

JUNE 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.
June 13 **7:30pm** Monthly meeting.

MAY MEETING MINUTES

The May 9th 2005 meeting of the SVBC was held in the back room of Luigi's 42S. There were six members present. The Treasurer reported a balance of \$5,921.73.

Robert Chambers made his class project presentation to a few Club members earlier in the month and his media packet was presented to the Club at the May meeting. Thanks, Robert, for putting together a useful and attractive presentation.

The Club agreed to donate \$100 to Mile Post Zero Bicycle Club in support of "The Cookie Lady" who suffered a stroke earlier this year. Anyone interested in also donating can do so through Mile Post Zero's web page: <http://www.milepostzero.homestead.com/>.

Ben Wise reported on the cooperative effort between SBC, Trek, and the State Department of Health to provide 29 bicycles for the Harrisonburg Middle School to use in an elective cycling class.

Festival Update: Ben Wise is hoping to organize a final ride of the festival that will bring riders of all ages and abilities together for a fun loop around Harrisonburg. If you have an extra helmet, please bring it to the Festival on July 30th in case others forget theirs or don't have one. Stay tuned for further details. Also

the Festival needs volunteers for ride leaders, day of the Festival sag support, and folks who wish to mark routes. The rides will be a century, half century, and 25 mile morning loop. Contact Marcia if you want to lead a ride or help mark the course.

SMBC report: July 16th will be the 9hr 99 min. of Mud Pond, a membership drive for the mountain bike club. Go to the club's web site for more details <http://www.shenandoahmountainbikeclub.com/>.

The Tour de Burg is happening July 1-6. This is a stage "race" that includes road and mountain stages. Everyone is welcome to participate in one or all the stages, or just come watch. Volunteers are needed to mark and sweep the routes. Contact Mike Carpenter or visit the SMBC web site.

Volunteers are needed to help the SMBC during Fun Fest on June 8th. Twenty-five folks are needed during various times from 5-8pm. Please contact Thomas Jenkins for details or to volunteer.

The next meeting will be June 13th at 7:30pm. in the back room of the Original Luigi's 42S.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Kyle A. Murphy
Bain & Lisa Routhier
Stacey Short & Kathy Werner

Harrisonburg
McGaheysville
Harrisonburg

WELCOME BACK RETURNING MEMBERS

Jennifer Bowman
Dan Neher

Eddie Bumbaugh
Bill Taylor Family

Dary & Nathaniel Erwin
Bill & Meg Wightman

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/		

WEDNESDAY EVENING RIDES - LOCATION/TIME CHANGE EFFECTIVE JULY 6TH

PLEASE NOTE **CHANGE IN LOCATION/TIME!!!!**

****5:30PM from the NEW HARRISONBURG HIGH SCHOOL 1001 GARBERS CHURCH ROAD****

Directions: Take RT33 WEST heading out of Harrisonburg; go past Thomas Harrison Middle School (located on your left). Turn LEFT onto Garbers Church Rd. New HHS located approximately 1/2 mi. on the RIGHT. Please park in parking area located on the NORTH side of the school near the athletic fields. DO NOT PARK in front of the school. Contact: Marcia (432-3312). Please pass the word!!!

TOUR of SHENANDOAH

A special thanks to all course marshals and helpers at the Tour of Shenandoah Harrisonburg Downtown Crit. Sorry about not receiving any "bonuses" but it seems Matt Buttermann has fallen off the planet. Members and non-members alike pitched in to set up barriers, lights, stages, and marshal the course. I think everyone would agree it was well worth the effort. I believe Harrisonburg really showed its biking colors by having an excellent crowd watching and cheering on the cyclists, including our own Jeremiah Bishop. Thanks again and if I ever hear from the organizers I'll put in a pitch for a token of their appreciation.

Marshall

14TH ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL - JULY 30TH - VOLUNTEERS NEEDED

Volunteers are needed for the 14th Annual Shenandoah Valley Bike Festival to be held on July 30th at OCP (Our Community Place), 44 East Johnson St., Harrisonburg. We are looking for ride volunteers, route marking volunteers, and event helpers. Please note this year's event will START/END at OCP!!!! Ride volunteers & route marking volunteers--please contact Marcia (432-3312). Other volunteers, please contact Melaine (540)433-6419.

Rides: 7 am. Century - 100 miles
8 am. Half-Century - 50 miles
9 am. Morning Loop - 25 miles
4 pm. Community Ride - 3-5 miles

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: 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.

TIDBITS

Bicycle chosen as best invention

The humble bicycle has won a UK national survey of people's favourite inventions. Listeners to BBC Radio 4's You and Yours programme were invited to vote in an online poll looking at the most significant innovations since 1800. It was an easy victory for the bicycle which won more than half of the vote.

The transistor came second with 8% of the vote, and the electro-magnetic induction ring - the means to harness electricity - came third. See <http://www.energybulletin.net/5952.html> for the article.

11 Pounds of fat can be burned in a year by regularly bike commuting 15 minutes to work.

462 Millions of gallons of gasoline can be saved in one year if cycling in the U.S. increased from 1% to 1.5% of all trips.

TIME TRIAL RESULTS

May 10	5-15mph mostly westerly wind, cloudy, 75°			
<u>Male</u>				
Kevin Reid	21:50	Bill Wightman	22:37	
David Duke	24:53	Neups	24:59	
Steve LaDrew	25:58	Robbie Burton	26:06	
<u>Female</u>				
Connie Peterson	24:48	Barbara Carson-Campbell	27:07	

COOKIE LADY THANKS

The Club made a donation to June Curry, the Cookie Lady, from Afton. She's still recovering.

