

The Mellow Velo

January 2010

The Newsletter of Shenandoah Valley Bicycle Coalition

“2010. Election. Isn’t it time you changed your socks?”

SVBC Board Elections

By Mike Carpenter

The January edition of the Melo Velo includes our annual election ballot for open SVBC Board Member positions. This January, three of our seven Board members terms expire and the remaining 4 positions will expire in 2011. This year’s election is open through January 22nd and confirmed board members will be active starting February 1st and introduced at the February SVBC Social. We request that you submit your ballot via email to membership at svbcoalition.org or by regular mail to PO Box 1014, Harrisonburg, VA 22803. Please vote for a maximum of three nominees. Ballots must be received by January 22nd.

SVBC Board members expiring this January include Michael Carpenter, Marty Neary, and Basil Hangemanole. Our remaining Board members, with terms expiring in January of 2011, include Marcia Lamphier, Jason Sajko, Jim Lofton, and Erin Bishop.

The SVBC would like to express a sincere thank you to Basil Hangemanole who is resigning from the Board after serving an inaugural term. Basil has played a productive role this past year; providing ideas, insight and motivation to the Board. Basil will continue oversight of the SVBC - Massanutten Trail Pass program and surely stay active with SVBC activities. Thank you Basil for your contributions!

☐ Board Election Ballot on page 7

Coalition SWAG

By Marty Neary

SBVC introduced Coalition apparel for purchase in December. These items will first come in the form of socks, then jerseys and then other items. Buying Coalition SWAG does 2 things for us: 1) it provides a source of income and 2) it provides direct marketing. Check the coalition website for order info and previews of the gear. Socks anyone?

More Bike Racks Downtown and in the City

By Thomas Jenkins

The City of Harrisonburg will be installing four more bike racks in downtown. The racks will be located at Jack Browns, across Main Street from Indian & American Café, Old Dominion Coffee House and Earth & Tea Café. Expect more bike racks as City development occurs: the City has a new building standard that dictates when car parking lots of 15 spaces or more are built that bike racks must be included.

Chicago Ave. Facilities Needed

By Thomas Jenkins

An issue for years, Chicago Avenue (Red Front Grocery Store) needs better pedestrian and bicycle accommodations. SVBC along with One Mile Challenge is putting out a survey to help collect data documenting the need for improvements. Download the survey at www.svbcoalition.org.

2009 Dynamo is in the Books

By Marshall Hammond

The weather was wonderful, or a tad chilly depending on who you ask. However the moon didn't disappoint with its brilliance. First time I climbed to the gap on Reddish with no headlight blazing, spectacular. There were 15 riders and one dedicated, and I mean dedicated SAG driver, Kathy. Thanks so much for your help and cheery smile. The ladies at "Carpenters" store loved you.

We left SBC just as the clock on court square rang 10, on time again. Circling Court Square we received cheers from numerous sidewalk revelers, nice. Heading to the BIG climb was pretty calm until some "reveler" lost control of his/her SUV and about took us out on 257. Idiot. From then on we saw virtually no traffic all night, amazing. The climb up Reddish was, as I noted earlier spectacular and we were greeted by G.W with lawn chairs, lamps, and fireworks. Cool! The decent into Sugar Grove was fast and bumpy with only a blinkie and water bottle lost. Re-grouping and heading toward Williamsville via Sugar Grove Road saw the peloton diverted numerous times by stray deer and obstinate skunks. Many thought the last encounter would hold the group hostage indefinitely but alas the bugger decided to drop off the side and into his lair. From 250 into Williamsville was a race of attrition as one, two, then three riders were dropped by flats. The stragglers came in humbled by the prowess of the leaders. Up and over Scotchtown Draft and on to

