

JULY 2003 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

July 14	5:30pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.
July 17	8pm	SVBF meeting. Betsy Hayes/Dan Finseth's house, Mt. Crawford.

JUNE MEETING MINUTES

The June 9th, 2003 meeting of the SVBC was held in the backroom of Luigi's. Three members were present for the 5:30 pre-meeting ride while three other members came for the 5:40 pre-meeting ride that left at 5:30. Sorry folks, the ride leader was a bit quick on the pedal. There were six members present for the meeting. The treasurer reported a balance of \$8,372.86.

Planning for the Shenandoah Bike Festival continues. Discussion centered on the need for ride volunteers (call Marcia to pick a ride), marking of the routes (can start anytime, go by Dan's for the paint and directions on how to mark) and the next meeting on the 26th of June which may be a combined Century/Festival meeting.

Thomas Jenkins reported the SMBC (Shenandoah Mountain Bike Club) would begin publishing a

quarterly newsletter later in the summer. Additionally the 8th Annual Tour de Burg will be July 4th - 9th. This is a six-stage race where anyone can ride one or more of the stages. Fun is the key word!

There are lots of rides, races, charity rides, and scheduled rides throughout the summer. Remember to save the "Schedule of Events" section of the newsletter.

The next meeting will be July 14th. The pre-meeting ride leaving Luigi's at 5:30 and meeting beginning at 7:30.

After refreshments the meeting was adjourned.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Lou Gene Bartram	Harrisonburg
Hadley Jenner	Harrisonburg
Steve LaDrew & Tammy Mobley	Maurertown
Will Meyers	Harrisonburg
Terry, Laura, Robbie, & Katie Ward	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Steven Hostetler	Harrisonburg
Charlotte McNulty	Harrisonburg
Daniel Neher	Harrisonburg
W.R. Good	Elkton

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</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/			

ADVOCACY

Half of all trip lengths in urbanized areas are three miles or less and are readily feasible on foot or bike, especially with improved accommodations. The 2001 National Household Travel Survey says that, in urbanized areas, 85.6 percent of trips are made by auto. Some other percentages are walking 9.5, bus and light rail 1.4, school bus 1.4, bike 0.9.

In addition, the data tells us that, in urbanized areas, the following things are true: 27.7 percent of all trips are one mile or less, 40.6 percent are two miles or less, 50.1 percent are three miles or less, 63.5 percent are five miles or less. Of the 27.7 percent of trips one mile or less in urbanized areas, 65.7 percent are made by auto. This means that 18 percent of all trips in urbanized areas are auto trips one mile or less.

from VBF's e-newsletter and Andy Clarke at PedBike

The U.S. Department of Transportation reports that without new revenue there'll be a mounting gap -- rising to \$30 billion annually by 2009 -- in available funds for maintenance and "necessary" upgrades of the nation's highways.

The federal gas tax is now 18.4 cents. On average, fuel taxes across the states would have to rise 11 cents to recoup their 1957 buying power.

Road delays (travel times in excess of free-flow conditions) increased 8.5 percent from 1993 to 1997, consuming needed fuel and polluting the air. But from now to 2020, the Federal Highway Administration now projects congestion to increase another 42 percent.

Gas taxes are covering only 35 percent of our governments' cumulative spending on roadways, from big expressways to meandering country roads.

Weren't we always told highways are sort of self-financing through the gas tax? Not true. Even when you add in vehicle taxes (another 20 percent of road funding) and tolls (4 percent), it turns out auto- and truck-user-related revenues are larger, but only slightly, than the billions flowing in from local property taxes, bond issues and governments' general fund appropriations.

So much for the tired argument public transit depends on "subsidies," and roads don't!

from Neil Peirce in the Washington Post

TIDBITS

Slow Down! Scenic Roads Ahead. VDOT has added more than 900 miles to its Map of Scenic Roads in Virginia since the last printing. You can order the map online at <http://www.virginiadot.org/infoservice/program-byways-map.asp>.

WANTED: Riding partners interested in 20 - 30 mile road rides in East Rockingham County (McGaheysville/Elkton) on evenings and/or weekends at a "C" pace. Contact Lynn Powell at powells@jmu.edu or 289-7193.

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: Contact information: Jeremiah at 540-442-8696 or e-mail erinnorth@yahoo.com.

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.

