

APRIL 2006 NEWSLETTER

Volume 24 , Issue 3

SVBC OFFICERS

President: Ben Wyse	432-3696
Vice-President: Jack Leetum	234-9934
Secretary: Marshall Hammond	434-1609
Treasurer: Marcia Lamphier	432-3312

UPCOMING MEETINGS

April 8 th	9am	Trash pickup. See events for details.
April 10 th	7pm	Tour of Shenandoah Volunteer Meeting and monthly Club meeting. Meet at Massanutten Regional Library.

MARCH MEETING MINUTES

The March 13th, 2006 meeting of the SVBC was held in the back room of the Original Luigi's. There were fourteen club members present, of these, nine members rode their bikes and one walked. The Treasurer reported a balance of \$4,585.43.

After roundtable introductions, the ballots were counted for 2006 officer elections... and the winners are; President- Ben Wyse, that makes Anna the First Lady of the Bike, Vice President- Jack Leetum, at the ripe old age of thirteen perhaps the youngest officer in the history of SVBC and still a head taller than his uncle, Treasurer- Marcia Lamphier, back for another term, as usual, and Secretary- yours truly Marshall Hammond by default, the sarcasm continues.

Congratulations to the office holders and good luck in the coming year as the SVBC begins its 24th year (December 1982 to present).

Dennis Herr who was struck by a vehicle Feb. 9th continues to improve. He has been moved from ICU to Acute Neurology. His address is Dennis Herr, Room 6184B, UVa Health System, Charlottesville, VA 22908. The family encourages visitors or sends a card to let Dennis know he is in your thoughts.

The Virginia Bike Federation is sponsoring a President's Gathering at Douthat State Park April 1st through 2nd. This is designed to allow club presidents to meet, talk, and share ideas. The cost is \$55 for the weekend. Neither Ben nor Jack will be able to make the trip. If anyone wishes to attend the club is willing to pay the fee. Call Neups for details.

Trash pick-up will be April 8th meeting at the intersection of Skidmore Road and Amberly Road at 9 A.M. If there is interest in a ride afterwards it will leave

Food Lion parking lot on 42N following the trash pick-up, or around 10:30 A.M.

There will be a Tour of Shenandoah volunteer meeting at the Massanutten Regional Library at 7 P.M. Monday April 10th. If you have volunteered to help at the 2006 ToF S please plan on attending. The April SVBC club meeting will follow immediately afterwards. Thomas Jenkins will be organizing a Kids Crit prior to the race. Grab your youngin' and their bike or trike and come join the fun on April 25th in Court Square. More details will be available on the Tour of Shenandoah web site
<http://www.tourofshenandoah.com/>.

Don't forget the HATS (Harrisonburg Area Tandem Society) ride Sunday April 2nd from HHS Garber's Church Road, leaving at 2 P.M. Contact Ben Wyse for more information.

Ben reported on the Bike Summit that he, Chris Scott and Paul Johnston attended in D.C. March 1-3. See the recap in this month's newsletter.

The April Alley Cat Ride will be in conjunction with the H-R that takes place earlier the same day. The H-R will leave Court Square promptly (so Thomas says) at noon on the 9th and ride to the intersection of Grist Mill and Joe's Creek Road. From there is a 14-15 mile gravel and paved road (mostly gravel, 9 of 15 miles) loop that celebrates our fabulous gravel road offering. Come ride one, two or go for the unofficial H-R Championship 3 loop circuit. Then plan on meeting at Court Square for the Alley Cat Ride at 6 P.M. capping a wonderful day of cycling.

SMBC trail work continues March 25th on the SMT west of town near High Knob. Meet at MrJ's 42S at 9 A.M. Massanutten trail work begins Thursday

March 23rd. Meet at the West Side Parking Lot at 5 P.M.

The meeting was adjourned as everyone wanted to beat the rain for the ride home. Thanks to everyone who attended. Great turn out. Keep it up.

The next meeting will be April 10th at the Massanutten Regional Library immediately following the Tof S volunteer meeting. If anyone is interested in

revising the pre-meeting road ride that was a tradition for so long, announce your intentions for a time and place to meet. Let Robert Cone know so he can post the ride on the web site.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME BACK RETURNING MEMBERS

Sue Gier
Terry Ward Family

Chris Hamilton
Dick & Lois Wettstone

Stephen Rossi/Kristin Wilson
Dusty Williamson

Thanks for your support.

