

AUGUST 2004 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

August 9	7:30pm	Monthly meeting at Luigi's.
August 18	7:45pm	Century meeting at Art Fovargue's.

JULY MEETING MINUTES

The July 12th meeting of the SVBC was held in Luigi's backroom after a month hiatus to El Charro's. Nice to be back. There were four members present. The Treasurer reported a balance of \$7,091.78.

Under old business, as that is about the only business that took place, the Club will offer jerseys courtesy of Rich Harris's leg work. 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.

Lacking any other business the conversation turned to Neups's and Robin's move. They would appreciate any help you could offer from 15 minutes to half a day. Just let them know when you can be available. *[August 9th – 20th will be the last big push.]*

The SMBC has been doing GREAT things at Massanutten. The old Homestead Trail is now re-routed and is a joy to climb or descend. Current trail work

focuses on a connector from Homestead to Hole in the Guardrail (or Guide rail if you are from PA?? Who ever called those things guide rails?) Work is every Thursday from 5:30 until. If you are into mountain biking this is a great way to give something back to what you ride. Contact Thomas if you have any questions.

Club members Dan Finseth, Betsy Hayes, and Julie Jenkins have been coordinating the hand over of the Shenandoah Valley Bike Festival to Our Community Place. Thanks to all who helped with preparations, ride leading, marking, food, etc. Your work is appreciated.

No other business was conducted.

The meeting was adjourned.

Respectfully submitted,

Marshall Hammond

Secretary SVBC

WELCOME NEW MEMBERS

Benjamin Stutzman
Jeff Tutt

Harrisonburg
Luray

WELCOME BACK RETURNING MEMBERS

Dean Cummings

Hadley Jenner

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/>

AGGRESSIVE DRIVER BUSTED

Last week I won a case for all bike riders in the Chesterfield County courts. I was riding a few months ago on Centralia Rd. toward Route 10 (near the new Cobblestone shop), when a car came up from behind me. The passenger was screaming at me but they soon passed. A few minutes later, the same car came around again. This time they were a little worse. They acted wild, screaming and yelling. By this time I had their license plate number and description of the car. About two minutes after this meeting, they came again from behind for the third time and aggressively forcing me off the road and into the ditch. I was able to control the bike and reach my cell phone at the same time. As I was speaking to the police, they started to come from the opposite direction. I got to see the driver and as I held my cell phone and pointed at his license plate as he drove away.

When the police arrived, they asked me to press charges. I said yes!! The police went directly to his home and picked him up. When it finally went to court, the lawyers wanted to lower the charges from assault and battery (just to name one of the three charges) to reckless driving. The judge did not like the plea bargain and threw the book at the driver. He got 6 months in jail (must serve at least 45 days,) pay a \$500 fine, loose drivers license for a year and other restrictions. The judge said that endangering a bike rider is a criminal act and he would not tolerate that behavior.

I guess it all depends on how bike friendly a county wants to be. In Chesterfield, all I did was call 911 and they police did the rest. In Hanover, well I better not say.

Best wishes to all riders

Russ Rainer, Richmond Area Bicycle Association member

SHENANDOAH VALLEY CENTURY

As I was completing the Skyline Drive Century this past weekend I was thinking (besides the fact that my butt was sore) that our 22nd annual Shenandoah Valley Century is less than 2 months away. The SVC this year is on Sunday, September 12 and as always, offers rides of 25, 50 or 100 miles in length. The Century committee has been hard at work sending out information to other Bike Clubs and shops, distributing posters and brochures and planning the various details that are required. The next planning meeting is scheduled for Wed, August 18, 7:45pm, at my house – if you can help out with last minute details you are more than welcome.

Also, the “Worker Century”, where we mark the roads, is scheduled for 9:00 AM, Monday, Sept 6 – meet at Wildwood Park in Bridgewater. Helpers needed here too.

Of course we need numerous helpers for the day of the century, 9/12. We are in need of folks to do registration, parkers, sag drivers and check point workers on the day of the ride. Consider volunteering for a half or full day. If you think you can help out some on September 12, please give me a call (433-9247) or e-mail me at fovarg@adelphia.net.

Please pass the word about our Century and encourage your friends, near & far, to come out. Our ride attracts riders from all over Virginia, other states, and last year, from the UK. This is a fun event, at which we can showcase our club and the great cycling we have around here. So mark your calendars for September 12. Thanks.

Art Fovargue

SMBC NEWS AND HAPPENINGS

Meeting on the third Tuesday of every month at 8pm at Dave's Downtown Taverna.

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.

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 Scott Ripley (248-5810) for more information.

TIME TRIAL RESULTS

July 13 light winds, humid, 80° and sticky, corn about 8' tall

Male

Bill Wightman	23:33	John Youngdahl	23:37
Steve LaDrew	24:41	Bruce Miller	25:08
Nathaniel Erwin	25:17	Kyle Murphy	25:21
Trey Haskell	25:42	Neups	26:07
Steve Zumbro	26:39	Cowles Andrus	27:00
Jeff Herrick	28:48	David Frye	29:29
Rube Parsons	29:43		

Female

Barbara Carson	27:17	Gail Youngdahl	29:59
Heather Herrick	38:48		

ICE CREAM RIDE



-ADVENTURE CYCLING

August 28th will be the date of our annual Ice Cream Ride. We'll meet this year at 10am at Kline's Ice Cream, downtown Harrisonburg. The Club will again pick up the tab for our treats (AFTER we do some riding). Total mileage will be 45-50. Contact Marcia (432-3312) or Neups (434-1878) for more information.

