

MAY 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.
May 9 7:30pm Monthly meeting.

APRIL MEETING MINUTES

The April 11th, 2005 meeting of the SVBC was held in back room of Luigi's 42S. There were six members present as well as Jonathan from OCP and Robert Chambers from JMU who is doing a PR project for the Club. The Treasurer reported a balance of \$6,021.71.

Numerous upcoming events were discussed and Jonathan detailed OCP plans for the Festival rides and brochure. All in attendance agree that the Festival looks to be in good hands with OCP and should be quite the day of riding and celebration. Club members are encouraged to spread the word, invite friends and relatives to come to town for the rides and events and, if all goes well, participate in the Critical Mass Ride at the end of the day. The Festival will be held July 30th from its new starting location at Our Community Place, 44 East Johnson Street, Harrisonburg.

Marcia reported 35 riders for the first Wednesday evening ride of 2005. This ride seems to be one of, if not the most popular of all the offered rides. Upcoming changes to the ride may be a new starting location at the new HHS on Garber's Church Road. Once final

decisions are made, more information will be published.

The Club was asked to provide volunteers to be road marshals at the Tour of Shenandoah Criterium in Harrisonburg on April 27th. Club members have come forward and the SVBC will meet and exceed needed volunteers. By the time the newsletter is published the Crit will have taken place.

Thomas reviewed SMBC activities which include Thursday trail work at Massanutten's western slope, Monday beginner mountain bike rides, the 9 hours 99 minutes of Mud Pond membership drive/ride on July 16th, and sharing of club activities between the SMBC and SVBC newsletters.

After good food, good conversation, and catching up with good friends, the meeting was adjourned.

The next meeting will be May 9th at 7:30pm in the back room of the Original Luigi's 42S.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Mary Beth Anderson
Amy Burkhardt

Quicksburg
Harrisonburg

WELCOME BACK RETURNING MEMBERS

Cowles Andrus
Steve Zumbro

Leonard Clymer

Matt Hegemier Family

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

ADVOCACY

HB 1883 requires cyclists who ride at night on highways with speed limits of 35 mph or higher to have a blinking or solid red tail light, in addition to the already required head light and rear reflectors. This change will go into effect on July 1st.

MORE ON THE BIKE SUMMIT

The Summit agenda - our message to our representatives:

1. Strengthen and enhance existing core transportation funding programs that benefit bicycling and walking. House and Senate proposals for transportation reauthorization keep key programs such as transportation enhancements, recreational trails, and congestion mitigation and air quality funding. Support for these programs is solid.

2. Safe Routes to School (SR2S). The House and Senate transportation bills both have significant new SR2S programs, and the topic is impossible to resist for politicians and staff alike. Representative Don Young (R-AK), Chairman of the House Transportation and Infrastructure Committee, was quoted as saying "kids living within a mile and a half of school should have to walk!"

3. Fair Share for Safety. Last year's Senate transportation bill included a program to ensure that 13% of safety construction funds are spent on reducing bicyclist and pedestrian crashes - directly in line with the percentage of traffic fatalities suffered by the non-motorized modes. A simple chart showing that currently about one percent of those funds go to bicycling and walking safety enabled Summit participants to make an effective point in countless meetings with legislators.

4. Bicycle Commuter Act. We continue to seek legislation that would extend the transportation fringe benefit enjoyed by drivers and transit users to also cover bicyclists and pedestrians.

5. Complete Streets. "The simple principle behind Complete Streets is that the public right of way should be designed and operated to ensure safe and convenient access to all legitimate users - and that includes bicyclists," explained Mele Williams, government relations director for the League of American Bicyclists, during the issue training on day one of the Summit.

Bicycle-related Bills in Congress:

In the House of Representatives:

The Transportation Equity Act - a Legacy for Users (H.R. 3). TEA-LU re-authorizes the Federal transportation funding program. The bill which passed the House on March 10 maintains core programs such as transportation enhancements and recreational trails and would create a national Safe Routes to School program with \$850 million over five years (including a requirement that between 10% and 30% of funding be spent on education and encouragement programs).

