



JUNE 2002 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

June 10	5:30pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

MAY MEETING MINUTES

The May meeting of the Shenandoah Valley Bicycle Club was held in the back room of Luigi's on Monday, May 13th at 7:30pm. There were three members present. Two members were present for the pre-meeting ride in the wind, rain, and general yuck. However, the 26-mile ride included the infamous "Rock Garden" behind Westover Park. Pretty cool.

The Treasurer reported a balance of \$6,918.85.

The Club has renewed Adventure Cycling Association's Adopt-a-Library subscription to the Rockingham Regional Library and will continue the Adopt-a-Highway Program for the next two years. Here

is a volunteer opportunity for members to get a free membership. Remember that if members work on three Club activities, their membership is free for the next year!

It was decided that SAG drivers will be reimbursed for fuel so not only can you get membership points, but your gas, too.

The roll of the dice came up "seven" for the members present and the Club picked up the tab. Wow, what a deal this SVBC is!!! GET ACTIVE!!!! Rewards are numerous as well as just plain FUN!!

Marshall

WELCOME NEW MEMBERS

Chardin Detrich	Harrisonburg
Eric Shy	Dayton

WELCOME BACK RETURNING MEMBERS

Steven Hostetler	Harrisonburg
Kay Huskins & Marc Stecker	Keezletown
Charlotte McNulty	Harrisonburg
Dan Neher	Harrisonburg
Sheila and Terry Newman	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/			

THE PERFECT DAY

It was a perfect day. Friday, May 17, 2002. It started with the loading of the car with Dian's and my road bikes and cruising down route 81 to Lexington. At the Visitor's Center, we met Dave, a retired state trooper, who briefed us about the route we wanted to take. We had decided to head out Lime Kiln Road and catch Route 672 west. This road goes up Brushy Hill and tops out at 1550 ft. This is the same road Union soldiers took when they invaded Lexington in 1864. Robert E. Lee used to ride out here after the war while he was president of Washington College. As we steadily rode UP for almost three miles, the scenery changed from city streets to thick woods to open meadows. The ride up was worth it because we found a gift on the other side: wide vistas of valleys and hills and a wonderful downhill glide most of the way on Route 670 to the left. At the end of 670, we turned left on Route 251 and headed back to Lexington. Another left onto Main St. put us back in traffic. We decided not to worry about avoiding it, but actually became part of it. A quick stop at General Jackson's grave rounded out our 15-mile excursion.

I recommend this route to anyone wanting to ride around Lexington. You can lengthen the trip by going out farther on Route 672 before intersecting Route 251.

Back at the Visitor Center, we asked Dave if there were any places around to shower. He told us about Lehigh Truck Stop a few miles north on Route 11. They, and all truck stops, for a few dollars, have shower facilities for anyone's use. Something we all should remember when biking away from home.

We perfected our day even more by eating supper at Spanky's and watching the college kids jump to Carbon Leaf at the Lime Kiln Theater. More perfect days are in the near future: North Shore of Massachusetts June 4; Wannabes June 16; Rock Creek Park June 23. Stay tuned.

Scott Ripley

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

Last month we wondered if there is some kind of shuttle service between the two ends (Cumberland, MD and DC) of the C&O Canal Towpath. Well, Allen Muchnick wrote me to say that Catoctin Bike Tours, 1-800-TOUR-CNO, <http://catoctinbike.com>, provides a shuttle service to the C&O Canal and also to the New River and Virginia Creeper Trails. Thanks, Allen!

If you ever get into bicycling racing history, you've got to check out www.cyclinghalloffame.com. They use a point system to rank racers of yore. They have some good commentary and great pictures as well.

from Readers' Digest: Haul of Justice is a band of 70 costumed crusaders who bicycle around the country volunteering. Their driving principle is "what would a superhero do?" The founder is Ethan Hughes, a teacher in Eugene, Oregon. His hero is Mahatma Gandhi - "You must *be* the change you wish to see in the world."

From the newsletter of Different Spokes, Los Angeles, CA: Dehydration can be a serious health problem, and with warm (hot) weather, it's important to remember to keep properly hydrated while riding. The best rule of thumb to follow is to drink often, and drink before you're thirsty. This is easier to do if you use events to remind you, such as drinking when you see someone else drinking, or take a sip when you pass a speed limit sign. What you drink isn't as important as how much, although alcohol is definitely not recommended because of its diuretic effects. Sports drinks have an advantage over plain water because they have flavor, and generally provide electrolytes. Don't forget to replenish your fluids completely after a ride.

