



MARCH 2001 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

March 12 7:00pm Monthly meeting at Luigi's.

WELCOME NEW MEMBERS

John Beeton	Mt. Jackson
Gregory Peter	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Al Clague Family	Harrisonburg
Art Fovargue Family	Harrisonburg
Shannon Jenkins	Luray
David Lorenzen	Broadway
John Maxfield	Harrisonburg

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/			

ADVOCACY

Transportation Goals:

On January 29, CHANGE held a press conference in which they outlined their goals for 2001. I presented the transportation goals. My four main points were: (1) hire a staff transportation planner, (2) more aggressively implement the bicycle plan, (3) develop a Harrisonburg walkability plan, and (4) work cooperatively with the county on transportation issues. Bob Beresson gave a wonderful slide presentation promoting downtown beautification and the proposed Blacks Run Greenway (see below). The press conference received positive coverage on TV-3 and in the DNR.

Blacks Run Greenway:

Plans for the linear park paralleling Blacks Run have proceeded. The plan is to have a biking/walking trail along Blacks Run and to have "pocket parks" in various places along the way, similar to the park behind the Shenandoah Bicycle Company. A group of citizens and city staff have been meeting regularly to work out the details of this public/private partnership, and the plan has received positive press in the DNR. Talk to Stin Lenkerd for details or if you are interested in helping to make this greenway a reality.

Critical Mass:

Harrisonburg's monthly critical mass rides have continued through the winter, despite a consistently poor turnout by Club members. The 5-mile rides leave at 1pm on the last Saturday of the month from the upper level of the Water Street parking deck. See harrisonburg.cm.tripod.com for more information.

Joe Hiney ride:

Plans for a Joe Hiney Memorial Ride have begun. The ride, which will take place in late May or early June (roughly one year from the date Joe was struck and killed on 33 East), will be the same format as the critical mass rides. It will likely start and end at Turner Ashby High School. I have contacted someone there, and there could be a large number of students participating. If you have input on this, contact Marcia, Neups, or me.

CAP proposal:

The Community Alliance for Preservation (CAP), which formed in opposition to VDOT's proposed "loop road," has come up with an alternative plan. One component of this plan involves moving the railroad tracks that parallel South Main Street from where they are to somewhere north of town, and using the rail bed for a walking/biking trail. This would provide a safe route for younger or less experienced riders, similar to the Blacks Run Greenway. Contact Julie Burtner for more information.

New elementary school:

So, what does the location of Harrisonburg's next elementary school have to do with advocacy? The Harrisonburg School Board voted (somewhat prematurely, it would seem) to NOT use the Simm's School, which is conveniently located in the northeast section of the city, for its new elementary school. Instead, they may be building the next school in some undeveloped corner of the city. Residential growth would then be induced near the school's location. Putting classist/racist complaints aside (the Simm's school was Harrisonburg's "black" school before desegregation), it makes more sense to put a school where people already live. This gives the students an opportunity to walk/ride to school. Sticking it on the outskirts of the city forces most people to drive or take a bus.

Transportation & Safety:

I have been appointed by City Council to Harrisonburg's Transportation and Safety Commission. I hope to provide a non-motorist's perspective at the planning stage of any relevant city improvements.

Len VanWyk, Advocacy Coordinator

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: Giant 980c carbon fiber road bike, 59 cm., Shimano 105 7-speed components, Kestrel carbon fiber fork, excellent condition, \$600. Call Brent at 540-438-5956, or bmcnett@planetcomm.net.

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

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.

CROSS TRAINING

I had to have surgery in early November, on my right foot to remove some bone. The podiatrist told me I needed to step off the bike for a while. And my back was giving me a fit from riding more than ever this year (over 5,000 miles for the first time). I had talked earlier in the year to Les Welch and my family physician about my nagging back. I'm in good health with no back injuries. They both basically told me the same thing: cross-train. For seven straight years, my sole form of exercise has been cycling. They suggested my upper body needed some work. Enter Merck's fitness center. Shortly after my surgery, I was able to give my legs/foot a break and start working on my upper body in the new Fitness Center that Merck built for their employees. It's a nice center with all kinds of cardio and weight-training equipment. There's a sound system, fans, locker rooms, and showers. And best of all, it's free! I really did need the upper-body workout...my wife has bigger biceps than I do! Within four or five workouts, I could begin to feel a little difference in upper-body strength. It's been "just what the doctor ordered". I believe that cross-training is a good thing for me and I will probably work on upper body strength through February, at least. By then, I know I'll be itching to get back on the bike.

What I have read from various magazines and through internet bicycle newsgroups is that cyclists who don't want to add a lot of pounds from weight training (like us, so we can get up these hills around here) should do less weights with more reps. This method will tone your body without building bulk. However, after being so overweight most of my life, I sure haven't found the cure for the stomach flab leftover from losing the weight. Many cyclists have suggested crunches to me and I do them, although I can't say I enjoy them. But then, in many respects, it has been harder to enter the weight room than to just keep riding through the winter. I have been sore at times from using muscles I didn't realize I had. I purposely have started out pretty easy with weight training and have only increased the weights a little since I started eight weeks ago. I'm not out to strain anything or need muscle relaxers. I want to keep this as natural and enjoyable as possible. I'm sure I'll be a little slower on the bike come Spring, but hopefully, within a short period of time, I can meet up and maybe surpass my average mph goals because of the upper body conditioning from the winter. I have heard that a strong upper torso will transfer more power to the legs and allow for stronger, more comfortable cycling.

