



AUGUST 2001 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

August 2	7:00pm	Open forum on pedestrian issues. Hall of Fame Room, JMU Convocation Center.
August 13	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

WELCOME NEW MEMBERS

Sharon Rose	Broadway
Dee Stutzman	Harrisonburg
Kristin Wilson	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Dan Finseth & Betsy Hayes	Mt. Crawford
Dan Funkhouser	Danville
Robert Gooden	Elkton
Valerie Kramer	Harrisonburg
Jamie Mackie	Harrisonburg
Bruce Miller	Dayton
Dick & Lois Wettstone	Pleasant Valley
Vicki & Steve Wise	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 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/			

SHENANDOAH VALLEY CENTURY

On Sunday, September 9th we will be sponsoring the 19th Annual Shenandoah Valley Century. This annual event offers rides of 25, 50 or 100 miles in length and attracts riders from throughout Virginia and beyond. See insert for more details and registration form. The Century Committee has been hard at work sending out information to other bike clubs and shops, distributing posters and brochures, and planning the various details that are required.

Since the Century is right around the corner, it is, of course, time for me to make my annual plea for helpers. As always, we are in need of a few good cyclists (or non-cyclists) to function as registrants, parkers, sag drivers and check point workers on the day of the ride. Volunteer for a half or full day – the feeling of satisfaction you gain for helping your Club will remain with you for weeks. You will exhibit a warm glow to others, and ... O.K., enough of the rhetoric. If you think you can help out some on September 9th, please give me a call (433-9247) or e-mail me at fovarg@aol.com.

Please pass the word about our Century and encourage your friends to come out. Also, remember that homemade baked goods at the end of the ride is one of our highlights, so please bring your best to Shelter #11 in Hillendale the morning of the 9th, or to my house the evening before (I promise not to sample).

Art Fovargue

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.

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.

19th Annual Shenandoah Valley Century

Sunday, September 9, 2001

Bicycle rides of 25, 50, or 100 miles through
the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The Shenandoah Valley Century is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similar rides during September. The term "century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by automobile sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 25 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepare to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 9, 2001

TIME: 100 mile ride: registration 7am; start 8am
25 & 50 miles: registration 9am; start 10am

PLACE: Hillendale Park shelter #11
Hillendale Avenue
Harrisonburg, VA

COST: Individual \$8 pre-registration (see registration form)
Family \$20 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride, and after ride treats. Massages and patches from the League of American Bicyclists (a national bicycling organization) will be available after the ride for a nominal fee. **ANSI OR SNELL APPROVED HELMETS ARE REQUIRED.**

Harrisonburg is easily reached from the north or south via I-81. Hillendale Avenue is off Route 42 (South High Street) on the western side of the city. Parking in Hillendale may be limited. Additional parking is available at the nearby Food Lion and other locations.

INFORMATION: Art Fovargue (540) 433-9247
Marcia Lamphier (540) 432-3312

TIDBITS

Here's a picture from the Joe Hiney Memorial Ride held in May.



The Virginia Bike Federation, of which the Club is a member, has a bike route section on their web site. And it's growing. The bike route section can be found at <http://vabike.org/var.htm>. You can help with this project by sending in some of your favorite point-to-point routes. Also, if any of the current list needs updating, let them know. Or, just do the ride and give them a ride report on it.

Ever wish you'd never have a flat? Then check out - www.amerityre.com. It boasts a flat-free bike tire.

Shannon Jenkins, a Club member from Luray who last year took us on a ride on the Skyline Drive, was hit by a truck/camper up on that same road back on June 5th. She is recovering from a broken shoulder (two places) plus elbow. It may be five to six months before she can return to cycling. We all wish her a speedy recovery.

VDOT's Commonwealth Transportation Board (CTB) finalized its annual selection of projects for federal funding under the TEA-21 Transportation Enhancement Program. A list of all 119 project awards totaling \$20,288,000 is posted at <http://www.vdot.state.va.us/info/CTB/default.htm> (click under June 2001 CTB meeting). Statewide, bike-related projects accounted for 20% of the awarded projects (24 of 119) and 17% of the awarded funds (\$3,469,000 out of \$20,288,000). In the Staunton District, there were two bike-related awards out of 16 total. The City of Waynesboro received funds for a bike/pedestrian facility (\$100,000), and the Town of Timberville received funds for a sidewalk and bike lane on Memorial Park Drive (\$50,000).

