



SEPTEMBER 2002 NEWSLETTER

SVBC OFFICERS

President:	
Vice-President:	
Secretary: Marshall Hammond	434-1609
Treasurer: Marcia Lamphier	432-3312

UPCOMING MEETINGS

September 2	9:00am	Worker's Century, Kline Campus Center, Bridgewater College.
September 9	5:30pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

AUGUST MEETING MINUTES

The August meeting of the Shenandoah Valley Bicycle Club was held Monday, August 12th at 7:30pm in a brand new location, El Charro's on Main Street, because Luigi's was closed for cleaning. There were nine members present (a new-new record) at the meeting with four members participating in the pre-meeting ride leaving from Luigi's parking lot at 5:30pm. Participation is picking up, so don't be left out on all the fun. Remember the second Monday of each month is the Club pre-meeting ride and meeting.

The Treasurer reported a balance of \$8,268.81.

The Club meeting was held in conjunction with the Festival wrap-up and Century organizational meetings. The Festival was a resounding success, as reported by Betsy Hayes, even though she doesn't want to see another over-ripe banana. A GREAT BIG THANKS to Dan and Betsy for their hard work and to all the volunteers who made this event such

a cycling treat for everyone. The A11 route proved to be a challenge and may become an official part of next year's Festival. Thanks, Neups.

New business:

Plans continue for the 20th, yes 20th, Annual Shenandoah Valley Century to be held Sunday, September 8th. If you haven't let Art know you can help, please do so ASAP. We need everybody to pitch in so this 20th will be the best ever. Be a part of Club history.

The next SVBC meeting will be September 9th at 7:30pm with a pre-meeting ride leaving Luigi's parking lot at 5:30.

The meeting was adjourned when the restaurant demanded our departure so they could lock up.

Marshall

WELCOME NEW MEMBERS

Bill, Brian, and Mark Cohee

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Bruce Miller

Dayton

Russell Kenney

Dayton

Robert Latham

Harrisonburg

Jamie Mackie

Harrisonburg

Terri Prodoehl

Harrisonburg

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		
	<u>Web page</u>	http://svbikeclub.homestead.com/			

ADVOCACY

1. Walking/biking Trail At the August 14th Harrisonburg Planning Commission meeting, the proposed multi-use trail that would connect Hillandale and Westover parks was rejected, primarily due to strong neighborhood opposition. I should explain some of the history of this proposed trail.

In 1999 the Parks and Recreation Department landed a \$100K TEA-21 grant that provided funds for linking the two parks through existing parkland. But in 2000, the Heritage Oaks golf course ate the land that was in the middle third of the proposed trail. Parks and Recreation then tried to find a way to satisfy the grant through another route. The middle third of the new proposed route would have run along streets in the Circle/Neyland/Turkey Run neighborhood. To try to keep this trail looking continuous, the plan was to stripe an 8' lane on one side of the used city roads (widening the road on that side by 4'). This was somewhat inadvisable, since half of the trail users would be going in the wrong direction, and it proved to help kill the project.

The defeat of the proposed trail was actually encouraging, since everyone who spoke stated they were in favor of trails in the parks; they just opposed the disruption of their neighborhood. When I spoke, I recommended that they try to use the grant money for some other configuration that would still satisfy the grant, and that whatever they do should be a first step toward a network of trails connecting Hillandale Park, Westover Park, Thomas Harrison Middle School, the new high school, and various neighborhoods in the area.

So the full proposed trail is likely dead (City Council could override the Planning Commission's recommendation, but that is extremely unlikely), but Parks and Recreation will probably be able to at least connect Thomas Harrison Middle School with Westover Park and maybe some other things as well. But they won't be using city streets to do it.

