



**November-December 2003
NEWSLETTER**

SVBC OFFICERS

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

UPCOMING MEETINGS

November 10	7:00pm	Monthly meeting at Luigi's.
December 8	7:00pm	Monthly meeting at Luigi's.

OCTOBER MEETING MINUTES

The October 13th, 2003 meeting of the SVBC was held in the backroom of Luigi's. Six (6) members were present for the 7:00 PM meeting. The treasurer reported a balance of \$7751.37 this does not include accounting for the Century. Hey Art??????

The SMBC's Festival, held October 10th through 12th, was a great success. Thomas and Julie Jenkins reported 130 bikers were fed Sat. night, there were 150 registered for one or more days of the festival, 280 hours of trail work were performed on Narrowback, 15 trail saws were given to participants, \$100 was donated

to the Clover Hill Rescue Squad for their support, and \$1100 profit was donated to the SMBC for trail tools. The trail work turned 720 feet of woods into sweet single track on Narrowback Mountain. See the article in this newsletter for more detail.

There was no old or new business.

The next meeting will be 7 PM on Nov. 10th at Luigi's.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Mark & Kathleen McCoy
John & Gretchen Sallah

Bridgewater
Weyers Cave

WELCOME BACK RETURNING MEMBERS

Rich Harris

Guy & Carol Wolf

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, 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/			

SMBC NEWS AND HAPPENINGS

Shenandoah Mountain Bike Festival Recap

The Shenandoah Mountain Bike Festival was held at the Stokesville Campground October 10th- 12th. Sponsoring the weekend activities was the Shenandoah Mountain Bike Club. This weekend gave riders a chance to participate in an intense trail building activity and ride the best single track in the east, right out the back of the campground. Below is a recap of the weekend from Thomas Jenkins of Shenandoah Bicycle Company and organizer of the SMBC. Marcia and I spent the weekend enjoying the company of like minded mountain bikers, seeing Narrowback ridge on an almost full moon ride Friday night, helping build a new section of trail with an enthusiastic group of volunteers Saturday and Sunday, and filling in the rest of the days and nights mountain biking. The food and beverage was outstanding and plentiful. Rich Edwards led the trail building sessions, expertly delegating and overseeing teams of novice and experienced workers. It was amazing and gratifying to see a once overgrown section of scrub become a very nice single track trail. The new section tied together the west and east side of Narrowback Ridge. This area of the GWNF offers intermediate and novice mountain bikers excellent opportunities to ride without the "death march" of climbing Shenandoah Mountain. Experienced bikers also find these trails great fun. Below is a recap of the weekend's activities.

Marshall Hammond

From the SMBC's web page at www.shenandoahmountainbikeclub.com

The final ride for the festival had Rich Edwards taking virgin tracks down the new Narrow Mountain reroute. This ending of the festival was only fitting after all the hard work Rich put into this trail work projects. Below is a list of some fun & funny statistics from this year festival. Please contact us on how we can improve for next year's event!!

Food and beverage consumption: 80 peppers, 2 large bag onions, 20 gallons of Gatorade, 20 gallons of lemonade, 160 tortilla shells, countless bread items (muffins, cakes, breads etc...), 7 kegs of beer, 18 large pizzas, 6 large bag of mushrooms, 5 gallons of salsa.

Fridays Six Pack: 55 riders, fastest time Marty Quinn 4min. 11sec., fastest women Emily Lemaire 5min 30sec.

15 group rides on the following trails: Grindstone, Dowells Draft, Wildoak, Stribblings Spring, Road Hollow, Bridge Hollow, Braleys Pond, Chestnut, Grooms, Skidmore, Trimble Mountain North River, North River Gorge, Narrow Back, Cookie, Tillman, Hearthstone & Timber Ridge Trail (16 total)

Financials: Brought in \$3400, spent \$2500, largest donation \$500, \$350 on new hand saws, \$200 Pizza, \$640 on Beer, \$250 insurance, \$40 ice, \$520 on Mexi Dinner, \$200 on toilets, \$100 to rescue squad and much more!!

