



MAY 2003 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

May 5	8pm	SVBF meeting at Dan Finseth's house in Mt. Crawford.
May 12	5:30pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

APRIL MEETING MINUTES

The April 2003 meeting of the SVBC was held in the backroom of Luigi's. Four members participated in the pre-meeting ride. There were nine members present. Two of the members rode from Staunton to attend the meeting. The Treasurer reported a balance of \$8,276.53.

Neups reported on the League of American Bicyclists's conference call he participated in that detailed the duties a Club representative to the League performed. The representative acts as a point of contact to and from the League, providing Club information on events, membership, and civic projects to the League, while passing League news to Club members.

Trash pick-up was rescheduled for April 26th. A report is in the April newsletter.

Wednesday evening Club rides stated out with a whimper with only two members riding. Of course the pouring and cold rain wasn't a factor. Twenty-five riders participated in the second week.

The Club has decided it needs an accident reporting form similar to the report published in last month's newsletter on the incident on Mole Hill. Anyone interested in designing a form let Neups or I know. A Word document would be best for access off the web site.

A reminder that Drew Williams (540-434-5928, e-mail dreww@harrisonburg.va.us or website www.ci.harrisonburg.va.us), the city transportation planner, is looking for input on cycling issues. It was pointed out that localities could ask for exclusion from the state mandate to include bicycle and walking routes in all state projects. Unless we make our voices heard there is no reason our localities will want to participate in these plans. The noisy wheel gets the grease (unless you are Art's chain).

Thomas Jenkins reminded everyone of the SMBC meeting April 16th at the Massanutten Regional Library. This is the organizational meeting for the club and also informational meeting to discuss the Wilderness Proposal now circulating. It was agreed that for half price persons joining the SMBC could also join the SVBC and visa versa. A report of the meeting and information about the club can be seen at the SMBC web site; <http://www.shenandoahmountainbikeclub.com/>.

The meeting was adjourned. Next meeting will be May 12th at 7:30 with a pre-meeting ride leaving Luigi's lot at 5:30.

Respectfully Submitted,
Marshall Hammond
Secretary

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</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 Van Wyk	432-0138		
	Web page	http://svbikeclub.homestead.com/			

WELCOME NEW MEMBERS

Cowles Andrus, III	Staunton
Ken Bell	Harrisonburg
Carl Goetz	Harrisonburg
Matt Hegemier & Family	
Robin Hulvey	Massanutten
William Miller	Harrisonburg
Rich Rebuck	Harrisonburg
Holly Russell	Staunton

WELCOME BACK RETURNING MEMBERS

Dean Cummings	Massanutten Village
Chris Hamilton	Harrisonburg
Mark Lenker	Harrisonburg

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

THREE AND FREE

Don't forget that the Club is instituting a free membership policy (waiver of Club dues for the following year) for those people who help with at least three Club events during the year. These events include trash pickup, the Festival, Wannabe rides, and our Century. We're trying to get more participation within the Club membership. It's always nice to ride, but taking a turn off the bike will be good for the Club as a whole. Just talk to any of the officers or coordinators. Thanks!

TRASH DAY

Though the weather didn't look too great, it never did rain on us as four volunteers came out to the Club's section of roadway to pick up trash. Thanks to Marcia Lamphier, Marshall Hammond, Carl Droms, and Neups for their help. Afterwards, three went riding but Neups bailed out. Thanks again for getting this out of the way after the first rainout.

ADVOCACY

Virginia spent the following percentages of federal highway funds on these types of projects 1992-2001: Pedestrian and Bicycle 0.4%.

1957 Virginia State Motor Fuel Tax 6.0. 1957 State Motor Fuel Tax Adjusted for Inflation to 2002 32.5. 2002 Actual State Motor Fuel Tax 17.5. Difference Between Actual and Inflation Adjusted 1957 State Motor Fuel Tax -15.0.

Top five states spending the smallest portion of their federal funds on road and bridge repair: Virginia 21%, Georgia 24%, Tennessee 24%, California 31%, N. Carolina 32%.

States that spent the least on pedestrian safety: W. Virginia .2%, S. Carolina .3%, Texas .3%, Virginia .4%, Pennsylvania .4%.

Bottom line: States that spent the least of their available CMAC funds: Alaska 46%, Nevada 58%, Virginia 66%, S. Carolina 67%, Wisconsin 67%.