2. Blacks Run Greenway At the same Planning Commission meeting, Todd Hedding asked for the commission's approval of certain city support for the Greenway (maintenance, safety, etc.). He had already made a presentation to City Council, but they sent him back to the Planning Commission. Anyway, the commission agreed wholeheartedly. The Blacks Run Greenway folks have worked extremely hard and it shows. Its construction will probably take more than ten years, but the city is on board. From concept to design, their story has been a motivating success story.

3. Garbers Church Road Earlier the same day, I got a motion passed in the Harrisonburg Transportation Safety Commission stating "The Harrisonburg Transportation Safety Commission recommends that bicyclists and pedestrians be accommodated along Garbers Church Road from Erickson Avenue to West Market Street." So later that day at the Planning Commission meeting, I asked them to pass a motion recommending that City Council set aside funds for these accommodations. I made a strong case, which was easy because there IS a strong case, and they will consult with city staff and take it up at their September meeting. Their recommendation would then go to City Council.

This is an ****extremely**** important issue in principle and in practice. Garbers Church Road is designated as a "primary bike route" in the Harrisonburg Bicycle Plan, it is the only bike-friendly road on the western edge of the city that connects Erickson Avenue (whose "extension" will have bike accommodations) and West Market Street. It is adjacent to city-owned parkland (so the trail network I mentioned above could connect to it), and it is the only road to the city's new high school. [Furthermore, it connects to US 42 south of Erickson, so if the County ever follows up on their bike lane concept there, we would have a nice City/County link.] If the city doesn't make bike/ped accommodations when it re-stripes the road to 4 lanes, they will not only remove a chunk out of the city's bike network, but they will essentially make it impossible for anyone to access the high school by non-motorized transportation.

With such a strong case for bike/ped access on this road, if the city doesn't step up and provide it here, then the precedent is set to ignore bike/ped needs elsewhere. (If not here, where? If not now, when?) If you are a city resident, then please act on this issue, even if you have never done so in the past.

WHAT YOU CAN DO: Call, write, or e-mail the City Council (and Roger Baker, the City Manager) and the School Board (and Donald Ford, the Superintendent) and tell them you want children and others to have the opportunity to use non-motorized transportation to get to (and by) the new high school. Accommodations should be made from Erickson Avenue all the way to West Market Street.

To write City Council, write a single letter and drop off a copy at the City Manager's office, 345 S. Main. (Ask the person at the desk to give copies to City Council and the City Manager). To write the School Board, do the same thing but drop it off next door at the School Board office.

Len VanWyk, Advocacy Coordinator

CLASSIFIEDS

FOR SALE: SVBC waterbottles. Large, screw top, SVBC logo. Only \$2 each! Yellow, white, red, or gray. Contact Marcia at 432-3312, or e-mail her at marcialamphier@hotmail.com.

FOR 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: 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 e-mail suegier@shentel.net.

BIKE NEW YORK 2002

It was the ultimate "share the road" experience: just me and 29,999 other riders, out for a Sunday jaunt around New York City.

It all started for us on Staten Island, where they ran three extra ferries on Sunday morning to get the riders to the official starting point: Battery Park in lower Manhattan. The day was great; nice and clear, which made for a chilly ferry ride. This was my first time on the Staten Island Ferry, though, so I was too busy looking at the sights to notice.

Once we arrived in lower Manhattan, we made our way to the starting line, which involved covering some pretty rough terrain---luckily, we were warned to do this on our mountain bikes. I say starting "line," but Broadway was filled with bikers from Battery Park to Canal St, a distance of about two miles.

Originally called the "Great 5 Boro Bike Tour," Bike New York has been an annual event since 1977, starting out something like the late, great "Critical Mass" rides in Harrisonburg---just a way to raise cycling awareness, and, not incidentally, to have some fun. With 30,000 riders this year, I guess by now you could call it an institution.