629, uneventful, oh another flat. At RT 640 things became unglued or shall we say disjointed. Seven of the hearty left for FR 61 while 5 opted for the straighter, and saner, ride into West Augusta. Blasting through the night, heads down, giving all, the 7 drove on to.....RT 39???? Whoops, must have missed the turn, darn. Disheartened and assured the turn was merely a mile back (it wa 5) the riders began the search for the elusive FR61. Ah-hah, hidden signage and only in one direction, FR61 was found. The LONGGGGG and dark road began to take its toll. One flat, an epiphany (again) and the statement, "I am having a bad moment." pretty much sums up this section of the ride. Brutal, but salvaged by popping out at Marble Valley to a beautiful sunrise over Elliott's Knob. Dragging into West Augusta just prior to the search teams being sent out we were greeted by bewilderment as to our chosen route. The SAG didn't miss the turn! Rejuvenation can only be had by food, warmth, coffee and a cold burrito. Thank you "Carpenters Store" for being there. Alas the straight through 5 had departed, or at least 3 for home and as I understand arrived after 118 miles of bliss and no missed turns. The stubborn 7 continued, painfully except for the points sprints on to home. 10 o'clock saw the last rider pull into the SBC parking lot. Humbled would be the description along with internal satisfaction. It was over. I believe the diversion cost about 10 miles, 5 out and back, added to the promised 135-8 gave the Dynamo a new record of 145-8 miles, shoot, had we known that, we'd have gone down RT 39 for a mile or two, NOT!

**DON'T MISS THE SVBCoalition
MEETING AND SOCIAL!!**

**SECOND MONDAY
OF EACH MONTH:
7:30 - 9:30 @ CLEMENTINE
DOWNTOWN HARRISONBURG**

Thanks to Basil for his jeep, water, and encouragement. Karl and Steve for helping SAG and a big kiss and hug, you wouldn't mind Alex, to Kathy. She let all three SAG drivers ride while she took the yeomen duties for them.

Thanks to all who participated. A special thanks to Kyle who was invaluable in convincing the wayward group it was only a mile mistake. Ha! Plan on Dynamo 2010, the 5th anniversary year! Route planning has all ready begun.

DR100 Event Benefit

By Steve Tomasi

Please plan on volunteering and/or participating at the first annual DR100, a Metric Century & ½ Century Charity ride & 5K run (check out the website DR100.org), scheduled for September 18 (pending the final 2010 JMU football schedule).

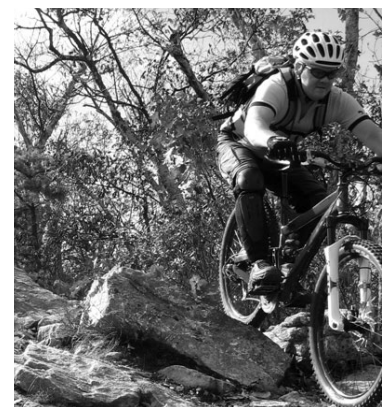
This event is in memoriam of Dr. Joseph Mirenda who was struck and killed on a bike just 5 miles south of JMU this past August. The Metric Century ride will be a one way trip from Wintergreen to JMU and there will also be a 50K loop ride (starting and returning at JMU CISAT campus) as well as a 5K run on JMU's CISAT grounds followed by caterers and a band/DJ at the finish line. We plan on attracting many college students as Dr. Mirenda's son just started JMU and is part of the Greek system. All proceeds will go to set up a JMU scholarship for students experiencing a chronic event. This event will be a perennial event being offered every year in September. The JMU Foundation and University Advancement are on board with this event.

We've also received an excellent preliminary level of support from various cycling enthusiasts such as cycling clubs (in Harrisonburg, Waynesboro, Staunton, Charlottesville, & Roanoke) as well as corporate interests like Wintergreen, various bike shops, running shops, JMU, restaurants, hospitals, banks & law firms. There has also been a high level of preliminary corporate sponsorship discussions from various banks, professional firms, and other companies (First Bank, BB&T, Community Bank, Farmers & Merchants Bank, NewBridge Bank, Elmore Hupp & Co, Lenhart Obenshain, NTelos, Sayre Enterprises, Clear Channel Communications). A very very important note is that we want all out of town participants/guests (which will probably be many from Virginia Beach, Charlottesville, Richmond, Lynchburg and Roanoke) to see what an awesome, friendly, bike loving community we live in called the Shenandoah Valley! Contact: Steve Tomasi, Tomasi@CountrysideInc.biz, 540.383.6414

