

## APRIL 2000 NEWSLETTER

### SVBC OFFICERS

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

### UPCOMING MEETINGS

April 10	5:30pm	Pre-meeting ride starting at <i>Luigi's</i> .
	7:00pm	Monthly meeting at <i>Luigi's</i> .

### WELCOME BACK RETURNING MEMBERS

Steven Hostetler  
Harrisonburg  
*Thanks to all the above for your continued support of the Club.*

### TRASH PICK-UP AND RIDE

We'll do our Adopt-A-Highway trash pick-up on Saturday, April 8<sup>th</sup>, at 9am. We start at the Penn Laird Post Office on Route 33, just west of Keezletown. Following the pick-up, we will meet at the Montevideo Middle School for a 30-mile ride.

If you can't make the trash pick-up, but would like to meet us for the ride, we should be at the school around 10am. For more details, please contact Neups (434-1878) or Marcia (289-6712).

### SHENANDOAH VALLEY BIKE FESTIVAL 2000

The dates have been set for the **2000 SV Bike Festival** – July 29 & 30. Please mark your calendar. The Bike Festival Committee could **REALLY** use your support this year. We are asking Club members to volunteer with the committee work as well as being ride volunteers for the weekend or rides. We have a core group of folks on the committee. However, we could use **YOUR** help. There is plenty of work to be done to make this year's event a success. Please contact one of the following committee members. THANKS!!

Dan Finseth (e-mail: [dafinseth@rockinghamgroup.com](mailto:dafinseth@rockinghamgroup.com) or 438-8063)  
Rich Harris (e-mail: [harrisra@jmu.edu](mailto:harrisra@jmu.edu) or 828-2380)  
Marcia Lamphier (e-mail: [marcilamphier@hotmail.com](mailto:marcilamphier@hotmail.com) or 289-6712)

### WEDNESDAY EVENING RIDES

Wednesday, April 5<sup>th</sup>, will be the start of the 2000 season for Wednesday evening rides. We leave from the Harrisonburg High School parking lot (Route 42 – 395 S. High St.) at 5:15pm. 1-1/2 to 2 hour ride at a B-pace. Call Marcia (289-6712) for more details.

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	828-6635	<u>Time Trial</u>	needed	
	<u>Advocacy</u>	Len VanWyk	432-0138		
	<b>Web page</b>	<b><a href="http://www.math.jmu.edu/~vanwyk/svbc/">http://www.math.jmu.edu/~vanwyk/svbc/</a></b>			

