



## OCTOBER 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 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 (October, November).

The contact person is Thomas Jenkins. He can be reached at 434-9943 or e-mail [tjhughjass@aol.com](mailto:tjhughjass@aol.com).

Thanks!

### UPCOMING MEETINGS

<b>October 11</b>	<b>6:00pm</b>	Pre-meeting ride starting at Luigi's?
	<b>7:30pm</b>	Monthly meeting at Luigi's.

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

Betsy Dunnenberger	Mt. Crawford
Tim Hollenbeck	Bridgewater
Tamer Moumen	Harrisonburg

### WELCOME BACK RETURNING MEMBERS

Dave & Nancy Cary	McGaheysville
Bob McGovern-Waite	Bridgewater
Hank Schiefer	Harrisonburg
Mahlon & Alice Webb	Swoope

*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		
	<u>Web page</u>	<a href="http://www.math.jmu.edu/~vanwyk/svbc/">http://www.math.jmu.edu/~vanwyk/svbc/</a>			

## OUT WEST, PART III

After the previous day's ride up Teton Pass, we decided to ride easy out of Ashton. It looked like a nice day shaping up, so I left the warmers in my bag. But last night's passing cold front kept it cooler than anticipated. Of course, we first had to climb 4-1/2 miles out of the city. And with the wind at our backs, it seemed comfortable. But just over the climb, we just couldn't shake the chill. At the rest stop we asked the staff person for hot chocolate. Once she made it for us, it seemed everybody wanted some. I guess it was pretty chilly after all.

The end of the day had us climbing another four miles up Targhee Pass. This landed us on the boundary of Idaho. At the top we had our picture taken by another kind of biker. This one rode a Harley. Camp was just an easy two mile decent away.

The last night broke very cold. I woke up in the middle of the night searching for items of clothing to put on, as my sleeping bag was only rated to 40 degrees and the temperature dipped to 25. I packed up the tent with frost still on it and started out on the century back to Bozeman. Little did I know that not being a coffee drinker was a handicap. The group I intended to ride with stopped for some espresso and stayed 45 minutes. Add to that the 15 minute head start I took and I had enough of a lead that the pack never caught me. Be that as it may, I enjoyed the day, taking pictures I never would have been able to had I wanted to stay with a pack. But we all got together for dinner and toasted ourselves one last time, knowing tomorrow's trip was to our homes.

Neups

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## ADVOCACY

**Bike plan:** The committee charged with revising the Harrisonburg Bicycle Plan (HBP) met for the third time September 15. We are now playing e-catch with a Word document, modifying it as we go. As I mentioned previously, the basic structure of the document resembles that of the Davis, CA plan.

Thanks to all who sent me feedback on the "bicycle friendliness" of various roads throughout the City. If any of you have a theory about the best routes for riding, let me know. The tough part of the development of the HBP will be designating the primary bikeway system, since most of it will require infrastructure improvements, which cost big bucks. Fortunately, the new transportation bill, TEA-21, can provide up to 80% of the cost.

I have been told that Rockingham County is "studying" the feasibility of bicycle paths/lanes. Certainly this is due to the number of letters the Board of Supervisors received after our meeting in Spring Creek last summer. We'll see what happens with it.

**Here come da judge:** I am taking a reckless driver to court. Four of us from the club (I won't name the other 3 since I'm not sure they want to be named here) were riding south on South High Street when a driver swung out wide and then cut in sharply,

buzzing me (I was in front) by about a foot. Anyway, we got a description of the car and the license, I called the police, they eventually told me who s/he was, I went to the magistrate to get a summons written up (for reckless driving), and we have a court date in late October. I am sick of idiots driving 2-ton vehicles next to my head because they find me an inconvenience.

**Get on-line:** I stuck a SVBC application on the club web page. At the SVBC Century, a few people from elsewhere mentioned that they have actually read the web pages, so somebody is using them!

**Another article:** I wrote an article making the case for commuting to JMU by bicycle (among other things) which appeared in the September 7 issue of the Breeze, JMU's newspaper.

**Stow it:** When you are out on a ride, try not to toss banana peels, etc., onto the side of the road. Although biodegradable, they don't biodegrade overnight, and as a result they make our roads look like they are bounded by garbage dumps. Stuff the peel back in your pocket and dispose of it later, or at least toss it deep in the woods. I have been told by non-riders that they see bicyclists tossing all kinds of crap onto the roads, and this does not help our image.

Len VanWyk, Advocacy Coordinator

## 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: 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.

## THE POCONO CENTURY TOUR

This year I realized that it was my 20th anniversary of riding centuries. And what better way to celebrate this momentous occasion than to go back to where it all started? The Pocono Century Tour from Scranton, Pennsylvania. Of course, this meant a five-hour drive and an overnight stay. But it would give me a chance to see old friends and catch up on the happenings at my alma mater. Plus, it was also the PCT's 25th anniversary. This was just too much to pass up.

