



SEPTEMBER 1999 NEWSLETTER

SVBC OFFICERS

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

TRAIL MAINTENANCE

Every year a group of us do a lot of work with the George Washington National Forest. This year we would like to meet and exceed our goal of 500 volunteer trails hours. We have already reached 200, so we believe this will be no problem.

For the months of September, October, and November we will be doing trail maintenance. It is

focused for all user groups. We will be leaving the Food Lion parking lot on South 42 at 9:00 a.m. the second and fourth Saturdays of each month (September, October, November).

The contact person is Thomas Jenkins. He can be reached at 434-9943 or e-mail tjhughjass@aol.com.

Thanks!

UPCOMING MEETINGS

September 13	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

WELCOME NEW MEMBERS

Mary Atkins	McGaheysville
Kristy Hulett	Harrisonburg
Jim & Lynn Mannion	Singers Glen

WELCOME BACK RETURNING MEMBERS

Eric Aschenbach	Harrisonburg
Debbie and Brian Bauer Family	Elkton
Robert Brookshire	Harrisonburg
Robert Byrd	Swoope
Glen Heatwole	Harrisonburg
Thomas Jenkins	Harrisonburg
Brent & Judie McNett	Dayton
Jim & Charlene Mitchell	Harrisonburg
Bill & Ellen Painter	McGaheysville

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/			

8TH ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL

I would like to take this opportunity to extend a very special THANK YOU to all my Ride Volunteers for the 8th Annual Shenandoah Valley Bike Festival held July 24. I really appreciate all of your help and support throughout the entire weekend. My Ride Volunteers are the BEST!!!

Dan Neher	David Knicely	Janell Hofmeister
Marshall Hammond	Tom Mayer	Jean Johnson
Eric Aschenbach	Dan Finseth	Brent & Judie McNett
Kristy Hulett	Betsy Haynes	Becky Matheny
Dave Frye	Mike Welsh	Neups
Len VanWyk	Art Fovargue	Scott Ripley
Jody Hess	Larry Grossman	

Congratulations to Bill McNulty and the Bike Festival Committee for another successful SVBF. Bill, we truly appreciate all of your hard work and the endless hours you put into this event. Your efforts do not go unnoticed!! Thanks, Bill!

Marcia

THE GRAND TETONS

To continue with my Western saga...

Day three had in some grand scenery. We left Yellowstone behind, but we were entering Grand Tetons National Park. And the scenery turned out to be even more spectacular. About 23 miles in to the day's ride, I spotted a baby elk all alone in the woods beside the road. A moment later the mother caught up to it and they both bounded up the mountain I was about to climb. Signal mountain was five miles up to 7,593', with a good view of the Tetons once you got there. After the downhill, the views just kept getting better as we rode past Jenny Lake and the entire range. We ended the day with a mad dash (and a lot of testosterone flowing) into Jackson and on to our KOA campground.

Our next day was one of rest. I took my first

whitewater rafting trip, which was on the Snake River. We had a good trip and saw some osprey nests, an osprey hawk in flight, and even a river surfer. The surfer rides the rapids. The water moves, but he doesn't. Pretty neat to see.

Our rest day was to prepare us for Teton Pass. We started up this six-mile climb right after breakfast! It started with a 7% grade for the first half-mile as a warm-up. Then the next 5-1/2 miles are at 10%. Going down I was able to reach 51mph, my personal speed record. The ride ended in Ashton, right after passing a canola field all in bloom. Lots of yellow. And I could still see those Tetons, some thirty miles in the distance.

Next month, the end of the saga.

Neups

TIDBITS

TOKYO, Japan—Japanese Diet (parliament) members are promoting bicycles as a way to reduce carbon dioxide emissions.

ROME, Italy---The Italian government is investing \$65 million in the country's bicycle infrastructure. In an effort to reduce pollution and inner-city traffic congestion, Italy will create a network of cycling lanes, bicycle rental facilities at public/private parking lots, make public transportation bike friendly and encourage cycling tourism.

