



JAN-FEB 2001 NEWSLETTER

SVBC OFFICERS

President:
 Vice-President: Bob McGovern-Waite 828-0954
 Secretary: Eric Aschenbach 574-2798
 Treasurer: Marcia Lamphier 432-3312

UPCOMING MEETINGS

January 8 6:00pm Annual PotLuck. This year we will be at the house of Neups. He lives on North Willow Street in town. Call him at 434-1878 if you need directions to his house. The Club will be providing drinks. Bring a dish to share.
February 12 7:00pm Monthly meeting at Luigi's.

DECEMBER MEETING MINUTES

Three souls and a lot of food and drink. Several ramblings. Treasurer's report of \$4,652.74. Annual Icicle Ride on January 1st.

Neups

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

Randy Simmons

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Eric & Kristy Aschenbach

Harrisonburg

Judith Freudenthal

Harrisonburg

Marshall Hammond

Bridgewater

Len VanWyk

Harrisonburg

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	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/			

HUMOR

A guy comes up to the Mexican border on his bicycle. He has two large bags over his shoulders. The guard stops him and says, "What's in the bags?"

"Sand," replies the guy.

"Oh, yeah?" The guard says, "We'll just see about that. Get off the bike."

The guy gets off the bike and the guard takes the bags and rips them apart. He empties them and finds nothing in them but sand. The guard has no choice but to let the guy go.

Next week, same thing. This time, the guard detains the guy overnight and has the sand analyzed, only to discover, again, that there is nothing but pure sand in the bags.

Again, the guard releases the guy.

And so on, and so on, for weeks, until finally, the guard can't stand it anymore. He has to know. So the next time the guy shows up at the border, the guard says, "Look. I promise not to arrest you, but I have to know. What are you smuggling? "

"Bicycles," the guy answers, as he rides away, smiling.

Girl to Mother: Gee, Mom, I wish I had a lot of money.

Mother: Honey, you know money cannot buy happiness.

Girl: Yeah, but it can buy a new bike, and that's pretty much the same thing.

IN MEMORY

We lost another bicyclist and friend on November 17th, 2000. SaraLisa Miller couldn't control her demons and took her own life that afternoon. A memorial service was held the following Monday and was very well attended with family and friends. SaraLisa was 26 and was a registered nurse at Rockingham Memorial Hospital. We'll miss her.

SWOOPE RIDE

On October 28th seven Harrisonburg area cyclists met at the home of Alice and Mahlon Webb in Swoope. We headed out for a blustery thirty-five mile ride. The highlight of the day, and our turnaround point, was the Buffalo Gap Herb Farm in Racine, VA. After a brief stop at the herb farm we began our ride back, just as the wind really started to pick up and the clouds moved in. Appropriate to the season, we passed a house that seemed to be made for year-round Halloween, complete with a stars and moon porch and a witch weathervane. At ride's end the Webbs extended their hospitality for a lunch. Not everyone could stay, but those who did had a post-ride meal alfresco. Thanks to all who participated, and a special thanks to Alice and Mahlon for hosting a great day.

CLASSIFIEDS

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: 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.

FOR SALE: 1996 Cannondale R500 Compact road bike. 49 cm, built for women or smaller men, on 650C wheels. Shimano RSX Triple chain-ring with STI shifting. Very nice bike, not ridden much at all, maybe 50 miles total. EXCELLENT condition! Paid \$850 new at Rockfish Gap Outfitters. Need to get a good price – the bike is practically brand new - even tires are in decent shape (Continental Grand Prix). (David Taylor at Rockfish Gap is going to tune it up good for the new owner.) Call Andy at 540-234-9095 or e-mail him at ringgold@cfw.com.

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

ADVOCACY

Critical Mass:

Harrisonburg's second critical mass ride took place on Saturday, November 18. Although the weather was downright brisk, 75 hearty souls turned out for an enjoyable time. Both Mayor Carolyn Frank and Vice-Mayor Dorn Peterson rode with us. The next critical mass ride will be Saturday, December 9; again, meet at 12:30 at the upper level of the Water Street parking deck. Starting in January, rides will be the last Saturday of the month. For more information, see http://harrisonburg_cm.tripod.com.

Bike/Buggy Trail:

Bob Holton, Bridgewater Superintendent, and Bill Kyger of the Rockingham County Board of Supervisors held a meeting at Wilbur Pence Middle School in Dayton on November 16 regarding the proposed bicycle/buggy path between Bridgewater and Harrisonburg. For this meeting, they decided to ask the citizens for suggestions for routes. So, bicyclists and buggy users highlighted potential routes on a large map. The backbone of the route is (as it should be) Route 42, which is the most direct and sensible route; some smaller roads to the west were designated as buggy routes as well. This proposal is really a watershed event, since up to this point both bicyclists and buggies have been ignored by county transportation planners.

Black's Run Park:

A move to create a "Black's Run Park" (the name is yet to be determined) is underway. This would include a multiple-use path along Black's Run through the City of Harrisonburg. There seems to be support for this from a number of factions. See Stin Lenkerd for details.

JMU Survey:

Some JMU students in a Natural Resources and Conservation class will be taking a survey of students to determine, among other things, how many students would make use of a viable bicycle network in and around campus. Once they have their data, they will present it to the appropriate bodies.

Do Something:

In general, this seems to be an exciting time, with a number of things happening simultaneously. Do your part too; write letters, talk with coworkers, do whatever will help improve conditions for bicyclists in this area. Every little bit helps.

