

MAY 2002 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

May 13	5:30pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

APRIL MEETING MINUTES

The monthly meeting of the Shenandoah Valley Bicycle Club was held April 8th at Luigi's. The pre-meeting ride had three wind-blown riders with seven club members present for the meeting. Marcia reported a balance of \$7,000.49!

There was no old business.

Under new business the Club decided to award free one-year memberships to Club members who volunteer to work three bike club events in a year. Hopefully this will encourage members to support Club activities such as trash pick-up, and Festival and Century committees.

Neups attended the Bike Festival meeting held April 2nd. The committee is working on advertisement and printing the brochure. Keep this group in mind and offer your help. No new meeting date was set.

Len VanWyk presented numerous advocacy topics and asked that anyone interested in being on the Transportation Safety Committee contact him.

The meeting was adjourned.

Marshall

WELCOME NEW MEMBERS

Mark Lenker

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Greg Peter

Harrisonburg

Scott Ripley

Mt. Sidney

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/			

ADVOCACY

I went to the April 17, 2002 Rockingham County Comprehensive Plan public hearing at Turner Ashby High School. The Citizen Planning Commission presented Rockingham County's 10-year comprehensive plan for review and public comment. Once approved this plan will be the recommended course of action for Rockingham County's growth and development, however the board of supervisors is not legally bound to follow the plan. The plan does not suggest many specific projects. It primarily presents goals to be followed when planning for future growth in the county. Here are just a few goals that affect bicyclists.

- The plan recommends concentrating residential development in the county to allow more green space. The recommendation is to concentrate residential and industrial areas into 20 percent of the county while green spaces would fill the other 80 percent. Residential and industrial areas would be kept where there are already infrastructures to support them. The plan also recommending building business services near the residential areas so that people can walk or bike to these services.
 - There were specific recommendations to build bike/buggy paths and looking at mass transit and alternative means of transportation to get cars off of the road. Again no specific routes were mentioned.
 - The beltway road was a sticking point in the plan that the commission members could not come to agreement on. The compromise was to recommend a "green beltway" in the county around Harrisonburg. In the short run this would be kept undeveloped and in green space. However the plan does recommend more study of a possible beltway road. If it is determined this is needed, the green beltway could then be used for this road.

Less than 20 people attended the meeting at Turner Ashby for comment. There were several people in addition to myself who spoke in favor of more bike paths. For more specific recommendations on bike paths in Rockingham County see SVBC Advocacy Coordinator Len VanWyk's recommendations at www.changeharrisonburg.org/bike_saftey_sug.html.

I also called Bob Holten, Bridgewater Superintendent, to ask about the proposed bike path from Bridgewater to Harrisonburg. He reported that currently it is just in the planning stage and will not be built soon. He said Bridgewater is in full support of a bike path being built as soon as possible, but due to lack of funding there are no immediate plans to build it. Its future depends on Rockingham County's participation. According to him there is currently a three-stage plan for bike paths from Bridgewater.

Stage 1 - Bike path on Oakwood Drive to Main St (Rt. 42). - Bridgewater is applying for a federal grant for this in January 2003. It generally takes 2-3 years from the application to completion of the project if the grant is approved.

Stage 2 - Bike & buggy path (8 feet wide) along Rt. 42 from Bridgewater to Dayton - The county would apply for this federal grant. Same 2-3 year completion timetable.

Stage 3 - Bike & buggy path (8 feet wide) along Rt. 42 from Dayton to Harrisonburg. The county would also apply for this federal grant after # 2. Same 2-3 year completion timetable.

If this is true, we are looking at 6-10 years for this bike path to be completed! We need to advocate for the county's immediate support of this project and application for the funding in January 2003 with Bridgewater.

Overall it seems that progress is being made in the County's understanding of bicycles as viable means of transportation in our area, however at the present time there are no specific plans to begin building bike paths. We need to advocate for the immediate funding and building of specific bike paths and other improvements that will support bicycling in our area. Here are two specific actions that each member of our club can take immediately.

1. Write letters to the Rockingham County Board of Supervisors and Harrisonburg City Council expressing your support of bike paths and list specific paths from the SVBC plan to be built immediately. Contact information for the county can be found at www.co.rockingham.va.us. (County Supervisor Bill Kyger has been particularly supportive of bicyclist issues.) The city contact information can be found at <http://www.ci.harrisonburg.va.us/>.

