

## OCTOBER 2006 NEWSLETTER

Volume 24, Issue 9

### SVBC OFFICERS

President: Ben Wyse	432-3696
Vice-President: Jack Leetun	234-9934
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.

October 9 <sup>th</sup>	7:30pm	Monthly meeting.
October 14 <sup>th</sup>	9am	Trash pick-up. See details in the Events section.

### One more issue left for someone to step up as editor.

Without a new editor the Newsletter will cease to exist. I have done it for about a year now, and would like to see someone else step up for a one year term. If I can do it, anyone can. Neups, although not technically the editor, has been available during the last year helping with the finishing details for each newsletter. My job is pretty much copy and paste, run the spell check, read it over and send to Neups for final editing. I have done a minimal job, spending a few hours on each issue, in order to help preserve the Newsletter. It would be nice to see someone come in with the ability to take it one step further, and truly relieve Neups of his duties.

Dave Duke

### SEPTEMBER MEETING MINUTES

The September SVBC meeting was held at Luigi's Rt. 42S on September 11th at 7:30 P.M. President Ben Wyse presided. There were ten members present at any one time. The Treasurer reported a balance of \$4,953.11. The Century insurance of \$360.00 is outstanding. No other expenses were reported for August. Ben presented two videos from the Bicycle Transportation Alliance titled First Gear: An Introduction to Bike Safety. Keister Elementary and Thomas Harrison Middle School will each receive a copy. The club will reimburse SBC for the videos.

Art presented a brief recap of the 24th Annual Century held just the day before this meeting. There were 209 riders placing this Century as the second largest turn out. Art had predicted 210 on Saturday using his mathematical projection formula and number of pre-registered riders. Good job, Art! There were 31 quarter century riders, 83 half century, and 94 century. The most often heard comment was about the delicious food. Thanks, Robin, ably assisted by Sharon, for the paninis and all the good food. Thanks SVBC members for the baked goods! Great job. There will be a Century Wrap-up Meeting Wednesday October 11th at Art's house. Meeting starts at 7:30.

Jack Leetun club VP and co-sponsor of Trash Pick-up, has set the October Pick-up date for Saturday October 14th. Interested picker uppers should meet at the intersection of Amberly and Skidmore. This is just west of town off SR 910. If you need directions contact Marshall through his SVBC e-mail (see the web page under Secretary).

Ben discussed two advocacy items that are taking place this and early next week. On Tuesday September 12th Drew Williams from the Harrisonburg Transportation Department will present the final plan for extending Rockingham Drive as a bike/pedestrian path to Chicago Avenue and ultimately to Greystone Street. This opening of existing city right of way will be the first of its kind in Harrisonburg and will connect JMU to EMU along the bike plan route. The presentation will be at the regular City Council Meeting and is item number 12. Expect Drew to have the floor about 7:30, if you would like to attend. On Monday September 18th there will be a public comment hearing to address the Harrisonburg Parks and Recreation's plan to build bike trails on city property adjacent to Hillendale Park. This meeting is a very important one to support and all cyclists in the area are encouraged to

attend. There have been numerous postings announcing this meeting. If you have questions or want more information contact Ben, Marshall, Paul Johnston, Ken Bell, or Rich Edwards.

There will be a wrap up meeting for the OCP/SVBC Festival on Wednesday September 27th at 8 P.M. We will meet at the Regional Library but will most likely move to SBC as the library closes. OCP sent SVBC a very nice thank you concerning the Festival and anticipated gross receipts of \$2,000. A better recap will be published after the meeting. If you participated in the Festival either helping, marking routes or riding your input would be appreciated. You may give comments to club members Marcia, Marshall, or Ben. Additionally OCP representatives Melaine or Jonathan would like your feedback. Thanks.

The Douthat Dynamo, although not an official club event, but attended by many club members, was a wonderful 108 mile night ride. Go to <http://douthatdynamo.blogspot.com/> for a recap.

Jeremiah announced the beginning of cross

bike training this Tuesday (September 12th). Contact Mike Carpenter for more details. Courses will be at Keister Elementary, Westover Park, and Ralph Sampson Park. Get out the knobbies and come learn cross techniques, fitness, and have fun.

SVBC is still in need of a Newsletter editor. The Newsletter is a valuable tool to keep members informed, visitors introduced to our cycling community, and gain new membership. If you have some publishing experience, or just time to devote, please consider volunteering for this position.

Carl gave us this useful tidbit of information to help us through the day: Charles Darwin and Abe Lincoln were born on the same day. Thanks, Carl (his meds were changed).

The next meeting will be October 9th at 7:30 P.M. Luigi's original on 42S.

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 David Duke 540-743-4786

Advocacy Len Van Wyk 432-0138

Web page [www.svbikeclub.org](http://www.svbikeclub.org) Message group <http://groups.yahoo.com/group/svbikeclub/>

Ride board <http://www.websitereactions.com/Rideboard>

### SMBC NEWS AND HAPPENINGS

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

Trail Work in the National Forest every Saturday this fall!! We'll be going through the first week in November. SMBC will lead trail work in the GW National Forest. Meet at the Food Lion on Route 42 South at 9am. For more information contact Thomas 434-9943.

