

JULY 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.
July 11 7:30pm Monthly meeting, INCLUDING the Festival and Century.

JUNE MEETING MINUTES

The June 13th 2005 meeting of the SVBC was held in back room of Luigi's 42S. There were five members present as well as Jonathon from OCP. The Treasurer reported a balance of \$6,116.23.

The Shenandoah Valley Bike Festival sponsored by Our Community Place was the main topic of discussion. Marking of the Festival routes will require black paint to obscure existing markings as well as white for the 2005 routes. The Club is responsible for marking all routes. Volunteers can contact Marcia for maps and paint. Marking can begin anytime in July. Club members wishing to volunteer to help with the Festival can call Jonathan or Melanie at OCP. A road watch will be needed at the intersection of Main and E. Johnson to alert cyclists turning across Main Street into the OCP area. Club member Ben Wyse is organizing a "Family Friendly Critical Mass Ride" as a conclusion to the Festival. Everyone is encouraged to come to the Festival to ride, participate in the community celebration and enjoy a day of friends. Please support OCP in this event.

A Club sponsored ride up Thunder Ridge on Sunday June 5th saw two riders taking a high speed fall, resulting in much road rash and a broken collar bone.

However severe the rash and broken bone were, both cyclists were wearing helmets and were able to walk, albeit gingerly, away from the crash. This gave everyone witnessing the accident reason to pause and reflect on the necessity of ALWAYS wearing a helmet regardless of the distance, experience of the cyclist, or riding conditions.

A SVBC Century meeting is upcoming and will be announced shortly. It is not too early to begin thinking about volunteering for this Club event and planning on supporting the ride on September 11th.

In news from the SMBC the Tour de Burg is taking place from July 1st through 6th. There are road stages and mountain bike stages in this six-day event. For more information contact Mike Carpenter at carpenmc@jmu.edu. 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 next meeting will be July 11th at 7:30.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Jens Hansen
Lorendia Schmidt

Harrisonburg
Harrisonburg

Mike Saunders
Michael Weaver

Harrisonburg
Fulks Run

WELCOME BACK RETURNING MEMBERS

Mary B. Atkins
Hadley Jenner

Barbara Carson-Campbell
Sheila & Terry Newman

Art Fovargue 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/	
	Ride board http://www.websitereactions.com/Rideboard				

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!!!

SUNDAY RIDES TIME CHANGE FOR JULY

Guy Wolf will be leading the rides for July. The Sunday rides will leave from Bridgewater College at 9:00am. Please note this time change. If you want more information you can contact Guy at valleywolfs@yahoo.com.

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

TIDBITS

On May 26, the Brunswick Corporation, in cooperation with Bikes for the World, dispatched a 40-foot container holding 225 brand-new Roadmaster mountain bikes, destined to provide essential transportation to rural and small town residents of northern and eastern Sri Lanka who have had their homes and livelihoods destroyed by the recent tsunami.

SMBC NEWS AND HAPPENINGS

Meeting on the third Tuesday of every month at 8pm at Dave's Downtown Taverna.

The Crash on Thunder Ridge: A Bicycle Helmet Success Story

By Rich Harris

On June 5, 2005 fourteen people participated in the annual "Thunder Ridge Road Ride" that I lead in Bedford County between Lynchburg and Bedford, VA. We started the day with a clear blue sky and cool temperatures. Ideal conditions for the 12-mile climb with 3,500' of elevation gain up Thunder Ridge along the Blue Ridge Parkway. Everyone made it to the top and began the long descent down to the Peaks of Otter Lodge for our first food stop.

Our enjoyment turned to horror when two riders bumped each other and crashed to the pavement at over 40 miles per hour on the descent. Both riders received multiple abrasions and one had a broken collar bone. Fortunately the crash occurred less than one-quarter mile from the lodge, so park rangers responded quickly and an ambulance was called to take both riders to the hospital in Bedford. After a long delay the remainder of the group completed the ride.

Both victims were experienced riders and have ridden descents much steeper than Thunder Ridge. The crash itself was truly an accident. As scary as this crash was, it could have been much worse. Both riders' heads hit the pavement in this high-speed crash. Had they not been wearing helmets their injuries would have been much more severe, if not fatal. Their helmets did their jobs as there were no head injuries at all in this crash. I write this article as a success story for bicycle helmets and a vivid example of how they can prevent injuries and save lives. This is the reason that the Shenandoah Valley Bicycle Club REQUIRES helmets on all rides and encourages everyone to wear a helmet on ALL rides. Just like the Thunder Ridge ride, you never know when an accident may occur. While we cannot prevent bicycle accidents, we can reduce the type and severity of injuries that occur by wearing helmets on all rides. Please share this story with others bicyclists. Hopefully it can prevent other serious injuries from occurring in the future.

