

MARCH 2006 NEWSLETTER

Volume 24, Issue 2

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.

March 13 7:00pm Monthly meeting.

JANUARY MEETING MINUTES

The January 9th, 2006 annual pot-luck-supper and meeting of the SVBC was at the home of Neups and Robin. Thanks to Neups and Robin for hosting the meeting. There were fourteen members present and guests City Councilman Charles Chenault and Drew Williams from the Harrisonburg Public Works Department. The Treasurer reported a balance of \$4,560.19.

First order of business was to get down to the business of eating. Everyone brought wonderful dishes and no one left hungry. There was even a Sparks or two seen floating around.

After much great conversation and feasting the business meeting was called to order.

The Club's guests were recognized. Charles Chenault was presented with an honorary membership in the SVBC. Through his seat on the City Council and his bike seat, Charlie is a dedicated cyclist and continues to be a cycling advocate in Harrisonburg. Drew Williams was recognized for his vigilance in keeping cycling in the forefront for road, path, and greenway development. The Club thanks these two individuals for their efforts.

Neups pointed to the recent 2004 statistic that there were 725 cyclists killed and 41,000 cycling related injuries. It was noted that four cyclists were killed in Wales on Sunday January 8th, 2006 when a car skidded into a club ride after hitting black ice.

The Club will sponsor a participant to the National Bike Summit again this year. In all, three representatives from the area will be attending - Paul Johnston, Chris Scott, and Ben Wyse. All are Club members. Thanks to these individuals for taking time out of their schedules to represent us in Washington.

Old newsletters are being posted on the Club's web page. Almost all issues are available from 1983 to the present. The current January-February 2006 issue is Volume 24, Issue 1. The newsletter represents a long history of the Club. Check the newsletters and all the other great items from the Club web page at <http://www.svbikeclub.org>.

A reminder that Neups will NOT be the newsletter editor after 2006 (he has been the editor since 1993). Hopefully a Club member will step up and take this highly responsible job allowing Neups to turn to mapping routes for such events as the festival, century, etc. Please contact Neups if you are interested in helping.

One area for route mapping will be the 2006 Shenandoah Valley Bike Festival and Our Community Place Celebration to be held in July. All new routes are being developed (by Neups) for this year's festival including the 25, 50, and 100 mile options.

The SVBC is looking for a few good officers. Elections are scheduled for March. Names of nominees should be given to Neups by February 20th so they can be published in the newsletter. For details on officer responsibilities check the Nov/Dec newsletter. Step up and make a difference, please. All officers are up for election: President, Vice President, Secretary, and Treasurer.

The SVBC webmaster, Robert Cone, asks for feedback, suggestions, and input for the web page. Any comments can be directed to webmaster@svbikeclub.org.

Thomas Jenkins reported on happenings in the SMBC and upcoming events. Most immediate is the Super Bowl Sunday Ride February 5th, also the Harri-Roubaix April 9th, and the new Alley Cat scavenger

hunt February 11th. Check the SMBC or the SVBC web pages for details. There will be a trail evaluation document on the SMBC web page in the near future. The form is designed to provide the Forest Service with trail conditions and suggested improvements.

HATS, or Harrisonburg Area Tandem Society, the brain child of Dave O'Neil and Ben Wyse, will have the inaugural tandem ride Sunday April 2nd. More details to follow. If anyone is interested in a B+ (semi-fast) ride on alternate Tuesdays from the time trail let your wishes be known to Thomas or Neups. The Sunday rides are leaving from Bridgewater College at 1pm. through the winter months. Details on the web page or contact Rich Harris at harrisra@jmu.edu.

Advocacy issues and reports from Paul Johnston, Ben Wyse, and guests Drew Williams and Charles Chenault concluded the meeting. Paul is generating a mailing list for persons that don't regularly see the Club's web page and are interested in pedestrian and cycling issues. Hopefully a bi-monthly report will be sent detailing progress on these issues. Budget planning is underway for the city in 2006. There is hope that

\$30-40,000 will be available annually for bike routes in the city. The city is also looking into Block Grants and other means to fund bike and pedestrian paths. Drew and Charles indicated all proposed road capital improvements for 2006 include bike lanes or provisions for cyclists. Anyone interested in looking at the 2005 Bike and/or Pedestrian Plan can find them at <http://www.ci.harrisonburg.va.us/index.php?id=443>.

