



MARCH 2004 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

March 8 7:00pm Monthly meeting at Luigi's.

JANUARY MEETING MINUTES

The January meeting and annual pot luck supper of the SVBC was held at Neups' home on the 12th. Modern attendance records continue to be broken with 16 club members providing a smorgasbord of wonderful food and drink. Thanks to everybody who attended and brought such delicious treats. Special thanks to Neups for letting us meet at his home and to Robin for the cake, wow! [If you left a serving spoon, please let Neups know.]

The treasurer reported a balance of \$8,445.85.

Tops on the meeting agenda was the appearance at the 2003 Tour de France of our very own Neups. Visible in his SVBC jersey to most of the meeting attendees Neups was able to pick himself out in the Tour DVD. Way to go Neups.

Advocacy issues were the main topics of discussion. The Virginia Department of Transportation (VDOT) has released a draft of its proposed new bicycle and pedestrian policy for public comment through January 31, 2004. To view this and other cycling related issues go to <http://www.vabike.org/> the home page for the Virginia Bicycling Federation. The Thunderhead Alliance, a national coalition of state and local bicycle advocacy organizations, proposed a "complete the streets" motto. Neups became a member to further advocacy issues. Their web site is <http://www.thunderheadalliance.org/index.asp>. Len Van Wyk, the SVBC advocacy coordinator, reported on the proposed south main re-striping that will give more room on the shoulders. The comment was made that this is OK for experienced cyclists but not enough for novice riders. Len explained that bicycling lanes must meet minimum width and combined with road lane requirements cyclists are being squeezed. Len also reported the Erickson Avenue extension is to have bike lanes. Thomas Jenkins will attend the National Bicycle Summit representing both the SVBC and the SMBC.

Thomas also reported that Bike Virginia has asked for non-profit groups to help with logistics when Bike Virginia travels through Harrisonburg. The SMBC is planning to help load and unload the equipment trucks. The SMBC will receive a donation for their work from Bike Virginia.

The SVBC is looking at the possibility of subsidizing club long sleeve jerseys for club members. If a club member is interested in heading this project contact Marshall for details.

Our Community Place gratefully recognized the club's donation of Festival proceeds to their organization. Melanie Copeland from OCP sent a thank you letter and indicated their commitment to this year's Festival.

Please consider signing up for the Bike Club's message board on YAHOO. This is a place for members to post messages about rides or find rides and club news. After enough members sign up this will become the official posting board. Someone wanting to communicate with the club would have to only send one message. Go to <http://groups.yahoo.com/group/svbikeclub/> to view the page and join the group.

A few reminders:

On Jan.31st at Court Square Theatre there will be a fun night of sports videos, on the big screen, including clips from the 2002 and 2003 Shenandoah 100 Mountain Bike Race, admission is \$5.00.

Sunday Feb. 1st is the Super Bowl Sunday Ride to Reddish Knob and beyond.

The Feb. 9th meeting will be at Shenandoah Bicycle Company beginning at 7 pm. After the business session there will be 2004 products on display.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

FEBRUARY MEETING MINUTES

The February meeting of the SVBC was held at the Shenandoah Bicycle Company in Harrisonburg on Feb. 9th. There were 10 members present and "the guy upstairs". The Treasurer reported a balance of \$8,427.72.

Neups, as reported in last month's meeting minutes, has become a member of the Thunderhead Alliance, a national coalition of state and local bicycle advocacy organizations. It was moved and passed for the SVBC to join as an organization.

Everyone who receives e-mail updates from Neups and is on the e-mail list should join the YAHOO svbikeclub message group @ <http://groups.yahoo.com/group/svbikeclub/>. This will allow communications to be sent through the message board and eliminate the need for address groups. Messages such as rides, advocacy issues, and other bicycle information will begin to be posted on the message board in May and no longer be sent directly to members.

Dan and Betsy provided an update by e-mail on the Festival for 2004. OCP is actively involved in getting ready for this year's festival with a meeting date to be decided upon for late Feb. early March. The meeting date will be posted on YAHOO.

At the recent town council meeting Len presented Jim Baker, the Director of Public Works, with a certificate of appreciation for his work at making Harrisonburg a more "bike friendly" town.

