



## 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.

MAY 14th      7:30 pm      Monthly meeting

## April 2007 Club Meeting Minutes

The April SVBC meeting was held at Luigi's Rt. 42S on the 9<sup>th</sup> at 7:30 P.M. Vice President Jack Leetun presided. There were 9 members present, slim attendance again this month but so very much to do. The treasurer reported a balance of \$5674.68. Post office box rental, insurance, membership renewal to VBF and Adventure Cycling, and food for the Century meeting were the expenses totaling \$313.65. Membership renewal provided \$108.00 in income.

Matt will use the access provided by Robert to see if he can review the SVBC web page. Members have commented on the page not being as up to date on events and happenings as they would like. Robert will be contacted to see if there are any issues with regularly updating the page.

The unintended combination March/April newsletter hit the stands April 7<sup>th</sup>. Copies were mailed sometime after the 6<sup>th</sup> and the PDF file sent Monday. Thanks to all who helped get this issue out. Make sure to send Matt Styer any news or stories ([news\\_editor@svbikeclub.org](mailto:news_editor@svbikeclub.org)) about what is happening in the cycling community so he can include them in the May issue. Deadline for inclusion in the May issue is April 30<sup>th</sup>.

There will be a Century (25<sup>th</sup> Annual) meeting April 18<sup>th</sup> at Carl Drom's house, he wants to try out the new couch. Continued planning for this once in a life time event will

be discussed and assignments passed out. Come be a part of the "Quarter Century of Centuries". To volunteer or for more information contact Art [century@svbikeclub.org](mailto:century@svbikeclub.org). Thanks to Thomas and Julie for their work on the brochure. Sample copies of this year's brochure were shown.

Please don't forget about the semi-annual trash pick-up May 5<sup>th</sup>. Meet at 9 A.M. at the intersection of Amberly Road and Skidmore Road for about an hour of trash pick-up followed at 10:30 with a road ride leaving the Food Lion Harmony Square (42N) parking lot. Thanks to Bain and Jack for leading this project.

Thomas and Carp reported on the Steering committee meeting to organize the SVBC/SMBC club merger. A "dawn patrol" meeting will be held this week after which members will be asked to help serve on different project groups. A list of areas where all club members can help will be posted soon. This is just one more way to become involved in ***YOUR*** club.

Look for a recap and observer comments on this years Bike Summit in Washington, D.C. Thomas represented the clubs while Chris S. was a seminar presenter as part of his IMBA affiliation. The Valley was well represented.

Wednesday May 16<sup>th</sup> at 7 P.M. will be the Ride of Silence. This worldwide event honors those cyclists who have been injured or killed while riding a bike in traffic. The ride will leave from HHS after the regular Wed. night social ride and be approximately 8-12 miles. More information

about the history behind the Ride of Silence can be found at <http://rideofsilence.org>. Everyone can name at least two or three cycling friends that have been hit by a car while cycling. Make plans to join in this event May 16<sup>th</sup>. More information will be posted on the SVBC web page.

The web page and the local ride board (<http://www.web-sitereactions.com/rideboard/>) are two good sources for weekly rides. There is a weekly ride happening everyday of the week with some days having two rides. This is something pretty unique for a town the size of Harrisonburg and speaks to the quality and number of good rides (and riders) in the area.

Don't forget the Tour of Virginia (formerly T of Shenandoah) returns to Harrisonburg on April 28<sup>th</sup> for an all day event. There will be races from 12-6pm (Pro race at 4:45pm), a food court and beer garden inside the course and a movie at Court Square 7pm & 9pm featuring the new documentary 24 Solo (a documentary of Chris Eatough, Team Trek, and his attempt to win a 7<sup>th</sup> 24 World Off Road Solo Championship Title). This looks to be a fun filled day revolving around cycling. Volunteers are needed. Register at <http://www.tourofvirginia.com/volunteer.php> and look for volunteer information coming soon. For any questions contact Marshall.

Kyle reported on the Collegiate Reddish Knob Hill Climb. The winning time from 257 Grocery to the top of Reddish Knob was 00:48:40 with 135 starters from 5 states. This was a superb showing for the inaugural event. Good job Kyle and the JMU Cycling Club.

