

The Mellow Velo

June 2009

The Newsletter of Shenandoah Valley Bicycle Coalition

SUMMERTIME! READ ALL ABOUT IT!

Gain the Experience of Long Rides

By Sue George

It's summer, which means lots of daylight, lots of reliably warm weather and hopefully lots of miles! Working up to the long rides takes time and, well, experience plays a huge role, too. • I was reminded of the experience factor recently when riding the Stokesville-Douthat-Stokesville ride, a two-day undertaking that for me, represented about 12 hours of mountain bike riding each day. • Late to lunch one day – thanks to stopping to help with a mechanical and by virtue of being one of the slowest riders – I still had a few moments to look around and watch everyone doing their lunch break thing. It was amazing. • Think of a bunch of bees busily doing their jobs. Every one of them is kind of doing the same thing and something different all at the same time – usually while buzzing with tales of their most recent crash or close call or trash talking about what is to come. It's like a complicated dance in which no one is calling the shots, but everyone seems to know the steps. • Perhaps a casual observer would have thought we were just a bunch of lycra-clad, dirty, goofballs playing in the woods with their toys and friends (which of course we were!), but a closer look would have revealed more, and I found myself wondering how many 100 milers, Tours de 'Burg, Giro de 'Ville, epic races and rides, double centuries and even Continental Divide races could have been counted among the participants as done. • Every rider had his or her nutrition dialed, despite the fact that keeping the body especially, the stomach happy for that many hours of riding is no small undertaking. ... (continues Page 2)

3rd Annual SVBC Earth Day Celebration

By Marshall Hammond

On Saturday April 25, members of SVBC, friends, and guests celebrated Earth Day by picking up trash along the 7 mile Tillman Road as well as cleaning up the barrow pit above Dog Graveyard. Easily one and a half pick up loads were gathered from the roadside as well as 4 tires, shingles, and other assorted trash. Twenty four volunteers donated their Saturday morning and logged a total of 96 volunteer hours to the George Washington National Forest. After lunch there was a mountain bike ride along Narrowback Ridge. Thanks to everyone who supported this annual event.

City Bicycle & Pedestrian Plans

By Than Dang

The Bicycle & Pedestrian Plan Advisory Committee is a 14 member committee of city staff and citizens tasked with updating the city's bicycle & pedestrian plans. Both plans were last updated and adopted by City Council in 2005, and since then the Arboretum and Rockingham Drive shared use paths have been completed, 28 bicycle racks were provided to city schools, installed in city parks and in downtown, new sidewalks were constructed on Devon Lane, E. Washington, Vine, and Tower Streets, the city was awarded \$455K for safe routes to school improvements around Keister Elementary School, and more improvements happening and coming soon. • The Bicycle & Pedestrian Plans in conjunction with other city planning ... (continues Page 2)

DON'T MISS THE SVBCoalition MEETING AND SOCIAL!!

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

Experience of Long Rides (continued) Fluids, foods, gel packs were constantly consumed – at a rate that seemed to be just perfect for keeping folks reliably from serious bonking. Riders knew just how much water to carry - not so much you were hauling extra weight up Little Mare Mountain, but not too little that you'd run dry much before the next opportunity to replenish. Everyone seemed to have the right amount of clothing – always that extra layer in the form of armwarmers, jackets, vests – on hand to take the chill away in the early morning / evenings or up higher where it was crisper. Riders even knew when and where to stash their lights for when daylight expired. • Group stops were seen as a chance to add chain lube, tweak a shifter adjustment, change shock settings, top off / eliminate air in the tires, eat a quick snack, heed the call of nature, etc. – so we almost never had to stop unplanned to take care of these details, which add up quickly for a group numbering two dozen. • During the breaks, and only after all those small, but cumulatively important details were sorted, was it time to sit down, put the legs up a tree, chill out and perhaps partake in some trash talking. Those who got there sooner had more time to linger and talk shop, those of us who didn't – well, let's just say we didn't mess around! • Experience counts for a lot in the more epic undertakings on a bike, and there's no better time to start getting it than now. So get out there and RIDE!

City Bicycle & Pedestrian Plans (continued) documents and standards manuals lay the foundation to instruct the city and developers what improvements they must make along the frontage of their properties or what they must do to accommodate a planned future facility. • The Advisory Committee needs your help! Paul Johnston is SVBC's representative on the committee, so please contact him at ptjohnst@hotmail.com or Thanh Dang at thanhhd@harrisonburgva.gov with your wish lists and ideas for bicycle and pedestrian facilities in the city. Committee member names, meeting handouts (including our initial list of needs), meeting summaries and more information can be found at www.harrisonburgva.gov/bikeped.