There was a state DOT bicycling and walking assessment done in February. Virginia's results were: Bike/Ped Plan – no. Meets bike benchmark – no. Sidewalks in new projects – no. Sidewalks in reconstruction – no. Sidewalks generally included – yes. Meet ped benchmark – no. Statewide safe routes to school program – no. Other statewide program – no. Not a great pattern. But wait...

VIRGINIA TRANSPORTATION SECRETARY ISSUES LANDMARK BICYCLE AND PEDESTRIAN POLICY DIRECTIVE

Whittington W. Clement, Secretary of Transportation for the Commonwealth of Virginia, has issued a groundbreaking directive to the Virginia Department of Transportation (VDOT) concerning bicycle and pedestrian policies and procedures. In an April 2, 2003 memorandum to VDOT Commissioner Philip A. Shucet, Secretary Clement directed VDOT to follow what essentially are the Virginia Bicycling Federation's priority recommendations for accommodating and funding bicycling and walking on Virginia highways <http://vabike.org/docs/vbfpos.doc>, including full compliance with the USDOT bicycle and pedestrian accommodation guidance issued in February 2000 <http://www.fhwa.dot.gov/environment/bikeped/Design.htm>.

Secretary Clement revealed the directive during his keynote address at the 30th annual meeting of the 7000-member Washington Area Bicyclist Association, held in Arlington, VA on the evening of April 3.

Virginia bicyclists cheered the announcement. According to Allen Muchnick, president of the Virginia Bicycling Federation, "Secretary Clement's bicycle and pedestrian directive ushers a bright new era for bicycling and walking in Virginia by laying the groundwork for reformed policies and procedures that will be developed and adopted during the remainder of 2003. While bicycling and walking advocates must still vigorously support and defend the upcoming proposed reforms, Secretary Clement's memorandum demonstrates the clear commitment of Governor Mark Warner's administration to policies and procedures that support walking and bicycling as integral transportation modes for a healthy, clean, and fiscally sound Virginia."

RICHMOND – Bicyclists and pedestrians would have greater access to safe transportation on roadways across the state through new policy goals set by Virginia Transportation Secretary Whitt Clement.

"Providing a sound and balanced transportation system is much more than building and widening roads," said Clement. "Our goals will bring Virginia's policies into line with federal standards. The issue is how best to move people and goods, not just build and maintain highways."

VDOT is revising its bicycling and pedestrian policies to include Clement's goals, which are:

- Bicyclists, walkers and other modes of non-motorized transportation should receive the same consideration as motorized transportation in the planning, design, construction and operation of Virginia's transportation network.
- Bike lanes, sidewalks, shared-use paths or other accommodations should be included in the design of all new highway and major reconstruction projects, unless special circumstances exist that prevent the inclusion of such accommodations or a local governing body has formally requested that bike lanes or other access not be included in a particular project.
- Access to the entire transportation system should be improved for bicyclists and pedestrians. To achieve this goal, Clement has asked VDOT to review all existing restrictions affecting bike and pedestrian access to highway facilities.
- Current funding procedures for bicycle and pedestrian facilities, including design, construction, maintenance and operations, should be reviewed to ensure that these facilities are treated in the same fashion as highway projects.
- VDOT should identify recommendations for amending any statutory provisions that either hinder the inclusion of bicycle or pedestrian accommodations in construction or prohibit the use of state or federal transportation funds for stand-alone bicycle or pedestrian construction projects.
- VDOT should ensure that all these activities are coordinated at the statewide and VDOT district levels, including the appointment of focused district advisory councils for pedestrian and bicycle issues.

Some the proposed changes to the policies and procedures will likely require the review and approval by the Commonwealth Transportation Board (CTB) while others may be implemented by VDOT alone.

Clement said the new policies should be in place by the end of this year.

Improving access for bicycles and pedestrians is part of the Warner administration's efforts to better incorporate all modes of transportation into planning.

For more information on the Internet: Vtrans 2025 - Virginia's statewide multimodal long-range transportation plan. The state's transportation agencies are developing a policy framework and plan that incorporate, air, rail, mass transit, port, and highway assets into one comprehensive transportation plan. Visit <http://www.sotrans.state.va.us/VTrans/home.htm>. Bicycling in Virginia - <http://virginiadot.org/infoservice/bk-default.asp>

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 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 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.

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 9:00 am to avoid the hot weather. Call Alice Stecker (564-1611) or Scott Ripley (248-5810) for more information.