SVBC OFFICERS

For the first time in many years the SVBC is back at full strength as far as occupied officer positions. At the March 2006 meeting the ballots were tallied, recounted, and certified as bona fide. Even though it was a tight race for all positions the winners emerged with a unanimous decision and will be able to spend their political capital as they lead the SVBC into the new century. The new officers are: President Ben Wyse. Ben is more a utilitarian cyclist. Commuting to work and being a part time bike messenger are the main reasons he rides. His stable of rides includes fixed gears, mustache handle bar bikes and a tandem. First Lady of the Bike Anna is always handy to lend a stoking partner and directions.

Vice President Jack Leetum at 13 becomes our youngest officer. Jack rides all of his Uncle Thomas' bikes, at least until he out grows them in the next couple of weeks. Jack now towers over his famous uncle and is looking to upgrade his mountain bike to a full suspension if the grass grows well this year. Being the ever opportunistic leader, Jack has devised a fertilizer attachment to hook to the lawn mower so the

grass is always in need of cutting. Jack volunteers for trail work and has been on the Icicle Ride as well as many other events.

Treasurer Marcia Lamphier needs no introduction. Her Wednesday night group rides are legend in the peloton. She has been described by many a pro rider as the Ride Leader from H---. Not a few frisky folks have found themselves alone in the county after Marcia switches the route to "teach those boys a lesson". The club's accounts are to the penny correct every month.

Secretary Marshall Hammond, the caustic tongue rogue, is rarely seen apart from the dazzling treasurer. He is slow and old, but able to make up in technology what he lacks in riding skill. Don't take his minutes too seriously; they are intended as much for entertainment as information.

Thanks to those who volunteered to be officers and the masses who voted. Ah the rewards of political capital spent with reckless abandon. Watch out, Dubya.

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 www.svbikeclub.org

Message group <http://groups.yahoo.com/group/svbikeclub/>

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

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 someone. Please let the Newsletter Editor know.

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.

CYCLING STUDIES

Special Thanks to the SVBC and JMU Cycling Communities!

I recently returned from an Olympic conference in Torino, Italy where I had been invited to discuss the findings of a variety of cycling studies conducted in our Human Performance Lab at JMU. At this conference I discussed the emerging role of protein in sports beverages, specifically proteins' impact on endurance performance, muscle damage and muscle recovery following heavy exercise. In the past three years our lab has completed eight studies regarding the potential benefits of carbohydrate+protein beverages in endurance athletes. The SVBC and JMU cycling communities have played a major role in the success of these studies, as we have relied on dozens of Harrisonburg area cyclists, a number of whom have participated in three or more studies each. At the beginning of 2006, I asked Neups for help recruiting subjects for a new study that had a particularly daunting deadline – we needed to complete 75 testing trials on 15 cyclists within four weeks in order to present our new data in Italy. Once again, the SVBC and JMU cycling communities came through for us, and we rapidly completed a study that was the focus of my presentation in Torino. I would like to offer a sincere thank you to SVBC members for their continued support and interest in our studies. I hope that the information and data we've been able to provide to you has proven helpful in your training and racing. Rest assured that there will be more studies to come. For those who are interested in the "bottom-line" information from these studies, I have provided a brief summary of our carbohydrate-protein study findings below. (Can be found on the website www.svbikeclub.org)

Thanks again!

Mike Saunders, Ph.D.

Director, JMU Human Performance Laboratory (& SVBC member)

BIKE SUMMIT REPORT

First I would like to say a big thank you to the Shenandoah Valley Bike Club, the Shenandoah Mountain Bike Club, and Shenandoah Bicycle Company for sponsoring Chris Scott, Paul Johnston, and me to attend the National Bike Summit in Washington DC. The Bike Summit is an annual 3 day event put on by the League of American Bicyclists. During the event advocates from around the county attend seminars about efforts enhance the use of bicycles. The seminars address a variety of topics including such things as technical standards for designing complete streets, Safe Routes to School programs, defense of cyclists legal rights, cycling and public health, and seminars on how to work through the political system to achieve improvements for bicycling. In addition to the seminars an entire day is spent lobbying on Capitol Hill. I feel like this is a very important aspect of the Bike Summit. In an era when most of the federal budget (outside of the defense department and homeland security) is being cut, spending on cycling has enjoyed steady growth. In 1988 federal funding for bicycle and pedestrian projects was \$4.9 million. In the current transportation bill, SAFETEA-LU, the federal government is projected to spend about \$1.1billion on cycling and pedestrian projects. Obviously, the work of bicycle advocates lobbying their elected officials has helped promote steady growth over the past 18 years.

