

August 2006 NEWSLETTER

Volume 24, Issue 7

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.
August 14 7:30pm Monthly meeting.

JULY MEETING MINUTES

The July SVBC meeting was held at Luigi's Rt. 42S on July 10th at 7:30 P.M. President Ben Wyse called the meeting to order. There were 11 members present. The treasurer reported a balance of \$4417.14.

Marcia presented the 2005 expenses so a financial committee of members could decide the direction the club. A copy of these expenses is available in the club newsletter archive and through the web site along with the minutes. This committee consists of Marcia, Marshall, Art, Ben, and Robert and will meet to discuss the financial direction of the club. A report will be made following the meeting.

Neups reiterated his call for a newsletter editor as David will give up the job at the end of 2006. Neups would like to work with the new editor to ensure a smooth transition. The club has published a newsletter since the 1980's and all in attendance feel it is a worth while endeavor that needs to be continued. Please contact Neups if interested. Robert Cone will take over responsibilities for membership rolls, renewals, and upkeep of the data base. Thanks Robert! Additionally the club needs someone to coordinate the twice yearly trash pick up along Amberly Road in Rockingham County. This job consists of setting a date, arranging to have supplies at the pick up site (bags) and general contact person with the DMV. Let's spread the duties that have been handles by a very few club members around a bit. The more folks that take an interest in the club's activities the stronger the club will become. We have all ready seen new members at the meetings and a new president and vice president. Get involved!

Robert asks that members continue to go to the web site and make suggestions on content. There will be new pages detailing membership and a map resource page (thanks, Neups, for the routes). Feedback is

appreciated.

The OCP/SVBC Festival is just around the corner, July 29th. There are BRAND NEW routes of 25, 50, and 100 miles (thanks again Neups). The festival needs ride leaders, contact Marcia and volunteers to sag, contact Jonathan Schrag at the Little Grill. Everyone come to support OCP as they do so much to help the community.

Art discussed the 24th SVBC Century that will take place September 10th. The routes will remain the same and we will return to Wildwood Park again after a few years of using Bridgewater College (thanks Robin). There will be a Century meeting Wed. August 2nd, 7:30 P.M. at Art's house. If you are interested in helping plan for this wonderful event contact Art.

Ken Bell presented information about the old Bridgewater College property next to Hillandale Park that is now owned by the Harrisonburg Parks and Recreation Department. There is support for building beginner mountain bike trails in the area. There will be a presentation to the Parks and Recreation Board August 21st at 7 P.M. in the Cecil F. Gilkerson Community Activities Center. This is an excellent opportunity to use available land for bicycle riding and trail building. Please plan on attending this meeting to voice your support for building bike trails on this property. Maps and a rough trail design can be viewed at SBC, see Ben W. or contact Ken, Rich Edwards, or Paul Johnston.

Editorial comment from the secretary, read it if you want. The SVBC has been a silent but effective force for cycling in Harrisonburg and the area for 24 years. It has done so through the efforts of a few unselfish individuals. These individuals (Marcia, Neups, and Art) are still shouldering a large share of the responsibility.

There were others through the years but these three remain dedicated to the SVBC. With in the last few months maybe as long as a year the meetings, once attended by 3-5 members have grown to 11 and as many as 20 members. There is a new President, Vice President, web editor, and not too long ago secretary (yours truly). The club is evolving and the new members bring a renewed vitality and excitement to the activities. Change is good, but change without direction isn't. Those who attend meetings regularly and those who have just begun to attend meetings have seen the enthusiasm and are excited for the club. Here is where you, the casual member come in. The club is looking

for guidance and help in moving into this new phase. If you can, become active, if you have other commitments during club activities then speak to any officer or member who can attend and let them know how YOU want the club to grow. This is an exciting time for the club as new, dedicated members guide us. Be a part! Thanks!

The next meeting will be August 14th at 7:30 P.M. Luigi's original on 42S.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Michael Stumph
Mario Alvarez
Jane Gray
Connie Peterson
Wendy Turley, Tim Cox, Sean Renfroe, and Marsha Renfroe

Oak Park, VA
Reston VA
Oak Park, VA
Harrisonburg, VA
McGaheysville, VA

WELCOME BACK RETURNING MEMBERS

Jennifer Bowman
Dan Neher

Hadley Jenner
Art Fovargue Family

Thank you, returning members, for your continued support.

24th Annual Shenandoah Valley Century

Hard to believe, but the club's annual century has crept up upon us again. The event this year will be our 24th and is scheduled for Sunday, September 10. As always, rides of 25, 50 and 100 miles in length are being offered. Start/finish is in Hillendale Park with the checkpoint returning to Wildwood Park in Bridgewater.

