



APRIL 2002 NEWSLETTER

SVBC OFFICERS

President:	
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Marshall Hammond	434-1609
Treasurer: Marcia Lamphier	432-3312

UPCOMING MEETINGS

April 8	5:30pm	Pre-meeting ride starting at Luigi's. Note the new start time!
	7:30pm	Monthly meeting at Luigi's.
April 13	9:00am	Trash pick-up followed by a ride. See the events section.

MARCH MEETING MINUTES

The March meeting of the Shenandoah Valley Bicycle Club was held in the "Back Room" of Luigi's on Monday March 11, 2002. There were four (4) Club members present. The Treasurer reported a balance of \$6,932.49.

The Club would like to thank Eric Aschenbach for his work as Secretary and regrets his decision to turn the duties over to someone else. As reported last month, Eric asked for relief from this office for the upcoming election. Marshall Hammond has agreed to assume the duties, barring heated protest from other members.

There were no protests. Since the Club is functioning reasonably well as a headless organization (no prez), the current officers and activity organizers will remain the same. All Club members are encouraged to step forward anytime to offer their services as officers, volunteers, and event organizers.

There was no old business.

April 10th marks the beginning of the Wednesday Night Rides leaving from Harrisonburg High School at 5:15. Check out the schedule of events for more details.

Trash pick-up for the Club's adopted section of highway will be April 13th. Volunteers are asked to meet at the Penn Laird Post Office at 9am. A post-trash pick up ride is scheduled immediately following from Montevideo Intermediate School. Please come out to support this civic gesture. The time involved decreases exponentially with the number of volunteers.

It was suggested that the Club randomly pay for meeting refreshments. All in attendance agreed. Remember, meetings are the second Monday of the month. April's meeting will be the 8th. April also begins the "Pre-Meeting Ride" leaving from Luigi's at 5:30. Come have a nice road ride, catch up on Club news and events, and maybe have a free meal.

Check the newsletter for upcoming events and rides, also there is an informal e-mail network for spur of the moment rides and bike happenings. Give Rich Harris (harrisra@jmu.edu) your e-mail address to be included in this list.

The meeting was adjourned. Happy cycling. ☺

Marshall Hammond
Secretary by Default

WEDNESDAY EVENING RIDES

Wednesday, April 10th, will be start of the 2002 season for Wednesday evening rides. We leave from Harrisonburg High School parking lot (Route 42S - 395 S. High St.) at 5:15p.m. 1-1/2 to 2 hour FUN ride. Please contact Marcia (432-3312) for more details.

WELCOME NEW MEMBERS

Steve Koenig
Don Roderick

McGaheysville
Harrisonburg

WELCOME BACK RETURNING MEMBERS

Betsy Dunnenberger	Mt. Crawford
Dary Erwin	Harrisonburg
Art Fovargue Family	Harrisonburg
Marcia Lamphier	Harrisonburg
Neups	Harrisonburg
James Shuke	Bridgewater

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/			

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 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 erinorth@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. Sefas titanium saddle, (Look style) Shimano pedals.

3. Cannondale R800 Cyclocross frame and fork, \$200 obo. 1999 56 cm 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.



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.

TIDBITS

A new book is out titled Road Biking Virginia, by Jim Homerosky. It includes forty rides that cover the entire state, with four levels of difficulty. You can find it at www.amazon.com or www.barnesandnoble.com if you can't find it in your favorite bookstore.

The Virginia Bicycling Federation has maps and cue sheets of routes in the state at their website, www.vabike.org.

Bike4breastcancer, Inc. is a non-profit organization established in 2001 with a focus on raising awareness and funds for breast cancer causes at both community and national levels, through the recreation of bicycling. Visit them at www.bike4breastcancer.com.

Here's a good web site for learning how to safely ride on the road.
<http://www.bikexpert.com/streetsmarts/usa/index.htm>

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 April – September, the 2nd and 4th Tuesdays of the month at 6:30pm. On non-officially timed dates, 5:45pm, self-timed.