My passion for bicycles is rooted in their use as a fun, sustainable, and efficient form of transportation. I enjoyed being around so many people who also had a passion for bikes. There was diversity at the Bike Summit in terms of personal interest in cycling. People at the Summit were motivated by all kinds of issues including affordable transportation, business opportunity, economic growth, mitigating traffic congestion, public health/obesity prevention, quality of life issues, recreation, reducing dependence on imported oil, safety, and tourism to name a few. It was inspiring to be with such a big group of people (around 375) who share my belief that the bicycle holds great potential to change our lives, communities and the world for the better.

Ben Wyse

CLUB HISTORY

While creating the Club's newsletter archive files for the web page, I've actually read each newsletter issue from the very first. It was quite interesting to know the beginnings of the Club and see how its activities and focus have changed throughout the years. I thought I'd share with you some of my findings.

Our Club started with three members in December 1982. It quickly jumped to 20 the next month, doubled the next month to 40, and doubled again to 80 the next month (3/1983). Though I didn't see a membership count each newsletter, it looks like the greatest number of memberships was 115 (10/1988). We are currently at 93 memberships.

Our Club logo was designed by Mary Lu Lewis in June 1983. I'd like to note that our Club dues have not changed since March 1994. Oh, that taxes would be so.

We've had our share of events and rides. The Annual Great Valley Interstate Tour from Harrisonburg, VA to Harrisburg, PA took place 1982-1987. Our Century has been going since 1983. There were cross-country ski weekends, a Christmas Gala, and even a Shenandoah Valley Coors Classic in 1987. There was a Reddish Knob Hill Climb race back in 1986 through 1990. The fastest time for that was listed as 41 minutes, but had no name. The Super Sunday Mountain Bike Rally started in 1986. Trash Pick-ups started in 1990, the Ice Cream Ride started in 1991, and the Festival in 1992. There was a January 1st ride in 1985, 1988, and 1990. It officially became the Icicle Ride in 1995.

Here's some time trial history. Jim Strang held the first record at 22:17 (1983). It took three years to break that, and Craig Mauck did so with a time of 22:02 (1986). Bill McCarrick bested that the following year with 21:48, then again in 1988 with 20:57, then one more time in 1990 with 20:40. It was long noted that the record was the 20:57 mark, and one person has matched it and another beaten it, but Bill is still the champ with his 20:40.

On the women's side, Sue Rippey started things off in 1983 with a time of 29:29. Then she bested herself every year through 1987 with times of 27:03, 26:36, 26:06, and 25:04, respectively. To correct an earlier article, it was then Jodi Hess who broke the record with a time of 24:38 in 1989. Colleen Doody tied Jodi's time in 1990. That record finally fell in 2002 with Connie Peterson recording a time of 24:35. Then she bested her own record each year with times of 24:29, 24:26, and finally 23:59 last year.

They actually ran some two-person teams in 1987 and 1988; men's, mixed, and women's. Interestingly, the individual records are faster than the team ones.

That's it for now. Hope you've enjoyed reading about your Club's history. Check the web site for back issues of the newsletter, plus all kinds of good stuff. Enjoy!

Neups

WHAT ARE COMPLETE STREETS?

Complete Streets - Safe Roads For ALL Users: The Basics You Need To Know

We're sure you've noticed how the majority of our community's streets are designed to move speeding cars as fast as possible. Bike lanes, sidewalks, and traffic calming devices (speed bumps, medians, etc) seem in many cases to be an afterthought. A national movement to complete our streets is building. Complete streets are designed and operated to enable safe access for all users. Pedestrians, bicyclists, motorists and transit riders of all ages and abilities enjoy moving along and across a complete street and the Shenandoah Valley Bicycle Club is tapping this national movement to bring complete streets home!

To date, only seven states have passed a complete streets policy at the state level and only a handful of states enjoy the benefits of local-level complete streets policies [including your community?]. The Thunderhead Alliance, the national coalition of which [your organization] is a proud member, has launched their National Complete the Streets Campaign to ensure that all states reap the benefits of complete streets policies. Please contact us to find out how you can help us [either pass the policy or implement the existing policy].

For more information on complete streets, visit Thunderhead's Complete the Streets web page at: www.thunderheadalliance.org/completestreets.htm and the complete streets website at: www.completestreets.org.

TOUR OF SHENANDOAH

The Tour of Shenandoah is coming to Harrisonburg and Dayton (April 25th). More people will be needed this year to help at both venues. The volunteer web page for the Tour is up and running so anyone who wishes to help can sign-up. Send an e-mail to Marshall Hammond (marshall_hammond@merk.com) so he can generate a list for communications. All the pertinent information is on their web page www.tourofshenandoah.com.

