



JULY 2002 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

| | | |
|--------|--------|---------------------------------------|
| July 8 | 5:30pm | Pre-meeting ride starting at Luigi's. |
| | 7:30pm | Monthly meeting at Luigi's. |

JUNE MEETING MINUTES

The June meeting of the SVBC was held at Luigi's on June 10th at 7:30. The pre-meeting ride had four volunteer riders and two conscripted riders for a total of six, a new record for pre-meeting ride participants. Neups was the unknowing recipient of divine intervention when he was all most taken out by a deer on 33E near the intermediate school. Neither Neups nor the deer knew the other was around, but boy, was it close!

There were five Club members for the meeting. Marcia reported a balance of \$7,040.85

Festival and Century meetings were held in May and each event is progressing. Volunteers are needed for each ride as well as sag, support, and general duty help. Contact Art (Fovarg@aol.com) to volunteer for the Century (20th Annual, by the way) and Dan (DAFINSET@rockinghamgroup.com) for Festival help. Don't forget the free membership for one year after working three Club activities.

There may be an opening on the Harrisonburg Transportation Advisory Committee if Len VanWyk decides to bid for the Planning Commission. It would be prudent to continue having a bike advocate on the committee. Contact Len (vanwijk@juno.com) for details. You must be a Harrisonburg resident.

Sue Gier is looking for Club members willing to help focus support on those issues and projects that affect cyclists and persons concerned with alternative transportation. She is asking the Club to help "connect the dots" for issues important to cyclists. Contact Sue (suegier@shentel.net) if you can help.

The meeting was adjourned. Don't forget all the cycling events going on weekly by various Club and non-club members. There is no reason to "NOT" be riding!

Marshall

WELCOME NEW MEMBERS

Butch Reedy

Mt. Crawford

WELCOME BACK RETURNING MEMBERS

Carl Droms

Linville

W.R. Good

Elkton

Alice Stecker

Harrisonburg

Richard Wettstone

Pleasant Valley

Steve Zumbro

Bridgewater

Thanks to all the above for your continued support of the Club.

All the area shops contribute to the Club.
Thanks to Mark's, Mole Hill, Shenandoah Bicycle, Blue Ridge, and East Coast Bicycle
Academy.
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/ | | | |

SHENANDOAH VALLEY BIKE FESTIVAL

Once again, the assistance of Club members is needed to make this year's Festival a success. If you would like to guide bikers through our beautiful valley as a ride volunteer, contact Marcia Lamphier (432-3312). The Festival is a great opportunity to showcase the Shenandoah Valley Bicycle Club and ensure that all of our bicycling guests enjoy their visit to "our roads". The registration fee is waived for Festival volunteers.

Scheduled Rides:

CENTURY - 7:00 A.M. (100 MILES)
METRIC CENTURY - 7:30 A.M. (65 MILES)
MORNING LOOP - 8:00 A.M. (24 MILES)
MORNING CHALLENGE - 8:30 A.M. (40 MILES)
1/2 METRIC CENTURY - 9:00 A.M. (32 MILES)
AFTERNOON LOOP - 1:30 P.M. (23 MILES)

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: 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).

FOR SALE: Ski rack, Barrecrafters SR-900. Mounts on roof or hatchback. Locks both skis and rack to vehicle. Holds four pair. Make \$25 donation to SVBC. Call Sue Gier (D) 434-8877x103 or (E) 833-6800 or email suegier@shentel.net.

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.

WANNABE RIDE REPORT

A bright and sunny afternoon greeted ten anxious riders and their two Club ride leaders as the group headed toward the Time Trial road for a fun filled and chatty 20-mile Wannabe Ride. The group was as diverse as the bikes.

There were two teenage riders trying out bikes for a trip north later this summer. Shame on the Club member who purchased a new bike for his son, but handed down the older bike to his daughter. "Just the way it works out," was his reply. The daughter did fine.

A long-time Club member dusted off her bike from the garage and decided the day was just too nice to not ride. Another rider was riding with a group for the first time, and she rode for more than 4-5 miles for the very first time. She rocked!

A friend of one of the ride leaders participated, having driven from Staunton. Yet another rider both looked and rode the part on a sweet Cannondale road bike. "Just getting back from injuries. Felt great," he commented.

Rounding out the group were four other Club members, two of which continued riding after the Sunday morning ride, one brought his son and daughter, and one HAD to be there because of marriage requirements. She brought the marinated cheese, crackers and fruit. Yum!