### 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 the Shenandoah Bicycle Company. See Ben Wyse.

**FOR SALE:** Make me an offer – 25” 1993 Cannondale T700 bicycle. Total bike or frame only. Shoes – Avia size 10 men’s road; Specialized size 43 (European) men’s mountain/touring; Performance size 9-1/2 men’s road. Pedals – MKS mountain/touring. Call Neups at 438-1488.

**FOR SALE:** Dreamer Design Ditto double jogging stroller in red. Used four times. Like new condition. Bought new at Mole Hill Bikes. Paid \$389. Asking \$275. Comes with rain cover and pump. Contact Valerie at 289-3587.

## TIME TRIAL RESULTS

**August 22 Sunny, warm 80's, little wind, corn 12 feet**

### Men

Mark Russell	22:25	Bill Wightman	22:28
Josh Otto	23:30	Cowles	24:16
Jason Crist	24:32	Leonard Clymer	25:29
Lee Stocks	25:52	Dave Frye	29:51

### Women

Connie Peterson 23:59

**September 12 cool overcast cross headwind coming back**

### Men

Dave Duke	21:42	Jason Crist	24:13
Dan Oates	24:36	Grant	24:38
Neups	24:47	Steve LaDrew	24:48

**September 26 All self-timed. Some headwind going out. 65 degrees. Not much corn.**

### Men

Josh Ott	23:21	Jason Crist	23:27
Neups	24:05		

### Women

Connie Peterson	25:01	Barbara Carson-Campbell	27:20
Jennifer Bowman	28:40		

## SCHEDULE OF EVENTS

Helmets are required on all Club rides.

<b>WEDNESDAYS</b>	<b>WEDNESDAY EVENING RIDES</b> , We will meet at Harrisonburg High School (1001 Garbers Church Rd). Ride leaves <b>PROMPTLY</b> at 5:15P.M. Please join us!! We will ride for 1 1/2 to 2 hrs. Having FUN is our main objective...we <b>DO NOT</b> ride at race pace. Please save that for another time, another ride!! Contact: Marcia (432-3312)
<b>THURSDAYS</b>	<u>Note time change</u> Fast Ride 5:30 P.M Meeting Place: Old Keezletown Elementary School, at the intersection of Indian Trail Rd. and Mountain Valley Rd. (Email Chris at <a href="mailto:cmeyer@websitereactions.com">cmeyer@websitereactions.com</a> for directions!)
<b>SUNDAYS</b>	<b>SUNDAY RIDES</b> leave from Bridgewater College at 9am. Spend a couple of hours riding backwoods with good company. Contact Rich Harris (828-2380) or Marcia Lamphier (432-3312) on Saturday for details for that week's ride. If you would like to be added to the Sunday ride e-mail distribution list, send your e-mail address to <a href="mailto:harrisra@jmu.edu">harrisra@jmu.edu</a> .
<b>OCTOBER 14</b>	<b>ADOPT-A-HIGHWAY TRASH PICK-UP AND RIDE</b> . Come join us for a quick pick-up of trash on our section of county roads. We'll meet along Amberly Rd. (Rt. 765) at the intersection with Skidmore Rd. at 9am. Once finished we'll go out for a 35-mile ride. This should start at 10:30 from the Food Lion on Rt. 42N. Contact Neups (438-1488).
<b>1st Sunday</b>	<b>HATS TANDEM RIDE</b> . 2pm, new Harrisonburg High School. We're looking to have this be a monthly ride on the 1st Sunday of each month.

## Anyone interested in a new ride?

We're starting a Saturday morning ride from Keezletown Elementary that would begin the first Saturday in November (4th), the Saturday following the time change. The ride would start at 10am, and be 2-3 hours long (30-40 miles) of MEDIUM pace - not too slow, but certainly not a fast pace. 15-18mph.

This would continue through the winter months, then possibly blend into Jeremiah's Bagel rides starting in February. E-mail Chris Meyer at [cmeyer@websitereactions.com](mailto:cmeyer@websitereactions.com).

Also, just to let you know, we have a fully functional Ride Board where you can sign up to receive emails of upcoming rides, and post your own rides. Here's the URL: <http://www.websitereactions.com/rideboard/>

When you post a ride, an email will be sent out to everyone who has signed up. So, forward this email to your cycling friends - the more people that sign up, the better!