The Tour of Shenandoah will also host the Ed Elliot Memorial Omnium. This is a VA Cycling Association BAR (best all-around rider) event that will consist of a time trial and a criterium. Scoring will be done on a point system from both races to determine the overall winner. Both venues will be the same course as the Pro/Am race (stage 6 and 7). This will be the only VA BAR event hosted in the valley this year. If you have ever thought about racing, this is the perfect opportunity. For more info visit www.tourofshenandoah.com.

BICYCLISTS AS MINORITIES

The following is from an article about the book [The Culture of Make Believe](#) by Derrick Jensen. Visit www.bicyclinglife.com/EffectiveAdvocacy/Marginalization.htm for the full article.

Jensen describes how Irish immigrants had to struggle in the U.S. during the 19th Century to rise from being "minorities," hated almost as much as African-Americans, to members of the ruling class. For the purposes of illustration and comparison, one could say there was a hierarchy of "Whites," Irish, and African-Americans in those days (though of course there were many other minority groups). Today we could draw a similar hierarchy of street users: motorists, bicyclists, and pedestrians. Just as the Irish could take advantage of the fact of their Caucasian skin to help themselves overcome prejudice, bicyclists can take advantage of the fact that most states classify them as vehicle drivers (or the equivalent) to get along on our roads.

What happens when you're in the position of the being that middle minority is you can get pushed or pulled in either direction. The Irish could have aligned themselves with the African-Americans since they were both terribly discriminated against and hated during those years, but they really weren't given the choice. When it comes to putting food on the table and somebody else holds the key to the pantry, you do what you can to befriend the key holder.

Bicyclists are in a similar situation, but we have not collectively decided who we wish to ally with. This is because, for most people, bicycling is a discretionary activity. Many cyclists can choose to become motorists. The vehicular cycling proponents argue against special accommodation for cyclists such as paths and bike lanes, claiming that these facilities are like "bicyclist ghettos," making us into pedestrians-on-wheels (POWs?) At the other end of the spectrum are bicyclists who wish to be completely separated from motorists at all times. Most of us fall somewhere in between. No wonder planners, engineers and elected officials inexperienced with cycling have such a difficult time figuring out how to "accommodate" bicyclists.

Much in the way whites have made erroneous assumptions (some well-intentioned) about racial and cultural minorities, non-cyclists have made erroneous assumptions about cyclists. These assumptions are evident in their language, and lurking in this language are hints of paternalism and ridicule. We've all grown up with this language, so to many of us – cyclists and pedestrians -- these assumptions are accepted as natural laws.

The primary belief, held by most non-cyclists and even many cyclists, is that bicycling with motor vehicle traffic is difficult and dangerous. It's believed to be so difficult that it is beyond the abilities of the average person. Try this: if someone tells you that bicycling with traffic is difficult, ask him or her to explain why. Ask them to explain the knowledge and skills necessary for cycling with traffic that are beyond the abilities of the average person. Chances are good they will give you a blank stare, because they don't know. Yet somehow they "know" it's difficult. (The answers: knowledge – the same rules of the road as for motorists; skills – balance/steering, braking, scanning for and assessing speeds of approaching vehicles, hand signals, looking over your shoulder for other traffic without swerving.)

The danger part is also rather peculiar. The assumption is that operating your bicycle as a legal vehicle on the roadway is what's dangerous. We all know that it is not the roadway that is dangerous, but time and again that is the statement made. "I won't bike on that road; it's too dangerous." Setting aside the matter of just how relatively risky a pursuit cycling in traffic is – after all, every human activity carries risk, including being a couch potato – the responsibility to reduce this danger is rarely placed in the hands of those who pose it. The road does not present the risk. A solo bicyclist on a road does not experience much risk (aside from steep mountain descents and other extreme situations). A bicyclist following the rules of the road in traffic does not pose a risk. The main thing that poses life-threatening risk is the human being operating the motor vehicle on that road.

What you are most likely to hear from a novice (or non-) bicyclist is that it's scary. Who or what is making it scary? The design of the road? Of course not. The bike itself? Of course not. It's the speed and volume of the cars on the road and the behavior of the operators (and sometimes passengers) of those cars.

DENNIS UPDATE

Dennis has been taken off all PRN medicines (optional meds that nurses could give if needed), the trachea tube is out, and all IVs are gone (still a feed tube, though). He is being given OT and PT regularly. Dennis must be able to swallow before he can be released to a rehab facility and he hasn't accomplished that yet. Sue (his wife) is hopeful that when he is moved it will be to UVA South (Fontaine Center, just off Rt29). Dennis is no longer restrained in bed and restrained only while he is sitting in a chair. The PT and OT really exhaust Dennis so he is sleeping most other times. Neither Sue nor Dana has been with him while he has been awake and the therapists don't want anyone in with Dennis while therapy is taking place (kind of a catch 22 there).

