



## JAN-FEB 2003 NEWSLETTER

### SVBC OFFICERS

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

### UPCOMING MEETINGS

<b>January 13</b>	<b>6:00pm</b>	Annual Potluck at the house of Neups – 117 N. Willow, Harrisonburg Bring a dish to share. The Club will provide drinks and ice.
<b>February 10</b>	<b>7:00pm</b>	Monthly meeting at Luigi's.

### NOVEMBER MEETING MINUTES

The November meeting of the Shenandoah Valley Bicycle Club was held Monday November 11th at 7:00 PM in Luigi's backroom. There were 6 (six) members present. Although there was no official pre-meeting ride, two members couldn't pass up 60 degree, sunny, November weather and the beautiful sunset. The Treasurer reported a balance of \$9278.66, with \$350.00 out standing debt (still no bill from the insurance company).

Neups reported that Dan and Betsy are willing to coordinate the Shenandoah Valley Bike Festival for one more year, if someone would act as the "coordinator in waiting" to take the 2004 Festival. The SVBC needs charitable organizations to approach for "paid" workers to help in club events (see the October minutes). Anyone with suggestions contact Neups or Marshall.

Thomas Jenkins reported on his meeting with Bernie Gyant the new Dry River District Ranger. Mr. Gyant recognized and applauded the work done by the Shenandoah Mountain Bike Club on trail maintenance and pledged continued and increased support of mountain biking in the Dry River District. Thomas will provide feedback from the cycling community to Mr. Gyant on trail needs, building, repairs, or new trails that would enhance the district's mountain biking allure. This is a golden opportunity to influence those in a

position to help mountain biking in the Dry River Ranger District and other districts. If there are any suggestions for new trails or upkeep on existing trails contact Thomas (TJ@shenandoahbicycle.com) or drop by Shenandoah Bicycle Company to talk to him.

Cycling in the Shenandoah Valley is flourishing. Check out the article in the Jan. 2003 Mountain Bike Magazine on local pro Jeremiah Bishop, or try your hand at cyclocross by attending the series begun by Jeff Herrick (spinfreak@hotmail.com) at Ralph Sampson Park on Tuesdays through Dec. 10th. By the time you read this it will have ended, too bad, maybe it will become an annual series. Neups reported the scheduling of a Va. BAR stage race to be held in Harrisonburg next year. Seems folks are finding the Valley to be biking friendly. Your participation in SVBC events can help influence others to become biker friendly also.

The next meeting will be Monday Dec. 9th, 7PM at Luigi's. If the winter meeting's time and location discourage attendance, please let Neups or Marshall know alternatives. The more members present at meetings the stronger the club becomes.

The meeting was adjourned.

Marshall

### MEMBERSHIP LISTING

We'll be publishing a list of members in the March newsletter. It will include phone numbers and e-mail addresses if you have one. If you'd rather not be listed, please let Neups know by February 15<sup>th</sup>. Thanks.

## DECEMBER MEETING MINUTES

The December meeting of the Shenandoah Valley Bicycle Club was held Monday December 9th at 7:00 PM in Luigi's backroom. There were 5 (five) members present. Although there was no official pre-meeting ride, two members couldn't pass up 30 degree, cloudy, December weather and did an hour and a half spin on back roads (call Marcia or Marshall if you want to join in). The Treasurer reported a balance of \$8352.16, with \$350.00 out standing debt (still no bill from the insurance company). The balance reflects a \$500 contribution to the Joe Hiney Memorial Fund. This donation will be split between two scholarships set up by the fund.

### Old Business:

The club is still in need of charitable organizations willing to provide volunteer labor to support the Shenandoah Valley Bike Festival held in July. Two organizations mentioned were CASA and Our Community Place. If any member has information on these groups or persons to contact please let Neups or Marshall know so we can get the wheels rolling (excuse the pun). Proceeds from the Festival (after expenses) will go to the group providing the volunteers.

The Shenandoah Mountain Bike Club still needs suggestions for beginner trails to be built in the GW Dry Ranger District. Some thought was given to Narrowback, around the Dog Graveyard and along the ridge, then down the east side to the logging road. Come on folks, I know there are other areas, put on the thinking cap and give Thomas Jenkins a call @ 437-9000 or e-mail TJ@shenandoahbicycle.com

There was no new business.

If you haven't tried riding in the snow break out that dusty mountain bike, put some PHAT tires on, drop the air pressure to barely minimum and go ride. Better then being indoors. Seems cross country skiing and tubing are also popular with cyclists so meet Neups on the Waterman Elementary School hill after the next snow, or catch up with Marcia in Hillandale Park!

The next meeting will be Monday Jan. 13th, 6pm at Neups's house. This meeting is our annual pot luck supper. Bring some goodies and wipe your feet before going into Neups's. Thanks to Neups for volunteering his house AGAIN for this meeting. Come on out!! Call Neups if you need directions.

