

The Mellow Véllo

June 2008

The Newsletter of Shenandoah Valley Bicycle Coalition



Ride of Silence 2008

by Marshall Hammond

On May 21st, 2008 at exactly 7PM local time around the world and in Harrisonburg the Ride of Silence was held. The ride began in 2003 in Dallas to remember endurance cyclist Larry Schwartz who was killed while riding. The event is now held in 48 states and 9 countries. The Harrisonburg Ride of Silence left HHS at exactly 7PM with grey and windy conditions. Just as the 35 riders clipped in a double rainbow... (continues Page 2)

West Slope 'Nut Update

by Thomas Jenkins

Now there's two ways to earn a pass for Western Slope Trails: 1) Eight hour trail Work Commitment in 2008 -or- 2) NEW: \$50 Donation to the Massanutten Trail Tool Fund. SVBC has sold over 12 season passes for the 2008 year for the Western Slope, that starts the Western Slope Trail Tool Fund at \$600. The funds will go towards the purchase of a much needed Grip Hoist to aid in the removal of stumps... (continues Page 2)



Hillandale official opening photographs courtesy of Joel Schneier.

LET'S RIDE!

• www.SVBCoalition.org

West Slope 'Nut Update (continued)

and the moving of several large, we mean heavy, rocks on the "new" trail which is currently under construction. • SVBC has also issued over 45 passes on "Credit" for access to the Western Slope Trails. Trail work will continue all summer and into the fall, giving folks plenty of opportunities to complete their 8 hour trail work commitment. • The "New Trail" at Massanutten is starting to take shape, at least part of the corridor is starting to look like it has the potential to be a trail. This new project is the largest undertaking by SVBC on the Western Slope. The new trail will be about 4000 feet in length, connecting the top of the mountain to the upper entrance of the Homestead Trail, on the opposite (south) side of the road. We estimate 1500-2000 hours will be needed to complete this trail but it will provide many more hours of great riding!! • **Massanutten Volunteer Trail Work Hours in 2008: 180**

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

**IT'S ON THE SECOND MONDAY
OF EACH MONTH:
7:30 - 9:30 @ CLEMENTINE
DOWNTOWN HARRISONBURG**

Dry River Road Time Trial Series

May 13th Sunny, light wind, temperature 75

Jonathan Martinez	23:52
Bill Wightman	24:09
Trey Haskell	24:38
Connie Peterson	24:40
Ken Bell	26:17
Farley	25:55
John Sallah	27:32
Neups	28:16
Ben Kunkle	31:06

Ride of Silence 2008 (continued)

appeared on the eastern horizon. Good karma and a fitting beginning to a solemn ride. This year the ride was held in honor of Joseph P. Hiney who was killed on Rt 33 June 2nd, 2000. The procession traveled into downtown Harrisonburg stopping when necessary but occupying one lane. No motorist seemed intent on disrupting the long line of silent cyclists. Each stop and start was accompanied only by the snapping of cleats into pedals. No one broke the Ride of Silence. Our flag bearer held steady in the strong winds and experienced cyclist rode bar to bar with novice, with everyone maintaining the 12 mph pace. No attacking tonight, just silent remembrance of those we have lost or seen injured. Many red arm bands were worn with the black morning bands. Red indicates riders who have been hit while riding. Safely back to the start, everyone again enjoyed each others company. All were glad for the experience and hope to have a save year until we can once again pull out the Ride of Silence banner.

The Pre-Ride Quick Check

by Tim Richardson

The good weather is here and it's time to maybe get some more miles in. If you are the type to give the road bike a break over the winter and now feel the urge to ride, then let's take a quick peek at the sensitive bits before you go screaming down Red-dish on it. If a bike goes unused for a good spell of time the soft goods like your tires might have taken a turn for the worst. The rubber of the tire is petroleum based and over time tends to lose its oils that keep it pliable and reliable. A older tire will exhibit dry spots along the sidewall which are weak and likely to cause a unwanted flat or a most unwanted wreck. Check your tires frequently for small splits as well as threads poking out and if you question the rubber at all, put a new tire on. Also, a properly inflated tire will last longer. Keep the rubber side down.



