



APRIL 2004 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

April 12	7:30pm	Monthly meeting at Luigi's.
April 17	9:00am	Trash pick-up, Penn Laird post office. Followed by a ride at 10:00, Montevideo Middle School.

MARCH MEETING MINUTES

The March meeting of the SVBC returned to Luigi's back room. The attendance records of previous months remain in tact with only four members present. I missed the treasurer's report, however if my memory serves me correctly it was in the range of \$7,900. The club received a thank you and contribution acknowledgement from the Bridgewater Rescue Squad for the club's donation of \$100. Thomas Jenkins and Chris Scott gratefully acknowledged the support of the club in donating \$330 for their attendance at the National Bike Summit in Washington, D.C. A recap is included in the March newsletter.

Although not part of the March meeting, but club business none-the-less, the club is going to purchase a hard sided bicycle travel case for use by club members. Currently the case is stored at Neups' house with subsequent storage to be at the "last used" house. If any club member wishes to borrow the case contact any club officer for its location.

Our Community Place will be having a Festival meeting on March 22nd to discuss the 2004 Shenandoah Bicycle Festival. Any club member interested in helping OCP is encouraged to attend. Contact Dan Finseth for a time and place.

By the time the March newsletter is published the SMBC will have held a club meeting to detail steps being taken for tax exempt status, including board members and officers. There will be more information on this meeting in the April newsletter.

Wednesday night fun rides begin in April, see the Events section for more details. These rides are social in nature and everyone is encouraged to attend. Race numbers will not be given out.

This just in, May's meeting will be a slide show by Rich Harris of his trip to Thailand. Look for an announcement of time and place through e-mails and the club message board. If you haven't registered as a member of the mail group and wish to do so the web address is <http://groups.yahoo.com/group/svbikeclub/>.

The next meeting will be April 12th, 7:30 at Luigi's. No plans now for pre-meeting rides during DST, however if there is enough interest the rides can be restarted. Check with Marcia if interested.

The meeting was adjourned.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Kyle Lawrence

Burke

WELCOME BACK RETURNING MEMBERS

James Shuke

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/		

STOP THE PRESSES

If this newsletter seems a little late getting out, it is. I've had quite a bit on my plate the last couple weeks. I've been trying to get in training time for a brevet with my brother – 183 miles in one shot. That's not bad, except that it's on May 15th. But the kicker has been that, barring a bad inspection, I'll be moving to some new digs. It'll only be four blocks, but all the

planning and things to take care of have already been swimming through my brain. This also means that my house will be for sale. So if you've been looking for a well-kept, two-bedroom, six-room Cape Cod style home, get in touch with me.

Neups

ADVOCACY

The Harrisonburg City Council has adopted the new Comprehensive Plan at last Tuesday's meeting. The document can be found on the city's web site - a direct link is <http://www.ci.harrisonburg.va.us/commdev/CompPlan/CompPlanFrame.htm> - and paper copies are available at the library, the municipal building, the community development office, and the chamber of commerce.

There are 16 stated "goals," each with a list of "objectives." The goal that most overtly deals with cycling is:

Goal 8: To develop a safe and convenient transportation system serving all modes of travel, such as automobile, pedestrian, bicycle, and transit.

And its two most relevant objectives are:

Objective 8.2: To promote bicycling as an alternative mode of transportation. (e.g., implementation of the Harrisonburg Bicycle Plan, bicycle facility requirements in new developments, etc.)

Objective 8.7: To improve the safety of all modes of travel.

Many, if not all, of the public input meetings for the Comp Plan were dominated by pedestrian and bicycle concerns from the public, and this is reflected in the plan, although not as strongly as I would have liked. Also, since the Harrisonburg Bicycle Plan was adopted in early 2000 and the last Comp Plan update was 1998, this is the first Comp Plan that officially recognizes the Bike Plan. That gives the Bike Plan a few more teeth.

Other components of the plan, such as land use guidelines, will have a less direct impact on cycling, but still a positive impact. We'll see how closely the Comp Plan is followed between now and the next update.

Len Van Wyk

OLYMPIC HOPEFULS

Ken Bell is making a documentary on Jeremiah Bishop and Sue Haywood as they try to make the 2004 Olympic Team. This is going to be a huge project but hope to appeal to a large audience. You can follow their project, and Sue and Jeremiah at their new website, www.trektoathens.com.

SMBC NEWS AND HAPPENINGS

The Shenandoah Mountain Bike Club held an organizational meeting at the home of Thomas and Julie Jenkins on March 17, 2004. There were 23 members present. Thomas Jenkins opened the meeting by explaining the club's effort to incorporate and become a 501 C3 non-profit organization. Ryan Ketchum has been preparing the paperwork necessary to accomplish both tasks. When the club obtains the non-profit status it can apply for grants and other funding and it is felt better support mountain biking in the area.

