

NOVEMBER-DECEMBER 2004 NEWSLETTER

SVBC OFFICERS

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

UPCOMING MEETINGS

November 8	7:00pm	Monthly meeting at Luigi's.
December 13	7:00pm	Monthly meeting at Luigi's.

OCTOBER MEETING MINUTES

The October 11th meeting of the SVBC was held at the home of Rich Harris. There were 8 members present. The treasurer reported a balance of \$7,945.78, less century insurance.

Since this month's meeting was to view Rich's slides of his trip to Europe the members gathered for a pot luck supper. The Club furnished non-alcoholic drinks and dessert. Thanks Rich for great food and great slides of your climbing adventures.

Our Community Place has been in contact with the Club and is in the process of organizing non-biking elements for next year's Festival. Anyone with thoughts about routes, events, etc. should contact OCP and present your ideas.

Neups reminded members that the next newsletters, after this month, will be combinations for Nov-Dec and Jan-Feb so any stories, classifieds, or ride

announcements scheduled for the second month of each newsletter needs to be in the prior month.

The first trash pick-up for Amberly Road went well. Six members made the 1.65 mile loop in under 45 min. with four trash bags filled and four old tires removed. Thanks to Neups, Robin, Art, Brent, Marcia, and Marshall. It is nice to pick up trash on a road ridden by many cyclists. Who were the cyclists riding on Amberly and pictured in the DNR? Free race air to anyone who can correctly name them.

The Nov. 8th meeting will return to Luigi's and start at 7:30.

The meeting was adjourned.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME BACK RETURNING MEMBERS

Bert Bergdoll
Len Moyerman

Shawn Carrico
Guy & Carol Wolf

Valerie Kramer

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		

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

A NEW PICKUP

The Club has a new section of road to keep clean these days, and six individuals came out in October to do their part. Thanks go out to Art Fovargue, Brent McNett, Marcia Lamphier, Marshall Hammond, Robin Hulvey, and Neups. We filled a few bags and found a few old car tires. With a storm blowing in quickly, we scrapped the after-pickup ride.

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 Mark McCoy (828-3093).

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 erinorth@yahoo.com. K2 Razorback Team Issued Full Suspension, size large, \$1800 obo. 2001 7005T6 series aluminum, Mega Air Noleen Performance suspensions front and rear, SRAM 9.0 front and rear derailleurs, SRAM chain and carbon 9-speed cogset, Thompson Elite post, Serfas Arc titanium/kevlar saddle, truVativ stylo ISIS drive bottom bracket/cranks, Shimano pedals, WTB Momentum C headset, KORE Elite stem, Formula B4 hydraulic disc brakes, Spinergy Xclone disc wheels, Easton riserbar.

FOR SALE: 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.

BICYCLISTS GRANTED SPECIALTY LICENSE PLATE

During the 2004 General Session, the Virginia General Assembly approved a new specialty license plate celebrating bicyclists. In order to make the plate a reality, the Department of Motor Vehicles (DMV) requires 350 pre-paid applications by December 31, 2004.

BikeWalk Virginia has been designated by the DMV as the "sponsor" of the plate and is collecting the initial applications and \$10 fee for the license plate. Once \$3,500 has been collected, BikeWalk Virginia will submit the money directly to DMV. At that time DMV will begin production. We estimate that the plate should be available by mid-March 2005.

The name of the plate is "Bicycles Belong." The proposed design is pending final approval from the DMV.

Order your specialty plate today by:

1) Completing the DMV form VSA10 (<http://www.dmv.state.va.us/webdoc/pdf/vsa10.pdf>). Be sure to check "Other" under Plate Requested and write "Bicycles Belong."

2) Submitting a check for \$10.00 (payable to BikeWalk Virginia).

Personalization: Submit a check for \$20.00 if you want a personalized plate. A maximum of six (6) characters are allowed. Spaces and dashes count as characters.

3) Mailing the DMV form and the check to BikeWalk Virginia, PO Box 203, Williamsburg, VA 23187-0203. Credit cards cannot be accepted.

If we fail to collect 350 applications, those who have submitted an application will receive a refund. If you have any questions, feel free to contact us at (757) 229-0507 or info@bikewalkvirginia.org. More information is available online at <http://www.bikewalkvirginia.org>.