2. Attend the public planning meetings for the county and city. Numbers really do make a difference. County and city governmental officials need to see and hear the impact that bicyclist have on our community. We need many people expressing the benefits that bicycle improvements will have on the quality of life of our area. The SVBC regularly informs our membership of these meetings. If you know of a meeting coming up, e-mail SVBC-NL-editor@att.net and we will spread the word through the club's e-mail list and with enough notice, publish it in the newsletter.

If you are interested in getting more involved in area bicycle advocacy efforts contact the club's Advocacy Coordinator, Len VanWyk at 432-0138 or vanwijk@juno.com.

Submitted by Rich Harris (harrisra@jmu.edu)

Want to make a difference in Harrisonburg?

Without a doubt, my being appointed to the Harrisonburg Transportation Safety Commission has enabled me to do more for bicycling than everything else put together, because it enables me to make suggestions at the planning stages.

There are a number of Boards and Commissions in the City of Harrisonburg that periodically have openings, and it would be good to have bicyclists on some of them. Obvious choices are the Transportation Safety Commission, the Planning Commission, and the Parks and Recreation Commission, but there are others.

The actual appointments are made by City Council, but they certainly won't appoint you if you don't apply. Contact Bonnie Ryan at the City Manager's office for an application (432-7701).

Be proactive!

Len VanWyk

SHENANDOAH VALLEY BIKE FESTIVAL

Volunteers Needed

The 2002 edition of the Shenandoah Valley Bike Festival will take place on July 27th. The Festival, however, cannot take place without the help of volunteers. We need volunteers to serve on the Planning Committee, mark routes, publicize the event, and gather various supplies prior to the Festival. On the day of the Festival we need volunteers to help at Bridgewater College, lead rides, set up and run rest stops, and serve as sag wagon drivers. Marcia Lamphier will once again do a wonderful job of coordinating volunteers to help lead each ride on bicycle. If you can help with the Festival, please contact Dan Finseth or Betsy Hayes at 438-8063, dafinseth@rockinghamgroup.com, or hhayes@bridgewater.edu.

THREE AND FREE

As reported in the minutes, the Club is instituting a free membership policy (waiver of Club dues for the following year) for those people who help with at least three Club events during the year. These events include trash pickup, the Festival, and our Century. We're trying to get more participation within the Club membership. It's time for some new blood to step up. Art has been running the century for almost twenty years now. Marcia has been Treasurer for at least a dozen years, was instrumental in the Festival's startup, is still instrumental in the Festival, and is also involved with the Century. Neups has been doing the newsletter for over six years, got the trash pick-up going, and is involved in the Century and Festival. It's always nice to ride, but taking a turn off the bike will be good for the Club as a whole. Just talk to any of the officers or coordinators. Thanks!

TRASH DAY

Though the weather didn't look too great, five volunteers came out to the Club's section of roadway to pick up trash. Thanks to Marcia Lamphier, Marshall Hammond, Alice Stecker, Bill Wightman, and Neups for their help. We had a slight scare near the end of our roadway when a power transformer's fuse blew. And we were right under it! There was a quick flash of light and a blast like from an M-80. Due to the weather, the post-trash ride was not held. Hopefully we'll be able to do some riding next time. Thanks again.

RIDING OUTSIDE THE STATE LINES

I had a wedding to attend in Georgia. As the schedule had enough free time, I asked my buddy to send me a bicycling route. After an eight-hour drive, I checked into the hotel and got on my bike. The route was described as having only one hill, and this turned out to be quite correct. It was a large chainwheel ride except for that one hill. But it was also mostly flat, as my maximum speed down the hill was only 29mph. I got lucky on the way back to the start. I went through an intersection and within a minute there was an accident. Looked to me like someone who was in a rush.

The following morning I work up early and again jumped on the bike. As I really didn't know where I was, and I had to be back in time for the wedding, I did the same route as the previous day but in reverse. After

yesterday's 90-plus degree weather, it was nice to be out in the early morning under slightly overcast skies. I was lost in the reverie of just riding until I heard a dog barking. As I found the source of the bark, I noticed its movement towards me. But the house had fence posts and I supposed some type of fencing that I just couldn't see just yet, so I didn't bother with evasive maneuvers. That is, until I saw the dog come through the non-existent fence! It came through like they always do in the movies, in slow motion. Memories of Cujo came to my head and the adrenaline kicked in, allowing me to outrun the beast. Later on in the ride I saw a bull cow reaching up to feed on tree leaves. I never knew them to do that, but I don't normally see them in a field with trees, either. There were also mysterious mounds on the side of the road. These looked like ant hills, but were six to ten inches high. I wish I knew what made them. Lastly, I saw a house with three satellite dishes. I guess those people really like their TV. They made up for the house with a satellite dish stand, but no dish. Overall, not bad miles for a wedding weekend.