October 6-8                      Shenandoah Mountain Bike Festival. A weekend of good times brought to you by the Shenandoah Mountain Bike Club. There are group rides, camping, dinners, trail work and much more. Some of the highlights include a women's MTB clinic, kids ride (October 7th is IMBA's Take a Kid Mountain Biking Day), the largest volunteer weekend for the North River Ranger District. For details and information go to [www.shenandoahmountainbikeclub.com](http://www.shenandoahmountainbikeclub.com) or call Thomas 434-99943

October 20-22                      SHENANDOAH FALL FOLIAGE BIKE FESTIVAL. FEATURES: The NEW CENTURY Route offers a tour of eastern Augusta County before crossing into Rockingham County for a brief distance. Total of five rest stops and lunch on this route. On Sunday the ROCKBRIDGE OPTION, a NEW 26 mile route beginning and ending at the Middlebrook Community Center, goes through the watershed divide into Rockbridge County. There is a challenging downhill stretch midway through the route. For fat tire/hybrid bikes the COUNTRY ROADS route has been extended to 22 miles looping into Rockbridge County. (This option takes the place of mountain biking on Sunday.) The Festival is noted for its outstanding rest stops such as Union Presbyterian Church, "the church on the hill." This year four new rest stops have been added to the routes. The ever popular "Apple Dumpling Social" and dance complete the day on Saturday. On Sunday southern Augusta County with the new option lets every cyclist see the surrounding mountains in their glorious fall colors. All in all, participants in the 2006 Fall Foliage Bike Festival will have a memorable weekend filled with good riding, new friends, friendly surroundings and delicious food. Contact: [info@shenandoahbike.org](mailto:info@shenandoahbike.org) or Telephone (540) 885-2668 Fax 885-2669

October-28                      2006 Between the Waters Bike Tour. Onancock, VA. This one-day ride will take you through the back roads of the Eastern Shore of Virginia. The four routes, 100 miles, 60 miles, 35 miles, and 25 miles are flat and well marked. The \$35.00 adult cost includes: lunch, rest stops with refreshments, and cue sheets. A T-shirt is included for those with registrations postmarked by October 1. Children 7-12 years are \$15.00 per child with an adult. Children under 6 are free. There will also be a free casual bike ride on Friday afternoon. For more information about the bike ride and other related events, visit our web site at [www.cbcs.org](http://www.cbcs.org). You may also e-mail us at [info@cbcs.org](mailto:info@cbcs.org) or phone 757-678-7157.

November 4                      Good news! We will be hosting the Mattamuskeet Fun Ride, . Please visit our website at [www.hydecountry.org](http://www.hydecountry.org) (from home page, click on upcoming events, and then click on Mattamuskeet Fun Ride) for more information and a printable registration form that needs to be returned NO LATER THAN OCTOBER 23!

## 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

Any address changes or other membership questions should be directed to [webmaster@svbikeclub.org](mailto:webmaster@svbikeclub.org)

#### October

HAROLD (BERT) BERGDOLL

CARL DROMS \*\*\*

MARK ECKROTH

W.R. GOOD

ALBERT GREEN \*\*\*

DOUG LANE

THE LEETUN FAMILY \*\*\*

ZACK PERDUE

SHARON ROSE

HANK SCHIEFER

GUY & CAROL WOLF

#### November

Matt Benin \*\*\*

Jeremiah Bishop \*\*\*

Peter K. Bsumek \*\*\*

Joseph R. Frease II \*\*\*

Kyle Lawrence \*\*\*

Brock Lowery \*\*\*

Joel Maynard \*\*\*

Len Moyerman \*\*\*

Jason Sajko \*\*\*

Mark Veerman \*\*\*

\*\*\* 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 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 David at [news\\_editor@svbikeclub.org](mailto:news_editor@svbikeclub.org). You may use the Club's P.O. Box 1014 for regular mail. Thanks.

# Shenandoah Valley Bicycle Club Membership Application

Please Type or Print

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Annual Dues Individual \_\_\_\_\_\$10.00 Family \_\_\_\_\_\$15.00 Send Newsletter by e-mail? \_\_\_\_\_

joint Shenandoah Mountain Bike Club membership: Annual Dues: Individual \_\_\_\_\_\$5.00 Family \_\_\_\_\_\$8.00

I am interested in (one or more of these activities):

\_\_\_\_\_Commuting/Utilitarian Riding

\_\_\_\_\_Touring

\_\_\_\_\_Mountain Biking

\_\_\_\_\_Riding for Fun & Fitness

\_\_\_\_\_Racing

\_\_\_\_\_Ride Committee

\_\_\_\_\_Time Trial Committee

\_\_\_\_\_Century/Festival Comm.

\_\_\_\_\_Newsletter Committee

\_\_\_\_\_Advocacy

\_\_\_\_\_Others (list) \_\_\_\_\_

## INSURANCE RELEASE

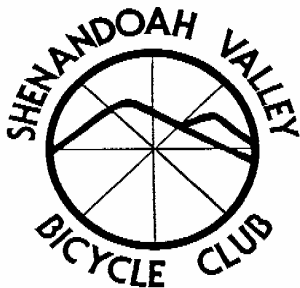
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience suffered. I understand that the Club is not responsible for, and is not an insurer of, my personal safety. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and practice courtesy and safety in bicycling, including wearing an approved helmet at all times.

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian (under 18)

**Send to Shenandoah Valley Bicycle Club, P.O. 1014, Harrisonburg, VA 22803-1014**



P.O. Box 1014  
Harrisonburg, VA 22803-1014



printed on recycled paper