



## APRIL 2001 NEWSLETTER

### SVBC OFFICERS

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

### UPCOMING MEETINGS

April 9	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

### JANUARY MEETING MINUTES

This year the Annual Potluck Dinner was held at the House of Neups. There was tons of good food, and we got to meet our newest club member, baby Joel McNett. I am sure he will be tearing around on a tricycle before we know it, with the wind in his helmet.

In business related news, we have the Club elections coming up in March. Vote early and vote often. I will skip the rest of the Florida voting jokes!

There was not a Chili Ride this year due to Mad Cow's Disease infiltrating our beef stock. The Treasurer reported a balance of \$4,598.93. Finally, we need to congratulate all those folks who have helped over the years to pick up trash on our designated section(s) of State highway. We have been given a certificate for 10 years of dedicated work!

Eric

### FEBRUARY MEETING MINUTES

We reconvened at Luigi's for this month's meeting. Lacey, from Citizens Against Sexual Assault (CASA), talked to us about a bicycle event her organization is holding to raise money for their Child Advocacy Fund. It is going to be held on April 21st. Check out the newsletter for more information or pick up a flyer at your favorite bike shop.

We also talked about donating some of the Club's money to the local rescue squads for helping during our events like the Bike Festival and the Century Ride. Let your opinions be heard about this idea. Speaking of money, the Treasurer reported that we now have \$4,695.16 in our account. There will be a Century Ride meeting before you even get this newsletter, but that is just the start. There will be many more meetings

between now and September, so check the schedule to find out when the next one will be. In addition, we need to start rallying the troops to organize this year's Bike Festival. It is the support from our members that makes these events a success!

The Virginia Department of Transportation (VDOT) has published a new bicycling guide for the State. It is 48 pages of information about road and mountain biking events and destinations. It is free of charge, so call 800-835-1203 or email them at [vabiking@vdot.state.va.us](mailto:vabiking@vdot.state.va.us) to get a copy. One final note, the March elections are upon us. If anyone would like have their name on the ballot for any of the positions, you will have to write it in at this point.

Eric

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

Mark Myracle	Keezletown
Sheila and Terry Newman	Harrisonburg
Peter & Joanne VanSiclen	Staunton

## WELCOME BACK RETURNING MEMBERS

Dary Erwin	Harrisonburg
Steven Hostetler	Harrisonburg
Marcia Lamphier	Harrisonburg
James Shuke	Bridgewater

*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>	<a href="http://www.math.jmu.edu/~vanwyk/svbc/">http://www.math.jmu.edu/~vanwyk/svbc/</a>			

## correction

Last month's article by Robert Gooden on cross training had a line that read "And my back was giving me a fit from riding more than ever this year (over 5,000 miles for the first time)." The line should have

read "5,000 miles *by October* for the first time." The editor omitted the words. Sorry for any confusion.

Neups

## 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](mailto:ringgold@cfw.com).

**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](mailto:bmcnett@planetcomm.net).

**FOR SALE:** 1992 Tommasini steel frame (56.5 center to center or 58 center to top) and fork with Shimano DuraAce gearing/brake system, all in excellent condition. New derailleurs (16 gears), cabling, handlebars (Salsa), chain, and wheels (Rolf Vector). Computer included. If interested, please call Charlotte at 540-433-1337.

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

## WEDNESDAY EVENING RIDES

Wednesday, April 4<sup>th</sup>, will be the start of the 2001 season for Wednesday evening rides. We leave from the Harrisonburg High School parking lot (Route 42 – 395 S. High St.) at 5:15pm. 1-1/2 to 2 hour ride at a B-pace. Call Marcia (432-3312) for more details.

## DRINKING AND RIDING DO NOT MIX

Riding a bicycle after just one alcoholic drink increases the risk of fatal or serious injury by five times, while five drinks raise that risk twenty fold, researchers reported Tuesday. Previously published studies had indicated that about a third of all U.S. bicycle deaths were alcohol related, but details of the risk had not been assessed until now, said the study from Johns Hopkins University School of Medicine in Baltimore. Susan Baker, one of the study's authors, said she was surprised at how much impact drinking had on bicycling. "The people who have blood alcohol concentrations of .08 or higher were 20 times as likely to be killed or badly injured as the bicyclist who had not been drinking ... a huge effect," she said. The report added that just one drink increased the risk of a fatal or serious injury about fivefold. Don't drink and ride!

For more, see <http://jama.ama-assn.org/issues/v285n7/abs/joc01523.html>.