The route covers 42 miles, and all five boroughs. All motorized vehicles are kept off the route, though occasionally the bike traffic was stopped to allow cars through on the cross streets, or to let churchgoers on foot get across. The route takes you by several well-known landmarks (Radio City Music Hall, Central Park, the United Nations building, etc.). It also includes several bridge crossings, pretty much the only places that aren't perfectly flat. This year, there were five rest stops along the way, supplying everyone with all they needed: granola bars, bananas, bottled water, barbecued ribs...

The last stretch crossed the Verrazano Narrows Bridge, unfortunately on the lower roadway, so the view wasn't as spectacular as it could've been. After the bridge, we arrived at the finish line---and the finish party. However, we chose to celebrate a few blocks away, where the choice of beverages was less restricted.

If you're interested in seeing what it all looked like, I've got some pictures posted on the web at <http://www.math.jmu.edu/~carl/pictures/BikeNY2002>, and you can get info about Bike New York itself at <http://www.bikenyork.org>.

Carl Droms

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.

MOUNTAIN MAMA RECAP

Here are some thoughts from those who rode this year's unofficial Mama.

I was so glad that we got to ride the Mama again! Last year I was new to road biking and did the 70-mile ride. This year we went for the whole 100 and achieved our goal. The scenery is so beautiful it actually relieves some of the pain of the long climbs. Even though the ride was "unofficial", the sag support worked very well and members of the community were friendly and helpful. I'm already looking forward to next year. -- Kathy and Dane Byers

I would call the ride flawless, for an "unorganized" it had more organization and planning than I have seen, beautiful route and perfectly placed rest stops with happy faces. I rode the century with a group of Burgians and had one of the more pleasant rides of all time. It doesn't get much better than the climb over Snowy Mountain. -- Tim Richardson, Shenandoah Bicycle Company

This year's "unofficial" Mountain Mama was such a great ride. Carl Droms and I did the 70-mile loop, which was absolutely wonderful. It has the challenge of Hoover Mountain, then concludes with the extra 20-mile loop through Blue Grass and Hightown which is just delightful. The meal provided at the school after the ride was fantastic. A huge "thank you" to all the folks involved in making the event happen this year. -- Marcia Lamphier

I had a fairly inaccurate notion of what the ride would be like--more of a "Mountains of Misery" test of fortitude rather than a bunch of sweet cruises punctuated by a few hard climbs. This probably has a lot to do with my choice of the 68 vs. the 103-mile route. It was simply the best ride I've been on this year and one of the five best in the last ten years. When I go out of town to ride, I almost always decide that the terrain is more boring and the traffic worse than in the Valley. I find myself wondering why I didn't just stay at home. But this was grand country, with pleasant people and rarefied traffic consisting of considerate drivers--did I just describe heaven?

My only uncharitable thoughts are reserved for the litigious bastard who sued the previous year's organizers--may his post-traumatic woes be protracted and manifold, and may he be stuck with all the legal fees. -- Zack Perdue

Three tandems pushing the pace and dropping all the single hanger-ons. Marshall and I rode together from the second climb, Bullpasture Mountain, to the rest at 50 miles where we once again saw the tandems. At Snowy Mountain we diverged. Wonderful people manning the rest stops. I passed two of the tandems on Allegheny 2 and caught the third at the top. Then they bombed past me on the decent. I caught them again at the top of Lantz. Again they passed me. I caught the last tandem one last time at the top of Monterey Mountain. Of course, when we crested, they bombed passed me and came into the high school a minute ahead. Overall, a great ride. The unorganized organization was phenomenal. The people from Ohio that didn't ride did a lot of sagging, even for those not from Ohio. -- Neups

A note sent to the "organizers".

A note to you and all the wonderful people in Monterey, from Ohio, Lightning Cycles, and other folks who did so much to make the MM happen despite no official sponsor.

Everyone I talked to on and after the ride couldn't say enough nice things about the event and the people. You all did much more than anyone expected. The folks we brought over from the Shenandoah Valley Bike Club and others from the area appreciate your efforts very much. I hope both the Medical Center and the group putting on the GREAT spaghetti supper made enough in contributions. They deserve to reap some benefits from all your hard work.

