

JANUARY-FEBRUARY 2002 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

- | | | |
|--------------------|----------------------|---|
| January 14 | <u>6:00pm</u> | Annual PotLuck. This year we will once again be at the house of Neups. He lives on North Willow Street in town. Call him at 434-1878 if you need directions to his house. The Club will be providing drinks. Bring a dish to share. We will also be watching the 1986 Tour de France video. |
| February 11 | 7:00pm | Monthly meeting at <u>the house of Neups</u> . Neups has the 1989 Tour de France video that we will be able to watch. You may want to bring some snacks for video time. |

WELCOME NEW MEMBERS

Scott Nair

New Market

WELCOME BACK RETURNING MEMBERS

Eric & Kristi Aschenbach

McGaheysville

Judith Freudenthal

Harrisonburg

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

WEDNESDAY EVENING RIDE SUMMARY - 2001

The 2001 Wednesday Evening Rides were a great success. We set an attendance record this year--31 cyclists--August 15!! We truly do look impressive as we roll out of the Harrisonburg High School parking lot each Wednesday at 5:15p.m. Thanks again to everyone that participated in the Wednesday Evening Rides. Below is the summary of our rides.

(April - October)

TOTAL MILES:	805	MOST # CYCLISTS:	31
TOTAL WEEKS:	29	LEAST # CYCLISTS:	6
TOTAL CYCLISTS:	581		

RAINED OUT RIDES: 0 (however, we did get a little damp a couple of times!)

Looking forward to the 2002 Wednesday Evening Rides. Please join us throughout the winter months on the other scheduled rides. Check the Monthly Ride Schedule for details.

CLASSIFIEDS

FOR SALE: SVBC waterbottles. Large, screw top, SVBC logo. Only \$2 each! Yellow, white, red, or gray. Contact Marcia at 432-3312, or e-mail her at marcialamphier@hotmail.com.

FOR SALE: 1998 Mongoose Omega road bike. Steel frame, 54cm, dark green with black bar tape. Shimano RSX STI shifting, three chainrings, Mavic wheels, toe clips. Very good condition. Complete overhaul January 2000. Ridden 4,200 miles. \$200. Call Scott or Diane at 540-248-5810 or e-mail saripley@yahoo.com.

FOR SALE: Tacx Sporttrack Rollers. Foldable to conserve space when not in use, adjustable frame to fit different size bikes, smaller diameter PVC rollers, belts in good condition (incl. extras). Includes magnetic resistance unit with handlebar mount control. Made in Holland. Price new is over \$200, asking \$120. Call Eric at (540) 289-3186 or email airasch@planetcomm.net.

FOR USE: Burley Trailer. 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. It is currently in the possession of Len VanWyk (432-0138).

FOR SALE: Saris Roof rack. #902 Load Bars (middle size) and 2 Upright Mounts for bikes. Fits a Toyota Camry or similar car style. The product website is <http://saris-products.com>. Load bars are great and easy to use and you get adapter clips for the car you have that are really quite inexpensive. Call Travis Lehman at 574-0204 (home) or 434-7376 (work).

WINTER FLUIDS TIP

from RoadBikeRider.com

Gatorade has a lot of salt in it, plus sugar, citric acid, etc. So ... its freezing point is significantly lower than plain water.

A feature of Gatorade, and other sugar-containing drinks, is that they change HOW the water freezes as well as WHEN it freezes.

Ever notice how a popsicle is not nearly as hard as a similar piece of pure ice? A popsicle contains a lot of sugar, and it remains rather soft and easy to bite even when completely frozen. Gatorade freezes similarly.

Coincidentally, another Pittsburgh rider sent this:

"I tried pure Gatorade when my wife suggested it would lower the freezing temperature," wrote Lon Farr. "It sure worked. I rode all winter and the worst I got was a little slush down at around 20 degrees. It tasted great that way."

WHAT KEEPS YOU FROM RIDING ALL WINTER?

