

September 2007 Newsletter

Volume 25, Issue 5

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.
September 10th 7:30 pm Monthly meeting

August 2007 Club Meeting Minutes

The SVBC met at Luigi's RT 42S at 7:30 PM on Monday August 13th. President Ben Wyse called the meeting to order (well kind of order). There were 10 members present. Basil had just returned from CO minus luggage but with great stories.

Treasurer's Report:

Balance	\$3451.03
Expenses	\$1385.70
	\$1212.58 Century costs
	\$100.00 Maggie Palmeri Rural Health Scholarship 2007 Contribution
	\$60.00 Ice Cream Ride (30 riders)
	\$13.12 Newsletter postage
Receipts	\$225 (3 memberships and donation)

The latest issue of the clubs newsletter has been flying out of the bike shops with requests for more copies from two shops. Good job Matt S on this issue. Matt needs help filtering the numerous requests for events publication. Marshall volunteered to try re-writing events in a format that can be inserted into the newsletter. Matt will be editing the TT results for the next (Sept./Oct.) newsletter due out by the first of Sept. If there is any changes or updates to the web page send an e-mail to Robert Cone rcrone@svbikeclub.org with the subject line "Update".

The 16th SVB Festival held from OCP on July 28th was a great success thanks to the OCP folks for food, SAG,

and support. Thanks also to everyone in the club who helped mark routes, pre-ride, Sag, lead or sweep. Everyone seemed to think the event was very well done. There was a suggestion to hold the lawn jam on the same day as well as ask in-line skaters to not ride the same routes as the bikers.

There will be a Century meeting this coming Wed. Aug. 15th 7:30 @ Art's. Pre-registrations are way ahead of last year. All sorts of volunteers are needed, especially SAG drivers. Come to the meeting or contact Art to volunteer. Ben promised to breast feed Wed. because Anna has a late clinic. (Does anyone really read the minutes?).

The Rockingham Multiuse path has been painted and marked. Thanks to the city for undertaking this project and the club hopes this is the beginning of a bike friendly city. Other paths are in the planning or even construction phase such as the Arboretum Trail to connect student housing to campus. Your input to city council is encouraged. E-mail members of the council on connecting the high school to Hillandale Park and signage for the JMU to EMU route. Look around for good routes for bikes to travel and let city council know your thoughts.

In other business the next SMBC Festival meeting will be held in conjunction with the regular club meeting 8 PM Tuesday Aug. 23rd @ Dave's. The Festival is October 12th-14th.

The club consolidation meetings have been going well, they keep having them. So far the name has been narrowed to a few selections and a discussion on the number and function of the board and officers has been productive.

Upcoming rides are the Cheat Mountain Century Aug. 19th, the Blue Ridge Extreme Aug. 26th, the Mile Post Zero Century Sept. 2nd and of course the SVBC Century Sept. 9th. Registration forms and money was flying around the table Monday as folks got on the 25th Century band wagon.

Last but not least is an upcoming Alley Cat on Sat. Aug. 25th. This one promises to be like no other so come to Court Square with helmet and \$2. Check web pages for more details or contact Connie P.

Respectfully or otherwise submitted,
Marshall
Sec. SVBC

There is another alleycat on Sept. 8th at 5pm at Court Square. Bring \$2, bike helmet and pen. Alleycat Olympics! Email hburgalleycat@gmail.com for more info.

SVBC/SMBC Steering Committee Update

As many of you know this past winter members of the Shenandoah Valley Bicycle Club and Shenandoah Mountain Bike Club overwhelmingly voted to combine the two local cycling clubs. Soon after the "Vote" a steering committee was formed to begin the process on how best to move forward with combining the clubs. Meeting at least once a month this year the steering committee has been able to tackle many issues involving the combination. This November the steering committee hopes to present their ideas and suggestion to the officers, board of directors and interested members of the clubs. Then the new officers and board members will be able to take the formal steps of creating the new organization. During this

November meeting the steering committee will report on many issues including the following: Name of Organization, Mission and Vision Statements, Articles of Incorporation, Bylaws and Organizational structure.

The time and date of the Steering Committee Report Meeting has yet to be determined but will be well advertised. We strongly encourage your involvement in this process and hope to see you at this meeting.

Your Steering Committee: Mike Carpenter, Carl Droms, Basil Hangemanole, Thomas Jenkins, Paul Johnston, Kyle Lawrence, Amy Potter, Matthew Wikswo, Ben Wyse

25th Annual Shenandoah Valley Century

(a quarter century of affordable centuries)

Cyclists are responding to our "sweet deal" of rolling back the Century fee to the first year (1983) prices; as I'm writing this we are halfway to our 300 rider limit. If you plan on riding, please register as soon as possible to guarantee your place in this year's event. Go to the SVBC website, active.com or stop by one of our area bike shops to pick up a brochure & thank them for their support. Cost goes up on August 25.

