

SEPTEMBER 2004 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

September 13 7:30pm
October 11 6:00pm

Monthly meeting at Luigi's.
Potluck Dinner and Slide show of The La Marmotte French Alps Ride.
This meeting will be held at Rich Harris's home, 101 Breezewood Terrace, Bridgewater. There will be a potluck dinner beginning at 6:00pm. Bring a dish to share with others and the beverage of your choice. The Club will provide dessert. After a brief meeting at 7:00, Rich will show a slide show of his summer La Marmotte ride in the French Alps. See his story elsewhere in the newsletter. To help with the set up for the meeting, please e-mail Rich at harrisra@jmu.edu to let him know if you are coming. Hope to see you there!

AUGUST MEETING MINUTES

The August 9th meeting of the SVBC was held in Luigi's backroom. There were six members present and a representative from Our Community Place, Jonathan. The Treasurer reported a balance of \$8,103.17, less \$1,100 still in the treasury for jerseys. There were 48 jerseys ordered by Club members. Thanks, Rich, for organizing the purchase, and Les for placing the order. Hopefully Club members will be able to wear them on the SVBC Century September 12th.

Members present, who also participated in the Bike Festival, brainstormed with Jonathan on the future of the Festival. All in attendance agreed it was a success. Approximately 75 riders participated, not including ride leaders. Although numbers haven't been completed, OCP will see \$700-\$800 profit. Thanks to all the volunteers and a special thanks to Dan and Betsy for all they did to help OCP run their first Festival. Ideas for next year include:

Purge Festival box so there are no old brochures and maps of rides (two conflicting brochures were passed out leading to some ride confusion).

Start rides from OCP and include a post-ride party and festival at OCP.

Change routes to include the north and western sections of the area.

Continue registration through Active.com or go with mail-in and same day.

Offer tee shirts.

Critical mass as a starting ride.

Any other suggestions? Please pass them on to Marshall and he will see that they are given to OCP.

There are lots of rides coming up in September and the end of August. The Ice Cream Ride is the 28th, leaving from Kline's at 10am and will be approximately 40 miles. The Club buys the ice cream.

August 29th is the Blue Ridge Extreme Ride from the Inn at Afton. This will benefit the Charlottesville Hospice and is new this year. Strap on your bionic legs - this ride has two really good climbs. Go to <http://www.blueridgeextreme.com/> for more information.

The SVBC Century needs volunteers, call Art to offer your help. Route marking will be Monday September 6th.

The meeting was adjourned.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Peter Bsumek
Howard Smith

Harrisonburg
Harrisonburg

WELCOME BACK RETURNING MEMBERS

W.R. Good
Charlotte McNulty

Chris Hamilton
Bruce Miller

The McNett Family
Keith Sandum

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	438-1488
<u>Rides</u>	Bill Taylor	828-6635	<u>Bike Festival</u>	Dan Finseth	438-8063

<u>Advocacy</u>	Len Van Wyk	432-0138
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Web page <http://svbikeclub.homestead.com/> Message group <http://groups.yahoo.com/group/svbikeclub/>

SHENANDOAH VALLEY CENTURY

Our 22nd Annual Shenandoah Valley Century, which will be held on Sunday, September 12, is now only a couple weeks away. I hope you are looking forward to riding the Century, Half Century or Quarter Century. If you want to pre-register, you can get a form at area bicycle shops, from the SVBC website, or go to www.active.com.

Or, if you are not planning to ride, helpers are still needed for the day of the ride. Volunteers are still needed for following specialty positions:

Transportation Managers	(i.e., Sag drivers)	3
Traffic Engineers	(i.e., Parking lot attendants)	2
Communications Specialists	(i.e., Registration)	3
Dining Coordinators	(i.e., Rest stop help)	2
Administrative Assistant	(i.e., Gopher)	1

Let me know if you can help in any of these endeavors (433-9247) or fovarg@adelphia.net. Ask friends and family if they can help.

Also, we are in need of two cell phones for use during the day of the Century in order to be able to communicate with the checkpoint. If you can help us out here, please call me.

The Workers' Century, when we mark the roads, will be on Monday, September 6. Meet at 9:00am at Wildwood Park in Bridgewater. All are welcome, whether you volunteer the day of the ride or not.

Again, please don't forget to bring baked goods for end-of-the-ride treats. Deliver to Shelter #11 in Hillandale the morning of the 12th, or to Art's house the day before.

See you at the Century.

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 438-1488.

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: 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.