The meeting was adjourned.

Marshall

## WELCOME BACK RETURNING MEMBERS

Judith Freudenthal

Sue Gier

Mahlon and Alice Webb

Harrisonburg

Singers Glen

Swope

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

### All the area shops contribute to the Club.

Thanks to Mark's Bike Shop, Mole Hill Bikes, Shenandoah Bicycle Company, Blue Ridge Cycle Works, and East Coast Bicycle Academy.

Please support these local shops.

(Also underwritten by R.R. Donnelley Company)

## SVBC ACTIVITY COORDINATORS

Century

Art Fovargue 433-9247

Newsletter

Neups 434-1878

Rides

Bill Taylor 828-6635

Bike Festival

Dan Finseth 438-8063

Advocacy

Len VanWyk 432-0138

Web page

<http://svbikeclub.homestead.com/>

# ADVOCACY

## 1. The County's Comprehensive Plan

The SVBC recently sent a letter to Billy Vaughn, Director of Community Development for Rockingham County, indicating its support for "both the inclusion of bicycle access on (present and future) County roads and the implementation of Traditional Neighborhood Developments (TNDs) in residential areas in the County's Comprehensive Plan for 2020 and Beyond." The Comp Plan is surprisingly progressive on these issues, which have been flying under the radar due to all the ink being spent on the greenbelt. A copy of the latest draft of the Comp Plan can be found in the reference section (upstairs) of the public library. If you are County resident, put in your 2 cents during the remaining open meetings on the Comp Plan. Now is the time to speak. The final version probably won't be finished until spring.

## 2. Harrisonburg's CIP and bikes

Harrisonburg's latest 5-year Capital Improvements Program contains a number of bike-related projects, including:

**a. Garber's Church Road:** Sidewalks and/or an alternative routing somewhere in the vicinity of the park and adjacent subdivision are included. Bike lanes on the road are not included, but the city is "aware and sensitive to the need for some accommodations for bikes," whatever that means. There was some serious lobbying by ped/bike advocates on this one.

**b. Port Republic Road:** Phases 2 & 3 of the project that constructed sidewalks and bike lanes between I-81 and Devon Lane is included. Both bike lanes and sidewalks are slated to be built from Devon Lane to the city limits.

**c. Stone Spring/Erickson Connector:** The new road portion is slated for bike lanes and sidewalks. Improvements to the existing Stone Spring Road will probably have to be more closely evaluated as plans progress.

**d. Country Club Road: Phases 1 & 2 -- from Vine to Linda and then Linda to Market:** -- includes sidewalk and improvements to that crash-causing railroad crossing, but bike lanes are not specifically mentioned. Those will have to be evaluated at a later time, but it looks like the existing housing development between Vine and I-81 might preclude bike lanes. The second stretch will be evaluated when funding plans become firmer.

There are other roads for which bike facilities are not explicitly mentioned, but for which the issue will probably be discussed during the planning stages. On the other hand, there is no guarantee that a specific project will be completed within the 5-year time frame just because it is in the 5-year CIP. Also, within the CIP, Public Works has included a project entitled "bicycle routes" with some funding every year to enable the possibility of doing small improvements, signage, etc. or putting the allocation into a capital projects fund to make a bigger dent in a future year.

## 3. The Harrisonburg K-8 Configuration Saga

After considerable debate and public input, the Harrisonburg School Board has reintroduced a K-8 option that it previously killed and introduced a new one to the list. So, there are once again four options being considered for the configuration of Harrisonburg's K-8 schools. The most pleasant surprise was the reintroduction of Option 1B, which allows for the greatest opportunity for alternative transportation. At the other end of the spectrum looms Option 5, which contains single citywide schools from grade 4 onward. If you are a Harrisonburg resident and you have been out of the loop regarding this planning process, then I strongly suggest you get into the loop in a hurry. Read up on the options and contact both your School Board (telling them what you like and why) and your City Council (telling them not to penny-pinch on this). We are about 1 generation of becoming a completely auto-dependent society, and this dependence starts in childhood.

## 4. Harrisonburg Transportation Planner

I can't remember if I already mentioned this in a previous newsletter, but after a long road, Harrisonburg hired a transportation planner, Drew Williams. In addition to working with and reporting to Jim Baker in Public Works regarding transportation issues, he also meets with various neighborhood representatives on such issues. (Some of you may have already seen him at neighborhood traffic calming meetings.) He has also recently taken over the administrative duties of the Harrisonburg Transportation Safety Commission, of which I am a member. Hiring him was a step in the right direction for the city.

Len Van Wyk  
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](mailto: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 [erinnorth@yahoo.com](mailto: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.