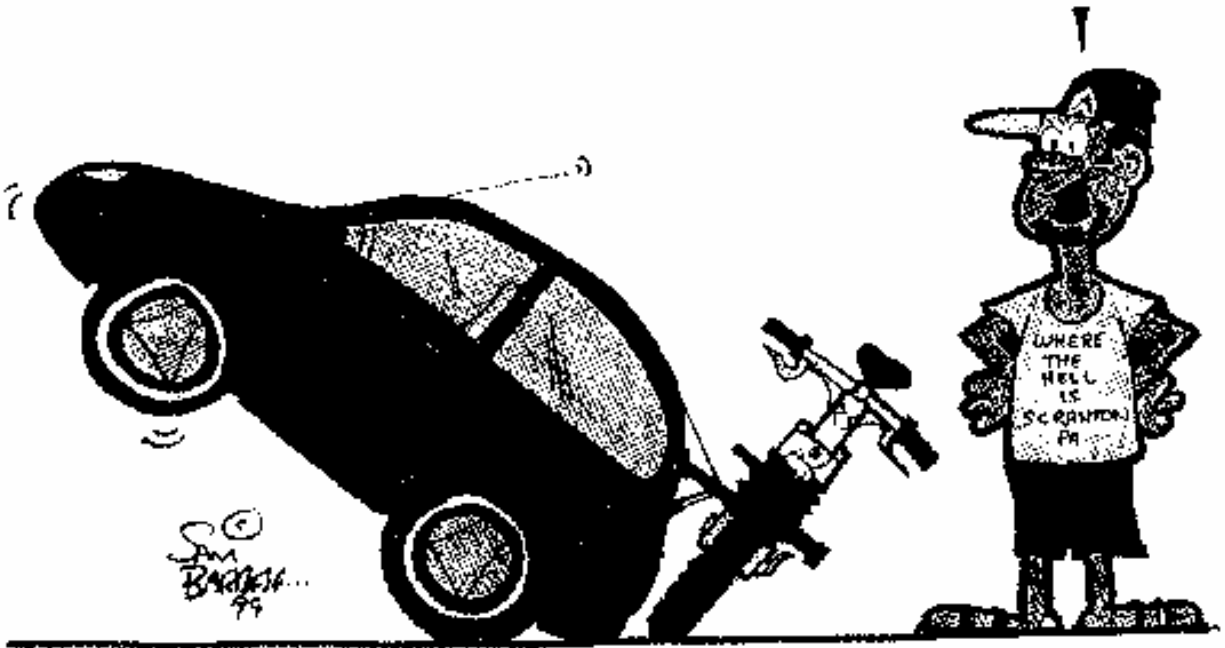
## CLASSIFIEDS

FOR SALE: GT Pro Freestyle Tour, Cro-Mo frame, perfect condition, \$250. Call Scott at 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: 1980 red, men's Panasonic 10-speed 26-inch. In good condition, but needs tires. \$50. Call Scott or Diane at 248-5810.

WANTED: A solid bicycle suitable for a pre-teen. Call Len at 432-0138.



Man I hate when this happens!

## TIDBITS

A coworker just reminded me of something that all cyclists should be aware: sometimes horses are easily spooked by bicycles. He was out recently on the road with his mare and a bicycle came whizzing by--even though he signaled the rider to slow down. The horse heard the unfamiliar sound of a bike, panicked, and almost jumped into its path. And yet a little while later, a passing motorcycle barely got her attention. So remember, horses are unpredictable; slow down; get off your bike if necessary--it's in everyone's best interest.

Sue Gier

## BED & BREAKFAST TOUR II

Mark Eckroth and I had such a good mini-vacation last year on our credit card tour that we're looking to do it again this year. We're looking at mid-August for our 2000 adventure. Though nothing is yet planned, we've had other riders show interest in joining. So if you have an inkling to go along, are ready to do some climbing, and can average 75 miles a day, give Neups a call. If we have enough people interested, we'll have to get our reservations in early.

### SCHEDULE OF EVENTS

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

<b>TUESDAYS</b>	<b>5:45pm Time Trials in Montezuma. Self-timed. First one for the year will be on April 4<sup>th</sup>.</b>
<b>WEDNESDAYS</b>	<b>5:15pm. 1 1/2 to 2 hours at a B-pace. Meet at the parking lot at Harrisonburg High School. Call Marcia at 289-6712 for more information. First one for the year will be on April 5<sup>th</sup>.</b>
<b>THURSDAYS</b>	<b>6pm Road Ride at Keezletown Elementary School. A good ride to try if you're always in the front of the Wednesday night rides. We'll try to ride mostly in pacelines. Possible earlier start time if desired by the majority. Call Neups at 434-1878 if you have any thoughts on this ride. First one will be on April 6<sup>th</sup>.</b>
<b>SATURDAYS</b>	<b>12 noon. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. As the weather becomes nicer, we will modify the starting time. Call Marcia (289-6712), Marshall (828-2950), or Bill T. (828-6635) for location and other details.</b>
<b>SUNDAYS</b>	<b>Spring rides leaving from Bridgewater College at 10:00 am. This time of year these rides are generally on road bikes, but we switch to mountain bikes if the weather turns cold. We ride 2-3 hours to have fun! Please contact Rich Harris, 828-2380, e-mail <a href="mailto:harrisra@jmu.edu">harrisra@jmu.edu</a>, or Dan Finseth, 438-8063, e-mail <a href="mailto:dafinseth@rockinghamgroup.com">dafinseth@rockinghamgroup.com</a> each Saturday for latest ride information.</b>
<b>April 8</b>	<b>9am. Trash pick-up. Please come help us pick up trash alongside the road at our area in Penn Laird. We'll start at the post office. As always, this shouldn't take too long. Also, we'll do a 30-mile road ride afterwards. We'll start at Montevideo Middle School at 10am for this. Call Neups at 434-1878 for more information.</b>
April 15	Great Cookie Bike Rally. Harwood, MD. 15-, 30-, or 50-miles near Annapolis. Call 1-888-226-7433 or visit <a href="http://www.cyclexmd.org">http://www.cyclexmd.org</a> for more information.
April 29	7 <sup>th</sup> Annual TarWheel Century. Elizabeth City, NC. Also 33-mile and metric century options. Call 252-330-4514 or visit them at <a href="http://www.racegate.com">http://www.racegate.com</a> for more information.
May 19-20	Bike Virginia's Tour de Chesapeake. Activities start the 19 <sup>th</sup> , but the ride itself is on the 20 <sup>th</sup> . Call them at 757-229-0507, visit them at <a href="http://www.bikevirginia.org">http://www.bikevirginia.org</a> , or e-mail them at <a href="mailto:info@bikevirginia.org">info@bikevirginia.org</a> for more information.
May 20	Tour de Cure. Curtis Memorial Park, Stafford County, Fredericksburg, VA. Minimum pledge of \$150. Register by calling 1-800-582-8323 or online at <a href="http://www.diabetes.org/tour">http://www.diabetes.org/tour</a> .
May 20	Hyannis Port Challenge, MA. Join Greg LeMond for 85 miles of riding. Call 1-800-718-3536 or e-mail <a href="mailto:bethc@bestbuddies.org">bethc@bestbuddies.org</a> for more information.
June 2-5	LAB Covered Bridge Rally, Bloomsburg, PA. Register online at <a href="http://www.bikeleague.org">http://www.bikeleague.org</a> .
June 2-July 7	Bike South 2000. Tallahassee, FL to Charlottesville, VA.
June 10-11	12 <sup>th</sup> Annual MS 150 Bike Tour. Bike to the Border. Charlottesville to the North Carolina border. Call them at 1-800-451-0373, visit them at <a href="http://www.vab.nmss.org">http://www.vab.nmss.org</a> , or e-mail them at <a href="mailto:mssocva@aol.com">mssocva@aol.com</a> for more information.