## SCHEDULE OF EVENTS

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

### TUESDAYS

### WEDNESDAYS

**On non-officially timed dates, 5:45pm Time Trials in Montezuma. Self-timed. 5:15pm. 1 1/2 to 2 hours at a B-pace. Meet at the parking lot at Harrisonburg High School. Call Marcia at 432-3312 for more information. First one for the year will be on April 4<sup>th</sup>.**

### SATURDAYS

**12 noon. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. As the weather becomes nicer, we will modify the starting time. Call Marcia (432-3312), Marshall (434-1609), or Bill T. (828-6635) for location and other details.**

### SUNDAYS

**Spring rides leaving from Bridgewater College at 10am. This time of year these rides are generally on road bikes, but we switch to mountain bikes if the weather turns cold. We ride 2-3 hours to have fun! Please contact Rich Harris, 828-2380, e-mail [harrisra@jmu.edu](mailto:harrisra@jmu.edu), or Dan Finseth, 438-8063, e-mail [dafinseth@rockinghamgroup.com](mailto:dafinseth@rockinghamgroup.com) each Saturday for latest ride information.**

April 1-3

3rd Annual Virginia Bike Walk Conference. Charlottesville DoubleTree Hotel. You can read about BikeWalk Virginia at: <http://www.bikewalkvirginia.org/>

April 7

**Adopt-A-Highway trash pick-up and ride. Come join us for a quick pick-up of trash on our section of county roads. We'll meet at the Penn Laird Post Office at 9am. Once finished we'll gather at the Montevideo Middle School at 10:15am for a 35-mile ride. Contact Neups (434-1878) or Marcia (432-3312).**

April 21

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](mailto:lmidkiff@rica.net). Thanks for your support!

- April 21 Great Cookie Bike Rally. Harwood, MD. Call 1-888-226-7433, e-mail them at [info@cyclexmd.org](mailto:info@cyclexmd.org), or visit them at [www.cyclexmd.org](http://www.cyclexmd.org).
- April 21 12<sup>th</sup> Annual Ocean to Bay Bike Tour. 20- or 50-miles. Call 1-800-962-SURF, e-mail them at [info@bethany-fenwick.org](mailto:info@bethany-fenwick.org), or visit them at [www.bethany-fenwick.org](http://www.bethany-fenwick.org).
- April 28 Great Greenbrier River Race. 11am. Canoe, mountain bike, and run. Call 1-800-336-7009, e-mail [pccvb@pocahontascountrywv.com](mailto:pccvb@pocahontascountrywv.com), or register online at [www.active.com](http://www.active.com).
- April 28 8<sup>th</sup> Annual Tar Wheel Century. Elizabeth City, NC. 33-, 61-, or 100-miles. Online registration at [www.active.com](http://www.active.com).
- 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](http://www.chattbike.com) and online registration is available from the same or from [www.active.com](http://www.active.com). Contact for the ride is Daisy Blanton, 706/820-1157 or [DaisyBRider@cs.com](mailto: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](mailto:mdodson@mindspring.com).
- May 26-27 River Ramble. Yardley, Bucks County to Easton, PA. 100 miles. Sponsored by Pedal Pennsylvania. Call 215-561-9679, e-mail them at [Bob@pedal-pa.com](mailto: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](mailto: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](mailto: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 info.
- June 24 16<sup>th</sup> 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>.
- June 30-July 7 GRABAAWR XVI. Wisconsin. For information call 1-888-575-3640, e-mail them at [wisbike@mhtc.net](mailto:wisbike@mhtc.net), or visit them at [www.bikewisconsin.org](http://www.bikewisconsin.org).
- July 8-15 3<sup>rd</sup> Annual Cycling the Erie Canal. Buffalo to Albany, NY. Contact them at [canaltour@nypca.org](mailto:canaltour@nypca.org) or visit them at [www.nypca.org/canaltour](http://www.nypca.org/canaltour).
- 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](mailto: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](mailto:Bob@pedal-pa.com), or visit them at <http://www.pedal-pa.com> for more information.

- July 20-26 CAM-Tour XIII. Maryland. E-mail them at [info@cyclexmd.org](mailto: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](mailto: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 7<sup>th</sup> 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](mailto: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>).
- August 4 Mountain Mama Road Bike Challenge. Fundraiser for Highland Medical Center. 30-, 50-, 70-, and 100 miles. Century has 9 mountains and 10,000 feet of climbing. Call Jan Dray at 540-468-2301, e-mail [catdray@cfw.com](mailto:catdray@cfw.com), or go online to <http://www.bikemountainmama.com> for more information.
- August 5-11 SAGBRAW XXIV. Wisconsin. For information call 1-888-575-3640, e-mail them at [wisbike@mhtc.net](mailto:wisbike@mhtc.net), or visit them at [www.bikewisconsin.org](http://www.bikewisconsin.org).
- 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](mailto: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](http://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.

