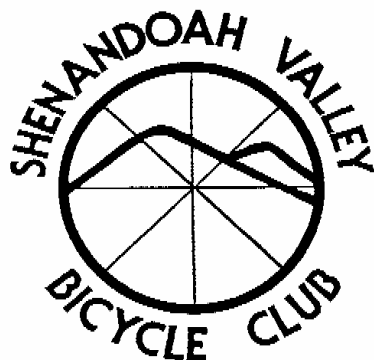




MAY 2004 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

May 10 6pm Monthly meeting at the house of Rich Harris. The meeting will start with a potluck dinner. The meeting will feature Rich's slide show about his trip to Thailand this past January. Please bring a dish to share and the beverage of your choice. The Club will supply dessert. Dinner will be served at 6pm and the meeting and slide show will begin at 7pm. Rich lives at 101 Breezewood Terrace in Bridgewater. Please e-mail harrisra@jmu.edu or call 828-2380 Rich to let him know you are coming and/or to ask for directions.

May 24 8pm Shenandoah Valley Bike Festival meeting. Melanie's house - 661 North Main Street. The house is located across the parking lot adjacent to the Little Grill. For further directions, folks may call 433-7738.

WELCOME NEW MEMBERS

Sam Thompson

Staunton

WELCOME BACK RETURNING MEMBERS

Cowles Andrus

Leonard Clymer

Dary & Nathaniel Erwin

Matt Hegemier Family

Sheila & Terry Newman

Scott Ripley & Diane Livick

Bill Taylor Family

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

Century
Rides

Art Fovargue 433-9247
Bill Taylor 828-6635

Advocacy

Len Van Wyk 432-0138

Newsletter
Bike Festival

Neups 434-1878
Dan Finseth 438-8063

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

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

APRIL MEETING MINUTES

The April 12th meeting of the SVBC was held in Luigi's back room. There were seven members present. The Treasurer reported a balance of \$7,556.86.

Members of the SVBC met with representatives of Our Community Place earlier in March to assist in preparations for the SVB Festival. OCP will assume organizational responsibility while the Club will provide routes, route markings, and ride leaders.

Thomas Jenkins reported on discussions with the Harrisonburg Downtown Festival committee to hold some sort of bike event such as a family ride along the downtown area. The Festival will be Sept. 18th and further discussions will be held.

Mark your calendars for June 18th when Fridays On The Square will offer "Breaking Away", possibly the best cycling movie ever. Look for more details when the schedule is completed. Other activities discussed included the continuing of Trail Work Thursdays sponsored by the SMBC. Currently Kaylor's Knob area is being groomed with other trails to be announced for May. Check the SMBC web page for more information,

<http://www.shenandoahmountainbikeclub.com/>.

Those dual SVBC/SMBC members need to renew your membership dues with either Club. It has been about a year since the SMBC held its first meeting in conjunction with the Wilderness meeting, so membership is about to expire.

Bike to Work day is May 7th (the Virginia Adopt-a-Highway organization is touting this as Clean Commute Day). There has been discussion on having various shops and food establishments provide support for this day, however no official list is available at is time. Regardless of incentives, plan on biking to work on May 7th. It may start something good for you and the area.

Neups has agreed to keep the hard-sided travel case at his house. Therefore, anyone needing to use it, contact Neups.

Just a side note, the Harris-Roubaix hosted numerous riders for a day of gravel road celebration on April 11th. Among the participants were the top female contender for an Olympic mountain bike position, Sue Haywood, and the second leading UCI points holder for a men's position, Jeremiah Bishop. Sue won with our Chris Scott second. Some pretty good company for the 'burg.

May's meeting will be held at Rich Harris's house in Bridgewater. After the business meeting Rich will show us slides from his trip to Thailand. Contact Rich for details and directions.

After watching, in amazement, as Thomas finish a Biggie Calzone the meeting was adjourned.

The meeting was adjourned.

Respectfully submitted,

Marshall Hammond

Secretary SVBC

MAY IS NATIONAL BIKE MONTH

For the 48th consecutive year, National Bike Month will be celebrated in May. More specifically, May 17 through May 21 is Bike-to-Work Week, a promotion sponsored by the League of American Bicyclists, Shimano, and Rodale. To discover what's going on in your region, and/or to learn how to add to the schedule of events, visit the following website, where you can also find a three-step process aimed at getting public service announcements into the hands of your local media: <http://www.bikemonth.com>.