DRAFTING TIPS

We all want to save energy while riding. The pros do it all the time by a technique called drafting, or sitting behind someone's wheel. Here are six skills you need for riding in a paceline. 1) Keep a straight line. 2) Apply steady pedal pressure. There should be no coasting while you're in a paceline. Consistency is the key. 3) Adjust your speed with your body position. Let the wind slow you by sitting up, or crouch down to get faster. Don't use your brakes as it messes up the momentum of the paceline. 4) Ride within six inches of the wheel in front of you. You'll feel the effects of drafting with as much as three feet between you and the front rider, but six inches gives you the maximum energy savings. 5) Take your pulls. You may not be able to stay as long on the front, but don't speed up to make up for it. Again, consistency is the key. 6) Fall back easily. Peel off to the left, but don't slow until you see the new leader to your right. Then increase your cadence when the front wheel of the last rider comes into view so you can get back on the train.

THE NEW SHENANDOAH MOUNTAIN BIKE CLUB

Organizational/Informational Meeting April, 2003

On April 16th, 2003 there was an informational and organizational (try saying that fast) meeting at the Massanutten Regional Library in Harrisonburg to discuss the several Wilderness Proposals, their effect on mountain biking, and the Shenandoah Mountain Bike Club (hereafter referred to as SMBC). Eddie Bumbaugh of the Community Mediation Center conducted the meeting with various presenters giving overviews of the proposal, then small group discussion and feedback. All local areas were represented as well as the D.C. area, Charlottesville, and Albermarle County.

Thomas Jenkins began by describing the SMBC's efforts in trail maintenance (over 1,000 hours in 2002) and a brief overview of prior meetings with the Wilderness Committee. Thomas also encouraged everyone to join the SMBC so that speaking on behalf of the club would truly be speaking for the mountain bike community. The SVBC (Shenandoah Valley Bicycle Club) has joined with the SMBC to offer joint membership for half the yearly dues if joining both clubs. More club information and applications can be viewed at their web site; <http://www.shenandoahmountainbikeclub.com/>.

Rich Edwards and Teresa Martinez discussed the effects of having an area designated a Wilderness Area as well as alternative designations that provide various levels of protection.

Chris Scott presented the original Wilderness proposals and the results of meetings with the Wilderness Committee. Chris reiterated the common interests of the bikers and wilderness advocates and was encouraged by the positive reception given by the Committee to cyclists' concerns.

The meeting then broke into small groups to discuss the information and solicit feedback. Numerous representatives from the Wilderness Committee attended and were able to meet with these groups to define and clarify items.

Group spokesmen then reported on concerns and issues raised.

The meeting adjourned. Information on future meeting dates will be available on the SMBC's web site.

An editorial comment: I went to the meeting very skeptical about the Wilderness Committee's proposal and their willingness to see "our" side of the issue. After discussions, presentations, and small group input, I am very confident a compromise proposal can be reached that is in the best interest of both the biking community and the Wilderness Committee. Everyone at the meeting in an "official" role, from bikers to Wilderness folks, seemed interested in doing the "right" thing for the environment and recreational users of public areas. There is hope that the wilderness can be protected with minimal closure of biking trails.

Marshall Hammond, Secretary SVBC, Member SMBC

EVENTS PLANNED FOR CLEAN COMMUTE DAY

RICHMOND – Events are planned in cities throughout Virginia on May 2 in celebration of the third annual Clean Commute Day, which encourages commuters to try an alternate and “clean” mode of travel to driving alone to work. Environmentally cleaner transportation includes carpooling, riding the metro, biking, walking, telecommuting or using public transportation.

The Virginia Department of Transportation (VDOT) is partnering with RideFinders and The American Lung Association as a sponsor in this event. In Richmond, Clean Commute Day will be celebrated with a free lunch starting at 11:30 a.m. at Capitol Square. Exhibitors such as RideFinders, and the Richmond Area Bike Association will be on hand as will VDOT and the Virginia Department of Rail and Public Transportation. Commonwealth Transportation Board member Gerald McCarthy will read a proclamation from Gov. Mark Warner declaring May 2nd Clean Commute Day. Deputy Secretary of Natural Resources Dave Paylor will talk about ozone and air quality. VDOT's Jeff Southard, chief, transportation planning and environmental affairs, will talk about the link between transportation and air quality.

“VDOT was proud to be named a commuter choice employer by the EPA last year,” Southard said. “We’ve offered our employees bus, vanpool and carpool options since 1993. Our employees appreciate these kinds of commuting alternatives, and we know they help reduce traffic congestion and air pollution.”