An official copy was given to the Club by Drew Williams. Drew concluded by thanking the Club for their continued support of, and interest in, the 2005 Harrisonburg Bike Plan.

The supper/meeting was adjourned. It was a great gathering where ideas were shared to make Harrisonburg and the surrounding area a safer place to bike and walk. Thanks to everyone who attended.

The next meeting will be February 13th, 7:00pm, returning to Luigi's 42S.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

FEBRUARY MEETING MINUTES

The February 13th, 2006 meeting of the SVBC was held in the front (smoking, cough, cough) section of Original Luigi's. There were eight Club members present. Of these, four members rode their bikes. The Treasurer reported a balance of \$4,542.43. An acknowledgement from the Joe Hiney Scholarship Fund was received. The Club donates \$100 annually to this fund.

Discussion on the Club's membership in numerous bike/alternative transportation advocacy groups was opened. It was felt that the current number of organizations the Club supported would be sufficient and joining the Bike Walk Virginia Advocacy Group was not necessary.

The SVBC enthusiastically supports efforts to organize a Staunton Cycling Club. The first meeting will be Wednesday March 1, 6:30pm at Black Dog Bikes, 121 South Lewis Street, Staunton, VA. Interested persons are encouraged to attend.

A Club member has stepped up to help with the newsletter. However, additional duties of the editor would best be split up so one person wouldn't have to do it all as Neups has. Help is needed for copying and mailing the newsletter as well as a Membership Coordinator. Contact Neups if you have time and or skills to donate.

Club elections are next month. Rumor has it Ben Wyse is willing to take on the daunting task of

President, Jack Leetum is being courted for VP, Marcia will remain Treasurer, and barring wholesale mutiny, Marshall will continue as the "Caustic Tongued Secretary". Look for a ballot or default officer announcement in the March Newsletter.

Check out the events page for all the upcoming rides, including the new HATS (Harrisonburg Area Tandem Society) rides beginning April 2, 2pm from the new Harrisonburg High School on Garber's Church Road.

The Tour of Shenandoah (April 25-30) is looking for volunteers. Go to <http://www.tourofshenandoah.com/> and fill out a volunteer form if you wish to help. Please let Marshall know if you are volunteering so he can add you to his list. Hopefully this year the use of the volunteers will be a bit more organized.

The meeting was adjourned when the participants began to suffer second-hand smoke inhalation.

A spirited ride down 42, led by the awesome Ben and Anna Wyse on their tandem, capped the evening (Thomas swears he wasn't DROPPED).

Next meeting will be March 13th, 7:00pm, at Luigi's 42S.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Paul Johnston
Kurt H. Rosenberger
Matthew Styer

Harrisonburg
Harrisonburg

WELCOME BACK RETURNING MEMBERS

David & Lois Duke
Marcia Lamphier (for 3 volunteering activities) THANK YOU!
Brent & Judie McNett
Neups & Robin Neupauer (for 3 volunteering activities) THANK YOU!
Bill & Ellen Painter

Thomas & Julie Jenkins

Thanks to all the above for your continued support of the Club.

All the area shops contribute to the Club.

Thanks to Mark's Bike Shop, Mole Hill Bikes, Shenandoah Bicycle Company, and East Coast Bicycle Academy.

Please support these local shops.

(Also underwritten by R.R. Donnelley Company)

SVBC ACTIVITY COORDINATORS

<u>Century</u>	Art Fovargue	433-9247	<u>Newsletter</u>	Neups	438-1488
	<u>Advocacy</u>	Len Van Wyk	432-0138		
Web page	www.svbikeclub.org		Message group	http://groups.yahoo.com/group/svbikeclub/	
	Ride board http://www.websitereactions.com/Rideboard				

DUTIES OF OFFICERS

- President:** Shall coordinate and supervise total club program; preside at club and Executive Committee meetings.
- Vice-President:** Shall assist president in carrying out the club responsibilities and shall serve in his/her absence. It is recommended that he/she serve as chairman of one of the appointed committees.
- Secretary:** Shall take minutes at club and executive meetings; issue minutes, general notices, and announcements.
- Treasurer:** Shall keep and prepare all club financial records and transactions; make necessary reports.