- WEDNESDAYS** **Wednesday, April 10th, will be start of the 2002 season for Wednesday evening rides. We leave from the Harrisonburg High School parking lot (Route 42S - 395 S. High St.) at 5:15pm for a 1-1/2 to 2 hour FUN ride. Please contact Marcia (432-3312) for more details.**
- SATURDAYS** **12 noon. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. As the weather becomes nicer, we will modify the starting time. Call Marcia (432-3312), Marshall (434-1609), or Bill T. (828-6635) for location and other details.**
- 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.**
- April 2-14 Tanasi Mountain Bike Festival and Race. Ocoee Whitewater Center, Cherokee National Forest, TN. They have reserved a section of Thunder Rock Campground where you can enjoy group camping as part of the event fee. A continental breakfast on Saturday along with lunch and dinner and the Pancake Cookoff on Sunday are part of the festival offerings. All proceeds from the festival go to the trail fund for the Whitewater Center. Contact: 706/820-1157 or e-mail them at DaisyBRider@cs.com.
The third annual Tanasi Challenge MTB Race on Sunday, Apr 14 - is a NORBA sanctioned cross country MTB race that is part of the Tennessee Off-Road Bicycle Racing Association Championship Series. All proceeds from the race go to support the Tennessee Wildlife Center. The race course will be similar to in the past but will include some of the new trails sections added this year. Contact: 423/267-0821 or kallen@CSTCC.CC.TN.
Check it all out on www.chattbike.com. Online registration is available on www.active.com.
- April 7-9 4th Annual BikeWalk Virginia conference, Blacksburg. Call 757-259-9818 or e-mail dellis@bikewalkvirginia.org for more information.
- April 9** **First official Time Trial. 6:30pm in Montezuma. Be there and try your time!**
April 13 **Adopt-A-Highway trash pick-up and ride. Come join us for a quick pick-up of trash on our section of county roads. We'll meet at the Penn Laird Post Office at 9am. Once finished we'll gather at the Montevideo Middle School at 10:15am for a 35-mile ride. Contact Neups (434-1878) or Marcia (432-3312).**
- April 14** **Wannabe ride. Meet at Wildwood Park in Bridgewater at 12:30pm. See the newsletter article for details. Contact Alice Stecker (564-1611) or Scott Ripley (248-5810).**
- April 19-21 4th Annual Victorian Festival. Staunton. Call 1-800-332-5219 or visit www.staunton.va.us for more information.
- April 27** **Breakfast ride. 9am. Meet at Mr. J's (Route 42N/Parkview area) for breakfast, then ride 40-45 miles. Please contact Marcia (432-3312) for additional information.**
- April 27 Pedal for Pooches. Charles Town, WV. 25 and 35 mile options. Registration begins at 9am, tours start at 10am. Call 304-724-6558 x121 or e-mail baacadoptions@citynet.net for more information.
- April 27 9th Annual Tar Wheel Century. Elizabeth City, NC. 33-, 61-, or 100-miles. Online registration at www.active.com.
- May 4 The 3-State 3-Mountain Challenge. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama, and Georgia) and across 3 mountains (Suck Creek, Sand, and Lookout). The moderate 62-mile option only crosses one mountain and the 25 mile option hits the hilly terrain of North Chattanooga. Contact: 706-820-1157 or DaisyBRider@cs.com or www.chattbike.com.

- 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 17-19 6th Annual Tour de Chesapeake. Mathews, VA. This is a Bike Walk Virginia affiliated event. Seven routes from 15 to 100 miles. Register at www.tourdechesapeake.org, call 804-725-5675, or e-mail tourches@inna.net.
- May 18 5th Annual Smith Mountain Lake Triathlon. 750M swim, 20K bike, 5K run. Call 1-80-333-8274 or visit them at www.commonwealthgames.org for more information.
- May 18-19 River Ramble. Yardley, Bucks County to Easton, PA. 105 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.
- 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.
- May 29-June 1 Virginia Senior Games. University of Richmond. Minimum competition age is 50 years old. Call 804-730-9447 for a registration booklet, or visit them at www.vrps.com for more information.
- June 1-2 MS150 Bike Tour. Southern Culture Tour. Charlottesville to Farmville. \$200 minimum contribution. Call 1-800-451-0373, e-mail them at mssocva@aol.com, or register online at www.nationalmsssociety.org.
- 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 15-25 (Vancouver-Calgary), June 29-July 9 (Calgary-Vancouver), and July 13-23 (Vancouver-Calgary). The Mountain Unlimited Canadian Massive Mountain Tour. It is designed specifically for serious cyclists looking for a challenging long distance tour and of course some breathtaking scenery. These tours are fully supported. Three meals a day will be provided including a gourmet dinner each night, and full bike maintenance and first aide attendance will be available on demand. For these 10 day tours riders will stay 8 nights in gorgeous camp grounds nestled in the Canadian wilderness and 2 nights in beautiful hotels where they may recover from the hard days of riding in total comfort and luxury. Tours are limited to 25 participants in order to facilitate an intimate relationship between guides and riders as well as between the riders themselves. If this is an event that interests you please respond to eaw_80@yahoo.com or telephone 510-520-0906.
- 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 7-14 4th Annual Cycling the Erie Canal. Buffalo to Albany, NY. Contact them at canaltour@nypca.org, call 518-434-1583, or visit them at www.nypca.org/canaltour.
- July 19-25 The 14th Annual Cycle across Maryland. This year it's the Eastern Shore. E-mail them at CAM@onelesscar.org, info@cyclexmd.org, or visit them at www.onelesscar.org for more information.
- 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.

