



SEPTEMBER 2000 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

September 11	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

AUGUST MEETING MINUTES

The pre-meeting ride consisted of two people. I don't know where they went. In old news, the Club jerseys are here. Pick them up from Marcia if you have not done so already! In new news, the 18th Annual SVBC Century is almost upon us. Art needs your help! Please call him to find out what you can do. The "Century Work Day" will be on Monday, September 4th to mark the routes and assign some remaining tasks. We'll meet at 9am at Wildwood Park in Bridgewater. Your help would be appreciated. In financial news, we have \$4,471.04 in the Club's treasury. This does not include all the expenses for the Bike Festival.

In other news, there will be a "Spring Ride" sponsored by the Friends of North River on September 17th. It will start from Wildwood Park in Bridgewater at 1 p.m. Our host will take us on a tour of four springs and give a brief history lesson at each one.

The MS150 Shenandoah Valley Fall Tour scheduled for September 16-17 needs volunteers. The ride starts in Woodstock and travels to Massanetta Springs just east of Harrisonburg, then returns to Woodstock the second day. If you can volunteer your time, they would greatly appreciate it. Please call Heather at (804) 971-8010. Thanks.

Eric

A GOOD QUOTE

Getting on a bike makes me feel like Columbus. But the landmarks I'm exploring are islands of thought hidden from myself. The bike is my release. When the wind shifts and propels me, my body becomes a sail. I stop pedaling. I soar silently like a gull. I own myself. I feel grand. An unfettering of the soul. The past becomes the present. I'm on a trip with no timetable, no limit on stopovers, and no destination.

from Married to Laughter, by Jerry Stiller

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/>

WELCOME NEW MEMBERS

Candy Foster Family	Port Republic
Adan Gonzalez	Elkton
Barbara Harris	Harrisonburg
Russell Kenney	Dayton
Crystal Limerick/Karla Bower	Lyndhurst
Tracey Pannell	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Mary Atkins Family	McGaheysville
Rich Harris	Bridgewater
Brent and Judie McNett	Harrisonburg
Bill & Ellen Painter	McGaheysville
Bob McGovern-Waite	Bridgewater

Thanks to all the above for your continued support of the Club.

SHENANDOAH VALLEY CENTURY

Our 18th Annual Shenandoah Valley Century, on Sunday, September 10th, is now only two weeks away. I hope you are planning on and looking forward to riding the Century, Half Century, or Quarter Century. Registrations are coming in at a good pace, and we now have a link to an on-line registration on the web page.

If you are not planning to ride, helpers are still needed for the day of the ride. Hardy (or not so hardy) volunteers are needed for:

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

Let Art know if you can help in any of these endeavors (433-9247 or fovarg@aol.com. Ask friends and family if they can help.

The 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.

Again, please don't forget to bring baked goods for end-of-the-ride treats. Deliver to Shelter #12 in Hillandale the morning of the 10th, or to Art's house the day before.

See you at the Century.

Art Fovargue

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.

FOR SALE: Cross Bike - Specialized Hard Rock 20", like new, \$200.00. Tandem - Santana Elan, 22-1/2 x 19-1/2, with kiddie stoker kit, excellent condition, \$750.00. Burley Lite trailer, model that folds, excellent condition, \$125.00. Call Dave at 289-9074 for information.

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

ADVOCACY

Transportation plan update

On Thursday, August 24th, I traveled to Charlottesville with various City of Harrisonburg staff to meet with Dan Painter, Charlottesville's Transportation Planner, with the intention of learning what his experience was with the various transportation consultants he has hired. It was a very informative meeting. Afterward, as a group, we decided that (a) Harrisonburg needs to add a full-time, permanent transportation planner to its staff more than it needs to hire an outside consultant to perform a transportation study, (b) Harrisonburg needs to dedicate a lot more funds to transportation initiatives than it currently does if it wants to improve its situation, (c) Rockingham County and Harrisonburg need to coordinate in order to form a cohesive plan and successfully snag state transportation funds, (d) citizen neighborhood groups must get involved in this process to provide constant feedback to city personnel. (One thing Charlottesville has is an incredibly active collection of "neighborhood associations" who meet regularly with their city planner. We are talking *hundreds* of people.) Once the city staff gets our recommendations written up, we will make a presentation to the City Council, hopefully backed up by both the CHANGE and CARING "political action groups." In the meantime, what YOU city residents can do is write or call the City Council members, expressing your strong desire for them to address points (a)-(c) above, and consider organizing your neighbors to determine your neighborhood's transportation needs.

