

July 2006 NEWSLETTER

Volume 24, Issue 6

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.

July 10th 7:30pm Monthly meeting. Looks like we'll be discussing finances, the Festival, and the Century. Please attend and volunteer for these events.

JUNE MEETING MINUTES

The June SVBC meeting was held at Luigi's Rt. 42S on June 12th at 7:30 P.M. The Treasurer reported a balance of \$4,370.03. It was decided to postpone the budget report until Ben could be at the meeting. The budget presentation will be during the July meeting.

The Shenandoah Valley Bike Festival to be held on July 29th was the main topic of discussion. Jonathan Schrag, representing OCP, attended the meeting. Look for flyers, posters, and registration at local bike shops, Mr. J's, and other establishments. This year the routes will head north and west for the first time. Neups has designed a challenging century to go with the 25 and 50 mile options. Rest stops will be provided as well as ride leaders. The club needs volunteers to mark routes and lead rides. OCP is providing rest stop volunteers and sag support (but could use these as well). If you would like to help, please contact Jonathan Schrag. If you can help mark the routes, possibly the week/weekend of July 15th contact Neups or Marcia.

SMBC reminds folks of the Tour de Burg happening the first of July. Go to the club's web site

for details. Trail work is always happening on Thursday at Massanutten's west side and most weekends in the GW. Look for listings on the web page.

A reminder of the weekly/bi-weekly Club rides, Tuesdays (2nd and 4th) are TT on Dry River Road, Wednesdays are the social ride from HHS, Thursdays are the fast rides from Keezletown Elementary, and Sundays are a steady paced ride from Bridgewater College. See the web page for details.

Hopefully Jack had a good vacation and Ben is back in town, so things will settle down for the next meeting. Thanks to everyone for coming. The once 2-4 members present have now grown to 10-14 present. The Club works because you do.

The next meeting will be July 10th at 7:30 P.M. Luigi's original on 42S.

Respectfully submitted
Marshall Hammond
Secretary SVBC

WELCOME BACK RETURNING MEMBERS

Eddie Bumbaugh

Mike Saunders

Mary Atkins – free renewal for volunteering at least three activities. THANK YOU!

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

<u>Century</u>	Art Fovargue 433-9247	<u>Newsletter</u>	David Duke 540-743-4786
	<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			

TRIGGERING CAMERA-ACTIVATED TRAFFIC LIGHTS

There are few things as frustrating to a law-abiding cyclist as a traffic light that won't change. Harrisonburg has been slowly replacing censor loops with camera-activated signals; only the latter can recognize bicycles. But sometimes a cyclist won't trigger even the camera-activated signals, leaving the rider with the choice of running the light or sitting there until a car shows up. (And if someone isn't sure a light will change, they usually won't hang around for an indeterminable amount of time just out of curiosity.)

I have found that these traffic lights are triggered by giving the camera a broadside view -- by weaving back and forth in the lane as you approach the light, riding in a circle in front of the stop line, or just turning your bike sideways.

So, give it a try.

Len Van Wyk

TIME TRIAL

6/13/06 - 80 degrees, light winds (tailwind out), corn @ 14" high

Bill Wightman	22:07	Ron Sutherland	22:37
Mark Russell	23:00	Neups	24:18
Mark Cohee	24:21	Steve LaDrew	25:01
Farley Fenton	25:49	Mark Myracle	26:01
Julian Wiebe-Johnson	26:06	Jack Broadus	
David Frye	31:18		
Barbra Carson-Campbell	26:31	Jody Hess	31:57

SMBC NEWS AND HAPPENINGS

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

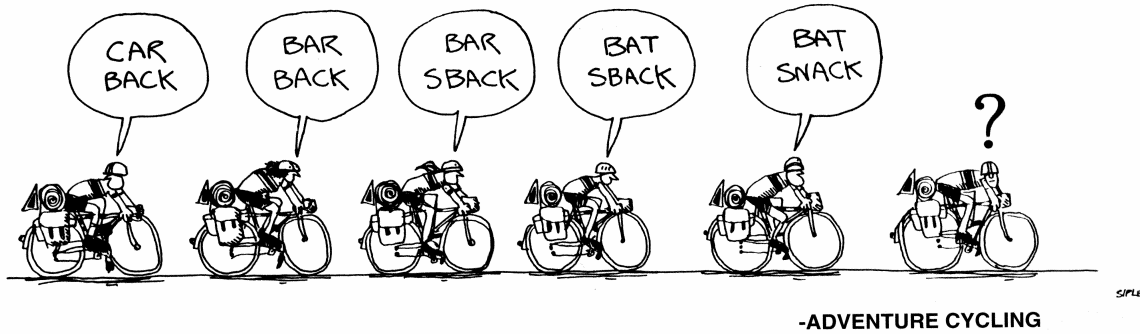
NEWSLETTER EDITOR NEEDED

Starting in January the position of editor will once again be vacant. Anybody interested in the position can contact David Duke at 540-743-4786.