Neups

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 erinnorth@yahoo.com.

1. Klein Attitude Race, size large, \$800 obo. Very good condition, Klein Team Fade red/yellow/white, Gradient Propriety tubing, hand built 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.

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 Scott Ripley (248-5810) for more information.

TIDBITS

Does anyone know if there is some kind of shuttle service between the two ends (Cumberland, MD and DC) of the C&O Canal Towpath? I had a person at work ask and now some Club members are also wondering about this. If you know, call Neups at 434-1878 or e-mail svbc-nl-editor@att.net. Thanks.

On the same note, is anyone planning on riding the C&O this summer? One of the Club members would like to do so, but not alone. Again, if you're thinking about this, call Neups at 434-1878 or e-mail svbc-nl-editor@att.net. Thanks.

LET'S STUFF THE BALLOT BOX - The National Council of the Lewis & Clark Bicentennial and www.LewisAndClarkTrail.com are conducting a survey aimed at trying to get a handle on how many, and by what mode, people plan to tour the Lewis and Clark Trail over the coming years. One of the options listed for travel is the bicycle. Go to <http://www.lewisandclarktrail.com/bicentennialsurvey.htm> for more information and to complete the survey.

APRIL SHOWERS BRING MAY BICYCLISTS - For the 46th year running, the League of American Bicyclists has declared May "National Bike Month." In conjunction with Bike Month, the League is also promoting May 13 through 17 as Bike-to-Work Week. Finally, for those who can muster only one day of pedaling to the office, Friday, May 17, is Bike-to-Work Day. And if you're the type who likes to get the wheels rolling, you can obtain a National Bike Month Organizer's Kit by visiting the following link - <http://www.bikeleague.org/educenter/bikemonth.htm>.

Jon Petersen started a web page with links to every trail map online that he could find (mountain biking, hiking, skiing, etc.). He is looking for any online trail maps in our riding area. The list is not that big or organized yet, but hopefully with feedback from you, it will grow. The site is <http://www.topo.info> and his e-mail address is azcycles@erols.com.

STATS-R-US: WHO'S FASTEST IN LONDON? Average speed for door-to-door journeys by cycle (including parking) in Central London is 5.5mph. This compares with 3.5mph for public transport and 2.8mph for cars. (Transport Statistics for London 1999)

Feel like riding a lot of miles in a short period of time? Three opportunities present themselves. In June, Neups should be doing his one-day ride. Expect to be on the bike over twelve hours and ride over 200 miles. Over July 4th's four-day weekend, Neups and Mark Eckroth are planning another bed and breakfast tour. They ride this as a credit card tour and will do at least one century day and 70-85 miles the other days. Lastly, Neups is looking to go to France in 2003. He's found a tour company that concentrates on the Alps. It will be a sixteen-day adventure with an average 75 miles a day. Deposits must be in by September to secure a spot. On any of these three, if you are interested call Neups as soon as possible. Logistics is a big factor. Thanks.

VISITORS RESPOND

We had a visitor to the valley who requested some route information and thought he might ride with the Club. Well, he did, and here is his letter back to us. - Editor