Thomas reported that the SMBC is in the process of becoming a non-profit organization as is looking for interested people to be on the board of directors. There is going to be a Wilderness update meeting Feb. 26th that Thomas will report back to the club on.

The meeting then joined Thomas in reviewing the new 2004 bikes. A question and answer period followed on general bike parts, frames, styles, and improvements. Thanks Thomas for your time, showing the new rigs for 2004 and opening the shop for the club. Great show, great bikes, great conversation. Thanks to Steve Stickle for his wisdom on frames and frame building. Visit Steve "upstairs" over the SBC to look at his frame building shop.

When the liquid refreshment ran out, the meeting was adjourned. March's meeting will in the back room at Luigi's at 7 p.m. on the 8th.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Jeff Claman

Crozet

WELCOME BACK RETURNING MEMBERS

Deborah Armstrong

Judith Freudenthal

Len Van Wyk

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/> Message group <http://groups.yahoo.com/group/svbikeclub/>

ADVOCACY

Len Van Wyk presented a plaque of appreciation to James Baker, the head of Harrisonburg's Public Works department on February 10th during the city's council meeting. Mr. Baker also received a can opener made from recycled bicycle parts (chain and chainwheel). The presentation was made for Mr. Baker's support of bicycle improvements in the city.

Len also attended the open Harrisonburg Parks & Recreation meeting regarding the plans for the Smithland Road park. The facility, which will be phased in over the next few years, will be primarily a "sports park," with a few more soccer fields, some baseball diamonds, various rest areas, some walking trails, some picnic areas, and ample parking. He brought up the concern that since there are so few places for young kids to ride bikes in the city, that any motorized access roads should have ample room for bicyclists as well. It appears bicyclists will be accommodated in this facility, and (as far as he could tell) the walking trails will be dual bike/pedestrian use as well. So that will be a nice touch for this park.

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 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: Yakima Hitch Mount Bike Rack. Fits 2" receiver hitch. Carries up to 4 bikes. Integrated One-Key locking system. Three tube-top accessory bars for non-traditional bike frames. Asking \$150 Call 896-5822 after 5:50pm.

FOR SALE: BIKES: Diamondback Wildwood mountain bike. 18" with 26" wheels. Maroon color, granny gears, ridden about five times. Rear rack with carrying bag. Cat-eye cyclocomputer attached, helmet included. Asking \$265. Univega mountain bike. 17" with 24" wheels. Green color, granny gears, ridden about four times. Helmet included. Asking \$245. Call 433-8149 before 6:00pm or 867-5347 before 9pm. Or e-mail LAMBSRUN@SHENTEL.NET or LANCELOT@SHENTEL.NET.

NIGHT RIDING

by Scott Ripley

My mileage goal for 2003 is 1650, but I have a secret goal of 1800. Now here it is 29 Dec and I have 1786 miles and time is running out fast. What should I do? Be satisfied that I surpassed my regular goal, or try something I never imagined I would do – a night ride – and get an even round number of miles I never imagined I would go on two wheels in a year. Of course, you know what I did. I wouldn't be writing this if I didn't.

It's 4:30 pm. I run for my car and speed home. All my biking clothes are laid out and ready to go. I'm on the bike at 4:45 with my little red light flashing under my seat and a new Cateye LED headlight on my bar (liberated early from my Christmas stocking). I figure the back roads of Powhatan County will be a great place for a first-time night ride. Wrong! Although I don't crash, and I get my 1800 miles for the year, I learn a lot of rules for night riding in only one hour's time. There are probably more rules, but I can only learn so fast:

- Don't look at the headlights of on-coming cars. I was a couple hundred feet from making a right turn and a car coming towards me wanted to turn right onto the same road. He saw me just fine, but he thought he'd be helpful and switched to high beams for me. AARRGG!!! I'm blinded! I can't see my turn! I slow down so much I think I'm going to fall and make the turn wide.

- Pedal slower than you usually go. All contrast is gone, so you can't see potholes or obstructions until you are very close to them.

