



MAY 2001 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

May 14	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

APRIL MEETING MINUTES

The first pre-meeting ride of the year had five participants. The ride was about 14 miles long, and was described as being "nice and beautiful." Pete, a new member from Verona, joined in on the ride.

The results of this year's elections are in. After several recounts, it looks like all the incumbents have been re-elected in a landslide. We are still seeking someone to fill the position of President.

The Bike Festival will be held the last Saturday in July. Talk to Dan Finseth about how you can help. A memorial ride for Joe Hiney is being planned for this

spring. Watch the Club calendar for the date. There was a great deal of information regarding bicycle advocacy brought to the meeting by Stin and Len. Check out the Advocacy column for the latest. In addition, the Blacks Run Greenway Project will be before Harrisonburg City Council at their meeting on May 22, 2001. Let Council know if you support the project. May is National Bike month, and Bike-to-Work day is May 4th. Plan accordingly. The Treasury balance is \$4718.16.

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

Jamie Mackie

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Charlotte McNulty

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/			

TRASH RECAP

There were only three of us to pick up the trash this time. Maybe it was owing to the ominous looking weather. But we got to it and got it done, although it took a little longer than normal. Afterwards we went on quite an adventure through the back end of Elkton and out of Rockingham County. We even stopped in

Shenandoah for a bite to eat. Thanks for Marcia and Marshall for joining me in this month's pickup. And thanks to Marshall for a wonderful tour on some roads I'd never ridden.

Neups

ADVOCACY

Interested in Advocacy?

If you are interested in joining an SVBC Advocacy Committee, either e-mail Len VanWyk at vanwyk@math.jmu.edu, or call him at 432-0138. Advocacy experience is welcome but not necessary. Every little bit helps. By getting advocacy-minded individuals together, we can multiply our impact toward creating a more bicycle-friendly area. Don't wait until conditions are intolerable. Get involved now!

THE VIRGINIA OUTDOOR PLAN

On April 19th, I attended a meeting held by the Virginia Department of Conservation and Recreation (DCR) regarding the draft version of the Virginia Outdoor Plan (VOP). What is the Virginia Outdoor Plan you may be asking? Well, I went to the DCR website to find a basic explanation. "The 1996 Virginia Outdoors Plan (VOP) is the Commonwealth's Seventh State Comprehensive Outdoor Recreation Plan. It provides guidance [and direction] to federal, state, and local units of government, as well as the private sector, in conserving the state's outdoor recreation resource base and in providing outdoor recreation resource opportunities. This plan is designed to be used by both professionals and laymen interested in Virginia's outdoors." The Plan is reviewed every five years and amended as necessary. The document itself is not considered regulation, but it provides additional exposure to the ideas. This exposure may also provide networking opportunities and may open the door to funding for projects. However, it is still necessary for citizens to voice their support for the ideas in order to see them come to fruition.

There were several categories on the list for our particular planning district (Region 6), and I was pleasantly surprised that one of the sections was titled "Trails & Greenways." There are several rail-trail conversions outlined in this section, as well as the realignment of the Route 76 Interstate Bike Route. An idea was also presented to DCR at the meeting for a rail-trail conversion from Bridgewater, south to the National Forest. While this presentation was very preliminary, it would dovetail nicely with several of the other sections in the report including: more access to rivers, more access to the National Forest, and provide more hiking/biking/horseback riding opportunities.

DCR also expressed interest in the Blacks Run Greenway Project, and the proposed biking and buggy path from Bridgewater to Harrisonburg (and eventually Broadway). Neither item was in the draft document, but probably will be in the final version.

Where does this lead us? There is still the opportunity to comment on the draft document before it is finalized, and to propose any other projects that may fit into the scope of the document. I was told that the deadline for comments is the "middle of May," but I do not have a definitive date. If you want to see a copy of the draft VOP, you can download it from the DCR website at www.dcr.state.va.us/pr/vopintro.htm. There is also links to additional information concerning this topic at that website address. Copies of the draft plan were distributed to each county, city, and many towns and should be available for review. Many libraries have copies in their reference material. You can mail comments to the Department of Conservation and Recreation at 203 Governor Street, Suite 326, Richmond, VA 23219; or you can submit them by email at vop@dcr.state.va.us. Let your voice be heard now, because the next review of the document will not take place for another five years. The comment period to express our interest in these projects to our local government never ends. So keep those pencils sharpened your keyboards ready, and your mind open.

Eric

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.

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 438-5956, or 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), cables, handlebars (Salsa), chain, and wheels (Rolf Vector). Computer included. If interested, please call Charlotte at 433-1337.

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

TIDBITS

The Club's database has a few e-mail addresses where messages don't seem to be going through. If you still have an e-mail account, would Charlie Pitkin and Linda Suter please send a message to SVBC-NL-editor@att.com? Thanks.

