

JULY 2004 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

July 12 **7:30pm** Monthly meeting at Luigi's. This will also be a meeting for the Shenandoah Valley Bike Festival.

JUNE MEETING MINUTES

The June 14th meeting of the SVBC was held at El Charro's as Luigi's was having their annual big clean. There were eight members present. The Treasurer reported a balance of \$7,170.90.

The Club will offer jerseys courtesy of Rich Harris, who is doing all the leg work, and the Club's treasury, which will pick up part of the cost (shipping and screening). By now members have been notified on how to obtain an order form. If you are interested in purchasing a jersey, and haven't been privy to the information, e-mail Rich Harris, harrisra@jmu.edu. The deadline for orders is August 1st.

Please remember the Shenandoah Valley Bike Festival. Our Community Place is now the organizer. Contact Julie Jenkins if you would like to help. Ride leaders are needed.

No other business was conducted.
The meeting was adjourned.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

John Bauman
Vincent Kelly

Mt. Sidney
Clifton

WELCOME BACK RETURNING MEMBERS

Barbara Carson-Campbell

Steven Hostetler

Dan Neher

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/>

SHENANDOAH VALLEY BIKE FESTIVAL

Here comes the 13th Annual Shenandoah Valley Bike Festival - Ride volunteers are needed!! Please contact Marcia (432-3312). We need ride volunteers for Saturday, July 31st. Please choose from the rides listed below. I appreciate your help!!

7A.M. - Century (100 mi.)	7:30 A.M. - Metric Century (65 mi.)
8A.M. - Morning Loop (24 mi.)	9A.M. - Morning Challenge (40 mi.)
10A.M. - Metric Century (32 mi.)	1:30P.M. - Afternoon Loop(23 mi.)

ALSO, the routes all need to be marked prior to the Bike Festival. If you can help with either or both activities, it would help so much. Thanks!!

Marcia

300k

Back in May I did a ride with my brother. Not just any ride, though. He was looking to train for Boston-Montreal-Boston, a 750k (465 mile) event that runs in the years that Paris-Brest-Paris does not. This ride would be his second step towards that goal, a 300k (186 mile) ride with a 20-hour time limit. I had done a few rides of this length in a day, so I told him I was game.

This one was different for me as it started in the dark of 5am, so lights were required. It also had quite a bit more climbing than my lengthy rides, with a total of 12,385', so I had to be in somewhat better shape. And it was earlier in the year than I would normally attempt mine. So this Spring had me out in weather colder than I would have liked, for longer than I would have liked. Though I had done Mount Mitchell in May 1996, I had not done a century ride before that day. This year, I did my earliest century (April 18th), and had done three of them before I did the 300k.

The day started somewhat cool, but got very humid quickly. Though the roads weren't marked, the cue sheet was spot on, and we had no trouble following the route. The first climb was before twenty miles were behind us, but it turned out to be a fairly gentle slope. And the scenery through the Pennsylvania (yes, we had already gone through Maryland and West Virginia) state park was great. We passed by the back side of Camp David after that, and then came upon the

mountains before Shippensburg. These had us working, as we got over the first, had a quick downhill, and had to go right back up the next. Oh, but the downhill into Shippensburg was sweet!

After that, it was mostly rolling to flat the rest of the way. The heat came, but wasn't unbearable. The thirty-seven riders that started had a lot of camaraderie amongst them and chatted at the check-in points and along the way. Three of us were together when we heard the thunder. Around the 150 mile point we had ten minutes of rain, then some clearing, then a few more sprinkles. In another fifteen minutes we were back in dry territory. My brother, though a flatlander from Minnesota, had done his training well and we came in after 14 hours and 16 minutes. That put him 18th in the group, averaging 14.9mph.

We were lucky. In another hour the real storms came through the area. Those still on the course HAD to have found some shelter for almost an hour, as driving a car was barely doable. The last person in finished in 18 hours and 43 minutes. The first, in 11:12! And one, after breaking his seatpost, did not finish. We had passed him on a smaller climb before the bad ones hit, and he looked pretty miserable. I guess standing for miles and miles will do that to some. Overall, a very good day of riding.

