

SEPTEMBER 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.
September 12 7:30pm Monthly meeting.

AUGUST MEETING MINUTES

The August 8th 2005 meeting of the SVBC was held in the "back" room of Luigi's 42S. There were four members present. The Treasurer reported a balance of \$5,736.64.

The Club donated \$100 to the Maggie Palmeri Fund through the Mountain Mama Road Bike Challenge held August 6th in Monterey. Approximately twelve SVBC members participated in this beautiful century ride.

The Club is anxiously awaiting a Festival report. In the mean time, it seems everything went well and preliminary reports are encouraging for this to become a special event for the area.

There is a Century meeting on the 24th, however it will have already taken place by newsletter publication time.

Don't forget the worker century on September 5th for marking the routes and the actual century September 11th.

SMBC has lots of events planned for this fall including trail work at Massanutten and in the GW. Go to <http://www.shenandoahmountainbikeclub.com/> for more details.

Don't forget all the rides taking place in the area in late August and early September. Go to the Events Page for more details.

The meeting was adjourned. The next meeting will be September 12th, 7:30 at Luigi's on 42S (the Original).

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Basil Hangemanoie	Massanutten
Steve Pratzner & Laura Cammaroto	Harrisonburg
Joe Rumbo	Harrisonburg
Curt Stutzman	Broadway
Stacy Vlasits, Jennifer Graber, & Martin Vlasits	Harrisonburg
Kirby Walke & Jenifer Banning	Harrisonburg

WELCOME BACK RETURNING MEMBERS

John Bauman	Mike, Kari, and Lindsey Carpenter	
Dean Cummings	Kay Huskins & Marc Stecker	Tim Richardson
Benjamin Stutzman	Jeff Tutt	

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

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>

SHENANDOAH VALLEY CENTURY

Last plea for help!! Your club's 23rd Annual Shenandoah Valley Century, on Sunday, September 11, is now only a couple weeks away. I hope you are looking forward to riding the Century, Half Century or Quarter Century. If you want to pre-register, you can get a form at area bicycle shops, from the SVBC website, or go to www.active.com.

Or, if you are not planning to ride, helpers are still desperately needed for the day of the ride. Volunteers are still needed for following specialty positions:

Transportation Managers	(i.e., Sag drivers)	4
Traffic Engineers	(i.e., Parking lot attendants)	2
Communications Specialists	(i.e., Registration)	3
Dining Coordinators	(i.e., Rest stop help)	3
Administrative Assistant	(i.e., Gopher)	1

Let Art know if you can help in any of these endeavors (433-9247) or fovarg@adelphia.net. Ask friends and family if they can help. Our next meeting will be a potluck supper at the house of Robin & Neups for those helping with the Century. This will be the evening before the Century. Call Robin (438-1488) to coordinate what to bring.

The Workers' Century, when we mark the roads, will be on Monday, September 5. Meet at 9:00am at Wildwood Park in Bridgewater. All are welcome, whether you volunteer the day of the ride or not.

Again, please don't forget to bring baked goods (or other treats) for end of the ride dining. We are not obtaining donations from Costco this year due to the unreliability of what we get; hence it is important that we all grease up that cookie sheet or whatever implements you use to make your favorite treat to share. Deliver to Shelter #11 in Hillendale the morning of the 11th, or to Art's house or Robin & Neups' house the day before.

See you at the Century. Art Fovargue, 433-9247

ADVOCACY

VIRGINIA'S BICYCLING / PEDESTRIAN COORDINATOR NAMED

Former VDOT cartographer is biking, walking enthusiast

RICHMOND--He doesn't bike to work every day, but former Virginia Department of Transportation (VDOT) cartographer David Patton is a bicycling and walking enthusiast who found his "perfect job" as the agency's new State Bicycle and Pedestrian Coordinator.

A long-time advocate of cycling and pedestrian issues, Patton is writing a dissertation on the social and cultural aspects of cycling. He hopes to complete his Ph.D. from the University of Cambridge in England in 2007. While attending school there from 1992 to 1996, he planned the 1994 International Cycle History Conference in Cambridge that drew 80 people from a dozen countries.