Good natured ribbing, some group riding techniques, pointing out road hazards, and singling up were all practiced and mastered. A great ride with great people that exhibited an enthusiasm for riding bicycles. Thanks a bunch to Alice Stecker and Scott Ripley for leading these rides. Check this newsletter for the next Wannabe Ride and bring a friend.

TIDBITS

If you ever wanted to see how many pounds of toxic emissions you saved and calories burned during your cycling, check out <http://www.biketraffic.org/power.html>. Makes you want to commute by bike.

PENNDOT has agreed to use the Share-The-Road logo on the reverse side of their mailing envelopes. This means about ten million direct mail hits! You can view the press release and a graphic of the envelope format on the Bicycle Access Council website. Click on the NEWS link and go to the May 21 press release. www.BicycleAccess-PA.org

Approximately 103,000 Mongoose (TM) and Roadmaster (TM) mountain bicycles that are equipped with "Ballistic 105" front suspension forks are being recalled by the manufacturer, Brunswick Corp. There have been reports of these forks breaking apart, causing serious injury. The forks on these bikes are black with decals that read "BALLISTIC" and "105" on the sides of the suspension fork legs. A small label on the bottom of the bicycle reads "Brunswick." Forks on the Mongoose models A-40 and D-40 and forks on bicycles not manufactured by Brunswick Corp. are not included in the recall. If you own one of the recalled bicycles, stop using it immediately and contact Brunswick Corp. at (800) 508-2762 between 8 a.m. and 5 p.m. CT Monday through Friday or visit the recall web site using the link provided below. You are eligible for this recall even if you have already participated in a previous recall of these bicycle forks. For more, <http://www.ballisticforkrecall.com/>.

TIME TRIAL RESULTS

| May 28 | Cloudy, wet pavement, no wind | | | |
|----------------|---|-----------------|-------|--|
| | <u>Male</u> | | | |
| Ron Mentus | 22:39 | Kevin Reid | 23:28 | |
| John Myrtle | 24:00 | Mark Myracle | 25:16 | |
| Tom Foley | 25:42 | | | |
| | <u>Female</u> | | | |
| Gwynne Reid | 27:06 | | | |
| June 11 | 85, "Sticky" – very humid, 5-15mph WNW switching to southerly gusting to 20mph, corn 12-18" | | | |
| | <u>Male</u> | | | |
| Mike Saunders | 21:58 | Ron Mentus | 22:25 | |
| Kevin Reid | 22:56 | Steve Hostetler | 23:45 | |
| Neups | 23:48 | Bill Wightman | 24:54 | |
| Tom Foley | 25:22 | Bruce Miller | 25:23 | |
| Paul Templeton | 26:07 | Jody Hensley | 28:09 | |
| David Frye | 30:10 | | | |
| | <u>Female</u> | | | |
| Gwynne Reid | 26:19 | Meg O'Brien | 27:41 | |

OUTSIDE TRAVELS

SCRANTON, PA

I traveled to Scranton, Pennsylvania to attend my college reunion in early June. I took my bicycle along so I could survey the changes to the area better and to work off all the food and alcohol I knew I'd be consuming. The first day I started south past Lake Scranton, a favorite walking/jogging area. The climbing started right out of the city. And then it continued. The Pocono Mountains are really a plateau area. The climbs are not quite like ours, where, except for the mountain climbs, most hills are short. Up there it's a gradual climb for a longer distance, then down, then up a distance again. It seemed that when I went up, it was always for a half-mile or more. And when it wasn't a long drop, it was a steep one. I hit 45mph coming down a short 1/3-mile drop! I don't even hit that coming down Shenandoah Mountain after four miles. After one climb I saw a sign that said I had reached the top of the Poconos and the elevation was 2,143'. The road surface was very beaten up on the right, so I had to ride further into the road than I normally would around our area. I saw a lot of dead deer along the side of the road. But one made it across the road alive as it bounded from the woods ahead of me. And for a Friday, the traffic was heavier than I expected - even on the back roads, which they have less of than we did as I found out later in the ride. I followed my

mapped route and did well until the road ended back into town. What I couldn't tell from my map was that this particular ended by merging onto I-380! Luckily there was an exit within 1/2 mile, so I just continued onto the interstate and exited right away. After that I found my old route to a nice side road I remembered. While riding there I saw some wild turkeys crossing the road. Then I came back out on my original road and had a good downhill back into the city.