FOR SALE: Sarvis Roof Rack #911. Load bars and upright mounts for three bikes. Fits an Izusu Trooper and numerous other vehicles. \$75 or best offer. Call Eddie Bumbaugh at 828-6450 (home).

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 on the 3rd Sunday at 9:00 am to avoid the hot weather. Call Alice Stecker (564-1611) or Scott Ripley (248-5810) for more information.

TIME TRIAL RESULTS

May 27	very light wind, NOT raining, 62°		
	<u>Male</u>		
Jeff Herrick	21:53	Kevin Reid	23:29
Steve LaDrew	26:43	David Allen	27:24
	<u>Female</u>		
Connie Peterson	24:29	Gwynne Reid	26:43

REFUELING

Neups ran a refueling night, sponsored by PacificHealth Labs, the manufacturer of Accelerade and Endurox. Both mix protein with carbohydrates in a flavored drink, though in different proportions. He gave a short presentation and had three flavors of Accelerade to sample. The fruit punch didn't go over very well, and looked like Pepto Bismol, but the orange and lemon-lime seemed fine. Coupons for a free socks offer and others for \$2 off, along with informational sheets were handed out. Here's a little excerpt:

After 90 minutes of fairly high-intensity exercise, protein contributes as much as fifteen percent of the muscles' energy supply. The average cyclist cannot absorb more than 60 to 80 grams of carbohydrate (240 to 320 calories) per hour. It is especially important to consume protein immediately following workouts in order to maximize muscle protein rebuilding. The muscles are able to build proteins two to three times faster in the first hour after a workout than they can at any other time. Most protein synthesis occurs during sleep.

If you would like the informational sheets or the coupons, call Neups. He still has a supply available.

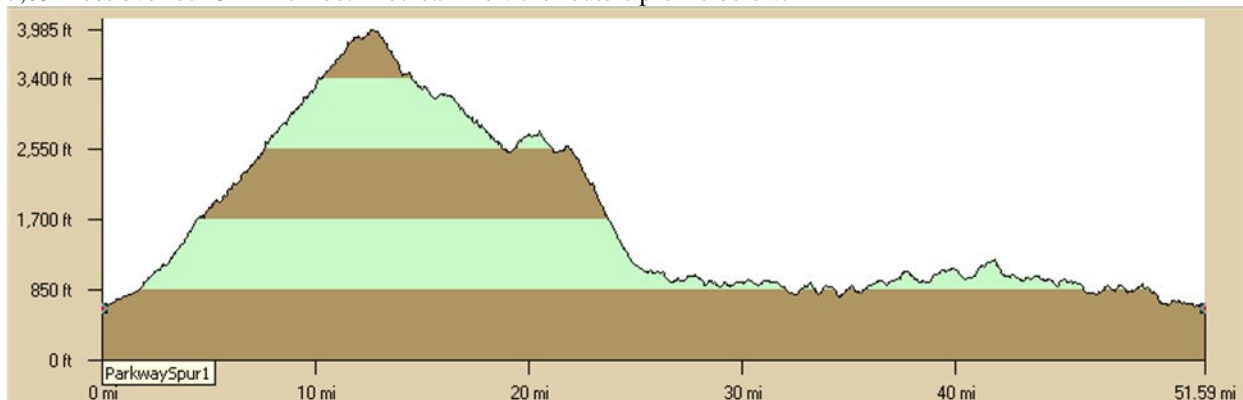
TWO JUNE RIDES TO REMEMBER

by Rich Harris

June 1st dawned sunny with a bright, blue sky. After what seemed like weeks of rain, that was the good news. The bad news was there were 40mph winds on our bike route along the Blue Ridge Parkway in Bedford County. The winds had knocked out the electricity at The Peaks of Otter, one of our planned stops. After several early morning phone calls to see if everyone in our group was up for riding in the windy weather, we decided to head out for the two hour car ride to our starting point in Bedford County just west of Lynchburg.

The ride is called "Storming Thunder Ridge". It is a 52-mile loop through the mountains and valleys of Bedford County. If you like climbing and beautiful views, this is the ride for you. Our group was made up of Neups, Chris Hamilton, Winston Shiflet, and myself. The ride began at the James River crossing of the Blue Ridge Parkway, elevation 800 feet. The longest climb of the day began immediately and continued for the next 12 miles until it reached the highest point along the Blue Ridge Parkway in Virginia, Apple Orchard Mountain - elevation 3,950 feet. While the climbing was continuous, it was never terribly steep, and the views of the mountain laurel in full bloom and the valley below were well worth the hour and a half of climbing. We were actually fairly protected from the high winds and only the last mile was a real fight against the gusts of wind that were still blowing. When you gain 3,150 feet in elevation, it gets approximately ten degrees cooler, so we did not stay long at the top to enjoy the views.

