



AUGUST 2000 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

August 14	5:30pm	Pre-meeting ride starting at Luigi's.
	7:00pm	Monthly meeting at Luigi's.
August 23	7:45pm	Century meeting at Art's house. Pizza included!

SHENANDOAH VALLEY CENTURY

Century month, September, is right around the corner, and our 18th Annual SVC (minus 1 for the hurricane year) is one of the best. It is scheduled this year on Sunday, September 10th. See the insert. This is one of our Club's biggest events, so please do your part to support it in any way you can; spreading the word, pre-ride help, marking roads, volunteering the day of the ride, and/or riding the Century, Half Century or Quarter Century.

Mostly we need helpers for the day of the ride. Hardy volunteers are needed to fill the following rewarding positions (either full or part time):

Transportation Managers (i.e., Sag drivers)	4
Traffic Engineers (i.e., Parking lot attendants)	2
Communications Specialists (i.e., Registration)	4
Dining Coordinators (i.e., Rest stop help)	3
Administrative Assistant (i.e., Gopher)	1

Let me know if you can help in any of these (short term) careers (433-9247 or fovarg@aol.com). Ask friends and family if they can help.

The next Century planning meeting, with pizza, is Wednesday, August 23rd at 7:45 PM at my house. If you can help with some of the pre-ride duties, call me for directions and to reserve your pizza.

Our workers' Century, when we mark the roads, will be on Monday, September 4th. Meet at 9:00am at Wildwood Park in Bridgewater. All are welcome, whether you volunteer the day of the ride or not.

Lastly, we cannot forget the baked goods - the delicious baked goods. One of the SVC highlights that people talk about is the fabulous home-baked goodies we have at the end of the ride. So please put together your specialty and bring to Shelter #12 in Hillandale the morning of the 10th, or to my house the day before.

Hope to see you at the Century.

Art Fovargue, Century Coordinator

WELCOME NEW MEMBERS

Jonathan DeVier-Scott and Family	Harrisonburg
Valerie Kramer	Harrisonburg
Terry C. Maiden	Alexandria

WELCOME BACK RETURNING MEMBERS

Steve and Vicki Wise
McGaheysville
Thanks to all the above for your continued support of the Club.

JULY MEETING MINUTES

The rain didn't help the turnout for the annual picnic, as only three members started the feast and two others joined us. There were discussions about the upcoming Festival and the Century, and also some advocacy issues. The Treasurer's report was \$3,672.07. Neups

SIGHTINGS

THE (BIKE) PEOPLE'S CHOICE

Check out the archive of articles at The Bike People at <http://www.living-room.org/bikepeople>. This site is for commuting cyclists. The articles in the archive are a collection of writings whose common theme is using the bicycle as a functional, utilitarian vehicle. There are diatribes against mindless consumerism (see Richard Risemberg's "All the Little Lies They Tell You...", serious advice on reducing auto dependence in "Cutting Car Use" by Simon Baddeley, and pieces like Riley Geary's slightly tongue-in-cheek "B.I.K.E.S." (Bio-Intensive Kinetic Energy Systems). We found a lot to like.

from Adventure Cycling's e-mail updates

ADVOCACY

Transportation planning:

After meeting with a group interested in downtown revitalization and getting the backing of the CHANGE group, I went before the City Council on July 25th to try to convince the City of Harrisonburg to hire an urban planning and transportation consulting firm to perform a comprehensive study of the city. I must have said something right, since the Council agreed to put together a committee, me included, to determine the scope of the study we would want and how much it will cost. Although there is a long way to go, this is really good news. I believe this proposal will also have the support of the CARING group (sort of CHANGE's alter ego), so just about everyone likes this idea.

HATS off:

The controversial HATS-proposed beltway around Harrisonburg was put through the ringer during VDOT's two public forums on July 24 and 25. Almost a thousand area residents turned out each night, the large majority of which strongly opposed the beltway. Of course I took the opportunity to tell them what I thought in an oral transcript (I'm against it for 3 reasons: it's based on faulty data, it's opportunity cost is too high, and beltways cause more trouble than they attempt to remedy, due to "induced traffic.") So, the odds that the beltway will be built in its present form are mighty slim, I think.

