

## NOVEMBER-DECEMBER 2006 NEWSLETTER

Volume 24, Issue 10

### 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.*

**November 13<sup>th</sup> 7:00pm** Monthly meeting.

**December 11<sup>th</sup> 7:00pm** Monthly meeting.

### OCTOBER MEETING MINUTES

The October SVBC meeting was held at Luigi's Rt. 42S on October 9<sup>th</sup> at 7:30 P.M. Vice President Jack Leetun presided. There were eight members present. The Treasurer reported a balance of \$4,928.66. The annual web domain charge of \$136 was the only expense.

No one has stepped up to be the newsletter editor after the publishing of the November-December edition. Suggestions were made to go to a quarterly edition or publish on the web site. No decision was made. It was noted that the Club gets a good bit of exposure from the newsletter and local bike shops appreciate having something to give customers when they ask for local events and clubs. If nothing else a brochure describing the Club's activities would be helpful.

There will be a Century Wrap-up meeting at Art's house Wednesday October 11<sup>th</sup> at 7:30.

A report was given on the SVB Festival wrap-up meeting held on September 27<sup>th</sup>. Anyone interested in seeing the minutes should contact Marshall.

Trash pick up will be Saturday October 14<sup>th</sup>. Meet at the intersection of Amberly and Skidmore Roads. A post pick-up ride will leave Food Lion north parking lot around 10:30. For more details contact Jack or Bain.

There will be a Halloween Alley Cat on November 3<sup>rd</sup>. Look for details on the SVBC web site, SMBC web site, or contact Matt @ MATT.STYER@EMU.EDU.

In SMBC news Jack reported an eight year old went on the Monday Friendly ride. WOW! Other happenings on the mountain bike front are a Tuesday

Woman's ride that may continue past the time change and move to dirt roads, Saturday trail work in the George Washington National Forest, the CAMBC Wild Ride, and Thursday Massanutten trail work. The Festival was wet but a success. Go to the SMBC web site to see all the happenings.

**The Club wishes to recognize Drew Williams' contributions to biking and pedestrian advocacy in Harrisonburg over the past years. It was learned he will be leaving Harrisonburg to pursue other job offerings. Thanks Drew, you have been a bright light on the Harrisonburg Transportation front. Good luck and remember your biker friends.**

The SVBC and SMBC would like to open discussion on combining organizations. It was suggested that a committee from both clubs get together to discuss options. Marshall will send out a meeting request to officers of both clubs and other members who express a desire to be involved in a discussion of this possibility. If you are interested in being on this committee, please contact Marshall through e-mail, phone, or conversation. The meeting will most likely be in January or February 2007.

The next meeting will be **7:00 P.M.** at the original Luigi's. Note the new meeting time during Eastern Standard Time.

Sorry about the boring minutes, just nothing to embellish. I'll do better next month if more folks come out!!!!

Respectfully submitted,  
Marshall Hammond  
Secretary SVBC

## OCTOBER TRASH PICK-UP AND RIDE

The October trash pick-up had ten participants! Thanks to Bain and Jack (who now co-take over this activity), Thomas, Marcia, Marshall, Ben Wyse, Neups and Robin, and Dennis Herr. Yes, Dennis rode out on his own bike with Marshall to help lend a hand. He's looking good and loving life. Our section of road only took 45 minutes to complete. We picked up five bags of trash.

After the pick-up, five of the ten met for a ride. A cooler wind blew from the south, so we headed in that direction. We worked our way through Briery Branch, Sangerville, and Centerville before returning home. But before we made it all the way, Marshall had a hankering for some Bubby's ice cream. He was so in the mood he even treated everybody to a cone! Thanks, Marshall. We ended with about 42 miles and satisfied stomachs.

## 20 CENTURIES

My bicycling goal for 2006 was to ride twenty centuries. I had done thirteen back in 2001 and then fifteen in 2002, my only two years with more than ten. My first for the year was a tough one. I only had a little over 1600 miles in my legs through April when Len Clymer wanted me to join him in riding the Skyline Drive from Front Royal to route 33, then back home on May 6th. In 2002 I had at least 2100 miles by this time. Going south on the Drive has quite a start, and most of the vertical elevation gain comes in those first 65 miles. All told, I did over 12,000' of vertical climbing on the day. The next weekend was almost as much work – partly due to the route (over 10,000'), which went to Churchville, over to Headwaters, then Brandywine and home. But also because I rode the first twenty-five miles with Larry Kelley, who likes to lead you out as if you're always only going for a couple hours. I kept up the punishment on my third century by riding solo the new Shenandoah Valley Bike Festival route, which has over 8,000' vertical.