As always, we need numerous helpers for the day of the century; folks to do registration, parkers, sag drivers, check point workers, etc. The Century is the SVBC's premier event – please consider the support you give to your local club by assisting on 9/10. If you think you can volunteer 2, 4 6 or 8 hours on September 10, give me a call (433-9247) or e-mail me at fovarg@adelphia.net. If you have friends or family that may be able to help out, please ask them.

Also, the "Worker Century", where we mark the roads, is scheduled for 9:00 AM, Monday, Sept 4 – meet at Wildwood Park in Bridgewater. Helpers needed here too.

The Century committee has been hard at work sending out information to other Bike Clubs and shops, distributing posters and brochures and planning the various details that are required. The next planning meeting is scheduled for Wed, August 2, 7:30 PM, at my house – if you can help out with last minute details you are more than welcome.

Please pass the word about our Century and encourage your friends, near & far, to come out. Our ride attracts riders from all over Virginia & other states. This is a fun event, at which we can showcase our club and the great cycling we have around here. So mark your calendars for September 10. Thanks.

Art Fovargue

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

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

100 CENTURIES

A few years back I thought about tracking my century rides. I've been tracking my mileage for a while now, and since I still had my log books, it was just a matter of making time to pull out the century information.

Well, I got it together and now record a good bit of information on my century rides. On July 4th I completed my 100th century, so I thought I'd reminisce about them.

My first century took place while in college, September 1979, and was the Pocono Century Tour. That one hurt – I just didn't really know how to ride long distances. And it took me just over ten hours to complete. I didn't do another century for two years. It was the same one, but this time only took eight hours. The following year I did my first century with full packs as I rode across the country. We woke up with one of our only tailwinds the whole trip (we were riding east to west) because of a brewing storm and we did over sixty miles before stopping for some lunch.

My first and second solo centuries (#5 & #6) occurred in August 1989 only three days apart while on another tour, this time down the Skyline and Parkway and into the Great Smokey Mountains. In all I've done 31 solo centuries, with 19 of those occurring in the last four years. I've done 31 centuries in the last four years, so 61% of these have been solo.

My century career really kicked into high gear once I had my first really decent road bike. In 1994 I got my Serotta. Since then I've done 90 centuries. Fifty-six of my 100 centuries have been on that Serotta, which I still ride. The Trek 5500 that I bought in 2002 has 31 of my centuries on its wheels.

It wasn't until 1996's Waynesboro century (my #21) that I achieved my first sub-five hour century. We had a good group that worked well together. The year before I had fallen at mile 20 and flatted at mile 40 of that same century, so I really enjoyed this ride. Maybe I rode so well because I rode the tough Mt. Mitchell century (my #20) in May that year with Al Clague.

I've been able to ride other tough centuries – with Cycle America while touring Yellowstone and the Tetons (#28 & #29) in 1999, Mountain Mama several times starting in 2000 (#37, #63, and #73), with Pedal the Peaks and my brother John in 2001 (#41 and #42), Bridge to Bridge in 2002 with Al and torrential rain (#68), and Mountains of Misery with Larry Kelley and Joe Urbanski in 2003 (#69).

I've also done a couple of double centuries and some other longer-than-centuries rides. My first double (#33/#34) was in June 2000 as I rode back towards my parents' home in Pennsylvania under a hot sun. I did another in 2002 (#57/#58), this one with leg/knee pain. Both were solo efforts. I rode 180 miles solo in 2003 (#70) to my friend's house outside Harrisburg, PA. In April 2004 I did a solo training ride of 120 miles (#77) to prepare for a randonneur ride of 188 miles (#79) with my brother John in Frederick, MD that we did in May, getting back just before the really bad thunderstorms hit. Last year I did three longer rides, all solo. The first (#82) was down Route 42 to Goshen, through the pass, and back. The next (#83) was more brutal than expected as I rode to Mathias, WV, then through Lost River State Park. I made it to Brandywine with no water to spare that day. Both these rides were 117 miles. The third (#87) was a ride to Greencastle, PA of 122 miles.

The most centuries I've done in one year is fifteen, back in 2002. This year my goal is twenty. The July 4th century was my 11th this year. Since then I've done my 101st century by tackling the Blue Ridge Extreme course with Len Clymer. And I'll be out there on most Saturdays trying to reach my goal for this year and to work towards my 200th century. If you see me, don't forget to wave.

Neups

SMBC NEWS AND HAPPENINGS

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

FINANCE COMMITTEE MEETING

July 17, 2006

SVBC Members in attendance: Ben Wyse, Marcia, Marshall, Art Fovargue, Kyle, and Connie Peterson

Members absent: Robert Cone and Jack Leetun

The committee decided to appoint the Executive Committee (president, vice president, treasurer, and secretary) as permanent members and ask for volunteers. Connie, Kyle, and Robert have volunteered for the committee.