Catherine Hill, VDOT's Commuter Incentive Program coordinator, has seen first-hand how much employees appreciate having commuter incentives, noting that 26 percent of VDOT's Richmond employees ride to work by bus, vanpool or carpool, making it not only Richmond's largest employer with such a program, but also the employer with the highest commuter participation.

In addition to the Richmond event, special activities are planned in Charlottesville, Roanoke, Hampton Roads and Northern Virginia.

VDOT is also launching a series of stories on its Web site at www.VirginiaDOT.org called, “How Virginians Move.” The series focuses on six resourceful Virginians who have found ways to get to work that help the environment, reduce

congestion and that are more enjoyable than conventional means of commuting. There are feature stories on a ferry rider, a slug driver, a Zipcar rider, a telecommuter, a vanpool rider and a walker.

Clean Commute Day kicks off the hot and hazy months when ozone levels can climb dangerously high in urban areas. According to the American Lung Association, more than 2.5 million Virginians live in areas where the air they breathe puts them at risk of developing health problems. For more information on Clean Commute Day, check this Web site: <http://www.cleancommuteva.org/>.

TIDBITS

NCBW LAUNCHES NEW ON-LINE FORUM - For nearly 25 years, the Bicycle Federation of America/National Center for Bicycling & Walking has published NCBW Forum, the quarterly journal aimed at bicycling and walking professionals and advocates. Now, the NCBW Forum is taking a new tack, discontinuing the print version of the journal and going to an online-based forum. Each month they will post several new articles that can be downloaded and read. Then readers can go to the on-line NCBW Forum area and comment on the articles. Check out the new on-line NCBW Forum at: http://www.bikewalk.org/technical_assistance/resources_information/publications/forum/NCBW_Forum_online.htm

May 12-16 is Bike to Work Week. For the 47th year running, the League of American Bicyclists is leading the charge to have May recognized as National Bike Month. Friday the 16th is Bike-to-Work Day. Learn more by visiting <http://www.bikeleague.org/educenter/bikemonth.htm>.

TOWING FOR TOURING - The Better World Club, pitching itself as an environmentally friendly alternative to the America Automobile Association, has launched "the first and only bicycle roadside assistance program." BWC promises to pick you and your disabled bicycle up and deliver you to the nearest repair facility, so long as there is one within 30 miles of your pick-up location. While that might not do you much good if you break down on the TransAmerica Bicycle Trail outside, say, Jeffrey City, Wyoming, it could definitely come in handy in certain other parts of the country. You can opt for the bike-assistance service only or for a bike-and-car package. Visit http://www.betterworldclub.com/bicycle/bike_home.htm for more information.

SCHEDULE OF EVENTS

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

- | | |
|-------------------|--|
| TUESDAYS | Time Trials, Montezuma. Officially timed from May – 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 | Bagel Ride. 10am. Road training. Jeremiah Bishop has started a 45-mile ride from Mr. J's North. 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 this ride only goes through the end of May. |
| 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 | Rides leaving from Bridgewater College at 9am. We ride 2-3 hours to have fun! Please contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or Marcia, 432-3312, e-mail marcialamphier@hotmail.com each Saturday for latest ride information. |

