

## May 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

Meetings are in Luigi's (Original Rt. 42 location) back room. If closed, we'll meet at El Charro on S. Main St.  
May 8th                      7:30pm                      Monthly meeting.

### APRIL MEETING MINUTES

The April 10<sup>th</sup>, 2006 meeting of the SVBC was held in conjunction with the 2006 Tour of Shenandoah Bike Race volunteer meeting at the Massanutten Regional Library Grand Room in Harrisonburg, VA. There were ten Club members present, 8 of 10 rode their bikes to the meeting. The Treasurer reported a balance of \$4,272.49.

The meeting was shortened due to closing of the library at 8:30 and the ToS meeting being first on the docket. President Ben Wyse and Vice President Jack Leetun presided.

Safe Routes to School was the first point of discussion. Ben talked with Drew Williams from the City of Harrisonburg about this initiative. Drew and Jim Baker, Director of Public Works, indicate Harrisonburg is interested in acquiring Federal and State grant monies to provide safe routes to schools. In order to present Harrisonburg in the best light to receive these grants there needs to be private input for supporting programs. Grants are awarded to provide engineering, education, enforcement, and encouragement while engineering would be the biggest beneficiary of funding. Any of the other "E"s in place would give the city a head start on grant applications. In that light, the bike Club would be in a position to provide supporting funds and support to implement the program. Ben will keep the Club abreast of developments and present proposals as the needs arise.

Neups reported on a Share the Road Bike Education DVD from the League of American Cyclists available at a nominal cost. This could be one educational program the Club could support by purchasing DVDs for school programs. Additionally Thunderhead Alliance training will be in May, 9<sup>th</sup> -11<sup>th</sup>.

Anyone interested in attending the Club will provide registration monies.

A request was made to provide a budget report for the May meeting. With this report members can better assign spending priorities and access income versus expenditures. A report will be made by the Treasurer next meeting.

The City Bike Plan and the Central Shenandoah Bike Plan are still on course. Thomas reported thirteen jurisdictions have adopted the regional plan. The next phase would include a part time Central Shenandoah Valley advocate position to monitor bike and pedestrian programs and assist localities with compliance questions. Funding for this position would come from the participating jurisdictions and other sponsoring groups such as local bike clubs. No request has been made but this situation will also be monitored for future needs.

The SVBC wishes to welcome the Queen City Bike Club to the ranks of local organizations promoting cycling. Here is a link to the club's message board: <http://stauntoncycling.proboards50.com/index.cgi> Happy cycling, Staunton! More information can be obtained by contacting Mark Russell [MarkR@FisherAutoParts.com](mailto:MarkR@FisherAutoParts.com).

Don't forget to check out the events page in the newsletter for listing of rides and activities. The meeting was adjourned. **May's meeting will return to Luigi's at 7:30.** All are welcome.

Respectfully submitted,  
Marshall Hammond, Secretary SVBC

## WELCOME NEW MEMBERS

Harry Mast Broadway  
Erik Sutt Harrisonburg  
Hilda Taylor & Tim Cook Charlottesville

## WELCOME BACK RETURNING MEMBERS

Len VanWyk Jack & Mary Broaddus Phil Hearn  
Cowles Andrus Mark & Kathleen McCoy (and Jane) Mark & Holly Russell

*Thank you returning members for your continued support.*

### 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>

## MAY IS BIKE MONTH

As everyone probably knows the third week of May is Bike to Work Week and the third Friday is Bike to Work Day. To recognize bike month, the Shenandoah Valley Bicycle Club and Shenandoah Bicycle Company will be hosting three one hour workshops on May 11<sup>th</sup> at the JMU Employee Appreciation Day. Workshop Times are 1:15, 2:30, and 3:45.

Meet reps from the Shenandoah Valley Bicycle Club & Shenandoah Bicycle Company and learn how to keep your commuter bike running in top condition with simple tips and time saving tricks. This will be held outside on the ISAT patio. For more information e-mail Rob Cone, [webmaster@svbikeclub.org](mailto:webmaster@svbikeclub.org).