NEW STUDY: SPRAWL MAKES YOU SICK

According to a Sept. 27th Chicago Sun-Times article, "Suburban sprawl, it appears, is bad for your health. A new study by the RAND Corp. think tank found that people in high-sprawl regions have more health problems such as diabetes, breathing difficulties, migraine headaches and high blood pressure. The study found that living in a high-sprawl area has the equivalent effect on your health as aging four years. Researchers don't know why this is so, but they cited an earlier study that found people who live in high-sprawl areas walk less, weigh more and have a higher rate of high blood pressure.

"Researchers also suggested that increased traffic in high-sprawl areas harms residents' health by causing more air pollution and traffic accidents. 'To improve our health, the study suggests that we should build cities where people feel comfortable walking and are not so dependent on cars,' said study co-author Deborah Cohen. In the study, published in the journal Public Health, researchers controlled for demographic factors such as age, race and income..."

Source: <http://www.suntimes.com/output/news/cst-nws-sprawl27.html>

Archive search: <http://www.suntimes.com/archives/>

Cost: Yes

Title: "Suburban sprawl sickening"

Author: Jim Ritter

TIDBITS

OUR COMMUNITY PLACE sent the Club a note of thanks for our help with this year's Bike Festival. They look forward to our partnership next year. If anyone has any suggestions, questions, concerns, etc. call Melaine's at 433-7738, or e-mail her at melainecopeland@hotmail.com – or send an e-mail to OCP at ourcommunityplace@yahoo.com.

SAVE THE DATES FOR THE 2005 NATIONAL BIKE SUMMIT® MARCH 16-18 IN WASHINGTON, DC The League is pleased to convene its fifth annual National Bike Summit® March 16-18, 2005. Join bicycle advocates, bike industry leaders and bike retailers, transportation, public health and environmental professionals, key legislators and government officials at the League's National Bike Summit®, a three-day forum of educational and networking sessions on bicycling policy issues. Discounted early registration available until February 15, 2005.

The League invites all interested parties in the bicycling community to assist in developing topics for the Summit through a "call for papers/presentations." See <http://www.bikeleague.org/events/index.html> for details on the call for papers, travel to the Summit, sponsorship opportunities, FAQ, and more.

A BICYCLE CAN'T STAND ON ITS OWN BECAUSE IT'S TWO-TIRED.

SCHEDULE OF EVENTS

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

**SUNDAYS-
NOVEMBER**

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 call Marcia at 432-3312 each Saturday for latest ride information.

**SUNDAYS-
DECEMBER**

SUNDAY RIDES. Rides leaving from Bridgewater College at **10am**. We ride **2-3 hours** 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.

November 6

Mattamuskeet Fun Ride, Mattamuskeet National Wildlife Refuge, Hyde County, NC. 35-70 mile routes. Lunch and t-shirt provided with advance registration of \$20. Call 1-888-493-3826, e-mail hydecocc@direcway.com, or visit www.hydecountry.org for more information.

December 3-5

Festivelo, Charleston, SC. Fes.ti'velo (fest.a'valo), n. 1. A peaceful relaxing weekend. 2. An eating frenzy. 3. A family oriented bicycle weekend occurring the first of December; seven all you can eat meals, eight ride options from 7-100 miles. 4. Camping, RV, or hotel, hear Elvis and the Beatles, steamed oysters, vineyard tour, shrimp & grits, lots more. 5. An event presented by the www.coastalcyclists.org to benefit the Palmetto Cycling Coalition Three days of cycling and camping on a peaceful & placid plantation overlooking Bohickett Creek with family and nonrider attractions, 7 ride options, 4 all you can eat meals, very flat course, room for 500 to camp, and RV hook ups. Ride includes camping, rides to local wineries, full English century with shorter options, Saturday night oyster roast, party at the maritime center overlooking the Charleston Harbor, the Yorktown and fireworks, and a historical downtown Charleston bicycle tour. For information visit <http://www.festivelo.com/index.php>.

