



## APRIL 2003 NEWSLETTER

### SVBC OFFICERS

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

### UPCOMING MEETINGS

<b>April 5</b>	<b>9:00am</b>	Trash pick-up. Meet at the Penn Laird post office on Rt. 33. We'll ride afterwards, about 10:30, from Montevideo Middle School.
<b>April 10</b>	<b>8:00pm</b>	SVBF meeting. Dan Finseth's house in Mount Crawford.
<b>April 14</b>	<b>5:30pm</b>	Pre-meeting ride starting at Luigi's.
	<b>7:30pm</b>	Monthly meeting at Luigi's.

### MARCH MEETING MINUTES

The March 2003 meeting of the SVBC was held in the backroom of Luigi's. There were 6 members present. The Treasurer reported a balance of \$8338.03.

Chris Scott and Thomas Jenkins presented a report from the Bike Summit held last week in D.C. Additional information and a detailed report are in this newsletter. On April 16th at 7 PM in the Regional Library there will be a meeting to present information on bike trail access in the National Forest. If you are an off-road cyclist and wish to see the possible impact future decisions by government officials will have on your riding, please plan on attending. Check the **event section** of the newsletter for a number of upcoming activities (including trash pickup and ride) concerning both the Shenandoah Mountain Bike Club and our Club. Lots of things are happening in the community that impacts all cyclists. Your participation in these events sends a message to local officials that cycling in the Valley is of high importance to many citizens.

Check the newsletter for Bike Festival news. The Club is still looking for a non-profit group to take over the festival organization and operation. Bring any interested folks to the next meeting on April 10th at Dan and Betsy's.

If any member can provide information or guidance on forming a non-profit organization contact Thomas Jenkins or let one of the Club officers know your expertise. As

mentioned in February's minutes there is interest from local shop owners in establishing a 1% voluntary "tax" with the proceeds to be used for cycling related endeavors. A non-profit organization could then use this money to gather additional funding from grants, etc.

Joe Hiney's father sent an acknowledgement of the Club's donation to the Joe Hiney Memorial Fund. This letter is a poignant reminder of the devastation a family and community encounters when a cyclist is killed or injured in an auto related incident. You can read the full letter by contacting Marcia.

If you want to stay abreast of cycling news and issues then the SVBC meetings are the place to be. Each month there is more and more being brought to the "back room" for discussion and action. Don't be left out. Plan on attending YOUR Club meeting. Lots are happening, folks, get involved!

The next meeting will be Monday April 14th with a pre-meeting ride leaving Luigi's parking lot at 5:30 and the meeting starting at 7:00.

The meeting was adjourned as two members (Thomas and Julie) headed off for a night ride around Dayton. Ride when you can, work when you have to.

Marshall Hammond  
Secretary SVBC

### WELCOME NEW MEMBERS

Eddie Bumbaugh  
Lou Pugh  
Kate Zebatto

Bridgewater  
Harrisonburg  
Harrisonburg

## WELCOME BACK RETURNING MEMBERS

Jim Brown  
Dary Erwin  
Winston Shiflet  
James Shuke

Warm Springs  
Harrisonburg  
Harrisonburg  
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 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

<u>Century Rides</u>	Art Fovargue 433-9247	<u>Newsletter</u>	Neups 434-1878
	Bill Taylor 828-6635	<u>Bike Festival</u>	Dan Finseth 438-8063
	<u>Advocacy</u>	Len Van Wyk 432-0138	
	<u>Web page</u>	<a href="http://svbikeclub.homestead.com/">http://svbikeclub.homestead.com/</a>	

## WEDNESDAY EVENING RIDES

### WEDNESDAY EVENING RIDE SUMMARY - 2002

The 2002 Wednesday Evening Rides were a huge success. Once again we managed to ride the entire season without a "rained out" Wednesday Evening Ride. Some evenings I had to be really creative with our route to avoid threatening clouds. Thanks again to everyone that participated in our rides this past year.

Below is a summary:

(April - October)

TOTAL MILES: 794

MOST # CYCLISTS: 28

TOTAL WEEKS: 29

LEAST # CYCLISTS: 4

TOTAL CYCLISTS: 572

RAINED OUT RIDES: 0 (however, we did get a little damp a few times)

Wednesday, April 9<sup>th</sup> will start the 2003 WEDNESDAY EVENING RIDES. We leave from Harrisonburg High School (Rt 42 South - 395 S. High St.) at 5:15 p.m. 1 1/2-2hr FUN ride. Looking forward to seeing everyone!! Please contact Marcia (432-3312) for more details. Come join us!