New shop in town:

The owners of the Shenandoah Valley Bike Shop in downtown Harrisonburg support community involvement for trail maintenance and bicycle advocacy. The shop is sort of a hub for the Shenandoah Mountain Bike Club, which joined the IMBA in 1995. In the past 5 years, their volunteers have contributed over 1800 trail maintenance hours. So, stop in at their shop and talk turkey.

Len VanWyk, Advocacy Coordinator

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		
<u>Web page</u>	http://www.math.jmu.edu/~vanwyk/svbc/				

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.

OFFICIAL TIME TRIAL RESULTS

June 11	Cloudy, 80°, light wind		
Charlie Pitkin	21:59	Brian Clark	23:12
Neups	24:12	Steven Hostetler	24:55
Jeff Wisecarver	25:56	Tamer Moumen	26:46
Vicky Eydelberg	27:38	Jody Hess	29:40
June 25	Cloudy, 68°, tall corn		
Jeremy Wimpey	23:26	Neups	23:57
Steven Hostetler	25:10	Thomas Jenkins	25:59
Steve LeDrew	26:55	Bruce Miller	27:10
Deb Lung	27:18	Terry Prodoehl	28:19
Jody Hess	29:50		

SCHEDULE OF EVENTS

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

TUESDAYS	On non-officially timed dates, 5:45pm Time Trials in Montezuma. Self-timed.
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 pachelines. 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 harrisra@jmu.edu, or Dan Finseth, 438-8063, e-mail dafinseth@rockinghamgroup.com each Saturday for latest ride 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 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.**
- 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 19 Burkes Garden Century. 100 miles or 100k. Starts at 8am below the town of Narrows. Visit their website at <http://www.nrvbike.com> for all the details.
- August 19 Skyline Drive Ride. Meet at the Lower Panorama Parking Area before the Drive at 8am. From Harrisonburg take I-81 North to New Market, exit 264. Turn right and take a left at the second light. Go right at the next light onto 211. Stay on this route until just before the entrance for the Park. The Panorama sign is on the right. Park in this parking lot. The ride has a lot of very steep climbs and beautiful overlooks. It will take most of the day. 60 total miles. There is an entrance fee of \$5 per person to get in and that includes a pass for seven days. Call Shannon Jenkins at 540-743-3767 for more information.**
- August 22 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.**
- August 26 Annual Ice Cream Ride. Meet at Kline's Dairy Barn downtown at 10am. We'll ride for about two hours and return to Kline's for some treats.**
- August 26 Downhill State Championships. Massanutten Resort. Call George Willets at 289-4954 for more information.
- August 27 Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice Stecker (564-1611) or Marcia for more information.**
- August 27 East Coaster's Virginia State Championship Mountain Bike Cross Country Hoo-Ha. Massanutten Resort. Call Kyle Inman at 540-293-0317 or visit them at <http://www.mountainbikevirginia.com> for more information.
- August 27 Reston Century. 100, 62, or 31 miles. Post-tour festival from noon to 6pm with food and music. Call 703-904-0900 and leave a message for more information.