## BICYCLE SURVEY

Below please find a link to a survey recently distributed system-wide at JMU on bicycling safety and usage on campus. This research promises to be relevant to the larger Harrisonburg cycling community. Speaking more broadly, the jurisdictional, philosophical, and logistical disconnect between JMU and Hburg is a mere fiction when it comes to advancing the interests of the Harrisonburg cycling community. As we all know, the two are not exclusive: What benefits JMU cyclists benefits the community as a whole, and vice versa.

Along these lines, perhaps we could make plans to mine the findings of this survey, even using these results to make the case as to how greater trail/road/lane access helps benefit area cyclists (and motorists) on and off campus. In turn this could help to overcome the objections of certain uncooperative private landowners who are thwarting efforts to create more trails and access routes around town. Enough of my ramblings for now....just wanted to give everyone a heads-up on this and brainstorm out loud about the possible benefits.

Joe Rumbo

<https://websurvey.jmu.edu/ss/wsb.dll/mille2da/JMUBikeSurvey.htm>

# ADVOCACY

This and other articles can be viewed at [www.bikexpert.com](http://www.bikexpert.com)

Let's Talk Some Sense about Riding Side By Side

© 1997, John S. Allen

Many bicyclists willingly or naively shoot themselves in the foot on the subject of riding side by side. I have often heard the admonition "ride single file" in bicycle clubs' pre-ride safety speeches. This admonition is at best an oversimplification. It is out of step with the reality of bicycling and with bicyclists' best interests. Riding side by side has many advantages for bicyclists.

Riding side by side is by far the most practical way that bicyclists can share information with one another, beyond the very limited communication that is possible with hand signals. Riding side by side is essential to give safety advice or directions, for example: "don't go down that road, there is a house with really mean dogs running loose." I frequently must give instruction to students in my Effective Cycling classes while riding next to them.

Without side-by-side riding, a group bicycle ride becomes a silent procession or a shouting match, rather than a social event. Do we really want to put this damper on bicycle club riding? Bicycle club members learn from each other as they ride together, and their accident rate is five times lower than the average for college-affiliated adults, both because of side by side riding and in spite of it. Bicyclists at the rear of a riding group call out "car back" and, in the clubs I ride with, a bicyclist who will not "single up" gets a lot of flak from riding companions.

Only four states (Hawaii, Massachusetts, Nebraska and Virginia) require single-file riding at all times, and two others (Colorado and Montana) require it except under special circumstances (no motor traffic within 300 feet forward or back in the case of Colorado, and roads with two or more lanes in each direction in the case of Montana).

This law, or any such law, has serious conceptual problems. First of all, it is unnecessary. Riding side by side is illegal in every state when it unnecessarily impedes traffic. But why should bicyclists have to ride single file if they are not impeding traffic? If you know that no motorists are waiting behind you to pass, what's the point of making room for the motorists who are not there?

Not only that, side by side riding is completely unavoidable, since one bicyclist can only overtake others by riding side by side with them. For these reasons, laws prohibiting riding side by side are unnecessary, unreasonably restrictive and unenforceable.

If a motorist collides with bicyclists who are riding side by side, and a single file law applies, the presumption of negligence is shifted to the bicyclists - to both or all of them, even though only one of them may have made a decision to overtake, and even though overtaking is, last I heard, legal!

On any road where motorists can use the next lane to overtake and can see the bicyclists from far enough behind to merge around them, riding side by side inconveniences nobody and is reasonably safe. Bicyclists who use a rear-view mirror, as I do, can easily check for vehicles approaching from the rear. We just merge back into a single line when we see a vehicle that needs to share a lane with us. Bicyclists who don't use a mirror can't be quite as free about riding side by side, but in either case, the correct decision is only a question of good judgment.