Earth Day North River Ranger District Clean-up will take place April 21, 2007. Details will be published on the web page after the organizational meeting April 10<sup>th</sup>. The combined clubs are scheduled to clean-up a portion of Tillman Road. A meeting place and time will be announced shortly. This is one more way to give back to the community for providing us with so much riding opportunity. For more details contact Marshall.

The meeting was adjourned. The next SVBC meeting will be May 14<sup>th</sup>, 7:30 at Luigi's. Like someone said, "Reading the minutes doesn't come close to duplicating the energy at the meetings." Become an active part of YOUR bike club, attend meetings and participate in activities.

Respectfully submitted,  
Marshall Hammond  
Secretary SVBC

## Ride of Silence™

### Who:

cyclists especially, but also runners, and others who legally share the road

### What:

#### The Ride of Silence™

### When:

May 16, 2007, 7pm, Harrisonburg High School Garbers Church Road.

#### Meet at 6:45 for pre-ride instructions.

### Why:

- to mourn those cyclists already killed by motorists
- to raise awareness (among motorists, police, and city officials) of cyclists on the road
- to have motorists know we only want to share the road we ride on
- to show that cyclists are not going away

**THE RIDE OF SILENCE WILL NOT BE QUIET**

On the third Wednesday of May, at 7 PM local around the world, cyclists will take to the roads in a silent protest of the carnage taking place on the streets.

Chris Phelan organized the first Ride of Silence in Dallas in 2003 after endurance cyclists Larry Schwartz was killed by a passing bus mirror on an empty road.

The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. The ride hopes to raise cycling awareness during bike safety month to motorists, police, and city officials. The ride is also a chance to mourn, in funeral procession style, those who have already been killed.

The ride also requests black arm bands be worn, red if you have had a bike/motor vehicle accident. Arm bands will be provided.

**The local Ride of Silence is being organized by the Shenandoah Valley Bicycle Club. Contact Marshall Hammond, [secretary@svbikeclub.org](mailto:secretary@svbikeclub.org) for more information.**

More information about the Ride of Silence can be found at [www.rideofsilence.org](http://www.rideofsilence.org)

# CYCLE ACROSS MARYLAND WEEKEND July 12 -15, 2007

The charming Eastern Shore of Maryland will be the site of One Less Car's annual three-day bicycle tour to be held July 12-15, 2007, based at University of Maryland Eastern Shore in Princess Anne.

Partnering with DLITE (Delmarva Low Impact Tourism Experiences), this year's Cycle Across Maryland will feature:

- Rides to Snow Hill, Nassawango Furnace and Trappe Pond State Park
- Rides will range from 30 to 100 miles
- Optional nature tours sponsored by DLITE
- Informational presentations by bicycling, health and nutrition experts

- Engaging and entertaining speakers
- Three days of outdoor fun!

## Your Registration Includes:

- Cue sheets and well-marked routes
- Colorful short sleeve T-shirt
- Camping space and showers
- Well-stocked rest stops
- Evening entertainment, including
- Ice cream social
- SAG support
- Bike mechanics (extra cost may apply)
- Seminars and workshops.

## Tour dem Parks 2007

The fifth annual "Tour dem Parks, Hon!" bicycle ride happens Sunday, June 10 from 8:00 a.m.- 12 noon. This is a fun ride for anyone who would like to see Baltimore's better-known parks and neighborhoods as well as those that are quietly tucked away. It is a chance to bike ride with family and friends, both old and new. Riders can choose from 10, 20, or 30 mile routes, all starting and ending at Carroll Park in southwest Baltimore .

If you have been thinking about taking a ride but are not feeling as energetic as you need to be out there on the streets, this is a great opportunity to cycle with others and learn new routes. The ride promotes cycling in Baltimore and awareness of its many lovely green spaces, with proceeds going to parks groups throughout the city.