- August 27 Varina Lions Bike-A-Thon, Richmond. 54 miles. BBQ at the finish. Call Ross Anderson at 804-226-1812 or visit them at <http://sites.netscape.net/varinalions> for more information.
- September 7-10 The Great Peanut Rides. Emporia. Call them at 757-229-0507 or visit them at <http://www.3rddoor.com/events> for more information.
- September 9 6th Annual West Wicomico Watermelon Ride and Seed Spitting Contest. Pemberton Historical Park, Salisbury, MD. 32, 50, and 62 miles. Limit 500 riders. Call 410-548-4900, x116 Monday – Friday, e-mail sengvall@wicomico.org, or visit them at <http://www.wicomicoecandparks.org/watermelon.htm> for more information.
[18th Annual Shenandoah Valley Century.](#)
- 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 16-17 MS150 Shenandoah Valley Classic Cycling Tour. Call 1-800-451-0373, e-mail mssocva@aol.com, or visit them at <http://www.vab.nmss.org> for more information. If you'd like to volunteer to help, call Kim or Heather at 804-971-8010.
- September 17 Lake Anna Century, Richmond. Rides of 25, 63, and 100 miles. No mass start, but must be on the road by 9am for the century. Call Mark Pye at 804-794-1362, e-mail him at moonpye3@mindspring.com, or visit RABA's web site at <http://www.raba.org>.
- September 23 10th Annual Adams Apple Ride. Gettysburg, PA. 25, 50, and 100 miles. E-mail info@gettysburg-chamber.org or visit them at <http://www.gettysburg-chamber.org> for more information.
- 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 1 Artie Levin Century, Roanoke. Rides of 20, 42, 62, and 103 miles. Contact Carol Via at Keke4849@aol.com for more information.
- October 13-15 Sea Gull Century weekend. Salisbury, MD. Visit them at <http://www.seagullcentury.com> for more information.
- October 14 12th Annual Sea Gull Century. Optional rides on Friday and Sunday. Registration deadline is August 31st. NO late or ride-day registrations. Call 410-548-2772, e-mail seagull@ssu.edu, or visit them at <http://www.seagullcentury.org> 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 AUGUST/September

Rich Harris

Dan Neher

Eric Aschenbach & Kristy Hulett

Robert Brookshire

Steven Hottle

Bill & Ellen Painter

Thomas Jenkins

Linda Renfroe

Mary Atkins

Robert Byrd

Brent & Judie McNett

Hank Schiefer

David Knicely

Debbie & Brian Bauer

Glen Heatwole

Jim Mitchell Family

Mahlon & Alice Webb

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

18th Annual Shenandoah Valley Century

Sunday, September 10, 2000

Bicycle rides of 25, 50, or 100 miles through
the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The Shenandoah Valley Century is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similar rides during September. The term "century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by automobile sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 25 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepare to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 10, 2000
TIME: 100 mile ride: registration 7am; start 8am
25 & 50 miles: registration 9am; start 10am
PLACE: Hillendale Park shelter #12
Hillendale Avenue
Harrisonburg, VA
COST: Individual \$8 pre-registration (see registration form)
Family \$20 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride, and after ride treats. Massages and patches from the League of American Bicyclists (a national bicycling organization) will be available after the ride for a nominal fee. ANSI OR SNELL APPROVED HELMETS ARE REQUIRED.

Harrisonburg is easily reached from the north or south via I-81. Hillendale Avenue is off Route 42 (South High Street) on the western side of the city. Parking in Hillendale may be limited. Additional parking is available at the nearby Food Lion and other locations.

INFORMATION: Art Fovargue (540) 433-9247
Marcia Lamphier (540) 289-6712

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to pre-register.

REGISTRATION FORM - Shenandoah Valley Century
Sunday, September 10, 2000
ANSI or SNELL APPROVED HELMETS ARE REQUIRED

Name (s) _____

Address _____

City _____ State _____ Zip _____

Tour distance (check one) 25 mile _____ 50 mile _____ 100 mile _____

Cost \$8/person (must be postmarked by 9/5/00 or received by 9/9/00; \$10 thereafter) \$ _____

\$20/family (3 or more members) \$ _____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1. I shall be _____ years of age on the tour date and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with an adult over 18 years of age. Name of adult _____
2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for this tour.
3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner, for my own protection, and for the protection of others.
4. I agree to check in with those operating the tour at the end of my ride so that they will know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, club officers, club members, the League of American Bicyclists, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of, my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, railroad tracks, etc. may be encountered.
6. In case of cancellation due to means beyond our control, a full refund cannot be guaranteed.

I thus release the above organizations and their officers, employees, and members and agree to absolve and hold them harmless from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear an ANSI or SNELL approved helmet.

Signature of rider: _____

Signature of Parent or Guardian

if rider is under 18 years of age: _____

ALL PARTICIPANTS MUST COMPLETE AND SIGN THIS RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check payable to Shenandoah Valley Bicycle Club to

SHENANDOAH VALLEY CENTURY
c/o Art Fovargue
1043 Chestnut Dr.
Harrisonburg, VA 22801