The Thunderhead Alliance, The Coalition of State and Regional Bicycle Advocacy Organizations, is working to increase the capacity, funding, membership, and strategic ability of state and local bicycle advocacy organizations, while representing bicyclists' interests at the federal level. You can visit them on the web at <http://www.methow.com/~susies/Thunderhead/>.

Massanutten Regional Library has thanked us for our Club's gift subscription of Adventure Cyclist. If you're at the library, take a look in the magazine section for it.

An on-line "Harrisonburg City Pedestrian Survey" has been set up. Please take a few minutes to fill it out. The results will provide information to the Pedestrian Issues Committee, and will also provide some leverage for improving pedestrian safety and access. The URL for the survey is: <http://oirsacs.jmu.edu/pedx/pedxsvy.htm>.

Do you have a spare bicycle someone from out of town could borrow? Kathy Dick will be vacationing in our area August 7th – 13th and would like to ride. But she won't be able to bring her own bicycle. She is wondering if someone from the Club has one to loan her. She will be renting a car, so she can pick it up from wherever you are. If you can help her out, send her an e-mail at KathyDick@ewol.com. If you don't have internet access, give me a call and I'll forward your message to her.

TIME TRIAL RESULTS

June 26	10-15mph West/Southwest wind, partly-mostly cloudy, mid-80's, corn about 4' tall			
	<u>Male</u>			
Craig Lowry	22:18	Kevin Reid	23:49	
Steve Hostetler	24:31	Tamer Moumen	24:56	
Paul Templeton	25:30			
	<u>Female</u>			
Deb Lung	26:13	Valerie Kramer	29:05	
July 10 light South wind, 88° and humid, corn about 5-6' tall				
	<u>Male</u>			
Craig Lowry	22:31	Neups	23:42	
Steve Hostetler	24:13	Steve LeDrew	24:57	
Paul Templeton	24:59	Tony Ferek	26:36	
	<u>Female</u>			
Deb Lung	25:58	Kristin Wilson	27:05	
Cindy Ferek	27:45	Valerie Kramer	28:14	
Jody Hess	29:49			
July 24 15mph South wind, 95°, corn about 7-1/2' tall				
	<u>Male</u>			
Jeremy Wimpy	23:20	Pat Miller	23:23	
Kevin Reid	23:34	Neups	23:59	
Dylan Johnson	24:23	Thomas Jenkins	24:44	
Steve LeDrew	24:49	Ken Bell	25:02	
Tony Ferek	26:45	Bruce Johnson	29:24	
	<u>Female</u>			
Julie Schriver	29:16	Erin Johnson	30:30	

SCHEDULE OF EVENTS

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

Mondays	7:30pm. Mountain Bike Night Rides. Chill-paced rides for beginners to experts. Leaves from the Shenandoah Bicycle Company. Call Thomas Jenkins at 437-9000 for more information.
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 8am. We ride 2-3 hours (40-50 miles) 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.
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.
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 event will be a combination of challenging and family-oriented recreational road and mountain bike riding. 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.
- 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 11-12 Massanutten Hoo-Ha. Call 1-800-207-MASS 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 18 Annual Ice Cream Ride. A change of pace from years past. Meet at the Food Lion parking lot on 42N (Park View area) at 8:30am. We're going to ride into the Timberville area and have a stop at the Shenville Creamery for a snack. The Club will again pick up the tab. Total mileage will be 45-50. Contact Marcia (432-3312) or Neups (434-1878) for more information.**
- August 19 Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.**
- August 24-26 Showdown at Sugar. Downhill & Cross-Country Mountain Bike Competition & Festival. Sugar Mountain Resort, Banner Elk, NC. Call 828-898-4521 or visit them at www.skisugar.com for more information.
- August 26 Reston Century. Visit <http://www.restonbikeclub.org/> for more information.
- September 3 Worker's Century, 9am. Meet at Wildwood Park, Bridgewater. Come help mark the course for this year's SVC.**
- September 6-9 23rd Annual Great Peanut Bicycle Tour & Rides, Emporia. Call them at 1-800-449-2453, e-mail them at rcw@telpage.net, or visit them at www.greatpeanuttour.com for more information.
- September 8 15th Annual Amish Country Tour. Legislative Mall, Dover, DE. 15-100 miles and the famous Amish schoolhouse food stop. Call 1-800-233-5368 or visit them at www.visitdover.com for more information.
- September 9 19th Annual Shenandoah Valley Century.**
- September 15 Potomac Pedaler 100 - 2001 Edition in the upper Shenandoah Valley (Berryville). Choices for all riders: 25, 50, 63, 100 miles. More information and online preregistration (through 8/31: \$13 members, \$18 nonmembers) at www.bikeptc.org.