ADVOCACY

The second meeting of the ad hoc committee for revising the Harrisonburg bicycle plan occurred in early August. The 8-member committee -- of which Art Fovargue and I are members -- divided up the task of reformulating the relevant content of the previous Harrisonburg-Rockingham Bicycle Plan into the format of the Davis (CA) Bicycle Plan. My job is to categorize streets in Harrisonburg based on their bicycle-friendliness; any feedback is appreciated.

I spoke with Phil Hearne, the Director of the Rockingham Public Library, about bicycle parking for the library. He ordered a 4-bike rack which will be placed somewhere across the street from the library (next to the municipal parking lot). So, when you are at the library, say "thanks". He will also be requesting bicycle parking for the new library building, something he hadn't thought of until I mentioned it. (This is advocacy in action!)

In order to have something to hand to people I interact with (as above), I had some SVBC "business" cards made up with my e-mail address, etc. They look pretty snappy, and have already come in handy. If you're nice to me, I'll show you one.

I wrote an article which appeared in the August issue of Common Ground. Unfortunately, editorial errors mangled parts of it, but the basic information (about the state of bicycling in the area) was transferred correctly.

I got a hold of the new "Pennsylvania Bicycle Driver's Manual," which is subtitled "Street Smarts - Bicycling's Traffic Survival Guide" by John S. Allen. It is a very good document. To give you a sense of the content, the seven sections are titled: Off to a good start, Where to ride on the road, Riding through intersections, Getting across non-standard intersections, Steer out of trouble, Using your brakes, Riding in groups, Riding in rain and darkness, and Ways to deal with tough situations. Virginia should have such a manual.

Len VanWyk
Advocacy Coordinator

PEDALING INTO THE 21ST CENTURY

The following is from Kenneth Wykle, the main administrator for the Federal Highway Administration (FHWA). The FHWA is an agency of the U.S. Department of Transportation with 3600 employees, a field office in every state and an annual budget over \$21 billion. They have a long-term influence on US transportation, & while they have been entirely pro-car in the past, they definitely have turned around to recognize and encourage alternatives. This recent paper shows where they are headed and suggests how we can benefit if we act locally. This gives us something to help at the local and state level.

PEDALING INTO THE 21ST CENTURY

By Kenneth R. Wykle, Administrator, Federal Highway Administration

President Clinton and Vice President Gore have established the development of livable communities as a top priority for the Administration. Livable communities -- places where people can work together to improve the quality of their lives -- means encouraging development patterns that give people safe, accessible and convenient transportation choices. Those are, by definition, friendly to bicycling.

Following the strong direction from the President and the Vice President, government agencies have begun to view bicycling as a serious part of our national transportation system -- a transportation choice instead of a recreational activity only. And more and better things are coming for bicycling in the future.

Under the leadership of the Federal Highway Administration (FHWA), spending for bicycle and pedestrian projects has increased from about \$4 million of federal money annually in the late 1980s to an average of \$160 million a year during the 1990s. Even this amount was on a continual upswing, reaching \$239 million in 1997. In addition, significant amounts of money are being invested by state and local governments to improve conditions for bicycling.

The Transportation Equity Act for the 21st Century (TEA-21), which President Clinton signed into law last year, holds even greater potential for funding bicycle facilities and programs. State and local transportation planning agencies also are more aware of the demand for facilities that will allow people to bicycle and of the environmental, economic and congestion-relief benefits of bicycling. As a result, we expect a continued surge in bicycle facility investment as an alternative to the investment of the past, which too often excluded bicycling as a choice.

We have made tremendous progress in the last few years. More American adults are riding bikes and walking. But we must continually focus on our number one priority -- safety -- while at the same time creating an environment that encourages bicycling and walking.

Our goal is to double the percentage of trips made by bicycle and foot while, at the same time, reducing the absolute number of fatalities and injuries involving bicyclists and pedestrians by 10 percent.

We have found that more than one-fourth of all travel is one mile or less and 53 percent of all people live within two miles of a public transit route. These short trips hold tremendous potential for increasing the amount of bicycling.

To reach our goal, we will be reaching out to the state and local officials who are responsible for making most transportation decisions under our program. We will be encouraging them to consider bicycling when they write their plans and we will be developing procedures that will require that consideration in a systematic way.

