



JULY 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 26	8:00pm	Shenandoah Valley Bike Festival meeting. Dan Finseth's, Mt. Crawford (on Route 11).
June 28	7:30pm	Shenandoah Valley Century meeting. Art Fovargue's, Harrisonburg.
July 9	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

JUNE MEETING MINUTES

Two members embarked on the June pre-meeting ride. They were then joined by several others for the regular monthly meeting held at Luigi's.

Len imparted some advocacy concerns and happenings. Marcia noted the treasury is in good

shape. Neups noted the expansion of the listing on the Web for our SVBF and SVC. Check the events page on our web site.

Neups

WELCOME NEW MEMBERS

Barbara Brennan	New Market
Dean Cummings	Massanutten Village
David Detrick	Harrisonburg
Robert Latham	Harrisonburg
Jeremy Martin	Harrisonburg
Mark Russell	Staunton
Ridgely VanNess	Broadway
Patrick Wyld	Arlington
Steve Zumbro	Bridgewater

WELCOME BACK RETURNING MEMBERS

David Brunner	Harrisonburg
Deb Lung	McGaheysville
Terri Prodoehl	McGaheysville

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://svbikeclub.homestead.com/			

EDITOR'S COLUMN

I've started mid-month updates via e-mail to those with addresses. The updates are for meetings, rides, and such that are made known after the monthly newsletter has gone to print. If you haven't received an

update, it's most likely I don't have your e-mail address. If you want to be included on the list (or excluded), then send me a message to me at svbc-nl-editor@att.net. Neups

ADVOCACY

Comprehensive Plan

On June 1, I met with Dick Keller, from the consulting firm Kellerco, who was hired to work on the transportation portion of Rockingham County's Comprehensive Plan. Aside from providing him with a list of county roads that most needed bike lanes (925, 257, 42, 659, 763/613, 33, Erickson Avenue, 689, 687, 704), I made a case against the 506 Plan and for changing the County zoning laws in large residential subdivisions to allow some commercial establishments, such as corner grocery stores. The meeting went well. Once the public meetings on the Comprehensive Plan begin, it is the responsibility of County bicyclists to go and support the bicycling improvements that will be included. If you don't press for them, then they won't happen.

Beltway Mania

At the June 14 Harrisonburg City Council Meeting, I spoke against the 506 Plan. This plan, which contains some limited access sections, is the latest version of the HATS beltway proposed by VDOT. The reasons I oppose it include: (1) The limited access sections cannot be used by bicycles and also create a barrier that is difficult to cross. (2) The construction of any loop highway will result in both residential and commercial growth further from the center city, promoting further dependence on the automobile, bleeding businesses from the downtown area, and making it more difficult for utilitarian bicyclists to get to services. (3) The bottom line is that the money (VDOT isn't talking, but 506 could have a price tag of a quarter billion dollars by the time the smoke clears) can be better spent on a more balanced approach to transportation, including improving bicycling, walking, and mass transportation.

Another Bike Rack

I convinced the Kinkos on South Main Street to install a bicycle rack. Here's how to do this at big chains: (1) Talk to the manager (not a random lackey behind the counter) and make your case. (2) If that doesn't work, contact the regional manager. (3) If that doesn't work, keep climbing up the corporate food chain. Eventually, someone with adequate authority will either definitely tell you to take a hike, or (more likely) will authorize the modest expenditure of a bicycle rack.

Len VanWyk, Advocacy Coordinator

A MEMORIAL EVENT TO REMEMBER

This was published in the "Open Forum" section of the Wednesday, May 30, 2001 Daily-News Record.

The helmets came off a little after 1 PM on Saturday, May 26. That's when Carisa, Joe Hiney's sister, announced the minute of silence in her brother's memory, her voice swelling with emotion. Over 160 bicyclists of all sizes, shapes, and ages removed their helmets and bowed their heads. Afterward, they streamed out of the parking lot of Turner Ashby High School for a 5-mile ride through Bridgewater, a memorial peloton, led by a Bridgewater Police Department cruiser. Almost all of the riders were wearing the yellow T-shirts that Carisa and Joe's widow, Teresa, handed out for free. The back of the shirts carried a large "smiley face," similar to the smaller one Joe had tattooed on his ankle. The tattoo was how the police identified his body on June 2, 2000.

On that day, while riding his bicycle on U.S. 33 near McGaheysville, about 1.5 miles from his home, Joseph P. Hiney was struck from behind and killed by an automobile. Taking all the necessary precautions to ensure his

safety -- riding with traffic, riding as far to the right as practical, and wearing a helmet - proved to be insufficient. The curb-hugging automobile just ran him down. To highlight our lopsided auto-friendly traffic laws, the driver was only found guilty of the anemic charge of "improper driving," a mere \$100 fine.