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 that 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, 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.

FOR SALE: Yakima roof rack. Includes 2 bike trays, 2 front wheel holders, 4 Q Towers, 48" bars and clips for 1993 Saturn. Will fit any small car with right adapter clips. Old style but good condition and works great. \$100 OBO. Also have set of 4 old-style tall Yakima towers, and Yakima fairing. Each \$25 OBO. Also selling AXO Summit ATB shoes, blue/yellow/black size 44 (US 10). Shoes are in very good condition, worn only a few times. Cost over \$100 new but are wrong size. \$25 OBO. Call Drew @ 433-5713 (H) or 568-3245 (W).

HOW TO RIDE IN A PACELINE

By Fred Matheny of www.RoadBikeRider.com

Solo rides are a great part of the cycling experience. Nothing beats cruising along and looking at the scenery, or attacking a climb at your own pace and intensity. But riding with a small group can be even more fun. You cover ground faster, meet people, and experience the thrill of shared effort. Paceline riding isn't difficult to learn. Here are the basic skills:

1. Riding a Straight Line

Start by learning to ride like you're on a rail. Practice by holding your line during solo rides. Put your wheel on the road's white edge line and keep it there. Relax your upper body, keep a light grip on the handlebar, and fix your peripheral vision on the line. Keep your actual focus 20 or 30 feet in front of the bike. Remember, the bike will go where your eyes go.

2. Following a Wheel

Drafting another rider saves you at least 15 percent in energy output. It's foolish to be bucking the wind all the time when you're with other riders. Share the work by drafting them and letting them draft you. Position your front wheel 1 to 3 feet behind the rear wheel you're following. The closer the better, in terms of the draft, but closer also requires a lot more attention. When necessary, turn the cranks without putting pressure on the pedals ("soft pedal") to maintain correct spacing. Use the brakes sparingly. Jerky braking creates chain reaction problems for riders behind you. If you need to brake, feather the levers lightly instead of clutching at them. If a gap opens, don't make things worse by accelerating too hard, overrunning the wheel in front, then grabbing the brakes. Instead, ease back up to the rider in front. If you don't become proficient at following a wheel, you can waste more energy than you save by constant yo-yoing. Look past the rider directly in front. Don't stare down at his rear wheel or you won't see things that may cause him to brake or swerve.

3. Paceline Pointers

First rule: Be predictable. Close riding demands that everyone be on the same wavelength. There must be a basic understanding of what is and is not expected behavior in a given circumstance. Experience helps. Don't accelerate when it's your turn at the front. Note your cyclecomputer's mph and maintain the group's speed when the lead rider pulls off. After your own bout against the wind, pull off to the side agreed upon and stay close to the others as you soft pedal and slide back to the rear of the paceline. This enhances the drafting effect for the whole group. It also keeps everyone as far out of the traffic flow as possible, making paceline riding possible even on busier roads. As you come abreast of the last rider in the line, pick up speed and then slide over behind his wheel as he comes past. When done correctly you won't need an energy-wasting acceleration in order to latch back on. Once in the caboose position you can take a drink or stand to stretch without disrupting the paceline's smoothness. Protect your front wheel. If your rear wheel is struck a fall is unlikely because it has nothing to do with steering the bike. However, if your front wheel is contacted it will often be twisted off line faster than you can react. You'll almost certainly go down. Help prevent this by never overlapping someone's rear wheel.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by signing up for the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

HOW TO RIDE IN A GROUP

By Fred Matheny of www.RoadBikeRider.com

Pacelines are organized. They have specific rules. But in big groups like you find in centuries or charity rides, things will be disorganized. This can intimidate even experienced riders.

Sooner or later you'll find yourself in a big group amid some riders with sketchy skills. It pays to learn how to survive (and also make yourself welcome) in a crowd.

Look for Risky Riders. These are the unsteady people who wobble, appear nervous, have a tense grip on the handlebar, and frequently grab the brakes. Avoid them! Move up to keep them behind you, or slide to the other side of the road.

Stay at the Front. This is easy to say but hard to do in some groups. At the front you have more control over your destiny because most crashes occur in the rear two-thirds of the bunch. It may take a bit more work to reach the front and stay there, but it's worth the effort.

Watch the Wind. Wind direction determines on which side the greatest draft is found. If the wind is from the right side of the road, smart riders move to the left of the wheel in front of them for greater protection. If you're doing this, beware of overlapping wheels with inexperienced riders. They may swerve and take out your front wheel.