Neups

ADVOCACY

More than 250,000 cyclists rode through the streets of Germany's capital city on June 6 in what organizers said was the world's largest demonstration of bike enthusiasts. With miles of dedicated bike lanes (Radweg), Berlin is among the most cyclist-friendly cities in Europe.

Demanding "respect for cyclists," riders from as far a field as New York, Moscow and London had more than 300 miles of Berlin streets to themselves as they navigated sixteen different routes, including two stretches of Germany's famous autobahn.

Amidst pleasant weather, attendance at this year's event was more than double that of a similar demonstration last year. Participants included everyone from bemused retirees to a hard core of spandex-clad bike messengers - and more than a few irate commuters who have rediscovered their two-wheelers as gas prices continue to soar. Organizers said that the event would focus attention on "the still underestimated potential of the bicycle as an everyday means of transportation."

DATABASE BLIP

I was working with the membership database and made a slight miscalculation. As such, I may have changed your preference on how you want to receive the newsletter. If you've received the hard copy when you wanted the file, or vice versa, please send me an e-mail and let me know (svbc-nl-editor@att.net). Thanks. Neups

OUCH!

Well, sometimes it happens. I'm still not sure how, but I went down while descending Route 250 West, after the Confederate Breastworks atop Shenandoah Mountain and just before Headwaters. I broke my left collarbone. Luckily, no traffic was around when I went down, as I hit and bounced, staying right in the middle of the road. The family in the van that came around the turn stopped to help me. They even had a bike rack on the back of the van. And the bike was amazingly fine except for a twisted right brake hood (I must have had a death grip on that as I fell to my left). Sometimes you just get lucky.

There's not much one can do for these injuries. I received a figure-of-eight brace and some pain-killer prescription (of which I only took one). The movement of bone against bone was not fun, but it seems to have fused after about two weeks. I was out on the road in eighteen days just to see if I could. At three weeks I was up to two hours, but with some pain. And that was making sure I always stayed seated and put as little pressure on the left arm as I could. Which meant my right shoulder muscles strained more and gave me some pain. Oh, the joy.

Bottom line - don't fall! Keep alert and let's be careful out there.

Neups

JERSEYS!

Order Your Shenandoah Valley Bicycle Club Jersey in July

It has been several years since the SVBC took orders for short-sleeve jerseys. We will again be taking jersey orders during the month of July for delivery by the SVBC century on September 12. Five different jersey styles are being offered in both men's and women's sizes. All jerseys will be yellow. To order your jersey, complete the order form elsewhere in the newsletter and mail with payment in full to Rich Harris by August 1. Questions? E-mail Rich at harrisra@jmu.edu.

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: 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: Thule Model 987 Lockable Ski/Snowboard Rack. Holds 6 pairs of skis or 4 snowboards. Attaches to these receiver mounted bike racks: Hitching Post models 984, 985, 986; Rak 'N' Loc models PC-2, PC-3, and SC-3; and Thule spare tire mounted bike rack model 943. All parts, keys, and mounting directions are included in original box. Cost \$125 new, asking \$75. Call Chap at 540-289-5351.

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.

TIME TRIAL RESULTS

June 1	Clear, windy, mid 70s, corn 8" high Unofficial Sandbag Night		
	<u>Male</u>		
Bill Whitman	24:26	Brian Cohee	24:28
Mark McCoy	25:57	Chris Meyer	26:30
John Gehman	28:17	Samuel Ajayi	31:24 off course, crash,
Les Welch	32:36 looking for Samuel		chain fell off
	<u>Female</u>		
Connie Peterson	26:19	Amy Burkhardt	34:17
June 8	Overcast, humid, winds calm to light, 83°, corn 18" tall		Sandbag Night
	<u>Male</u>		
Bill Whitman	22:39	Trey Haskell	24:24
Nathaniel Erwin	25:34	Steve LeDrew	25:42
David Frye	29:13	Samuel Ajayi	33:24
	<u>Female</u>		
Connie Peterson	24:26		

June 22

Wind out, no wind back, 82°, corn 3-1/2' tall

Male

Jeff Herrick	21:50	Sam Thompson	23:40
Mark Russell	24:15	Trey Haskell	24:42
Steve LeDrew	25:13	Sherman Showalter	25:54
Jim Hughes	26:18	Ben Stutsman	27:40
David Frye	29:35		

Female

Connie Peterson	24:46	Chris Meyer	25:36
Heather Herrick	31:48		

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.