My fourth century was another solo effort, but I took it easier, riding a couple new roads for me. That was the Saturday of Memorial Day weekend. On Memorial Day itself, I “stumbled” onto a century by doing a course I knew to Mathias, but adding a few new roads into Bergton. I didn't expect the new roads to add so much mileage, but since I was close, I rerouted to do a full century. That made two in three days and five in the month of May.

The next Saturday I was back to climbing, doing both Little North and Reddish Knob, with a total of 9940' vertical. This century was training for the next weekend's century, which was the entire Skyline Drive from Afton to Front Royal. Len Clymer again was the instigator. We had a cooler day, with most of the ride done in the mid-50's. This was the century with the most elevation gain I've ever done, 15,587', though the grades are fairly gentle. I felt good that we were on the drive itself for seven hours exactly. I “rested” the next two weekends. On the first I rode our Shenandoah Valley Century with my wife Robin. On the second I lumbered through and along Port Republic, route 340, Afton, and Churchville. At halfway through the year, I was up to nine centuries.

My tenth century was mostly the route I had done on my second one, only in reverse, and without Larry to wear my legs out in the early miles. Three days later I celebrated July 4th by riding a somewhat easy century down route 11 (to Fairfield) and back. It turns out to have about 100' more vertical than our SVC. I didn't enjoy the wind much on the way south, but it held and helped on the return portion. I finally took a weekend break after this one. This was due partly to me beginning to feel the miles, and partly because Len Clymer was again calling to do another epic century – the Blue Ridge Extreme.

July 15th started overcast on top of Afton Mountain. Around twenty miles in, we were getting some light rain. That cleared out before we started the climbs into Raphine, our halfway rest stop. After that it was up and over Vesuvius. The downhill was great, but by the time we got to the climb at Wintergreen, the sun was out along with the heat and humidity. And climbing was anything but a picnic. We got through all 10,550' in 7-1/2 hours. It was good to get done.

I was back at it the next Saturday, joining Mark Eckroth for a nice ride through Augusta County. I had been on some of those roads before when I had done the Waynesboro Century. Number fourteen was the same as number three, though this time it was the day of the Festival itself and I had others to ride along. That made another five century month.

In August I went solo again. The first one for the month was the No Quiche ride, going counter-clockwise. This was a route set up by someone early in the Club's history – taking 33 to the Skyline, then north, then off the Skyline onto 211, and back into town on route 11. It's a nice 11,100' of climbing. The following weekend I did some new roads for me. I had heard Club members talking about some nice recreation areas, so I rode to Mathias. Then I continued a little further to the road to Lost River and then onto route 16 in West Virginia to Wolf Gap. That's some nice riding and some great views. The downhill from Wolf Gap was fun. This was my longest ride of the year, though it was only just less than 107 miles, but it had 9300' of climbing.

Jason Crist wanted to ride a century the next weekend and I told him I had a new route in mind. I rode up 11 to meet him in Timberville. We continued on to Edinburg, where we rode up and over Edinburg Gap, finally coming out in Luray. Then it was on to Stanley and Shenandoah before riding 602 back to Massanutten and then back into town. I finished and Jason rode back home. The end of August I rode down 42 to Goshen and back. It's a pretty ride, not too crazy with hills, and if you're lucky, you get to ride alongside a train for a few miles. Now I only needed two more centuries to meet my goal.

Switching to a Sunday ride due to the weather, I decided on another climber's delight, riding solo what I call the No Quiche South route. This route takes 33 to the Skyline, but then you head south and come off at Afton Mountain, working your way back along 865 to Grottoes and then back into town. It was 13,300' of climbing and scenery. My twentieth century, meeting my goal for the year, was also a solo effort. As I usually work the day of our Shenandoah Valley Century, I ride the route the day before. And this is what I did. It was a fitting ending to my yearly quest. And with the rest of the year already filled with bicycle touring and other planned vacations, I was glad I made it happen without having to resort to forcing myself to ride just to get it completed. Now I have to start thinking about a goal for next year.

Neups

## 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!!! Starting August 26 and 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 info contact Thomas 434-9943.

### 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>



- Adventure Cycling

## 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; Sampson racing with spare cleats; Sampson racing old-style (non-rotating until you're clipped in). Call Neups at 438-1488.