- You must make up for the partial loss of sight by listening more. I was twice chased by a dog that I did not see and neither of them barked a warning. I hear one running through the woods and hear the other's nails on the pavement behind me. Luckily I'm at the top of a hill and outrun them.

- Carry and extra light source. As I outrun the second dog, I put too much pressure on my pedals while shifting to the big chainring and the chain slips off. After coasting to a stop, I can't put the chain back on because it's too dark to see what I'm doing. I could do it by feel, but then I would have dirty hands or gloves. I'm in luck again – I'm 200 yards from home. So I walk.

- Wear as much reflective stuff as you can. I'm going to ride tomorrow night and I think I'll wear my yellow rain jacket. Tonight I'll buy a reflective safety vest.

- A riding buddy would be helpful. More lights to display. Anyone want to go with me?

So there you have my first observations from one night ride. I'm sure I'll learn some more tonight. A friend told me today to watch carefully for pedestrians and joggers. He almost gave one an "unintended ride". He also told me that another night rider got killed when he ran into the back of a truck. He said, "I used to wonder how he could not have seen it but now I know."

TIDBITS

If anyone would like to participate with the newly being formed Team Salvation Army cycling team, Butch Reedy is looking for you. This team is being formed to raise money for the Salvation Army through donations in the community. There are ten events scheduled April through October in the states of Virginia, Maryland, New Jersey, New York and North Carolina. They are looking for Christians who would like to serve the Lord with their passion of cycling. If you only can do only some of the events, that's okay. They would still like you as a part of the team.

Butch also writes on behalf of the local Salvation Army. Sarah Williams, the director in Harrisonburg which is helping with the cycling team, also would like to ask our club if anyone would like to help them with forming bicycling event in the Harrisonburg area to help raise money for the Salvation Army as well.

If you have any questions, please feel free to contact Butch by e-mail at Hokiefan4god@aol.com, or by calling 434-2811.

The Bridgewater Volunteer Rescue Squad has acknowledged our Club's contribution of \$100 for their continued readiness during our Bike Festival and Century rides.

If you're looking to see the Tour de France in person this year, you might want to check out this from someone who has been there and organized others to go there. Just visit and download from the following: http://a104.g.akamai.net/7/104/1751/0001/www.lancearmstrong.com/LA_com_version.pdf

Have you started commuting by bicycle yet? If not, and you want some tips, check out <http://www.mwcog.org/commuter/Bdy-bike1.html>.

Some of the e-mail addresses we had have gone sour. Many I've gotten new ones. One that is still bad is Terry Prodoehl's. Terry, please e-mail SVBC-NL-Editor@att.net with your new one. Also, if anyone has changed their address, please get that change to the editor.

The number of Club memberships has been as high as 118. Currently we're at 92. It never hurts to tell your non-Club cycling friends about us. We have a lot to offer and could always use another point of view.

2004 ICICLE RIDE



As seen from the picture, we had a good turnout (16 riders) for this year's Icicle Ride. Neups took the picture and is represented by his helmet, held by Bill Taylor. Bill's been leading this ride since its inception (not counting last year's rainy day). We covered road 22 miles this year.

Thanks to everyone who came out and enjoyed the weather.

SCHEDULE OF EVENTS

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

SATURDAYS

WINTER TRAINING RIDES. 12 noon. This winter we will bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will meet on a weekly basis for rides of one to two hours in length--weather dictates the distance. Ride leaders will include Marcia, Bill, and Marshall. Be sure to call beforehand. First ride will be on January 8th and the series will be continued through March. Major snowfall means cancellation of the ride and cross-country skiing instead. Call Marcia (432-3312), Bill (828-6635), or Marshall (434-1609) for location and other details. Shake off that winter feeling of blah & join us!

SUNDAYS

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

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.