Securing Transportation Energy Efficiency for Tomorrow Act of 2005 (H.R. 722). The STREET Act extends the transportation fringe benefit to include bicycle commuters and reintroduces the Conserve by Bike language to create 10 exemplary bicycle-friendly communities.

The Bicycle Commuter Act (H.R. 807). The bill would extend the availability of the tax-free transit and parking fringe benefit to bicyclists. A companion Senate bill is expected to be introduced soon.

In the Senate:

Safe Streets and Highways Act of 2005 (S. 562). The bill includes the "fair share for safety" provision to ensure safety construction funds are spent by state DOT's in proportion to the percentage of fatal crashes suffered by bicyclists and pedestrians.

Safe, Accountable, Flexible, Efficient Transportation Efficiency Act (SAFETEA). The Senate bill to reauthorize Federal transportation funding that includes a Fair Share for Safety provision, a Safe Routes to School program with \$420 million of funding, and ongoing funding for core programs. The Senate Environment and Public Works Committee passed SAFETEA on March 16 and floor action is scheduled in late April.

Safe and Complete Streets Act of 2005. This draft bill would require states to adopt a Complete Streets policy based on FHWA's design guidance language of 2000; it also includes the House Safe Routes to School program language (see H.R. 3) and other bicycle-related provisions.

Check <http://thomas.loc.gov> for updates on these and other transportation and bicycling bills in Congress.

Chris Scott, 540.434.2087, MountainTouring.com, Shenandoah Mountain Touring, LLC.
IMBA State Representative - Virginia

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 Dean Cummings (289-9746).

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

MAY'S RIDE WILL BE ON MAY 29TH. 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.

TRASH TALKING

The Club participated in Virginia's statewide spring cleanup on April 16th. Many thanks go out to the following people who helped clean up our section of roadway. There was more than we thought there would be – 9 bags this time.

Dennis Herr	Marshall Hammond	Marcia Lamphier	Neups	Robin Neupauer
Steve Zumbro	Brent McNett	Bruce Miller	Cowles Andrus	

After the pickup, Dennis, Marshall, Marcia, Cowles, and Neups went out for a windy ride. It was special in that we saw a coyote running across a field in hopes of a sheep meal, a train tracks cleaning car (at least that's what I thought it was), and a large backup on I-81. The last gave us our last bonus of the ride – being able to ride past all the cars on route 11 trying to get around the tie-up on 81 – as we rode the last stretch back into town. With all this excitement, I'm sure you'll all want to join us in October when we do our next pickup and ride.

Neups

SMBC NEWS AND HAPPENINGS

Meeting on the third Tuesday of every month at 8pm at Dave's Downtown Taverna. Mondays have beginner mountain bike rides. Thursdays are trail work days at Massanutten. Check at Shenandoah Bicycle Company for more information.

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. 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. Contact Neups at (540) 438-1488, neups-web@att.net .
SUNDAYS	SUNDAY RIDES. Rides leaving from Bridgewater College at 1pm. 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 info.
<u>MAY 29</u>	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.
JUNE 5	RIDING THUNDER RIDGE ON THE BLUE RIDGE PARKWAY. Join us for this annual climbers' delight. The climb of Thunder Ridge Mountain is a 12-mile climb with 2,500 feet of elevation gain. This trip is a 65-mile loop along the Parkway and returning through the valley back roads. Leave Bridgewater College at 7am and drive 1.5 hours to Bedford County to begin the ride. In order to coordinate carpooling <u>you need to sign up for this ride in advance</u> . There is a possibility of doing this ride on Saturday if that is a better day for people. E-mail harrisra@jmu.edu or call 828-2380 Rich Harris if you want to go.
JULY 30	<u>14th ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL. Club ride on Friday night at 5:30. Festival rides Saturday, 20-100 miles.</u>