HOW TO COMMUTE BY BICYCLE

from the League of American Bicyclists website

1. Sharing the road

- Bicycles are vehicles and should act and be treated as such on the roadways
- Laws that apply to motorists apply to cyclists as well; ride on the right, with traffic
- Ride in the right-most lane that goes in the direction that you are traveling

2. Signals and signs

- Obey all stop signs, traffic lights and lane markings
- Look before you change lanes or signal a turn; indicate your intention, then act
- Identify hazards and adjust your position on the roadway accordingly

3. Safety

- If the lane is too narrow or you are going the same speed as traffic, take the lane
- Be visible and predictable at all times; wear bright clothing and signal turns
- Always wear a helmet to protect your head in the event of a crash

4. Route choice
 - Consider distance, traffic volume, road width and condition, and terrain
 - Some routes may be a bit longer but much more pleasant; carry a map for detours
 - Allow extra time for a new route; try riding different routes on the weekend
5. Bike parking
 - Try to find an indoor parking area in your office or building in which to keep your bike
 - Lock your bike to an immovable object in a highly visible area out of the elements
 - Ask your employer or building owner to provide safe, covered parking
6. Clothing optional
 - If you have a short commute, ride in your work clothes at a relaxed pace
 - Cycling specific clothing is an option for longer, more strenuous rides
 - Use waterproof and breathable fabrics to stay comfortable and dry
7. Showering
 - Showering should not be necessary in the morning when it is cool outside
 - Many workplaces have showers located in the building; inquire about access
 - Some health clubs offer shower-only memberships for a few dollars a month
8. The bike
 - Any bike that you feel comfortable on will work; make sure it is in good working order
 - Consider weather protection such as fenders and a rack for carrying capacity
 - Invest in a rechargeable headlight; helmet and handlebar mounts are available
9. Maintenance
 - Have your bike checked over by your local bike shop
 - Learn how to repair a flat, fix a chain and inspect your brake pads for wear
 - Replace tires when they are worn out; use tire liners if you experience excessive flats
10. Weather
 - Heat, cold and precipitation require special preparation for you and your bike
 - Fenders and rain gear keep out the rain; use layers and wind proofing for cold days
 - Some cycling-specific gear can provide relief on hot days; it keeps you cool and dry

WHY COMMUTE BY BICYCLE

from the League of American Bicyclists website

1. Fight pollution
 - Automobiles produce toxic substances that pollute the ground, air and water
 - Burning fossil fuels creates CO₂ that contributes to global warming
 - Automobiles also produce noise pollution
2. Stay fit
 - Bicycle commuting allows you to include your workout in your daily schedule
 - Riding a bike instead of your car sitting in traffic is less stressful
 - Staying in better shape will decrease your chances of getting sick
3. Avoid traffic delays
 - Off-road trails, bike lanes and wide curb lanes allow you to ride past traffic
 - Bike commuting takes less time when you account for car parking and traffic
 - Longer rides can result in less traffic and more enjoyment of your commute
4. Save money
 - Maintenance costs for your automobile will decrease, as will your gas bill
 - You will save money on parking (and tickets)
 - You won't have to have a membership to a gym to workout
5. Enjoy your commute
 - Arrive at work refreshed and full of energy; ride off stress after work
 - Commuting under your own power gives you a sense of accomplishment
 - Take the long way home and ride through a park or along a local river

CLASSIFIEDS

FOR USE: Performance Hard Shell Bike Case. The Club now owns a bike case for loan to members (it should fit a 60cm, 24" bicycle). Neups will store it and loan it out on a first-come, first-served basis. If you would like to loan it (FREE), call Neups at 434-1878.

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.

ANOTHER HOUSE

Now that a lot of you have heard of our January nuptials, I need to let you know that Robin Hulvey's house will soon be for sale. So again, if you or your friend(s) are looking, she's got a two-story, furnished basement Cape Cod-style home on Shenandoah Avenue just anxious for a new owner. Call or e-mail me and we'll set something up. Thanks.
Neups

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.

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.

LEARN THE SKILL OF SOFT PEDALING

from www.RoadBikeRider.com

Drafting is the essence of group cycling, but many riders don't do it as well as they could. Here's a technique that'll help change that.