## WANNABES

Many of us are avid riders, but can't hang with the fast dogs. This monthly social ride is for you! It will be an opportunity to improve your skills and strength by riding with some experienced people. The rides will generally be flat and of varying lengths (usually 15 to 25 miles) depending on participant experience. No one will be dropped. Our goal is to have fun while we gain experience. Unless otherwise noted in the monthly ride schedule we will meet at 9:00am to avoid the hot weather. Call Alice Stecker (564-1611) or Scott Ripley (248-5810) for more information.

## ADVOCACY

Wednesday, April 16<sup>th</sup>, from 7-9pm at the Massanutten Regional Library, Main Street, Harrisonburg, the Shenandoah Mountain Bike Club will hold an informative meeting concerning future Proposed Wilderness Areas in the George Washington National Forest. This is your opportunity to learn about the Wilderness Proposals and how they can affect the future of mountain biking in the George Washington National Forest. We urge the mountain bike community to get involved and attend this meeting. Please e-mail us at [write@shenandoahbicycle.com](mailto:write@shenandoahbicycle.com) if you would like a flyer when they become available. Please help spread the word.

Thomas , Tim, Adam, & Ruby

## A SCARY INCIDENT

On March 23 during the regularly scheduled SVBC Sunday bike ride from Bridgewater College, one of the cyclists was hit by a truck. Fortunately the injuries to the rider were not serious. What follows is a summary of the accident report completed by Rich Harris, one of the ride leaders.

At 1:00 PM the cycling group began climbing Mole Hill Road from the Silver Lake Road side. Due to the climb the group had spread out over the course of the climb. Jim Brown was riding by himself and as he entered the curve about ¼ mile from the summit of Mole Hill Road a truck came from the opposite direction and struck Jim with the drivers side front fender and bumper. The impact of the truck threw Jim into the ditch on the right hand side of the road. The truck stopped in the curve leaving skid marks on the road. No one was riding with Jim at the time nor did anyone in the group see the accident, though those riders behind Jim heard the truck skid. In retrospect this was fortunate as had the group been riding in a pace line more riders would have been struck. Within 5 minutes 911 was called on a cell phone requesting police and medical assistance. The State police arrived approximately 20 minutes later, followed by a Bridgewater fire truck 10 minutes after that.

Jim's left leg suffered large scrapes and he complained of pain and numbness in the leg immediately after the accident. He was not moved from the scene of the accident and was offered comfort by Marshall Hammond. He was stabilized at the scene by Bridgewater Rescue Squad and transported to Rockingham Memorial Hospital. He was met there by Marshall Hammond and Marcia Lamphier who rode back to Bridgewater College on their bicycles and drove Jim's car to the hospital.

At the hospital he was examined and x-rayed in the emergency room. No broken bones or serious injuries were found and he was released at approximately 4:00 PM. Jim stated that he felt able to drive himself home to Monterey, VA. Marshall Hammond rode with Jim to Bridgewater College. He did fine and said he could drive home on his own. Jim contacted Marshall Hammond upon his safe arrival at his home in Warm Springs. He reported that he was in some pain, but doing well. Rich Harris followed up on Monday and Jim was continuing his recovery and hoped to be back on his bike soon.

Rich Harris remained at the accident scene and gathered the following information from Trooper Foster Murphy the investigating officer. Trooper Murphy interviewed the driver of the truck (name unknown) and Jim Brown. Upon completion of these interviews he charged the driver with "Failure to Yield the Right of Way". This is a moving traffic violation and not a criminal charge. His complete report can be picked up by Jim in approximately 5 days at the State Trooper Area 16 office. Trooper Murphy stated that the driver admitted fault and was willing to pay the fine and court costs. The driver also stated that he was willing to pay any expenses related to the accident and Jim's medical treatment and recovery. This should be listed in his report. He would not file any other charges nor was he willing to take Rich Harris contact information for the record. Rich Harris asked if there were any other recourse for this accident and Trooper Murphy stated that civil charges could be filed against the driver should an unsatisfactory resolution be made by the driver and his insurance company.

Trooper Murphy stayed at the scene an additional 30 minutes answering ride member's questions about the accident and listening to the frustrations expressed by members as to the number of bicycle and car/trucks accidents. When asked if he would be willing to come to a SVBC meeting to continue the discussion he stated that he or a representative from the State Police would be willing to do so.