A Prisoner of the Tracks

by Thomas Jenkins

Cyclists have been falling one by one in this town for decades. I am not talking about the little falls we took when first learning to ride two wheels but hard hits against the pavement, the type of hits that knock cyclist unconscious even with a SNELL approved lid. If you are one of the lucky ones you will escape with just some road rash that will heal in a few weeks but mostly likely you will be that scared for life. When you take that fall you might think it is rider error or just chalk it up to bad luck but the statistics are proving differently. You might take the fall by yourself or in front of a fellow cyclist or two but you are by no means alone, you have just been added to the hundreds of cyclist who have become a victim to the rail road tracks, most notable the tracks on South Main Street or Country Club Road. One would think solving this issue would not be a giant hurdle but history is showing enormity of trying to find fix for this ongoing problem. The City of Harrisonburg, Norfolk Southern Railroad and Cyclist should all be allies, working together to create safe, environmentally friendly and healthy means of transportation, not just people but goods as well, unfortunately this has not happened. The folks at Public Works are beginning to realize the importance of safe cycling in the City but unfortunately have been dealt an ugly hand, one consisting of years of infrastructure that never considered the bicycle. Unfortunately Norfolk Southern has an even worse track record when it comes to providing safe crossing for their rail line, they seem to be only concerned with what is inside their shinny, slippery metal tracks. SVBC is setting out to find a solution to the one item, more then anything, that has prevented the "Friendly City" from becoming a "Friendly City for Cyclist". The political task of a providing a solution is not going to be easy, this has been proven but many hours of hard work by advocates in the past. What does the cycling community have that no one else does? Years and years of countless wrecks, thousands of dollars of medical bills and more road rash then the entire history of the Tour de French but we need to bring

this all together to be successful.

If there is any hope to fix this problem we need you!! We need all information of any accidents at City rail line crossing, no matter when!!

We need you to pass this message on to other fallen cyclist. We need DATA!!

Fallen Rider on South Main Street 1993...

Thomas Jenkins

Blast From the Past!

by Marshall Hammond

From the September 1995 Shenandoah Valley Bicycle Club Newsletter:

Marcia's Zoo Tour

The McGaheysville-Pineville area (just east of Harrisonburg) has quite the variety of exotic animals. I thought it was time to share my side of the county with other SVBC members. August 13th, six of us ventured out on five bikes (you guessed it- one tandem) for my famous Zoo Tour.

I had promised the opportunity to view at least three exotic animals (llamas, a camel, and two ostriches). Well, that was only the beginning. An

egret, a Vietnamese pot-bellied pig, two white swans, and a small snake were just a few of the extras seen along the way. Thanks Tom, Art, Char, and Brent & Judy (tandem) for a great Sunday morning ride!! Let's do it again real soon.



Editor's note: As you can see Marcia was into leading rides way back then, too. Anyone who has gone down the "buffalo road" War Branch and looked for the herd knows she is always providing the extra touch to her rides. Those of us on the Wednesday Llama Love Ride will never forget the sight. You don't know what you're missing, if you don't take time to look around.

VDOT Bicycle Advisory Committee

Chris Scott has been appointed to the committee from his position on the Board of the Virginia Bicycling Federation. "I am very excited about working with my old bike racing buddy Jacob Helmboldt who is enthusiastic about solving Virginia's Bicycle and Pedestrian shortcomings." Jacob is the Statewide Bicycle & Pedestrian Program Coordinator in the Transportation & Mobility Planning Division of VDOT.

Trail Work Recap

Massanutten Orange Trail: On May 3rd volunteers from SVBC joined in with the Happy Trails Running Club, MORE and PATC to help maintain several trails in the Lee Ranger District. The trails that received attention are all part of the Massanutten 100 mile trail run (you thought a bike century was hard). The trails used for this running event are the same that technical mountain bike riders enjoy during their rocky adventures up North. Thanks to Chris Scott, Alex Kurland, Misty Tilson, Mike Capraro, Susan Musante and Thomas Jenkins for spending the beautiful Saturday on the mountain doing much needed bench work and clearing the ridge from Edinburg Gap to the Woodstock Tower. Now the trails are ready for the "crazy" runners and maybe the Tour de Burg too!!

SVBC Total Volunteer Trail Work Hours in 2008: 650

Some Upcoming Events...

August 9: Cumberland Valley Century San Mar Childrens Home, Boonsboro, MD, sponsored by Cumberland Valley Cycling Club http://www.bikecvcc.com/cvcc_century.html

September 14: 26th Annual Shenandoah Valley Century Enjoy the beautiful back roads of the Shenandoah Valley. Rides of 25, 50, and 100 miles over rolling to hilly roads. Checkpoints, snacks, drinks, sags, baked goods. 300 rider limit. Start/finish at Hillendale Park. Preregistration \$12. For information: Art Fovargue, 1043 Chestnut Dr.,

Harrisonburg, VA 22801, phone (540) 433-9247, e-mail century@svbikeclub.org, or Marcia Lamphier (540) 432-3312.