Railroad Tracks, Finally Some Improvements!

By Tammy Jinkson

After hundreds of accidents and injuries, improvements are finally underway to the dangerously skewed railroad crossings on both South Main Street and Country Club Road. Even though the improvements do not change the very sharp angle the tracks cross the road, the crossings will be much safer for cyclists. With a significantly wider shoulder at both track crossings, as well as the addition of a rubber flange way filler, cyclists should find a smoother and friendlier track crossing.

SVBC Adopt-A-Highway

By Marshall Hammond

On Saturday May 9, seven volunteers met at the intersection of Amberly and Skidmore Road for the semi-annual trash pick up along the SVBC adopted highway. Three bags of trash were picked up in less than an hour. Thanks to Jack Leetun for being the lead on this project for the past two years and thanks to Saturday's volunteers: Jack, Joseph Bannister, Dennis, Vince, Marcia, Ben W. and Marshall. It was also the unofficial convention for Breezer Bikes (3) and dynamo hubs (4). Too cool!

Ride of Silence

By Marshall Hammond

The 3rd local observance of the Ride of Silence took place Wednesday May 20th at 7 pm. This ride serves to commemorate those cyclists killed or injured by motor vehicles. The first Ride of Silence was held in 2003 in Dallas, Texas to honor cyclist Larry Schwartz who was struck and killed by a bus mirror. Twenty-four riders of all ages left Harrisonburg High School for a 10 mile slow and silent ride through town, returning to HHS. Riders wore black arm bands to symbolize fallen cyclists and red arm bands if they themselves had been hit by a motor vehicle. There were many red arm bands. This year as in previous years, riders kept the family of Joe Hiney in their thoughts. Sadly, the family of Jessica Bungard, who was killed while cycling near her home in Fredericksburg on June 22, 2009, was added to our remembrance. • This ride served also to remind drivers that cyclists have a right to the share the road, too. As one of the signs carried by the group read:

**SAME ROAD,
SAME RIGHTS,
SAME RESPONSIBILITIES**

Wilderness First Responders

By Tim Richardson

I recently had the great fortune of taking a Wilderness First Responders course. One standout aspect was how important and helpful a very basic medical kit addition can be to your pack. We pride ourselves in being able to get way back in the bush and have the necessities to keep our bikes rolling, why not have the same attitude towards ourselves? Obviously, the med tool kit can become a slippery slope when you start considering whether or not to carry a portable defibrillator. Lets just start simple with some basics and as you encounter new and amazing wreck scenarios take note of what could be more helpful the next time. • The cycling community

here has had a number of occasions over the last few years to call on front country medical people and wait for them to lug themselves and their equipment to the scene. Most of these incidents could have been easier for everyone involved with a little medical knowledge and a basic med kit. From my own experiences of unnecessary interactions with the ground and hearing my arm bones pop like a small twig, I realize how far we can get from help and how helpless it feels to not have a clue what to do. Fortunately for me, a fellow rider had a simple med kit and a basic understanding of back country medicine and was able to get my arm splinted well enough that I was able to get myself out safely and comfortably. • The ultra simple stuff is cleaning supplies, a gauze roll, ace bandage, benadryl, and my favorite...the Sam splint that is most light and can be shaped into a functional splint for almost any body part. I am sure there is an ocean of medical info on the interweb, however, there is no substitute for the practical experience you get in a class. Earlier this year I took the Wilderness First Aid class which is a great introduction into assessing the accident scene and just enough training to help you help yourself, or a buddy, out of the woods.

Weekly Rides and Trail Work...

Look for these and other weekly rides and trail work days:

MONDAY: Social Mountain Bike Ride

MONDAY: Beginner Road Ride

TUESDAY: Ladies Mountain Bike Ride

WEDNESDAY: Road Ride from HHS

THURSDAY: Massanutten Trail Work

FRIDAY: National Forest Fatty Mountain
Bike Ride

SATURDAY: Trail Work Day

SUNDAY: Casual Road Ride

**...for start times and updates
go to: www.SVBCoalition.org
and check out the Forum.**

The New Trail

Massanutten is rock, a lot of rock, but it makes for some amazing trails that will hold up to the test of time. These rocky conditions have never been more evident than in the new trail (official name tbd) being constructed. If you ride at Massanutten you have most likely seen, helped or heard of this "new trail" which has been under construction for the past 16 months and in planning for the past 3 years. Over 1600 volunteer hours have been put into the construction of the mile long trail that will create a beautiful trail option to the lonely hot gravel road.