**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](mailto:suegier@shentel.net).

## TIDBITS

### PITTSBURGH TO D.C., CAR-FREE?

The Allegheny Trail Alliance is a consortium of organizations working to make the Great Allegheny Passage a reality. Once it's completed, probably in 2004, the 152-mile bike and pedestrian pathway will connect Cumberland, Maryland, and Pittsburgh, Pennsylvania. At Cumberland the trail meets the C & O Canal Towpath, meaning that soon you'll be able to ride all the way from the nation's capital to Pittsburgh in car-free luxury. Check out the ATA at: <http://www.atatrail.org/ata-home.htm>.

### THIS SOUNDS FISHY

Speaking of adventurous German bicyclists, Wolfgang Kulov recently set a world record by cycling 2.6 miles underwater, in a time of three hours and 15 minutes. Of his ride in the North Sea, Kulov said he didn't really think he'd have trouble setting a world record, since no one else had ever tried submarine cycling, as far as he knew. [http://www.ananova.com/news/story/sm\\_666860.html](http://www.ananova.com/news/story/sm_666860.html).

## **BICYCLE POLO RULES**

So, you think bicycle polo was invented by some far-out fat-tire bikers who played it at a few Colorado mountain-bike festivals, then let it go the way of the dodo? Then you'll be surprised to learn that the sport originated in Ireland in the 1890s, and was included in the 1908 Olympic Games. And it's apparently still alive and well - an Internet search turned up a number of links, including this one: <http://www.bicyclepolo.org/>.

## **WANT TO BE INTERVIEWED?**

Barbara Saffir, a reporter, is interviewing winter cycling enthusiasts for a story on winter riding that she's writing for the Washington Post's Weekend section. If you'd like to chat with her about your winter cycling experiences (and/or share your most gee-whiz, winter-wonderland photos) please e-mail her at <[b.saffir@att.net](mailto:b.saffir@att.net)>, preferably by Dec. 27 but no later than Jan. 3.

## **BIKE AMBULANCES GET THERE FIRST**

According to a July 24th Reuters story filed in London, "A fleet of six bicycle ambulances, complete with flashing blue lights, sirens and heart-starting defibrillators, hit the streets of London on Wednesday. The brainchild of ambulanceman and former British BMX bike racing champion, Tom Lynch, the two-wheeled ambulances will be sent to emergency calls in central London at the same time as their four-wheel counterparts, the ambulance service said.

"Trials conducted in 2000 by Lynch himself revealed the bicycles are likely to arrive first in 88 percent of cases. In a third of calls, the bicycle ambulanceman was also able to treat the patient at the scene and cancel the full ambulance response, freeing up much needed capacity for more serious cases..."

Source: [http://story.news.yahoo.com/news?tmpl=story&u=/nm/20020724/od\\_nm/ambulances\\_dc\\_1](http://story.news.yahoo.com/news?tmpl=story&u=/nm/20020724/od_nm/ambulances_dc_1)

Title: "Bicycle Ambulances Hit the Streets"

## **BICYCLING IN THE SOUTHERN ALLEGHENIES REGION OF PENNSYLVANIA**

Three new on-road routes have been added and twenty-five new off-road trails have been developed by Cycle Southern Alleghenies. The off-road trails are designed for beginner, intermediate, and advanced riders. Their website, [www.cyclesa.com](http://www.cyclesa.com), allows you to download trail maps and cue sheets and locate restaurants, lodging, and nearby attractions. Waterproof ones are also available. E-mail [Mitchell@sapdc.org](mailto:Mitchell@sapdc.org) or call 1-800-458-3433.

## **SCHEDULE OF EVENTS**

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

### **SATURDAYS**

**12 noon. Winter Training Rides. This winter we will bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will meet on a weekly basis for rides of one to two hours in length--weather dictates the distance. Ride leaders will include Marcia, Bill, and Marshall. First ride will be on January 8th and the series will be continued through March. Major snowfall means cancellation of the ride and cross-country skiing instead. Call Marcia (432-3312), Bill (828-6635), or Marshall (434-1609) for location and other details. Shake off that winter feeling of blah & join us!**

### **SUNDAYS**

**Sunday winter rides leave from Bridgewater College at 1pm in January and February. Spend a couple of hours riding backwoods with good company. This is a great way to keep in shape for spring. Road or mountain bike depending on the weather and temperature. If it is raining we stay by the fire and drink hot beverages. If it snows we go to the mountains and ski. Contact Rich Harris (828-2380) or Marcia Lamphier (432-3312) on Saturday for details for that week's ride. If you would like to be added to the Sunday ride e-mail distribution list send your e-mail address to [harrisra@jmu.edu](mailto:harrisra@jmu.edu).**

