

APRIL 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.

April 11	7:30pm	Monthly meeting.
April 16	9am	Trash pickup. We'll meet along Amberly Rd. (Rt. 765) at the intersection with Skidmore Rd. at 9am. Once finished we'll go out for a 35-mile ride starting at 10:30 from Food Lion on Rt. 42 North. Contact Neups (438-1488) or Marcia (432-3312).

MARCH MEETING MINUTES

The March 14th, 2005 meeting of the SVBC was held in the relatively quiet back room of Luigi's 42S. There were seven members present. The Treasurer reported a balance of \$6,152.43.

The Club voted to donate \$50 to the PMC-Jimmy Fund (see the March 2005 newsletter) in support of Scott Ripley.

The Club will donate cycling related videos to the Harrisonburg Rockingham Regional Library. The library has agreed to catalog them for lending. If you have DVDs or videos related to cycling and wish to donate them in the SVBC's name contact Rich Harris.

Many upcoming activities that need support from Club members were discussed and are listed below. Please consider helping with one or more or ALL of them.

The Tour of Shenandoah (<http://www.tourofshenandoah.com/>) is requesting help during the "Downtown Crit" on April 27th at 5:30pm. 14 course marshals are needed. If you have already volunteered, thanks, if not consider pitching in. The tour also needs a traveling corps of road marshals with room and board provided. For more information or to volunteer contact Marshall at 434-1609 or e-mail marshall_hammond@merck.com.

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 SVBC needs ride leaders for the Sunday "Wannabe" rides. These rides are moderate in pace and you get to meet cyclists who want to improve their skills or just want to feel more comfortable in groups. Rides leave Bridgewater on the 3rd Sunday of the month. Contact Scott Ripley to volunteer and for more information.

Trash Pick-up on the Club's designated roadway (Amberly Road) will be April 16th. Meet at the intersection of Amberly Road and Skidmore Road at 9am. There will be a Club ride afterward, leaving from the Food Lion (Harmony Square) parking lot at 10:30. Contact Marcia or Neups for details.

OCP and the Shenandoah Valley Bike Festival still need route suggestions. Contact Neups, Marcia, or Marshall if you would like to help explore new Festival routes.

The SMBC is sponsoring numerous activities in April that will be loads of fun for all cyclists. See the events section of the newsletter or go to <http://www.shenandoahmountainbikeclub.com/> for all the details.

As you can see by the list of upcoming events the Club is supporting, cycling in the Valley is strong. Help keep it that way by volunteering. Remember that volunteering for three activities gets a free year's membership/renewal in the Club.

After fun, food, and beverage the meeting was adjourned.

The next meeting will be at **7:30pm** in the back room of the Original Luigi's. Please note the time change.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Ben Sandel & Emily North

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Judith Freudenthal

Dennis Herr

Mark & Kathleen McCoy

Thanks to all the above for your continued support of the Club.

ADVOCACY

NATIONAL BIKE SUMMIT

The National Bike Summit convened in Washington, D.C. March 16-18, providing an opportunity for attendees to lobby for cycling at the federal level. A variety of issues were raised by advocates at the summit. The increasing incident of obesity and Type II diabetes in children, traffic congestion, air quality, affordable transportation for the working class, recreation, exercise, environmental concerns, access for people with disabilities as well as the elderly, safety, economic growth, and reduced dependence on oil were issues that advocates commonly referenced in their attempt to connect the importance of cycling to elected officials. Although lobbying was the central focus of the summit, we only spent one day meeting with our representatives. The other two days there were seminars on numerous bike advocacy efforts around the country. It was inspiring and educational to hear about how other communities have organized to further the cause of cycling. Harrisonburg cyclists were represented by Chris Scott as well as me. Anyone who is interested in more information, talk to me or visit any of the following bike advocacy web sites: www.bikeleague.org, www.bikesbelong.org, www.americabikes.org, or www.thunderheadalliance.org.

Ben Wyse

APRIL 6TH - WEDNESDAY EVENING RIDES RETURN FOR ANOTHER SEASON!!!

April 6th will mark the beginning of another season of Wednesday Evening Rides. We meet at Harrisonburg High School (395 S. High St. / Rt. 42 South). Ride leaves PROMPTLY at 5:15PM. Please join us!! We'll ride for 1 1/2 to 2 hrs. Having FUN is our main objective...we DO NOT ride at race pace. Save that for another time!!

Contact: Marcia (432-3312)

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

Century Rides

Art Fovargue 433-9247
Bill Taylor 828-6635

Advocacy

Len Van Wyk 432-0138

Newsletter

Neups 438-1488

Bike Festival

now run by OCP

Web page <http://svbikeclub.homestead.com/>

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

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 Valerie Kramer (289-3587).

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.

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.

HELP WANTED

WANABEES RIDE LEADER

Experienced, friendly, courteous, and kind biker needed to share ride leader duties for monthly Wannabe rides. Must be willing to ride and chat with new riders and not drop anyone. A good knowledge of the roads in and around Bridgewater will be a plus. No application necessary. Interested parties apply by phone to Scott Ripley, 248-5810, or by e-mail, saripley@yahoo.com before 17 April, 2005.