"Cycling and walking are tremendously useful and efficient ways of getting around, and yet they are underappreciated," Patton said. "It's healthy to ride a bike. Bikes are economical, don't pollute and take less space to park. Walking can be rewarding on many levels, as I learned while participating in the development and maintenance of walking trails out west. Both deserve a strong advocate."

VDOT's designated State Bicycle and Pedestrian Coordinator oversees and coordinates activities related to the program. Patton's primary responsibilities effective Aug. 10 will include providing guidance and education on bicycle and pedestrian planning and design issues; assisting with the development of promotional and educational materials about bicycling and walking in Virginia; and serving as primary liaison on bicycling and pedestrian issues with other agencies, planning organizations, localities, and the public.

According to the Policy for Integrating Bicycle and Pedestrian Accommodations adopted by the Commonwealth Transportation Board in 2004, VDOT will initiate all highway construction projects with the presumption that the projects shall accommodate bicycling and walking.

VDOT recently broke ground on the Virginia Capital Trail, a 54-mile bike and walking path that will follow Route 5 from Richmond to Williamsburg.

For information on bicycling and walking in Virginia, visit <http://www.virginiadot.org/info/service/bk-default.asp>. David Patton's information is: Transportation and Mobility Planning Division, VDOT, 1401 East Broad Street, Richmond, VA 23219, e-mail: David.Patton@vdot.virginia.gov, phone: 804-371-4869.

VDOT's statewide bicycle program also maintains a toll-free phone number, 1-800-835-1203.

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.

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 26		Shady. HOT 95°, humid, corn 12'tall and tasseling	
		<u>Male</u>	
Neups	24:33	Cowles Andrus	25:27
Ken Bell	26:06	Thomas Jenkins	26:15
Adam Purcell	37:47		
		<u>Female</u>	
Connie Peterson	23:59	Lorendia Schmidt	29:31

NOTE: Connie also beat all the males!

August 23		75°, no humidity, slight wind, corn 12'tall	
		<u>Male</u>	
Craig Lowry	23:04	Bill Whiteman	23:14
David Duke	23:59	Neups	24:25
Cowles Andrus	24:35	Trey Haskel	25:34
Guy Wolf	25:52	Thomas Jenkins	25:55
Bain Routhier	26:23		
		<u>Female</u>	
Connie Peterson	24:19		

2005 MOUNTAIN MAMA ROAD BIKE CHALLENGE

The 2005 MMRBC began on a bright and sunny August 6 day. The temperature was moderate in the mountains of Highland County, VA. and Pendleton County, WV. By last count twelve SVBC members rode one of the offered rides, most opting for the century. As last year the event did not have any serious incidents. The Club donated \$100 to the Margaret D. Palmieri Rural Health Scholarship Fund.

I noticed quite a few flats on the first climb up Jack Mountain or on the descent. Here is a word of advice. If you flat or need assistance or wish to check on someone working on their bike make sure you follow through on the offer/request. There was one poor fellow who was trying to change a flat and as riders passed the standard "Do you have everything you need?" yell was offered. By the time a reply was given the rider was many yards out of ear shot. Seems the poor guy didn't have a pump, but no one listened as they sped by. However, one kind SVBC rider, Steve Rossi, did hear him and stopped to help. Good job, Steve.

A first timer for the century MMRBC (he had ridden the 70 miler), Bobby "the Chief" Hill did a remarkable job as he finally gave Dennis "skid lid" Herr somebody to draft off of. Dennis needs to take advantage of the draft because by next year Bobby will be in the Paul Lottridge skinny minnie class. Good job, Bobby.

Other SVBC members spotted were the ever present Marcia, Doug, Bert, Cowles, local Jim, Kristen, and Kathy.

The after-ride meal was wonderful and offered the biggest, best stocked dessert table I have ever seen.

Congratulations to all who rode and job well done. Mark your calendars for the first Saturday in August 2006. From accounts in the local paper, the ride was a success and it looks like the MMRBC will continue. This is a far cry from the rough years when accidents put the event in danger of being stopped.