SCHEDULE OF EVENTS

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

TUESDAYS	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.
WEDNESDAYS	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)
THURSDAYS	Fast Ride 5:45P.M Meeting Place: Old Keezletown Elementary School, at the intersection of Indian Trail Rd. and Mountain Valley Rd. (Email Chris at cmeyer@websitereactions.com for directions!)
SUNDAYS	SUNDAY RIDES leave from Bridgewater College at 8am. Spend a couple of hours riding backwoods with good company. Contact Rich Harris (828-2380) 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 .
July 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.
July 29	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.



-ADVENTURE CYCLING

- July 15-16 3rd Annual Vermont Lakes Region Cycling Weekend, Poultney, VT. Event website is www.cyclingvermont.org. The Vermont Lakes Region Cycling Club is a small club located in western Vermont.
- July 29 Shenandoah Valley Bicycle Festival Bicycle rides of 25, 50, or 100 miles through the scenic and historic Shenandoah Valley of Virginia. Sponsored by the Shenandoah Valley Bicycle Club for Our Community Place
- 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.
- August 27 Mark your Calendars now to join us on August 27, 2006 for Central Virginia's most challenging century event. Visit www.blueridgeextreme.com
- September 8-9 3rd Annual Sacred Summits Cycling Tour. An inspiring and challenging 130-mile Friday-Saturday tour along the Blue Ridge Parkway with an overnight stop at Lake Powhatan, a Pisgah National Forest recreation area near Asheville, N.C. Over the course of two days, you'll climb more than 10,000 feet and reach heights up to 5,600 feet above sea level. Ascents up to six miles long will push you to the limit. Sacred Summits provides attentive support, including frequent aid stations and a fleet of support vehicles linked by amateur radio operators. A 125-rider limit assures personal attention. The ride benefits the Blue Ridge Parkway's "Parks As Classrooms" program and environmental education at Lake Logan Center. For details and online registration, please visit the Sacred Summits website at www.sacredsummits.org
- September 9 Juvenile Diabetes Research Foundation, Asheville, NC. Over 200 cyclists ride through the lush countryside of Appalachia. Cyclists will have the unique opportunity to ride through some of the most colorful scenery just prior to the peak season. Join us for a fantastic weekend and one incredible ride. You'll be amazed at the satisfaction you'll find from challenging yourself and contributing to a cure for diabetes. All you need to do is raise \$3,500. If that sounds tough, remember—it covers all your travel, lodging, and meals for the ride weekend, and it also provides important funds to help cure diabetes. Contact: Tamara Hubbard, 3805 Cutshaw Ave. Suite 212, Richmond, VA 23230. 804.254.8014. www.jdrf.org/centralvirginia

ADDRESS/PHONE CHANGES

Remember that if you street address, e-mail address, or phone number changes, you need to get the new information to Neups (neups-web@att.net or 438-1488) so the Club's records are up to date. He's been getting more bounced e-mails lately and then has to send newsletters out through the regular mail. Thanks.

CHINA WANTS TO REVERSE AUTO DOMINATION TREND

According to a June 15th Guardian article, "Having spent the past decade pursuing a transport policy of four wheels rich, two wheels poor, the Chinese government has suddenly rediscovered the environmental and health benefits of the bicycle. The construction ministry announced on Thursday that any bike lanes that have been narrowed or destroyed to make way for cars in recent years must be returned to their original glory. This followed orders on Tuesday that all civil servants should cycle to work or take public transport to reduce the smog that chokes most city streets and urban lungs.

"Qiu Baoxing, a vice-minister with the Ministry of Construction, said it was important for China to retain its title as the 'kingdom of bicycles,' according to a report by the official Xinhua news agency. The reputation was well deserved 25 years ago, when Beijing was famous for its swarms of cyclists. But a quarter-century of breakneck industrial development has utterly transformed the streets of almost every city. China has become infatuated with the car, which is seen as a symbol of success and modernity. Qiu was quoted as saying that the number of vehicles on China's roads has increased more than twenty-fold since 1978 to 27m. Within 15 years, he predicted, it could rise to more than 130m -- which still represents only one car for every 10 people..."

Source: <http://tinyurl.com/jjrxw>

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

July Expirations

BARBARA CARSON-CAMPBELL
ART FOVARGUE FAMILY
JENS ALSTRUP HANSEN ***
HADLEY JENNER
VALERIE KRAMER
SHEILA AND TERRY NEWMAN
LORENDIASCHMIDT
MICHAEL WEAVER

August Expirations

Benjamin Stutzman
Jeff Tutt

*** 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 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

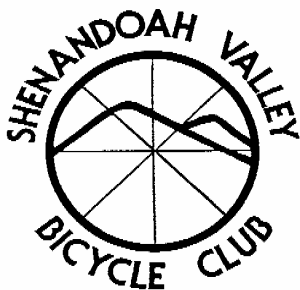
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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