway Safety says that bicycle deaths fell to 808 in 1997 from 965 in 1980, exceeding the fall in bicycle sales. It says deaths involving riders under 16 have fallen far more, to 31 percent of all bike-riding fatalities in 1997 from 55 percent in 1980.

In Hannibal, too, accidents are far more common for automobiles. The Police Department reports about 900 traffic accidents a year. "We've had a couple involving bikes," Police Chief Albert Higdon said. "But they're few and far between."

But Higdon is leery, too, about his daughters, ages 9, 10 and 16. "I won't let them go off on a bike without my knowing where they're at. I don't like them crossing a major highway."

Pat Janes, the principal of Oakwood Elementary, questions whether safety is a big issue with many of his pupils' parents.

Half his pupils live more than a mile from school, he said, and are eligible for busing. Some who live closer walk. But so many are driven by parents that he said he has had to start dismissing those children five minutes early to avert congestion with the buses.

Tight scheduling of after-school activities, for soccer, baseball, horseback riding, piano lessons and dance classes, precludes riding bikes from one to the other. Beyond that, Janes said: "Bicycles just don't seem popular. It might just be they need too much effort. Or maybe Mom wants her kids to sleep later."

With vans now shuttling them to school and playgrounds, and computer games to amuse them at home, children are getting fat. Killingsworth at the Centers for Disease Control, said 22 percent of American children are obese, twice the level of the mid-1980s. Nutrition is a factor, but so is physical inactivity. With parents taking children to school, he said, "they're not even walking to a bus stop."

Ross Brownson, an epidemiologist at the School of Public Health at St. Louis University, said, "Technology has engineered physical activity out of our lives." Highways and subdivisions have been engineered to accommodate cars, not walking or bike riding.

"We have to find a way to make our communities more friendly to physical activity," Brownson said. "Bring back sidewalks and wider shoulders on the sides of roads and parks."

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 these rides. Together, we will work, train, and have a good time on our bikes and, hopefully, help 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 the leaders and that they 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. We promise that everyone will learn at least one new way to improve your cycling skills. Call Bob McGovern-Waite at 828-0954 or Bill Taylor at 433-7154 for more information.

CLASSIFIEDS

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).

FOR SALE: Specialized Hard Rock 19" Mountain Bike. Excellent transportation. Grip shift with new rear derailleur. Recently serviced - new brake pads and chain, maintenance-free crank bearings. Call Jean at 432-9086.

FOR SALE: Post-Moderne brand suspension seatpost. Elastomer and coil spring compression, 40mm of travel, adjustable preload, nice seat clamp. 26.8mm diameter with a shim for 27.2mm frames. Take the sting out of those long mountain rides. \$45 OBO. Contact Eric at 574-2798.

FOR SALE: 1). Burley Samba Tandem, 21/18, Color: purple, 3 years old, ridden @250 miles, 4 bottle racks, computer, mirror, tire pump, kickstand, upgraded tires, seats, stems, and handlebars. Asking price \$1200.
2). Yakima tandem bike rack and wheel fork mount with locks. \$225.
3). Yakima rack system (not raingutter style) with locks & wind fairing, poles = 4 feet. \$175.
4). Two single bike racks with lock jaw with locks. \$50 each.
Contact Linda Elliott, elliottlm@jmu.edu, 540-289-6815 home, 540-476-2262 cell.

8th SHENANDOAH VALLEY BIKE FESTIVAL

The Shenandoah Valley Bike Festival will be taking place the weekend of July 23, 24, and 25. The festival rides will start at Bridgewater College on Saturday, July 24. The ten rides being offered on Saturday range from the requisite century to gentle 20-ish mile loops around the Bridgewater area. There will also be a 20-mile mountain bike ride which will start as a auto caravan from Bridgewater College. In addition to the festival rides on Saturday, there will be a club ride at 5:30 on Friday and a "volunteer recognition" ride on Sunday morning. The festival continues to be an exceptional bargain, with the fully supported rides and the all-important T-shirt included in the \$15 entry fee. To register for the festival contact Bill McAnulty (prman@cfw.com).

This year, more than ever, the assistance of club members is needed to make this a successful festival. There are opportunities to serve as ride leaders, help with rest stops, or help with other ride support. If you would like to guide bikers through our beautiful valley as a ride leader, contact Marcia Lamphier. The festival is a great opportunity to showcase the Shenandoah Valley Bike Club and ensure that all of our bicycling guests enjoy their visit to "our roads." The \$15 registration fee is waived for all festival volunteers.

Below is the list of scheduled rides:

Saturday - July 24th

7:00am	Century (100 miles)	9:30am	Mountain Bike Fun (20 miles)
7:30am	Metric Century (65 miles)	10:00am	Natural Chimneys (32 miles)
8:00am	Union Springs Creek Ride (22 miles)	10:30am	Dry River Run (25 miles)
8:30am	Westward Ho (31 miles)	1:30pm	Silver Lake Ride (20 miles)
9:00am	Base of the Mountain (40 miles)	2:00pm	County Line (20 miles)