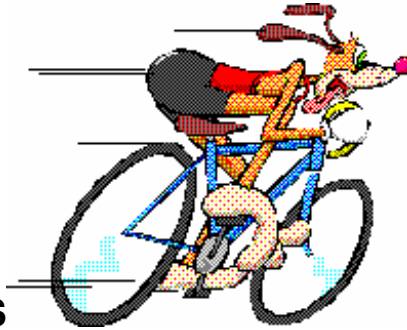
Neups and Marcia,

Thanks to the both of you and the gang last Sunday. I really enjoyed riding with the group - good people, savvy riders and they knew the roads! Our trip has ended and it was great. Arrived at home this afternoon. Last Monday (following the club ride) Deb and I did the Natural Chimney ride. The map/cue sheet was perfect and the very new tandem team did well - nice and steady while experimenting around on working together and communicating. Tues. was a rainout but that was OK as we planned for a rest day anyhow. We visited Les, bought some of those cool fleece tights and he tuned my front tandem derailleur to perfection. On Wednesday I single-biked the section of Skyline Drive from Hwy # 33 down to I-64. I started pretty early so it was cold, overcast and windy but the sun came out about half way through and it was another good ride. Without leaves on the trees the view left and right from the ridge was very cool. The climbs gave me plenty of time to sightsee! The downhill hogs hogged all of my attention. I just rode w/in myself as I have not done any hills since last fall and I knew I would be in bad graces if I left it all on the ridge and screwed up the tandem ride planned for the next day. I liked Skyline Drive. Virtually zero traffic, great surface and a better than average effort ride. I looked at some ride profiles and man does it get steep on the lower sections of the Blue Ridge. Saw three other road bikers and lots of cars parked at pullouts - hiking the AT? I guess the car traffic could get heavy in season. Thurs. we did the "Westward Ho" loop. It turned out to be the perfect ride for that day - my legs were OK but not fresh and Deb's knee was intermittently painful. We were pleased with the route and glad we didn't wander into any "walls". The new tandem seems OK to me - I believe it is relatively stiff w/o noticeable flex and not a hint of high-speed shimmy at a modest high speed of ~ 44 mph. We had to leave your valley on Friday to head north and visit my Dad recovering from knee replacement. I did get a single ride in on Sat. AM in Hagerstown, MD.

Our VA trip was a great success - three tandem rides, three single rides, great weather (no rain/snow/ice), good people and great ride suggestions w/ excellent maps. We will be back. Thanks again for the help and hospitality.

Please keep my address in mind if anyone is heading this way w/ a bike.

Dave and Deb Barr



TIME TRIAL RESULTS

April 24

Blustery 60°, strong headwind out

Male

Colin Descheiwmps	22:55	Kevin Reid	23:51
Mike Saunders	25:03	Nick Atkins	25:20
Neups	25:34	Steve Hostetler	26:23
Paul Templeton	26:32	Greg Harris	26:39
Andy Blatecky	26:45	Mark Russell	27:35
Chardin Detrich	27:42	Sam Thompson	28:04
Tom Foley	29:17		

Craig Lowry (self-timed)

23:20

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** **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.**
- Thursdays** 4:30pm. Fast-paced ride leaving from the Harrisonburg High School parking lot. No waiting for stragglers. Just heavy duty riding.
- 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** **Rides leaving from Bridgewater College at 9am. 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.**
- 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 **BREAKFAST RIDE - 9 A.M. - MR J'S ROUTE 42 NORTH/PARK VIEW. We'll meet for breakfast around 8:30 a.m. & ride leaves at 9am. 35-40 miles. Contact Marcia (432-3312) for additional 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 12 **WANNABE RIDE - 12:30 P.M. WILDWOOD PARK/BRIDGEWATER. Contact: Alice Stecker or Scott Ripley**
- 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 on-line at www.tourdechesapeake.org, call 804-725-5675, or e-mail them at tourches@inna.net.
- May 18 **Thunder Ridge Bicycle Ride. Leave Bridgewater College parking lot at 7:00 AM. Rain date same time May 19. This 65-mile ride will climb 3,500 feet in 12 miles on the Blue Ridge Parkway from the James River to the top of Apple Orchard Mountain (4,000 feet). There will be a rest stop at the Peaks of Otter, the halfway point. We will return to the starting location on valley roads in Bedford County. If you like climbing, this is the ride for you! It is strenuous, but beautiful. This ride will involve a 1.5-hour drive to our starting point in Bedford County, near Lynchburg. Carpooling is encouraged. For more information or to sign up, contact Rich Harris, harrisra@jmu.edu, 828-2380.**
- May 18 5th Annual Smith Mountain Lake Triathlon. 750M swim, 20K bike, 5K run. Call 1-800-333-8274 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.nationalmssociety.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.
- June 23 Leaderdog Century. Jamestown Beach Campsight. 50 or 100 miles. Call 757-221-7076 for more information.
- 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 14-19 3rd Annual Coastal Tour. Tours along the Maine coast. Call 207-743-5993, e-mail them at info@coastaltour.com, or visit them at www.CoastalTour.com for more information.
- 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 info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.

- August 4-9 10th 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 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.
- October 6-13 Cycle North Carolina, Mountains to the Coast. 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.

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 MAY/June

JIM BROWN

CHARLOTTE McNULTY

MARC STECKER & KAY HUSKINS

Carl Droms

W.R. Good

Chris Hamilton

Dan Neher

Lynn Powell

Nathan Scott

Bill & Jodi Taylor

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.