From the newsletter of Self Propulsion, Inc., Golden, CO

Every fall, many bicyclists mysteriously hang up their bikes and stop riding, period. Why? The temperatures are cooler than summer, and the weather more predictably dry. Many people think it's the best riding season of the year. If you continue to ride into winter, you can maintain your summer fitness level, and be ready for the joys of skiing and other winter sports. Here are some answers to your questions about riding in cooler weather.

Q: How do I handle shorter days?

A: Ah, those long summer evenings... now long gone. However, you can extend your days with high quality, durable, long-running bicycle lights. When you are properly illuminated, you are probably easier for motorists to see than in daylight. Plus, the night sky is often spectacular and sometimes the moon may keep you company. Night riding is well worth the effort.

Q: What if I hate to get my bike and myself messy?

A: It isn't really any messier to get sweaty in the fall or winter than in the summer. Sweat is wet and sticky any time of the year. The challenge is to regulate your temperature while climbing, and again while descending, especially in cold weather when you are wearing more layers of clothing.

As for your bike, you will probably need to wash it more often after being caught in rain, snow or slush. Try using fenders, a rain jacket and/or shoe covers. It's also suggested you prepare a place at home and/or work to hang and store your wet bike stuff.

Q: How do I deal with the urge to goof off after the rigors of summer?

A: Fall's message seems to be that it's time to relax and renew yourself. Perhaps the answer is to develop a different riding style in winter. How about a peaceful meander along one of the bike paths in town? Try soaking up the southern sun while snacking beside a gurgling stream. Ride to a quiet spot and luxuriate in a nap on a warm winter's day. A bicycle helmet makes a fine pillow! Leave those long, demanding, fast rides to summer - or workout hard if you have a surplus of energy.

Q: How can I change my negative outlook on cold-weather cycling?

A: Look at it from a new perspective. We love the slogan, "I'm not lost, I'm just exploring". Likewise, try exploring winter cycling and you may be rewarded with new discoveries.

If you get out and ride, you'll sleep better, be able to eat more without carrying around extra holiday pounds until next spring, and you'll rediscover the joys of winter. Perhaps you'll learn new ways to share cycling with family and friends. Best of all, you'll find that cabin fever and winter blues are less likely to creep into your cooped-up world.

TIDBITS

Congratulations go to Bill and Jodi Taylor on the birth of their son, Forrest Logan, born November 21, 2001.

One of our own, **Rob Latham**, was up for Reader of the Month in the December issue of *Bicycling*.

If you're looking to take a bicycle with you while traveling, you might want to check out Skoot International's **suitcase bicycle**. For \$1,000 you get a portable bike that folds into its own suitcase. Kind of funky looking, but they say it works. Check it out at www.hammacher.com.

Speaking of bicycles, there's now an **all-wheel-drive bicycle** out on the market. It's a mountain bike with an on-the-fly clutch to engage the head-tube gear. The shafts that connect the two gears travels inside the frame to the front fork. Only somewhat funky, you can check it out at www.christini.com.

Here's your invitation to join a **web-based community**: "Cycling". To join, go to: <http://www.communityzero.com/cycling/index.cfm?key=200-VJI>. After clicking on the link you will see the community's welcome page. Click the 'JOIN THIS COMMUNITY' link found on the center of the welcome page. Your invitation key is: 200-VJI.

SHENANDOAH VALLEY BIKE FESTIVAL

Although we have barely entered the winter season, it's already time to start thinking about the 2002 Shenandoah Valley Bike Festival. There will be an organizational meeting on Tuesday, February 26th, 2002. The meeting will begin at 7:30 at the home of Dan Finseth and Betsy Hayes in Mt. Crawford. (202 N. Main St.). This session will focus on publicizing the event - those magazine deadlines come up early in the year. If you are interested in helping plan and/or run this year's festival, please contact Dan Finseth at 438-8063 or dafinseth@rockinghamgroup.com.