After putting on leg and arm warmers, it was a 10-mile descent to the Peaks of Otter, where power had been restored by the time we arrived. After a brief stay there for water and snacks, we descended another few miles to the valley floor below. We discovered that in Bedford County there is no flat ground in the valley. We were constantly on short climbs and descents that were equally as challenging as the longer climb along the Parkway. At several points along our return route we could see the entire climb and descent that we had done in the morning. We arrived back at our cars tired, but satisfied with a wonderful day of cycling. According to Neups's topo map, we gained 7,051 feet over our 52-mile ride. You can view the route's profile below.



Saturday, June 7th dawned with gentle southerly winds. That was the good news. The bad news was that it was pouring down rain with a 100 percent chance of it continuing the remainder of the day. I did not know the National Weather Service ever issued a 100 percent chance of rain. They were accurate on this day. Again, the phone calls to riding partners to see if we were going. Again we set out. This time for a one-hour car ride to Charlottesville.

This ride was the annual Multiple Sclerosis Society's 150-mile weekend ride from Charlottesville to Farmville and return. The group for this ride was Bruce Miller, Steve Flora, Chris Hamilton, Coles Andrus, and myself. We joined several hundred other riders to start out in the pouring rain. There were two approaches to

dressing for the day. The one I took, to wear a full Gortex rain suit (jacket and pants) and the one that everyone else took, to wear just cycling shorts and shirt with a wind jacket. I was very smug when I pulled away from our cars warm and dry while my riding buddies were soaked in less than 30 seconds. My comfort lasted less than twenty miles. I quickly came to realize that even the best ventilated Gortex rain suit creates a sauna that not only gets you wet from your own perspiration, but also extremely hot from your own pedaling efforts. I tried to ignore my growing discomfort, but to no avail. At twenty miles into the ride I had to stop at the top of a climb and strip off all of my rain gear. The rain felt pretty good at this point and I was ecstatic to shed the rain gear. The problem now, I now had about ten pounds of soaked rain gear to carry over the next 60 miles. Ten pounds of dead weight makes a real difference over that distance! My riding partners were gracious to only ask me occasionally how my rain gear was working for the remainder of the ride. It continued to rain the remainder of the day and we arrived in Farmville after five hours in the saddle and never a dry moment. It was the longest any of us had ever ridden in that amount of rain. The return ride on Sunday was much drier, but will not live in our memories as long as that wet Saturday ride.

I learned several lessons from this ride. First, that positive peer pressure can make people do amazing things. No single rider would have started a ride in the heavy rain conditions we experienced Saturday morning, yet watching several hundred other people get out of their cars and get started inspired me and many others to do the same. Second, misery loves company. I never thought I could enjoy riding five hours in the pouring rain, yet with the good company of my riding partners and many others on the MS ride, it was actually a fun experience in spite of the rain. Finally, rain suits are good for short rides and cooler weather. On a long ride in warmer weather, rain suits become dead weight. Next time I'll leave my rain suit at home and join my buddies with their wind jackets.

A PLANNED DAY'S RIDE

by Neups

So now it's 2003 and I have an invitation to my cousin's wedding back in my home town. Though I had vowed to not try this again, what better way to get back home than by bike? This time I have a follower in a car, albeit many hours behind, and a true destination - my friend's house in New Cumberland, PA. My worries are few and I decide to just have a good day of riding. It's June 5th.

At 6:48am I push off for Pennsylvania. It's a moderate south wind behind me with some light fog all around me, but burning off quickly. A big change from my other adventures is that today is starting off cool - about 58 degrees. I wear my warmers and a vest to warmth and a flashing red light for others to see me.

I just reach New Market after one hour, averaging 18.3mph. After two hours I'm at the south end of Woodstock, having slowed slightly to 18.2mph. Part of that is the road construction that is happening. Middletown is the mark of hour three, holding steady at 18.2mph. Ten more minutes and I take my first break - about twelve minutes. Though it's still cool temperature-wise, I feel pretty warm and shed my warmers. The vest has already been off and then on again, then off one last time before this stop. Now it's off for good.

