

MARCH 2005 NEWSLETTER

SVBC OFFICERS

President:

Vice-President:

Secretary: Marshall Hammond 434-1609

Treasurer: Marcia Lamphier 432-3312

UPCOMING MEETINGS

Meetings are in Luigi's (Original Rt. 42 location) back room. If closed, we'll meet at El Charro on S. Main St.

March 14 7:00pm Monthly meeting.

JANUARY MEETING MINUTES

The January 11th, 2005 meeting of the SVBC was held at the home of Thomas and Julie Jenkins for the Club's annual pot-luck supper. There were 13 members present (including Art who finally found us from last month), and special guests Craig (rear-view) and Drew Williams from the Harrisonburg Transportation Department. The treasurer reported a balance of \$6,739.18.

Ample and delicious food was available while Drew reviewed the current bicycle plan and its proposed revision in the coming year. Various questions from members explored how Harrisonburg can better support cycling and pedestrian traffic. The Club extended a thank you to Drew for keeping cycling in the discussion for new roads and requested innovative solutions for existing roads. In turn Drew encouraged everyone to become active in city government to show the high level of cycling activity in the city.

Old business: The Club received a thank you from the Rockingham Education Foundation for its \$500 donation to the Joe Hiney Memorial Scholarship and the Joe Hiney Fine Arts Scholarship.

New business: Rich Harris proposed the Club look into purchasing cycling and cycling related videos for use by Club members. Another suggestion was to donate these videos as well as safe cycling media to the Harrisonburg-Rockingham Regional Library for inclusion in their lending collection. Rich will check with the library to see if they would be willing to accept

such a donation. Information will be reported at the next Club meeting.

Art has reserved Shelter 11 for the Century and Bridgewater College is being contacted for the other rest stop.

There was a request to support sending representatives to the Bike League Summit in Washington, D.C. as the Club had done for 2004. There was discussion on asking either Drew Williams or another local government representative to attend, and the Club would help cover registration costs. The Club will also support local cycling activists with contributions similar to last year (approximately \$300).

Members are needed to revise the Harrisonburg Comprehensive Bike Plan. A meeting to address this issue will take place Wednesday January 12th (post submission of the minutes). It is hoped that representatives from the Club will volunteer including someone to speak for young cyclists/bike riders in the city.

The Club wishes to thank all the members who attended this meeting to show support for cycling in Harrisonburg. A VERY SPECIAL thanks to Julie and Thomas for having the supper and meeting at their house.

The February 14th meeting will return to Luigi's on High Street (Rt. 42) and begin at 7pm.

Respectfully submitted,

Marshall Hammond

Secretary SVBC

FEBRUARY MEETING MINUTES

The February 14th, 2005 meeting of the SVBC was held in the VERY NOISY back room of Luigi's 42S. There were ten members present, including Brooke the waitress, who was an honorary member for her dedication to keep us fed in light of the reservation for 29 people right next to us! Good gosh. The Treasurer reported a balance of \$6,844.18.

If you haven't taken the Bike Survey do so before March 15th at www.cspdc.org.

Thomas and Neups reported that the proposed extension of Port Republic Road to Neff Avenue will include bike lanes. Club members are active in the political arena with Thomas on many committees, Paul Johnson and Len working for both bicycle and pedestrian safety in the city, and Ben Wise working on the revised City Bike Plan. Members are encouraged to participate, attend meetings, and get involved. Additionally if you want to spread the word about what you heard or learned please feel free to write a small

description and send to Neups for publication in the newsletter.

April 9th is the Black's Run clean-up. Contact Julie Jenkins at juliejenkins@hotmail.com for details. Remember, Blacks Run will be part of the Greenway scheduled to have bike and pedestrian only lane(s) when completed.

The Club is taking suggestions for Festival Routes. A reminder: the Festival will begin and end at OCP in Harrisonburg so all the routing will need to be re-thought, mapped, and marked. This is going to be a good bit of work, so lend a hand.

Due to the decibel range being exceeded for comfortable conversation (thanks, reservation for 29) the meeting was gratefully adjourned. Whew!

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Mike & Jake Bowen
Jack & Mary Broadus
David Duke
David U. Fitzwater, Jr.
Robert Hill

McGaheysville
Harrisonburg
Luray
Luray
Bridgewater

WELCOME BACK RETURNING MEMBERS

Deborah Armstrong Sue Gier Deb Lung
Kay Lynn Lehman & Roger Williams

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/>

CANCER

Dear SVBC members,

On 6 August this year, I will be participating in the largest fund-raising bike ride for cancer research in America – the Pan-Massachusetts Challenge (PMC). I will be one of 4,000 riders who will roll across the state to raise money for the Jimmy Fund in support of the Dana-Farber Cancer Institute in Boston. The PMC has been in existence since 1980 and has raised more money than any other athletic event in the country. Ninety-seven percent of the money goes directly to the Jimmy Fund. This year's goal is to raise \$21 million. For more information about the PMC go to www.pmc.org.