Robert Gooden

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 8th and the series will be continued through March. Major snowfall means cancellation of the ride and cross-country skiing instead. Call Marcia (432-3312), Bill (828-6635), or Marshall (828-2950) for location and other details. Shake off that winter feeling of blah & join us!

SUNDAYS

Bike rides leaving from Bridgewater College. During the winter months these rides vary between road and mountain bikes depending on the temperature. In very cold weather the rides may leave at a later time. We ride to have fun! Please call contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or Dan Finseth, 438-8063, e-mail dafinseth@rockinghamgroup.com each Saturday for the latest ride information.

- April 1-3
April 21 3rd Annual Virginia Bike Walk Conference. Charlottesville at the DoubleTree Hotel. You can read about BikeWalk Virginia at: <http://www.bikewalkvirginia.org/> Cycle for the Children. Citizens Against Sexual Assault (CASA) of Harrisonburg will be hosting a bike ride in honor of April's Child Abuse Awareness Month. CASA is a non-profit grassroots organization dedicated to serving those that have been affected by sexual violence. The bike ride is a fundraiser as well as an awareness event. Each registered rider must raise a minimum of \$150.00. A large portion of the money raised will go to CASA's Child Advocacy Fund. This will allow for support for our TeenLine, educational programs for youth, as well as services for child victims of sexual abuse. The remaining proceeds will help with the operational costs of CASA. If you are interested in riding in CASA's first ever Cycle for the Children or if you are willing to volunteer, please contact Lacey Midkiff at CASA: 432-6430 or e-mail lmidkiff@rica.net. Thanks for your support!
- May 5 3-State 3-Mountain Challenge. Chattanooga, TN. One of the most scenic and challenging centuries in the Southeast. The rigorous 100-mile option is unique in that it climbs three mountains, one in each of three states: Tennessee, Alabama, and Georgia. Also a metric and quarter century options. Proceeds will benefit the Bethel Village Home for Children. The Bessie Smith Jazz Festival is also happening in Chattanooga that weekend. More detailed information and applications are available for both events at www.chattbike.com and online registration is available from the same or from www.active.com. Contact for the ride is Daisy Blanton, 706/820-1157 or DaisyBRider@cs.com.
- May 5-6 Athens to Lake Hartwell. Nitty Gritty Bike Band's two-day tour starts in Athens, GA with an overnight stop at Crescent Camp on Lake Hartwell. Motel accommodations also available. About 65 miles of rural North Georgia countryside each day. For more information or an application form with complete details, see <http://www.fivepts.com/hartwell.htm>, call 706-227-0774, or email mdodson@mindspring.com.
- May 26-27 River Ranmble. Yardley, Bucks County to Easton, PA. 100 miles. Sponsored by Pedal Pennsylvania. Call 215-561-9679, e-mail them at Bob@pedal-pa.com, or visit them at <http://www.pedal-pa.com> for more information.
- 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 21-24 Eddy Farm Revisited. Sparrow Bush, NY. 210 miles. Sponsored by Pedal Pennsylvania. Call 215-561-9679, e-mail them at Bob@pedal-pa.com, or visit them at <http://www.pedal-pa.com> for more information.
- 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.
- June 24 16th Annual Bay to Bay Ride. Betterton, MD. 50-104 miles, flat. Proceeds to benefit Lions Club Leader Dog Program for the Blind. Send S.A.S.E. to Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665, or find them on <http://www.active.com>.
- July 13-20 Lighthouse Tour. Nova Scotia's coast. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at cycle@canamwheelers.com, or visit them at <http://www.canamwheelers.com> for more information.
- July 15-18 Vermont Escape. 225 miles. Sponsored by Pedal Pennsylvania. Call 215-561-9679, e-mail them at Bob@pedal-pa.com, or visit them at <http://www.pedal-pa.com> 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 21-28 Moosa Tour. Rangeley, ME to Quebec City. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at cycle@canamwheelers.com, or visit them at <http://www.canamwheelers.com> for more information.
- July 22-28 The Bon Ton Roulet. Finger Lakes region of New York. 350 miles. Call 607-756-2893 or visit them at <http://www.bontonroulet.com> for more information.
- July 22-28 7th Annual Bicycle Tour of Colorado. Visit them at <http://www.BicycleTourColo.com>.
- August 10-Sept 4 Northcountry Challenge. Labrador, Newfoundland, and Cape Breton. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at cycle@canamwheelers.com, or visit them at <http://www.canamwheelers.com> for more information.
- September 15-19 Mid-Atlantic Governors' Conference on Greenways, Blueways, and Green Infrastructure. Crystal City, Arlington. Visit www.dcr.state.va.us/prr/2001conf.htm.
- September 22 Bike DC 2001. Visit <http://www.waba.org> for information.
- October 19-21 Fall Foilage Festival. Staunton. Visit <http://www.bikevirginia.org/fft.html> for information.

2000 MILEAGES



Marcia Lamphier	11,195	Neups	6,679
Robert Gooden	5,188	Bruce Miller	5,172
Bill Painter	5,126	Bill Taylor	5,002
Hank Schiefer	3,441	Mahlon Webb	3,333
Scott Ripley	1,237	Alice Webb	1,125

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 MARCH/April

Carl Droms	John Fennel	Marcia Lamphier
James Shuke		
Dary Erwin	Steven Hostetler	Bruce Miller
Scott Ripley		

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 SVBC-NL-editor@att.net or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.