Marcia presented the treasurer's report for 2005. Expenses were \$2729 and income \$1660. After reviewing expenses the committee proposed a balanced budget by evaluating donations and club meeting expenses. This realignment will result in anticipated expenses of \$1500 and, keeping dues and Century fees the same, income still in the \$1600 range.

Any expenses over \$50 must be voted on by the Finance Committee.

There was no decision on a regular meeting time for the finance committee and members can call for a meeting as needed.

Respectfully submitted,
Marshall Hammond
Secretary

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.

TIME TRIAL RESULTS

July 11 90 degrees humid, Corn 7ft, threatening rain

Male

Bill Wightman	22:16	Sam Thompson	22:29
Trevor	23:58	Dylan Johnson	24:06
Steve LaDrew	24:21	Kurt Rosenberger	24:29
Cowles Andrus	24:53	Matt Styer	25:29
Bain Routhier	25:47	Neups	25:54
Eric Sutt	28:18		

July 24 Overcast, Corn 10ft.

Male

Bill Wightman	21:41	Ron Sutherland	23:09
Matthew Wixwo	23:36	Josh Ott	23:58
Ryan Delaney	24:06	Mark Cohee	24:10
Cowles Andrus	24:21	Steve LaDrew	24:34
Neups	25:02	Jack Broaddus	25:11
Lee Stocks	25:26	Matt	25:39
Trey Haskell	25:48	Thomas Jenkins	25:49
Kurt (fixy)	26:28	Jack Leetun	29:09

Women

Connie Peterson 23:27 **New women's record**

Tandem

Ken & Connor Bell 26:21

ICE CREAM RIDE



-ADVENTURE CYCLING

August 12th will be the date of our annual Ice Cream Ride. We'll meet this year at 9am at Mr. J's North (in the Food Lion shopping center on 42 on the north end of Harrisonburg). The Club will again pick up the tab for our treats. Total mileage will be 45-50. Contact Neups (434-1878) for more information.

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. 5:15P.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) 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 .
AUGUST 12	ANNUAL ICE CREAM RIDE. 9am at Mr. J's North on Route 42. The Club will again pick up the tab for our treats. Total mileage will be 45-50. Contact Neups (438-1488) for more information.
1st Sunday	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.

August 19 Burkes Garden Century, Narrows, VA. Must pre-register by August 14. Visit www.nrvbike.org for more information.

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-16 Rappahannock RoughRide 10:00am September 16, 2006 - Our Tenth Year! The Rappahannock RoughRide is a self-paced, multi-level cycling challenge for the recreational or serious cyclist, covering some of Virginia's most beautiful countryside. Courses range from 12, 35 and 60 miles over paved roads or a 20 or 30 mile mixed terrain RoughRide. The first 350 registrants earn the right to wear the coveted RoughRide t-shirt. All proceeds benefit the uninsured families of the Fauquier and Rappahannock Free Clinics. Cost for one adult rider is \$20.00 before Sept 12, 2006. Children under 12 years are \$15.00 roughride@fauquierfreeclinic.org
- September-16 Bike Doctor proudly invites you to participate in this year's Historic St. Michael's Century, Saturday, September 16th, 2006. Bicycle with friends or individually to the most scenic places surrounding historic St. Michaels. We are offering three routes to accommodate everyone's needs - from the bicycle club member to the recreational enthusiast - 30, 62.5, and 100 miles. Our flat country roads are great for training as well as sightseeing. All routes begin and end in St. Michaels. The rest stops are strategically placed to allow riders to relax and see expansive views to the water. The full Century route has a 15-minute ferry ride across the Tred Avon River. For more information visit us on-line at: www.bikedoctor.com/century_ride/index.htm
- October 20-22 SHENANDOAH FALL FOLIAGE BIKE FESTIVAL
- FEATURES: The NEW CENTURY Route offers a tour of eastern Augusta County before crossing into Rockingham County for a brief distance. Total of five rest stops and lunch on this route. On Sunday the ROCKBRIDGE OPTION, a NEW 26 mile route beginning and ending at the Middlebrook Community Center, goes through the watershed divide into Rockbridge County. There is a challenging downhill stretch midway through the route. For fat tire/hybrid bikes the COUNTRY ROADS route has been extended to 22 miles looping into Rockbridge County. (This option takes the place of mountain biking on Sunday.) The Festival is noted for its outstanding rest stops such as Union Presbyterian Church, "the church on the hill." This year four new rest stops have been added to the routes. The ever popular "Apple Dumpling Social" and dance complete the day on Saturday. On Sunday southern Augusta County with the new option lets every cyclist see the surrounding mountains in their glorious fall colors. All in all, participants in the 2006 Fall Foliage Bike Festival will have a memorable weekend filled with good riding, new friends, friendly surroundings and delicious food. Contact: info@shenandoahbike.org or phone (540) 885-2668. Fax 885-2669
- Registration fee for those in Rockingham and Augusta will only be \$25 (instead of the usual \$70) if you agree to volunteer two hours of your time to the Festival.
- October-28 2006 Between the Waters Bike Tour, Onancock, VA
- This one-day ride will take you through the back roads of the Eastern Shore of Virginia. The four routes, 100 miles, 60 miles, 35 miles, and 25 miles are flat and well marked. The \$35.00 adult cost includes: lunch, rest stops with refreshments, and cue sheets. A T-shirt is included for those with registrations postmarked by October 1. Children 7-12 years are \$15.00 per child with an adult. Children under 6 are free. There will also be a free casual bike ride on Friday afternoon. For more information about the bike ride and other related events, visit our web site at www.cbcs.org. You may also e-mail us at info@cbcs.org or phone 757-678-7157.

