



JULY 2000 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETING

July 10 **6:00pm** Annual Pot Luck Picnic. Hillendale Park. Shelter #1.
The Club will bring plates, utensils, napkins, cups, soda, and ice.

JUNE MEETING MINUTES / JERSEYS

The June meeting was somewhat somber as we discussed the Joe Hiney's tragedy. It was decided to donate \$500 to the T.A. Scholarship Fund that is being created in his name. If anyone wants to write about Joe, please send it to Neups and he'll get it in the next newsletter. We'd like to do a memorial issue.

The jerseys should be in shortly. As soon as they are in, we will be contacting those who ordered one and letting you know the final cost and how to get yours.
Neups

WELCOME NEW MEMBERS

David Jan Brunner	Harrisonburg
Grace Cooper	Harrisonburg
Doug Litchfield	Harrisonburg
Charlie Pitkin	Harrisonburg
Linda Suter	Lebanon Church

WELCOME BACK RETURNING MEMBERS

Robert Gooden	Elkton
Becky Matheny	Harrisonburg
Judith Trumbo	Broadway
Mike Welsh	Harrisonburg
Dick & Lois Wettstone	Pleasant Valley

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	828-6635	<u>Bike Festival</u>	Dan Finseth	438-8063
	<u>Advocacy</u>	Len VanWyk	432-0138		
	Web page	http://www.math.jmu.edu/~vanwyk/svbc/			

BICYCLING IN BLOOMSBURG, PA

After visiting Bloomsburg for work purposes, I thought it would be a good place to try some bicycling. As luck would have it, the League of American Bicyclists was holding one of their annual Rallies there this year. So I decided to go. With the Rally, you get a place to stay, lots of food, and pre-scouted, marked routes. Nothing to do but go and ride.

I arrived a little late the first day to get in a ride, but that worked out fine as I avoided the 93° heat and the subsequent shower. But I got to the lecture from the bison lady. I found out that bison is lower in fat and cholesterol than even chicken and turkey! She even brought in a bison chip clock. Nothing is wasted with those animals.

The second day I decided on the century route. The group started strong with about 25 riders. And the first ten miles were flat. But then we started our first of many climbs for the day. At the end of that climb, we were down to only six riders. So we plugged along, enjoying the scenery. A goose hissed at us as we went

by his pond. One person later said he spotted a bear. I can't confirm that sighting, but I did see a wood sculptor that had carved some bears out of tree trunks.

Feeling the effects of the prior day's ride, I chose the 70-mile option for Sunday. But the hills were not to be denied. The start was fine, as it was flat to downhill. But, then again, the climbs came upon us. Their climbs tend to be longer than what we have around here. And there are a lot of sectional hills. These are hills that climb for a while, level off a little, then climb some more. One section this day had a five-step sectional climb. That sure can wear on you after a while. Comedy and music were showcased during the nighttime activities for the 675 registrants.

Monday started with rain that looked like it would last all day. So I packed up my things and said good-bye to a pretty good long weekend in Pennsylvania.

Neups

9th ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL

The Shenandoah Valley Bike Festival will be taking place the weekend of July 28,29,and 30. The festival will start at Bridgewater College on Saturday, July 29. The seven rides being offered on Saturday range from the requisite century to gentle 20-ish mile loops around the Bridgewater area. In addition to the festival on Saturday, there will be a club ride at 5:30 p.m. on Friday and a "volunteer recognition" ride on Sunday morning. The festival continues to be an exceptional bargain, with the fully supported rides and this year includes a canvas Festival bag with the \$15 registration fee. To register for the festival, please stop by your local bike shop or email: hhayes@bridgewater.edu.

Once again, the assistance of club members is needed to make this a successful festival. There are opportunities to serve as a ride leader, help with rest stops, help with road markings, or help with other ride support. If you would like to guide bikers through our beautiful valley as a ride leader, contact Marcia Lamphier (289-6712). The festival is a great opportunity to showcase the Shenandoah Valley Bicycle Club and ensure that all of our bicycling guests enjoy their visit to "our roads". The \$15 registration fee is waived for festival volunteers.

Below is a list of scheduled rides:

- CENTURY - 7:00 A.M. (100 MILES)
- METRIC CENTURY - 7:30 A.M. (65 MILES)
- UNION SPRINGS CREEK RIDE - 8:00 A.M. (22 MILES)
- WESTWARD HO - 8:30 A.M. (31 MILES)
- BASE OF THE MOUNTAIN - 9:00 A.M. (40 MILES)
- NATURAL CHIMNEYS - 10:00 A.M. (32 MILES)
- COUNTY LINE - 1:30 P.M. (20 MILES)

ADVOCACY

HATS Again

I've been doing some digging on how our various governments run our roads, and it's been an education. For example, the controversial Harrisonburg loop is allegedly necessary to accommodate traffic in the future. But the folks at VDOT who are behind the study base their conclusions on the assumption that the existing traffic system in Harrisonburg is operating efficiently. Now, anyone who has driven through the Burg knows this is not the case, so it seems to me this entire model is based on faulty assumptions. That's a very expensive house of cards.