Riding side by side is indeed hazardous when sight lines are limited (just past a hillcrest, or on a curving road lined with vegetation or walls). Still, under these conditions, the overtaking motorist who strikes a bicyclist was clearly exceeding a safe and reasonable speed, or inattentive: this motorist would also have been unable to avoid a pedestrian crossing the road, a mail truck stopped at a mailbox, or a slow farm tractor.

I certainly don't recommend riding side by side for children (except perhaps on very quiet neighborhood streets), and it is sometimes abused even by bicycle club members. But that doesn't mean that it should be illegal, or universally condemned. To summarize, I advocate repeal of laws against side-by-side riding, enforcement against bicyclists who unnecessarily impede traffic, instruction of adults in safe and courteous riding, and discouragement of side-by-side riding by children.

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The figure of five times lower is based on a comparison of several accident studies in John Forester's book *Effective Cycling*.

## SMBC NEWS AND HAPPENINGS

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

Check out [www.shenandoahmountainbikeclub.com](http://www.shenandoahmountainbikeclub.com).

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

## APRIL TRASH PICK-UP

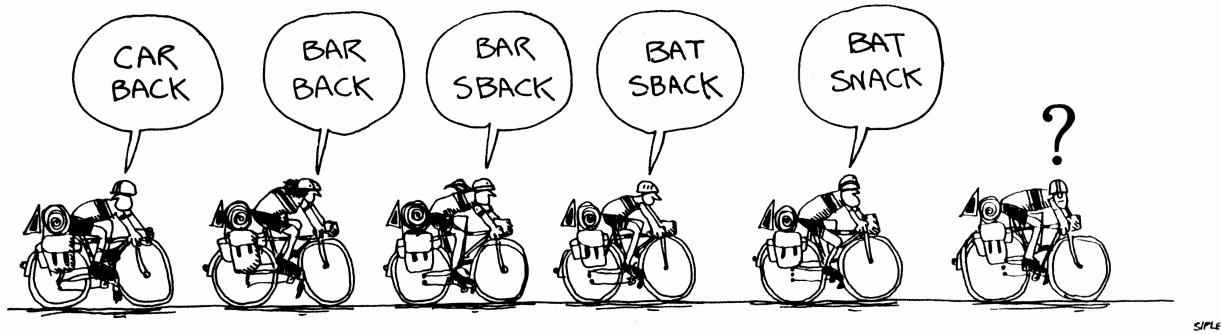
The weather didn't cooperate with us this go around and we had to cancel the Saturday trash pick-up on the 8th. With a better weather outlook for Sunday and many other activities the rest of the month, a decision was made and an e-mail sent out to try it on the 9th. The short notice didn't help and only Neups and Robin showed up to clear our section of road. Even so, the task took about an hour and netted four bags of trash. This enabled them plenty of time to get ready for the Harri-Roubaix.

Neups would like to turn this responsibility over to another member of the Club. He's been heading it since we started in 1990. It entails picking a date and time, bringing the bags and vests, and then being there to help. If you would like to handle this, call Neups at 438-1488 or any of the other officers.

## SCHEDULE OF EVENTS

Helmets are required on all Club rides.

<b>TUESDAYS</b>	<p>Les has agreed to once again run the official time trials. They will be on the 2nd and 4th Tuesday of each month from May - September. Meet at the corner of Rte 257 and W Dry River Rd at 6:30pm.</p> <p>There has been talk of a fast ride on alternating Tuesdays. Contact Thomas Jenkins if interested. <a href="mailto:tj@shenandoahbicycle.com">tj@shenandoahbicycle.com</a></p>
<b>WEDNESDAYS</b>	<p><b>WEDNESDAY EVENING RIDES</b> 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)</p>
<b>SUNDAYS</b>	<p><b>SUNDAY SPRING 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>.</p>
<b>May 7th</b>	<p><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.</p>
<b>July 29</b>	<p>Shenandoah Valley Bicycle Festival Bicycle rides of 25, 50, or 100 miles. Sponsored by the Shenandoah Valley Bicycle Club for Our Community Place. Visit the website for more information.</p>



