



MARCH 2002 NEWSLETTER

SVBC OFFICERS

President:		
Vice-President:	Bob McGovern-Waite	828-0954
Secretary:		
Treasurer:	Marcia Lamphier	432-3312

UPCOMING MEETINGS

March 11 7:00pm Monthly meeting at Luigi's.

FEBRUARY MEETING MINUTES

This meeting was held at Neups's house so that we could watch the tape of the 1989 Tour de France when Greg Lemond won the event by a nail-biting eight seconds. I also discovered that this Tour marked the debut of Miguel Indurain as he won his first stage...the start of great things to come from this racer.

Well, the meeting prior to the show was pretty quick due to a limited agenda. Our treasury is in good shape since we do not invest in the stock market (or

certain utility companies). The current balance is \$6,919.47. In other news, I have decided to "step-down" from my position as Secretary of the Club. That will leave two vacancies for us: President and Secretary. Typically, March is when we vote for Club officers, so it is time for people to step forward and nominate themselves for the positions. Thanks.

Eric

WELCOME NEW MEMBERS

Sue & Ken Hite Harrisonburg

WELCOME BACK RETURNING MEMBERS

John Beeton	Mt. Jackson
Robert Brookshire	Harrisonburg
Shannon Jenkins	Luray
Len VanWyk	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		
	<u>Web page</u>	http://svbikeclub.homestead.com/			

FIXED GEARING

Some of you that attend the Wednesday night rides may have seen Marshall or Thomas or Tim on a fixed-gear bike. These bikes are like velodrome track bikes, with only one gear and no freewheel. If the bike is rolling, your legs are turning. On the track you also have no brakes. To slow down you "back pedal", which really means you try to hold back the turning of the cranks.

Well, I finally put together my own fixed gear bike. I left the brakes on to help on some of these downhill runs. My legs will only turn so fast!

The first few times I went out, I realized how much I missed freewheeling (coasting). Especially around a tight turn. But it's strange how one gets used to something. Most of my January rides were on my fixed gear. Then I went out one day on my regular bike. Upon coming up to a stop sign, I tried backpedaling to slow down. Of course, I couldn't and had to use the brakes. But I missed being able to back pedal!

All this to say to remember which bike is underneath you when you go for a ride.

Neups

ADVOCACY

Several items in this month's report.

1. Traffic Calming Program Approved by Council. During the first January city council meeting, the "Neighborhood Traffic Calming Program" was approved. This program provides a series of steps for neighborhoods with traffic problems (particularly speeding and cut-through traffic) to take. If the appropriate criteria are met, the solutions range from education efforts to physical changes to the road. One great benefit of this program is that it provides neighborhoods with a well-defined course of action to take. Informative brochures and the program itself are available from the Public Works department.

2. Two Potential TEA-21 Projects. City staff received the green light to apply for TEA-21 funding (Transportation Equity Act for the 21st Century) for two projects. The first is for pedestrian improvements to South Main Street between Grace and Warsaw/Bluestone. Anderson Associates consulting firm was hired jointly by the city and by JMU for the plan, which involves both extra crosswalks and physical devices to encourage pedestrians to use them. The second project is "phase 2" of the bike/ped improvements to Port Republic Road. The city wants to extend the bike lanes and sidewalks from Devon Lane (which will be the furthest point of "phase 1") to Neff Avenue, and then possibly all the way to the city limits. Aside from connecting to the existing bike lanes and sidewalks on Neff Ave, these improvements will make it possible to connect with likely future improvements to Port Republic Road in the county.

3. PedX Report Approved by Council. The Pedestrian Issues Committee, headed by Joe Fitzgerald, provided city council with its final report during the 2nd council meeting of January. Basically, after much feedback, the committee noted the various problems facing pedestrians in the city and made some reasonable suggestions for fixing them. Two positive things that may arise from the report in the near future are a citywide education campaign focused on pedestrian safety and one or more targeted pedestrian studies similar to the one in item 2 above.

4. High School? Now that the county has rejected city/county site number two for the school board's proposed new high school, the question is: what next? I'll leave it to others to list the educational strengths of "neighborhood schools," but I will state the obvious: the closer the school is to the student, the more transportation options the student has and the less parking the school needs. There is strong opposition to the School Board's long-range plan, but up to this point that has apparently not changed their minds.

5. The Return of the Beltway. Just when you thought it was safe to go back onto the pavement, here come competing bills. On the one hand, we have Sen. Miller with his senate bill SB501, entitled "southeastern bypass"; on the other hand, we have Rep. Landes with his house bill HB1289 entitled "southeastern corridor improvements." Both bills have passed their respective bodies. So what's the difference? Miller insists on a southeastern "limited access" highway, while Landes wants to allow more flexibility in the way the funds would be spent. Since limited access highways are a barrier to bicyclists and pedestrians, and since such a highway will further promote the suburban sprawl that has already begun in this area, Miller's bill is bad news. If you want to help support HB1289, contact Julie Burtner of CAP.