Again thanks for another fantastic Mountain Mama (3rd). We have to call this one "official" and keep the string going. There was nothing "unofficial" about this year's ride except liability. YOU ALL ARE THE BEST!!!! -- Marshall Hammond

And now from those who helped organize this year's ride.

Thanks to the generosity of all the riders, the medical center made in excess of \$1,400 and the recreation committee made around \$500. Outstanding! We appreciate your support.

Looking forward to see you guys next year. -- Robert & Wendy

20th Annual Shenandoah Valley Century

Sunday, September 8, 2002

Bicycle rides of 25, 50, or 100 miles through
the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The Shenandoah Valley Century is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similar rides during September. The term "century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by automobile sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 25 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepare to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 8, 2002

TIME: 100 mile ride: registration 7am; start 8am
25 & 50 miles: registration 9am; start 10am

PLACE: Hillendale Park shelter #12
Hillendale Avenue
Harrisonburg, VA

COST: Individual \$8 pre-registration (see registration form)
Family \$20 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride, and after ride treats. Massages and patches from the League of American Bicyclists (a national bicycling organization) will be available after the ride for a nominal fee. **ANSI OR SNELL APPROVED HELMETS ARE REQUIRED.**

Harrisonburg is easily reached from the north or south via I-81. Hillendale Avenue is off Route 42 (South High Street) on the western side of the city. Parking in Hillendale may be limited. Additional parking is available at the nearby Food Lion and other locations.

INFORMATION: Art Fovargue (540) 433-9247
Marcia Lamphier (540) 432-3312

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to pre-register.

REGISTRATION FORM - Shenandoah Valley Century
Sunday, September 8, 2002
ANSI or SNELL APPROVED HELMETS ARE REQUIRED

Name (s) _____

Address _____

City _____ State _____ Zip _____

Tour distance (check one) 25 mile _____ 50 mile _____ 100 mile _____

Cost \$8/person (must be postmarked by 9/3/02 or received by 9/7/02; \$10 thereafter) \$ _____

\$20/family (3 or more members) \$ _____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1. I shall be _____ years of age on the tour date and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with an adult over 18 years of age. Name of adult _____
2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for this tour.
3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner, for my own protection, and for the protection of others.
4. I agree to check in with those operating the tour at the end of my ride so that they will know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, club officers, club members, the League of American Bicyclists, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of, my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, railroad tracks, etc. may be encountered.
6. In case of cancellation due to means beyond our control, a full refund cannot be guaranteed.

I thus release the above organizations and their officers, employees, and members and agree to absolve and hold them harmless from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear an ANSI or SNELL approved helmet.

Signature of rider: _____

Signature of Parent or Guardian

if rider is under 18 years of age: _____

ALL PARTICIPANTS MUST COMPLETE AND SIGN THIS RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check payable to Shenandoah Valley Bicycle Club to

SHENANDOAH VALLEY CENTURY
c/o Art Fovargue
1043 Chestnut Dr.
Harrisonburg, VA 22801

BIKE FESTIVAL THANKS

On Saturday, July 27th, the Shenandoah Valley Bike Festival was held in and around Bridgewater. Despite threatening skies, 109 riders registered for the Festival. Even when the skies opened up, none of the riders on the road requested a sag back to Bridgewater.

Of course, a huge thanks goes out to the many volunteers who made the festival possible. From the planning stages, through the weeks leading up to the festival, over 30 people volunteered their time to create an enjoyable day for our guests. The efforts of all of the volunteers are greatly appreciated. Thanks go out to Betsy, Marcia, Marshall, Neups, Art, Alice, Rich, Dan, Steve, Russell, Bill, Judy, Brent, Mary, Sue and many others. Support was also received from Kinko's, Shenandoah Valley Electric Coop., and Blue Ridge Cycle Works.