### **Follow up actions necessary**

1. Ongoing contact and support of Jim. Follow up on his recovery and advocacy for his interests in this case.
2. Follow up with Trooper Murphy/State Police and other local law enforcement agencies to explore a forum for increased dialog and education.
3. SVBC should look at better ways to respond to such accidents. Ride members reaction on this accident was very mixed and confused. Heated exchanges occurred between members and both the police and friends of the driver. While the anger was understandable, the reaction did not help anyone at the accident scene or the pursuing investigation. The club should also develop a standardized accident management and reporting policy.
4. Increased advocacy to educate law enforcement, legislators and the general public about bicyclist's rights and safety.

**Ride Leader:** Rich Harris, Marcia Lamphier, Marshall Hammond

**Ride participants:** Chardon Detrich, Gail Miller, John Youngdahl, Brian Manning, Guy Wolf, Connie Peterson

**Reported Submitted by:** Rich Harris, March 24, 2003

## THE FATTENING OF AMERICA. PLEASE READ!

If you want unsafe roads that discourage safe travel by cyclists and pedestrians, fat kids who's life expectancies may be shorter than their parents, traffic congestion, pollution, and crippling health care costs, read no further, your dreams are our reality. If not, please take a few minutes and consider the following as we have never had a better opportunity to put our country, states and localities on a better transportation path.

We attended the League of American Bicyclist's National Bike Summit in D.C. March 5-7 with 400 motivated advocates. The Summit focus was to educate attendees on critical bicycle/pedestrian and have us take the message to Congress and back home to you. We visited our representatives on Capitol Hill on Thursday March 6th and were warmly received by the offices of Sens. Warner and Allen and Reps. Boucher, Goodlatte, Goode, Moran, Davis #1, and Davis #2, among others.

Our visits were timely as the six year funding bill for transportation projects is up for renewal and being drafted as we speak. The climate on Capitol Hill has never been better for bike/ped issues, partly due to the groundwork laid by office visits at previous Summits. If you think about it, what's not to like about more people on bikes and on foot? There's no downside. The message we carried was not asking for more money, except for one project, but asking that the opportunities allowed in the current legislation be kept in place, strengthened and clarified with regard to bike/ped projects. While our office visits were productive, letters and phone calls from you can make all the difference. A congressman told us that 40 communications on any topic rockets that topic up on his priority list. Letters and calls are the best way to go as they receive more e-mail than they can handle.

TEA-21, the Transportation Equity Act for the 21st Century is the name of the current six year funding bill that is up for renewal. This legislation determines how much and under what conditions states receive money from the federal government for transportation projects. One portion of the legislation, called enhancements, is the major source of funding for bike/ped projects. Enhancements funding accounts for 1% of the total package, even though 7% of trips nationally are made by cyclists and pedestrians. The money is doled out to the states and then localities have to apply to the state for funding of local projects, such as the Huckleberry Trail. There are 12 categories of enhancements, but depending upon the circumstances only three of four typically apply to bike/ped projects.

Letters or phone calls to your representatives and senators are critical to this effort. We beg you to follow up on this plea and make a difference in your community, state and country. Again, we are not asking for more money other than for Safe Routes to Schools, we are asking that the money be used efficiently, and that bike/ped projects be given their due. Investment in bike/ped projects saves everyone money in the long run by reducing the need for new roads, reducing maintenance costs on existing roads, and reducing unnecessary health care costs associated with sedentary lifestyles, now estimated at over 100 billion per year! When writing, please stress the following when discussing the reauthorization of TEA-21:(this is a very brief overview)

1) Maintain the Transportation Enhancements program. Don't add any categories as it would dilute the program, which is underfunded as it is. Include language that would make Safe Routes to Schools projects eligible for funding. Prohibit transferring of enhancement funds to other programs. Encourage states to take advantage of enhancement fund opportunities. With federal incentives, more will happen at the state level. As it is, the funds are made available, but it is up to the state to display some initiative on program implementation. Virginia is near the bottom of this list, which is referred to as our obligation rate.

2) Create a Bicycle/Pedestrian Friendly Transportation System. As an element of good roadway design, all projects involving new construction or reconstruction of roadways on which cyclists and pedestrians are permitted shall include appropriate provisions to accommodate bicyclists and pedestrians. Simply put, cyclists and pedestrians should be considered from the beginning of all applicable projects.