Tuesday SVBCoalition Fast Road Ride A fast two hour road ride, different each week. For more info contact Thomas 434-9943, tj@shenandoahbicycle.com

Tuesday Ladies Mountain Bike Ride: Go to SVBC forum for details. Rides are different levels of difficulty each week. The first Tuesday of the month will be at Hillendale Park and is great for all levels of experience, but is geared for those who are new to fat tires on trails. The middle Tuesdays of the month will be at a beginner to intermediate location and the final Tuesday of the month will be a challenging ride.

Tuesday Dry River Road Time Trial Series: May-Sept. 2nd and 4th Tuesdays 6:30 pm signup and first rider off. Helmets are required. This is an open road event, watch for traffic. Contact Jody Hess 433-3013 or 568-6880

Wednesday Social Road Ride: 5:15pm from Harrisonburg High School on Garbers Church Road. A fun, social road ride approximately 2 hrs. Ride leaves at 5:15 sharp. Contact Marcia for details, 432-3312.

The Thursday Trail Series at Massanutten Western Slope and the Rocktown Trails at Hillendale Park. For more info contact Thomas 434-9943, tj@shenandoahbicycle.com

Thursday "No Leader" Fast Road Ride: 6:00pm Keezletown, Every Thursday. Ride leaves at 6:00 from Keezletown Elementary. Ride averages ~35 miles @ ~20 mph. There is no official ride leader; instead, I'll hand out maps whenever I'm there, and the ride will do the same loop every time, so riders can hang with the front group until they fall off, then finish the rest of the loop at their own speed. Contact Matthew Wikswo for more info, 434-242-3693 or wikswo@cstone.net

**...For more events go to:
www.SVBCoalition.com
and check out the Forum.**

The Featured Road Ride



Morning Wake Up

Start at Bridgewater College, Cole Hall parking lot

Dist			Turn		Road	Total	Dist
-	mi		left (SE)	on to	E College St	-	mi
0.52	mi	Turn	left (E)	on to	Mountain View (SSR 1308)	0.52	mi
0.42	mi	Turn	left (NNE)	on to	Hickory Ln	0.94	mi
0.04	mi	Turn	right (ESE)	on to	SR 257	0.97	mi
0.48	mi	Turn	left (N)	on to	SSR 700 (Mount Crawford)	1.46	mi
1.32	mi	Turn	right (NE)	on to	SR 42 (SR 257/N Main St)	2.78	mi
0.49	mi	Turn	right (ESE)	on to	SSR 704	3.27	mi
1.57	mi	Turn	left (NNE)	on to	SSR 712	4.85	mi
1.90	mi	Turn	left (WNW)	on to	SSR 701	6.75	mi
0.69	mi	Turn	right (NE)	on to	SSR 42 Bus (Main St) Dayton	7.44	mi
0.08	mi	Bear	left (N)	on to	College St	7.52	mi
0.31	mi	Turn	left (WNW)	on to	SSR T-732 (Bowman Rd)	7.83	mi
0.45	mi	Turn	left (S)	on to	Westview St	8.28	mi
0.48	mi	Turn	right (WSW)	on to	SR 257 (Mason St)	8.75	mi
0.67	mi	Turn	right (NNW)	on to	SSR 737	9.42	mi
1.37	mi	Turn	left (WSW)	on to	SSR 736	10.79	mi
0.14	mi	Turn	right (NW)	on to	SSR 737	10.93	mi
1.25	mi	Turn	left (WSW)	on to	SSR 752	12.18	mi
0.48	mi	Turn	right (NNW)	on to	SSR 738	12.66	mi
2.43	mi	Turn	left (WSW)	on to	SSR 731	15.09	mi
1.08	mi	Turn	left (SSW)	on to	SSR 613	16.17	mi
1.53	mi	Turn	left (ESE)	on to	SR 257	17.70	mi
2.24	mi	Turn	right (S)	on to	SSR 752	19.94	mi
0.60	mi	Go	straight (ESE)	on to	SSR 909	20.54	mi
0.76	mi	Go	straight (ENE)	on to	SSR 748	21.30	mi
0.43	mi	Turn	right (E)	on to	SR 257	21.72	mi
0.71	mi	Turn	right (SSE)	on to	SSR 738 (Dry River Rd)	22.44	mi
1.52	mi	Turn	left (SE)	on to	N River Rd	23.96	mi
0.05	mi	Turn	right (SW)	on to	N Grove St	24.01	mi
0.51	mi	Turn	left (SE)	on to	W College St	24.53	mi
0.04	mi	Go	straight (SE)	on to	E College St Bridgewater	24.57	mi
0.39	mi	Finish	at	Finish		24.95	mi