Writing letters

Both Neups and I wrote letters to the editor of the DNR this past month on bicycling, and I strongly encourage you to do the same. Be relatively polite, but firm. Reminding DNR readers that bicycles have the rights of motor vehicles by law is definitely worth a few minutes of letter writing. You can even e-mail your letter to letters@dnronline.com.

Bluestone Drive

I recently found out that there were serious improvements proposed to Bluestone Drive (the road that passes through JMU's campus from Port Republic Road to South Main Street) on the table during the planning stages of the inadequate changes which were implemented a year ago. The more ambitious plan involved rerouting the road closer to I-81, while adding bicycle lanes in the process. Unfortunately, an equitable cost-sharing compromise between JMU and VDOT could not be reached, so the more ambitious plan died. Pitiful.

Help

Anyone interested in helping me work on bicycle advocacy issues, especially someone who lives in Rockingham County, should let me know. I need help writing letters, talking to businesses about bicycle access, advocating for bicycle improvements with local governments, etc. Lots of folks have told me they appreciate what I have been doing for advocacy; now is the time for you to step up and make a difference too.

Len VanWyk, Advocacy Coordinator

VINDICATION

Once again, I am vindicated. In the latest issue of *Bicycling*, I came across an ad for the official energy food of USA Cycling. And it's not any kind of special

energy bar at all. It's just a regular Fig Newton. Thus showing once again that money isn't everything.

Neups

9TH 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 this year's festival. I really appreciate all your help and support throughout the entire weekend. My Ride Volunteers are the BEST!!!

David Knicely	Tamer Moumen	Betsy Dunnenberger	Marshall Hammond	Alice Stecker
Eric Aschenbach	Becky Matheny	Neups	Jodi Hess	David Lorenzen
Scott Ripley	Art Fovargue	Bob McGovern-Waite		

Congratulations to the Bike Festival Committee for another successful SVBF. We truly appreciate all your hard work and the endless hours each of you put into this event. Please let us know any comment and/or suggestions you may have for next year's Bike Festival.

Marcia

JERSEYS

If you ordered a SVBC jersey, please pick up your jersey as soon as possible from Marcia at the Wednesday Evening Rides (HHS, 5:15pm), the Century Ride September 3rd in Waynesboro, or contact Marcia (432-3312). The price is \$33. Thanks!

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.

TIDBITS

In an FCB New York study of readership data, it was found that *Bicycling* readers have the highest concentration of doughnut eaters as compared to readership of other magazines.

Two lunatics are out for a therapeutic bicycle ride when suddenly one stops and lets the air out of his tires.

"What did you do that for?" the other asks.

"I can't reach the pedals; thought this might help," replies the first.

The second lunatic shakes his head, gets off his bike, takes off the handlebars and seat, and swaps them around.

"Now, what did you do that for?" asks the first.

"If you're going to be stupid," says the second, "I'm going home."

TIME TRIAL RESULTS

August 8		88° high corn, clouds moved in, wind picked up	
Craig Lowry	22:09	Charlie Pitkin	22:16
Jeremiah Bishop	23:24	Brian Clark	23:25
Neups	24:11	Phil Dickenson	24:24
Dennis Herr	24:29	Tamer Moumen	24:29
Len VanWyk	25:15	Steve LaDrew	25:16
Bruce Miller	26:00	Paul Templeton	26:13
Vicky Eydelberg	26:16	David Frye	28:42
Jon Gehman	28:51	Jody Hess	29:57
August 22		very light wind	
Craig Lowry	21:48	Charlie Pitkin	22:23
Brian Clark	22:46	John Myrtle	23:18
Neups	23:47.5	Steve Hostetler	24:29
Dennis Herr	25:12	Steve LaDrew	25:16
Len VanWyk	25:20	Craig Mauck	25:25
Paul Templeton	25:36	Bill Allen	25:45
Jonathan DeVier-Scott	26:12	Rob Knapik	27:16
David Frye	28:39	Jon Gehman	29:28
W.R. Good	30:14	Jody Hess	30:34
Adan Gonzalez	30:36		

SCHEDULE OF EVENTS

Helmets are required on all club rides.