Bridgewater to the Burg

Bob Holton, Superintendent of Bridgewater, is pushing hard for a combined bicycle/buggy path connecting Bridgewater and Harrisonburg. This will be separate from U.S. 42, but will connect at strategic places. While many cyclists (me included) would prefer bike lanes on U.S. 42 to a bike path off of U.S. 42, the unique combination of bicycles and buggies in that section of the County change the dynamic, so that a path is more viable there. Mr. Holton has plans to eventually extend this to Broadway, so the open meeting about a year ago in Spring Creek has proved to be productive.

Access Road

There is also a proposed "industrial access road" east of Bridgewater (basically connecting 257 to 42 near Turner Ashby High School) which will be equipped with either two 5 foot bicycle lanes, one on each side, or one 10 foot bicycle path on one side of the road. I am pushing for the former. I suggest you contact Bob Holton if you have an opinion.

U.S. 33 East

Joe Hiney's tragic death illustrates the danger of that section of U.S. 33 to bicyclists. I originally wrote VDOT and the Rockingham County Board of Supervisors about that stretch of road in December of 1998, and I have just sent them another letter urging them to begin the process of adding bicycle lanes from Harrisonburg to Skyline Drive. Doing so would increase the safety of both utilitarian and recreational bicyclists, and attract bicycle tourism dollars to the area (imagine a safe climb from the Valley floor to Skyline Drive). Since such a project is tailor-made for TEA-21 funding, up to 80% of the cost would be covered by external funds. So what's stopping them? You are! Write or call the Board of Supervisors and Dennis Morrison, VDOT Staunton District Administrator. If you don't do it, don't complain about it.

Transportation

I will be bringing some of my ideas about transportation to the July meeting of the Harrisonburg Transportation and Safety Board. Wish me luck.

Membership has its privileges?

The more SVBC members we have, the easier my job is. So, keep your membership current and get a friend to join.

Len VanWyk, Advocacy Coordinator

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.

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? Have you just gotten into cycling and want to see what cycling with a small group is all about? 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 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 10-15 miles. At a later date, the speed and/or distance will gradually increase (along with a more challenging terrain) based on the needs to the group. These rides are learning/training rides but also FUN rides and at no time will anyone be dropped. So come out, train, learn, and have fun!! We promise that everyone will learn at least one new way to improve your cycling skills. Check the monthly Ride Schedule for the dates/location/time. Call Alice Stecker (564-1611) or Marcia Lamphier (289-6712) for more information.

A DAY'S RIDE

Did you ever use the expression "it's a day's drive"? In older times, they used "a day's ride", meaning by horseback. But did you ever try to use it for bicycling? I read an article a while ago about a guy who uses the summer solstice to gauge what a day's ride is. He would start at sunrise and stop at sunset. The miles traveled would constitute his "day's ride". Well, I've often thought about that idea. And this year, after doing some good weekend riding (high mileage both days), and doing 61 miles one day after work, I had the idea that my time was now to see what a day's ride was.

I kicked around the idea in my head that I could ride back to Allentown, PA. Straight up 11 to Harrisburg, PA. Then onto 22 into Fredericksburg, PA. From there it's backroads I've ridden in the past to get to Allentown. My mapping program told me it was 260 miles. Doing some quick math, I didn't think I'd make it the whole way, so I called my brother and asked if he'd like to take a drive and help me on my quest. He agreed and I set the date for four days later on June 24th. Had I given myself more time to plan, I may not have even attempted the ride.

After a surprisingly good night's sleep (usually I toss and

turn before a big ride), I awoke Saturday with some nervousness. But all signals said "go", so I started off at 5:38am. The cool air gave rise to some patchy fog, but the riding felt good, knowing the afternoon would get hot. Route 11 is actually a nice little road, until about 10am when the traffic starts picking up.

I made Winchester by 9am and refilled my water bottles. Hagerstown, MD was made around 11:30. 106 miles down. Good average speed (18.3mph). I'm pleased, and pleasantly surprised. I was expecting more hills, but 11 is relatively flat. Slowdowns occurred because of traffic lights. Route 11 seems to have quite a few. The wind was non-existent. After this point, I'd be in uncharted mileage territory. I lingered longer at this stop for a sandwich and more liquid. Pushing off again at noon, I had a small crosswind pick up, but just until I wound my way out of town.