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.
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 S. 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). 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 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 call Marcia at 432-3312 each Saturday for latest ride information.
JULY 30-AUGUST 1	<u>12th ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL. Club ride on Friday night at 5:30. Festival rides Saturday. Volunteer Recognition Ride Sunday at 9am.</u>
AUGUST 28	ANNUAL ICE CREAM RIDE. 10am at Kline's Ice Cream. The Club will again pick up the tab for our treats. Total mileage will be 45-50. Contact Marcia (432-3312) or Neups (434-1878) for more information.
SEPTEMBER 12	<u>22nd ANNUAL SHENANDOAH VALLEY CENTURY.</u>
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.

Mondays	Beginner MTB. Details at www.shenandoahmountainbikeclub.com .
Tuesdays	Urban Rides. Ride 1-2 hours from the Shenandoah Bicycle Company at 5:30pm. Call 437-9000 or e-mail info@shenandoahbicycle.com for more information.
Fridays	MTB Fatty. Details at www.shenandoahmountainbikeclub.com .
August 1-6	12 th 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.
August 8	16 th Annual Massanutten Hoo-Ha. Call 1-800-207-MASS, visit www.massresort.com , or e-mail mtnbike@massresort.com for more information.
August 21	Burkes Garden Century, Narrows. Everyone must pre-register by August 14 and there is a limit to the number of participants (250). Go to www.nrvbike.org and click on the BGC logo at the top of the page to download your registration form. Starting at 8am. ALL riders must check in.

- August 29 Charlottesville Racing Club's 1st Annual Blue Ridge Extreme Century. Visit www.blueridgeextreme.com for more information. This ride offers several routes (102, 62, and 32 miles) on varied terrain. The century route begins at the top of Afton Mountain, proceeding into Waynesboro and the Shenandoah Valley towards Vesuvius. It then climbs up from Vesuvius to the BRP and over to Montebello and onward. It proceeds towards Nellysford on Rt. 151 but takes a left to head up Reed's Gap (Wintergreen) instead. It finishes by heading north the last 13 miles on the BRP. Most of the climbing takes place on 3 climbs, covering about 6 miles! The ride will benefit the Hospice of the Piedmont, a local charity that aids in the terminally ill.
- September 5 Shenandoah Mountain 100 Bike Race, Stokesville. Race or volunteer. Includes Little Bald Knob, Narrow Back Mountain and Dowells Draft. Details at www.mountaintouring.com.
- September 5 16th Annual Tour de Valley Century, Waynesboro. Metric option. Both rides leave at 7:30am. Post-ride social with swimming and massage available. Details at www.milepostzero.homestead.com.
- September 11 18th Annual Amish Country Tour. Dover, DE. 15-100 miles. Call them at 800-233-5368 or find a registration form online at <http://www.visitdover.com>.
- September 18 8th Annual Rappahannock RoughRide. Washington, VA. 12, 35, or 60 mile paved and 20 or 30 mile paved/unpaved courses. Benefits the Rappahannock & Fauquier Free Clinics. Call 540-347-0394, e-mail rob@fauquierfreeclinic.org, or visit www.fauquierfreeclinic.org/rrr/ for more information.
- September 18 BikeDC. 34-mile tour of the monumental core of Washington, riverfronts, and the George Washington Parkway. For more information about Giant Food BikeDC, visit http://www.waba.org/bikedc2004/bikedc_home.html
- 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.
- September 25 14th Annual Adams Apple Ride. Gettysburg, PA. 25, 50, and 100 miles. E-mail info@gettysburg-chamber.org or visit www.gettysburg-chamber.org for more information.
- 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 3 Kernstown Battlefield Preservation Rides. Join the Winchester Wheelmen in support of this great cause and enjoy the beauty of the Shenandoah Valley from the seat of your bicycle. This is a fully supported event with food, drinks, maps, and support vehicles, and a free KBA water bottle. The event will start at the Kernstown Battlefield site on Battle Park Drive just off of US Route 11 south of Winchester. There are rides of 25 and 55 miles. Start time is 10am. Registration is \$25.00 up to Sept. 15th and \$30.00 after. For additional information, contact Mike Perry at mperry@visuallink.com or by phone at 540-662-1510 (10-5, Mon-Sat) or 540-877-1795 (evenings 'til 10pm). Visit the Winchester Wheelmen website for a .pdf copy of the registration form at <http://www.winchesterwheelmen.org/specialevents.htm>.
- 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.
- October 15-17 14th Annual Shenandoah Fall Foliage Bike Festival. Visit www.shenandoahbike.org, call 540-885-2668, or e-mail info@shenandoahbike.org for more information.
- October 23 11th Annual Between the Waters Bike Tour, Wachapreague. Also a free fun short ride on Friday afternoon and a self-guided tour on Sunday. Call them at 757-678-7157, e-mail them at cbes@esva.net, or visit www.cbes.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 AUGUST/September

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 /

Bill and Mark Cohee
Paul D. Johnson
Keith Sandum

Carl Droms
Len Moyerman
Bruce Wallinger

Steven Hottle
Terri Prodoehl

*** 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

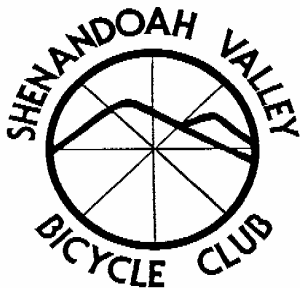
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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