

SEPTEMBER 2001 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

September 10	6:00pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

WELCOME BACK RETURNING MEMBERS

Mary Atkins	McGaheysville
Barbara Harris	Harrisonburg
Rich Harris	Bridgewater

Thanks to all the above for your continued support of the Club.

ANNUAL ICE CREAM RIDE RECAP

The 2001 edition of our Annual Ice Cream Ride was a change from past years. Instead of starting and finishing at Kline's after a two hour ride, the twelve participants started from the north end Food Lion at 8:30am. From there we rode the back roads to New Market and then to the outskirts of Timberville where the new dairy is situated. Though it was not the hottest of days and only about 10am, the ice cream tasted

refreshingly good. We also had a couple riders, Sheila and John, that needed to sample the spicy Mamazuma's Revenge chips. And one, Marshall, needed to have some cottage cheese. Oh the food bikers crave. After our feast we were off on our bikes again. After more back roads, we ended our 50-mile odyssey back in town.

Neups

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		
	Web page	http://svbikeclub.homestead.com/			

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.

19th ANNUAL SHENANDOAH VALLEY CENTURY

By the time you read this, our 19th Annual Century will be just a few days away. Nineteen years - that's just about as old as the SVBC. What were you doing 19 years ago? Support your Club by taking part in this annual event - see information and registration form elsewhere in this newsletter. Bring your friends and relatives. Help mark the roads on September 3rd during the Workers' Century. Or bring goodies for our guests to enjoy at the end of their rides.

If you can't ride it, please consider volunteering to help. As I write this, I am still in desperate need of sag drivers and other help. E-mail me at fovarg@aol.com or call 433-9247. Hope to see you there.

Art Fovargue

TIME TRIAL RESULTS

We have two more official time trials for the year, September 11th and the 25th. After the last one on the 25th, Les would like to get us all out for some food and some awards. Be sure to be prepared to hang out for a while afterwards. Carpool or make plans for someone to bring you and your bike back into town.

August 14 mid-80's, comfortable humidity, "Excuse Night"

Male

Craig Lowry	23:04	Kevin Reid	23:53
Steve Hostetler	24:23	Steve LeDrew	25:08
Bruce Miller	25:58	Joe Kolachovsky	26:37 (borrowed bike)
Steve Zumbro	28:31 (mountain bike)	Mike Saunders	36:22 (flat tire)

Female

Deb Lung	26:17	Patrice Ludwig	27:30 (chain fell off)
Gwynne Smith	27:51 (first time)	Jody Hess	30:02 (old tire)

August 28 mid-80's, hazy, very light winds

Male

Kevin Reid	23:26	Neups	23:51
Steve Hostetler	24:11	Paul Templeton	24:33
John Myrtle	24:38	Bruce Miller	25:39
Steve LeDrew	25:50	Brian Hickman	25:55
Jason Wallenhorst	26:00	Jeff Wisecarver	28:16
David Frye	28:45		

Female

Deb Lung	25:36	Craig Lowry, unofficial	22:09 flying start
Gwynne Smith	26:54	Kristin Wilson	26:31
Valerie Kramer	28:39	Patrice Ludwig	27:22
		Jody Hess	30:43

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

If each resident of a community of 100,000 replaced a car trip with a bicycle trip just once a month, 3,764 tons of CO2 emissions could be cut per year. Some 20 pounds of CO2 are emitted per gallon of gasoline used for driving a motor vehicle, according to the EPA's Office of Transportation and Air Quality.

Here's a site to check out - <http://www.bikerag.com>. It has tons of mountain biking trail maps (not just reviews), with associated pictures so you can actually see what the riding is like. Of course no trail review would be complete without a rating system - all trails here are rated (1-5) in buckets of puke.

WATER REPLACEMENT

Water replacement can be tricky. For one thing, you can't rely on thirst. The primary trigger for thirst is a fall in water concentration. Water loss without salt loss, or salt addition without water addition will get you searching for the liquids. Which is why there's a handful of salty nuts on the bar where the bartender wants to push the sale of beer. But when salt loss and water loss occur together, the thirst trigger isn't pulled and significant dehydration can take place without warning.

