

AUGUST 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.

August 8	7:30pm	Monthly meeting.
August 24	8:00pm	Century meeting. Art's house.

JULY MEETING MINUTES

The July 11th 2005 meeting of the SVBC was held in the "front" room of Luigi's 42S. There were twelve members present. The Treasurer reported a balance of \$5,975.51

The Shenandoah Valley Bike Festival sponsored by Our Community Place will take place July 30th with all rides leaving from OCP's E. Johnson St. building. Come out and enjoy the beautiful Valley riding, friends, festivities, and community. Anyone interested in helping should contact Melaine or Jonathan at (540) 433-6419.

The July SVBC meeting was also the second organizational meeting for the 23rd Annual Shenandoah Valley Century that will be held September 11th. Volunteers are needed for many duties from sag to food preparation, to registration and clean-up. The next Century meeting will be August. 24th, 8pm at Art's house. The Worker Century will be September 5th, 9am at Wildwood Park in Bridgewater. The routes will be

divided among riders to mark. This is a fun casual way to get a bike ride in and still help with the Century.

SMBC is working on trails at Massanutten Resort. The Ravine Trail will be used during this year's Hoo-Ha (17th Annual on August 14th) and volunteers are needed to complete the route. Come to the west side of Massanutten Resort on Happy Valley Road at 5pm every Thursday to help. Ten hours of trail work results in a free pass to ride the "Nut".

The meeting was adjourned. Thanks to all who came to the meeting. There were lots of new faces and plenty of good conversation. If you haven't experienced a SVBC meeting, try one, you'll like it. The next meeting will be August 8th, 7:30 at Luigi's on 42S (the Original).

Respectfully submitted,
Marshall Hammond
Secretary SVBC

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 Art Fovargue 433-9247 Newsletter Neups 438-1488
Advocacy 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>

23RD ANNUAL SHENANDOAH VALLEY CENTURY

Once again, Century time is fast approaching. The Club's annual event this year is scheduled for Sunday, September 11; see insert in newsletter for all the details. Many helpers are needed the day of the ride, so if you think you can lend a hand (all day, half day, or just a few hours), please give me a call (433-9247) or e-mail me at fovarg@adelphia.net. We need three to five people to help register, two to help with traffic control, four sag drivers, six or so to help at the checkpoint, and one or two extras to do a little of this and that.

Also note that we request a donation of food for riders to enjoy after the ride. In the past we have concentrated on baked goods, but this year lets just say we are looking for potluck offerings. We hope to have a pasta dish available. So if you can provide any type of side dish (salad, bread, fruit, etc), it would be most appreciated. Even baked goods!

The next planning meeting is scheduled for Wednesday, August 24, 8:00 PM, at my house (probably) – if you can help out with last minute details, you are more than welcome. Call to let me know you are coming in case of a change in venue. There will be food to sample.

Lastly, the "Worker Century", where we mark the roads, is scheduled for 9:00 AM, Monday, September 5 – meet at Wildwood Park in Bridgewater. Helpers needed here, too.

Please pass the word about our Century and encourage your friends, near and far, to come out. Our ride attracts riders from all over Virginia and other states. This is a fun event, at which we can showcase our Club and the great cycling we have around here. So mark your calendars for September 11. Thanks.

Art Fovargue

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 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. 7-1-05

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

July 12 calm winds, very humid, thunder ominous, 82°, corn about 6-7' tall

Male

Bill Wightman	22:24	Craig Lowry	24:09
Neups	24:11	Steve LaDrew	25:29
Cowles Andrus	25:43	Thomas Jenkins	25:56
Jason Sajko (fixed gear)	26:32	Tom Cooper	27:10

Female

Connie Peterson 24:37

ICE CREAM RIDE



-ADVENTURE CYCLING

August 27th will be the date of our annual Ice Cream Ride. We'll meet this year at 10am at Mr. J's North (in the Food Lion shopping center on 42 on the north end of Harrisonburg). The Club will again pick up the tab for our treats. Total mileage will be 45-50. Contact Marcia (432-3312) or Neups (434-1878) for more information.