Both riders are recovering well.

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).

ROOMMATE WANTED: Quiet country living 15 minutes from Harrisonburg. Use of house and all utilities included (includes AOL). \$350/month. Call Barb at 234-8539.

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.

TIME TRIAL RESULTS

June 14	progressive increasing winds, 0-15-18mph, west, hot, 91°+, humid, hazy, corn 15" tall		
	<u>Male</u>		
Bill Wightman	22:46	Neups	25:14
James Hughes	26:01	Steve LaDrew	26:41
Guy Wolf	27:06		

SVBC RIDE BOARD

Christina Meyer has created a dynamic ride board for all of us in Harrisonburg. The URL is <http://www.websitereactions.com/Rideboard>. The purpose is not to replace the Club discussion board, but to allow riders to set up their own rides and post the ride on the website, which will e-mail everyone in the e-mail list. (They can sign up to be on the list there, too.) Check it out!

SCHEDULE OF EVENTS

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

TUESDAYS	TIME TRIALS, Montezuma. Officially timed from May – September, the 2nd and 4th Tuesdays of the month at 6:30pm.
WEDNESDAYS	WEDNESDAY NIGHT RIDE. We leave from the NEW Harrisonburg High School parking lot (1001 Garbers Church Rd.) at 5:30pm 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 <u>9am</u>. We ride 2-3 hours+ (40-60 miles) to have fun! Please contact Guy Wolf, 828-3660, or e-mail valleywolves@yahoo.com each Saturday for latest ride information.
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>
AUGUST 20	ANNUAL ICE CREAM RIDE. The Club will again pick up the tab for our treats. Total mileage will be 45-50. Contact Neups (438-1488) for more information.
SEPTEMBER 11	<u>23rd ANNUAL SHENANDOAH VALLEY CENTURY.</u>
THIRD SUNDAY	WANNABE RIDE. These will now always be on the 3rd 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.

- Tuesdays Interval Training. Meet at 5pm in the parking lot of the old Harrisonburg High school. We will do approximately. 4 intervals and these will be 22+ mph. We will regroup after each of the intervals. For more information contact David at lamm_dw@jmu.edu.
- 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.
- 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 9 2nd Annual Big Walker Century. Wytheville, Va. (Where I-77 and I-81 cross.) It covers a lot of Wythe and Bland counties, crossing Big Walker Mountain twice. There will also be metric century, 38 mile and 25 mile options and they all climb the mountain at least once. Visit www.bigwalkercenturyride.com for more information.
- 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.
- August 28 Reston Century. Sign-up at: http://www.active.com/event_detail.cfm?event_id=1211389.
- 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 10-11 2nd Annual Sacred Summits Cycling Tour, the peaks of western North Carolina. Sacred Summits is an inspiring and challenging 130-mile weekend tour along the Blue Ridge Parkway with an overnight stop at the Biltmore Estate. The ride benefits the Blue Ridge Parkway Foundation and Lake Logan Center. The route includes more than 100 miles of the Blue Ridge Parkway, a road famed for its design in tune with the landscape. Pristine lakes, wildflowers, dense forests and massive mountains will surround riders on this magical route. Each day's route includes a ten-mile-long descent. You'll spin through more than a dozen dark tunnels and wind through curve after curve, enjoying what Bicycling magazine calls "some of the best road riding in the world." Over the course of two days, you'll climb more than 10,000 feet, reaching heights up to 5,600 feet above sea level. Ascents up to six miles long will challenge even the fittest riders. Attentive support, great food, and the festive atmosphere at the Biltmore Estate will lift you. The post-ride party at Lake Logan will be a festive end to a super cycling weekend. Sacred Summits benefits environmental preservation efforts by the Blue Ridge Parkway Foundation and Lake Logan Center. For details, please visit www.sacredsummits.org.
- September 10-17 National Rally of Bicyclists in conjunction with Cycle Oregon. Go to www.bikeleague.org for more information.
- September 18 Historic Back Roads Century, Berryville. The Potomac Pedalers Touring Club (PPTC) of the Washington, D.C., area will host this century. The routes (25, 50, 63, and 100 miles) will begin and end at Clarke County High School in Berryville, VA. The routes, which emphasize the many historic sites in the northern Shenandoah Valley of Virginia and West Virginia, follow scenic back roads with low traffic. The century makes financial contributions to local historical societies to help fund the research and preservation of the sites that make this ride unique. The century prides itself on well-run and tasty rest stops, roving mechanical and emergency support, and creatively designed long-sleeved t-shirts. For more information, visit the PPTC website at www.bikeptc.org.
- 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.
- September 25 1st Annual Cheat Mountain Century, Snowshoe Mountain. 105 miles with 15,000' climbing. Go to www.snowshoemtn.com and look at the events. They also have a metric century.