- June 18 15<sup>th</sup> Annual Bay to Bay Ride. Bettertown, MD. 27-104 miles, flat. To benefit Lions Club Leader Dog Program for the Blind. Phone 410-778-4881 or register online at <http://www.activeUSA.com>.
- June 30-July 3 LAB Minnesota Lakes and Rivers Rally, St. Paul, MN. Register online at <http://www.bikeleague.org>.
- July 1-7 Bike Virginia's Odyssey 2000. This is the fifth and final leg of BikeSouth 2000, starting in Winston-Salem and ending in Charlottesville. Call them at 757-229-0507, visit them at <http://www.bikevirginia.org>, or e-mail them at [info@bikevirginia.org](mailto:info@bikevirginia.org) for more information.
- July 8-15 Pedal Pennsylvania. Albany, NY to Philadelphia. 500 miles. Call them at 215-561-9679, e-mail them at [bobi@pedal-pa.com](mailto:bobi@pedal-pa.com), or visit them at <http://www.pedal-pa.com> for more information.
- July 9-14 Coastal Tour, Maine. Call 207-743-5993, visit them at <http://www.CoastalTour.com>, or e-mail them at [info@coastaltours.com](mailto:info@coastaltours.com) for more information.
- July 16-22 6<sup>th</sup> Annual Bicycle Tour of Colorado. The Woodland Park Loop. Nine Rocky Mountain passes to climb and conquer. Call 303-985-1180 or e-mail [AJ4BTC@juno.com](mailto:AJ4BTC@juno.com) for more information.
- July 21-27 Cycle Across Maryland. 300 miles. Three day option available. Call 1-888-226-7433 or visit <http://www.cyclexmd.org> for more information.
- July 23-29 4<sup>th</sup> Bon Ton Roulet. 350 miles through the Finger Lakes region of New York. Registrations due June 15<sup>th</sup>. Call 607-756-2893 or visit them at <http://www.bontonroulet.com> for more information.
- July 29-30 2000 Shenandoah Valley Bike Festival.**
- July 30-August 4 8<sup>th</sup> Annual Moose Tour, Maine. Call 207-743-5993, visit them at <http://www.MooseTour.com>, or e-mail them at [info@moosetour.com](mailto:info@moosetour.com) for more information.
- August 13-18 5<sup>th</sup> Annual New England Adventure. Tour through Massachusetts, New Hampshire, and Vermont. 225-350 miles. Call 1-800-727-9711 or visit <http://www.newenglandadventure.com> for more information.
- August 18-21 LAB Cascades to the Coast Rally, Bellingham, WA. Register online at <http://www.bikeleague.org>.
- September 8-10 The Great Peanut Rides. Emporia. Call them at 757-229-0507 or visit them at <http://www.3rddoor.com/events> for more information.
- September 30 3<sup>rd</sup> Annual Bike Shenandoah. Routes of 5, 15, 30, 62, and 100 miles. Call 540-574-4873 or e-mail them at [BikeShen@juno.com](mailto:BikeShen@juno.com) for more information.
- October 7-14 2<sup>nd</sup> Annual Cycle North Carolina. Begin in the Blue Ridge Mountains and cycle nearly 400 miles to the beach. Call 1-800-277-8763, e-mail them at [ncas@interpath.com](mailto:ncas@interpath.com), or visit them at <http://cyclenorthcarolina.org> for more information.
- October 13-15 Sea Gull Century weekend. Salisbury, MD. Visit them at <http://www.seagullcentury.com> for more information.