For those who haven't heard, I've cracked my Serotta downtube. The bad thing is that I didn't check the bike out when I first felt something was amiss. Something didn't feel right the beginning of April, but I didn't actually look hard at what it might be until the middle of the month. Not that I could have done anything, but I was lucky to have not tumbled down a descent. So this is just a word of caution to check out your bicycle now and then, especially if something doesn't feel right to you. Don't let it go until it's too late.

Just released --- the 2001 edition of the bike trail planner. Now sixty-one B & B's, inns, and shuttle services are listed by mile post along four major trails. They are the 185-mile C & O Trail in western Maryland, the 148-mile Great Allegheny Passage (formerly P to C) Trail in southwestern Pennsylvania, the 20-mile Mt. Vernon, and the 45-mile W & OD trails in northern Virginia. The revised planner is available "FREE" on the web site www.norrishouse.com. Alternatively, a printed version can be ordered for \$3.00 (p & h).

Neups

MAY IS BIKE MONTH; MAY 18 IS BIKE TO WORK DAY

Spread the word: May is Bike Month and May 18 is Bike to Work Day. The year 2001 marks the 45th consecutive year that the League of American Bicyclists has declared May to be National Bike Month. With the current energy crisis and worsening traffic for American commuters, biking to work is smarter than ever. For information on Bike Month or on bicycling, visit <http://www.bikeleague.org/educenter/bikemonth.htm>.

VIRGINIA BICYCLING FEDERATION POSITIONS FOR IMPROVEMENT OF BICYCLE ACCOMMODATION ON STATE ROADS AND HIGHWAYS

The Virginia Bicycling Federation (VBF) is the voice of Virginia's bicyclists. We represent over 15 of the largest bicycling organizations throughout Virginia as well as many individual members.

The routine accommodation of bicycling and walking on streets and highways is vital to Virginia's future. Bicycling and walking are healthful, clean, energy efficient, thrifty, and fun. They promote community, stronger families, a significant recreation and tourism industry, personal wellness, and an appreciation for one's environment. In addition, bicycling and walking make other travel modes--particularly mass transit--more effective. In much of Western Europe, bicycling and walking comprise 40-50% of all trips, about 7-times the typical U.S. frequency. Yet, in newer urbanized areas across Virginia, state-funded road construction typically accommodates walking poorly--if at all--and even more rarely provides needed on-road bicycle facilities.

Beginning with the Intermodal Surface Transportation Efficiency Act (ISTEA) in 1991 and continuing with the Transportation Equity Act for the 21st Century (TEA-21) in 1998, federal transportation laws and policy have increasingly supported the accommodation of bicycling and walking in highway construction projects and the use of federal-aid highway funds to build bicycle and pedestrian facilities as independent projects. In 2000, the US DOT issued a policy statement urging that "bicycling and walking facilities will be incorporated into all transportation projects unless exceptional circumstances exist."

VBF recommends six reforms in the provision and funding of bicycle and pedestrian facilities. The Federation will work with the Commonwealth Transportation Board and the Virginia Department of Transportation to see that these reforms are put in place.

1. Virginia's Commonwealth Transportation Board (CTB) should routinely accommodate walking and bicycling in highway designs. Under current CTB policy, the Virginia Department of Transportation (VDOT) usually accommodates walking and bicycling in highway projects only where, and as, specified in local comprehensive plans. Unfortunately, local plans may overlook critical locations for walking and bicycling accommodation and often specify inadequate and unsafe bicycle facilities (e.g., narrow sidepaths adjacent to the curb and with frequent motor vehicle cross-flows as the sole "bike facility"). The CTB should develop and implement statewide guidance for providing at least minimum facilities for walking and bicycling in highway projects based on traffic volume and speed, local population density and land uses, and other corridor characteristics. VDOT is well aware of models for such guidance in other states and at the federal level but has done little to adopt them.

2. The CTB should fully fund qualified and approved bicycling and walking facilities associated with concurrent highway construction. In all highway construction projects, warranted, planned, and approved facilities for bicycling and walking--including safe and convenient access across and along freeways--should be funded on the same basis as the construction of motor vehicle lanes. CTB policies, which may violate federal law (e.g., TEA-21, Section 1202), require counties to pay half of the construction costs for walking and bicycling facilities they formally plan and approve. This funding bias has often led elected county officials to veto critical walking and bicycling facilities in funded projects and even to completely omit them from county comprehensive plans. Walking and bicycling access should always be preserved or restored when our public highways are expanded to make motoring more convenient.

3. The CTB should end its prohibition on funding walking and bicycling facilities as independent projects . Virginia affords too few opportunities to improve walking and bicycling conditions in highway corridors. The CTB's ban on spending state highway funds on sidewalks or bike facilities not built during concurrent roadway construction greatly impedes the correction of long-standing and critical safety and accommodation needs for bicyclists and pedestrians. This ban should be removed.

4. State funding should be dedicated to walking and bicycling retrofits. Many states dedicate funding for bicycling and walking facilities. The State of Maryland has funds dedicated to sidewalk retrofits and to paving rural highway shoulders. California recently enacted "Safe Routes to School" legislation that allocates a portion of federal Hazard Elimination Program funds to improve walkways and bikeways to schools. VBF requests an appropriate dedication of state highway funds (e.g., up to \$10 per capita per year) to address priority walking and bicycling retrofit needs across Virginia.