Today, at FHWA, we are approaching transportation with a new perspective that will produce more consideration and more access for bicyclists. We have a new vision that says that the super-highway is not always the answer.

The quest for road improvements does not always have to result in a huge, multi-lane road that leaves little or no room for bicyclists and pedestrians. Instead, a well designed highway can balance the needs of bicyclists and motor vehicle traffic.

While FHWA will continue to provide leadership from Washington, bicycling advocates must make their voices heard at the state and metropolitan planning levels. The legislation of the 1990s opened the door of the planning process to public involvement. Our guidance to the planning organizations will ensure that bicycling and walking are given consideration. However, it is up to bicycling advocates to participate and to make sure that what is planned is well designed and maintained.

In the federal transportation program, funds are distributed in general categories to state transportation departments and metropolitan planning organizations. Bicycling projects are broadly eligible for funding from most of the major federal-aid highway, transit, and safety programs.

Decisions to allocate these funds are now and will continue to be made at the state and metropolitan level, but we will through consultation strongly encourage the funding of bicycling facilities and programs.

TEA-21 not only directs consideration for bicyclists in the planning process but it also requires consideration of bicycle facilities in conjunction with all new construction and reconstruction of transportation facilities, except where bicycling is explicitly not permitted. We hope that prohibition will be applied to a dwindling number of places and only on a sound safety basis.

Bicycling is economical, environmentally sound and healthy. It can and should be an available alternative for people to get around whether it is to work, school, shopping or visiting friends. People shouldn't have to use a gallon of gasoline to get a quart of milk. Increased use of bicycling as a means of transportation also will help protect the environment, reduce traffic congestion and develop more livable communities.

If we are to reach our goals, bicycle advocates must become involved in the planning process at the state and local levels. By making planners and other decision-makers in all 50 states aware of the demand for bicycle facilities, we can develop a better transportation system and, ultimately, a better nation.

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: 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, elliotlm@jmu.edu, 540-289-6815 home, 540-476-2262 cell.

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.

September 5 *The 11th riding of the Tour de Valley Century. Great ride. Great party afterwards. See their web page at <http://cfw.com/~ringgold/mpzero.htm> or call Neups for more information.*

September 6 **Workers' Century. 9am. Wildwood Park, Bridgewater. Come help us mark this year's route. Rain or shine!**

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 9th Annual Maryland Wine Festival Bike Tour. Westminster, MD. Sponsored by the ALA. Call 1-800-642-1184 for more information.

September 18 Rappahannock Rough Ride. To benefit the Fauquier Free Clinic. Call 540-347-0394 or e-mail kfk01@citizen.infi.net for more information.

September 18 9th Annual Adams Apple Bike Ride. Gettysburg, PA. 25, 50, or 100 miles. For a registration form or more information, call 717-334-8151.

September 19 **12:30pm. Wannabe Ride. Wildwood Park, Bridgewater. Call Marcia for more information.**

- September 25 2nd 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.
- September 26 Cannon Ball Century, Fredericksburg. 25, 50, 62, or 100 miles of rolling terrain. Call Caren Saunders at 540-786-0296 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 11th Annual Sea Gull Century. Salisbury State University, MD. Limit 7,000.
- October 9-10 MS150 Shenandoah Valley Classic. Middletown to **Harrisonburg**. Call 1-800-FIGHT MS for more information.
- October 15-17 32nd Hilly Hundred Weekend Bicycle Tour, Bloomington, IN. Call Neups for more information.
- October 16-17 The American Lung Association of the District of Columbia is sponsoring its **SECOND ANNUAL CAPITAL CITIES BIKE TREK** to combat lung disease. For more information call them at (202) 683-LUNG (5864) or e-mail them at info@aladc.org.

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 SEPTEMBER/October

Sharon Babcock	Sandy Brownscombe	Judy Freudenthal
Ken & Sylvia Isaacson	Bill McAnulty	Hank Schiefer
Mahlon & Alice Webb	Olivia Gibboney	Alice Stecker
Vicki & Steven Wise	Clara Ziegler	
Nick Boucher	Dave & Nancy Cary	Bruce Johnson
Tom Mayer	Bob McGovern-Waite	Zack Perdue

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.