I want to be “a cog in the wheel of progress”, as Billy Starr, founder of the PMC says, so I am asking you to support me in this cause by donating money in my name. My goal is to raise \$2,000 by August. Until then, I will be training for my 83 mile ride from Wellesley, MA to the Bourne Bridge over the Cape Cod Canal. This will be the longest ride I have ever attempted, but I have been inspired in many ways. My sister, Claudia, has completed the PMC for the past three years. Last year she dedicated her ride to me because I have been a cancer survivor since July 2004.

So, I take this challenge very seriously. All I need from you is a serious tax-deductible check made payable to “PMC-Jimmy Fund”, or you can go to the e-gift page at the PMC website (<https://www.pmc.org/egifts/default.asp>) and enter my e-gift ID SR0087 and make a credit card donation. I will even accept cash.

Thank you for your help. Live Strong,
Scott Ripley
448 Mt. Pisgah Rd.
Mt. Sidney, VA 24467

ICICLE RIDE 2005



ADVOCACY

BIKE SURVEY – Deadline March 15

If you haven't already done so, please take the bike survey at www.cspdc.org now. This is a Central Shenandoah Planning District endeavor towards a Regional Bicycle Plan. It should only take five minutes to complete.

DESIGN AND CONSTRUCTION STANDARDS MANUAL

On Tuesday February 8th there was a public input session for discussion of the proposed Design and Construction Standards Manual for Harrisonburg. In attendance were eight SVBC members and additional supporters for bike and pedestrian friendly development. Although the meeting seemed to be primarily a forum for developers to comment on the manual, there were remarks in support of the requirement to provide sidewalks and bike lanes under certain conditions. SVBC Advocate Len Van Wyk made an informed plea to keep and strengthen the requirement for sidewalks in new developments and to provide bike lanes where the development fronts existing bike routes. As was the case when the spokesman for the Harrisonburg-Rockingham Builders Association asked for those supporting his comments to stand, Len asked for those in attendance supporting alternative transportation stand. It was good to see not only SVBC members standing but numerous other supporters not cyclists associated with the club. It is also noted that Councilman Charles Chenault spoke informally to pedestrian and cycling advocates prior to the meeting and is a supporter of many of the Club's advocacy issues.

Marshall

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: 21" Giant, Kronos road bicycle. Approximately 6 years old, in quite good condition. Regular maintenance performed by Mole Hill Bikes. \$150. Hank Schiefer 434-3581, Hankpa@att.net.

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: 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.

TIDBITS

SHIMANO RECALL ON PRE-PACKAGED CABLES – follow this link: www.cpsc.gov/cpscpub/prerel/prhtml05/05102.html.

CANNONDALE SEATPOST RECALL - Cannondale wants back 1,480 improperly manufactured 1-X suspension seatposts that it put on various 2005 road bikes. The posts can crack, though no rider injuries have been reported. The suspect posts have "1-X" etched on them. They came with a black-yellow-and-red instruction booklet. If this seatpost is on your bike, you're urged to contact a Cannondale dealer for a free replacement. For info, call Cannondale at 800-245-3872.

Adventure Cycling Bikquote

“Of the various forms of outdoor exercise, it is now generally admitted that 'cycle riding is one of the most healthful and delightful. The movement of the lower limbs in driving the pedals, the gentle force given by the arms in steering, and the constant undulations of the body with the motions of the vehicle, result in a rapid and general strengthening of the system; while the mere act of riding in the fresh, open air, amid constant changes of scene and prospect, brings on a peculiar cheerfulness and exhilaration of spirits that compensate a thousand fold for all the bodily exertion involved.”

-from the Scientific American, June, 1887

Adventure Cycling Association

www.adventurecycling.org

HELP, HELP, HELP!!!!

The Tour of Shenandoah, <http://tourofshenandoah.com/>, needs the help of area cyclists. Professional and top amateur cyclists from across the U.S. and Canada will compete on a five-day, six-stage route that highlights the scenery and history of the region. The event will raise awareness for the control/prevention of Diabetes through exercise and a healthy lifestyle. Here is a list of areas where we can lend a hand in this exciting event.

1. 14 volunteers to act as route marshals for the Harrisonburg Criterium;
2. Volunteers (as many as possible) to act as a traveling corps of road marshals for stages 3, 4, and 5. (April 28th, 29th, and 30th)
3. Lead person willing to organize a “Bike Rodeo” to be held at the Expo tent located at the finish line for the Harrisonburg Criterium.

Contact Marshall, marshall_hammond@merck.com or phone 434-1609 or 432-3312 for more details. Volunteer now so you can be a part of this great return of bicycle racing to Harrisonburg!

SCHEDULE OF EVENTS

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

SUNDAYS

SUNDAY WINTER RIDES leave from Bridgewater College at 1pm. Spend a couple of hours riding backwoods with good company. This is a great way to keep in shape for spring. Road or mountain bike depending on the weather and temperature. If it is raining we stay by the fire and drink hot beverages. If it snows we go to the mountains and ski. Contact Rich Harris (828-2380) or Marcia Lamphier (432-3312) on Saturday for details for that week's ride. If you would like to be added to the Sunday ride e-mail distribution list send your e-mail address to harrisra@jmu.edu.