## BIKESTOCK

The 4th annual music and bicycling festival will be held at the Blackmon Amphitheater August 3rd and 4th in Mount Airy, NC. The 20, 32, and 70 mile rides will leave the amphitheater at 8:00AM Saturday August 4th. Riders may shower at the Reeves Community Center three blocks away. The music will start at 4PM with bluegrass by the Carolina Travelers, then newgrass with Candlewyck, then legendary songwriter Darrell Scott. He has had songs recorded by Tim McGraw, Faith Hill, Brad Paisley, Garth Brooks, Travis Tritt, Sara Evans, Susy Bogguss and Patty Loveless to name but a few. Riders

registered by July 20th receive the official event T-shirt. Early packet pick up with music will be Friday August 3rd starting at 6:00PM at the Blackmon Amphitheater. The Mediocre Bad Guys will open for the award winning beach band Billy Scott and the Prophets. Shelton Vineyards will have wine for sale at both music events. The Friday concert is \$10.00. The Saturday concert is \$20.00. Registration for the ride and both concerts is \$50.00. Proceeds from the bike ride benefit The Shepherds House. For more information or to register go to [www.bikestockfest.com](http://www.bikestockfest.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 Shenandoah Bicycle Company. Please let the Newsletter Editor know if you'll be using it.

**FOR SALE:** Make me an offer. Shoes - Avia size 10 men's road; Performance size 9-1/2 men's road. Pedals - Sampson racing with spare cleats: Sampson racing old-style (non-rotating until you're clipped in). Bike Hooks (2) - bike stands up and the hook holds front wheel to the wall. Call Neups at 438-1488(h) or 564-9508(w).

# SCHEDULE OF EVENTS

- TUESDAYS (1st & 3rd)**      **FIXIE RIDE** meet at Court Square 5:45
- TUESDAYS (2nd & 4th)**      **TIME TRIAL** beginning in May, Tuesday at 6 P.M. on the TT Road (Dry River rd.)
- WEDNESDAYS**              **WEDNESDAY EVENING RIDES.** We meet at Harrisonburg High School (1001 Garbers Church Road). Ride leaves PROMPTLY AT 5:15PM. Please join us. We ride for 1 1/2 - 2 hours. 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.** Thursday Night Fast Ride The fast ride will be starting on March 15th, which is the first Thursday after the time changes. We'll be heading out at 5:30pm from old Keezletown Elementary, at the intersection of Indian Trail and Mountain Valley Rds. (This location might change due to the building being purchased - we'll discuss it if it becomes a problem.) For the first few weeks, we probably will do some tempo riding, instead of going all out, to give our bodies some time to wake up after the winter. If it is raining or below 40 degrees, Chris probably will not be there, but feel free to ride yourselves! Give Chris Meyer a call at 289-9472 or email her at cmeyer@websitereactions.com with any questions.
- SUNDAYS**              **SUNDAY RIDES.** Rides leaving from Bridgewater College at 9 am. We ride 40-50 miles, or 2-3 hours+ to have fun! Please contact Rich Harris, 828-2380, e-mail harrisra@jmu.edu or call Marcia at 432-3312 each Saturday for latest ride information.
- SATURDAY MAY 19**      **ALLEYCAT!** Downtown bike scavenger hunt. All riders and bikes welcome. Meet at Court Square, 8 pm. Bring your bike, \$2 donation, and a pen. For more details contact hburgalleycat@gmail.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 2007

CHRIS HAMILTON  
DENNIS HERR  
MARK & KATHLEEN McCOY \*\*\*  
STEPHEN ROSSI / KRISTIN WILSON \*\*\*  
TERRY WARD FAMILY  
DICK & LOIS WETTSTONE  
DUSTY WILLIAMSON  
COWLES ANDRUS, III  
JACK & MARY BROADDUS

LEONARD CLYMER  
DARY & NATHANIEL ERWIN  
CARL GOETZ \*\*\*  
PHIL HEARNE  
MATT HEGEMIER & FAMILY \*\*\*  
HARRY MAST  
MARK L. & HOLLY RUSSELL  
ERIK SUTT  
LEONARD VAN WYK

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.