**FOR SALE:** Dreamer Design Ditto double jogging stroller in red. Used 4 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.

**FOR SALE:** Child's bike, girl's frame (and is pink). 12 inch seat tube, 18 inch wheels, 1 speed, coaster brake, training wheels come with it. \$15 or best offer. Call Art at 433-9247 (leave message).

**FOR SALE:** Child's bike, Raleigh, black. 13 inch seat tube, 18 inch wheels, 5 speed, center pull caliper brakes. Ideal for that first bike - after the one with training wheels. \$35 or best offer. Call Art at 433-9247 (leave message).

## 24TH SHENANDOAH VALLEY CENTURY RECAP

First off, thanks to all those who helped out on the planning and execution of this year's century, particularly those who volunteered the day of the ride – Carl D, Terry W, Marcia L, Norie S, Woody S, Sue G, Ben W, David H, Robin N, Neups, Sharon R, Barbara CC, Connie P, Laura W, Melanie C, Anna W, Marshall H & David F. If I left anyone out – please forgive. You all made it a great ride. Thanks also to LB Branner & Branner Printing for printing of the brochure & Mr J's Bagels for help with those bagels. Many thanks to those that brought baked goods, too.

Second, thanks to the 207 riders that showed up, pounded that pavement and put away all the good food – especially making sure no paninis escaped. Weather was ideal and our turnout was the second greatest number ever, not that we rate success by numbers. We rate success based on whether folks had a good time, and there seemed to be plenty of that.

We have already started tossing around ideas for next year's Century, which will honor a quarter century of Centuries. We hope to have a real celebration. Anyone with any ideas to offer, please let me know. Of course with a bigger celebration, it means more effort, which means more volunteers – so I figure it is never too early to put out the call. We'll be looking for help throughout the year, especially the day of the ride (Sunday, September 9 next year), so if you are so inclined to help out your club in this manner, please let me know. Our first planning meeting will be in January. Until then, happy fall and early winter cycling.

Art Fovargue

## TIDBITS

"I still feel that variable gears are only for people over 45. Isn't it better to triumph by the strength of your muscles than by the artifice of a derailleur? We are getting soft. As for me, give me a fixed gear!" -- Tour de France founder Henri Desgrange, in a 1902 L'Equipe article.

I find that people are shocked when I point out that each mile driven produces about 1 pound of CO2. That's easy to see if you note that 1 gallon of gas goes about 20 miles and generates about 20 lbs of CO2. Then figure out that if you drive 10,000 miles/year, you produce about five tons of CO2 just from driving each year.

To convince any skeptics, here's a sanity check to show 1 gallon of gas can produce 20 lbs of CO2: Atomic weight of Carbon is 12 and Oxygen is 16. Two oxygen atoms combine with one carbon atom to make CO2, with an atomic weight of 44. Carbon therefore contributes 27 percent to the weight of CO2. 27 percent of 20 lbs is about 5.5 lbs, which is within the 6 lbs that one gallon of gasoline weighs. Gasoline is a complex hydrocarbon, which is mostly carbon by weight, due to hydrogen having atomic weight of 1. Thus, it checks!

What keeps \*you\* from using \*your\* bike as your primary transportation? Here's proof that two wheels is all you need: <http://aistigave.hit.bg/Logistics/>

## SCHEDULE OF EVENTS

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

<b>SUNDAYS</b>	<b>SUNDAY RIDES</b> leave from Bridgewater College at 1pm. 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>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?

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 (30-40miles) 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 Email Chris Meyer [atcmeyer@websitereactions.com](mailto:atcmeyer@websitereactions.com).

## RESEARCHERS IDENTIFY BICYCLING GENE - ORIGINS UNKNOWN

Scientists recently announced a stunning discovery which could have far-reaching implications for the future of transportation in this country and around the world. Dr. Jorgen Feissmueller, Director of the Center for Sports Research in Harrisonburg announced Tuesday that researchers had identified a specific gene which triggers the urge to bicycle. "We all knew that there must be some biological component to the bicycling impulse," said Dr. Feissmueller. "The fact that it has been hard-coded into our genes is proof that bicyclists are not crazy. However, what we don't understand is how this particular gene was introduced in to the gene pool. The only thing that we can think of is that prolonged exposure to the byproducts of internal combustion may trigger specific mutations. These mutations would be passed on to the bicyclist's offspring, thus accidentally helping to perpetuate and grow the number of bicyclists out there." Dr. Feissmueller admits that more study is needed to answer this question.