Saturdays

Bagel Ride. 10am. Road training. Meet at Shenandoah Bicycle Company downtown. 2-3 hours at medium pace with sprint sections. Weather dictates if the ride goes or not. E-mail spinfreak@hotmail.com for more information.

- March 12 Hamilton, GA. Wheels O' Fire Cycle Tour. 26-101 miles. Call 1-800-381-4381 or visit www.harriscountychamber.org for more information.
- March 16-18 National Bike Summit. Washington, DC. Go to www.bikeleague.org for more information.
- April 27 – May 1 Tour of Shenandoah. Starts with a time trial at Massanutten. Finishes in Waynesboro. Visit www.tourofshenandoah.com for more information.
- May 2-4 Bicycle Education Leaders Conference, New York City. Go to www.bikeleague.org for more information.
- May 7 3-State 3-Mountain Challenge. Chattanooga, TN. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama and Georgia) and over 3 mountains (Suck Creek, Sand and Lookout). 62-mile and 25-mile options are available also. Great ride support, t-shirt, pizza party at the finish, top quality event jersey available, packet pickup and cycling & other outdoor adventure related booths at the stadium on Friday night, nationally acclaimed 4 Bridges Art Festival across the street at the pavilion, opening celebrations of the new waterfront development, all the extras for a great event! Several convenient downtown hotels are serving as host hotels with a limited number of rooms reserved for the event at a special rate. Teams of five or more and tandem pairs are encouraged with a \$5 discount per person. Funds raised will benefit the Bethel Children's Village and other local Charities. More detailed information and applications are available on our website -- www.chattbike.com -- and online registration is available from our web site or from www.active.com. Contact for the event is Daisy Blanton, 706/820-1157 or DaisyBRider@cs.com.
- May 15 Yee-Ha! Downhill race. Visit mtnbike@massresort.com for more information.
- May 16-20 Bike-to-Work Week.
- May 20 Bike-to-Work Day.
- June 12 Tour de Cure, Reston Town Center. 100, 63, 32, and 12 mile rides. Each participant has a goal of raising at least \$175. Visit www.diabetes.org/tour or call 1-888-DIABETES for more information.
- June 24-29 18th Annual Bike Virginia. Valley Byways Tour. Roanoke to Lexington and back. Visit www.bikevirginia.org or call 757-229-0507 for more information.
- July 15-17 16th Annual Virginia Commonwealth Games. Visit www.commonwealthgames.org or call 1-800-333-8274 for more information.
- August 14 Hoo-Ha! Cross Country race. Visit mtnbike@massresort.com for more information.
- September 10-17 National Rally of Bicyclists in conjunction with Cycle Oregon. Go to www.bikeleague.org for more information.
- September 24-25 Ride in the Heartland, Charlotte County, VA. Ride through the gently rolling countryside of Southside Virginia, hunting grounds of the Saponi tribes. ·Where Patrick Henry, the “Voice of the Revolution,” retired after years of service to the new nation.

·Where John Randolph, elected Speaker of the U. S. House of Representatives at age 32, taught his inherited slaves to read, to work as tradesmen, bought them land and set them free. ·Where old men and young boys stood off the destruction of the Richmond and Danville Railroad in 1863. ·The community where David Bruce, ambassador to England, France, Germany, envoy to North Korea and Vietnam, and our first ambassador to China, left a legacy that includes one of the first libraries to serve both white and black readers. Ride rural rustic roadways, meet the community today, and experience our love of the land and of each other. On the 24th - Patrick Henry Century, John Randolph Metric Century, Family Rides, Walking Tours, Evening Entertainment. On the 25th - David Bruce Half-Century, Family Rides, Walking Tours. Both days – meals, entertainment, showers, tent space, sag, marked routes - all on paved surfaces. Contact: ncarwile@hotmail.com, 434-248-6407, www.bikeheartland.org.

2004 MILEAGES



Marcia Lamphier	10,256	Neups	6,267
Bert Bergdoll	4,727	Robin Hulvey	4,665
Doug Lane	4,143	Cowles Andrus	4,011
Scott Ripley	1,790	Diane Livick	1,243

If you have your 2004 total, call, e-mail, or fax Neups to have it listed.

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 MARCH/April

JEFF CLAMAN ***

ART FOVARGUE FAMILY

JUDITH FREUDENTHAL

JAMES E. SHUKE

Kyle Lawrence ***

*** 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

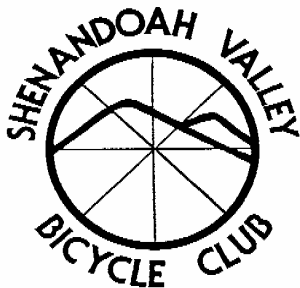
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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