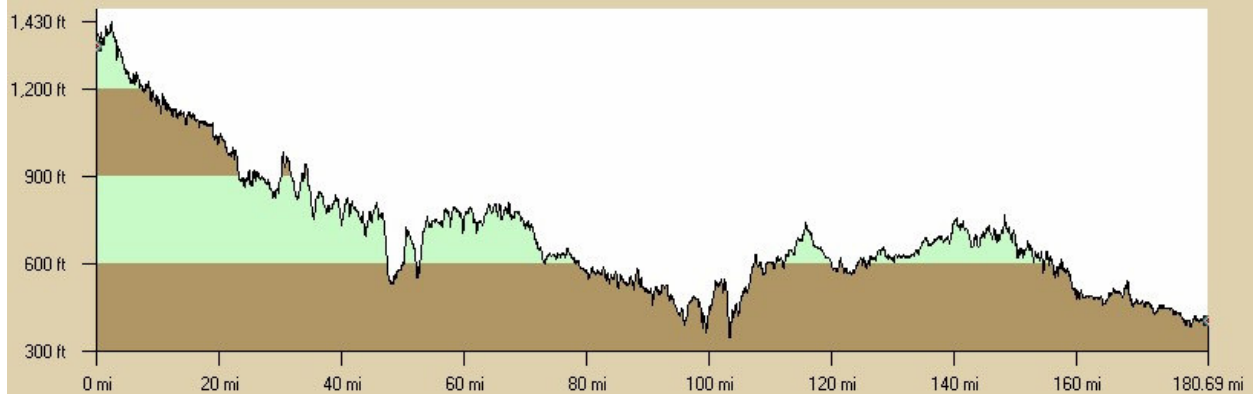
At the four hour mark I'm through Winchester and my on-bike speed has slowed to 18.1mph. (Note: all speeds are on-bike time, not total time.) This time I think it's due to the utility work going on. I reach West Virginia's border after four hours and twenty-three minutes. I'm feeling so good that by five hours I reach Martinsburg and am back up to 18.3mph. The 100-mile mark is reached after five hours, forty-three minutes, or 5:31 saddle time. I'm in Falling Water and right away I take my second break. This one lasts twenty minutes and I notice I've passed the six hour mark of my journey, with the average speed now 18.1mph, which is thus also the average for the century.

As I start again, I notice the wind is now heavier and from the west. A few more miles and I finally cross the Potomac River and reach Maryland. Then I'm doing the long climb off the Potomac. After seven hours I've made Pennsylvania's state line. The wind has shifted more from the north now and the incessant climbing, though not steep, is weighing on me. I've noticed my speed has dropped down to 17.8mph. In another hour I've made Green Village but have been able to hold my speed steady. It seems the wind is shifting back to being out of the west and I anxiously await Carlisle, when I'll be heading due east.

Shippensburg is the setting for my ninth hour and my third and final rest stop. I seem to linger here, knowing I'm well ahead of my original schedule. I tried some potato chips to get some extra sodium, but they don't sit well with me. They're not on my normal list of ride foods and I doubt they ever will be. My speed has held steady at 17.8mph again.

In another hour I've made Carlisle and have picked up my speed just a notch to 17.9mph. I've got a lot of rush hour traffic now and many traffic lights to negotiate. Except for a slight pain in my left knee, I'm feeling pretty good. A rumble off to my right brings my attention to the freight train over there. In another few minutes I cross a bridge and look down on that same train, take a few turns, and arrive at my friend's doorstep. It's 5:44pm and I'm

done for the day. My total time is 10:56 and my ride time is 10:02. Today would have been a good day to go after my record of 215 miles in a day, but I'm happy to be where I am. I don't have the foot pain I had the first time, but I've also switched pedals and shoes. The shower feels good, and the stromboli tastes great. It's been a good day.



Above is the route profile of this ride. Note that nowhere is it one long downhill, nor one long uphill. Of course, sometimes I had a quick climb or descent. After a while it can wear on you. The Potomac is there at about mile 103, the lowest point of my ride.