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, April 27th at 5:30;
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!

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

The Club will be supporting Scott's efforts with a \$50 donation.

TIDBITS

Last month, we mentioned that 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. Here's what was found out.

The library liked the idea. They are willing to take any tapes or DVD's that we would be willing to give them. The library only buys DVD's due to space issues, but is willing to take tapes if they are donated. They requested any new items we purchase be only in the DVD format. Each DVD or tape we give them would get a sticker saying it was donated by the SVBC. If we made a commitment to an ongoing yearly donation of DVD's for the library, they would consider making a small commitment also. This would need more follow up with the library director and governing body. Once a DVD goes into the library system, it can be shelved at any of the library branches. Branches are in Harrisonburg, Rockingham, and Page counties. A patron of the system can see the catalog of all library DVD's from any branch. If the DVD is not at the branch they are in, it can be delivered there in a day or two. Lois also mentioned that the library could not be responsible for DVD thefts. Each year the library loses DVD's that are never returned.

Based on my conversation with Lois, I think the advantages of going with the library is that they take care of all the lending logistics, the Club gets a wider distribution of DVD's and we are seen as a good community member. The disadvantage is that we lose control of the DVD's and the DVD's would be more difficult for Club members to check out as they would be reserving them along with all of the other library patrons.

Feel free to give me a call at JMU today, 568-3463, if you have any questions or need more information. I am willing to follow up on this in whichever direction the Club would like to go.

Rich Harris,

RIDE OF SILENCE

On May 18, the [Ride of Silence](#) will roll across the country, starting at 7pm. In approximately 75 cities in the US, Canada, Mexico, Brazil, Germany, and Belgium, cyclists will take to the roads in a slow (no more than 12 mph), silent procession to honor fellow cyclists who have been killed or injured while riding on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. Visit the official site for the Ride of Silence in your area. The ride is held annually on the third Wednesday of May, during National Bike Month.

The Ride of Silence will be held in Boca Raton, FL in conjunction with the rides across the U.S. and around the world. This event is a free ride – no registration fee, no t-shirt, no aid stations; food and beverages will not be served, however, as the organization is a nonprofit charity, donations will be accepted, the proceeds of which will be used to assist the families of deceased and injured bicyclists who are in need of financial support. For the route and additional information, please visit the Ride of Silence site.

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. 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 Christina.meyer@adelphia.net .) Contact Christina Meyer at (540) 433-4005.
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 .
APRIL 16	ADOPT-A-HIGHWAY TRASH PICK-UP AND RIDE. Come join us for a quick pick-up of trash on our section of county roads. We'll meet along Amberly Rd. (Rt. 765) at the intersection with Skidmore Rd. at 9am. Once finished we'll go out for a 35-mile ride. This should start at 10:30 from the Food Lion on Rt. 42N. Contact Neups (438-1488) or Marcia (432-3312).
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.

- 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.
- April 9 Blacks Run cleanup. Contact Julie Jenkins at juliejenkins@hotmail.com for details.
- April 16 16th Annual Ocean to Bay Bike Tour. 20, 35, or 50-miles. Call 1-800-962-SURF, e-mail them at info@bethany-fenwick.org, or visit www.oceantobaybiketour.com.
- 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 1 Cycle 4 Autism. King, NC. 35, 62, and 105 mile courses. Visit www.cycle4autism.org, call 336-922-3539, or e-mail allynsip@alltel.net for more information.
- May 1-4 Governor's Conference on Greenways, Blueways, and Trails. Richmond. Registration ends April 18. Call 757-229-0507, e-mail info@bikewalkvirginia.org, or visit www.bikewalkvirginia.org 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.

- May 28-29 Cycling Double Header 2005. The Wilderness Road Ride (14-78 miles), Radford and the Mountains of Misery Century/Double Metric Century, Newport, with 10,000' / 13,000' of climbing. Visit www.CyclingDoubleHeader.com or call James Demarco at 540-552-9339 for more information.
- 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.
- June 18-25 17th Great Ohio Bicycle Adventure. Call 614-273-0811 or visit www.goba.com for more information.
- July 10-15 13th Annual Moose Tour. Western Maine. Phone 207-743-5993, e-mail them at info@moosetour.com, or visit www.MooseTour.com for more information.
- July 10-17 7th Annual Bike Ride Across New York. 400-mile, 8-days from Buffalo to Albany along the historic and scenic Erie Canal. Visit www.ptny.org/canaltour, call 518-434-1583, or e-mail them at canaltour@ptny.org for more information.
- July 24-30 The Bon Ton Roulet. Finger Lakes region of New York. 350 miles. Call 607-756-2893 or visit www.bontonroulet.com for more information.
- July 30 5th Annual To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes post-ride meal. Visit www.jcvfr.com/rescueride.htm, e-mail RescueRide@aol.com, or call T.D. Langston at 757-566-2126 for more information.
- July 31-Aug. 5 6th 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.
- August 14 Hoo-Ha! Cross Country race. Visit mtnbike@massresort.com for more information.
- August 17-21 Great Hudson Valley Pedal. 200 miles from Albany to New York City. Visit www.ptny.org/hudsontour, call 518-434-1583, or e-mail hudsontour@ptny.org 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.