## I DO SO BELONG ON THE ROAD

*This is taken from the Washington Post on July 30, 2000.*

I am a bicyclist, and as such, I have been honked at a fair bit (not, presumably, in appreciation of my bike-bruised legs). I always had assumed that the honking drivers were just mean-spirited. But a recent encounter with a cabdriver makes me think that maybe they are only ignorant of the law.

This cabdriver honked at me and then pulled up beside me at a red light. "Get over there!" he yelled, gesturing toward the sidewalk.

"The sidewalk?" I asked incredulously.

"Yeah," he said, "That's where you're supposed to be."

I told him that, to the contrary, I was supposed to be on the road. D.C. laws make it illegal for me to ride on the sidewalk. To his credit, he apologized. For others who may not know the rules:

\* Bikes have a right to the road. We have the right to the whole lane, so when we stick to the edge, we are being polite. So please don't honk at us for being there.

\* Bikes might need a little room. Sometimes, we have to swerve to avoid a pothole or broken glass--or a pedestrian who has stepped off the sidewalk without looking. And we might ride farther out from parked cars than may seem necessary, but plowing into an opening car door or stopping short to avoid one can lead to a serious head or spinal cord injury. So please don't crowd us into the gutter--it is not safe there.

\* Bikes can be endangered by being passed too closely. Once in a while, slow down behind us instead. It could mean our lives.

I'm sure some people who have read this far are thinking, "Some nerve, to tell us about driving etiquette. What about those crazy cyclists who race through red lights, swerve between lanes of stopped cars and ride one-way streets the wrong way, at night, without a light?"

Well, I don't like those bikers either. They give all cyclists a bad name. So here's some advice for cyclists: Ride responsibly, because if we don't follow the rules, we can't expect drivers to do so either.

And for drivers who still hate bicycles even after reading this, please remember: We're not causing the traffic jams, we're not taking up parking spaces and our exhaust isn't making the summer even hotter.

--Heather Selin

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## 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 APRIL/May

#### **Bruce Miller**

Jim Brown  
Charlotte McNulty  
Marc Stecker & Kay Huskins

#### **Scott Ripley**

Dan Funkhouser  
Terry Prodoehl  
Mike & Ann Wenger

Deb Lung  
Jim Sohacki

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.

## NEW KIND OF ACTION: SLOT MACHINES ATTACHED TO EXERCISE BIKES

John Curran Associated Press Writer: Associated Press

ATLANTIC CITY, N.J. (AP) - Sweating your losses? In casinos, almost everyone does, but that may no longer be a bad thing.

The Tropicana Casino Resort last week introduced the Pedal 'n Play, which marries traditional 25-cent slot machines with stationary bicycles that monitor how many calories gamblers have burned.

Users don't even have to touch the slot machine: Handlebar buttons can control the amount of the bet and the spin of the wheel. A cup holder offers a place to store quarters.

To guard against cheapskates seeking free workouts, the pedaling works only if the rider is gambling.

The machines were invented by Kathy Harris, who found herself walking out of the Tropicana's casino a couple of year ago so she could exercise in its spa.

"I was riding the bike, thinking 'Where's the slot machine?' This is a casino. It didn't seem right," said Harris, a mother of four from Fairfax, Va.

She formed Fitness Gaming Corp., which sells the Life Cycle 9100 and harness for \$6,500. The casino then attaches the slot machine.

"Even if you lose at gambling, you walk away a winner," said Harris, who also developed a Money Mill treadmill.

The Tropicana installed 10 Pedal 'n Plays.

"It's another niche. We don't know how far it's going to go," said George Mancuso, a Tropicana vice president.

Rose Rappa, 64, of Tallman, N.Y., tried the machine for the first time on Thursday and quit after five minutes. "This is for kids, I got news for you," Rappa said. "The exercise was good, my heart rate was good, but the machine's a big loser."

George Longauer, 47, of Conneaut, Ohio, gambled \$10, won nothing but pronounced the machine "a good gimmick."

"My legs are tired. The thing is, you pedal faster thinking you're helping the (slot) machine," he said. "Just wait until somebody dies on it, though."

Casino officials and Fitness Gaming already thought of that, Mancuso said. Both have insurance.

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