The next morning I started riding at 7:30am. It was back to tights and a long jersey as the temperature was in the high 50's when I left. Again the terrain was long, slow hills, one after the other. I happened to pass Archibald Pothole State Park early in the day and pulled in to check it out, as I never did see it when I went to college. I needn't have bothered. It ended up being a sinkhole fenced in about the area of a work cubicle. Continuing on my way, I took a wrong turn I didn't know I took until I got back. But it turned out to be the nicest road of the weekend - good pavement, little traffic, and a nice stream running right alongside. It also ended up going right past Chapman Lake, a retreat center for us students. Today there were only deer bounding in threes in the woods nearby. I passed through a lot of little towns that seemed just right for the area. A long downhill took me back into the city, but I again ended on an expressway that I didn't realize until it was too late was for motor vehicles only. Oh, well. I couldn't have had a better weekend.

Neups

MONTEREY, VA

Four Club members braved the van ride over the mountains to cycle and abbreviated version of the Mt. Mama 50. The two-climb, 45-mile ride proved just about right for most of us. The weather and scenery were great. A potentially suicidal grouse showed enough brainpower to not take that last step into the path of our group taking the last downhill at 45mph. Thanks to all of you who journeyed my way to do this ride.

Jim Brown

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 8am. We ride 2-3 hours (40-50 miles) 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.**

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.

- 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 20** **BREAKFAST RIDE. Meet at Mr. J's RT 42/NORTH (PARKVIEW) at 8am. Eat, then ride at 8:30am. Ride 45-50 miles. Please contact Marcia (432-3312) for additional information.**
- JULY 21** **WANNABE RIDE. 12:30 A.M. Meet at Wildwood Park/Bridgewater. Contact: Alice Stecker (564-1611) or Scott Ripley (248-5810) 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 26-28** **11th Annual Shenandoah Valley Bike Festival. Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.**
- 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 (meet at Bridgewater College for a 6:30am leave time – sharp!), 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 Freedom Tour 2002. Waynesboro. Proceeds to Benefit Big Brothers Big Sisters of the Central Blue Ridge. 24-65 miles. Post ride cook-out, prizes. Contact Pam Bennett at 540-943-9413, 540-943-7871, or bbbsocbr@cfw.com for more information.
- August 10 Dog Daze Century, Nottingham County, PA. 27-107 miles. Call Ann Marie Sullivan at 610-644-3792 or e-mail her at AMSVU78@aol.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 email us with any questions at akbicycle@akbicycle.com.

- August 25 Reston Century. 100, 62, or 31 miles. Post-tour festival from noon to 6pm with food and music. Call 703-733-0755 and leave a message for more information. Or visit <http://www.restonbikeclub.org/> 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.
- September 1 Shenandoah Mountain 100 Mountain Bike Race. Call 540-434-2087 or visit www.mtntouring.com.
- September 7 16th Annual Amish Country Tour. Dover, DE. Call them at 800-233-5368 or find a registration form online at <http://www.visitdover.com>.
- September 8** [20th Annual Shenandoah Valley Century.](#)
- September 14 8th Annual West Wicomico Heritage Ride. Pemberton Historical Park, Salisbury, MD. 32, 50, and 62 miles. Call 410-548-4900, x116 Monday – Friday, e-mail mlustig@wicomico.org, or visit them at www.wicomicoecandparks.org/heritage.htm for more information.
- September 14 BikeDC. 34-mile tour of the monumental core of Washington, riverfronts, and the George Washington Parkway. Register online at www.waba.org. Call 202-628-2500 for more information.
- September 15 Three Creek Century. South Middleton Park, Boiling Springs, PA. 25, 50, 62, and 100-miles. Hot dogs, ice cream, and soup afterwards. Call Terry Shriver at 717-691-0236 for more information or find the registration form at www.harrisburgbicycleclub.org.
- 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 JULY/August

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|----------------------------|--------------------------|------------------------|
| 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 |
| <u>PATRICK WYLD</u> | | |
| Dan Finseth & Betsy Hayes | Dan Funkhouser | Rich Harris |
| Valerie Kramer | Jamie Mackie | Bruce Miller |
| Sharon Rose | Dee Stutzman | Kristin Wilson |
| Vicki and Steven Wise | | |

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.