- March 7 Dismal Dash 40k road time trial. Suffolk. Registration opens at 8:00 & closes at 9:30. First rider off the start at 10:00 (1-minute intervals). For more detailed information visit: <http://www.chesapeakecyclingclub.org/>.
- March 13 Hamilton, GA. Wheels O' Fire Cycle Tour 2004. 26-101 miles. Call 1-800-381-4381 or visit www.harriscountychamber.org for more information.
- April 4-6 6th Annual Bike Walk Virginia conference. Arlington. Call 703-243-9800 for hotel information. For more information and program updates, visit www.bikewalkvirginia.org.
- April 20-25 A full squad from US Postal Pro-Cycling Team, presented by Berry Floor, including Lance Armstrong, will participate in the 2nd Annual DODGE Tour de Georgia. **Discover Adventures** has been selected as the official tour operator of the 2004 Dodge Tour de Georgia. They have designed two tours of the Dodge Tour de Georgia, including one that will follow the entire tour start to finish, and one that will follow the tour over the mountain stages during the final weekend. Visit tour-of-the-Tour for details, call 404-875-9996, or e-mail tom@discoveradventures.com.
- May 1 Tour de Cure, Ashland. Visit www.diabetes.org/tour or call 1-888-DIABETES for more information.
- May 1 3-State 3-Mountain Challenge. Chattanooga, TN. One of the most scenic and challenging centuries in the Southeast. The rigorous 100-mile option is unique in that it climbs three mountains, one in each of three states: Tennessee, Alabama, and Georgia. Also a metric and quarter century options. Proceeds will benefit the Bethel Village Home for Children. The Bessie Smith Jazz Festival is also happening in Chattanooga that weekend. More detailed information and applications are available for both events at www.chattbike.com and online registration is available from the same or from www.active.com. Contact for the ride is Daisy Blanton, 706-820-1157 or DaisyBRider@cs.com.
- May 29 Wilderness Road Ride. Christiansburg. 12-75 miles. Follows the historic route of Daniel Boone in the New River Valley. Visit www.CyclingDoubleHeader.com or e-mail james@runaboutsports.com for more information.
- May 30 Mountains of Misery Challenge Century. Christiansburg. Nearly 10,000 feet of climbing. Or over 13,000 feet of climbing on the double metric option. Visit www.CyclingDoubleHeader.com or e-mail james@runaboutsports.com for more information.
- June 5-6 Choo Choo Challenge. Cancer fund raiser. Day 1 - 102 miles - 11,210 ft. climb. Day 2 - 85 miles - all downhill with a tail wind. Check it out at www.choochoochallenge.org.
- June 18-23 17th Annual Bike Virginia. Shenandoah Odyssey. Bridgewater to New Market and back. Visit www.bikevirginia.org or call 757-229-0507 for more information.

- June 24-27 Cycle Across Maryland. Ride Your Bicycle Through Scenic Northern Maryland. Visit Civil War Battlefields. Pedal Through Historic Covered Bridges. Emmitsburg, MD. This year CAM is working with a new format. For those familiar with the LAB Gears, this will be similar. Visit http://www.onelesscar.org/CAM_2004/cam_info.htm.
- June 27 – July 2 10th Annual Bicycle Tour of Colorado. Loop tour from Fort Collins. Visit www.BicycleTourColo.com or call 303-985-1180 for more information.
- July 11-16 5th Annual Coastal Tour. Tours along the Maine coast. Call 207-743-5993, e-mail them at info@coastaltour.com, or visit www.CoastalTour.com for more information.
- July 25-31 The Bon Ton Roulet. Finger Lakes region of New York. 350 miles. Call 607-756-2893 or visit www.bontonroulet.com for more information.
- August 7 The Mountain Mama in Monterey is on for 2004. Go to <http://bikemountainmama.homestead.com/index.html> for more information.

2003 MILEAGES



Marcia Lamphier	11,434	Neups	7,653
Cowles Andrus	4,412	Doug Lane	3,937
Chris Hamilton	3,501	Scott Ripley	1,801
Diane Livick	1,285		

If you have your 2003 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 MARCH/April

BETSY DUNNENBERGER	DENNIS HERR	JEFF LANDIS FAMILY
BRENT & JUDIE McNETT	ZACK PERDUE	CHRIS SCOTT
JAMES E. SHUKE	BILL TAYLOR FAMILY	
Jim Brown	Eddie Bumbaugh	Dary Erwin
Mark Lenker	Lou S. Pugh	Winston W. Shiflet Family
Kate Zebatto		

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