- 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.wicomicoecandparks.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 22 Great Gear Exchange in Washington, DC. 9 am at the Washington, DC Armory. Bicycling Magazine's Great Gear Exchange. The Gear Exchange is a consumer show where individuals and retailers can buy, sell, or trade bikes, equipment, and accessories at a one-day, indoor venue. It will be held in conjunction with the BikeDC ride, Sunday, September 23. BikeDC registration and T-shirt pickup will be available at the Great Gear Exchange. Special discount tickets to the Great Gear Exchange will also be available for BikeDC riders. Go to <http://www.Bicycling.com> for a discount admission coupon and to register for space, or call Sue Snyder, Event Coordinator, at 610-967-8243.
- September 22-23 MS150 Shenandoah Valley Classic Cycling Tour. Call 1-800-451-0373, e-mail mssocva@aol.com, or visit them at www.nationalmssociety.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 BikeDC 2001. Visit www.waba.org for information.
- September 29-October 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.
- September 30 Kernstown Battlefield Ride. Rides of 25 & 50 miles. \$25. Benefits the Kernstown Battlefield Association and their attempts to preserve the battlefield property known as the Grim Farm. Call Mike Perry at 540-662-1510 or e-mail him at mperry@visuallink.com for more information.
- 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 13 13th Annual Sea Gull Century. Optional rides on Friday and Sunday. Registration deadline is August 31st. NO late or ride-day registrations. Call 410-548-2772, e-mail seagull@ssu.edu, or visit them at www.seagullcentury.org for more information.
- October 19-21 Shenandoah Fall Foliage Bike Festival. Staunton. Call 540-885-2668 or visit them at www.ShenandoahBike.org for more information.
- October 27 Between the Waters Bike Tour, Nassawadox. Also a free fun short ride on Friday afternoon and a self-guided tour on Sunday. Call them at 757-678-7157, e-mail them at cbes@esva.net, or visit them at www.cbes.org for more information.

SERVICE AND MAINTENANCE SCHEDULE FOR YOUR BIKE

Prepared by the Bicycle Barn in Houston, TX

Always listen to your bike. Any unusual sounds like a popping, grinding, squeaking sound may be a warning. The routine care for your bike will be determined by how much time you spend on the saddle. Most professionals recommend a tune-up with a drive train overhaul included every four to six months, or at least every 1000 miles. We also recommend an overhaul every nine to twelve months or 1500 to 2000 miles for road bikes depending on the riding conditions and riding style and even more frequently for off-road bikes.

Every Ride

- * air pressure
- * quick release on hubs
- * brakes are closed

Monthly

- * check axle bolt tightness on hubs
- * check tightness of cleats on shoes
- * check tightness & condition of spokes
- * check tires for wear, gouges, and cuts
- * clean & lube chain including chain wheels
- * wipe chain & clean build up of mud or road spray

Quarterly

- * check brake cables for worn, frayed strands & replace as needed
- * check brake cables for cable stretch & adjust as needed
- * check cable bolt tightness
- * tighten binder bolt if needed
- * complete tuneup for serious cyclists
- * check for brake pad wear
- * check derailleur shifting

Semi-annually

- * check & tighten binder bolts on carriers or child seats
- * check for chain wear
- * check mounting bolts on any accessory added to your bike
- * check binder bolt on handlebar
- * disassemble, clean and relube hubs & pedals, replace worn parts
- * have wheels trued & re-aligned if needed

Nine to Twelve Months

- * complete overhaul of all bearing areas including the drive train
- * realign & reposition brakes and derailleurs
- * re-dish wheels
- * suspension overhaul
- * check fork alignment
- * stay safe!

Found in the Newsletter of the Houston Bicycle Club website: www.hbc.stevens.com

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 AUGUST/September

JONATHAN DeVIER-SCOTT

Mary Atkins
Adan Gonzalez
Steven Hottle
Bill & Ellen Painter
Mahlon & Alice Webb

RICH HARRIS

C. Limerick & K. Bower
Barbara Harris
Russell Kenney
Tracey Pannell

TERRY MAIDEN/

Candy Foster Family
Glen Heatwole
Brent & Judie McNett
Hank Schiefer

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.