Len VanWyk, Advocacy Coordinator

TIDBITS

There has been a helmet recall. You can read the article at <http://www.cpsc.gov/cpscpub/prerele/prhtml01/01032.html>.

"As a kid I had a dream—I wanted to own my own bicycle. When I got the bike I must have been the happiest boy in Liverpool, maybe the world. I lived for that bike. Most kids left their bikes in the backyard at night. Not me. I insisted on taking mine indoors and the first night I even kept it by my bed." —John Lennon

In a recent *Maxim* interview, Seth Green, Dr. Evil's offspring in the Austin Powers movie, notes that the best way to wash down the perfect cheese steak (from Philadelphia, of course) is with an ice-cold Yoo-Hoo.

Riley Geary of the VBF has compiled a list of Virginia bicycle fatalities for 1994 – 1998. Our VDOT district (8th - Staunton) has had 2 in 1994, 2 in 1995, 3 in 1996, 1 in 1997, and 1 in 1998. We have 6.7% of the state's licensed drivers. But our share of the fatalities was 11%.

GENERATOR RECHARGER

You've seen the generator headlights, you've witnessed the pocket mail device and you've considered the cell phone, now you can recharge them all from the comfort of your own saddle. Complete with dynamo, phone holder, and a jet-engine-shaped charging unit, this system will keep you talking for months on the road. Charge anything with a lighter head adapter. Talk, talk, recharge! <http://www.buddyguard.com/pedalpower>

SCHEDULE OF EVENTS

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

SATURDAYS

12 noon. Winter Training Rides. This winter we will bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will meet on a weekly basis for rides of one to two hours in length--weather dictates the distance. Ride leaders will include Marcia, Bill, and Marshall. First ride will be on January 6th and the series will be continued through March. Major snowfall means cancellation of the ride and cross-country skiing instead. Call Marcia (289-6712), Bill (828-6635), or Marshall (828-2950) for location and other details. Shake off that winter feeling of blah & join us!

SUNDAYS

Sunday winter rides leave from Bridgewater College at 1pm in January and February. Spend a couple of hours riding backwoods with good company. This is a great way to keep in shape for spring. Road or mountain bike depending on the weather. If it is raining we stay by the fire and drink hot beverages. If it snows we go to the mountains and ski. Contact Rich Harris (828-2380) or Marcia Lamphier (432-3312) on Saturday for details for that week's ride. If you would like to be added to the Sunday ride e-mail distribution list send your e-mail address to harrisra@jmu.edu.

JANUARY 1

Annual Icicle Bike Ride. 12:00. Bring in the New Year with the Club's first scheduled ride. We will leave from Wildwood Park in Bridgewater for an approximately two-hour ride on paved/gravel roads. Bring your mountain/cross bike. If cold enough, a stop for hot cocoa at the end of the ride may be an option. For more details, or if weather is questionable, call Bill at 828-6635. You may also contact Marcia for details.

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>.

JANUARY 27

1pm. Critical Mass ride. Meet on the top of the Water Street parking deck at 12:30pm.

June 9-10

MS 150 Bike to the Border Tour. The tour starts in Charlottesville and winds through 150 miles of beautiful Virginia countryside to a fun-filled finish line at John H. Kerr Reservoir on the Virginia/North Carolina border. Fully supported, air-conditioned overnight accommodations. The registration fee is \$30 through

- May 7 and \$35 after May 7. The minimum pledge for the 2001 MS 150 Bike Tour will be \$200. The contact for the event is Devon Marie Ercolano. 804-971-8010, or devon@vab.nmss.org.
- June 22-27 Bike Virginia: Town and Country Tour. Front Royal-Warrenton-Culpeper-Luray. Call 757-229-0507 or visit them at <http://www.bikevirginia.org> for more information.
- July 20-26 CAM-Tour XIII. E-mail them at info@cyclexmd.org or visit them at <http://www.cyclexmd.org> for more information.
- July 22-28 7th Annual Bicycle Tour of Colorado. Visit them at <http://www.BicycleTourColo.com>.
- August 3-5 League of American Bicyclists National Rally. Altoona, PA. Call 202-822-1333 or e-mail bikeleague@bikeleague.org to get your name on the Altoona 2001 list. The League's 2001 National Rally of Cyclists will be held in conjunction with the Tour de "Toona (<http://www.tourdetoona.com>), America's largest pro-amateur road cycling races, in an event billed BikeFest 2001. The event will be an unprecedented combination of challenging and family-oriented recreational road and mountain bike riding with the thrilling spectacle of stage racing action. The official race courses will be open to participants for their cycling pleasure. Outstanding mountain biking will be available at Blue Knob Mountain ski resort (<http://www.blueknob.com/biking.html>). Former professional male and female cyclists will lead road and mountain bike rides during the event. The program will also include coaching seminars and USCF dietetic instruction for participants. The Southern Alleghenies offer fantastic mountain and road riding for all levels of ability, featuring low-traffic roads traversing thick oak forests, sweeping valleys, rolling hills and breathtaking mountains. In 1997, Altoona was named one of America's top five "Best Biking Towns" by Bicycling Magazine. The event will be based at the beautiful Penn State Altoona campus (<http://www.aa.psu.edu>).

2000 MILEAGES

If you have your 2000 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 JAN-FEB/March

Al & Sue Clague	Jean Johnson	Marquess Lewis
David Lorenzen	Matt Madden	John Maxfield
Betsy Sayre	Bill & Jodi Taylor	
Carl Droms	John Fennel	Art Fovargue Family
Shannon Jenkins	Marcia Lamphier	James Shuke

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.