Ride with two or more friends at a moderate pace on a safe road. Form a paceline with you in the middle, about three feet behind a rear wheel.

After you get comfortable, move closer. At two feet you'll feel a stronger slipstream. At one foot, stronger yet. That's the idea. Closer is better for energy savings. But it also requires more concentration.

If you let your attention wander, you might suddenly find yourself too close. If wheels touch, your friend will feel a slight bump but you could be in a heap. It takes better bike-handling skills than most of us have to stay up after front-wheel contact.

The instinctive reaction is to grab the brakes when you see the gap closing to mere inches. But that's the wrong way. Braking should be the last resort in a paceline or anytime someone is close behind. It slows you too abruptly and might cause them to do what you're trying to avoid -- hit a rear wheel.

Instead, soft pedal.

This is the art of continuing to turn the crank but slowly enough so you aren't applying power. You're coasting but it doesn't look like it. This should temper your speed just enough. As soon as you drift back to your margin of comfort, begin reapplying pedal pressure to maintain the gap.

Soft pedaling makes you much smoother than alternating coasting and pedaling. Suddenly stopping and starting is a sure way to annoy your riding partners, too. When everyone in a paceline is always turning their cranks, it's a beautiful thing.

Two other non-braking tips:

---Sit up. As you soft pedal, this helps you catch more air to reduce speed.

---Move slightly left or right. Two benefits: It slows you quicker by putting you slightly out of the slipstream, and it makes sure wheels won't touch. Do it smoothly and minimally for the safety of riders behind. Then flow back in line and resume normal pedaling.

HOW TO LOSE WEIGHT THROUGH EXERCISE

from Ken Kifer's Bike Pages, <http://www.kenkifer.com/>

Printed from a collection written for cycling newsletters, Copyright 2001 Ken Kifer

A cyclist wrote:

You're right that you don't need to do redline workouts and sprints, but everybody knows that it's all about intensity. Thirty minutes at [a heart rate of] 155-165bpm will burn a hell of a lot of calories and jack up your metabolism and release endorphins and give you a high.

My reply:

Intense exercise is good for burning up the sugar that is in your liver, but it burns little fat. A longer, less intense ride is better for losing weight. I always ride harder when traveling shorter distances. A ten-mile ride might average 18mph, a thirty-mile ride 15mph, and my long days on touring trips 12mph or less. Therefore, my short trips and local rides should be better at burning fat, according to your thinking, while the long touring days should be poor. But, my experience shows just the opposite. Rather than lose weight, I gain weight while I am riding only short rides. On my long touring trips, however, I always lose weight while riding day after day at low speeds, even though my eating goes up tremendously.

When I was married, my wife tried losing weight through cycling, following Kenneth Cooper's plan, without success. However, during the two weeks of our one bicycle trip, she slimmed down rapidly, even though walking most of the hills. (She didn't actually lose weight but swapped fat for muscle.)

I was a construction worker for many years. On the harder jobs, I lost most of the fat from my body, even though I was stuffing myself at all-you-can-eat restaurants for dinner each night. None of that work was high intensity or even aerobic. When it comes to burning fat, duration is more important than intensity, and I don't consider 30 minutes of daily exercise adequate, no matter how intense.

Edward F. Coyle in "Fat Metabolism During Exercise" shows the amount of fat being burned declines as exercise intensity increases. For instance, at 25% VO2max (walking), nearly all the energy is coming from fat while at 65% VO2max (touring), only half comes from fat. However, more fat is being burned at higher intensities, because more total fuel is being burned. Two hours of intense exercise would burn more fat than two hours of moderate exercise; however, few cyclists could keep cycling at high-intensity that long.

Source: <http://www.gssiweb.com/reflib/refs/32/d000000020000006d.cfm>

My conclusion is that the best way to lose weight through bicycling for most cyclists is through mileage. As there is no special advantage to being fast or slow, pick the speed that makes you want to ride the greatest number of miles.

PICK-UP AND RECAP

Thanks to April's helpers during our trash pick-up day on the 17th – Alice Stecker, Carl Droms, Marcia Lamphier, Marshall Hammond, Valerie Kramer (with Helen), and Robin Hulvey. We picked up six bags this time. We then changed into our riding gear and went for a 50-mile ride through Elkton, into Page County, Shenandoah, and Massanutten Village. It was a

wonderful loop led by Marshall. Along the way, we saw a fire on the mountain and had to believe it was a real forest fire. Upon checking the Internet when home, I found that it was actually a controlled burn. You sure could have fooled us when we saw it. Thanks, again, all!