Chain Care

By Tim Richardson

The winter season is the best time to come to grips with how well you have been keeping up the drivetrain and in particular, chain health. When temps drop into the thirties and lower the bike can take on new and sometimes undesirable characteristics. The most unpleasant being a skipping chain or frozen derailleur. A skipping chain can skip you right onto your head if all things line up just right, but there are ways to catch it prior to incident. After you have done the preventative cleaning and lubing you will want to check for tight spots by slowly backpedaling and watching the for any slight chain jump by the lower derailleur pulley. If you see any jumping or one link that comes out kinked, get the link in the middle of the chainstay and laterally stress it throughout its range of motion until it moves freely. Keep rotating the chain backwards until you can make a few revolutions without any jumps. Next you will need to check for healthy movement of the derailleurs. Grab any section of the derailleur wire (not the black housing) and quickly pull and release any amount of movement you can from the wire while watching the rear derailleur. Any spots where you see two parts moving opposite is a spot for a drop of lube. In colder temps these pivot points can have just enough moisture that can freeze, swell, and lock the derailleur in place. Lastly, a drop or two of light oil along the sides of the derailleur pulleys will keep them happy in the cold. I was recently told a trailside trick for unfreezing a derailleur while on an icy ride, without mentioning names I will say that Mountain Woman is confident that a urine bath will unfreeze drivetrain parts for roughly 3 minutes. I cannot condone this activity due to the caustic ramifications for the drivetrain parts. Happy pedaling.



Harrisonburg Christmas Parade

By Basil Hangemanole

Wow, what a good time! And I want to thank you and your families, all for making this a great event. The crowd loved us; there was Colin on the swing bike and Ben on a tall bike. Roland and Katie on a tandem. Dick, Marty and Ben S. with their clan's, all on brightly decorated rides. I almost forgot the masked rider; on a unicycle (psst... it was Seth). • But for me, the most fun was watching maybe our newest and youngest rider, four year old Audrey, who rode the entire route, at times waving to the crowd. It was a hoot. She did bring her dad, Mike, along. • And I want also to give thanks to Tim and Thomas for keeping SBC open as a staging area, and to Kyle the doorman! • There is one thing several of us talked about and that is, next year we want some kind of large sign, telling the crowd, who we are. The Shenandoah Valley Bicycle Coalition. To get it done, I plan to ask the Board to budget a few dollars next Christmas. How about putting that on the agenda for our meeting next week, Mike?

[Following is a Letter to Basil]

Thank you for allowing Audrey and Mike to ride in the parade. They had an absolutely wonderful time. We really appreciate your willingness (and that of the other members) to have a tag-along pair join you down the road. I think the experience cemented her love of biking. Michael said that you and Ben were acting as buffers between Audrey and car behind, thank you very much. Please convey our gratitude to the other members. • Audrey has talked, non-stop, about how much fun she had. She said that "next year, I think I'll want to ride in circles like those other people and maybe on one wheel...". Oh dear! • Although Audrey does not ride on the road at all (other than in parades!), I think she would be interested in participating in events / activities / etc... that are geared for kids on bikes, if the Coalition hosts any. We will gladly pay dues or membership fees - just let us know. • Michael said one the group's biking routes goes past our home,

feel free to stop in for a glass of lemonade or iced tea sometime.... and watch that intersection - it is horrible! • Again, thank you. Happy Holidays. • Mike, Sallie and Audrey