Of course there is a lot more happening than low registration fees – complimentary Polar water bottle for all who register & ride, free cycling portraits, door prizes including a hot air balloon ride from Valley Ballooning in Woodstock and of course the usual panini sandwiches and other goodies.

As usual, we still need volunteers to help us pull this off the day of the ride. At this point sag drivers, parking attendants & registration support are needed and perhaps some for check point action. If you know someone who can help the day of the ride, please have them contact Art

Fovargue @ 433-9247 or century@svbikeclub.org. We are expecting lots of riders & so need lots of help. Plus, cool T-shirts for volunteers.

The "worker's century", where we mark the arrows on the road, is planned for Labor Day (Sept 3); help is needed here too. Meet at 9:00 AM at Seven Bridges Park (http://rockingham.va.gov/golookon.com/maps/listings/seven_bridges_park) in Bridgewater; where the gazebo is on the WV side of Rt 42 by the bridge over the North River.

All are welcome, whether you volunteer the day of the ride or not.

Lastly, please help us out with the traditional baked goods for the day of the ride by making your favorite recipe for cookies, brownies, bread, etc. Bring to Hillendale, Shelter 11, the morning of the Century (or to Art's house the day before). If you can bake 3 dozen chocolate cookies, contact Robin at robin.neupauer@rrd.com.

Many thanks to all who are helping – hope to see you 9/9 for our Century Celebration. –Art

Indie Bike Blogger's Wed. Ride Report

The Wednesday social ride put on by the Shenandoah Valley Bike Club (www.svbikeclub.org) in Harrisonburg, Virginia lived up to its name. It was on Wednesday night and it was social; probably the most social ride I've ever ridden. I suppose there were 20-25 people that showed up at the Harrisonburg High School for the 5:15pm start. It was a mix of men and women, riding carbon bikes, steel bikes, tri bikes, and fixed gears. Throughout the whole ride people were chatting it up about anything from the upcoming century that the club is hosting to the current real estate market in Harrisonburg. It was like we were hanging out at a coffee shop but instead of sitting on couches and drinking coffee, we were riding bikes and drinking water; the conversation would have been the same. Every 6 to 8 miles the group leader would pull off to the side of the road and make sure everyone was still with

the group, and then we would continue on our way again. I guess one time we stopped a bit longer to stretch or legs and talk to others that we weren't riding next to. Anyway, we rode for 25 or so miles through the hills of the Shenandoah Valley, riding on non-trafficked country roads and overlooking the valley; something I could definitely get used to. The air was so hot and humid that it was almost hazy looking into the distance, but don't let me talk down the views from the higher elevations; it was fantastic. So the ride finished back at the school where it started, we chatted a bit longer, and then I was on my way. We chatted a lot, rode some, and regrouped a few times; the essence of a social ride.

www.indiebike.com/Summer-Tour/Summer-Tour-Blog

Floyd Landis to Contest Shenandoah Mountain 100

2006 Tour de France Winner, Floyd Landis to Contest Shenandoah Mountain 100 2006 Tour de France winner Floyd Landis will be on hand to race the Shenandoah Mountain 100. "I am honored to be invited to be part of the Shenandoah Mountain 100 event. I look forward to racing on the challenging course they have put together since it includes the kind of technical trail riding that first got me hooked on mountain bike racing," said 2006 our de France Champion Floyd Landis. The event, to be held Sunday September 2nd, 2007, is a 100-mile single-day mountain bike race in the George Washington National Forest outside of Harrisonburg, VA. With 14,000 feet of climbing - and descending - the SM100 is the premier endurance event on the East Coast and is the final event in the NEU MTB Series. Chris Scott, promoter of the event and owner of Shenandoah Mountain Touring, said "I'm pretty stoked that Floyd Landis has decided to return to his mountain biking roots and show up for the SM100. I've been dogging him for close to a year. All of the competitors will welcome Floyd with open arms. It was very unfortunate that Floyd could not represent with the #1 plate in the Tour this year. We are really excited that he will have the chance to sport the #1 in the Shenandoah." Floyd will have to contend with hours of climbing on steep dirt trails, narrow 30 mph descents and stream crossings, all while staying on his bike and watching his nutrition. Chris Scott expects the 100 miles will take Floyd around 7 1/2 hours. The 9th running of the