## ALL THE AREA SHOPS CONTRIBUTE TO THE CLUB

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

*Please support these local shops.*

Printing courtesy of Basil E Hangemanole, Realtor. ERA Kline & May

# MS Tour de Vine

*Be a Hero*

*June 9-10, 2007*

*Charlottesville, Virginia*

*25, 50, 75 and 100 mile cycling options available both days.*

Join us for the 2007 MS Bike Tour, the Tour de Vine, as 800 cyclists unite in moving towards a cure for multiple sclerosis. Our featured tour begins and ends in Charlottesville, VA on June 9-10, 2007. Cyclists will explore the heart of Virginia Wine Country while bicycling through the beautiful landscape of the Blue Ridge. As the birthplace of American wine, Virginia vineyards have much to offer residents and visitors alike.

The 19th Annual Blue Ridge MS Tour de Vine will allow you to take in beautiful scenery while enjoying time with new friends, enthusiastic volunteers and memories that will last until the next tour begins. This fully supported tour features frequent themed rest stops, SAG vehicles, radio communication, bike mechanics, medical staff and entertainment for cyclists and volunteers.

In 2007, the Tour de Vine will have a variety of route lengths for participants, so that whether you're a novice or an expert

cyclist, you may choose your personal challenge. Lengths include a 25-mile, 50-mile, 75-mile and 100-mile route on Saturday and Sunday.

Did we mention that the Tour de Vine is an all-weekend party? Activities begin at pre-registration on Friday evening when you pick up your packet of materials. On Saturday, the party begins at 11:00am and lasts until 9:00pm. There will be live bands, a silent auction, stretch classes, bike washes, activities for kids, plenty of food, and award-winning vineyards for wine tasting. Plus, Saturday's catered dinner features both high protein and high carbohydrate options. Saturday night sleepover options include camping in the Tour de Vine Tent City or you may choose to spend the night in one of the area's fine hotels. Sunday's finish line will be the best yet, with an outdoor barbeque, music and crowds to cheer your accomplishment. Join us for the best Blue Ridge MS Bike Tour to date and for the chance to bring hope to those living with multiple sclerosis.

For more information visit

[www.MStourdevine.org](http://www.MStourdevine.org)

Or call 1.800.FightMS

## Tour of Virginia - Stage 6 Results - Harrisonburg

Harrisonburg, VA (April 28, 2007) – Jonathan Cantwell (Kahala-La Grange) of Australia had to wait several minutes for judges to sort out a controversial finishing sprint before he was finally awarded top honors at Tour of Virginia's stage 6 criterium, finishing the 32-lap, 35.2-mile course in 1:18:20.

A razor thin margin in the general classification between first place Javier Zapata (CAICO) and second place Alejandro Borrajo (Rite Aid Pro Cycling) combined with a field of racers eager for a stage win to create an aggressive, thrilling, and suspenseful race.

Breaks came early—one right after another, again and again—and the peloton stretched out several blocks long at times, but each attack was eventually hunted down by the hungry pack.

On the final meters of the final lap, Kayle Leogrande (Rock Racing) nudged past Cantwell and crossed the finish line first, immediately followed by Cantwell who raised his hand in protest. Jesse Anthony (Kodak Gallery/Sierra Nevada) crossed the line third, same time.

Shortly after the race, Cantwell met Leogrande in the finish area and told him that he would not pursue a formal protest for what he believed was an illegal last-second maneuver by Leogrande.

However, officials reviewed the matter on their own and ultimately ruled that Leogrande did in fact violate race rules when he "broke his line" to cut in front of Cantwell at the finish, according to chief referee Beth Wrenn-Estes.

Officials relegated Leogrande, which cost him the podium and automatically bumped Cantwell into first place for the stage. "The judges did their job, and I'm happy for the win," said Cantwell after learning about the decision.

The controversy did not seem to tarnish the sweetness of victory for Cantwell. "I've only been in the U.S. for a week and I've got three wins," said Cantwell, referring to his 3rd place finish in the stage 2 criterium and his 1st place stage win in yesterday's road race. He described his success at Tour of Virginia as "surreal." Thanks to everyone who helped make the 2006 events so much fun!! - volunteers, racers, and sponsors!!

## SMBC NEWS AND HAPPENINGS

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

## SVBC ACTIVITY COORDINATORS

**Century:**.....Art Fovargue 433-9247  
**Newsletter:** .....Matthew Styer 560-2844  
**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:** [www.websitereactions.com/Rideboard](http://www.websitereactions.com/Rideboard)

# 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