THURSDAYS

FAST RIDE. Time: meet at 5:45pm; we'll leave the parking lot no later than 6pm. Place: Mr. J's Bagels, 1731 High Street in Rockingham Square. Distance: 30-40 miles. Intensity: 20-28 mph in sections. Route: To be decided at start out of four different routes (nothing too hilly). Sprint points to keep it interesting. Even though this is a fast ride, we will wait up at certain points should anyone need to drop off. We will not leave anyone stranded. (If anyone has a route suggestion or other comments, please let me know! Email me at cmeyer@surveyreaction.com.) Contact Christina Meyer at (540) 433-4005 or Jeff Herrick at spinfreak@hotmail.com.

SUNDAYS

SUNDAY RIDES. Rides leaving from Bridgewater College at 8am. We ride 2-3 hours+ (40-60 miles) to have fun! Please contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or Marcia, 432-3312, e-mail marcialamphier@hotmail.com each Saturday for latest ride information.

JULY 30-AUGUST 1

[12th ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL. Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.](#)

SEPTEMBER 12

[22nd ANNUAL SHENANDOAH VALLEY CENTURY.](#)

THIRD SUNDAY

WANNABE RIDE. These will now always be on the 3rd Sunday of the month. 9:00am, Wildwood Park, Bridgewater. Contact Alice (564-1611) or Scott (248-5810) for more information.

- July 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 16-18 Virginia Commonwealth Games. Visit www.commonwealthgames.org 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.powhatancommerce.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.
- August 7 Dog Daze Century, Nottingham County, PA. 27-107 miles. Call Ann Marie Sullivan at 610-644-3792 or e-mail her at annmarie.Sullivan@comcast.net for more information.
- September 18-19 The Shenandoah Valley Classic Almost Heaven Bike Tour. Call 1-800 FIGHT MS for more information, or register online at www.nationalmssociety.org.
- September 19 PPTC Century. Berryville, VA. 25, 50, 62, and 100 miles. For more information, go online to www.bikepptc.org.
- October 2-9 6th Annual Cycle North Carolina. Mountains to the Coast – Sparta to Oriental. Call 919-361-1133, e-mail them at cyclenc@mindspring.com, or visit <http://cyclenorthcarolina.org> for more information.

- October 2-9 24th Annual Greater Arizona Bicycling Association. Grand Canyon to the Old Pueblo. 525 miles. Visit www.bikegaba.org or call 520-349-5932 for more information.
- October 9 Tour of Hope D.C. Fundraiser. Check www.tourofhope.org for more information.
- October 9 16th Annual Sea Gull Century. Optional rides on Friday and Sunday. Registration deadline is August 31st. NO late or ride-day registrations. Call 410-548-2772, e-mail seagull@ssu.edu, or visit www.seagullcentury.org 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 JULY/August

LOU GENE BARTRAM	DEAN CUMMINGS	HADLEY JENNER
STEVE LADREW	CHARLOTTE MCNULTY	WILL MEYERS
TERRY WARD FAMILY	RICHARD WETTSTONE	
<hr/>		
Jen Bowman	Kathy & Dane Byers	Shawn Carrico ***
Dan Finseth & Betsy Hayes	Doug Lane	Bruce Miller
Mark Myracle & Lynn Mannion ***		Mike Schrauder & Family ***
	Donald L. Shiflet	

*** 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

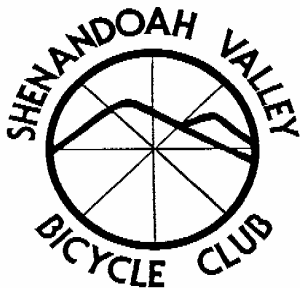
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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