Be Wary on Climbs. A major cause of group crashes is riders who stand abruptly. They slow for a second, causing the rider behind to hit their rear wheel and spill. To avoid this danger, let the gap open a bit on hills or ride a foot to either side.

To avoid being the one who causes such a crash, pull your bike forward as you leave the saddle. Don't lunge and make a hard pedal stroke. Keep your speed steady. When sitting again, push the bike forward a bit.

Cycling isn't a contact sport, but it's not uncommon to have your arm brushed when riding near others in a group. It pays to learn how to bump into other riders without swerving or falling. It's easy when you practice this drill used at the Carpenter-Phinney Bike Camps.

First, go with a cycling friend to a large grassy area like a soccer field. Ride side-by-side at a walking pace. Keep both hands on your bar. Start by gently touching elbows, then shoulders. As you gain confidence, lean more vigorously on the other rider. Soon, you'll be bumping each other with abandon and throwing in a few head butts for fun, all without going down. (Of course, always wear your helmet just in case.)

Riding relaxed is the key to absorbing contact without swerving. Have slightly bent elbows, a firm-not-tight grip on the bar, and loose arm and shoulder muscles. If you're relaxed, your body can absorb the shock before it gets to the handlebar.

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** **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** **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.**
- JUNE 1** **MOUNTAIN BIKE RIDE - NATIONAL TRAILS DAY CELEBRATION!! Meet at the Briery Branch Dam at 9:00 a.m. for an approximately 20-mile loop. Please contact Marshall Hammond (434-1609) for details.**
- 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** **Ride from the Medical Center in Monterey, VA (Highland County) at 10:00am. We'll either ride 58 miles with 4 climbs or about 50 miles with 2 climbs, depending on how everyone feels. Pizza at Royals Pizza after the ride. So for the Sunday June 9 ride, we will leave Bridgewater College at 9:00 AM to head over the mountain to Monterey.**
- 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

BREAKFAST RIDE - Meet at Mr. J's NORTH 42/PARK VIEW AREA. Breakfast 8:30 A.M. then RIDE 9:00 A.M. 45-50 miles.

JUNE 16

WANNABE RIDE - 12:30 P.M. WILDWOOD PARK/BRIDGEWATER. Contacts: Alice Stecker & Scott Ripley

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 Campsite. 50 or 100 miles. Call 757-221-7076 for more information.

June 29-July 6

If you haven't already, now is a great time to reserve your Sunshine Alaska Bicycle Tour. We are currently offering wonderful tour discounts on specific tours & dates. Alaskan Bicycle Treks are a great adventure option for traveling couples or friends! Buy one tour at full price and your guest receives a 25% discount! More tour information is available at www.akbicycle.com or e-mail us with any questions at akbicycle@akbicycle.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 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 them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.

AUGUST 3

Mountain Mama Road Bike Challenge Memorial Ride. As this ride has been canceled by the Highland Medical Center, we're going to do it on our own, unsupported, and make a donation to their cause. 104 miles. Nine mountains and 10,000 feet of climbing. We'll carpool over there, hand out maps, and pig out on pizza afterwards. Call Neups or Marshall 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 10-11 Massanutten Hoo-Ha. Call 1-800-207-6277 or visit www.mountainbikevirginia.com.
- August 17-24 If you haven't already, now is a great time to reserve your Sunshine Alaska Bicycle Tour. We are currently offering wonderful tour discounts on specific tours & dates. Alaskan Bicycle Treks are a great adventure option for traveling couples or friends! Buy one tour at full price and your guest receives a 25% discount! More tour information is available at www.akbicycle.com or e-mail us with any questions at akbicycle@akbicycle.com.
- 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.
- September 1 Shenandoah Mountain 100 Mountain Bike Race. Call 540-434-2087 or visit www.mtntouring.com.
- 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.

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 JUNE/July

CARL DROMS	W.R. GOOD	CHRIS HAMILTON
LYNN POWELL	NATHAN SCOTT	BILL & JODI TAYLOR
Barbara Brennan	David Jan Brunner	Dean Cummings
David Detrick	Mark Eckroth	Robert Gooden
Robert Latham	Deb Lung	Jeremy Martin
Terri Prodoehl	Mark Russell	Ridgely VanNess
Dick & Lois Wettstone	Patrick Wyld	Steve Zumbro

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.