6. The Return of the Transportation Planner. The city's search for a transportation planner yielded no qualified applicants for the first year. (In fact, at least some of the money budgeted for that position for that year would be used to support the education campaign mentioned in item 3.) However, after some thought by city staff, a

new advertisement has been placed in the appropriate places, so hopefully this position will be filled by summer. This would be a positive step toward sensible transportation planning.

7. Smart Growth. The typical development pattern in our country has been to abandon infrastructure in the central city and build things further out, usually in places primarily accessible by car. This pattern is known as "Sprawl," and there is a growing concern around the country that this development pattern is not in the best interest of our cities, existing suburbs, etc.

Thus the "Smart Growth" movement was born. The EPA web site defines Smart Growth as "development that serves the economy, the community, and the environment. It changes the terms of the development debate away from the traditional growth/no growth question to 'how and where should new development be accommodated'"

The reason I bring this up is that our area is currently confronted with some Smart Growth vs. Sprawl issues. In fact, every issue in this column can be categorized as such. If you think these issues aren't important, then you had better think again. All the worst examples of Sprawl around the country didn't get that way overnight; they became that way after a series of small decisions, such as whether/where to build a new high school and whether to allow the state DOT to build a beltway. Each decision that furthers Sprawl limits our transportation choices, making walking and bicycling less practical or possible. So if you like the character of the valley the way it is, then I suggest you get informed in a hurry and contact your elected officials about these matters.

Len VanWyk

Advocacy Coordinator

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 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).

FOR SALE: Rhode Gear bike rack which holds 2 bikes. Like new - seldom used. I used it on a Subaru Legacy sedan. \$20. Call Hank at 434-3581.

FOR SALE: Nike road shoes. Listed as a size 10 (Euro 44), but are cut small as I wear a 9-1/2 and don't fit into them. Brand new. Make me an offer. Call Neups at 434-1878.

FOR SALE: All the bicycles listed below are for sale by owner. Contact information: Jeremiah at 540-442-8696 or e-mail erinnorth@yahoo.com.

1. Klein Attitude Race, size large, \$800 obo. Very good condition, Klein Team Fade red/yellow/white, Gradient Propriety tubing, handbuilt in USA, Rock Shox Judy XC fork (4 months old), XT cranks, front and rear derailleurs, Klein Mission Control Stem, Klein pressfit bottom bracket, black Syncros hardcore fork, Flite saddle, SRAM 9.0 brakes, Hutchinson kevlar tires, SPINERGY SPOX wheelset!!!

2. Cannondale R2000 Road bike, \$800 obo. Very good condition, 1999 56 cm yellow, carbon Slice fork, Shimano Ultegra components, Cinnelli Integralter stem and bar (optional), Cane Creek wheelset, Syncros post, Serfas titanium saddle, (Look style) Shimano pedals.

3. Cannondale R800 Cyclocross frame and fork, \$200 obo. 1999 56cm cyclocross frame and fork, champagne gloss, excellent condition, includes Coda V-brakes.

4. K2 Razorback Team Issued Full Suspension, size large, \$1800 obo. 2001 7005T6 series aluminum, Mega Air Noleen Performance suspensions front and rear, SRAM 9.0 front and rear derailleurs, SRAM chain and carbon 9-speed cogset, Thompson Elite post, Serfas Arc titanium/kevlar saddle, truVativ stylo ISIS drive bottom bracket/cranks, Shimano pedals, WTB Momentum C headset, KORE Elite stem, Formula B4 hydraulic disc brakes, Spinergy Xclone disc wheels, Easton riserbar.

TIDBITS

The Rockingham Educational Foundation acknowledged the Club's contribution of \$500 in memory of Joe Hiney. It will be used to support the Joseph Hiney Memorial Scholarship and the Joseph Hiney Fine Arts Scholarship.

Jim Hiney wrote to thank us for the above contribution.

VDOT received a letter from Len VanWyk on behalf of the Club in support of Harrisonburg's application for transportation enhancement funds to construct the second phase of bicycle and pedestrian accommodations along Port Republic Road.

So you think you have a rough commute? Check out the article at this web site for some Ottawa, Canada conditions -- <http://mudhead.uottawa.ca/~pete/winter.txt>.

Sheila Newman found this website and thought maybe people in the club might like it. <http://www.bikesatwork.com/>

Club members on the Annual Icicle Ride (Bill Taylor took the picture)



HUMOR

"I've really had it with my dog. He'll chase anyone on a bike."

