



SEPTEMBER 2006 NEWSLETTER

Volume 24, Issue 8

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 11 7:30pm Monthly meeting.

AUGUST MEETING MINUTES

The August SVBC meeting was held at Luigi's Rt. 42S on August 14th at 7:30 P.M. President Ben Wyse was a bit late so Secretary Marshall Hammond began the meeting. There were fourteen members present. The Treasurer reported a balance of \$4,505.44. There was \$130 in expenses this past month, \$100 to the Margaret Palmiera Fund and \$30 for ice cream on the Ice Cream ride. A report on the finance committee's first meeting was made. Yearly expenses were adjusted to allow for a balanced budget for 2006-2007. Outstanding debt is the insurance for the Festival of about \$175.

Neups reported that Robert Cone and he are working together to transition the membership list. Robert will be taking over maintaining the membership base, new members and renewed members.

No one has contacted Neups to take the newsletter after the current editor finishes in December 2006. This fine hard copy newsletter has been available for 24 years and to see it stop would be a shame. Please, someone step up and volunteer to publish the club's newsletter. Neups' responsibility for twice yearly trash pick-up has been accepted by at least two members. Thanks Jack and/or Bain.

The annual Ice Cream Ride was attended by thirteen riders. It was a beautiful day with the group riding approximately 43 miles (some lost souls did slightly less) before having ice cream at Bubby's in Dayton. Thanks Neups, this is a great ride and everyone in attendance enjoyed it.

A discussion on the 2006 Festival was held, although with no one from OCP in attendance, it was decided to hold discussion on the future of the festival for later. Generally the route markings being changed by vandals and the apparent lack of ride organization

were the two biggest issues. There will be further discussion with OCP representatives.

Art reviewed the Century planning to date. The worker century will be Monday September 4th. Meet in Wildwood Park at 9 A.M. to paint the road markings. The next Century meeting will be August 30th, 7:30 P.M. at Art's house. All are welcome and volunteers are still needed.

Ben discussed advocacy issues. The city of Harrisonburg has \$130,000 for bicycle related projects for the 2006 budget. There is strong consensus that a bike route from EMU to JMU would be beneficial. A question of route markings and signage was addressed with the possibility of a logo contest sponsored by the club. More information will be available as the project goes forward. The city property next to Hillandale that may become a beginner mountain bike trail was discussed. Ken and Rich are presenting a trail plan to the Parks and Recreation Committee August 21st. The SVBC is on record as supporting this project and will communicate this as needed. Also discussed was the safe-route-to-schools bike path from Hillandale Park to the new high school. Thanks to Ben, Paul, Ken, Rich, Charlie, and Drew for keeping bike issues at the fore front of the council meetings.

Upcoming events: An Alley Cat ride is planned for Tuesday August 29th at 7:30 from Court Square. Bring lights, helmet, and \$2. This is a fun scavenger hunt with prizes and lots of whacky fun. The Douthat Dynamo is Friday September 8th, leaving court square at 10 P.M. for a night ride to Douthat State Park. Check out the web page for more details <http://douthatdynamo.blogspot.com/>

SMBC events include Six Packs starting August 25th, trail work August through October, and the

SMBC Fall Festival October 6-8. For all the SMBC events go to <http://www.shenandoahmountainbikeclub.com/>

The club is purchasing an educational DVD on safe bicycling in traffic put out by the League of American Bicyclists. It is thought that by watching what cyclists are doing in traffic motorists can better anticipate how to safely negotiate around them. A second copy for driver education classes was

suggested. This DVD will be available soon for club members to borrow.

The next meeting will be September 11th at 7:30 P.M. Luigi's original on 42S.

Respectfully submitted,
Marshall Hammond
Secretary SVBC

SAG & REGISTRATION HELP NEEDED - SHENANDOAH VALLEY CENTURY

I thought I'd put it right in the headlines for this article. Yes, we still need volunteers for the Club's 24th Annual Century coming up on Sunday, September 10. Mainly we need people to help register riders from 7 to 9 AM and sag drivers for the various routes. Also, may need one or two others to help at the checkpoint. Let Art know if you can help in any of these endeavors (433-9247) or fovarg@adelphia.net. Ask friends and family if they can help.

If you can't volunteer, I hope you are planning on riding one of the rides. If you want to pre-register, you can get a form at area bicycle shops or from the SVBC website.

The "worker's century", where we mark the arrows on the road, is planned for Labor Day (September 4); help is needed there too. Meet at 9:00 AM at Wildwood Park in Bridgewater. 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 Hillandale, Shelter 11, the morning of the Century (or to Art's house the day before).

Thanks to all who are helping.