- TUESDAYS** On non-officially timed dates, 5:45pm Time Trials in Montezuma. Self-timed. Last one for the year on September 12th.
- 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. Last one for the year on September 14th.
- 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. Call ahead as centuries may supercede this ride!
- September 2 Hike or Bike for Knowledge, Massanutten. Sponsored by the Boys & Girls Club of Harrisonburg & Rockingham County. Call 540-434-6060 for more information.
- September 3 Waynesboro Century. 7:30am. Call Neups for more information.
- September 3 Shenandoah Mountain 100, Harrisonburg. Backcountry mountain bike race. 12,000' of climbing. 6:30am. \$100. Call Shenandoah Mountain Touring, 877-305-0550, e-mail them at mtntouring@aol.com, or visit their web site at <http://www.mtntouring.com>.
- September 4 **Workers' Century. 9am at Wildwood Park. We'll pair off and take a loop of the Century to paint the markings on the road. Won't take too long and your help would be greatly appreciated.**
- 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 Tarheel Cyclists Fall Century, Charlotte, NC. 30, 62, or 100 miles. 8am. E-mail dwbise@cs.com or visit their website at <http://www.tarheelcyclists.org> 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.
- September 10** **18th Annual Shenandoah Valley Century.**
- September 16 Potomac Pedaler 100, LaPlata, MD. Starts/ends at The College of Southern Maryland. 37, 50, 63, and 100-mile options. Call 202-363-8687, or visit their web site at <http://www.bikeptc.org>.
- 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** **Fall Springs Bike Tour. 1 p.m. Wildwood Park, Bridgewater. In the fall usually all the water in the North River comes from huge limestone springs. Come visit four of these great springs and learn about how water plays peek-a-boo in the Shenandoah Valley. A guide (from the Friends of the North River) will give a 5 minute talk at each spring--the source of Spring Creek, Thomas Spring, the source of Mossy Creek, and Blue Hole Spring. The ride is roughly three segments, the first to a pair of springs a mile apart near Spring Creek, the second to another pair of half mile apart near Mt. Solon, and the third back to Bridgewater. The entire route (25 miles) is paved, however, walking around the springs will be on grass. For additional info, please feel free to contact John Fairfield (Friends of the North River) or Marcia (432-3312).**
- 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 24** **Wannabe Ride. 12:30pm. Wildwood Park, Bridgewater.**
- September 24 Cannon Ball Century, Fredericksburg. Rides of 25, 50, 62, and 100 miles in Stafford and Fauquier Counties, starting from Custis Memorial County Park in Hartwood, VA (just south of the Quantico Marine Base reservation). 8am mass start. Registration: \$25 until 9/8/00, then \$30. Visit their web site at <http://www.bikefred.com/cbc/index.html>, or contact Sandy Criswell: 540-720-4638, JRPUP@yahoo.com.
- 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 1-3 Governor's Conference on Greenways and Blueways. Virginia Beach. Call 804-798-6362, e-mail vagovconf@aol.com, or visit them at <http://www.state.va.us/~dcr/prr/trailcnf.htm> for more information.
- October 7 Bike Tour of Clarke County, Berryville. Registration includes pancake breakfast and a long-sleeve T-shirt. Call 540-955-4200 or e-mail info@clarkechamber.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 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.

October 28

Between the Waters Bike Tour. Wachapreague, VA. 20, 35, 60, or 100 miles. Call 757-678-7157 or visit them at <http://www.cbcs.org> for more information.

January 7-14, 2001

Riviera Mayan Bicycle Adventure. Explore the Yucatan Peninsula from the jungle to the Caribbean. Group is limited to first 100 people. A second week (January 14-21, 2001) is likely to open for this 1st annual event. The price, \$950, includes 1st class private hotels/beach cabanas (see website), most meals, tours by bilingual guides with backgrounds in biology and archaeology, entrance fee to 2 natural theme parks, bus transportation to and from the airport in Cancun, support staff and vehicles, bottled water and refreshments at rest stops. Airfare and bicycles are not included. A hybrid or mountain bike is required as some roads are packed dirt. The route is a loop ride starting and finishing at Playa del Carmen, visiting villages in the interior of the peninsula, approximately 35 – 45 miles a day with opportunity for hiking, kayaking and snorkeling. To register or if you have questions contact: Ride Director: Kenneth Johnson, fax: (98) 84 95 80 or phone: (98) 84 36 67, e-mail: rmba@cancun.com.mx, or visit their website at <http://www.bikeadventure.riviera-maya.com.mx>.

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

Eric Aschenbach & Kristy Hulett **Debbie & Brian Bauer**

Robert Brookshire

Robert Byrd

Glen Heatwole

Steven Hottle

Jim & Charlene Mitchell

Hank Schiefer

Mahlon & Alice Webb

Dave & Nancy Cary

Betsy Dunnenberger

Tim Hollenbeck

Tom Mayer

Tamer Moumen

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

MORE TIDBITS

Roughly once per night in this nation, a person is killed on a bicycle after dark. Many more are injured.

The bicycle is one of the most efficient vehicles ever built. The chain drive allows only two percent of energy to be lost between the chainrings and the cassette. A car, even the most fuel efficient, loses about 80 percent of the engine's energy before it moves the car.