event should see a full field of 450 mountain bikers set out from Stokesville, Virginia at dawn to complete 100 miles of gravel roads and narrow, rocky single track. "If he's really on his game, he could beat the course record set by Jeremiah Bishop last year of 7 hours 15 minutes," says Scott. "It's great that Floyd Landis will be here to race in Harrisonburg," says event sponsor and Harrisonburg local Thomas Jenkins from Shenandoah Bicycle Company. "I haven't raced against Floyd for 10 years and I ride these trails all the time. Riding with Floyd will be something special, and I'll be gunning for him." "It's such a great event, I'm not surprised that Floyd decided to race the SM100 after Scott Scudamore and I put the heat on him," said Michael Klasmeier from event sponsor City Bikes in Washington, DC. Klasmeier gave Landis the invitation at The National Bike Summit in Washington, DC. Floyd was a keynote speaker giving a talk to bicycle advocacy leaders on Capitol Hill. Floyd considered attending the event, but joked that he would attend only if the promoters guaranteed it would not rain. Scott Scudamore, the Washington DC Area IMBA rep and long time MORE member had previously put the screws to Floyd about attending the event in January while being the MC at the first Floyd Fairness Fund City Hall style gathering at the Arlington Cinema N' Draft House. Now it looks like he has a clear slate for the weekend and he is stepping up. For more details on the Shenandoah Mountain 100 or Shenandoah Mountain Touring, check out www.mountaintouring.com.

Dry River Road Time Trials 07

8-May-07	82 Clear, Low humidity, Light Wind, Corn @ o
Neups	25:22:00
Sue George	26:36:00
James Hughes	25:55:00
Matthew Wikswo	24:51:00
Sue Haywood	24:43:00
Ron Sutherland	23:46
Ken Sheck	22:11
Steve LaDrew	25:15:00
Josh Ott	22:52

May 22 2007	70 Overcast Tailwind out/headwind back Corn 4 inches
Ben Kunkle	29:37:00
Steve LaDrew	24:18:00
Patrick McKeegan	25:33 (Missed Turn)
Alex Obert	29:27:00
Luis Sanchez	24:39:00
Ron Sutherland	23:38
Connie Petersen	24:05:00
Sue George	25:39:00
Mathew Wikswo	24:15:00

June 12 07	87 Partly cloudy, humid/ light winds Corn 3 feet
Nabia Webb	33:26 (first time/got lost)
Connie Peterson	24:02:00
Steve LaDrew	24:26:00
Ron Sutherland	23:26
Jack Marmorstein	27:29 (first time)
Justin Wagner	24:46 (first time)
Brian Hopkins	23:02 (first time)
Patrick McKeegan	24:08:00
Matt Wikswo	24:16:00
Ken Sheck	22:27

July 10	90 and sticky humid; corn 8ft.
Nicholas Shuke (10yr. old)	36:46
James Shuke	28:59
Neups	26:34
James Hughes	26:10
David Smith	24:24

June 26	85 and humid; corn 5 ft. tailwind out
Nadia Webb	28:52
Chris Meyers	25:09
Justin Wagner	25:04
Ken Scheck	22:45
Brian Hopkins	21:56

Inaugural Baracchi – 2 person teams July 3	82 and humid; corn 7 ft.
Nadia Webb (solo)	28:39
Brad Arehart (solo)	26:15
Tommy Morris & Emmett Randel (combined age 39)	24:54
Craig Lowry & Connie Peterson (combined age 82)	23:17
David Duke & Ken Scheck (combined age 85)	20:50

July 24 75 cool, Corn 10 ft.	
Nadia Webb	28:50:00
Jack Marmorstein	26:22:00
Chris Karis	29:12 (first time)
Dave Smith	25:39:00
Dave Duke	21:46

SCHEDULE OF EVENTS

TUESDAYS (2nd & 4th) 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 8 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.

SUNDAY ALT. RIDE Jodi Hess and Carl Droms will be leading a ride on Sunday for those of us who want to (a) sleep in a little longer and (b) ride at a somewhat slower pace. We will meet at Mr. J's at Harmony Square (Food Lion north) on Sunday at 9:00 AM. Plan on something similar to a Wednesday ride in pace and distance.

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

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.

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
Message group: http://groups.yahoo.com/group/svbikeclub
Ride board: 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

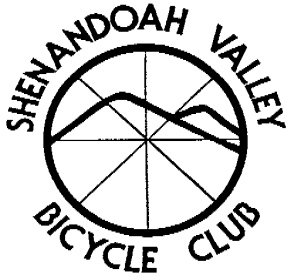
In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and any other connected with events sponsored by the Club in any way whatsoever, for blame or liability for any injury, misadventure, harm, loss, or inconvenience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