We look forward to next year's festival, where we expect to see both new and familiar faces among the volunteers.
Dan Finseth

MORE SHENANDOAH VALLEY BIKE FESTIVAL THANKS

A special "THANK YOU" goes out to all the "ride volunteers" for the Bike Festival held on July 27th at Bridgewater College. All of you helped so very much. I really appreciate you stepping forward to support the festival.

BIKE FESTIVAL RIDE VOLUNTEERS:

Neups	Carl Droms	Art Fovargue	Scott Ripley
Mahlon Webb	Rich Harris	Chardin Detrich	Jody Hensley
Mary Atkins	Jody Hess	Alice Stecker	

THANK YOU!!!
--Marcia

THE TWENTIETH CENTURY

Our 20th Annual Century on September 8th is right around the corner. All the planning has pretty much fallen in place, except volunteers for the day of the ride are still needed. HELP!! If you or anyone you know (relative, friend, etc.) can spare two to four hours that day please let me know (433-9247 or fovarg@aol.com). At this point we still need checkpoint help, sag drivers and gophers.

This year we start at Hillandale Park, Shelter #12, and the checkpoint is at Bridgewater College. As always, we offer rides of 25, 50 or 100 miles. The route is basically unchanged, except for a few new twists. Registration for the 100-mile ride starts at 7:00am; that for the 25 and 50 mile rides starts at 9:00am.

The Worker's Century is Labor Day as typical – see details elsewhere in the newsletter.

Please pass the word about our Century and encourage your friends to come out. Also remember that homemade baked goods at the end of the ride are one of our highlights, so please help us out by making a treat and bringing it to my house on the 7th, or the Shelter #12 the morning of the 8th.

No one has gotten the correct answer yet for our Twentieth Century trivia question; no one has even entered yet! So who was the female SVBC member who was the last rider to finish the 1st SVC (1983)? Her time was 10:04. OK, I'll give you a hint – you have to come up with her name then, not her name today. First prize – a SVBC water bottle, second prize is two water bottles (just kidding, there is no second prize).

Art Fovargue

SCHEDULE OF EVENTS

Helmets are required on all **Club rides**.

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.

September 1

Shenandoah Mountain 100 Mountain Bike Race. 6:30am. 12,000' of climbing. Call 540-434-2087 or visit www.mountaintouring.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 8

Bike 4 Breast Cancer- Havre de Grace, MD. B4BC Inaugural Pink Ribbon Bike Ride. 25,50, and 62-mile routes. Family Fun Ride and bike rodeo. Beautiful rural routes through Harford County, including Susquehanna State Park, starting at Tydings Park at the waterfront. Marked routes, SAG, rest stops, cue sheets, maps, and t-shirts provided. 7am-5pm. \$25.00/person. <http://www.bike4breastcancer.com/> or checkout <http://www.hdgtourism.com/>.

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.wicomicorecandparks.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.

WABA needs experienced cyclists, with basic mechanical abilities, to Marshal for Giant Food BikeDC on September 14th. What's a Marshal? Marshals are the eyes and ears of the tour. Marshals direct bike traffic, re-direct stopped riders, help with minor mechanical problems, and answer questions. All marshals must be able to fix flats. Sign up today. http://www.waba.org/new/ride_with/bikedcvolunteer.php

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.

September 21

6th Annual Rappahannock RoughRide. Warrenton, VA. 12, 35, or 50+ mile paved and 20 or 30 mile paved/unpaved courses. Benefits the Fauquier Free Clinic. Call 540-347-0394 or e-mail robmarino@starpower.net for more information.

September 21

Bike 4 Breast Cancer- Greenbelt, MD. B4BC Pink Ribbon Ride. Beautiful 10,25, and 50-mile routes, starting at Greenbelt Youth Center will include Beltsville Agriculture Research Center, Patuxent Wild Life Center, and Goddard Space Flight Center. Marked routes, SAG, and t-shirts provided. 8am- 5 pm. sylvialewis@bike4breastcancer.com.