Although relatively rare, this type of auto/bike accident is one that many cyclists fear most. Outweighed and overpowered, cyclists are at the mercy of any motor vehicle that overtakes them from behind. While the Virginia driver's manual states, "Bicycles are considered vehicles and have the same rights-of-way as motor vehicles," it would appear that we use those rights-of-way at our own peril. Rights on paper alone are no rights at all.

For this reason, it is imperative that roads have accommodations for bicyclists, especially heavily traveled, high-speed roads like U.S. 33. Our area is woefully inadequate in this regard. Due to current Commonwealth Transportation Board (CTB) policy, VDOT will not pass out funds for bicycle improvements (and there are such funds available) unless our local governments ask for them. It is therefore up to all cyclists to contact their elected officials regarding necessary bicycle improvements; they can't read our minds.

Bicycling is often an individual pursuit, and consequently bicyclists are often a confused and divergent lot with regards to lobbying for fair treatment from local and state agencies. But on that beautiful day in May, there seemed to be some hope, when the 160+ bicyclists in yellow paid tribute to the late Joe Hiney, husband, brother, bicyclist, and teacher. Some of the participants were his students, some his friends, some his family, and some fellow cyclists. They were brought together to remember Joe and to make a statement for positive change. The Joe Hiney Memorial Ride illustrated the best the Valley has to offer, and I was proud to be a part of it.

SHENANDOAH VALLEY BIKE FESTIVAL

Volunteers Needed

The Shenandoah Valley Bike Festival is just around the corner. This is an excellent opportunity to showcase the beauty of riding in the Shenandoah Valley. In order to make the festival a positive experience for all participants, we need the help of our Club members. Marcia Lamphier is doing a wonderful job of coordinating volunteers to help lead each ride. Our largest area of need is for rest stop and sag wagon volunteers. We also need to find people willing to help paint markings on the pavement. The rest stop volunteers (10 needed) find a point about mid-way through a ride and simply wait for the riders to stop by and enjoy a cool drink and a snack. The sag wagons (7 needed) follow the route in a vehicle and offer help to any rider needing assistance. If you can help with the festival, please contact Dan Finseth or Betsy Hayes at 438-8063, dafinseth@rockinghamgroup.com, or hhayes@bridgewater.edu. Thanks.

Once again, the assistance of Club members is needed to make this year's festival a success. If you would like to guide bikers through our beautiful valley as a ride volunteer, contact Marcia Lamphier (432-3312). The festival is a great opportunity to showcase the Shenandoah Valley Bicycle Club and ensure that all of our bicycling guests enjoy their visit to "our roads". The registration fee is waived for festival volunteers.

Below is a list of scheduled rides:

CENTURY - 7:00am (100 MILES)
METRIC CENTURY - 7:30am (65 MILES)
UNION SPRINGS CREED RIDE - 8:00am (22 MILES)
MOSCOW - 8:30am (40 MILES)
BASE OF THE MOUNTAIN - 9:00am (40 MILES)
NATURAL CHIMNEYS - 10:00am (32 MILES)
COUNTY LINE - 1:30pm (23 MILES)

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: 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.

TIDBITS

Allen Turnbull, Executive Director of BikeWalk Virginia has announced an opportunity for Virginia Health and PE Teachers to be trained in bicycle education this summer.

The summer institute will held July 16-19 at James Madison University in Harrisonburg, Virginia. Housing and food will be in the new air-conditioned east campus facilities. The new League of American Bicyclists (LAB) Bike Education curriculum will be used.

A 402 federal highway safety grant from the Virginia Department of Motor Vehicles (DMV) to BikeWalk Virginia will pay for the LAB trainers, instructional materials, and the Basics of Bicycling school curriculum package that all attendees will receive at the conclusion of the training. All teachers will also receive a certificate for having completed the Bike Smart Virginia Bike Education Teacher Training.

The cost is \$35 registration (materials and workshops), \$135 food and lodging fee (includes all meals, lodging and linens (two to a room, each pays \$135). For commuters there is a \$55 meal ticket. A single room is available for an additional \$40.

Mike Klasmeier and Anthony Yoder of LAB will tech the workshop with assistance from Virginia Effective Cycling Instructors, Allen Muchnick and Penelope DeBlasio will work with Mike and Anthony to structure the training and coordinate all phases of the actual workshop delivery. Other Virginia ECI may want to participate. LAB will bring all of the training materials - workbooks, handouts, videos, etc. The JMU classroom has state-of-the-art audiovisual /computer equipment.

A flyer and registration form with additional information can be obtained from Neups. E-mail him at SVBC-NL-editor@att.net.