The positions necessary to continue the move to incorporate consisted of board members and officers. Discussion on the number of board members and officers resulted in the decision to have 5 board members with three members remaining on the board for 2 years and two members holding one year terms. The club will have a president, vice president, secretary, treasurer and member coordinator. Additionally other members will hold the position of web master, newsletter, and data base provider. There were numerous members who had expressed an interest in holding the positions described. With unanimous support the following persons will be the first board members and officers of the Shenandoah Mountain Bike Club:

Board Members

- Justin Wimpey: 240 Sunrise Avenue Harrisonburg, VA 22801 (1 year)
- Branch Crockett: 550 South Mason Street Harrisonburg, VA 22801 (1 year)
- Christine Hall: 475 Preston Drive Harrisonburg, VA 22801 (2 year)
- Paul Johnston: (2 year)
- Thomas Jenkins: 375 East Wolfe Street Harrisonburg, VA 22802 (2 year)

Officers

- President: Thomas Jenkins
- Vice President: Chris Scott
- Secretary: Jill Fazio
- Treasurer: Christine Hall
- Assistant Secretary (Membership Coordinator): Jeremy Wimpey

Other Duties

- Web Masters: Kevin Keane, Mark McCoy, Thomas Jenkins
- Newsletter: Branch Crockett, Erin Johnston, Mike Carpenter
- Database: Mark Russell

In other business the club decided to hold regular meetings on the third Tuesday of each month. The April meeting will be at 8 p.m. on the 20th at Dave's Taverna. The club has agreed to load and unload luggage during the Bike Virginia festival to be held in June. Volunteers are needed for Sunday June 20th from 10 a.m. until 1 p.m. and Monday June 21st 5:30 a.m. until approximately 9 a.m. Bike Virginia will donate to the club's treasury for this service. The SVBC's message board was made available for SMBC members to use to post messages of interest to cyclists. The message board can be found at <http://groups.yahoo.com/group/svbikeclub/>. Persons posting messages will need to become a member of the group.

The meeting was ended, basically because there wasn't any more beverage or pizza. Thanks, Thomas and Julie for the use of your house.

WEDNESDAY EVENING RIDES

Wednesday, April 7th will be the start of the Wednesday Evening Rides for the 2004 cycling season. We leave from the Harrisonburg High School parking lot (395 S. High St./RT 42 South) at 5:15 P.M. SHARP!! Faster riders are encouraged to join us for a "recovery ride" and for fun; however, this ride is NOT race-pace---save it for another day!

Let's encourage riders to join us & learn to ride in a safe group environment. 1 1/2 - 2 hours FUN ride (conversational pace). Please contact Marcia (432-3312) for more details. Come join us!!

FAREWELL

The Club bids a fond farewell to Gene and Sarah Miller. Gene rode both road and mountain bikes, while Sarah graciously gave of herself and her time to help with the Club's Century. They're moving to Florida to enjoy the sunshine and warmth. We wish them much success and joy in their new endeavors.

DOUTHAT TRAIL CREW WEEKEND

Saturday May 1st-IMBA would like to invite you to a free gathering related to off-road mountain biking in Virginia - Saturday May 1st. Who should come? All Virginia clubs and any riders who care about increasing and protecting their riding opportunities. We strategically coincided this meeting with one of Virginia's favorite races, the Middle Mountain Momma, at arguably the best riding destination in Virginia, Douthat State Park. We will have the Subaru IMBA Trail Care Crew on hand as well as VA resident Rich Edwards of IMBA Trail Solutions. For more information on Douthat check their website -- <http://www.dcr.state.va.us/parks/douthat.htm>.

Weekend Agenda

11:00 am ---- Intro

11:15 am ---- Club intro's and round robin (Clubs will give short presentation on their current working relationships with land managers and mention short and long term goals)

12:00 pm ----IMBA update on current relationships with VA and federal agencies

1:00 pm ---- Lunch Break - PB&J and snacks will be provided if you RSVP!!!!