NEWSLETTER+ DUTIES

We've had two people so far volunteer to help with the newsletter. Thanks, David Duke and Mary Atkins! Here's a little more information to let you know what is involved. David will be composing and editing the newsletter. Mary Atkins is helping with distribution. Hopefully we can get others to take certain tasks. Anything someone else can pick up would help a lot!

After the newsletter is composed and edited (David), the Word document is put into PDF form through a free program. Then comes copying, labeling, stamping, and mailing. The labels are done through

keeping up the membership. Some distribution is done via e-mail. The rest is through regular mail. Copies also go to the shops (Mary). Mid-month items are also done through an e-mail list as not everyone has/will sign up for the Yahoo list. There's also the volunteer list to keep up to date.

So you see, there's a lot to keep one busy. But not a lot if different people take different tasks. I've been the editor since March 1993. Helping the Club this way will help us get maps on the web site. Thanks.

Neups

TOUR OF SHENANDOAH

The Tour of Shenandoah is again coming to Harrisonburg and this year also Dayton (April 25th). I assumed the volunteer coordinator task for these venues. The volunteer web page for the Tour is up and running so anyone who wishes to help can sign-up. It would be a good idea to have volunteers also send me an e-mail (marshall_hammond@merck.com) so I can generate a list for communications. All the pertinent information is on their web page <http://www.tourofshenandoah.com/>.

Last year was some what of a mess, in my mind, and I have been pushing for more responsibility for the marshals and volunteers. We'll see. There will also be more folks needed to set-up and tear-down the event stage at both Dayton and Harrisonburg. Also more marshals will be needed because the time trial is on Silver Lake Road from Dayton (an out-and-back). Maybe T-shirts on time:).

Marshall Hammond,

ADVOCACY

Since 1970, the percentage of U.S. children who bike and walk to school has plummeted. During this time, childhood obesity has tripled, and sedentary lifestyles are widely recognized as a major contributing factor. Safe Routes to School is a logical solution. The movement to create safe routes for kids to walk and bike to school took a big step forward on October 24 when the Safe Routes to School National Partnership held its first formal meeting in Washington, D.C. Forty diverse groups from throughout the U.S. met to identify goals for the national movement, and to initiate a productive working relationship with the Federal Highway Administration, which is charged with administering the new Safe Routes to School federal program. More information is available at www.bikesbelong.org. (article reprinted from League of American Bicyclists e-newsletter)

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 Shenandoah Bicycle Company. Please let the Newsletter Editor know if you'll be using it.

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). Tires – 27 x 1-1/4 (3); 700 x 28 Tri-cross knobby (2). Call Neups at 438-1488.

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. 7-1-08

ICICLE RIDE PICTURES

If you were on the Icicle Ride (and 39 of you were), you probably saw Mark Russell snapping pictures. Here's the link to his shots.

<http://share.shutterfly.com/action/welcome?sid=8BcuGThybsU6>

WANT STAUNTON TO HAVE A CYCLING CLUB?

Soon it will! Come join us for the first meeting to establish a cycling club in Staunton. Wednesday, March 1 6:30 pm at Black Dog Bikes, 121 South Lewis Street. Come ready to help and discuss: Decide on a name; Discuss club organization (officers, dues, meeting schedule, etc.); Discuss our goals/mission statement for the club.

TIDBITS

There's a new shop in town. Well, not quite our town, but not that far away. Luray has a new outdoors shop here that has a bike shop also. Gary Drum does morning rides on Thursday, Friday, and Saturday at 7:30am from his shop. Fifteen mile rides on Thursdays and Fridays, and twenty miles on Saturdays, rolling hills and lake views. His address and contact information is: Gary Drum, gldrum@earthlink.net, Appalachian Outdoors Adventures, 55B East Main St., Luray, VA, 22835, (540) 743-7400.

Robert Cone reports that our new web site is being viewed by many. For November the web site www.svbikeclub.org received over 11,000 hits. The top pages being viewed by web site users in order are the photos, followed by rides, and then the newsletter archive. The top referrer web site is the www.shenandoahmountainbikeclub.com followed by www.shenandoahbicycle.com. Thanks, guys, for the links!