## 1999 MILEAGES



Marcia Lamphier	7,869	Mark Eckroth	3,033
Neups	5,492	David Knicely	2,715
Robert Gooden	5,062	Ellen Painter	2,647
Bruce Miller	5,041	Stin Lenkerd	2,004
Bill Painter	4,406	Larry Grossman	1,800
Becky Matheny	3,706.5	Len VanWyk	1,650
Hank Schiefer	3,123	Scott Ripley	1,334
Mahlon Webb	3,113	Alice Webb	1,250

## 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 APRIL/May

**Dary Erwin**  
**Scott Ripley**

**Andrew Jones**

**Bruce Miller**

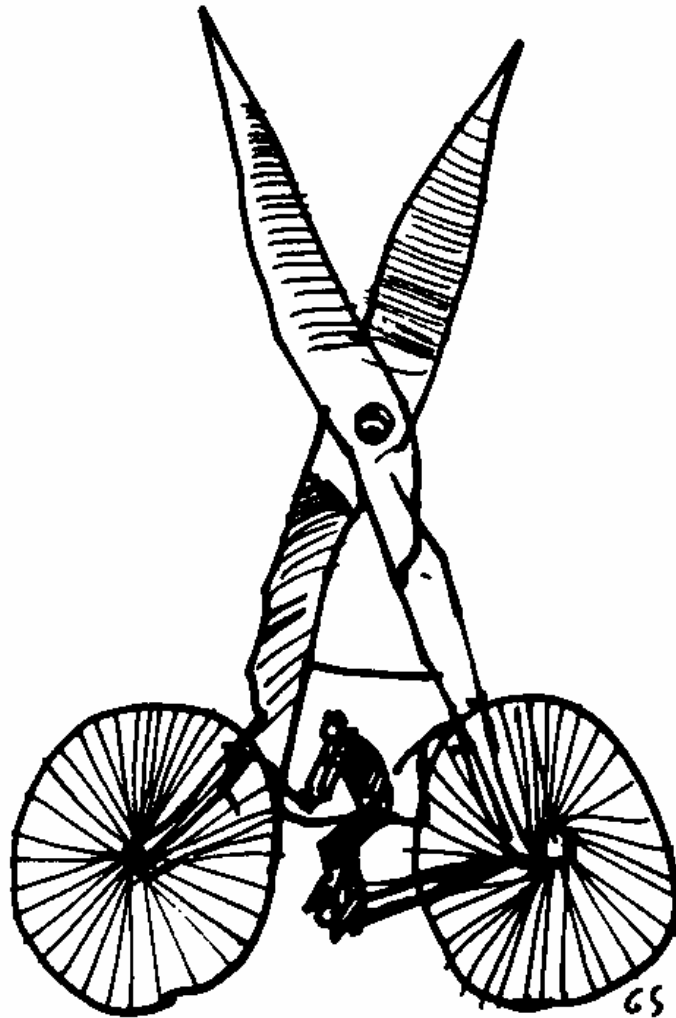
Dan Funkhouser

Jim Sochacki

Marc Stecker & Kay Huskins

Mike & Ann Wenger

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@freewwwweb.com](mailto:neups@freewwwweb.com) or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.



-ADVENTURE CYCLING