Your Chance to Name *The New Trail*!

With every \$20 donation to TEAM SVBC/IMBA (see page 7) you will get four chances to name the new trail. Just make a donation to any rider on the team and put your four choices in the "Personal Note" section. Donations must be made by July 4th and the name will be selected at the July 13th SVBC Social at Clementine Café. (*Name must be approved by the SVBC Board and Massanutten). http://go.imba.com/site/TR/Volunteerfundraiser/TeamIMBA?team_id=1340&pg=team&fr_id=1200

Do You Have a Pass to Ride at Massanutten?

Annual passes for the Massanutten Western Slope are available through SVBC. All you need is a current membership to SVBC, a signed waiver and either a commitment of 8 hours of trail work or a \$50 donation to SVBC. This is a minimal cost for the opportunity to ride so many great trails so close to town. For full details on the pass info, western slope access, and downloadable waivers go to SVBC on the web: <http://www.svbcoalition.org/massanutten.php>

**SVBC Funds Generated
Through 2009 Pass Sales: \$850**

2009 Passes Assigned: 80

Thursday Trail Work Switch

Beginning June 11, Thursday Trail Work will make the switch from Massanutten to alternating between Hillandale and Massanutten. The second and fourth Thursday of the month will be Hillandale and the first, third, and fifth Thursdays will be at Massanutten. Hillandale is in need of a lot of finishing work on the trails added this winter in addition to additions to the pump track. The time will remain the same, we'll be working from 5pm-Dark.