La Marmotte (Part One) – A Ride in the French Alps

By Rich Harris

Each year thousands of European bicyclists flock to the small French village of Bourg d'Oisans, at the base of Alpe d'Huez, to participate in the La Marmotte bicycle ride. This one-day ride of 175 kilometers (109 miles) and over 5,000 meters (16,400 feet) of elevation gain climbs over four of the Tour de France's famous Cols (peaks). The majority of the route is a 160 kilometer (100 mile) circuit traversing the Cols, Croix de Fer (the peak above the more famous Col de Glandon), Telegraphe, and Galibier. The ride finishes by climbing the 14 kilometers (8.5 miles) and famous 21 switchback turns of Alpe d'Huez. I was fortunate to be able to participate in this year's La Marmotte on July 3 with three friends from Holland. The following is the first of two articles about our adventure.

On Monday June 28 we made the 10-hour drive from Holland to the French village of Rochetailier, 8 kilometers from Bourg d'Oisans. We arrived in the late afternoon, organized the camping trailer we had rented for the remainder of the week and marveled at the peaks of the Alps from the campground's pool. The campground was full of bicyclists, primarily from Holland, who like our group had come to the area to get in some training rides before the la Marmotte's start on Saturday. I was the only rider from the United States in the campground. Our group decided to climb one of the peaks on the la Marmotte each day during the week, so we would know what to expect on Saturday. All of these rides would be out and back routes, which meant we would climb each mountain from both sides.

On Tuesday we were eager to ride after Monday's long day in the car. In the morning we climbed the 32 kilometers (20 miles) with 1,350 meters (4,425 feet) of elevation gain from Bourg d'Oisans (altitude 719 meters/2,360 feet) to the top of Col Croix de Fer (altitude 2,068 meters/6,785 feet). After snacks at the restaurant on the top of the peak we headed down a few kilometers and turned on the road to the Col de Glandon (altitude 1,924 meters/6,315 feet). The peak was only two kilometers and a gentle climb after the turn. We then headed steeply down for approximately 20 kilometers (12 miles) to the small village of St Alban (elevation unknown) where we refilled our water bottles and headed back to the top of the Glandon. The climb was steady with pitches ranging from 8-15%. While steep, this was my favorite climb of the trip. The road was very scenic traveling

first through small villages, then forests and finally alpine meadows with huge vistas. We could see the peak of the Glandon long before we got there. After more snacks at the top we headed down to our campsite 25 kilometers (16 miles) away.

On Wednesday we drove our cars to La Grave (elevation 1,481 meters/4,860) at the base of the Col de Lautaret (altitude 2,057 meters/6,750 feet). We climbed the 11 kilometers (7 miles) with 576 meters (1,890 feet) of elevation gain to Lautaret, which is on the side of the main road from Grenoble to Briançon. It is very developed and not that attractive. It was a relief to turn off this road and begin the 9 kilometer (6 miles) climb with 585 meters (1,920 feet) of elevation gain to the top of Col de Galibier (altitude 2,642/8,670 feet). This would be the highest point of our ride. The landscape at the top was completely void of trees and still had snowdrifts on both sides of the road. You could see Mount Blanc, the tallest mountain in Europe, almost 100 miles away. While the sky was cloudless and the sun was bright, the temperature was 20 degrees cooler than the 75 degree F temperatures in the valley below. Our group then descended 17 kilometers (11 miles) and 1,200 vertical meters (3,940 feet) to the village of Valloire (elevation 1,430 meters/4,700 feet) where we stopped for lunch in a small café. After lunch we retraced our route climbing over the Galibier one more time and returning to our cars at La Grave. The climb up either side of the Galibier was the most challenging climb of the trip because of both the length (approximately 20 kilometers/12 miles on either side) and elevation gain (1,200 meters / 3,940 feet) and steepness (averaging 9% with multiple grades between 12-15%).

On Thursday we decided to climb Alpe d'Huez. This is a climb I had hoped to climb ever since I began riding my bicycle seriously in 1995. It was like a dream come true to actually be on the mountain. Each member of our group had butterflies in their stomachs as we arrived in Bourg d'Oisans, at the base of the climb. The climb was like no other climb I had done before. We were told the overall grade is 8 % which is the same as Reddish Knob in our area. Unlike Reddish Knob, which has a constant grade, the grades of Alpe d'Huez were constantly changing. The climb begins with a 14 % grade just before the first switchback turn. This and one other grade at the village of d'Huez ten kilometers into the climb are the steepest parts of the climb. Just before this second steep section the climb actually levels out to only 4 % where it passes a beautiful chapel and small park. As you pass through each switchback the climb also levels off slightly. The final kilometer of the climb, as you enter the village, is very gentle. All this made for very interesting climbing. I was constantly changing gears and speeds. Add to this beautiful scenery, a steady flow of cars, lots of other bicyclists in both directions, signs at each switchback listing the name and date of past Alpe d'Huez Tour de France stage winners and it was easy to see why Alpe d'Huez has such allure. I climbed the 14 kilometers (8.6 miles) and 1,081 vertical meters (3,550 feet) in one hour and 10 minutes. Humbling when you think that Lance did it in less than 40 minutes! The village itself was somewhat of a let down. It was a very touristy and developed ski town. Still an exciting place to be. We spent the afternoon exploring and then rode down the mountain in the evening.