2:00 pm ---- Break out session - local municipal /state/federal advocacy - trail grant opportunities related to each relationship will be discussed

2:45 pm ---- Freeriding - How to, when to, and where to

3:15 pm --- Wilderness and Scenic Area proposals in the state of VA

4:00 pm --- Discussion on need and form of VA trail advocacy group

4:45 pm --- Snack and beverage break if you RSVP

5:00 - 7:00 pm IMBA Trail Care Crew presentation on worldwide trail successes

7:00 pm --- Dinner - Pasta Feed sponsored by Shenandoah Mountain Touring, LLC

-----May 2 Sunday-----

Middle Mountain Momma - VA point series www.mountainbikevirginia.com

Ride Ride Ride!!!!!!!!!!!!!! Not interested in racing? Volunteers are needed!! Or just spend the day riding the super fun trails. Space will be limited for Saturday's talks. RSVP to chris@mountaintouring.com. Please reserve a presentation slot for your club or group.

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.

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.

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.

TRANSPORTATION BOARD APPROVES NEW POLICY FOR VDOT TO IMPROVE BICYCLE AND PEDESTRIAN ACCESS

RICHMOND - The Commonwealth Transportation Board (CTB) approved today a new policy aimed at providing bicyclists and pedestrians greater access to safe transportation on roadways across the state.

"Walking and biking are important modes of transportation. In order to ensure greater efficiency in our transportation network, these modes must be considered and planned in coordination with other transportation improvements," said Transportation Secretary Whitt Clement. "The CTB policy adopted today is intended to ensure that accommodation for these modes is incorporated in the decision-making process for Virginia's transportation network."

Clement added, "At Governor Warner's direction, we are taking a broader view of Virginia's transportation network and in doing so, we will further enhance the quality of life throughout the Commonwealth."

VDOT partnered with citizen and local government groups to develop the new policy. Highlights from the policy include:

- A framework through which VDOT will accommodate bicyclists and pedestrians, including pedestrians with disabilities, along with motorized transportation modes in the planning, funding, design, construction, operation, and maintenance of Virginia's transportation network to achieve a safe, effective, and balanced multimodal transportation system.

- Sidewalks, bike lanes, shared-use paths or other accommodations will be considered in the design of all new highway and major reconstruction projects, depending on safety issues and the need.

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

For more information on the Internet: Policy for Integrating Bicycle and Pedestrian Accommodations

<http://www.virginiadot.org/infoservice/bk-policyinfo.asp>

VTrans2025

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>

E-MAIL ADDRESSES

I've still got bad e-mail addresses. I'm looking for correct address for Terri Prodoehl, Donald Shiflet, Lou Bartram, and Dusty Williamson. Please send me an e-mail at SVBC-NL-Editor@att.net. Thanks.

FRANCE (part 4, the final)

July 18 – Day 14 – Cold, no, hot

The day started cool, only 51° at 8am, so I dawdled through a big breakfast and my packing. I started out solo again today, climbing the **Col de**

Romeyere (1074m/3523') before dropping to the Isere River. By then it had warmed enough to shed my vest and warmers. Erik caught up to me in St. Laurent-du-Pont, where I enjoyed a drink and he enjoyed a

chocolate éclair. From there we entered the Gorges du Guiers Mort, with its shade and wonderful scenery. The end of the gorges marked the beginning of our next climb up the **Col du Cucheron** (1139m/3736'). This col started steady, but became a double chevron near the end. The downhill brought us overlooking St. Pierre-d'Entrant, where we stopped for lunch. It was then on to the Gorges du Guiers Vif. Rolling hills brought us to Lac d'Aiguebelette, which we circled counterclockwise. The **Col de la Crusille** (573m/1879') was next, on which Charlie battled Jim, followed by a good downhill run towards St. Genix-sur-Guiers. It was then just a short ride up the main highway and then a sharp uphill to our hotel in Champagneux. It was an 87 mile, 7100' of climbing day, rewarded with a dip in the pool and a room that was extremely spacious.

July 19 – Day 15 – Almost over

It gets hot early when you're not in the high mountains. We had to stop several times in the first half hour, trying to decipher the map and cue sheet. I felt good going up the **Col du Tournier** (788m/2585'). Trying to get to the next col by following the cue sheets was another effort in futility. Several French riders let me know I couldn't get there from where I was. We ended up going back down to the main road and circling around on more traffic-laden roads. Eventually we reached the **Col du Chat** (638m/2093'). We were now above Aix-les-Bains and the Lac du Bourget. The road heading north had some very good views of both. We broke off from the lake and circled down to follow the Cal de Savieres, where boaters were lazily heading down the river. Upon reaching the north end of the lake I headed up the east side by climbing the **Col Belvedere** (724m/2375'). This was mostly a double chevron in the heat of the day, but with a redeeming quality that you got terrific views of the lake from the other side.