After crossing the Potomac, it's one long, subtle climb to Harrisburg, with small hills intermixed. But now the wind started, and the way I liked it - from the southwest. I was surprised to be traveling at 20-26mph at times. The temperature had now reached 87. I reached Shippensburg, where my brother attended college, after two

more hours. I should have stopped, but ended up pushing into Carlisle. The cold fluids tasted good, though I was beginning to like warm Gatorade. Of course, I was also juxtaposing "Take Me Home, Country Roads" with "Pour Some Sugar On Me" and believing they had the same musical structure. It's 3pm and I've done 160 miles so far. Still feeling good, but the rest sure helps.

Off again, and Carlisle's downtown was closed for a celebration. I lost my route for a few blocks, but found it again in a few minutes. I've decided on Route 614. It looked less traveled than 11, plus it might save some miles. My mind kept saying that I'd be going downhill soon because I was going towards the Susquehanna River. But the road kept saying "up". Through Camp Hill and a quick detour to my friend's house in New Cumberland. 4:30 and 180 miles. I had hoped he'd be home, but no one ever came to the door. So I continued into Pennsylvania's state capitol. Coming out of Harrisburg, I continued onto Route 22. I was hoping to refresh myself before getting out of the city, but I didn't like the looks of the neighborhood. So I pushed on. My mistake. Route 22 was a major road before I-78 came into existence. Now the gas

stations/food marts were at the interchanges. So I pushed on. At 190 miles, I was getting tired. A little later I went to check the odometer to mark my double century, but I had already passed it. My water bottles were almost empty. The next stop I knew was further than I wanted it to be. But luckily, a place to stop came into view. It was 6:15 and I had 203 miles under me. It was time for a Yoo-Hoo. And time to call my brother. My back hurt, my shoulders hurt, my neck hurt. But

mostly, the balls of my feet hurt, especially the right foot. I had a few more miles in me, but I figured my brother should start driving and find me.

Back on the bike, and for the first time my butt hurt to sit. It didn't help that the road had turned into a typical beat-up Pennsylvanian road. I did another ten miles into Fredericksburg. I had had enough. I found a phone and called my brother on his cell phone to give him a landmark to find me. It was just after 7pm. I

had another hour and a half of daylight, but I had also had enough. My goal was at least 200 miles. I had 213 and still had my legs and knees. Another twenty miles or so wasn't worth it. Just over twelve hours on the bike at an average speed of 17.5mph. My brother showed up after about twenty minutes with food and clothing. We put the bike in the car, I washed up and changed, and we headed back to Harrisonburg. My day's ride was over.

Neups

TIDBITS

The Smithsonian's Lemelson Center is giving away free copies of a new publication, *The Innovative Path: Creating the Washington Metropolitan Bicycle Trail Network*. This 26-page booklet contains maps, photographs, and descriptions of eight bicycle trail in the Washington metropolitan area. To obtain a copy, call the Lemelson Center at 202-357-1593 or send an e-mail to satromh@nmah.si.edu.

MARK'S BIKE SHOP CELEBRATES 25 YEARS!

On September 15th, Mark's will celebrate 25 years of service to the cycling community. There will be a party bash and an off-road ride, the A-Ha. Be sure to check in at Mark's for all the details.

SCHEDULE OF EVENTS

RETURN OF A CLASSIC! July 11 and 25, and August 8 and 22, will be the return of the officially timed time trial. 6:30pm, Dry River Road (Route 738), just north of the 257 intersection. Ten almost flat miles (five out, five back) against the clock. Official timing, holders for the start, the way it used to be. The road is open to traffic. All rules of the road to be adhered to. Rain cancels. Call Les at 433-3013 for more information.

Helmets are required on all club rides.