**-ADVENTURE CYCLING**

- 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.  
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](http://www.chattbike.com) -- and online registration is available from our web site or from [www.active.com](http://www.active.com). Contact for the event is Daisy Blanton, 706/820-1157 or [DaisyBRider@cs.com](mailto:DaisyBRider@cs.com).
- May 13                    The Winchester Wheelmen are coming for a mountain bike ride. They'll start in Stokesville for a 30-mile ride covering Reddish Knob and Little Bald Knob. 6+ hours of riding. The ride leader is Robert Golightly. His number is 540-869-5264.
- May 15                    May 15-21 is Bike-to-Work Week; May 19 is Bike-to-Work Day. See [www.bikeleague.org](http://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.  
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](http://www.rideofsilence.org) and submit your location.

- May 20 Rich Rau Memorial Bike Tour & Pancake Breakfast, Berryville, VA. Please join us to honor our friend Rich Rau in a memorial bicycle ride and pancake breakfast around beautiful Berryville and Clarke County, Virginia. Choose from a 15, 30, or 50\* mile course. Or just join us for breakfast! The \$25 pre-registration fee due by May 13, 2006, includes a pancake breakfast at Duncan Memorial Methodist Church, t-shirt, cue sheets, maps, SAG support and rest stops with snacks and drinks. . Questions? Please call 540-955-1099 or e-mail [planner@berryvilleva.gov](mailto:planner@berryvilleva.gov) for event and volunteer information. Also, visit the website at: <http://www.berryvilleva.gov/article.php?id=45>
- May 21 Central Virginia Bike Festival. Forest, VA. Website: [www.cvbikefestival.com](http://www.cvbikefestival.com)  
Come ride the beautiful hills of Central Virginia and support Cancer Survivorship! What could be more exciting than spending a day pedaling with your friends to the summit of the Blue Ridge Parkway, where you'll be rewarded by breathtaking scenery, great ride support, and a real sense of accomplishment, all in the name of a good cause? Saturday, May 20th, visit our Awareness Expo from Noon - 5pm at Bikes Unlimited Cycling & Fitness. On Sunday, get ready to challenge yourself on the famous "Thunder Ridge" Metric Century, or choose equally exciting 40-mile and 20-mile routes. Rides will be followed by music, food, massage, and fun!
- June 10-11 MS 150 Bike Tour, Charlottesville, June 10-11. Various options are 150K, 150 miles, 175 miles, or 200 miles throughout the course of the weekend or choose a 25 mile ride offered on Saturday only. The tour will be fully supported with finish line parties on both days. Additional information and registration can be found at [www.nationalmssociety.org/vab](http://www.nationalmssociety.org/vab)
- 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](http://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](http://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](mailto:RescueRide@verizon.net).
- August-27 Blue Ridge Extreme. Mark your Calendars now to join us for Central Virginia's most challenging century event. Visit [www.blueridgeextreme.com](http://www.blueridgeextreme.com).

## 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

#### MAY EXPIRATIONS

MARY BETH ANDERSON  
AMY BURKHARDT  
LEONARD CLYMER  
DARY & NATHANIEL ERWIN  
MATT HEGEMIER & FAMILY \*\*\*  
BILL, JODI, & FORREST TAYLOR  
STEVE ZUMBRO

#### June Expirations

Jennifer Bowman  
Eddie Bumbaugh  
Kyle A. Murphy  
Daniel J. Neher  
Bain & Lisa Routhier  
Stacey Short & Kathy Werner  
Bill & Meg O'Brien Wightman

\*\*\* 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 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

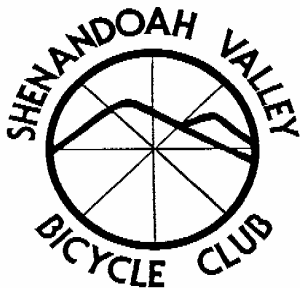
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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