Colin Smark, a representative for the automotive industry had thoughts about Dr. Feissmeuller's speculations, "I am frankly astounded that Dr. Feissmeuller would suggest that our industry would include any speculative ingredients in our products. We want more people driving, not fewer. If you want my opinion, I would look towards SVBC advocacy organizations all around the country. Everybody knows that they're peddling more than just a good time."

When asked about his thoughts on this latest discovery, Ben Wyse of SVBC waxed philosophic. "While this is a fascinating discovery, I think we shouldn't spend too much time or energy trying to find out where this gene came from. It's true that some people are virtually born on a bike, but we want to remind everyone that you don't need a genetic predisposition to get out and ride."

Finally, Dr. Feissmeuller adds, "We also think that there is link between sitting in traffic and road rage. Our talented researchers are sure that we'll be able to identify the gene which causes this behavior."

## **VIRGINIA OUTDOORS PLAN PUBLIC MEETINGS**

The Virginia Outdoors Plan is the Commonwealth's official conservation, outdoor recreation, and open space plan, and it is intended to serve as a guide to all levels of government and the private sector in meeting the land conservation, outdoor recreation, and open space needs of the state. The 2007 edition of the Virginia Outdoors Plan (VOP) will be the 9th produced in Virginia in accordance with Â§ 10.1-200 of the Code of Virginia. In addition, the plan serves as a guidance document for the protection of lands through actions of the Virginia Land Conservation Foundation (VLCF). Its development is also necessary in order to meet requirements for Virginia's participation in the federal Land and Water Conservation Fund (LWCF) program.

Preparation of the 2007 VOP has been under development this past year, and now the Department of Conservation and Recreation (DCR) has scheduled public meetings to introduce this coming year's plan and specifically, regional sections. Areas discussed in the plan follow boundaries of Planning Districts (Regional Commissions). With this series of meetings, it is DCR's intent to provide the public with an overview of the VOP, outline draft recommendations for regions, receive comments on these recommendations, and solicit any comments or ideas for land conservation efforts in the area.

Meetings will be coming to your locale in the next few weeks. We are asking that those citizens, agencies, and organizations with an interest in the future of Virginia and our natural, recreational, cultural, and historical resources be represented at one or more of these gatherings. Please help us by forwarding this invitation and schedule to your contacts.

See attachment for the list of meetings and details. At each location, there will be a 3 pm meeting and also a repeat meeting at 7 pm for those who prefer an evening time. The meeting schedule is also available on the Internet, <http://dcr.virginia.gov/prr/vopmtgs06.htm>.

DCR will be accepting comments in writing at the address on this announcement until December 15, 2006, (please put Attn: John Davy, Division Director, on the envelope). You can also e-mail our office at the following address, [vop@dcr.virginia.gov](mailto:vop@dcr.virginia.gov). To keep abreast of the latest Virginia Outdoors Plan developments, please visit <http://dcr.virginia.gov/prr/vop.htm>.

At each location on the given date, there will be both a 3 pm meeting and a 7 pm meeting.

Tuesday, November 28

Thomas Jefferson Planning District Commission Office (PD 10)

401 East Water Street, Charlottesville 22902

Contact: Jennifer Wampler, 804.786.9240; e-mail [Jennifer.wampler@dcr.virginia.gov](mailto:Jennifer.wampler@dcr.virginia.gov)

Wednesday, November 29

Central Shenandoah Planning District Commission Office (PD 6)

112 McTanly Place, Staunton 24401

Contact: Lynn Crump, 804.786.5054; e-mail [lynn.crump@dcr.virginia.gov](mailto:lynn.crump@dcr.virginia.gov)

## 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)

### November

MATT BENIN \*\*\*

JEREMIAH BISHOP \*\*\*

PETER K. BSUMEK \*\*\*

JOSEPH R. FREASE II \*\*\*

KYLE LAWRENCE \*\*\*

BROCK LOWERY \*\*\*

JOEL MAYNARD \*\*\*

LEN MOYERMAN \*\*\*

JASON SAJKO \*\*\*

MARK VEERMAN \*\*\*

### December

Rich Harris

Woody Strawderman

\*\*\* 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

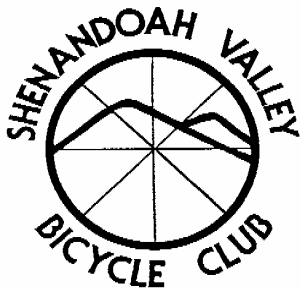
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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



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