Considering all the improvement Dennis has made over the course of almost five weeks the last week may seem less productive, but in actuality is allowing for quality healing to take place. We all know how lengthy Dennis' recovery will be, but he has started down the path. To all of you Sue wants to express her deep appreciation for all you have done and all the kind thoughts.

We will need to be there for Dennis as the weeks become months and even years. We will all need to take our turn visiting Dennis, encouraging him, helping him rehab, and keeping him focused on recovery.

Visiting Dennis will be hit or miss for a while. If you do decide to go to see him, Sue requests it be before 5pm to prevent over stimulation going into the evening and limit staying to ten or so minutes.

SMBC NEWS AND HAPPENINGS

Meetings on the third Tuesday of every month at 8pm at Dave's Downtown Tavern.

www.shenandoahmountainbikeclub.com

SCHEDULE OF EVENTS

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

TUESDAYS	We're still looking into having a semi-fast ride on the Tuesdays the time trial does not take place. This and the time trial start in May. Let Thomas at Shenandoah Bicycle Company know you're interested.
WEDNESDAYS	WEDNESDAY EVENING RIDES RETURN FOR ANOTHER SEASON! April 5th will mark the beginning of another season of Wednesday Evening Rides. We will meet at Harrisonburg High School (1001 Garbers Church Rd). Ride leaves PROMPTLY at 5:15P.M. Please join us!! We will ride for 1 1/2 to 2 hrs. Having FUN is our main objective...we DO NOT ride at race pace. Please save that for another time, another ride!! Contact: Marcia (432-3312)
SUNDAYS	SUNDAY SPRING RIDES 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 harrisra@jmu.edu .
APRIL 2nd	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.
APRIL 8th	ADOPT-A-HIGHWAY TRASH PICK-UP AND RIDE. 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) or Marcia (432-3312).

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. 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.
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 15 May 15-21 is Bike-to-Work Week, May 19 is Bike-to-Work Day. See www.bikeleague.org for more information

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.www.rideofsilence.org

- June 17-24 The Great Ohio Bicycle Adventure Announces Southwest Ohio Route for 2006. The 2006 tour, June 17-24, will feature the southwestern section of Ohio. Those interested in receiving registration information and tour details can request a brochure by calling 614-273-0811, by visiting the website at www.goba.com, or by writing to GOBA at 1525 Bethel Rd., Ste. 100, Columbus, Ohio 43220. Application deadline is May 17, 2006.
- July 15-16 3rd Annual Vermont Lakes Region Cycling Weekend, Poultney, Vermont. Event website is www.cyclingvermont.org. The Vermont Lakes Region Cycling Club is a small club located in western Vermont.
- July 29 James City-Bruton Volunteer Fire Department will hold its 6th Annual "To The RESCUE Bicycle Tour" on Saturday, July 29, 2006. The ride will include self-paced, well-marked routes; maps and cue sheets; great rest stops; post ride meal and more. This is not a race - it is a bicycle tour at your leisure and own pace. Local business and individual support is vital to the fire department's continued operations. For more information about the ride or to be added to our mailing list, contact Captain T.D. Langston at (757) 566-2126 or RescueRide@verizon.net.

2005 MILEAGES (late arrival)

Bert Bergdoll 5,477 miles

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 APRIL / May

MARK & KATHLEEN McCOY ***

BEN SANDEL & EMILY NORTH ***

Mary Beth Anderson

Cowles Andrus, III

Amy Burkhardt

Leonard Clymer

Dary & Nathaniel Erwin

Matt Hegemier & Family ***

Bill, Jodi, & Forrest Taylor

Steve Zumbro

*** 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):

<input type="checkbox"/> Commuting/Utilitarian Riding	<input type="checkbox"/> Touring	<input type="checkbox"/> Mountain Biking
<input type="checkbox"/> Riding for Fun & Fitness	<input type="checkbox"/> Racing	<input type="checkbox"/> Ride Committee
<input type="checkbox"/> Time Trial Committee	<input type="checkbox"/> Century/Festival Comm.	<input type="checkbox"/> Newsletter Committee
<input type="checkbox"/> Advocacy	<input type="checkbox"/> Others (list) _____	

INSURANCE RELEASE

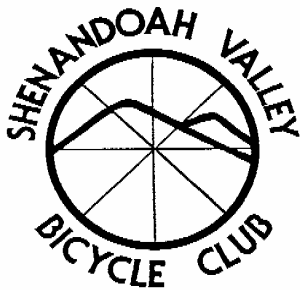
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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