Art

WELCOME NEW MEMBER

Adrie Voors

Linville, VA

WELCOME BACK RETURNING MEMBERS

John Bauman

Barbara Carson-Campbell

Valerie Kramer

Bill & Meg Wightman

Kari, Michael, and Lindsey Carpenter

Jason Crist

Curt & Kathy Stutzman

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 Message group <http://groups.yahoo.com/group/svbikeclub/>
Ride board <http://www.websitereactions.com/Rideboard>

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 Hillandale 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, September 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 Wednesday, August 30, 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

15TH ANNUAL ICE CREAM RIDE RECAP

A beautiful day was on tap for this year's Ice Cream Ride. Thirteen riders gathered at Mr. J's North and were told by Neups that the ice cream place was to be a mystery until we got there, but the ride back from there would only be about a half hour. We caught a slight chill descending Route 42 (the need to feel like ice cream before eating the ice cream). We biked through Linville and circled back to route 721 to head towards Singers Glen. Newly tarred-and-chipped route 613 bothered us only slightly before we took a loop west, only to come back out on 613. The tar/chip stopped and we kept south, where five intrepid souls broke from the main group and missed the next turn as we took another loop west, again only to come back out on 613, but not before seeing some emus. When we did, two of the five rejoined us, telling us the others kept going. After going to Ottobine, but not stopping at its ice cream stand (maybe next year?), we continued into Montezuma and then into Dayton, where the real ice cream lay - Bubby's on Route 42. Surprisingly, the three lost riders were already there, having asked the locals where the newest ice cream stand was. After enjoying the treats, the group returned to Harrisonburg.

SMBC NEWS AND HAPPENINGS

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

Trail Work in the National Forest every Saturday this fall!! Starting August 26 and going through the first week in November SMBC will lead trail work in the GW National Forest. Meet at the Food Lion on Route 42 South at 9am. For more info contact Thomas 434-9943.

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). Call Neups at 438-1488.

TIME TRIAL RESULTS

August 8 89 degrees, humid, muggy, corn 11ft, headwind going out

Male

Bill Wightman	22:29	Mark Russell (PR)	22:46
Sam Thompson	23:08	Andrew McKeegan	23:11
Ron Sutherland	23:17	Josh Ott	24:04
Jason Crist	24:13	Matthew Wikswo	24:17
Neups	24:56	Cowels Andrus	24:57
Steve LaDrew	25:15	Curt Rosenburger (fixy)	25:38
Ed Kasch	26:30	Lee Stocks	26:58
Trey Haskell	27:18	David Frye	30:05
Brian Harter	32:33		

Women

Connie Peterson	23:41	Dawn Womack	39:33
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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 at 6:30pm. Meet at the corner of Rte 257 and Dry River Rd.
WEDNESDAYS	WEDNESDAY EVENING RIDES , We will meet at Harrisonburg High School (1001 Garbers Church Rd). Ride leaves PROMPTLY at 5:15pm. 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 . 5:45pm. 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 1pm. Spend a couple of hours riding back roads 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 .
SEPTEMBER 10	<u>24th ANNUAL SHENANDOAH VALLEY CENTURY.</u>
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.

- September-10 Rappahannock RoughRide 10:00am - 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. 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 6-8 Shenandoah Mountain Bike Festival. A weekend of good times brought to you by the Shenandoah Mountain Bike Club. There are group rides, camping, dinners, trail work and much more. Some of the highlights include a women's MTB clinic, kids ride (October 7th is IMBA's Take a Kid Mountain Biking Day), the largest volunteer weekend for the North River Ranger District. For details and information go to www.shenandoahmountainbikeclub.com or call Thomas 434-99943
- 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 telephone (540) 885-2668, fax 885-2669.
- 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.

INTERESTING FACTS AND FIGURES

Did you know that the US has 5% of the world's population, about 30% of the world's automobiles, but is responsible for 45% of the world's automotive CO2 emissions according to a study by Environmental Defense.

Maneuvering through traffic while talking on the phone increases the likelihood of an accident five-fold and is actually more dangerous than driving drunk, according to a University of Utah research study.

In related news a British study recently found that SUV drivers are more likely to flout the law by talking on hand held phones and not wearing a seat belt because they feel safer and take more risks

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

SEPTEMBER

BILL, BRIAN, and MARK COHEE

DEAN CUMMINGS

KAY HUSKINS & MARC STECKER ***

S. PRATZNERR / L. CAMMAROTO ***

TIM RICHARDSON ***

JOE RUMBO ***

STACY & MARTIN VLASITS & JENNIFER GRABER

KIRBY WALKE & JENIFER BANNING ***

October

Harold (Bert) Bergdoll

Robert & Yohna Cone

Carl Droms ***

Mark Eckroth

W.R. Good

Albert Green ***

Doug Lane

The Leetun Family ***

Wayne Nolde

Zack Perdue

Sharon Rose

Hank Schiefer

Guy & Carol Wolf

*** 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.

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

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

The bicycle hides nothing
and threatens nothing.
It is what it does,
its form is its function.
- Stewart Parker,
Spokesong

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