Thanks for being careful out there.

Marshall

THE RIDE OF MY LIFE

Scott Ripley

The date is the 6th of August, 2005. Time 0530. I'm awake already, so I turn off the alarm before it scares me alive. The adrenalin has been pumping for about 15 hours by now as I get dress in my bike clothes laid out last night. I'm surprised I slept so well. But now, it's time to ride. The forecast is for partly cloudy, 61 to 80F. A very strong cold front with thunderstorms went through last night and today is gorgeous.

My sister, Claudia, niece Shannon, and I are at Babson College in Wellesley, MA for the 26th annual start of the largest charitable cycling event in the US – The Pan-Massachusetts Challenge – to raise money for cancer research at the Dana-Farber Cancer Center in Boston. Today, I will ride 86 miles from Wellesley to Bourne, MA, along with 3,384 other riders who share the same passion for riding and eradicating cancer. In addition to my accompanying these other riders, today I ride in honor of 15 cancer survivors I personally know of. I will constantly think of them today, as well as all my supporters who have contributed to the PMC in my name.

There are 1,585 of us at the Wellesley start. Another 2,300 start from Sturbridge, MA further to the west. It's almost insanity, that number of riders all together. We are excited because this ride is our reward for working to raise so much money for the Jimmy Fund. After listening to the National Anthem, some opening speeches, and a ten-second countdown to 0800, we're off! The start is very slow. Riders are advised not to click in because we are so close together moving down a very narrow road out of the college. But after a few minutes we spread out a bit and start to enjoy the cool morning air and talking with fellow riders around us.

Along the roadside are hundreds of well-wishers who applaud and shout words of encouragement and thanks for working to raise money. Some hold signs such as, "I'm Alive Because of You". Balloons arch across the road like it's a holiday. We travel on back roads through many small towns whose names I learn only by seeing what police department is blocking cross-street traffic to let us pass through intersections. Besides the police, there are over 2,000 volunteers in the PMC who take care of every detail of this huge ride so that we riders can concentrate on one responsibility – riding our bikes. In the first 40 miles I have met several fellow cancer survivors with whom I exchange my experience for theirs.

I've been made part of a riding team named the Flamingos, distinguished by feathery Flamingo puppets affixed to our helmets so we can find each other in the sea of other riders' helmets. Everybody has various comments about our headgear. That's OK. They're just jealous that they don't belong to our team. My team is from the North Shore of Massachusetts (northeast of Boston), or originally from the North Shore in my case. I'm honored to be the first and only male on the team.

There are four water stops on my route – one every 20 miles or so. I decide to break down my ride into four legs separated by each of these water stops:

Water stop #1 – Wrentham Development Center 21.3 miles

I feel great. The adrenaline is still pumping. The original three Flamingos are still together. We will meet up with four other Flamingos who started from Sturbridge at the next water stop. I eat a PB and J sandwich and refill my bottles. We only stay 10 minutes. We're so excited and want to get back to the fun.

Water stop #2 – Dighton Regional High School 45.0 miles

Still feel great. The training has paid off. We eat lunch in the shade and I meet the other Flamingos who started from Sturbridge. We get our picture taken standing behind the 2004 World Series Championship trophy on display (a big sponsor of the PMC is the Boston Red Sox). One other Flamingo wants to start out early because she wants to slow her pace a bit, so I decide to keep her company.

Water stop #3 – Apponequet High School, Lakeville 60.0 miles

I'm beginning to feel it in my legs, but being met by my Mom, Dad, son Brian, aunt and cousin buoys me up. We all take lots of pictures of each other.

About mile 65, my legs begin to complain. My longest training ride has been 61 miles. Claudia says I'm in no-man's land now – riding where no Scott Ripley has gone before. So, I'm taking it easy because I recall from training that I get muscle cramps about now, but this usually happens because of my standing to go up the numerous hills of Augusta County.