The Featured Road Ride

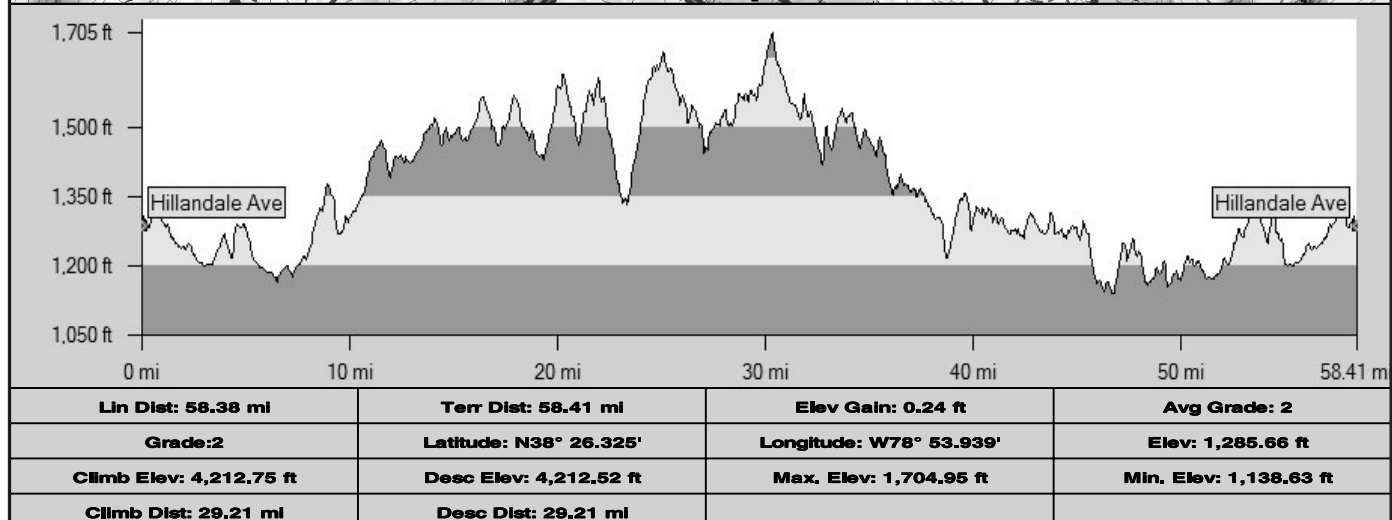
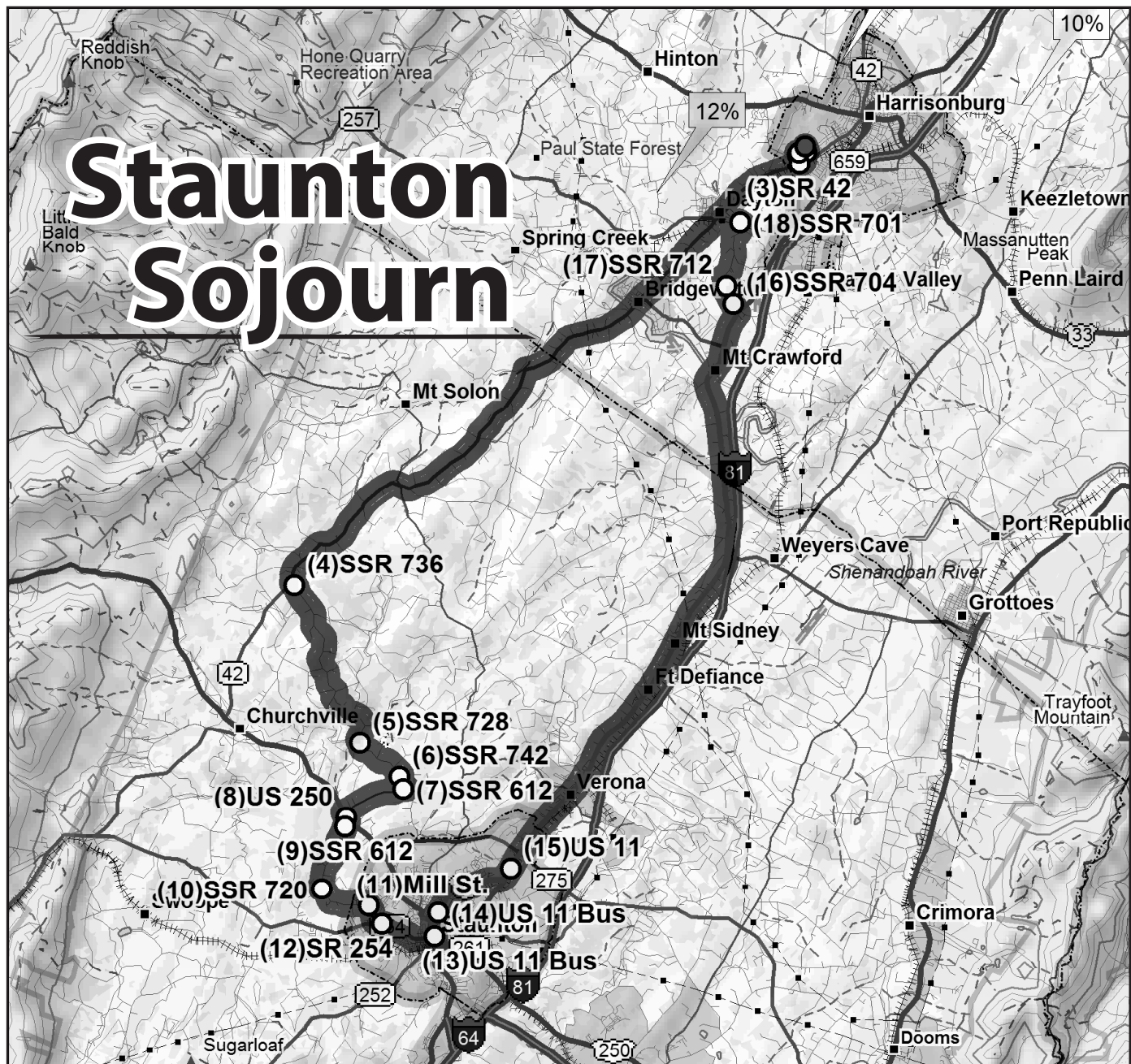
Staunton Sojourn