3) Establish a Safe Routes to Schools Program funded at 250 million per year. Establish a Safe Routes Task Force including leaders in health, transportation and education to create a national implementation strategy within 18 months. Create a Safe Routes Clearinghouse to collect and disseminate information on successful programs. Clarify the eligibility of Safe Routes to Schools projects in all existing funding programs. Sedentary lifestyle has been targeted by the CDC as a major threat to health and the average kid spends one hour per day in a car and over three watching television. Obesity is now an national epidemic. A healthier America is a stronger America.

A lot of info in a little space. If you want additional information to get a broader picture and flesh out your vision, go to [americabikes.org](http://americabikes.org) or [saferoutestoschools.org](http://saferoutestoschools.org). AmericaBikes exists solely to impact positively on the reauthorization legislation, so I would start there. Contact the Virginia Bicycle Federation ([www.vabike.org](http://www.vabike.org)) with any further question's. We are highly motivated to see change and the best way is to spread the word.

Contact info for congress can be obtained at [www.house.gov](http://www.house.gov) and [www.senate.gov](http://www.senate.gov).

Please write or call today on an issue that affects our quality of life every day. Imagine more bikes, more pedestrians, more open space, fewer car miles driven, less dependence of foreign oil...Other news from the hill --- We had a face to face with Representative Bob Goodlatte who happens to be the representative with over 3/4 of the George Washington National Forest in his district that includes the Rockingham, Augusta and Highland Counties. Bob has a passionate personal position in regards to Wilderness Area's. He is not in favor of anyone being shut out of the National Forest. He did support the Priest and Three Ridges Wilderness Area's, because there was no opposition to the contrary. He was instrumental in establishing the Mt. Pleasant National Scenic Area. This Scenic Area is a roadless area that was being heavily lobbied for as a Wilderness Area. There were groups such as the local chapter of the Appalachian Trail club that wanted to protect the land but did not want to have that region fall victim to the regulations that are imposed under the Law of Wilderness. Bob worked hard to come up with a compromise that resulted in the customized language that the Scenic Area made possible. We had the chance to tell Bob about the great mountain bike recreation opportunities in the GW and told him that we as bicyclist wanted to be at the table when and if any discussion take place regarding Wilderness in the GW. We also had a few minutes with Virgil Goode. Virgil was asked if he would support a bicycle commuter route from Charlottesville to Harrisonburg through the National Park along Madison Run

over Brown's Gap and down to Brown's Cove. Virgil was very interested in the idea and was looking for ways to stimulate the economy in Green County. Written for the Shenandoah Valley Bicycle Club

By - Mike Matzuk, Thomas Jenkins, and Chris Scott representing - East Coasters Bike Shop in Roanoke - Blacksburg / Blacksburg Corridor Committee / Va. Tech Bicycle Pedestrian Working Group/ Shenandoah Bicycle Co. / Shenandoah Mountain Bike Club / Shenandoah Mountain Touring, LLC / IMBA

## 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 Van Wyk (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](mailto: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](mailto:suegier@shentel.net).

## TIDBITS

Mariana Bowling, a JMU student, is starting up a bicycle-sharing program (similar to those in some European cities) here in Harrisonburg. She has asked for donations of old bicycles for this project. Her e-mail is below. If you have any bikes you would like to donate, or if you would like to offer technical assistance, you can call her at 438-1082 or e-mail her at [throohiker@hotmail.com](mailto:throohiker@hotmail.com). This student-initiated project could help to raise the profile of bikes on and around the JMU campus, and possibly open the eyes of a bicycle-blind administration.

Len Van Wyk

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From: Mariana Bowling, e-mail [throohiker@hotmail.com](mailto:throohiker@hotmail.com)

Subject: Can I have you're bike?

Ok, so it's getting nice out now, the birds are singing, and it's time to collect some bikes so we can start painting and get them out for the community to use. If you haven't heard about what we're doing, we're collecting used bicycles, painting them green, and dispersing them at various locations within the community for use by all. Sounds great, huh? But first we need bikes! Some of you I may have talked to already, and you may have told me you have a bike for me, some of you may be

hearing about this for the first time. I don't know how far the news has spread. But either way, if you've got a bike, we need it now! Give me a call at 438-1082 and I can come pick it up or tell you where you can drop it off. We plan to get them out by the end of the semester so if you're going to be around the 'Burg this summer, look for the green bikes and take a spin. OK, thanks all!