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| WEDNESDAYS | 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. |
| THURSDAYS | 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. |
| SATURDAYS | 10am. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. Call Marcia (289-6712), Marshall (828-2950), or Bill T. (828-6635) for location and other details. |
| SUNDAYS | Rides leaving from Bridgewater College at 8am. We ride 2-3 hours to have fun! Please contact Rich Harris, 828-2380, e-mail harris@jmu.edu, or Dan Finseth, 438-8063, e-mail dafinseth@rockinghamgroup.com each Saturday for latest ride information. |

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 for more information.
- July 8** **Blizzard in July Ride. 8:30am. Wildwood Park/Bridgewater. 35 miles. Join us for the ride & we will celebrate July at the Dairy Queen after the ride. Contact Marcia (289-6712) for details.**
- July 8 NITE Ride. Call Neups 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, or visit them at <http://www.pedal-pa.com> for more information.
- July 11** **Time Trial. Officially timed. 6:30pm. See above note.**
- 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 for more information.
- July 14-21 Lighthouse Tour, Maine. Call 207-743-9018 or e-mail MOOSA@megalink.net for more information.
- July 15** **Monterey Ride. 9am. Directions: South on 42. Take Rt. 250 West to the blinking yellow light in Monterey (the intersection of 250-220). Turn left. Go 500 feet to the Medical Center parking lot on your right (red brick building). The ride will pretty much follow the Mountain Mama 50-mile course. 4 climbs! Call Jim Brown (540-468-3160).**
- July 16** **WannaBe Ride. 12:30pm. Wildwood Park, Bridgewater. Contact Alice Stecker (564-1611) or Marcia (289-6712) for additional info.**
- July 16-22 6th 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 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 22** **Warm-up for the Mountain Mama Century. 7am (to beat the heat). Do you think you're ready for the Mountain Mama? This ride will help you find out. 90 unsupported miles with at least three climbs. Leaving from the house of Neups. Call him for more details (434-1878).**
- July 23-29 Moosa Tour. Ride from Rangeley, Maine to Quebec City. Call 207-743-9018 or e-mail MOOSA@megalink.net for more information.
- July 23-29 4th Bon Ton Roulet. 350 miles through the Finger Lakes region of New York. Registrations due June 15th. Call 607-756-2893 or visit them at <http://www.bontonroulet.com> for more information.
- July 25** **Time Trial. Officially timed. 6:30pm. See above note.**
- July 29-31** **2000 Shenandoah Valley Bike Festival. Bridgewater College, Bridgewater, VA. For more information, [click here if online](#), or send SASE to: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22803-1014, or e-mail us at hhayes@bridgewater.edu.**
- July 30-August 4 8th Annual Moose Tour, Maine. Call 207-743-5993, visit them at <http://www.MooseTour.com>, or e-mail them at info@moosetour.com for more information.
- August 5 Mountain Mama Road Bike Challenge. Fundraiser for Highland Medical Center. 30-, 50-, and 100 miles. Century has 9 mountains and 10,000 feet of climbing. Call 540-468-2301, e-mail catdray@cfw.com, or go online to <http://www.lightningcycles.com/mama/MountainMama.shtml> for more information.
- August 5 BRBC Biathlon. Catawba, Virginia. 4.8 mile run, 20.6 mile bike. Contact: Dave Spangler, 113 Albemarle Ave. SW #4, Roanoke, VA 24016. Phone: 540-342-8032. Or e-mail: spangler@roanoke.infi.net or visit their website at <http://www.roava.net/~bike>. This is a very hilly, challenging course, but with some of the best scenery around.

- August 6-29 Northcountry Challenge. Labrador, Newfoundland, and Cape Breton. For the experienced rider. Call 207-743-9018, visit their website at <http://www.megalink.net/~moosa> or e-mail MOOSA@megalink.net for more information.
- August 8** **Time Trial. Officially timed. 6:30pm. See above note.**
 August 12 Dog Daze Century, Nottingham County, PA. 27-107 miles. Call Ann Marie Sullivan at 610-644-3792 or e-mail her at AMSVU78@aol.com for more information.
- August 13-18 5th 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>.
- August 22** **Time Trial. Officially timed. 6:30pm. See above note.**
 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.
[18th Annual Shenandoah Valley Century.](http://www.3rddoor.com/events)
- September 10**
 September 16 14th Annual Amish Country Tour. Dover, DE. Call them at 800-233-5368 or e-mail them at kctc@visitdover.com for more information.
- September 17 Artie Levin Rides. Roanoke.
 September 30 3rd Annual Bike Shenandoah. Routes of 5, 15, 30, 62, and 100 miles. Call 540-574-4873 or e-mail them at BikeShen@juno.com for more information.
- October 7-14 2nd 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, 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.
- October 13-15 33rd Hilly Hundred Weekend Bicycle Tour. Register online at <http://www.active.com> or call Neups for more information.
- October 20-22 Bike Virginia's 10th Annual Shenandoah Fall Foliage Bike Festival. Call them at 757-229-0507, visit them at <http://www.bikevirginia.org>, or e-mail them at info@bikevirginia.org for more information.

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

Stin Lenkerd

Rich Harris

Dan Neher

Thomas Jenkins

Linda Renfroe

David Knicely

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@freewweb.com or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.