We followed the Nephaz River into Rumilly and had a nice lunch, Randy, Scott, Scott, and myself. Charlie found us a little while later and joined us. Then we followed the Fier River, wishing in the heat that some of that water were upon us. In Seyssel I actually stopped at the water fountain and splashed some on me, though the relief didn't last too long once I started out again. More gentle climbing, with views again of Mont Blanc, finally brought us out to the national route and we only had a few more miles into Eloise. Thus ended the 75 miles and 6500' of climbing for the day.

July 20 – Day 16 – The final ride

Last night and this morning I had decided on one of the shorter routes for today, being somewhat tired, needing to pack the bike, etc. Yet, when we gathered outside the hotel, I decided to take the long route and finish with 900 miles for my tour. I started with Charlie and Chin, but we had a disagreement on the route (those maps and cues again) and I decided to just keep riding instead of agonizing over the direction. I eventually came out on the road I needed, gently climbing to St. Germain-de-Joux. Entering the town took a quick burst of power uphill, then the road continued its gentle climb through the Gorges du Semine, a nicely shaded route. I reunited with Charlie and Chin here. After some forest roads, we stopped in Tres-la-Ville for water, talking with a couple of older gentlemen near the water fountain. We continued climbing and descending, arriving in Mijoux, where they were having a festival. After some refreshment, it was time to do our last climb, the **Col de la Faucille** (1320m/4330'). The uphill was gentle and the downhill fast, with many good views. I continued to Bossy, had one last stop at a patisserie, and rode back to the hotel. This gave me 62 miles for the day and another 6000' of climbing. So for the second week, I rode 480 miles and did 42,800' of climbing. This gave me a grand total of 902 miles and 92,600' of climbing.

July 21 – Day 17 – Home

All the beautiful sun we had turned to thunderstorms as I got to the Geneva airport. I was quite glad it held off for us for two weeks. I breezed through what little security there was and had breakfast while waiting for my flight to London. In London's Gatwick airport, they have a hub where most of the shops are. Thus, all the travelers were congregated in one place. It made for a busy atmosphere. Once we boarded the plane there, another storm was across the Atlantic. The captain let us know we'd be detained while they worked out new schedules. The delay went from one-half to one hour, then up to four hours, down to two hours, and then we had the word we'd be departing. The delay ended up lasting only one hour. With the adjusted flight path, we got to Pittsburgh only forty minutes late. On my way home I forgot that I picked up six hours, didn't sleep, and got to Pittsburgh before realizing that by the time I got home I would be awake twenty-four hours. I tried napping in Pittsburg, but to not much avail. I flew to Shenandoah, Robin drove me home, and I crashed heavily. My tour was complete.

SCHEDULE OF EVENTS

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

TUESDAYS	TIME TRIALS, Montezuma. Officially timed from May – September, the 2 nd and 4 th 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. 12 noon. We will continue these 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	SPRING RIDES leaving from Bridgewater College at 1pm. 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.
APRIL 17	ADOPT-A-HIGHWAY TRASH PICK-UP AND RIDE. Come join us for a quick pick-up of trash on our section of county roads. We'll meet at the Penn Laird Post Office at 9am. Once finished we'll gather at the Montevideo Middle School at 10:15am for a 35-mile ride. Contact Neups (434-1878) or Marcia (432-3312).
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.

Saturdays	Bagel Ride. 11am. 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 beginning of May. E-mail spinfreak@hotmail.com for more information.
April 4-6	6 th 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 .

- April 25 1st Annual Foothills Classic Challenge Century. North Carolina and Virginia. Visit www.foothillsclassic.org for more information.
- 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 13 19th Annual Bay to Bay Ride. Betterton, MD. 27-104 miles, flat. Proceeds to benefit Lions Club Leader Dog Program for the Blind. E-mail them at bay2bay04@hotmail.com or find them on www.active.com.
- 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 19-26 16th Great Ohio Bicycle Adventure. Call 614-273-0805 or visit www.goba.com for more information.
- June 24-27 Cycle Across Maryland. Scenic Northern Maryland, Civil War Battlefields, Historic Covered Bridges. Emmitsburg, MD. For those familiar with LAB Gears, this will be similar. Visit http://www.onelesscar.org/CAM_2004/cam_info.htm.
- June 26 – 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 11-18 6th 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 11-16 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 16-24 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.
- 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	Len Moyerman	3,242
Robin Hulvey	2,003	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

JIM BROWN

MARK LENKER

KATE ZEBATTO

Cowles Andrus, III

Chris Hamilton

Rich Rebuck

EDDIE BUMBAUGH

LOU S. PUGH

Ken Bell

Matt Hegemier & Family

Keith & Gretchen Trevvett

DARY ERWIN

WINSTON SHIFLET FAMILY

Carl Goetz

William H. Miller

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



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