October 9

5th Annual Kernstown Battlefield Preservation Ride, Winchester, VA. This is a fully supported event that starts at the Kernstown Battlefield site on Battle Park Drive just off of US Route 11 south of Winchester (near the Saturn dealership). There are rides of 25 and 55 miles. Start time is 10:00am. Registration is \$30.00, including same day registration. For additional information, contact Mike Perry at mperry@visuallink.com or by phone at 540-877-1795. Visit the Winchester Wheelmen website for more details. <http://www.winchesterwheelmen.org/events.html>

FROM YOUR DOOR

from The Bicycle Paper Winter 2001

www.bicyclepaper.com

"Oh no" he said, and asked me if I had. "I did ride El Tour", I said. He looked at me and said: "You must be a real enthusiast." Hey, I LOOKED like an enthusiast. I had on a yellow-and-orange Giro helmet, a thermal jacket from a club in Austin, Texas with lightning bolts and sponsor names all over it. High-budget yellow-and-red cycling shoes, black tights and red Elita team gloves. I rode a gleaming racing bicycle, blue with white decals and a matching saddle. None of that impressed him. He decided, on the basis of my El Tour ride, that I was "a real enthusiast." What do you suppose he meant by that? There he was, going the same speed as I was in the Mountain Avenue bike lane. Did he mean that I was an enthusiast as opposed to a back-and-forth cycle commuter, a veteran of the car wars? I guess I am a real enthusiast, but I'm no more committed than that guy on the unpainted recumbent. Hey, he rides every day. I'll bet he rides on rainy days when the nearest I get to cycling is surfing cycling web sites. Evidently, the guy on the rusty recumbent does not think of himself as an enthusiast. He may feel he's a utility cyclist, a commuter, not a cycling sportsman. But he did not judge me to be an enthusiast on the basis of my clothing or equipment, about which he may have known nothing. He didn't decide I was an enthusiast on the basis of what I OWNED, but because of something I'd DONE. And he's right. It's not about what we ride or wear. It's about what we DO. We're cyclists because we ride. The guy who owns the most expensive gear is not the most authentic cyclist. The guy who bought the trick Italian bike with the team-issue pieces bolted on it is not the most authentic cyclist. The guy with the Subaru Forester with the three-rail Thule rack with a Kestrel clipped in it is not the most authentic cyclist. The guy who bought the mint late-70s Masi on E-Bay is not the most authentic cyclist. The guy riding his rusty homemade recumbent is dead authentic, for sure. He's the cyclist. Bicycle ownership is nothing. Bicycle use is everything. Riding is everything. And the riding that matters is riding INSTEAD of driving. The people behind the 2001 El Tour are urging us to ride our bikes to the event and to ride home afterward. I'd like to urge you to make pedaling your bike to and from your rides a habit. Ride from your door. Too many of us load our bikes into or onto cars and drive them two miles to the starts of rides. Road cyclists in the old days, in the '70s and '80s, resisted that. Many couldn't afford cars or didn't want them. They believed that "Cars Suck" as the T-shirt says. It wasn't cool back then to roll up to ride starts in a car. It shouldn't be cool today. There's nothing cool about driving a car. Everyone does it. Driving a car doesn't set you apart. Guys who move their mouths when they read and want to show you who owns the road drive cars. Takes no brains, no class. Slobs who can't climb a flight of

stairs drive cars. It's easy. Preoccupied, careless people who'd never survive a mile-long bike ride drive cars; they're safe in there with air bags and shoulder belts. We, on the other hand, ride bikes. Riding bikes is good for us. Driving cars is not. Riding bikes does no harm. Driving cars does major harm. Short trips wear cars out; Bikes don't care how long the ride is. I'll bet you'd like to think of yourself, your way of life, as an example "tooters". I'll bet you'd like to believe that the world would be a better place if everyone did what you do. You do feel that way, don't you, especially about your cycling? I thought so. Leave your car in the driveway. Ride your bike.

2004 MILEAGES



Marcia Lamphier	10,256	Neups	6,267
Bert Bergdoll	4,727	Robin Hulvey	4,665
Doug Lane	4,143	Woody Strawderman	4,048
Cowles Andrus	4,011	Jeff Tutt	1,883
Scott Ripley	1,790	Diane Livick	1,243

This will be the last listing of 2004 mileages.

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 APRIL/May

KYLE LAWRENCE ***

Cowles Andrus, III	Leonard Clymer	Dary & Nathaniel Erwin
Matt Hegemier & Family ***	Sheila and Terry Newman	Rich Rebuck
Bill, Jodi, & Forrest Taylor	Sam Thompson ***	

*** 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

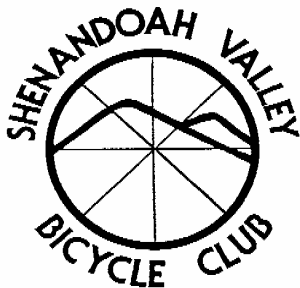
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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



printed on recycled paper