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 the parking lot at Harrisonburg High School. Call Marcia at 289-6712 for more information.
THURSDAYS	6pm Road Ride at Keezletown Elementary School. Fast and furious. Well, it used to be. Much scaled back, but still can be a good A ride, 18-20mph.
SUNDAYS	8am. Summer Road Rides. Dan Finseth will be leading rides from Bridgewater College, weather permitting. About 40 miles at a B pace. No one gets dropped. Call him for more information at 438-8063, e-mail dafinseth@rockinghamgroup.com, or Rich Harris at 828-2380, e-mail harrisra@jmu.edu.
July 1-5	RiverRide in the Hudson Valley, Mount Kisco, NY. Supports the Juvenile Diabetes Foundation. Call Norman Fulton at 914-245-7174 for more information.
July 3	8:30am. Meet at Montevideo Middle School for a 35-mile ride. Please contact Marcia (289-6712) for more details.
July 3-10	Cascade Peaks. Starts and ends in Redmond, WA. An Adventure Cycling tour. Call 1-800-755-2453 or e-mail tours@adv-cycling.org for more information.
July 10	The Navigate Indy This Evening Ride, Indianapolis, IN. Call Neups for more information.
July 17-23	Lighthouse Tour. Starts in Bar Harbor, ME. Call 207-743-9018 or e-mail Moosa@Megalink.net for more information.
July 17-25	The Great Northern Crossing of Pedal Pennsylvania. Erie to Philadelphia. Call 215-561-9679 or e-mail bobi@pedal-pa.com for more information.
July 18	Wannabe Ride. 12:30pm meeting at Wildwood Park in Bridgewater. Contact Bob McGovern-Waite (828-0954) or Bill Taylor (433-7154) for details.
July 18	Massanutten Hoo-Ha. View their web site at www.mountainbikevirginia.com.
July 18-24	5 th Annual Bicycle Tour of Colorado. Telluride Alpine Loop. 468 miles. Call 303-985-1180 or see their web site at www.bicycletourcolo.com for more information.
July 23-25	Chowan Weekend Getaway. Murfreesboro, NC. Contact Fran Adams at 757-467-2775 for more information.
July 23-26	LAB National Rally. Wine, Vines, & Valleys. Sonoma County, CA. Call 202-822-1333 or e-mail bikeleague@bikeleague.org for more information.
July 23, 24, 25	8th Annual Shenandoah Valley Bike Festival! Bridgewater College. Club ride on July 23rd starting at 5:30pm. Rides scheduled all day on the 24th. Plus a "volunteer" recognition ride at 9am on July 25th. Please join us in Bridgewater!
July 24-30	Cycle Across Maryland XI. Western Maryland. Call 1-888-226-7433 or visit their web site at http://cyclexmd.org for more information.
July 25-31	Bon Ton Roulet. 3 rd Annual. Seven days, 400 miles through the Finger Lakes Region of central New York. Call 607-756-2893 for more information.
July 25-31	MOOSA Tour. Starts in Skowhegan, ME. Call 207-743-9018 or e-mail Moosa@Megalink.net for more information.
July 31-Aug. 6	Cycle Montana. Adventure Cycling Association. Call Neups for more information.
August 1-6	Moose Tour. Maine. Call 207-743-5993 or e-mail moosetour@ctel.net for more information.
August 7	Dog Daze Century. West Chester, PA. Bicycle the roads of Pennsylvania and Maryland. Terrain is rolling, occasionally hilly. Call Ann Marie Sullivan at 610-644-3792 for more information.
August 8-13	Tri-State Wheelers Bicycle Tour. Massachusetts, New Hampshire, and Vermont. Call 1-800-727-9711 for more information.
August 21-27	Cycle Vermont. Sponsored by the Adventure Cycling Association. Starts and ends in Burlington. Camping at Vermont State Parks. Call Neups for more information.

August 21	Stone Bridge Century. Hagerstown, MD. Crosses fourteen stone arched bridges. Metric century also offered. Call 301-733-3067 or e-mail bee@intrepid.net for more information.
September 11	13th Annual Amish Country Tour. 15, 25, 50, 62, and 100 miles. Post ride feast for all riders as they are entertained by some local bands. Their web site address is http://www.delanet.com/~kimmik/ACT_Home.html .
September 12	17th Annual Shenandoah Valley Century!
September 18	9 th Annual Adams Apple Bike Ride. Gettysburg, PA. 25, 50, or 100 miles. For a registration form or more information, call 717-334-8151.
September 25	2 nd Annual Bike Shenandoah. EMHS, Harrisonburg. 100, 62, 30, 15, and 5 mile options. Call John Kerider at 574-4873 or e-mail him at bikeshen@aol.com for more information.
October 2-16	Mountains to the Sea. The cross-state recreational bike tour. Murphy to Manteo, NC. Choose from 14-, 7-, 6-, and 1-day options. E-mail ncas@interpath.com for more information.
October 9	11 th Annual Sea Gull Century. Salisbury State University, MD. Limit 7,000.
October 15-17	32 nd Hilly Hundred Weekend Bicycle Tour, Bloomington, IN. Call Neups for more information.
Various	Ultimate Bicycle Tours has a variety of trips this year, including Alaska, Russia, and China. Call 1-800-347-6136 for more information.

1998 MILEAGES



Marcia Lamphier	6,533	David Knicely	2,888
Neups	5,554	Eric Aschenbach	2,835
Bill Painter	4,015	Ellen Painter	2,670
Mark Eckroth	3,356	Hank Schiefer	2,103
Mahlon Webb	3,202	Larry Grossman	1,750
Zack Perdue	3,168	Alice Webb	1,580
		Scott Ripley	667

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 JULY/August

<u>Eric Aschenbach</u>	<u>Rich Harris</u>	<u>Glen Heatwole</u>	<u>Dan Neher</u>
Olivia Gibboney	Thomas Jenkins	Alice Stecker	Vicki and Steven Wise
Clara Ziegler			

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.