Coalition Kids

By Marty Neary

Many of the events SVBC has been involved with over the past year have had a very strong youth focus. In each of these events many kids show up with bikes in horrible state of disrepair, others are riding bikes that are the wrong size, many don't have helmets but they all share a love of bikes. At the last board meeting, your SVBC board decided to start a project called Coalition Kids. This project will specifically target children that could use the resources of the coalition in order to foster their love of two wheels. A committee will be established to direct funds from the SVBC, design and implement programs and most of all, reach out to the youth that need us. I expect that we will meet once a quarter to get things moving. Please consider donating your time for this important project and email or call me if you are interested. If you've been sitting on the sidelines, now's your time to jump into the game and make a big difference in the life of a child, I can guarantee you'll get more out of this than you'll give. Marty Neary, 560-2776, OutdoorSpecialties@gmail.com

Tour of Virginia Returns

By Tammy Jinkson

After a two year absence the Professional Tour of Virginia road race returns. This five day event will include the Harrisonburg Downtown Criterium on Saturday April 24 and a "Grand Fondo" ride open to all on Sunday April 25. In conjunction with the Downtown Criterium will be the Sherry Anderson Memorial 5k running race. SVBC will be seeking 25 volunteers to help with the event. For more info on the tour: www.tourofvirginia.com

Home Sweet Home

By Sue George

The more I travel, the more I appreciate our trails here in the mountains of Virginia. • On a recent long weekend trip, my husband and I drove down to Northern Georgia for a few days of vacation and, of course, mountain biking. We stayed at Mulberry Gap, a place near Ellijay that caters to mountain bikers (think good food, bike washes, places to shower and shuttles to enable point-to-point marathon rides). You can stop in for the day or stay overnight in tents or cabins. The ladies who run the place sure know how to feed cyclists! • Despite some uncooperative weather, we got out in the near-freezing temperatures to explore some local singletrack, much of it lined with rhododendron and still healthy hemlocks. We rode several trails near the town of Blue Ridge (good name, eh?), Georgia and also two segments of the Pinhoti trail which, once complete, will connect the southern terminus of the Appalachian Trail to Alabama over some 300+ miles. • While the trails we rode were a blast - fun, relatively smooth and faster - they were on average not as technical as many of our local trails. • I used to expend a lot of energy looking far away for amazing trails... visiting mountain bike “destinations” like Moab, Europe, New Zealand, Colorado, California, etc. Sure, those places have fantastic and unique scenery unlike anything you can find in and around Harrisonburg, but the singletrack I’ve often encountered is not so interesting. • Time and budget limit those kinds of trips, and but fortunately, there’s still a lot of exploring to do on “local” trails where I might find my favorite kind of riding - places closer to Harrisonburg and not in such exotic, distant locations. • Ok, ok, I’ll admit I’m a trail snob, but there’s nothing like a good singletrack with rocks, roots, leaves and some elevation to gain and lose. Can’t argue with good views thrown in, too, not to mention some seasonal variation for added eye candy. I get a little bored if the singletrack isn’t engaging to keep the mind from wandering. • All that said, it’s still a hoot to travel and explore new places to ride, but it’s awfully nice to know that

we live among some of the best trails in the world - motivation enough to get out and ride... even in the depth of winter!

Weekly Rides and Trail Work

For start times and updates go to: SVBCoalition.org and check out the Forum.

SVBC Advocacy Quarterly Meeting This Month

Next meeting January 11 6:30-7:30 (each quarter prior to the SVBC Social). All are welcome to get more involved with making Harrisonburg and the Valley a safer place to ride your bicycle.

2010 Harrisonburg Bicycle/ Pedestrian Plan

By Tom Jenkins

Currently in the draft phase, the new Bicycle/ Ped plan is moving forward with many new improvements and upgrades to the previous 2005 plan. This should go for adoption before City Council in late spring/early summer, plan now on showing up to support this important document! More can be found at: <http://www.harrisonburgva.gov/index.php?id=1091>

City Storm Grates

By Thom Jankson

SVBC along with The New Community Project went before City Council to present the dangers of numerous storm drainage grates in the City. The Public Works department and City Council have jump on this issue quick, expect many of the wide gap grates to be replaced prior to the end of the year. One more way SVBC Advocacy is making Harrisonburg a safer place to ride your bike.