On Friday rather than climb the Col du Telegraphe, we decided to rest. We spent the morning exploring Bourg d'Oisans and the afternoon hiking around our campsite and getting ready for the la Marmotte ride in the morning. I will write more about the actual ride in a future newsletter.

If you are interested in hearing more about the la Marmotte ride and seeing pictures, I will be showing a slide show at the club's October 11 meeting, which will be a 6:00 PM potluck dinner at my home. Details are listed elsewhere in this newsletter. Hope you can join us.

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 27	Overcast, 80°, 90% humidity, corn 12' tall, began to sprinkle at 6:50			
	<u>Male</u>			
Jeff Herrick	23:27	Cowles Andrus	25:54	
Guy Wolf	26:53	David Frye	29:17	
	<u>Female</u>			
Heather Herrick	37:42			
August 10	Mostly clear, 83°, corn 12' tall, mild tailwind going out			
	<u>Male</u>			
Neups	24:57	Steve LaDrew	25:12	
Kyle Murphy	25:17	Ken Bell	25:46	
Guy Wolf	26:55	David Frye	28:41	
	<u>Female</u>			
Connie Peterson	24:35	Barbara Carson-Campbell	27:09	

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.
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 Christina.meyer@adelphia.net .) 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.
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 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 .
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	16 th Annual Tour de Valley Century, Waynesboro. Metric option. Rides leave at 7:30am. Post-ride social with swimming and massage available. Details at www.milepostzero.homestead.com .
September 11	18 th 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 11 4th Annual Civil War Century. Thurmont, MD. Sag, food, music, massage, and several points of interest. 25-100 miles. Visit www.baltobkeclub.org/cwc/.
- September 11-12 8th Annual Tour de Canal. Cumberland, MD to Georgetown in Washinton, DC along the C&O Canal. 100 or 184 miles. Call 1-800-728-9255 or visit <http://tourdecanal.kintera.org> for more information.
- September 18 8th Annual Rappahannock RoughRide. Washington, VA. 12-60 mile paved and 20 or 30 mile paved/unpaved courses. Benefits the Rappahannock & Fauquier Free Clinics. Call 540-347-0394 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.
- September 26 Artie Levin Memorial Ride. Registration: Begins @ 7am. 100 mile starts @ 8am. 70-45 mile start @ 9am. Buchanan, Virginia. For more information and to register go to: <http://www.blueridgebicycleclub.com/artielevin2004.asp>.
- October 2 Sequatchie Valley Century. Fully supported ride through the beautiful, rolling Sequatchie Valley - all the amenities - full, metric, and quarter century options. Visit www.chattbike.com or e-mail DaisyBRider@cs.com or call 706-820-1157.
- 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. 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. Help celebrate the completion of the Tour of Hope Team's cross-country journey across America this October, with a 25-30 mile recreational fundraising ride. You can be one of 1,500 people to go the distance for cancer research. Following the recreational ride, join Lance Armstrong, the Tour of Hope Team, and special guests at the grand finale event on the Ellipse, open to the public. The ride route is being finalized with the National Park Service and other jurisdictions--more details are coming soon. All of the funds raised during the Bristol-Myers Squibb Tour of Hope will benefit cancer research through the Lance Armstrong Foundation.
- 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 SEPTEMBER/October

BILL and MARK COHEE	CARL DROMS	STEVEN HOTTLE
PAUL D. JOHNSON	LEN MOYERMAN	TERRI PRODOEHL
BRUCE WALLINGER		
Mary B. Atkins	Harold (Bert) Bergdoll	Mark Eckroth
Kevin Giovanetti	Barb Graves	Rich Harris
Jody Hensley	Thomas & Julie Jenkins	Bruce Johnson
Valerie Kramer	Kay Lynn Lehman ***	Paul & Sue Lottridge ***
Bill & Ellen Painter	Mark L. & Holly Russell	Hank Schiefer
Woody Strawderman	Bill & Meg O'Brien Wightman	
Dusty Williamson	Guy & Carol Wolf	

*** 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

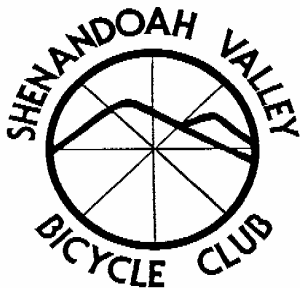
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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