



JUNE 2001 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

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

MAY MEETING MINUTES

There were three people on the pre-meeting ride, and I was told they had a good time. The Bike Festival and Century committees have been holding meetings to plan this year's events. Please contact Dan Finseth or Art Fovargue, respectively, to find out how you can help. The Treasurer reported \$5428.50 in the account.

The Club now owns a Burley Trailer for loan to members (it is a 2-seater). The first person to borrow the trailer will also store it until the next person wants to loan it. We will develop some more details on how the loan program will work (see next newsletter).

Eric

WELCOME NEW MEMBERS

W.R. Good	Elkton
Lynn Powell	Elkton
Nathan Scott	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Jim Brown	Warm Springs
Carl Droms	Linville
Dan Neher	Harrisonburg
Marc Stecker & Kay Huskins	Keezletown
Bill & Jodi Taylor	Bridgewater

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		
	<u>Web page</u>	http://www.math.jmu.edu/~vanwyk/svbc/			

ADVOCACY

I spoke with Bob Holton (Bridgewater Town Superintendent), and it looks likely that they will be building 5-foot bike shoulders on each side of Route 42 between Bridgewater and Dayton. Hopefully, Harrisonburg will pick it up from there. This will be in the news in the next day or so.

Also, the Harrisonburg Transportation Safety Commission recommended that the "primary route improvements" in the Harrisonburg Bicycle Plan be included in the next Capital Improvement plan (a 5-year plan); one of these improvements is South High Street between South Ave. and the city limits.

So riding north/south might be getting easier and safer.

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: 1996 Cannondale R500 Compact road bike. 49 cm, 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.

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 (432-3312) for more information.

TIME TRIAL RESULTS

	May 8	65° 10mph E wind at start, 15mph W at finish	
Craig Lowry	24:15	Neups	25:32
Brock Snyder	25:41		

CYCLING IN A GROUP

It's been observed that accidents involving touring cyclists result in injuries that are more severe than accidents of racers under the same conditions. The reason for this is attributed to bicycle handling skills of the touring cyclists. Here are some handling skills that will ensure safety and confidence when riding in a group.

- 1. Ride a line**, be steady and predictable. You can practice this by trying to ride a strip on the road. Instead of thinking about your tires on the line, look ahead a little farther and think about your body above the stripe. With a little practice, your bike will naturally follow.
- 2. Be aware of road hazards and bunny hop them if necessary.** If you are in a group, you should not try to steer around a road hazard, but rather bunny hop the road hazard while calling it out to riders behind you.
- 3. Don't freak out if you get bumped.** Find a friend who is a skilled rider and practice contact with them while riding without other riders. The more experience you have contacting another rider, the better you will be able to handle a casual bump in a group.
- 4. If you do go down**, do not try to break your fall with your hand. This common mistake usually results in a broken arm. Instead think about hitting with your hip and shoulder first and roll. When you roll onto your back, try to throw your bicycle away from you and keep rolling.
- 5. Relax.** This applies to all of the above. Relax when trying to ride a line; it will be easier. Relax when you encounter a road hazard; you will be better prepared to handle it. Relax if you come into contact with another cyclist; you can maintain better control. Relax if you do go down; you can reduce the severity of any injury you may sustain.

Cycling should be fun. The safer we feel, the more fun we will have.

Taken from the newsletter of the Southern Bicycle League, Stone Mountain, GA

SCHEDULE OF EVENTS

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

- | | |
|-------------------|--|
| TUESDAYS | Time Trials in Montezuma. Officially timed from May – September, the 2nd and 4th Tuesdays of the month at 6:30pm. On non-officially timed dates, 5:45pm, self-timed. |
| 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 432-3312 for more information. |
| SATURDAYS | 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. |
| SUNDAYS | 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, Dan Finseth, 438-8063, e-mail dafinseth@rockinghamgroup.com, or Marcia, 432-3312, e-mail marcialamphier@hotmail.com each Saturday for latest ride information. |
| June 3 | Mini Mama training ride. 9am at the Monterey Medical Center. 4 climbs, 56 miles. Lunch at Royals Pizza afterwards. We will carpool from Bridgewater College at 8am for the 1 hour drive to Monterey. |
| June 9 | Tour de Cure, Reston. Fundraiser for the American Diabetes Association. 12, 30, or 63 miles. Call 1-800-868-7888 or visit them at www.diabetes.org/tour 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 16** **Coffee Mouse Ride. 8am. Food Lion, Route 42 North (Park View), 45-50 miles. We will make a stop in New Market at the Coffee Mouse for coffee, etc. Please contact Marcia (432-3312) for details.**
- 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 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** **Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) 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 24-29 Powwow (Pedal Over Wisconsin Week On Wheels) Bicycle Tour, Fox Valley. Call 414-671-4560 or visit them at www.wisconsinbicycletours.com for more information.
- 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 Bob@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.
- July 27-29** **10th Annual Shenandoah Valley Bike Festival. Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.**
- July 28 To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes T-shirt and water bottle. E-mail RescueRide@aol.com for more information.
- 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.
- August 11 Dog Daze Century, Nottingham County, PA. 27-107 miles. Call Ann Marie Sullivan at 610-644-3792 or e-mail her at AMSVU78@aol.com for more information.
- August 12-17 Powwow (Pedal Over Wisconsin Week On Wheels) Bicycle Tour, Bike ME. Call 414-671-4560 or visit them at www.wisconsinbicycletours.com for more information.
- August 16-19 Powwow (Pedal Over Wisconsin Week On Wheels) Bicycle Tour, Wisconsin Classic Bicycle Races. Call 414-671-4560 or visit them at www.wisconsinbicycletours.com for more information.
- September 10** **19th Annual Shenandoah Valley Century.**
- September 22 5th Annual Rappahannock RoughRide. 12, 35, or 60-mile paved tours. 20 or 30-mile paved and unpaved courses. Proceeds benefit the Fauquier Free Clinic. Call 540-675-1942 or e-mail jdixon@unicwash.org for more information.
- September 23 Bike DC 2001. Visit www.waba.org for information.
- September 29-Oct 6 21st Annual Great Arizona Bicycle Adventure. The Grand Canyon to Mexico. Call 520-690-7900 or visit them at www.bikegaba.org for more 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 JUNE/July

ANDREW DAINIS	DAN FINSETH/BETSY HAYES	MEG SANDER
<u>JUDITH TRUMBO</u>		
David Brunner	Grace Cooper	Robert Gooden
Becky Matheny	Charlie Pitkin	Mike Welsh
Dick & Lois Wettstone		

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.