Dear SVBC,

My name is Debbi Bryant. I'm writing this for June Curry.

Thank you so much for your generous check. It will help immensely toward keeping the bike house open!

Would really enjoy your visiting me sometime. Please keep in touch!

Love, June Curry.

SCHEDULE OF EVENTS

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

TUESDAYS	TIME TRIALS, Montezuma. Officially timed from May – September, the 2 nd and 4 th Tuesdays of the month at 6:30pm.
WEDNESDAYS	WEDNESDAY NIGHT RIDE. We leave from the Harrisonburg High School parking lot (Route 42S - 395 S. High St.) at 5:15pm for a 1-1/2 to 2 hour FUN ride. Please contact Marcia (432-3312) for more details.
THURSDAYS	FAST RIDE. Time: meet at 5:45pm; we'll leave the parking lot no later than 6pm. Place: Mr. J's Bagels, 1731 High Street in Rockingham Square. Distance: 30-40 miles. Intensity: 20-28 mph in sections. Route: To be decided. 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 8am. We ride 2-3 hours+ (40-60 miles) to have fun! Please contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or call Marcia at 432-3312 each Saturday for latest ride information.
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. Volunteer Recognition Ride Sunday at 9am.</u>
SEPTEMBER 11	<u>23rd ANNUAL SHENANDOAH VALLEY CENTURY.</u>
THIRD SUNDAY	WANNABE RIDE. These will now always be on the 3 rd Sunday of the month. 9:00am, Wildwood Park, Bridgewater. Contact Scott (248-5810) for more information.

Mondays

Beginner MTB 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.
- 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 1-6 Tour de Burg. This is a stage "race" that includes road and mountain stages. Everyone is welcome to participate in one or all the stages, or just come watch. Volunteers are needed to mark and sweep the routes. Contact Mike Carpenter or visit the SMBC web site at Visit <http://www.shenandoahmountainbikeclub.com/> for more details.
- July 15-17 16th Annual Virginia Commonwealth Games. Visit www.commonwealthgames.org or call 1-800-333-8274 for more information.
- July 16 9hr 99 min. of Mud Pond. This is a membership drive for the Shenandoah Mountain Bike Club. Visit <http://www.shenandoahmountainbikeclub.com/> for more details.
- 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/rescueride.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 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 JUNE/July

MICHAEL CARPENTER ***	BARBARA CARSON-CAMPBELL	PHIL HEARNE
STEVEN HOSTETLER	DAVID LORENZEN	HOWARD LUBERT
TIM RICHARDSON ***	BEN AND ANNA WYSE	
John Bauman ***	Dean Cummings	Hadley Jenner
Vincent Kelly		

*** 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.

BETTER BICYCLING FACT SHEETS

from the League of American Bicyclists' web site

Group Riding

1. Be predictable
 - In a group, your actions affect those around you, not just yourself
 - Riders expect you to continue straight and at a constant speed
 - Signal your intention to turn or slow down before you do so
2. Use signals
 - Use hand signals to indicate turns and point out hazards to others
 - Left or right arm straight out to indicate left or right turn
 - Left arm out and down with palm to the rear to indicate stopping
3. Give warnings
 - Ride leaders should call out right turns, left turns and stops in addition to signaling
 - Announce turns before the intersections to give riders a chance to position themselves
 - Try to avoid sudden stops or turns except for emergencies
4. Change positions correctly
 - Slower moving traffic stays to the right; faster traffic to the left
 - Pass slower moving vehicles on the left; announce your intention to do so
 - Announce passes on the right clearly as this is not a usual maneuver
5. Announce hazards
 - Most cyclists do not have a full view of the road while riding in a group
 - Announce potholes and other hazards so others can avoid them
 - Call out the hazard and point down to it, either left or right
6. Watch for traffic from the rear
 - The last rider should frequently check for overtaking cars
 - Announce "car back" clearly and loudly
 - It is also helpful to announce "car up" on narrow roads or when riding two abreast
7. Watch out at intersections
 - Leader should announce slowing or stopping at intersections if necessary
 - Cyclists should not follow others through intersections without scanning
 - Each cyclist is responsible for checking cross traffic; if you must stop, signal
8. Leave room for cars
 - On narrow road or during climbs, leave space between every three or four riders
 - Motorists will utilize the shorter passing intervals to pass the group
 - Good relations with motorists is the responsibility of every cyclist
9. Stop off road
 - When stopping for mechanicals or regrouping, always move clear off the road
 - Only if conditions permit should you move back onto the road as a group
 - Always yield to traffic in the roadway
10. Ride single file
 - It is illegal in some areas to ride more than two abreast
 - Ride single file between intersections; double up when the group stops
 - When taking the lane, double up and take the whole lane

League of American Bicyclists

1612 K Street NW

Suite 800

Washington, DC 20006-2850 Phone: 202-822-1333

Fax: 202-822-1334

E-mail: bikeleague@bikeleague.org

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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

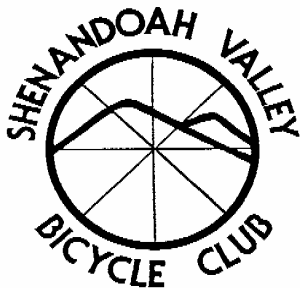
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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