Trail Work: 250 volunteer hours in two days (equals one person full time for six weeks), 720 new feet of trail, 75 volunteers.

New SMBC Members: 2 signed up at festival-what's up!! Thank you!!

Thomas Jenkins

ADVOCACY

On Thursday (10-16-03), VDOT's Commonwealth Transportation Board allocated \$18,859,000 in federal (TEA-21) Transportation Enhancement (TE) funds to scores of individual projects across Virginia. The list of awarded projects, by VDOT construction district, is posted at <http://www.virginiadot.org/infoservice/resources/03transenhancements.pdf>.

CLASSIFIEDS

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 erinorth@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.

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.

Here's a photograph from a recent ride. The participants are, from left to right, Angela Paterna, Marti Jones, Alice Stecker, Diane Livick, Nancy Sorells, and Scott Ripley.



TRASH PICKUP

They say you can tell a lot about a person by looking through his trash. The same must be true of a neighborhood. At least that's what we concluded on Saturday at the fall trash pickup in Penn Laird. The following is a list of recouped items along with our corresponding observations:

2 flat tires. (Observation: bad luck/karma doesn't always come in threes.)

1 handmade quilt. (There's got to be a body around here somewhere.)

1 duffle bag stashed with empty beer cans. (One man's treasure is another man's trash.)

3 used baby diapers in excellent condition. (Pampers has yet to perfect a biodegradable version.)

All in all it was a very clean neighborhood. Alice Stecker, Bruce Miller, Marcia Lamphier, Marshall Hammond, Neups, and myself finished in less than an hour. [Thanks to all who helped. - Neups] Then we were off to Montevideo Middle School to meet up for the ride. (Soccer moms/SUV's definitely rule here.). When you begin a ride, one always takes into consideration the weather. Saturday was no exception - a little overcast, the sun in/out behind the clouds, windy, chilly, cold - but then again, we weren't humming "hope it don't rain on me".

We headed towards the Blue Ridge Mountains, nine of us (one helped with trash only and others joined just the ride). Early on we experienced one minor bike repair, but after that it was smooth sailing, just us, the wind, some dogs, and a baby hawk. The challenge for the day turned out to be a heavily graveled road we came across midway. At first speculated to be a mere 200 yards, it later turned into 2-3 miles of nothing but rough road. We paid tribute to Lance and his training methods, as we maneuvered through the rock with no flats, no skids, and nowhere to turn off. Later we thanked Marshall for his foresight and Marcia for finding a tailwind back, as we tried to recover from our average miles per hour loss. We rode a total of 36 miles, not that anyone was counting, on this most beautiful of fall days.

Robin Hulvey

TIDBITS

The Club made a donation to the Margaret D. Palmieri Rural Health Scholarship Fund in remembrance of this rider who lost her life in this year's Mountain Mama ride. The Fund sent us a letter of appreciation.

Thunderhead Alliance and the Marin County Bicycle Coalition are pleased to announce the release of a new Safe Routes to School Toolkit. The publication is available over the web, or as a free booklet through the Thunderhead Alliance. The Safe Routes to School Toolkit is a step-by-step guidebook for how to get more children walking and biking to schools safely. The Toolkit is available at <http://www.saferoutestoschools.org>, or by contacting the Thunderhead Alliance by e-mailing Executive Director Sue Knaup: sue@thunderheadalliance.org or by calling 928-541-9841.

CYCLING 365 - A year-round online bicycling guide from the City of Ottawa (CA). Topics include "Are You Ready for Cold Weather Cycling?; Benefits of Cycling All Year; How Safe Is Winter Cycling?; Essential Clothing; Essential Equipment; How Bad Are Ottawa Winters, Anyway?; and Further Information." http://ottawa.ca/city_services/traffic/travelwise/365/365_3_en.shtml.

WEIRD - Try this. While sitting at your desk make clockwise circles with your right foot. While doing this, draw the number "6" in the air with your right hand. What direction is your foot going now?

