

AUGUST 2003 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

August 11	5:30pm	Pre-meeting ride starting at Luigi's.
	7:30pm	Monthly meeting at Luigi's.

JULY MEETING MINUTES

The July 14th, 2003 meeting of the SVBC was held in the backroom of Luigi's. Two members were present for the 5:30 pre-meeting ride that left from Bridgewater, to mark a Festival Route. There was 1 member present for the meeting. There was not a treasurer's report however the June balance of \$8372.86 is probably pretty close.

Happy birthday (during the week of the 14th) to Julie Jenkins who kept the age difference between she and Thomas to under a decade. How does she do that?

Since the newsletter will be published near or after the Festival the club will be turning its attention to the

21st Annual SVBC Century to be held Sept. 14th. Support Art in all he does to make this event a memorable one.

After a lengthy discussion about Neups being at stage 9 of the Tour and Lance's cyclo-cross skills the meeting was adjourned by unanimous decision.

The next meeting will be August 11th. The pre-meeting ride will leave Luigi's at 5:30 and the meeting begins at 7:30.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Jen Bowman	Mt. Crawford
Shawn Carrico	Winchester
Mike Schrauder & Family	Staunton
Donald L. Shiflet	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Bill & Mark Cohee	Harrisonburg
Doug Lane	Staunton
Mark Myracle and Lynn Mannion	Linville
Richard Wettstone	Pleasant Valley

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

EDITOR'S COLUMN

Well, I'm back from France. Wonderful trip, but almost TOO long. I rode 900 miles over fourteen days. With all the climbing (over 90,000'), I averaged 12.76mph over 70:40 hours of riding. My fastest day was only 14.1mph. Contrast that to Lance's ride time

of 83:41 hours for over 2,000 miles with an average of 25.38mph. Those racers can MOVE!

I hope to get the trip detailed on my web page (<http://Neups.tripod.com>) soon. I'll keep you informed so you can check it out when that occurs.

Neups

ADVOCACY

The Virginia League of Conservation Voters has established Legislative Contact Teams, volunteer advocates who agree to regularly contact their state senator and/or delegate on environmental issues, especially when the Virginia General Assembly is in session. These volunteers can receive free training in legislative advocacy, including a series of five workshops that will be held in Roanoke, Middletown, Fairfax, Richmond, and Norfolk over the next four weeks. Your participation would help advance and protect bicycling in Virginia. To learn more and sign up, go to <http://www.vcnva.org>.

With Congress now in recess through August, this is an excellent time to write (and meet with) your representative concerning all aspects of the America Bikes agenda (<http://www.americabikes.org>), including the preservation of Transportation Enhancements. When Congress is recessed, it is surprisingly easy for constituents to meet with their member of Congress (not just an aide) at one of their (local) district offices.

To learn who represents you in Richmond, visit <http://legis.state.va.us> and click on "Who's My Legislator" in the upper right-hand corner.

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: 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 Isuzu 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.

21st CENTURY

Although planning for our 21st Annual Shenandoah Valley Century has been slow (almost non-existent), progress is being made and registrations are starting to come in. The Century is Sunday, September 14 this year and will, as always, offer 100, 50 & 25 mile rides. Brochures should be in Harrisonburg area bike shops soon.

As always we are in need of volunteers to help out the day of the ride for registration, driving sag, checkpoint, etc. If you or anyone you know are willing to help out for a few hours that day, please call or e-mail me (433-9247 or fovarg@aol.com). If you can help out with pre-ride efforts, we will have a planning meeting soon - let me know if you can help. Thanks.

Art Fovargue

TIME TRIAL RESULTS

June 10		79°, Calm to slight winds, Sunny, 1-1/2" Corn	
		<u>Male</u>	
Steve LaDrew	26:07	Thomas Jenkins	26:10
		<u>Female</u>	
Connie Peterson	25:08		
June 24		89°, No wind, Sunny, 6" Corn	
		<u>Male</u>	
Kevin Reid	24:20	Thomas Jenkins	27:09
		<u>Female</u>	
Gwynne Reid	26:59		
July 8		94°, High humidity, 30" Corn	
		<u>Male</u>	
Kevin Reid	23:43	Steve LaDrew	25:40
David Frye	30:24	Mark Graham	32:13
		<u>Female</u>	
Connie Peterson	24:46	Gwynne Reid	26:01
Barbara Carson-Campbell	30:28		
July 22		89°, Spitting rain, Slight wind	
		<u>Male</u>	
Kevin Reid	24:00	Jason Wallenhorst	25:56
Steve LaDrew	26:04	Sherman Showalter	26:43
David Allen	27:26	Matthew Brownlee	29:28
Cowles Andrus	29:59	David Frye	30:30
Mark Graham	31:50		32:13
		<u>Female</u>	
Connie Peterson	24:40	Gwynne Reid	26:22
Jen Bowman	31:00	Barbara Carson-Campbell	31:29

ITEMS OF NOTE

Poor nutrition and hydration - Endurance is determined more by food and fluid intake than by training. No matter how many miles you've done, failure to stay hydrated and stocked with calories will doom your long ride. Solution: Consume about 300 calories per hour. This should include one large bottle of sports drink (more in hot conditions) as well as water. As little as 1% loss of body fluids can negatively impact endurance performance. Typical cyclists sweat at a rate of 32-42 ounces per hour, so be sure to drink lots!