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 NOVEMBER/January

SUE GIER

MARK & KATHLEEN McCOY ***

JOHN & GRETCHEN SALLAH

Chap Womack

Rich And Brenda Freykar

Rowland Shank

Leonard Van Wyk

*** 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.

WINTER SURVIVAL

Riding a bike in the wintertime can be exhilarating and a great way to enjoy the unique beauty of winter, or it can be a miserable experience that causes you to quickly abandon your bike and take up skiing. If you've never experienced riding a mountain bike on a quiet snow-packed road, you've missed something incredible. Here are some suggestions for making your cold weather riding an enjoyable and repeatable experience.

Sometimes it takes a lot of trial and error to learn how to be prepared for winter sports. If you're comfortable you'll do the activity, but if you're cold it's not much fun. So proper clothing is the key to winter fun. The most important clothing suggestion is to dress in layers. High tech fabrics have come a long way towards protecting us from the elements. Basically choose a thin synthetic fabric that wicks moisture as the first layer. Don't use cotton underwear, t-shirts or flannel as a first layer. Next use a thicker layer for insulation, such as a fleece vest or long sleeve top. Top off the above with an outer layer that is wind and waterproof as well as breathable. Another great thing about layers is that you can regulate your body temperature easily by taking off or putting on a layer. They also compact nicely so you can carry additional layers without increasing much weight or bulk and you can wear the same clothing for other winter sports. Don't forget insulated gloves, ear warmers, and wool socks.

Drink plenty of fluids before, during and after outdoor activities. Force yourself to drink every 15 minutes while exercising. Winter air is cold and dry, thus having a dehydrating effect. A dehydrated body doesn't exercise very well, and is more susceptible to hypothermia. Carry an insulated water bottle or use a bladder system with an insulated delivery tube.

Following the above suggestions will keep you comfortable, fit and add another memorable dimension to your cycling experiences.

By Laurie Brandt Hauptman, Taken from the Colorado Plateau Mountain Bike Trail Association

WINTER BIKING EXCUSES

You know who you are. You haven't shown up for a ride since October. Do you plan to stay in shape with a thigh-master and grapefruit pills?

Follow these Ten Commandments, Stay Warm and Come Riding

1. Drink! Stay hydrated by drinking before and during your ride. Dry air means you will be losing moisture with each breath. If you become dehydrated you won't be able to keep your internal engine operating at peak performance.
2. Eat! Chow down before and during your ride. Power Bars become a challenge to bite or chew at low temperatures but pretzels, bagels and cookies all go down well.
3. Leave all of your cotton clothing at home. WEAR COTTON AND YOU WILL DIE. You have been warned.
4. Invest in layers of "smart" synthetics. These fabrics transport perspiration away from your skin and prevent chilling.
5. Break the Wind! The "smart" fabrics will allow a breeze to cut right through to your skin, so you need a tightly woven nylon or a wind/water resistant laminate as an outer shell. Usually, if you are really burning up the calories it is easy to pump out so much perspiration that your outer layer of pile becomes saturated and prevents your under layer from transporting any more moisture. Wet skin=chills. The solution? Ventilate! Open the zipper! Open the armpit zips if the jacket has them. I don't care how you do it, just ventilate.
6. Keep your head warm! You can lose gobs of heat through your scalp.
7. Feet are a problem! Don't cram too many pairs of socks into your summer shoes or you will restrict blood flow to your feet. Thin, waterproof socks are the ticket. There are also booties available.
8. Your hands suffer if your torso is cold. Use downhill ski gloves, mittens, or special riding gloves to keep your hands protected.
9. Skin can become very dry when exposed to cold air. Use a moisturizer for your cheeks and a lip balm to prevent chapped lips.
10. Eyes can also become dry and sore when exposed to repeated blasts of cold air. Consider buying a pair of riding glasses if you don't already use them or even use your prescription glasses.

See you on the next ride!!

Taken from Mountain State Wheelers' 'Spoke Notes' and written by Jim Saulters

Adventure Cycling Association, P.O. Box 8308, Missoula, MT 59807

www.AdventureCycling.org

(406) 721-1776

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

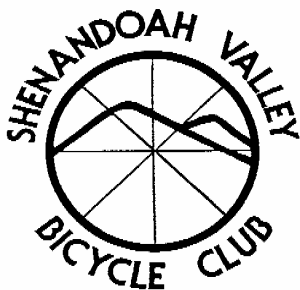
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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