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. NOTE – Neups will not be at these rides in August. You may want to meet up with Christina at 6pm at Massanutten Presbyterian Church in Keezletown, on the corner of 33 and 620 (Indian Trail Road). E-mail her at meyerf@CISAT.JMU.EDU.
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.
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 24	CENTURY MEETING. Art's house at 8pm. Call 433-9247 to help out with the century!
AUGUST 27	ANNUAL ICE CREAM RIDE. 10am at Mr. J's North. The Club will again pick up the tab for our treats. Total mileage will be 45-50. Contact Marcia (432-3312) or Neups (438-1488) for more information.
SEPTEMBER 5	WORKERS' CENTURY, 9am, Wildwood Park, Bridgewater. Come out to help us paint the century loops. Call Art for more information at 433-9247.
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 lammdw@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.
- 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 17th Annual Hoo-Ha! Cross Country race. E-mail snowinfo@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 20 Burkes Garden Century, Narrows, Virginia. 8am. Registration is limited to the first 250 riders and very limited SAG support will be provided. Please download the registration form from the NRVBA website located at the Burkes Garden Century link. <http://www.nrvbike.org/>. This is a beautiful ride with both a metric century and century option available for all. Cost is \$5.00 and we encourage riders to carpool as there is very limited parking in the park area.
- August 28 Blue Ridge Extreme, Waynesboro. Starting at the Inn at Afton, with rides of 32, 62, or 102 miles. Benefits the Charlottesville Hospice of the Piedmont. Visit www.blueridgeextreme.com or e-mail director@blueridgeextreme.com 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 17 9th Annual Rappahannock RoughRide. 10:00am. Self-paced, multi-level cycling challenge for the recreational or serious cyclist, covering some of Virginia's most beautiful countryside. Courses range from 12, 35 and 60 miles over paved roads to a 20 or 30-mile mixed terrain Rough Ride. All proceeds from the ride go to support the Fauquier Free Clinic. No pledges to collect, just come and ride with us. Free t-shirt to the first 350 registrants. Only \$20 for advance registration. Check out www.fauquierfreeclinic.org/rrr/ for details, maps, etc.
- 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.bikepptc.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: nearwile@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 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.

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 AUGUST / September

DAN FINSETH & BETSY HAYES
BENJAMIN STUTZMAN

BRUCE MILLER
JEFF TUTT

Peter K. Bsumek ***
Chris Hamilton
Charlotte McNulty

Bill, Brian, and Mark Cohee
Paul D. Johnson
Keith Sandum

W.R. Good
Brent McNett Family
Howard D. Smith

*** 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.

23rd Annual Shenandoah Valley Century

Sunday, September 11, 2005

Bicycle rides of 25, 50, or 100 miles through
the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The Shenandoah Valley Century is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similar rides during September. The term "century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by automobile sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 25 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepared to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 11, 2005

TIME: 100 mile ride: registration 7am; start 8am
25 & 50 miles: registration 8:15am; start 9am

PLACE: Hillendale Park shelter #11
Hillendale Avenue
Harrisonburg, VA

COST: Individual \$9.50 pre-registration (see registration form)
Family \$24 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride, and after ride treats. Massages and patches from the League of American Bicyclists (a national bicycling organization) will be available after the ride for a nominal fee. **ANSI OR SNELL APPROVED HELMETS ARE REQUIRED.**

Harrisonburg is easily reached from the north or south via I-81. Hillendale Avenue is off Route 42 (South High Street) on the western side of the city. Parking in Hillendale may be limited. Additional parking is available at the nearby Food Lion and other locations.

INFORMATION: Art Fovargue (540) 433-9247
Marcia Lamphier (540) 432-3312

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to pre-register.

ANSI or SNELL APPROVED HELMETS ARE REQUIRED

Name (s) _____

Address _____

City _____ State _____ Zip _____

E-mail address (if you want to be notified electronically next year) _____

Tour distance (check one) 25 mile _____ 50 mile _____ 100 mile _____

Cost \$9.50/person (must be postmarked by 9/6/05 or received by 9/10/05; \$12 thereafter) \$ _____

\$24/family (3 or more members) \$ _____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1. I shall be _____ years of age on the tour date and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with an adult over 18 years of age. Name of adult _____
2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for this tour.
3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner, for my own protection, and for the protection of others.
4. I agree to check in with those operating the tour at the end of my ride so that they will know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, club officers, club members, the League of American Bicyclists, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of, my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, railroad tracks, etc. may be encountered.
6. In case of cancellation due to means beyond our control, a full refund cannot be guaranteed.

I thus release the above organizations and their officers, employees, and members and agree to absolve and hold them harmless from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear an ANSI or SNELL approved helmet.

Signature of rider: _____

Signature of Parent or Guardian

if rider is under 18 years of age: _____

ALL PARTICIPANTS MUST COMPLETE AND SIGN THIS RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check payable to Shenandoah Valley Bicycle Club to

SHENANDOAH VALLEY CENTURY

c/o Art Fovargue

1043 Chestnut Dr.

Harrisonburg, VA 22801

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

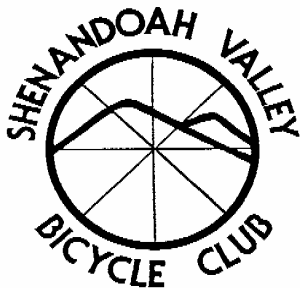
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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