SCHEDULE OF EVENTS

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

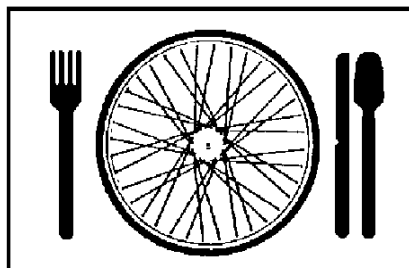
TUESDAYS	TIME TRIALS, Montezuma. Officially timed from May – September, the 2nd and 4th Tuesdays of the month at 6:30pm. On non-officially timed dates, 5:45pm, self-timed.
WEDNESDAYS	WEDNESDAY NIGHT RIDE. We leave from the Harrisonburg High School parking lot (Route 42S - 395 S. High St.) at 5:15pm for 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	<u>12TH ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL</u>. Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.
AUGUST 23	Annual Ice Cream Ride. Meet at the <u>Food Lion parking lot on 42N (Park View area)</u> at 9:00am. We're going to ride into the Timberville area and have a stop at the Shenville Creamery for a snack. The Club will pick up the tab. Total mileage will be 45-50. Contact Marcia (432-3312) or Neups (434-1878) for more information.

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 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 15th Annual Massanutten Hoo-Ha. Call 1-800-207-MASS, visit www.massresort.com, or e-mail mtnbike@massresort.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 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 24 Reston Century. 100, 62, or 31 miles. Post-tour festival from noon to 6pm with food and music. Call 703-733-0755 and leave a message for more information. Or visit www.restonbikeclub.org/ 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 4-7 25th Annual Great Peanut Bicycle Tour & Rides, Emporia. Call them at 1-800-449-2453, e-mail them at rcw@telpage.net, or visit www.greatpeanuttour.com for more information.

- September 12-14 Face of America 2003. Led by Greg LeMond. “Ground Zero” in NY to Washington, DC. 280-miles. Created by World T.E.A.M. Sports (WTS), to remember the tragedies of September 11th. Participants pay a fee of \$500 to defray the production costs of the event and raise \$1,000, which will go directly to support WTS on-going outreach programs and activities. Register by Monday, September 1st via 866-WTS-FACE or by visiting www.worldteamsports.org.
- 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.wicomicoecandparks.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.bikeptc.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.shenandoahbike.org, call 540-855-2668, or e-mail info@shenandoahbike.org for more information.
- October 25 Between the Waters Bike Tour, Cape Charles. Also a free fun short ride on Friday afternoon and a self-guided tour on Sunday. Call them at 757-678-7157, e-mail them at cbes@esva.net, or visit www.cbes.org for more information.
- November 21-28 Florida Keys Bicycle Jaunt. An In Motion Event. Visit www.floridakeysbicycletour.com for more information.



COMMON SENSE CYCLING

Reprinted from the newsletter of U.C. Irvine Cycling Team, by Carl Bonawitz

This is just a quick and dirty overview of some of the many subjects you should know about whether you compete or not.

Basics

- * Begin each season with 8 or 10 weeks of aerobic mileage (1000 miles).
- * Try to get a medical check up yearly.
- * Learn to listen to your body.
- * Monitor pulse daily, use a heart monitor on all rides.
- * Replenish carbohydrates immediately after workouts.
- * Replenish minerals regularly.
- * Learn to hydrate.
- * Be sure bike-fit and setup are correct. This is the most common mistake of recreational riders!
- * Do daily stretching for flexibility.
- * Keep warm on cold mornings - eliminates leg injuries and soreness.
- * Set yearly goals.

Common Mistakes

- * Too many miles at one speed - alternate fast, medium, slow.
- * Cadence too slow - use small ring first, later develop power in big ring.
- * Poor bike fit. If you look relaxed, you probably are.
- * Have a yearly plan and follow it.

Group Basics

- * Learn to stay relaxed - not easy to do!
- * Don't overlap wheels - guard front wheel.
- * Overreacting - learn to bump and steer.
- * Follow safe riders - stay away from squirrels.
- * Focus ahead - not on the rider in front of you.

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 AUGUST/September

KATHY & DANE BYERS
BRUCE MILLER

Steven Hottle
Terri Prodoehl

LEONARD CLYMER
JIM RHODES

Russell Kenney

RICH HARRIS
ALICE WINE

Robert Latham

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.