Mariana

**The Club has once again contributed** the Rockingham Educational Foundation in memory of Joseph Hiney. This will go towards both the Joe Hiney Fine Arts Scholarship and the Joe Hiney Memorial Scholarship.

## DRAFTING

There are three basic methods a cyclist can use to reduce wind resistance: drafting, decreasing the frontal area, and streamlining components. Drafting is the least expensive. Remember, the area behind a cyclist is a low-pressure area. When someone passes you, jump in behind them and ride in their low-density space. The benefit is more noticeable the closer you ride to the cyclist in front. Racers must learn to ride comfortably within 6 to 10 inches of a back wheel. Here is how wind resistance decreases as distance between cyclists decreases. It takes months of practice to ensure that you can ride safely while drafting for maximum benefit. Wheel Gap / Decrease in Wind Resistance 3.0 ft. = -34% 2.0 ft. = -38% 1.0 ft. = -42% 0.5 ft. = -44%

*from RoadBikeRider.com*

## SCHEDULE OF EVENTS

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

**TUESDAYS**                      **Time Trials, Montezuma. Officially timed will start in May. On non-officially timed dates, 5:45pm, self-timed. First non-official on April 7.**

**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. First one on April 10.

Saturdays                      10am. Road Training Rides. Jeremiah Bishop has started a (currently) two-hour ride from Mr. J's North. There's a set course each week, with the idea being as the season progresses, you can gauge your time, which should hopefully be faster each time. Get in on the action now, as the time will get earlier as the days get warmer.

**SATURDAYS**                      **12 noon. We will continue the Saturday Rides throughout the season when there are no other scheduled rides on the calendar. As the weather becomes nicer, we will modify the starting time. Call Marcia (432-3312), Marshall (434-1609), or Bill T. (828-6635) for location and other details.**

**SUNDAYS**                      **Spring rides leaving from Bridgewater College at 10am. This time of year these rides are generally on road bikes, but we switch to mountain bikes if the weather turns cold. We ride 2-3 hours to have fun! Please contact Rich Harris, 828-2380, e-mail [harrisra@jmu.edu](mailto:harrisra@jmu.edu) or Marcia, 432-3312, e-mail [marcialamphier@hotmail.com](mailto:marcialamphier@hotmail.com) each Saturday for latest ride information.**

- APRIL 5**                    **Adopt-A-Highway trash pick-up and ride. Come join us for a quick pick-up of trash on our section of county roads. We'll meet at the Penn Laird Post Office at 9am. Once finished we'll gather at the Montevideo Middle School at 10:15am for a ride. Contact Neups (434-1878) or Marcia (432-3312).**
- April 6-8                    5<sup>th</sup> Annual Bike Walk Virginia conference, Portsmouth. Call 757-673-3000 for hotel information. E-mail [dellis@bikewalkvirginia.org](mailto:dellis@bikewalkvirginia.org) for more information or download registration information at [www.bikewalkvirginia.org](http://www.bikewalkvirginia.org).
- April 13                    Harris-Roubaix. In celebration of Paris-Roubaix and gravel road riding, the Shenandoah Bicycle Company is holding this annual event. It will start at Court Square at 12 noon and cover gravel roads. Call the Shenandoah Bicycle Company for more information.
- April 20-21                I wanted to throw an offer out there to any locals (Harrisonburg area) for a ride I am getting together. I'm relatively new to the area and am having a bunch of triathletes from the DC area/Roanoke area in for a training camp on Easter weekend. The plan is to ride a century on Skyline Saturday, have a cookout at my house on Sat aft/eve and then run 16-20 miles on Sunday up near Bald Knob on the trail to Todd lake. I'm not sure how many of you are runners, but you are welcome to join for that, too. We did the same camp last year and had a blast. Paces will be manageable, as it is real early season stuff. If anyone is interested, give me a shout at home at 540 234 0167 or on my email at [jsallah@madison-mortgages.com](mailto:jsallah@madison-mortgages.com)  
John Sallah
- April 26                    14<sup>th</sup> Annual Ocean to Bay Bike Tour. 20- or 50-miles. Call 1-800-962-SURF, e-mail them at [info@bethany-fenwick.org](mailto:info@bethany-fenwick.org), or visit them at [www.thequietresorts.com](http://www.thequietresorts.com).
- April 26                    10<sup>th</sup> Annual Tar Wheel Century. Elizabeth City, NC. 33-, 61-, or 100-miles. Online registration at [www.active.com](http://www.active.com). Call 252-331-5984.
- APRIL 27**                    **Wannabe Ride. 9:00am, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.**
- May 8-10                    Virginia Senior Games. Minimum competition age is 50 years old. Call 804-730-9447 for a registration booklet, or visit them at [www.vrps.com](http://www.vrps.com) for more information.
- May 17                    Tour de Cure, Richmond. Visit [www.diabetes.org/tour](http://www.diabetes.org/tour) or call 1-888-DIABETES for more information.
- May 16-18                7<sup>th</sup> Annual Tour de Chesapeake. Visit [www.tourdechapeake.org](http://www.tourdechapeake.org) or call 804-725-5675 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.