Water stop #4 – Deca's Elementary School, Wareham 74.9 miles

This is the last and the best stop because I'm so tired. It has a water mister strung between two ladders and it feels so good. I have no appetite, but force myself to eat a banana and a granola bar. All the Flamingos have pushed on quickly, but I'm going to rest a few more minutes. Claudia and Shannon will wait and ride the rest of the way close to me. I'm glad they do because Shannon pulls me the last ten miles to the finish and Claudia rode behind me for moral support.

Finish – Massachusetts Maritime Academy – 86.77 miles

I roll in to MMA to loud applause from supporters lining the road. Everyone is happy and congratulation each other. My first PMC ride is a success. I can relax and shower and eat supper and enjoy the music. My ride is over. Claudia and Shannon will continue another 80 miles tomorrow out onto Cape Cod and finish in Provincetown. That first beer was soooo refreshing.

Finally -- I sincerely thank the SVBC for contributing \$50 in my name to the Jimmy Fund. Also, thanks to Mary Atkins, Cowles Andrus, Charlotte McNulty, and Debbie Armstrong for their support. By the way, it's not too late to contribute. You may still send me a check made out to the Jimmy Fund. Mail it to me at 448 Mt. Pisgah Rd., Mt. Sidney, VA 24467.

The Numbers

My miles ridden	86.77	My riding time	06:00:30
My average speed	14.44	Registered riders	4,321
Off the line	3,885	2-day cyclists	3,070
1-day cyclists	815	Survivor cyclists	188
Sturbridge start	2,300	Wellesley start	1,585
Male/female%	70/30	Average Age	43
Volunteers:2,070			
Medical transfers to hospitals: 19 – all released			
Fundraising as of 10 August: \$12.6 MILLION – UP 25% over a year ago today!			

Live Strong, Scott

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.
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.
SEPTEMBER 11	23rd ANNUAL SHENANDOAH VALLEY CENTURY.
THIRD SUNDAY (apr-oct)	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.

- 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 19th Annual Amish Country Tour. Dover, DE. 15-100 miles. Call them at 800-233-5368 or find a registration form online at <http://www.visitdover.com>.
- 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 16 The 2005 SugarRunEvents is a three day multi-venue bike event to take place throughout Washington PA. Commencing at the Arrow Head Trail, Peters Township portion of the Montour Trail will be the time trials to kick off this event, with the City of Washington PA hosting the Saturday criterium races through Main Street, and culminating with Peters Township's new multimillion dollar recreation center as the start finish location for Sunday's events to include a road race, 25-mile and 62-mile tours, and the day long family venue will be held. Visit www.SugarRunEvents.com 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.bikepptic.org.
- September 24-25 Ride in the Heartland, Charlotte County, VA. Gently rolling countryside of Southside Virginia, hunting grounds of the Saponi tribes. ·Where Patrick Henry retired. ·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 Artie Levin Memorial Ride. Buchanan to Lexington Loop. 50, 70 & 100 mile options. <http://www.blueridgebicycleclub.com/artielevin2005.asp> for more information.
- 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 - an all-new route for another "Mountains to the Coast" tour. 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.
- October 14-16 15th Annual Shenandoah Fall Foliage Bike Festival. Visit www.shenandoahbike.org, call 540-885-2668, or e-mail info@shenandoahbike.org 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 SEPTEMBER/October

PETER K. BSUMEK ***	BILL, BRIAN, and MARK COHEE	W.R. GOOD
CHRIS HAMILTON	PAUL D. JOHNSON	BRENT McNETT FAMILY
CHARLOTTE McNULTY	KEITH SANDUM	HOWARD D. SMITH

Harold (Bert) Bergdoll	Jeff & Taz Brown ***	Lewis Cohen
Jason Crist	David E. Frye	Raymond Gay ***
Doug Lane	Wayne Nolde	Bill & Ellen Painter
Hank Schiefer	Mike Schrauder & Family ***	Woody Strawderman
Terry Ward Family	Elizabeth Wilson	

*** 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

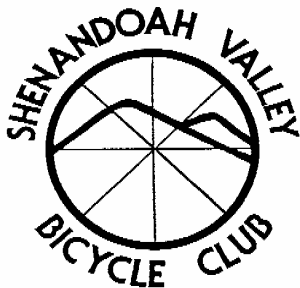
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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