- Mondays Beginner MTB Rides. We will carpool from the Shenandoah Bicycle Company at 5pm or meet at the trail head at 5:30. Check the website for the latest Monday ride destination; we will have the location up on Mondays by noon. We are also looking for trail ride leaders, please contact Thomas at 434-9943 or tj@shenandoahbicycle.com to help out!!! Details at www.shenandoahmountainbikeclub.com.
- Thursday SMBC Trail Work. We will meet at the parking area on the Western Slope at five and then drive up to the Hole-in-the-Guardrail Trail and hike down. We are beginning the construction of the new Ravine Trail, which will be an extension of the Connector trail built last year. Join us anytime on the trail - we will be working until dusk.
- 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.
- 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.
- 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 14 Virginia Capital Trail – Capital to Capital Century. Ride the route of the future Virginia Capital Trail from Jamestown to Charles City Courthouse and back (50 miles) or to Dorey Park in Richmond and back (100 miles). The Trail will be a multi-purpose facility serving bicyclists and pedestrians, and linking the many historic, cultural and scenic sites along Route 5. Limited SAG. Refreshments available. The \$25 registration fee includes a barbecue lunch at Charles City Courthouse. Proceeds benefit the Virginia Capital Trail Foundation. Hosted by Williamsburg Area Bicyclists and Richmond Area Bicycling Association. To register, www.active.com (select Individual Sports, enter: Capital to Capital Century).