The Virginia Creeper Trail Bike Shop in Abingdon, Virginia has a trail shuttle package available, where you can explore 34 miles of scenic mountain views, waterfalls, wildlife, pastoral farmland and river knobs on whole day or half day trips. Call them at 276-676-2552, toll-free at 1-888-BIKEN4U, e-mail info@vacreepertrailbikeshop.com, or visit <http://www.vacreepertrailbikeshop.com>.

NO, I AM NOT ALL RIGHT!

from the newsletter of Self-Propulsion, Inc., Golden, CO

When a motor vehicle hits you, the driver may stop and ask if you are all right. The appropriate answer is: "No, I am not all right!" Why? Because you have just been hit by an object weighing more than one ton.

When most riders are hit and they discover they are still breathing and mobile, they are inclined to brush off the incident too casually. Later, alas, they discover they do need costly medical care and expensive bike repair or replacement.

So, get as much information as you can after a collision.

Here's how:

1. Get a good look at the driver and memorize the license plate number. This can be difficult when you are shaken up, but do your best. Carry paper and pencil at all times.

2. Get the driver's name, address, phone number(s), driver's license number and name of insurance company. If possible, also get the names, addresses and phone numbers of any witnesses.

3. Call 911 and ask for the police & ambulance if you are hurt.

4. Ask the motorist to stay at the scene until the police arrive.

5. Ask the officer to take an accident report which is required when the crash involves serious bodily injury, death, or if more than \$1000 of property damage occurs.

6. Get the reporting officer's name, badge # and department.

Protect yourself by taking all of these precautions even in the turmoil of a crash.



FRANCE (part 3)

July 9 – Day 5 – Another day in Albertville

As we were staying in Albertville another night, there was a chance to recuperate. But I had come to ride, even after yesterday's assaults. So I set out on the Roselend loop ride, this time by myself. The first 18km of the ride was along the river the way we had finished yesterday. It was nice to see the view in reverse, as it was slightly uphill and slower. Upon reaching Beaufort the climbing begins with a couple double chevron sections through a cool forest. My expectation was a long climb up the Roselend, but what first occurs is the summit of the Col de Meraillet (1605m/5264'). This is a 20km climb at an average of 7.14% with a maximum of 8%. Along the way an MG rally must have been happening as about 30 of these cars headed towards Beaufort. I then dropped alongside a lake and then had to pull myself back up a section of double chevron to get to the gentler slopes of the Cormet de Roselend (1968m/6455'). From the lake this is a 5.5km climb averaging 6.5% with a maximum of 8%. Upon reaching the summit, I found a willing tourist to take my picture. We chatted in broken French and English before I left.

I had to return the way I had arrived, but on the way I scrambled down to a stream to refill my water bottles. Then it was back up the Meraillet for the turn to the other side of the lake. From there it was a short but steep climb up the Col du Pre (1703m/5586'). I reached the top but thought I had more to go, it was so quick. Though the itinerary said the descent would be one of the best of the trip, I found it very tough. There were many switchbacks and some spot gravel paving had been done, keeping my speed to never more than about 20mph. Reaching the bottom I felt my rims. Never had they been subjected to such hot temperatures. It's good to have good equipment under these conditions.

I've noticed that there are a lot of road mirrors placed so that those coming out of driveways can see around the bends. Also, I've been seeing small grottos to Mary along the road, many at switchbacks. Upon my return to town, I had time to sample the local fare and to taste a white nectarine that one of the support crew raved about. That afternoon I also received a half hour massage from our crew masseuse. That was very much needed after my 52 miles and 5600' of climbing. Another fine meal and I was done for the day.