CHECK it
OUT →

Trails Still Closed at the 'Nut

Due to hunting, the trails are closed Monday - Saturday until Feb 15. Sunday is still a great day to enjoy the trails but please make sure you have a Western Slope Pass.

Map for the Western Slope?

SVBC will be seeking volunteers to help with trail intersection markings for the Western Slope. These markings will be in conjunction with a new map for the Western Slope. If you are interested in helping contact Thomas: tj@shenandoahbicycle.com. It's a good way to get some volunteer hours towards your 2010 pass.

2010 Western Slope Passes Now Available

Get you 2010 Massanutten Trails pass today!! Make sure your SVBC membership is current and fill out a Massanutten waiver form. You can either sign up for 8 hours of Massanutten trail work or donate \$50 to the SVBC Western Slope Trail Fund.

2010 Hoo-Ha and Super D

Mark it on your calendars, June 19 & 20 will be the annual running of the Hoo Ha and SuperD race featuring the SVBC built trails on the Western Slope. This is always a great fundraising event for SVBC.

Country Club Railroad Tracks



Main Street Railroad Tracks

South Main Street /
Water Street Drainage Grate



☐ **Michael Carpenter**

A returning Board member, Mike is currently the SVBC President and manages membership tracking and reporting for the Coalition. Trail work, events, and Coalition involvement are his major initiatives for this year.

☐ **Marty Neary**

Also a returning Board member, Marty has taken a lead role over the past few years in developing youth cycling programs including collaborating with the Harrisonburg Parks and Rec and Police Departments. Marty is the driving force behind Coalition Kids, a new SVBC youth cycling initiative, as well as being involved in activities and events throughout the year.

☐ **Mark Veerman**

Mark currently provides web and IT support for the Coalition including oversight of SVBCoalition.org. With impending improvements and updates to our web prescience and technological infrastructure, Mark's skills and insight promise to be a valuable resource for the Coalition.

☐ _____
☐ _____

2010
SVBC BoD Voting Ballot

SVBC 2010 Board of Directors Voting Instructions

All votes are due by January 22nd

Please cast your ballot by replying to the Melo Velo delivery email
(svbcoalition@gmail.com) to indicate your vote electronically.

You may also return this ballot by mail to our PO Box listed on the back of this page.

Please cast your ballot by January 22nd!

The Mellow Velo

The Newsletter of Shenandoah Valley Bicycle Coalition

Post Office Box 1014, Harrisonburg, Virginia 22803

Shenandoah Valley Bicycle Coalition Membership & Donation Form

Please return this signed, completed form along with your check made payable to: SVBC, PO Box 1014, H'burg, VA 22803

Name(s): _____ Address: _____

_____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Annual Membership Dues: SVBC membership runs on an annual basis beginning January 1st of each year. The Coalition is a 501(c)(3) organization so your membership and donations are tax deductible and will be used to further our Mission.

- | | |
|---|-------|
| <input type="checkbox"/> Individual Membership | \$15 |
| <input type="checkbox"/> Family Membership (# of cyclists over 12 _____) | \$25 |
| <input type="checkbox"/> Individual Lifetime Membership | \$300 |
| <input type="checkbox"/> Family Lifetime Membership (# of cyclists over 12 _____) | \$500 |

☐ Additional Donation \$ _____

Membership / Donation Total \$ _____

☐ Please keep my contribution anonymous. ☐ I prefer to receive the SVBC Newsletter at the supplied e-mail address.

Insurance release: In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Coalition, the Coalition 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 Coalition is not responsible for, and is not 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. Consent to E-mail Notification & Communication: In signing this release for myself, or the named entrant, I consent to receive communications from SVBC electronically and agree that SVBC may communicate with me by e-mail or by posting notices on its web site. Any notice that SVBC is required to provide to me pursuant to the Virginia Nonstock Corporation Act may be sent to me via e-mail at the address listed above.

Member Signature

Date

Signature of Parent/Guardian (under 18)

Date