- January 1**                    **Annual Icicle Bike Ride. 12:00. Bring in the New Year with the Club's first scheduled ride. We will leave from Wildwood Park in Bridgewater for an approximately two-hour ride on paved/gravel roads. Bring your mountain/cross bike. If cold enough, a stop for hot cocoa at the end of the ride may be an option. For more details, or if weather is questionable, call Bill at 828-6635. You may also contact Marcia for details.**
- Jan. 17 – Feb. 2            Bicycling Ministry Across Florida. Tallahassee to Key West. Call 434-525-9552, visit them at [www.wheelpower.org](http://www.wheelpower.org), or e-mail them at [info@wheelpower.org](mailto:info@wheelpower.org) for more information.
- May 17                        7<sup>th</sup> Annual Tour de Chesapeake. Visit [www.bikevirginia.org](http://www.bikevirginia.org) for more information.
- May 19 – August 8        Bicycling Ministry Across America. Seattle, WA to Yorktown Beach, VA. Call 434-525-9552, visit them at [www.wheelpower.org](http://www.wheelpower.org), or e-mail them at [info@wheelpower.org](mailto:info@wheelpower.org) for more information.
- June 20-25                16<sup>th</sup> Annual Bike Virginia, Tour de Virginias. Winchester. Visit [www.bikevirginia.org](http://www.bikevirginia.org) for more information.
- July 20-26                 9<sup>th</sup> Annual Bicycle Tour of Colorado. The Colorado Springs Loop. Visit them at [www.BicycleTourColo.com](http://www.BicycleTourColo.com).
- Sept. 27 – October 5    Bicycling Ministry Across New England. Augusta, ME to Hartford, CT. Call 434-525-9552, visit them at [www.wheelpower.org](http://www.wheelpower.org), or e-mail them at [info@wheelpower.org](mailto:info@wheelpower.org) for more information.
- October 4-11              5<sup>th</sup> Annual Cycle North Carolina. Mountains to the Coast. Call 919-361-1133 or visit [www.cyclenorthcarolina.org](http://www.cyclenorthcarolina.org) for more information.
- October 17-19            13<sup>th</sup> Annual Shenandoah Fall Festival. Visit [www.bikevirginia.org](http://www.bikevirginia.org) for more information.

## 2002 MILEAGES



If you have your 2002 total, call, e-mail, or fax Neups to have it listed.

## RIDER'S BLOCK

*Written by Joe Kubera of the Staten Island Bicycling Association*

Utility cycling is becoming a hot topic-even the glitzy bike mags and equipment catalogs have taken notice. So why aren't more of us doing it? I believe there are subtle (even subconscious) barriers to day-to-day cycling. Fortunately, a little thought and planning can eliminate these.

It's easy to skim over these points, but they are precisely the subtle kinds of things that affect your decision whether to drive or bike. Let's see how we can make it easy to 'think bike'.

Make it easy to use. If at all possible, keep your bike near a home or garage entrance. Believe me, it makes a big difference. After all, your car is already at street level. And it's never more than a few feet from the roadway; that's why it's so easy to use. Theft worries keep us from leaving our bikes outdoors or on the front porch, so take a tip from city folk whose bikes are poised just inside the apartment or loft door. Corollary: Keep your helmet, pump, trouser bands, maybe a jacket, with your bike - again, make it easy.

Dress for ease. You don't need cycling gloves: you're not going that far. And if your pedals require you to change out of your street shoes into bike shoes, forget it you'll never do it. Get plastic or padded toe clips to protect your street shoes; consider platform or double-sided ATB pedals.

Equip the bike right. You really do need lights for riding after dark; it's not a lot to ask. Inexpensive battery lights are fine in my experience. And rain riding is more pleasant if lightweight, plastic fenders are installed. Blackburn makes fender attachment points for frames without eyelets.

Use a serviceable handlebar, or rear rack with panniers or brackets permanently attached for easy on/off. For big shopping trips consider a trailer. I do grocery shopping with one, and my U-lock secures both bike & trailer.

The time factor. Your bike may well be faster than a car for a quick trip. For longer trips think of extra riding time as a bonus, not a deficit. As you use your bike more, you'll easily make mental 'room' for this activity. Then there's security. I keep my Kryptonite lock bungeed to my rear rack. Or use a cheap bike. The type of bike is up to you. Many riders like doing errands on a mountain bike equipped for utility. Used bikes can be had through the classifieds, garage sales, or the police auction.

A final note. I feel utility cycling can really enhance our visibility in public. Cyclists are pretty easy to ignore if we're out on weekends, in exotic clothing, on back-country roads. By being out on the main streets, day in and day out, and in increasing numbers, we are demanding respect for our right to the road.

## 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 JAN/FEB / March

#### SCOTT NAIR

John Beeton  
Art Fovargue Family  
Marcia Lamphier

#### LEN VAN WYK

Robert Brookshire  
Sue & Ken Hite  
Gregory Peter

Betsy Dunnenberger  
Shannon Jenkins  
James Shuke

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.