5. VDOT and the CTB should establish objective criteria and solicit public input on bicycling on controlled-access highways. Freeway and bypass-highway shoulders often offer bicyclists safer and better routes than are available on parallel older roads and highways. However, Section 46.2-808 of the Code of Virginia allows the CTB to prohibit bicycling on controlled-access highways "when necessary to promote safety". This practice of banning bicycling on controlled-access highways varies widely among the VDOT construction districts, with no apparent

objective criteria being applied. The CTB should establish objective criteria for the VDOT construction districts to use to determine whether bicycling should be restricted on a particular controlled-access highway. Each VDOT district should then re-evaluate all existing bicycling restrictions in light of such criteria. In addition, notice of any proposed bicycling limitations on highways should be part of the VDOT public hearing process. A draft written determination and findings on any proposed bicycling restrictions should be available at the public hearing.

6. VDOT should establish effective bicycle and pedestrians advisory committees, both statewide and in each construction district. Citizen advisory committees are valuable tools for improving government programs, for communicating with the public, and for acquiring outside expertise at minimal cost. Unlike many other states, Virginia has no bicycle and/or pedestrian advisory process established by statute. Although VDOT has voluntarily convened a statewide bicycle advisory committee since 1989, the committee lacks citizen leadership and direction, has met infrequently, and is inactive between meetings. VDOT should establish effective bicycle and pedestrian advisory committees with substantial citizen direction at both the statewide level and for each VDOT construction district.

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 Scott Ripley (248-5810) for more information.

SCHEDULE OF EVENTS

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

TUESDAYS

WEDNESDAYS

SATURDAYS

SUNDAYS

May 5

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.

10am. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. Call Marcia (432-3312), Marshall (828-2950), or Bill T. (828-6635) for location and other details.

Rides leaving from Bridgewater College at 9am. 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.

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 www.fivepts.com/hartwell.htm, call 706-227-0774, or email mdodson@mindspring.com.
- May 12 **Breakfast Ride. 35-40 miles. Meet at the NEW MR J'S (Route 42 North / Park View Food Lion / Harmony Square Shopping Center. We will meet at 8am & leave for the ride AFTER breakfast. Please call Marcia (432-3312) for additional info.**
- May 20 **Wannabe Ride. Meet at Wildwood Park in Bridgewater at 12:30pm. See the newsletter article for details. Contact Alice Stecker (564-1611) or Scott Ripley (248-5810).**
- May 26 **The Joe Hiney Memorial Ride. 1pm. Beginning and ending at Turner Ashby High School. A ride of remembrance and a statement for change.**
- 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 Bobi@pedal-pa.com, or visit them at 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 Bobi@pedal-pa.com, or visit them at 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 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 www.active.com.
- June 30-July 7 GRABAAWR XVI. Wisconsin. For information call 1-888-575-3640, e-mail them at wisbike@mhtc.net, or visit them at www.bikewisconsin.org.
- July 8-13 2nd Annual Coastal Tour. Tours along the Maine coast. Call 207-743-5993, e-mail them at info@coastaltour.com, or visit them at www.CoastalTour.com for more information.
- July 8-15 3rd Annual Cycling the Erie Canal. Buffalo to Albany, NY. Contact them at canaltour@nypca.org or visit them at 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, or visit them at 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 Bobi@pedal-pa.com, or visit them at www.pedal-pa.com for more information.
- July 20-26 CAM-Tour XIII. Maryland. E-mail them at info@cyclexmd.org or visit them at 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 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 www.bontonroulet.com for more information.
- July 22-28 7th Annual Bicycle Tour of Colorado. Visit them at 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 (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 (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 (www.aa.psu.edu).
- August 4 Mountain Mama Road Bike Challenge. Fundraiser for Highland Medical Center. 27-, 56-, 70-, and 104 miles. Century has 9 mountains and 10,000 feet of climbing. Call Jan Dray at 540-468-2301, e-mail catdray@cfw.com, or go online to www.bikemountainmama.com for more information.
- August 5-10 9th Annual Moose Tour. Western Maine. Phone 207-743-5993, e-mail them at info@moosetour.com, or visit them at www.MooseTour.com for more information.
- August 5-11 SAGBRAW XXIV. Wisconsin. For information call 1-888-575-3640, e-mail them at wisbike@mhtc.net, or visit them at 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, or visit them at www.canamwheelers.com for more information.
- September 10** [19th Annual Shenandoah Valley Century.](#)
- September 23 Bike DC 2001. Visit www.waba.org for 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 MAY/June

JIM BROWN	DAN FUNKHOUSER	DEB LUNG
TERRI PRODOEHL	JIM SOCHACKI	
<u>MARK STECKER & KAY HUSKINS</u>		<u>MIKE & ANN WENGER</u>
Andrew Dainis	Dan Finseth & Betsy Hayes	Meg Sander
Judith Trumbo		

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.