"So what are you going to do – leave him at the pound? Sell him?"

"No, nothing that drastic. I think I'll just take his bike away."

Are you planning to ride in the MS 150, June 1 & 2?

Join the Shenandoah Valley's Team Dutch, a group riding in honor of a Rockingham County friend with MS.

Please add my name to Team Dutch 2002:

Name: _____

Address: _____

e-mail: _____

Phone # _____ home _____ work

Return the above information to Betsy Dunnenberger, team captain @

bdunnenberger@harrisonburg.k12.va.us or

1367 Windsor Lane, Mt. Crawford, VA 22841.

Team updates and letters for potential sponsors will be sent to you.

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

Spring rides leaving from Bridgewater College at 10am. This time of year these rides are generally on road bikes, but we switch to mountain bikes if the weather turns cold. We ride 2-3 hours to have fun! Please contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or Marcia, 432-3312, e-mail marcialamphier@hotmail.com each Saturday for latest ride information.

- March 3 Winchester Wheelmen mountain bike ride up Little Bald Knob. They're leaving Winchester at 8am to carpool down here. It's a 4+ hour ride led by Robert Golightly. 540-723-6485.
- 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. Call 757-259-9818 or e-mail dellis@bikewalkvirginia.org for more information.
- May 11 3rd Annual Tidewater Bicycle Association Tom Coghill Celebration of Life Ride, Virginia Beach. NO REGISTRATION FEE. 25, 50, or 75 miles of flat terrain. Voluntary contributions to benefit the Jimmy V Foundation for Cancer Research. Call Tom Coghill at 757-422-3425 or e-mail at irc201@mindspring.com.
- May 25 Wilderness Road Ride. Christiansburg. 20-70 miles. Follows the historic route of Daniel Boone in the New River Valley. www.wildernessroadride.com
- May 26 Mountains of Misery Challenge Century. Christiansburg. Over 10,000 feet of climbing. Follows portions of the Tour duPont race. Call 540-382-4251 or e-mail cmcc@cmccc.org for more information.
- June 9 Knotts Island Century, Norfolk. 25-100 miles. Call 757-490-1831, e-mail cameier@erols.com, or visit them at www.tidewaterbicycleassn.org for more information.
- June 23 17th 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.
- July 21-27 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 21-27 8th Annual Bicycle Tour of Colorado. The "Swiss Alps" version. 404 miles. Visit them at www.BicycleTourColo.com.

THE RUB DOWN

>From the newsletter of the Kansas City Bicycle Club, Kansas City, MO, www.kcbc.com

After every ride, a 10-minute scrub and lube is recommended for your bike. But just any wash won't do. Pressurized water, soap, solvent and lubricants are potent stuff. A carelessly directed water spray is capable of propelling trail grit past sealed-bearing surfaces. Find something to suspend your bike. By getting the rear wheel in the air, you'll be able to shift gears as you clean. Turn on the outdoor hose. Rinse the bike. Use a long-handled bottlebrush for the easy-to-get-to surfaces, and an iron-shaped scrub brush for the drive train. The rim sidewalls should be especially clean. Gunk can sabotage your braking and wear out the brake shoes.

Next, inspect the chain. Either use a chain-cleaner kit or remove your chain, laying the bike on its side so that the rear wheel dries with the cog-set down, which encourages any residual grit to dribble away from bearings. Whatever you do, don't stow it without lubing it. Try a dry, wax-based lube for the chain and cables (conventional "wet" lubes gunk up). Shift to the smallest cog. Drip a lube on the chain (at the rear cog) as you hand-crank counter-clockwise. Remove excess lube by scrunching a rag around the chain as it exits the derailleur. Dab some more wax-based lube on any cables you can get to.

Finally, drip a Teflon-based lubricant on the brake and derailleur pivots. Job done. Your bike is clean, lubed and on the road to a long, healthy life.

2001 MILEAGES



Marcia Lamphier	11,287	Neups	7,304
Bruce Miller	6,106	Mark Eckroth	3,787
John Beeton	3,000	Hank Schiefer	2,479
Sheila Newman	2,001	Dick Wettstone	1,960
Rob Latham	1,200	Scott Ripley	1,151
W.R. Good	1,149	Sue Gier	1,011

If you have your 2000 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 MARCH/April

ART FOVARGUE FAMILY

MARCIA LAMPHIER

PETER GREGORY

JAMES SHUKE

Dary Erwin

Steven Hostetler

Mark Myracle

Sheila and Terry Newman

Scott Ripley

Peter & JoAnne VanSiclen

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.