September 21-22

MS150 Shenandoah Valley Fruit Loop Tour. Starts in Woodstock, VA, with an overnight at Massenetta Springs in Harrisonburg and then back. Call 1-800-451-0373, e-mail mssocva@aol.com, or visit them at <http://www.nationalmssociety.org/> for more information.

September 22

Wannabe Ride. 12:30pm, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.

September 22

7th Annual Cannonball Century. 25, 50, 62 and 100 mile options. Well-stocked rest stops with homemade breads, SAG and mechanical support, massage therapists and a free post-ride lunch. Download a registration application at www.bikefred.com or you can register on-line at Active.com. Any questions - call Morgan Jenkins at 540-371-7506.

- September 28 5th Annual Family Fun Day on the Bay Bike/Walk Event. Call 757-331-2960 or visit www.cbbt.com for more information.
- September 29 In August of 2001, local cyclist Ed Sander passed away following a training accident. To honor his memory, National Capital Velo Club and Ed's former employer, Lilypons, will be holding the 2nd Annual Bicycle Ride, with the proceeds going into a college scholarship fund for Ed's only son, Chris. This year's ride will be held at Lilypons, and will consist of five rides of variable lengths traversing some of the roads that Ed trained on in Montgomery, Loudoun, and Frederick Counties. For the non-cyclists, there will be a Family Tent and tours of Lilypons where there will be activities for children and parents of all ages. Come join us in what promises to be a glorious day of cycling and fun in memory of a very special man and devoted father.
- Time: Breakfast and registration begins at 7:30am. Riders must roll out by 10:00am.
 Directions: To Lilypons in Buckeystown, MD.
 Ride: Rides for every skill level! 10, 25, 36, and 50 mile loops begin and end at Lilypons. All loops can be combined. Rest-stop with water and a restroom at the halfway point in the 50-miler.
 Ride includes:
 * Road map, * Fully stocked rest stops with rest rooms, * SAG wagon support
 * Door prizes, * Helmets are required
 Registration: your tax deductible contribution of: \$25 will cover pancake breakfast and cue sheet, \$35 or more will also cover a box lunch at the finish
 All registrations received after September 25th will be subject to a \$5 late fee.
 Registration via credit card can be made online at http://www.active.com/event_detail.cfm?event_id=1010605.
 Checks (payable to NCVC) may be sent to: Nick Johnson, 4315 N. 24th Rd., Arlington, VA 22207. For more information, contact: www.ncvc.net or www.lilypons.com, 703-527-1146, nijohnso@yahoo.com
- October 5 3rd Annual Bicycle Tour of Clarke County, Berryville. 25-or 50-miles. Call 540-955-4200, visit www.clarkechamber.com, or e-mail them at info@clarkechamber.com for more information.
- October 12 14th Annual Sea Gull Century. Optional rides on Friday and Sunday. 6,000 rider limit. NO ride-day registrations. Call 410-548-2772, e-mail seagull@ssu.edu, or visit them at www.seagullcentury.org 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.
- October 18-20 Shenandoah Fall Foliage Bike Festival. Staunton. Call 540-885-2668, e-mail info@shenandoahbike.org, or visit them at www.ShenandoahBike.org for more information.
- October 26 Between the Waters Bike Tour, Onancock. Also a free fun short ride on Friday afternoon and a self-guided tour on Sunday. Call them at 757-678-7157, e-mail them at cbes@esva.net, or visit them at <http://www.cbcs.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 SEPTEMBER/October

MARY B. ATKINS	BARBARA HARRIS	STEVEN HOTTLE
Cliff Garstang	Harry C. Glenn, Jr.	Meg O'Brien
Bill & Ellen Painter	Zack Perdue	Steve Purcell
Hank Schiefer	Michael W. Weaver	Bill Wightman

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@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.