Here's a ride if you'd like to start in Bridgewater. It has rolling hills. And though it might not feel like much, the last 1.7 miles is actually downhill. -Neups

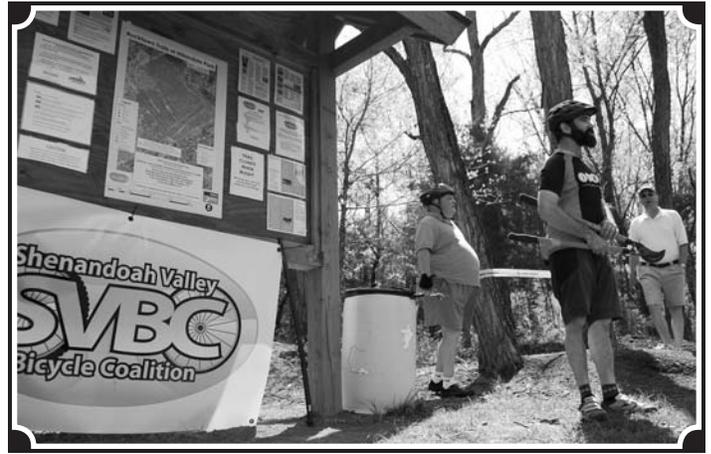
Help Make Railroad Crossings Safer For Cyclists

Have you or anyone you know taken a spill on any of the railroad tracks in the City of Harrisonburg? It does not matter if it was last week or twenty year ago, SVBC needs the information. The Advocacy Committee of SVBC is currently collecting data on cyclist who have wrecked on City tracks. Please e-mail the following information to Thomas Jenkins (tj@shenandaohbicycle.com): **Name, date of accident, contact info, any medical attention needed, any other cost associated with the accident.** Unless we work together we do not have any hope to fix the largest single deterrent and hazard to cyclist in the City.

Blacks Run Bicycle Project

by Tom Benevento

The Blacks Run Bicycle Project is underway in Harrisonburg, VA. It is designed to promote commuter biking with a special focus to help people low in resources get a bicycle. Our crew of trained and apprenticing bike mechanics receives used bicycles, repairs them, and makes them available for a small donation or work-a-bike program. If you would like to help out, make a donation, or have a good bike to donate please visit us during open hours on Monday 10am to 2pm or call us at 433-2363. We are located next to 'Our Community Place' on Main and E.Johnson street (across from the Little Grill)



Fall Bicycle Clinic

by Len Van Wyk

The Bike/Ped Education Committee of the Harrisonburg-Rockingham Metropolitan Planning Organization (which includes Ben Wyse and me), which has been responsible for those bike/ped radio spots you may have heard, is planning on sponsoring a "bicycle clinic" at Hilendale Park this fall. The HRMPO will provide food and drinks, and hopefully a number of events will be held, including: a safe commuting clinic/ride, basic bike maintenance, and basic trail skills. If you are interested in being involved in this event in any way, shape, or form, contact me at len.vanwyk@gmail.com.

Virginia Ridge and Valley Act

by Chris Scott

Local Virginia mountain bikers successfully support the passing of a bicycle friendly land protection bill. The Virginia Ridge and Valley Act designates sections of the Jefferson National Forest as Wilderness Areas and National Scenic Areas by congress. National Scenic Areas are a newer form of land protection used on National Forest lands which allow continued bicycle access. Currently, Wilderness areas do not allow bicycle access to continue. The Ridge and Valley Act has passed the house of representatives and has been reported out of the Senate, currently it is waiting to be signed into law by the president.



The Mellow Velo

The Newsletter of Shenandoah Valley Bicycle Coalition

Post Office Box 1423, 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 1423, 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 (Includes all members of household) | \$25 |
| <input type="checkbox"/> Big Wheel Membership | \$50 |
| <input type="checkbox"/> Two Wheel Membership | \$100 |

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 Email 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 email or by posting notices on its website. Any notice that SVBC is required to provide to me pursuant to the Virginia Nonstock Corporation Act may be sent to me via email at the address listed above.

Member Signature

Date

Signature of Parent / Guardian (under 18)

Date