The Blacks Run Greenway Partnership will be making a presentation at the city council meeting next Tuesday, June 26, near the start of the meeting at 7:30. We encourage as many members of SVBC to attend as are able. Part of the presentation will list the many partners involved in this undertaking and will likely ask that all in the audience who are part of those groups supporting the plan either stand or raise hands to indicate support.

Although the Blacks Run Greenway will be much more than just a bike path, this primary connector is envisioned as a paved, shared-use, off-street bike path from Massanutten Vo-Tech on Pleasant Valley Rd, following the Blacks Run corridor for the most part through the city as far as the Eastern Mennonite Retirement Community. It will connect many of the city's schools, recreation facilities, and apartment areas. The initial segment will likely connect Purcell Park to the Ramblewood athletic fields. It will eventually provide a much more pleasant alternative for bike commuters than Main Street and provide a safe route for youth to/from schools and parks.

THE MINI-MAMA RIDE

Cloudy skies, high winds, and unseasonably cool temperatures would not deter eleven brave Club members from venturing to Highland County for the 2nd Annual Mini-Mama training ride. The underdressed needed only to dig into Marshall's bottomless dufflebag for shirts, jackets, tights and even booties!

Once away with the wind at our backs, the group made record time to Sugar Grove. Things slowed a bit on the climb up Hoover Mountain, though most everyone agreed that it "wasn't that bad" once they had time for their heart rate to return to normal.

The fourth and final descent to Route 220 saw speeds of 45mph plus, and was pure joy. Our following wind turned into a strong head wind as we made the turn south for the final twelve miles to Monterey and a much needed pizza lunch.

Thanks everyone for such a great turnout. Hope to do it again soon.
Jim Brown

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

June 12	90" Hazy/Sticky	Increasing Southwest Breeze 0-10mph		
		<u>Male</u>		
Craig Lowry	22:15		Kevin Reid	23:41
Neups	24:06		Steve Hostetler	24:30
Brock Snyder	24:38		Bruce Miller	26:38
		<u>Female</u>		
Valerie Kramer	27:50		Jody Hess	30:31

SCHEDULE OF EVENTS

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

TUESDAYS	Time Trials, 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 (434-1609), 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 24	Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.
July 8-13	2 nd Annual Coastal Tour. Tours along the Maine coast. Call 207-743-5993, e-mail info@coastaltour.com , or visit them at www.CoastalTour.com for more info.
July 8-15	3 rd 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 14** **Blizzard in July Ride. 8:30am. Wildwood Park, Bridgewater. 35 miles. Join us for the ride & we will celebrate July at the Dairy Queen after the ride. Contact Marcia(432-3312) for details.**
- July 15** **Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) 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.
- 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 Can-Am Wheelers. Call 207-743-9018, e-mail 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.
- August 26 Reston Century. Visit <http://www.restonbikeclub.org/> for more information.
- September 4** **Worker's Century. Come help mark the course for this year's SVC.**
September 10 **19th Annual Shenandoah Valley Century.**
 September 15 7th Annual West Wicomico Watermelon Ride and Seed Spitting Contest. Pemberton Historical Park, Salisbury, MD. 32, 50, and 62 miles. Call 410-548-4900, x116 Monday – Friday, e-mail sengvall@wicomico.org, or visit them at www.wicomicorecandparks.org/watermelon.htm 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 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 Cannonball Century, Fredericksburg. Rides of 25, 50, 62, and 100 miles in Stafford and Fauquier Counties, starting from Custis Memorial County Park in Hartwood, VA (just south of the Quantico Marine Base reservation). 8am mass start. Visit their web site at www.bikefred.com, or contact Morgan Jenkins: 540-371-7506, morgkell@earthlink.net.
- September 23 Bike DC 2001. Visit www.waba.org for information.
- September 30 Kernstown Battlefield Ride. \$25. Benefits the Kernstown Battlefield Association and their attempts to preserve the battlefield property known as the Grim Farm.
- October 6-13 3rd Annual Cycle North Carolina. Begin in the Blue Ridge Mountains and cycle nearly 400 miles to the beach. Call 919-361-1133, e-mail them at cyclenc@mindspring.com, or visit them at <http://cyclenorthcarolina.org> for more information.
- October 19-21 Fall Foilage Festival. Staunton. Visit www.bikevirginia.org/fft.html 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 JULY/August

Grace Cooper	Robert Gooden	Becky Matheny
Charlie Pitkin	Mike Welsh	Dick & Lois Wettstone/
Jonathan DeVier-Scott Family	Rich Harris	Valerie Kramer
Terry Maiden	Vicki and Steven Wise	

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.