July 10 – Day 6 – Major climbs

Maybe I should have just rested yesterday. We started with an easy seven miles along the river, on a back road paralleling the major highway and enjoying the scenery. Then came the Col de la Madeleine

(1993m/6537'). This goes for 28km, though there are about 2.75km of downhill at the 13km mark. It averages 5.7% with a maximum of 9%. Sixteen miles and 5000' of climbing. This climb starts with a single chevron, then to a double, then, amazingly, to a flat section. Right away, though, we're back onto a single chevron. And much like the following climbs, the last two to three kilometers kick up and we're into a double chevron again. It's as if those constructing the road fell behind budget and schedule and decided to make up both by going straight up the mountain. It was quite a downhill, but still a lot of switchbacks. I didn't feel too bad up this two-hour plus climb, but I think my lack of a good lunch at the bottom hurt me up or next climb, the mighty Col du Glandon (1924m/6311'). The Glandon starts as a single chevron, goes to double chevron about halfway up, and then finishes with a 13% triple chevron. I felt it mightily at the end. My reserves were so low and the sun so hot I had to stop with 2km to go, and then again at 1km to go. I again stopped for water from the stream alongside the road, though it wasn't enough. Near the top I thought I was hallucinating, but no, there really was a fenced-in soccer field with gravel as its playing surface. It looked like it could also accommodate the cars that would be on the mountaintop to watch the Tour stage.

At the top I collected myself and took some pictures. I had come here to ride and there was one more climb to go. I turned to do the optional 2.5km climb up the Col de la Croix de Fer (2067m/6780'). (6.3% average, 7% maximum) This one actually didn't feel too bad, probably because we were already up so high and it was so short. From the looks on the map, the climb up the eastern side is quite a bit longer. I'm glad I climbed this one, as the views were spectacular. On top I met two guys from the Netherlands, one who took my picture with the summit sign. We talked for a while, as they knew English and I found out they were here to be on l'Alpe-d'Huez when the Tour rode there. Just two of a half million people or so.

On the way down the Croix de Fer, a motorcyclist kicked up a stone that cracked me on the left ankle. That stung and I had some reduced motion in the joint for the next several days, but no real swelling. The descent was fairly switchback free for a while and I actually hit 42mph. The last stretch of road into le Bourg-d'Oisans was thick with traffic as the Tour would be here in just a few days. I was glad to finish my 81 miles and 11,200' of climbing, even though finding the hotel took a few extra pedal strokes.

For those who want to view some pictures of my trip, go to <http://photos.yahoo.com/mneups>, or e-mail me and I'll send you an e-mail on how to view all my pictures, which are on the Snapfish website. Better e-

mail me soon, as those pictures will only be there until about the end of this year.

SCHEDULE OF EVENTS

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

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 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.
THIRD SUNDAY	WANNABE RIDE. These will now always be on the 3 rd Sunday of the month. 9:00am, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) 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 NOV-DEC/Jan-Feb

JUDITH FREUDENTHAL	SUE GIER	JOSEPH & KRISTA GISLER
BECKY MATHENY	MAHLON & ALICE WEBB	CHAP WOMACK
Scott Nair	Len VanWyk	

Don't forget that volunteering with three events earns you a free membership with the Club for the next year. Help out with the trash pick-up, Festival, Century, Wannabes, or any other Club activity to earn points towards this program.

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.

Shenandoah Valley Bicycle Club Membership Application

Please Type or Print

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ e-mail: _____

Annual Dues Individual _____\$10.00 Family _____\$15.00 Send Newsletter by e-mail? _____

joint Shenandoah Mountain Bike Club membership: Annual Dues: Individual _____\$5.00 Family _____\$8.00

I am interested in (one or more of these activities):

_____ Commuting/Utilitarian Riding

_____ Touring

_____ Mountain Biking

_____ Riding for Fun & Fitness

_____ Racing

_____ Ride Committee

_____ Time Trial Committee

_____ Century/Festival Comm.

_____ Newsletter Committee

_____ Advocacy

_____ Others (list) _____

INSURANCE RELEASE

In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience suffered. I understand that the Club is not responsible for, and is not an insurer of, my personal safety. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in bicycling, including wearing an approved helmet at all times.

Member Signature

Date

Signature of parent/guardian (under 18)

Send to Shenandoah Valley Bicycle Club, P.O. 1014, Harrisonburg, VA 22803-1014



P.O. Box 1014
Harrisonburg, VA 22803-1014