24th Annual Shenandoah Valley Century

Sunday, September 10, 2006

Bicycle rides of 25, 50, or 100 miles through
the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The Shenandoah Valley Century is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similar rides during September. The term "century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by automobile sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 25 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepare to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 10, 2006

TIME: 100 mile ride: registration 7am; start 8am
25 & 50 miles: registration 8:15 am; start 9am

PLACE: Hillendale Park shelter #11
Hillendale Avenue
Harrisonburg, VA

COST: Individual \$9.50 pre-registration (see registration form)
Family \$24 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride, and after ride treats. Massages and patches from the League of American Bicyclists (a national bicycling organization) will be available after the ride for a nominal fee. **ASTM, CPSC OR SNELL APPROVED HELMETS ARE REQUIRED.**

Harrisonburg is easily reached from the north or south via I-81. Hillendale Avenue is off Route 42 (South High Street) on the western side of the city. Parking in Hillendale may be limited. Additional parking is available at the nearby Food Lion and other locations.

INFORMATION: Art Fovargue (540) 433-9247
Marcia Lamphier (540) 432-3312

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to pre-register. Also see www.svbikeclub.org

REGISTRATION FORM - Shenandoah Valley Century - Sunday, September 10, 2006

Name (s) _____

Address _____

City _____ State _____ Zip _____

e-mail (if you want to be notified by electronically next year) _____

Tour distance (check one) 25 mile _____ 50 mile _____ 100 mile _____

Cost: \$9.50/person (must be postmarked by 9/5/06 or received by 9/11/04; \$12 thereafter) \$ _____

\$24/family (3 or more members) \$ _____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring a tour on the above date, I state:

1. I shall be _____ years of age on the tour date and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with an adult over 18 years of age. Name of adult _____
2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition for this tour.
3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner, for my own protection, and for the protection of others.
4. I agree to check in with those operating the tour at the end of my ride so that they will know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Club, club officers, club members, the League of American Bicyclists, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of, my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, railroad tracks, etc. may be encountered.
6. In case of cancellation due to means beyond our control, a full refund cannot be guaranteed.

I thus release the above organizations and their officers, employees, and members and agree to absolve and hold them harmless from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear a CPSC, ASTM F1447 or SNELL approved helmet.

Signature of rider: _____

Signature of Parent or Guardian

if rider is under 18 years of age: _____

ALL PARTICIPANTS MUST COMPLETE AND SIGN THIS RELEASE. THIS REGISTRATION FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.

Mail form and check payable to Shenandoah Valley Bicycle Club to

SHENANDOAH VALLEY CENTURY
c/o Art Fovargue
1043 Chestnut Dr.
Harrisonburg, VA 22801

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

EXPIRES IN AUGUST

BENJAMIN STUTZMAN

JEFF TUTT

Expires in September

John Bauman ***

L.B. & Ibbey Branner

Michael, K., & L. Carpenter ***

Bill, Brian, And Mark Cohee

Dean Cummings

Kay Huskins & Marc Stecker ***

S. Pratzner/L. Cammaroto ***

Tim Richardson ***

Joe Rumbo ***

Curt Stutzman

Stacy & Martin Vlasits & Jennifer Graber

Kirby Walke & Jennifer Banning ***

*** 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

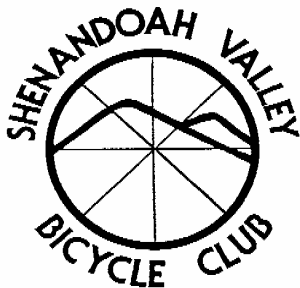
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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



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