It's like taking a water pill, a Lasix, lots of fluid loss with no craving to replace it. It follows then, that you've got to drink while you exercise, even when you're not thirsty.

A couple of one-pint water bottles every hour are just right when temperatures are extreme. Yes, you read right! A water bottle every 30 minutes. Sports drinks are structured to make drinking a little easier. Their flavor and sweetness let people drink significantly more than they can make themselves drink of plain water. Their electrolyte content gets the fluid absorbed from the gut a good deal faster than plain water. But don't make the mistake of thinking that their sodium and potassium content is enough to offset the loss of sodium in sweat.

Salt loading before and after exercise is still essential.

So how do folks get into trouble in hot weather riding?

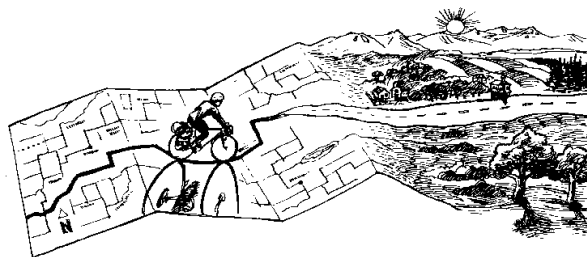
Three main ways:

1. They ignore the advice in articles like this that appear every summer. They head out, ride, don't drink. They wind up exhausted, lightheaded, faint, sometimes in a heap at the side of the road with filled water bottles still on their bikes.
2. Some folks bonk. They use up the energy stored in liver and muscle glycogen, burning calories without replacing them.
3. It is possible to overshoot, to drink too much water, to get to a state of serious, even fatal water intoxication during strenuous exercise. Further, your body has a lot of compensating mechanisms, many of them in your kidneys, to make adjustments for salt or water deficits or excesses. Pain relieving medications, like Ibuprofen (Advil or Aleve), aspirin and the new wonder drugs, Vioxx and Celebrex, produce temporary changes in kidney function that blunt the kidneys' ability to compensate fluid and electrolyte problems. Pain relievers are wonderful taken after a ride, but riskier taken ahead of time.

So go to it. Ride and enjoy the great outdoors this summer. But think a little about your salt and fluid intake as you do.

From the newsletter of the Houston Bicycle Club, Houston, TX

Houston Bicycle Club website: www.hbc.stevens.com



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 (June-Sep)** **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.**
- 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.bikepptic.org.
- September 15 Civil War Century. Hagerstown, MD. 30, 63, and 100 miles. Three major climbs on the century. Sponsored by the Cumberland Valley Bicycle Club. Register at their site, <http://www.bikecvcc.com/civilwar.htm>.
- 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 21-32 Heart of Virginia Century Ride, Ashland. Fun rides and optional dinner on Friday, optional pancake breakfast and century on Saturday, shorter rides on Sunday. Call 804-285-9495, visit www.sportsbackers.org or www.raba.org, or e-mail info@sportsbackers.org.
- 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 4th Annual Fall Metric Century. Centreville, MD. For more information, call 410-810-2841 (Sarah or Jeff), or e-mail jwp_21666@toad.net.
- 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 2nd Annual Bicycle Tour of Clarke County, Berryville. 25-or 50-miles. Call 540-955-4200, visit www.clarkechamber.com, or e-mail them at info@clarkechamber.com 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.

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 SEPTEMBER/October

<u>C. LIMERICK/K. BOWER</u>	<u>CANDY FOSTER FAMILY</u>	<u>ADAN GONZALEZ</u>
<u>GLEN HEATWOLE</u>	<u>STEVEN HOTTLE</u>	<u>RUSSELL KENNEY</u>
<u>BRENT & JUDIE McNETT</u>	<u>BILL & ELLEN PAINTER</u>	<u>TRACEY PANNELL</u>
<u>HANK SCHIEFER</u>	<u>MAHLON & ALICE WEBB</u>	
Betsy Dunnenberger	Harry Glenn, Jr.	Dennis Herr
Bruce Johnson & Family	Bob McGovern-Waite	Zack Perdue
Steve Purcell	Michael Weaver	

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.