- 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. With wonderful tourist stops scheduled along scenic back-roads, this year’s Cycle North Carolina fall ride promises to be the highlight of the year for cyclists throughout the region. 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 JULY/August

JOHN BAUMAN ***	DEAN CUMMINGS	VINCENT KELLY /
Dan Finseth & Betsy Hayes	Bruce Miller	Benjamin Stutzman
Jeff Tutt		

*** 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.

Knee Pain and Bicycling

Taken from an article by Diane Haupt, MS, PT written for the Tidewater Bicycle Association's newsletter, The Spokin Word.

Knee pain is one of the most common complaints among cyclists with the majority of cases caused by overuse due to the repetitive nature of the sport. During one hour of cycling, a rider may average over 5,000 pedal revolutions. Multiply that by a 3-4 hour ride and you can see how the smallest misalignment, whether anatomic or equipment related, repeated over 20,000 times may lead to an injury. Causes of knee pain in cycling may include improper bike fit and/or training distance and intensity, anatomical factors such as leg length discrepancy, muscle imbalance such as strong quads and weak hamstrings and inflexibility such as tight hamstrings. Determining the cause of the problem and correcting it is paramount to preventing further pain.

Anatomical Causes of Knee Pain

A leg length discrepancy may lead to IT band problems and lateral knee pain on the shorter leg and/or posterior knee pain. Overpronation at the foot may lead to medial knee pain. Muscle weakness of the quads, glutes, hamstrings, or hip flexors lead to alterations in pedaling technique and efficiency which stresses other parts of the body to make up for the weakness and leads to overuse injuries. For example, a weak quadricep muscle may lead to anterior knee pain secondary to poor tracking of the patella with each pedal revolution. Lastly, inflexibility may lead to knee pain. An example would be tightness in the IT band causing lateral knee pain.

Improper Bike Fit Causes of Knee Pain

A saddle that is too high will cause excessive knee extension and rocking of the hips which stresses the hamstrings (causing posterior knee pain) and IT band (causing lateral knee pain). A saddle that is too low stresses the quadriceps tendon and patella, causing anterior knee pain. A saddle that is too far forward leads to a hyperflexed position and stresses the anterior joint, causing anterior knee pain. A saddle that is too far back causes stress to the hamstrings and IT band from excessive forward reach for the pedal and leads to posterior and lateral knee pain. Crank arms that are too long lead to increased forces on the entire knee and anterior knee pain. Internally rotated cleats lead to tibial rotation stress on the anterior knee while externally rotated cleats lead to medial knee pain.

Training Errors leading to Knee Pain

Rapid increase in training distance or intensity may lead to muscle tightness and microtrauma. Without proper recovery, microtrauma stimulates an inflammatory response that leads to the damage of local tissue. With cumulative microtrauma as seen in overtraining, degenerative changes begin to occur that lead to weakness, loss of flexibility and chronic pain. Excessive hill work or pushing large gears may also lead to cartilaginous breakdown and knee joint pain.

Treatment Consideration

Initial management of knee pain includes rest, ice compression, elevation, and medication to help control inflammation and allow the tissue to heal. Correcting the cause of the pain is the next step in the rehabilitation process. This may include the assistance of a qualified bike fit specialist to correct improper bike fit leading to knee pain and/or a medical professional to do a detailed biomechanical analysis screening of strength and flexibility to determine the appropriate plan of care.

Summary

Knee pain is the most common overuse problem in cyclists but is very preventable. When evaluating knee pain and cycling related overuse injuries, important considerations include bicycle fit, training distance and intensity, and anatomical factors such as muscle imbalance and inflexibility. Riding with knee pain shouldn't be a daily occurrence. Seek professional guidance if needed to get to the root of the problem and get back to pain free riding!

Adventure Cycling Association

www.adventurecycling.org

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

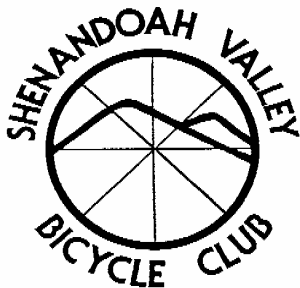
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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