Though there were many riders the last time I rode this tour, the 7am start only had nine riders, and two of them were only doing the half-century. And though we eased out of the city, we were down to four riders after only four miles. After another four miles we started the dreaded climb up Suscon Road. My memory told me this was quite a climb. My legs reminded me that, indeed, it was. At one point, I had to zigzag up one section. As I got further into the ride, I realized they changed the route from the one I had done so many years ago. And that meant I had two other opportunities to zigzag up a climb. They were that steep and that long that I couldn't power my way up. I just ran out of gears.

Along the way I saw three different flocks of wild turkeys. I'm glad Ben Franklin didn't win out when he nominated these birds to be our national symbol. They were so slow as they walked across the

roads I think I could have hunted them with a stick. I also saw three parachuters as they drifted toward the ground. And trees were everywhere, which made for a very shady ride. One interesting item was the number of bridges that noted a 10 ton limit, but only during February, March, and April. Can an engineer please let me know the reason for this?

The lack of riders meant that I rode solo for fifteen miles the first half. The few riders with me at the start of the first climb drifted back quickly. Two of them finally caught me at the first rest stop, which ended up not being staffed. As we rode and talked I found out the hammerheads no longer ride the century. They only do the half century now. Maybe doing the century would drop their average speed for the year too much. At the halfway point, the two other riders waited on their other friend, so I ended the second half totally solo. Even so, I finished in 6-1/2 hours. But what surprised me was that I got to shower and snack on some food before the next two finishers, 45 minutes behind.

All in all, it was a beautiful, but tough, ride. As one old friend told me that day, "I'm not intimidated riding anywhere else because I have to ride the climbs around here all the time." Try it for yourself sometime. But bring a low enough gear.

Neups

## 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.

## WWW TIDBITS

We are looking for beta testers for our new sports & training site called BigSweat.com (<http://www.bigsweat.com>). Designed to bring sporting communities closer together, we feel BigSweat.com is the most interactive, collaborative, and fun sports and training site on the net.

Membership is free and includes the following services:

- A personalized workout calendar with innovative calendar-sharing
- An event calendar
- New Internet-based race formats

## SCHEDULE OF EVENTS

Helmets are required on all **club rides**.

- 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. NOTE: OCTOBER 27<sup>TH</sup> WILL BE THE LAST WEDNESDAY EVENING RIDE FOR THIS YEAR.**
- SUNDAYS**      **9am. 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](mailto:dafinseth@rockinghamgroup.com), or Rich Harris at 828-2380, e-mail [harrisra@jmu.edu](mailto:harrisra@jmu.edu).**
- 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](mailto:ncas@interpath.com) for more information.
- October 9**      **AUTUMN PEAK RIDE. 9am. Meet at Montevideo Middle School. 35 miles. Today is the Autumn Peak Festival at Massanutten Resort. Come out for the ride, then join in the festivities at Massanutten. Please contact Marcia (289-6712) for more details.**
- October 9      11<sup>th</sup> 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 10**      **Wannabe Ride. 12:30pm. Wildwood Park, Bridgewater.**
- October 15-17      32<sup>nd</sup> 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](mailto:info@aladc.org).
- October 17      Tour du Port 1999. Baltimore, MD. 22 or 9 mile options. Lunch and T-shirt included. Call 410-876-8889 or visit their website at [www.bikeeventsgroup.com](http://www.bikeeventsgroup.com) for more information.
- October 23**      **Augusta County Ride. 9:30am. Meet at the Churchville Community Center (Rt. 42 South to Churchville, then left onto Rt. 250. The Community Center will be located near Fisher's Auto Parts and MJ's Restaurant. Rob Byrd will take us on a 25-30 mile favorite ride of his in Augusta County. Please contact Rob for more details at 540-337-6366.**
- October 23      Between the Waters Bike Tour. Cape Charles, VA. Benefits Citizens for a Better Eastern Shore. Call 757-678-7157 or e-mail [cbes@esva.net](mailto:cbes@esva.net) for more information.
- October 29-31      Bike Virginia Fall Foliage Bike Festival. Staunton. Call 757-229-0507, or e-mail [bikeva@bikevirginia.org](mailto:bikeva@bikevirginia.org) for more information.
- November 6      Mattamuskeet Fun Ride. Swan Quarter, NC. 9am. Routes of 35, 45, 55, or 70 miles. Call 1-888-HYDE-VAN or e-mail [hydecoc@beachlink.com](mailto:hydecoc@beachlink.com) 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.

June 2-5, 2000 LAB Covered Bridge Rally, Bloomsburg, PA.  
June 2-July 7, 2000 Bike South 2000. Tallahassee, FL to Charlottesville, VA.  
June 30-July 3, 2000 LAB Minnesota Lakes and Rivers Rally, St. Paul, MN.  
August 18-21, 2000 LAB Cascades to the Coast Rally, Bellingham, WA.

## 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
Becky Matheny	2,992	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 OCTOBER/Nov-Dec

### Nick Boucher

Dan Finseth & Betsy Hayes  
Janell Hofmeister

### Bruce Johnson

Chris Hamilton  
Blair Holl

Marshall Hammond  
Leslie & Riley Sebers

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.