There are some new photos posted on the site and some information about upcoming events in the area. Check it out and if you have any suggestions, photos, or rides that you want posted, let Rob know (webmaster@svbikeclub.org).

The Rockingham Educational Foundation has sent a letter of thanks for our recent contribution to the Joseph Hiney Memorial Scholarship and the Joseph Hiney Fine Arts Scholarship.

"Of the various forms of outdoor exercise, it is now generally admitted that 'cycle riding is one of the most healthful and delightful. The movement of the lower limbs in driving the pedals, the gentle force given by the arms in steering, and the constant undulations of the body with the motions of the vehicle, result in a rapid and general strengthening of the system; while the mere act of riding in the fresh, open air, amid constant changes of scene and prospect, brings on a peculiar cheerfulness and exhilaration of spirits that compensate a thousand fold for all the bodily exertion involved." -from the Scientific American, June, 1887 (Thanks to Jen Bowman for sending this one in.)

It appears that Southwest has updated their bicycle policy for the better. Here is their policy on their website -- Non-motorized Bicycles, including Bike Friday and Co-Pilot, will be accepted as checked baggage at no additional charge provided the limit of three checked bags is not exceeded; the bicycle is properly packaged; and the box containing the bicycle fits within the 62-inch sizing limit and weighs 50 lbs or under. The handlebars, kickstand, and pedals must be removed and placed inside the box. A \$50.00 each-way charge applies to bicycles that don't meet the above criteria. Bicycles packaged in a cardboard box or soft-sided case will be transported as a conditionally accepted item.

Syntace USA is recalling about 2,300 black F99 (Force 99) handlebar stems because they can break and cause the rider to crash. Affected stems were sold from May 2003 through July 2005 for about \$90. They are marked with production codes 01 03 through 45 04 or no code at all. The code is the bottom set of numbers located on the end of the stem. If you have one of these stems, contact Syntace for information about receiving a free replacement. Call 800/448-3876 ext. 233, e-mail syntaceusa@syntace.com, or go to www.syntaceusa.com.

Interesting article on page 76 of the March 2006 issue of *Bicycling* magazine. Davis, CA, with a population of approximately 60,000, has a network of bike paths which is so extensive that they no longer use public school buses. Also, they say 17% of all trips in Davis are by bike. Sounds like a bike friendly city to me! (Thanks to Hank Schiefer for sending this one in.)

CLUB CYCLIST HIT

Club member Dennis Herr was hit by a pickup truck on Thursday afternoon, February 16th. Our prayers and get well wishes go out to him and his family. Let's keep safe out there. The traffic isn't always looking for us.

SCHEDULE OF EVENTS

Helmets are required on all **Club rides**. Don't forget to check more at www.svbikeclub.org

SUNDAYS

SUNDAY WINTER RIDES leave from Bridgewater College at 1pm. Spend a couple of hours riding backwoods with good company. This is a great way to keep in shape for spring. Road or mountain bike depending on the weather and temperature. If it is raining we stay by the fire and drink hot beverages. If it snows we go to the mountains and ski. 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 harrisra@jmu.edu.

APRIL 2

HATS TANDEM RIDE. 2pm, new Harrisonburg High School. We're looking to have this be a monthly ride on the 1st Sunday of each month.