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** **WEDNESDAY NIGHT RIDE.** 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.
- SATURDAYS** **SATURDAY RIDES.** We will continue these throughout the season when there are no other scheduled rides on the calendar. 10am. Call Marcia (432-3312), Marshall (434-1609), or Bill T. (828-6635) for location and other details.
- SUNDAYS** **SUNDAY RIDES.** 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.
- THIRD SUNDAY** **WANNABE RIDE.** These will now always be on the 3rd Sunday of the month. 9:00am, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.
- JULY 26** **12TH ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL.** Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.

- Tuesdays Urban Rides. Ride 1-2 hours from the Shenandoah Bicycle Company at 5:30pm. Call 437-9000 or e-mail info@shenandoahbicycle.com for more information.
- Thursdays 4:30pm. Fast-paced ride leaving from the Harrisonburg High School parking lot. No waiting for stragglers. Just heavy-duty riding.
- Thru September Norfolk Botanical Garden will be holding Summer Bike Nights. 12 miles of paved pathways for cyclists to enjoy. Mondays 1 - 8 p.m.; Wednesdays and Thursdays from 4 - 8 p.m. Restrooms, water and soda machines are located in the Garden, and picnic facilities are available on a first-come-first-served basis. Contact Eva Lynn Rudiger, evalynn_nbg@yahoo.com, (757) 441-5830 ext. 341
- 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 2 Mountain Mama Road Bike Challenge. Fundraiser for Highland County Recreation programs. 27-, 56-, 70-, and 104 miles. Century has 9 mountains and 10,000 feet of climbing. Go online to <http://bikemountainmama.homestead.com/index.html> 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 9-10 Massanutten Hoo-Ha. Call 1-800-207-MASS 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 bbsocbr@ntelos.net for more information.
- August 9 Dog Daze Century, Nottingham County, PA. 27-107 miles. Call Ann Marie Sullivan at 610-644-3792 or e-mail her at AMSVU78@aol.com for more information.
- August 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.
- September 13 9th Annual West Wicomico Heritage Ride. Pemberton Historical Park, Salisbury, MD. 32, 50, and 62 miles. Call 410-548-4900, Monday – Friday 8am-5pm, e-mail pembertonpark@wicomico.org, or visit www.wicomicorecandparks.org/heritage.htm for more information.
- September 20 7th Annual Rappahannock RoughRide. Warrenton, VA. 12, 35, or 60 mile paved and 20 or 30 mile paved/unpaved courses. Benefits the Fauquier Free Clinic. Call 540-675-1942 or e-mail fauquierfreeclin@mindspring.com for more information.
- September 21 PPTC Century. Berryville, VA. For more information, go online to www.bikepptc.org/web_final.
- Sept. 27 – October 5 Bicycling Ministry Across New England. Augusta, ME to Hartford, CT. Call 434-525-9552, visit www.wheelpower.org, or e-mail them at info@wheelpower.org for more information.
- September 28 Artie Levin Memorial Bicycle Rides, Buchanan. Rides of 45, 70, and 100 miles. Contact Kevin McDonough at brbc@mailitplus.com, 540-772-7612, or visit www.blueridgebicycleclub.com for more information.
- October 4-11 5th Annual Cycle North Carolina. Mountains to the Coast. Call 919-361-1133 or visit www.cyclenorthcarolina.org for more information.
- October 17-19 13th Annual Shenandoah Fall Festival. Visit www.bikevirginia.org for more information.

November 21-28

Florida Keys Bicycle Jaunt. An In Motion Event. Visit www.floridakeysbicycletour.com for more information.

DUES

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

MEMBERSHIPS EXPIRING JULY/August

BUTCH REEDY

Kathy & Dane Byers

Doug Lane

Alice Wine

RICHARD WETTSTONE

Leonard Clymer

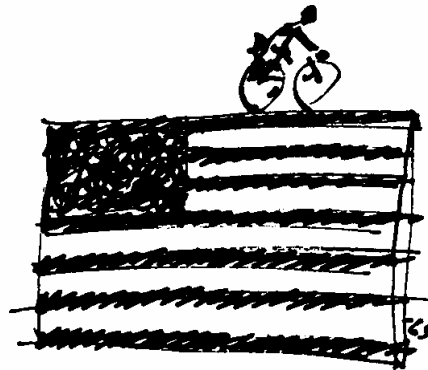
Bruce Miller

STEVE ZUMBRO

Rich Harris

Jim Rhodes

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.



-ADVENTURE CYCLING

HAVE A HAPPY AND SAFE 4TH OF JULY!