- 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. The Century has 10,000 feet of climbing. The double metric has 13,000 feet of climbing. Visit www.CyclingDoubleHeader.com, www.nrvbike.org/ or call James Demarco at 540-552-9339 for more information.
- June 5 The 2nd Annual Fletcher Flyer. Full, metric, and half century rides that wind through the valleys of Western North Carolina. The Fletcher Flyer was designed as the least hilly century ride in the Asheville area. The cumulative climbing for the full and metric century courses: 4044' and 3037', respectively. The new half century has 2216 feet of cumulative climbing. All routes start at 8:00 AM.
- 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 19 20th Annual Bay to Bay Ride. Betterton, MD. 50-104 miles, flat. Proceeds to benefit Lions Club Leader Dog Program for the Blind. E-mail them at bay2bay04@hotmail.com or find them on www.active.com.
- 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.
- June 25 – July 1 Cycle the Columbia Gorge. <http://www.adventurecycling.org/tours/cyclethegorge.cfm>
For 2005, our seven-day Columbia Gorge Event tour features a redesigned route and new itinerary with different overnight destinations. We start near Portland, Oregon, and ride east below the high walls and near the misty waterfalls of the Columbia River Gorge. Next, the volcanic sentinels of Mt. St. Helens and Mt. Adams tower over two days of spectacular, low traffic riding environments above the Gorge in southern Washington. We'll then spend a day riding along the Columbia River on the way to Hood River, Oregon, one of America's great outdoor destinations. There, go crazy on the "Fruit Loop" orchard ride, or, at your option, brave the local waters while windsurfing or white water rafting. We end the tour with a shuttle to Mt. Hood and a downhill ride to end a very memorable week of bicycle riding.
- 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 23-24 Powhatan's Festival of the Grape & Tour de Vin. A great weekend of wine, food and live music from Steve Bassett and Ammon Tharpe (plus many others) on Saturday and great riding on Sunday. We have added a full century route in addition to the metric and half metric routes. Please visit our website at www.powhatancommerce.org/TourDeVin.htm for more details or go to http://www.activeusa.com/event_detail.cfm?event_id=1204043 to register online. If you have specific questions, please e-mail tourdevin@yahoo.com.
- 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 Wilderness 101. www.mountaintouring.com or http://www.active.com/event_detail.cfm?event_id=1186519 to register on Active.com
- July 30 5th Annual To The Rescue Bicycle Tour. Toano, VA. 25 – 100 miles. Registration includes post-ride meal. Visit www.jcvfr.com/rescuerride.htm, e-mail RescueRide@aol.com, or call T.D. Langston at 757-566-2126 for more information.
- July 30 – Aug. 8 Cycle Washington. <http://www.adventurecycling.org/tours/cyclewashington.cfm>
We have planned this ten-day Event tour to bring members top-notch cycling amid magnificent landscapes, making Cycle Washington one of Adventure Cycling's most sought-after tours. Explore Seattle from one of America's great urban bike paths and get an added perspective of the Puget Sound on two enjoyable ferry rides. Experience more Cascade Mountain scenery at destinations like Winthrop, Lake Chelan, Leavenworth, and Lake Wenatchee. Ride through more of the thick forests and bountiful orchards of the Pacific Northwest along the way. Set sail on Cycle Washington from the Emerald City on the Sound this summer and enjoy more of everything this part of the Pacific Northwest has to offer.
- 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 6 Mountain Mama Road Bike Challenge. Fundraiser for Highland County Recreation programs. 27-, 56-, 70-, and 104 miles. Century has 9 mountains and 10,000 feet of climbing. Go online to <http://bikemountainmama.homestead.com/index.html> for more information.
- August 7-12 10th Annual New England Adventure. 6 days - Road Touring - 325 miles. Brattleboro to Stowe, Vermont. Call 1-800-727-9711, e-mail tmcbike@aol.com, or visit www.newenglandadventure.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 4 Shenandoah Mountain 100. www.mountaintouring.com or http://www.active.com/event_detail.cfm?event_id=1186518 to register on Active.com
- September 4 MilePost Zero Bicycle Club is proudly hosting the 17th annual Tour De Valley Century. Ann & Harry Colman are the hosts and Harry is serving as director again this year. We promise a few upgrades: Slightly modified course in the same general area. All stops ON the course. PortaPotties on trailers, just like in the good old days. And loads of fun in the front yard and the pool when you get back in.
- 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 1-8 Cycle North Carolina is preparing an all-new route for another “Mountains to the Coast” tour of the Tar Heel State. This year’s version of the 7th annual ride is planning an Asheville to Wilmington trek. Stops scheduled along scenic back-roads. 1,200 bicyclists expected to participate. Over the course of the week, riders will bike an average of 60 miles per day. Additional overnight stays are tentatively planned for the cities of Forest City, Hickory, Concord, Albemarle, Laurinburg, Whiteville, and Wilmington. In this year’s tour, bicyclists will see some of North Carolina’s most breathtaking sites, Chimney Rock, Biltmore Estates, Linville Caverns, The Orchards at Altapass, Lake Lure, Blue Ridge Mountains, Lake James State Park, Pisgah National Forest and Linville Gorge, Catawba River, Lake Norman State Park, Reed Gold Mine, Dennis Vineyards, Jones Lake State Park, Lake Waccamaw, Moores Creek National Battlefield, Battleship NC; several of NC’s charming small communities and more. For more information, contact NCAS at, 800-277-8763, or visit www.cyclenorthcarolina.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>

October 9-13

Fall Foliage Round About Bike Tour. New Hampshire – Vermont. 200 miles. Call 1-800-727-9711, e-mail tmcbike@aol.com, or visit www.newenglandadventure.com for more information.

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.

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 MAY/June

DARY & NATHANIEL ERWIN		SHEILA & TERRY NEWMAN
<u>RICH REBUCK</u>	<u>BILL, JODI, & FORREST TAYLOR</u>	<u>SAM THOMPSON ***</u>
Eddie Bumbaugh	Michael, K., & L. Carpenter ***	Barbara Carson-Campbell
Phil Hearne	Steven Hostetler	David Lorenzen
Howard Lubert	Daniel J. Neher	Tim Richardson ***
Ben And Anna Wyse		

*** 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

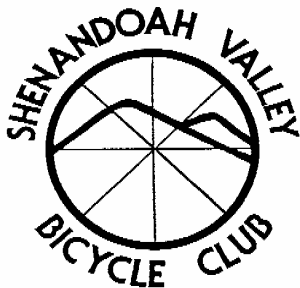
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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