- Saturdays Bagel Ride. 9:30am. Road training. Meet at Shenandoah Bicycle Company downtown. 2-3 hours, fast pace with sprint sections.
- April 2 After the Bridge Run Ride. Daniel Island South Carolina. Distances will be an English Century 100 miles, Metric Plus, 67 miles and a half metric 30 mile ride. Register on-line http://www.active.com/event_detail.cfm?event_id=1286383. This event is a fund raiser for the volunteer groups who staff the rest stops and the Palmetto Cycling Coalition. Registration is limited to 500 cyclists. Price is \$30.00 until March 21st \$35.00 after or until the limit is reached. Register by March 21st for a custom event hat. Register on-line using http://www.active.com/event_detail.cfm?event_id=1286383 or off-line by mailing in a form found here <http://www.charlestonbicyclecompany.com/002E>
- May 6 The 3-State 3-Mountain Challenge. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama and Georgia) and over 3 mountains (Suck Creek, Sand and Lookout). The gentler 62-mile option climbs only 1 mountain and visits 2 states. The 25-mile option bypasses the mountain and shares the last part of the route with the metric folks.
Please note: THERE WILL BE NO 'DAY OF' REGISTRATION. Registration will close on April 24, 2006, so plan accordingly. There is also a rider limit of 2000.
The 3-State 100 mile route will be descending Lookout Mountain over the same route as the pros in the Tour de Georgia. Great sag stops, friendly, helpful support en route, t-shirt, pizza party at the finish, top quality event jersey available, packet pickup and Outdoor Expo at the stadium on Friday night. Teams of five or more and tandem pairs are encouraged with a \$5 discount per person. Funds raised will benefit the Bethel Children's Village and other local Charities as well as helping to promote cycling in the area. A working copy of the 3-State jersey for 2006 is now on the website.
More detailed information and applications are available on our website -- www.chattbike.com -- and online registration is available from our web site or from www.active.com. Contact for the event is Daisy Blanton, 706/820-1157 or DaisyBRider@cs.com.
- May 17 RIDE OF SILENCE. 7:00 pm. Where: At over 120 U.S. locations and eight other countries, and adding more daily. Join cyclists nationwide in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on America's public roadways. Why do we hold this ride? To HONOR those who have been injured or killed. To RAISE AWARENESS that we are here. To ask that we all SHARE THE ROAD.
WE NEED YOUR HELP! Our goal is to make this Ride an international event, with as many cities participating. We are looking for individuals and groups to put on a local Ride of Silence. We ask that you follow the following guidelines: The Ride of Silence is a memorial to cyclist killed while riding. This is a funeral procession, not a typical club ride. There should be NO talking. Use hand signals to point out obstacles. Please, no headphones. We ask cyclists to wear a black armband if they personally know someone killed while cycling and a red armband if they have been hurt by a vehicle while cycling. Distance – 5 to 12 miles. If you are able to host a ride, please go to our website at www.rideofsilence.org and submit your location. You will also find a guide to putting on a local ride on our website. We will assist you in any way we can.

The ride, which is being held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured. Please help us honor our fallen brothers and sisters...host a ride.

July 15-16

3rd Annual Vermont Lakes Region Cycling Weekend, Poultney, Vermont. Our event website is www.cyclingvermont.org. The Vermont Lakes Region Cycling Club is a small club located in western Vermont.

SUMMER

SUSTAINABLE ENERGY IN MOTION BIKE TOUR. Bike hundreds of miles. Meet incredible people. Participate in amazing service projects. Stay on organic farms and work to support sustainable agriculture. Study and work with indigenous communities. Live with the land and camp under the stars. This summer, you can take an extraordinary journey. Join fellow riders from all over the world for an incredible excursion across Oregon, utilizing the most sustainable method of transportation available: your own bike. Visit our website for more information and to enter to win one of our one-week tours! www.portlandpeace.org/index.shtml/svbc

2005 MILEAGES



Marcia Lamphier	9,614	Neups	7,083
Cowles Andrus III	4,969.1	Leonard Clymer	4,660
Doug Lane	4,136	Robin Neupauer	4,079
Steve Zumbro	2,400	Robert Cone	1,620
Bain Routhier	1,600	Dean Cummings	1,024
W.R. Good	617	Curt Stutzman	550

If you have your 2005 total, call, e-mail, or fax Neups to have it listed.

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 MARCH/April

DEBORAH AUSTIN ARMSTRONG	DAVID U. FITZWATER, JR.	MIKE & JAKE BOWEN
JACK/MARY BROADDUS	ROBERT HILL ***	JUDITH FREUDENTHAL
SUE GIER	KAY LYNN LEHMAN & ROGER WILLIAMS ***	DEB LUNG

Dennis Herr

Mark & Kathleen McCoy ***

Ben Sandel & Emily North ***

*** 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 news_editor@svbikeclub.org or fax articles to 564-9505. 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

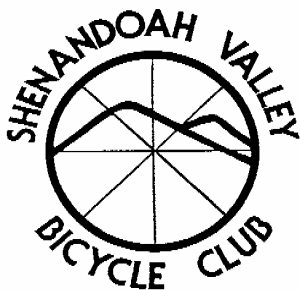
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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