Neups

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.

SUNDAYS	SUNDAY RIDES. Rides leaving from Bridgewater College at 9am. We ride 40-50 miles, or 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.
MAY 23	RIDING THUNDER RIDGE ON THE BLUE RIDGE PARKWAY. Join us for this annual climbers' delight. The climb of Thunder Ridge Mountain is a 12-mile climb with 2,500 feet of elevation gain. This trip is a 65-mile loop along the Parkway and returning through the valley back roads. Leave Bridgewater College at 7am and drive 1.5 hours to Bedford County to begin the ride. In order to coordinate carpooling you need to sign up for this ride in advance. There is a possibility of doing this ride on Saturday if that is a better day for people. E-mail harrisra@jmu.edu or call 828-2380 Rich Harris if you want to go.
JUNE 5	RIDE THE SKYLINE DRIVE. Ride the entire 105 miles of the Skyline Drive in one day. This will be a challenging but scenic ride. Leave Bridgewater College at 7am and drive to Rockfish gap near Waynesboro where we will begin the ride. Due to the shuttle you need to sign up for this ride in advance. E-mail harrisra@jmu.edu or call 828-2380 Rich Harris if you want to go. Rain date Sunday, June 6.
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.

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 22 Bike to Build, Laurinburg, NC. Benefits Habitat for Humanity. 10 to 64 miles, t-shirt. E-mail hfhsc@carolina.net or call 910-276-3337 for more information.
- 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 12-13 The Southern Culture MS 150 Bike Tour. http://www.nationalmssociety.org/vab/event/event_page.asp?p=9024&e=5066 The Southern Culture MS 150 Bike Tour will start and end from Walnut Creek in Charlottesville. Riders will enjoy 2 days of riding 75 miles through the beautiful Virginia countryside. The route will also feature a century loop on both days for more adventurous riders. The tour features southern themed rest stops every 8 to 12 miles; SAG vehicles, mechanics, medical staff, and HAM operators to ensure the safety and comfort of our riders. The overnight festivities at Longwood University will again feature a fabulous carbohydrate-loaded meal, music, awards, and the traditional after ride party! You may also call 800-451-0373 for more information.
- 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. 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 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 3 Big Walker Century. This is a charity century that will start and end in the town of Wytheville. Both the 100 miler (8400' of climbing) and 62 miler will cross Big Walker Mountain twice and wind through back roads of Bland and Wythe counties. There is also a 25-mile option. We hope to have our website up and running soon. The address will be www.bigwalkercenturyride.com. E-mail newberry@naxs.com or call 276 288 5610 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.
- July 25 First Annual Tour de Powhatan.
<http://www.powhatanchamberofcommerce.org/TourDeVin.htm>
- July 25-31 Moosa Tour. Rangeley, ME to Quebec City. Sponsored by the Can-Am Wheelers. Call 207-743-9018, e-mail them at cycle@canamwheelers.com, or visit www.canamwheelers.com for more information.
- July 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 1-6 12th Annual Moose Tour. Western Maine. Phone 207-743-5993, e-mail them at info@moosetour.com, or visit www.MooseTour.com for more information.
- August 1-7 Amazing Adirondack Adventure III. Visit www.adirondackbicycletour.com or call 315-258-9190 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.
- September 19 PPTC Century. Berryville, VA. 25, 50, 62, and 100 miles. For more information, go online to www.bikepptc.org.

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 MAY/June

KEN BELL ***	CARL GOETZ ***	CHRIS HAMILTON
WILLIAM H. MILLER	RICH REBUCK	KEITH TREVVETT ***
Barbara Carson-Campbell	Al & Sue Clague	W.R. Good
Steven Hostetler	Kenlyn & Carolyn Miller	Dan Neher

*** Denotes membership in SMBC as well.

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

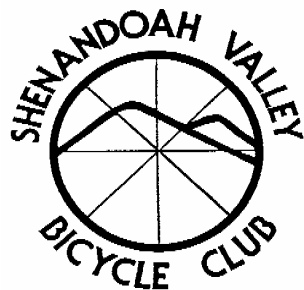
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience 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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