- May 25 Mountains of Misery Challenge Century. Christiansburg. Over 10,000 feet of climbing. Follows portions of the Tour duPont race. Call 540-951-3271, visit [www.mountainsofmisery.com](http://www.mountainsofmisery.com), or e-mail [cmcc@cmccc.org](mailto:cmcc@cmccc.org) for more information.
- May 31 – June 1 River Ramble. Yardley, Bucks County to Easton, PA. 105 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at [info@pedal-pa.com](mailto:info@pedal-pa.com), or visit them at [www.pedal-pa.com](http://www.pedal-pa.com) for more information.
- June 14 HMR Wellness Center Criterium. More information to follow. Visit [www.vacycling.org](http://www.vacycling.org) now.
- 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.
- June 21-29 Northwoods to Capitol Tour. Wautoma to Washburn, Wisconsin. Visit [www.bikenorthwoods.com](http://www.bikenorthwoods.com) for more information.
- June 28-29 24 Hours of Snowshoe. Course information and entry forms at [www.grannygear.com](http://www.grannygear.com). You can also call 304-259-5533.
- June 29 18<sup>th</sup> 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](http://www.active.com).
- July 6-13 5<sup>th</sup> Annual Bike Ride Across New York. 400-mile, 8-days from Buffalo to Albany along the historic and scenic Erie Canal. Visit [www.nypca.org/canaltour](http://www.nypca.org/canaltour), call 518-434-1583, or e-mail them at [canaltour@nypca.org](mailto:canaltour@nypca.org) for more information.
- July 12-19 Penn Central. Slippery Rock University to Easton, PA. 450 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at [info@pedal-pa.com](mailto:info@pedal-pa.com), or visit them at [www.pedal-pa.com](http://www.pedal-pa.com) for more information.
- July 13-18 4<sup>th</sup> Annual Coastal Tour. Tours along the Maine coast. A lobster bake is included with the trip. Call 207-743-5993, e-mail them at [info@coastaltour.com](mailto:info@coastaltour.com), or visit them at [www.CoastalTour.com](http://www.CoastalTour.com) for more information.
- July 19-25 The 15<sup>th</sup> Annual Cycle across Maryland. This year's start is in St. Mary's City. E-mail them at [CAM@onelesscar.org](mailto:CAM@onelesscar.org), [info@cyclexmd.org](mailto:info@cyclexmd.org), or visit them at [www.onelesscar.org](http://www.onelesscar.org) for more information.
- July 20-26 The Bon Ton Roulet. Finger Lakes region of New York. 309 miles. Call 607-756-2893 or visit them at [www.bontonroulet.com](http://www.bontonroulet.com) 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).

July 26

3<sup>rd</sup> Annual To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes post-ride meal. Visit them at [www.jcvfr.com](http://www.jcvfr.com), e-mail [RescueRide@aol.com](mailto:RescueRide@aol.com), or call T.D. Langston at 757-566-2126 for more information.

## 2002 MILEAGES



Marcia Lamphier	11,090	Neups	8,439
Chardin Detrich	6,862	Doug Lane	3,351
Mark Eckroth	3,257	Zack Perdue	3,197
Hank Schiefer	2,582	Scott Ripley	1,630
Diane Livick	825		

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

## DUES

Remember to pay your dues when the date on your mailing label is either highlighted or marked through. The newsletter deadline is the third Monday of each month, so have your check in before then.

## MEMBERSHIPS EXPIRING APRIL/May

STEVE KOENIG

MARK LENKER

DON RODERICK/

Charlotte McNulty

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](mailto: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.