- May 3 The 3-State 3-Mountain Challenge. One of the southeast's most scenic and challenging centuries. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama and Georgia) and over three mountains (Suck Creek, Sand and Lookout). The moderate 62-mile option remains in one state and crosses one mountain. The 25-mile option takes riders across the hilly terrain of one state - all the amenities - pizza party at end - pasta feast and packet pickup on Friday night - fun bicycle scavenger hunt on Sunday - Litespeed titanium bicycle frame to be given away - the Chattanooga Marriott is the host hotel with a limited number of rooms reserved for the event at a special rate - www.chattbike.com or DaisyBRider@cs.com or 706/820-1157.
- May 8-10 Virginia Senior Games. Minimum competition age is 50 years old. Call 804-730-9447 for a registration booklet, or visit www.vrps.com for more information.
- May 17 Tour de Cure, Richmond. Visit www.diabetes.org/tour or call 1-888-DIABETES for more information.
- May 16-18 7th Annual Tour de Chesapeake. Visit www.tourdechesapeake.org or call 804-725-5675 for more information.
- May 17 16th Tour de Madison. Rides begin at 9:30. Contact Nancy Knighting at 540-948-2272 for more information.
- May 17 Country Roads Bike Tour, Scotland Neck, NC. 20, 40, and 60-mile courses. Breakfast, lunch and daycare provided. Call 252-826-3152 for more information.
- May 19 – August 8 Bicycling Ministry Across America. Seattle, WA to Yorktown Beach, VA. Call 434-525-9552, visit www.wheelpower.org, or e-mail them at info@wheelpower.org for more information.
- May 24 Wilderness Road Ride. Christiansburg. 20-70 miles. Follows the historic route of Daniel Boone in the New River Valley. www.wildernessroadride.com
- MAY 25 Wannabe Ride. 9:00am, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) 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, or e-mail 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, or visit www.pedal-pa.com for more information.
- JUNE 1 Storming Thunder Ridge Ride. 8:00am. Leave Bridgewater College and drive 1.5 hours to the Blue Ridge Parkway in Bedford County. This ride starts at the James River and climbs 3,500 feet in 12 miles to the summit of Apple Orchard Mountain on the Blue Ridge Parkway. Descend 10 miles to the Peaks of Otter. After snacks descend again to Bedford, VA and follow back roads in the valley to the starting point. Total mileage approximately 60 miles. If you like climbing and beautiful scenery this is the ride for you. Contact Rich Harris (harrisra@jmu.edu or 828-2380) for details and to coordinate carpooling.**
- June 14 HMR Wellness Center Criterium. More information to follow. Visit www.vacycling.org now.
- June 14-21 15th Great Ohio Bicycle Adventure. Call 614-447-0971 or visit www.goba.com for more information.
- June 20-25 16th Annual Bike Virginia, Tour de Virginias. Winchester. Visit www.bikevirginia.org for more information.
- June 21-29 Northwoods to Capitol Tour. Wautoma to Washburn, Wisconsin. Visit www.bikenorthwoods.com for more information.
- June 28-29 24 Hours of Snowshoe. Course information an entry forms at www.grannygear.com. You can also call 304-259-5533.

- June 29 18th 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.
- July 6-13 5th 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, call 518-434-1583, or e-mail them at canaltour@nypca.org for more information.
- July 11-19 Lighthouse Tour. Nova Scotia's coast. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at cycle@canamwheelers.com, or visit www.canamwheelers.com 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, or visit www.pedal-pa.com for more information.
- July 13-18 4th 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, or visit www.CoastalTour.com for more information.
- July 19-25 The 15th Annual Cycle across Maryland. This year's start is in St. Mary's City. E-mail them at CAM@onelesscar.org, info@cyclexmd.org, or visit 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 www.bontonroulet.com for more information.
- July 20-26 9th Annual Bicycle Tour of Colorado. The Colorado Springs Loop. Visit www.BicycleTourColo.com.
- July 26 3rd Annual To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes post-ride meal. Visit www.jcvfr.com, e-mail RescueRide@aol.com, or call T.D. Langston at 757-566-2126 for more information.
- July 31 – Aug. 26 Northcountry Challenge. Labrador, Newfoundland, Nova Scotia, and Quebec. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at cycle@canamwheelers.com, or visit www.canamwheelers.com for more information.
- August 3-7 Mennonite Central Committee Bike Skyline Virginia. One night in a lodge, four nights camping. Fundraiser. Register by June 1. Call Lisa Zimmerman at 717-859-1151 or e-mail lmz@mcc.org for more information.
- August 3-8 11th Annual Moose Tour. Western Maine, 330 miles. Phone 207-743-5993, e-mail them at info@moosetour.com, or visit www.MooseTour.com for more information.
- August 9 Freedom Tour, Waynesboro. Proceeds to Benefit Big Brothers Big Sisters of the Central Blue Ridge. 40, 65, or 100 miles. Post ride cook-out, prizes. Contact Big Brothers Big Sisters at 540-943-7871 or e-mail bbbsocbr@ntelos.net for more information.
- August 9-15 Adirondack & Lake Champlain Region. Burlington, VT loop. 375 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit www.pedal-pa.com for more information.
- August 31 15th Tour de Valley Century, Waynesboro. You can Contact Pam Bennett at 540-943-9413 or pingg62@yahoo.com 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 MAY/June

CHARLOTTE McNULTY /

Chardin Detrich	Carl Droms	W.R. Good
Steven Hostetler	Dan Neher	Sheila and Terry Newman
Eric Shy		

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.