- July 27 To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes T-shirt and water bottle. E-mail RescueRide@aol.com or call T.D. Langston at 757-566-2126 for more information.
- July 27-Aug 3 Penn Central. 450 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.
- August 26-30 Vermont Escape. 225 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.
- October 3-7 Rehoboth Tour. 165 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.



2001 MILEAGES

Marcia Lamphier	11,287	Neups	7,304
Bruce Miller	6,106	Mark Eckroth	3,787
John Beeton	3,000	Harry Glen	2,513
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 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 APRIL/May

STEVE HOSTETLER
SCOTT RIPLEY

MARK MYRACLE
PETER & JOANNE VanSICLEN

SHEILA & TERRY NEWMAN

Jim Brown

Charlotte McNulty

Marc Stecker & Kay Huskins

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.

On The Road Again

This article is not intended for the racers in the club, not the A, B, or C fitness riders who've been riding all winter. It is intended for people who have been off the bike all winter and are looking to improve this season.

If you fall into this category, you might be asking: why don't I get better? why can't I improve? I seem to be stuck in a rut. I can't go farther or faster than I could in the beginning. WHAT'S WRONG WITH ME?!

If you are in that situation then read on and see what has to happen in order to break out of this rut.

There are no push button solutions. Ask yourself the following questions: How often did I ride weekly last year during the season? What was my longest ride and how did I feel afterward? What's the fastest I could ride without falling apart?

Let's look at how many times a week you rode. If the answer is once or twice a week, you've solved the problem!! In order to improve you must (uh-oh, a dirty word) TRAIN.

That means exercising at a decent intensity or distance one day and restoring or recovering the next. Easy riding for short distances in an easy gear can be considered recovery. After each ride or workout when you challenge yourself then recover, you improve to a level higher than you'd been previously. These gains are not apparent right away, but over a period of weeks they are dramatic. In order for a training effect to take place, you must exercise a minimum of three times a week for at least 30 minutes after warming up. This satisfies the minimum equation for cardiovascular fitness and will provide your cycling muscles with strength for continued training.

How will I find the time??

I work 5 days a week!

Well, if you make the decision, you'll find the time. With daylight savings time here, you can ride at least 1 or 2 evenings per week before darkness. Why not hook up with one of the club's evening rides. You need only to ride once on the weekend to meet your goal. If you can ride twice on weekends, even better. The decision is yours, and may unlock the door to improvement. Consistency is the key to improvement.

Once you've developed consistency and have been spinning in easy gears riding three to four times a week it now is time to move to the next level. You now have a good foundation or base on which to build real gains. Fitness, like a house must begin with a good foundation. Building your base took patience and commitment. Now you're ready to make some serious gains in your ability to go farther and faster.

First, let's talk about ENDURANCE.

With the assumption that you're riding three times a week with your long ride of 20 to 30 miles weekly, here is the KEY to increasing your endurance safely: Increase your long ride by TEN MILES every other week. For those of you not as ambitious, increase your long ride by TEN MILES once a month. Training schedules will then follow this cycle. This works because of the stress and recovery principal. Forty miles is a greater stress than the 30 you're used to riding. The following week backing off to 30 miles allows your body to recover and adapt to the previous week's increased mileage.

How do I get fast?

Speed is one of the most seductive elements of cycling. The NEED FOR SPEED or the ability to ride faster at will attracts cyclists of all levels. Speedwork can be dangerous! Too much can cause very little improvement, and worse, possible injury. Grasp the fact that cycling is an aerobic sport. Effort exerted is never sustained at the maximum level for the duration of the ride, but at 70 to 85% of your maximum level. Try to plan your hard efforts at no more than 10 to 15% of your weekly mileage.

All training is specific. Biological adaptations that occur from training are specific to the type of training you do. Long slow distance makes long slow riders! If you always ride 12 to 14 mph for example, you'll never adapt to faster paced riding of 16 to 20 mph. In essence, you are what you do. Another speedwork principal is to cut your mileage when riding hard. If you usually ride a 15 miler, cut the distance to 10 when doing speed work.

Using our 10 mile ride as an example, break up the effort as follows: warm-up 4 miles spinning easy gears, speedwork 4 miles, cool-down 2 miles. Follow the drill RX on a weekly basis.

Be patient; gains in fitness will take several weeks to materialize. Good luck in your efforts.

Written by George Monte-Leon and found in the Staten Island Bicycling Association Newsletter