SCHEDULE OF EVENTS

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

SATURDAYS

12 noon. Winter Training Rides. This winter we will bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will meet on a weekly basis for rides of one to two hours in length--weather dictates the distance. Ride leaders will include Marcia, Bill, and Marshall. First ride will be on January 8th and the series will be continued through March. Major snowfall means cancellation of the ride and cross-country skiing instead. Call Marcia (432-3312), Bill (828-6635), or Marshall (434-1609) for location and other details. Shake off that winter feeling of blah & join us!

SUNDAYS

Sunday winter rides leave from Bridgewater College at 1pm in January and February. Spend a couple of hours riding backwoods with good company. This is a great way to keep in shape for spring. Road or mountain bike depending on the weather. If it is raining we stay by the fire and drink hot beverages. If it snows we go to the mountains and ski. Contact Rich Harris (828-2380) or Marcia Lamphier (432-3312) on Saturday for details for that week's ride. If you would like to be added to the Sunday ride e-mail distribution list send your e-mail address to harrisra@jmu.edu.

January 1

Annual Icicle Bike Ride. 12:00. Bring in the New Year with the Club's first scheduled ride. We will leave from Wildwood Park in Bridgewater for an approximately two-hour ride. The weather will decide if this year's ride will be on paved or gravel roads, so call Bill before the 1st for ride determination. If cold enough, a stop for hot cocoa at the end of the ride may be an option. For more details, or if weather is questionable, call Bill at 828-6635. You may also contact Marcia for details.

March 15-17

Annual Retreat of the Virginia Bicycling Federation. Hased Haven (<http://www.sophiahouse.org/hased.html>) at Sophia House (<http://www.sophiahouse.org/>), in Louisa County has been reserved. The charge will be \$12.50 per night per person, and \$5 per person per day for day use (people not spending the night). The lower level dormitories with bed linen and showers will accommodate 40 people. The fully equipped kitchen is available.

April 7-9

4th Annual BikeWalk Virginia conference, Blacksburg.

Jan 26-Feb 12, or

Feb 19-Mar 6

Cycling the Most Scenic Parts of Vietnam. More information can be garnered by calling Hans Krausche at 1-800-613-0390, going to their web site at www.discovervietnam.com, or e-mailing them at hkrausche@aol.com.

2001 MILEAGES



If you have your 2001 total, call, e-mail, or fax Neups to have it listed.

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 JANUARY/March

AL CLAGUE FAMILY

DAVID LORENZEN

JOHN MAXFIELD

RANDY SIMMONS

LEN VANWYK

John Beeton

Art Fovargue Family

Shannon Jenkins

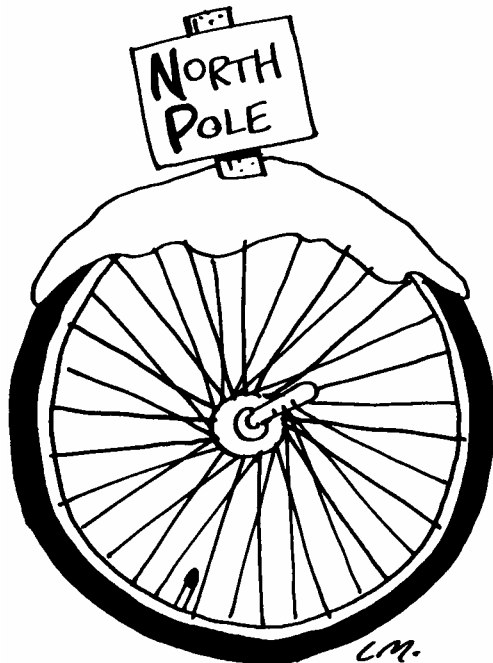
Marcia Lamphier

Gregory Peter

James Shuke

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.

Hope your holidays were merry!



-ADVENTURE CYCLING



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