Start at Hillandale Park, Shelter #1

Dist		Turn		Road	Total	Dist
0.13 mi	Turn	right (W)	on to	S Dogwood Dr	0.13 mi	
0.25 mi	Turn	left (SE)	on to	Hidden Creek Ln	0.38 mi	
0.29 mi	Turn	right (SW)	on to	SR 42 (S High St)	0.67 mi	
17.66 mi	Turn	left (SSE)	on to	SSR 736 (Union Church Rd)	18.33 mi	
4.49 mi	Turn	right (SSW)	on to	SSR 732	22.82 mi	
0.41 mi	Turn	left (SE)	on to	SSR 728	23.23 mi	
1.48 mi	Turn	right (SSE)	on to	SSR 742	24.71 mi	
0.50 mi	Turn	right (WSW)	on to	SSR 612	25.21 mi	
1.76 mi	Turn	left (SSE)	on to	US 250 (SR 612)	26.97 mi	
0.28 mi	Turn	right (SSW)	on to	SSR 612 (Frog Pond Rd)	27.25 mi	
1.85 mi	Turn	left (ESE)	on to	SSR 720 (Morris Mill Rd)	29.10 mi	
1.43 mi	Turn	right (SSE)	on to	Mill St	30.53 mi	
0.50 mi	Turn	left (ESE)	on to	SR 254 (W Beverley St)	31.03 mi	
1.63 mi	Turn	left (NE)	on to	US 11 Bus (US 250IN New St)	32.66 mi	
2.80 mi	Straight	(NNE)	on to	US 11	35.46 mi	
16.26 mi	Turn	left (NNW)	on to	SSR 704	51.72 mi	
0.71 mi	Turn	right (NNE)	on to	SSR 712	52.43 mi	
1.90 mi	Turn	left (WNW)	on to	SSR 701	54.33 mi	
0.07 mi	Turn	left (W)	on to	SSR 701	54.40 mi	
0.58 mi	Turn	right (ENE)	on to	SR 42	54.98 mi	
2.57 mi	Turn	left (NW)	on to	Hidden Creek Ln	57.55 mi	
0.29 mi	Turn	right (E)	on to	S Dogwood Dr	57.84 mi	
0.25 mi	Turn	left (NNW)	on to	Hillandale Ave	58.09 mi	
0.13 mi	Finish	at		Hillandale Park	58.22 mi	

Here's a ride I did just the other day. There are two long stretches (42 and 11) where there's not a lot of shade, so wear your sunscreen. And as always, be careful and safe out there. Enjoy, Neups

After you try this ride, give some feedback. Go to www.SVBCoalition.org and head to the Forum. Start a new thread or add to an existing one so you can share your experience with others who can gain insight into the outstanding road riding here in the Valley. Not a member of the Coalition? Not a problem, just join! (The membership form is on the back page of this newsletter.)



Team SVBC/IMBA

One of the greatest things about SVBC is that when the cycling community needs to pull together, the bikers reach out and make things happen. This has been evident with the TEAM IMBA event which will take place June 6th & 7th at the 21st annual Massanutten Hoo-Ha Race.

IMBA (International Mountain Bike Association) has been leading the fat tire fight for the past 20 years and SVBC has partnered up with IMBA to advocate, build, and maintain the great trails in the Valley and surrounding mountains. This year the Hoo-Ha is one of eight TEAM IMBA events across the country. During these events, riders and/or Teams sign up to raise money for IMBA and their local IMBA affiliated club. Half of the funds raised go to IMBA and the other half goes to the Coalition. *****THE BEST PART*** The SRAM Bicycle Corporation will match all donations with the proceeds going to the Coalition!!** Even though the Hoo-Ha event is June 7th you can continue to donate for 30 days after the event, so DONATE NOW and make your cycling dollar go further!!

Thanks to our TEAM SVBC/IMBA Business Sponsors!!

Bluestone Pediatrics
Iron Wood Outdoors
Shenandoah Bicycle Company
Shenandoah Mountain Touring
The Sole Source
Trade Show Direct

Team SVBC/IMBA Details

Your Donation: 50% goes to IMBA, 50% goes to SVBC and the SRAM Bicycle Corporation will give a 100% match to SVBC.

Donate online: http://go.imba.com/site/TR/Volunteerfundraiser/TeamIMBA?team_id=1340&pg=team&fr_id=1200 or mail SVBC a check payable to IMBA.

Donate before July 4th and the SRAM Bicycle Company will match your donation!!

TEAM IMBA Riders (at press time): Conner Bell, Jeremiah Bishop, Mike Carpenter, Rich Edwards, Rich Hall, Sue Haywood, Thomas Jenkins, Ben Kunkle, Marty Neary, Chris Scott, Misty Tilson, Kristin Wilson.

IMBA Update

Frank Maguire has signed on as the Regional Director of the Mid Atlantic. Based out of State College, PA, he has been working on a Regional Leadership Advisory Council for which SVBC's Chris Scott will serve for 2 years. The RLAC is a collective of regional advocacy specialists whom IMBA is bringing together to serve as a "Brain Trust" to network and advance our trail based bicycle community as a whole. The Council seeks to provide guidance, shared knowledge, and a collective experience, without taking ownership of any particular situation, leaving ownership in the hands of local organizations.



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 (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 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