

The Mellow Vêlo

November 2008

The Newsletter of Shenandoah Valley Bicycle Coalition

★✌★ SPECIAL ELECTION EDITION ★✌★

2008 Dynamo

by Marshall Hammond

The 2008 Dynamo, originally called the Douthat Dynamo, left SBC at 10 PM Saturday October 4. A solid group of 18 riders from Harrisonburg and surrounding localities began the adventure on a crisp night. The route consisted of a loop, approximately 132 miles that was to be completed at each riders pace, albeit through the night. Everyone arrived safe if not sound at the Little Grill at 10 AM Sunday morning October 5. A grand time was had by all. Basil volunteered the use of



The Dynamo Crew, pre-flight.

his jeep as the SAG vehicle while Nathan, Karl, and Ben S. volunteered to split the driving. • The route took the group past Todd Lake into the National Forest before heading to Marble Valley, FR 61 and eventually Williamsville. Heading north on gravel the riders faced 17 miles of rolling road to reach RT 250. Sugar Grove, WV was the next stop before the penultimate climb up to Briery Branch Gap then the reward of a road decent and pace line back to Harrisonburg. Tough? ...(continues Page 2)

Bicycle Infrastructure in the 'Burg

by Paul Johnston

Although much is still needed to improve Harrisonburg's bicycling infrastructure; there has been some headway made at different locations in the city. Most recently an eight foot wide paved path connecting the Sunset heights subdivision to Westover Park was completed this summer. The path connects the north end of Elmwood Drive to the community center at Westover Park. This multi-use path provides cyclists and pedestrians access to park amenities such as the public pool, the skate park, and the Frisbee golf course. Traveling north the path passes between the 17th hole and the 18th tee of the Frisbee golf course. It then splits and circumnavigates the parking lot providing safe access for individuals heading west toward the pool and skate park. The other section of the path runs along the east side of the parking lot, paralleling the 18th hole of the course. This project is an excellent example of safely connecting a residential neighborhood with a destination. The path offers an alternative for those heading to the park, effectively avoiding a section of Dogwood drive that frequently sees a high volume of traffic traveling at unsafe speeds. More cost effective paths like this and the Arboretum path are needed around the city. The public works department is open to suggestions for construction of paths like this. The path has been well received by neighbors and property owners adjoining the park. If anyone has suggestions on more locations for multi-use paths like this please do not hesitate to contact the public works department, me (ptjohnst@hotmail.com) or any other member of the SVBC advocacy committee.

LET'S RIDE! www.SVBCoalition.org

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

**IT'S ON THE SECOND MONDAY
OF EACH MONTH:**

**7:30 - 9:30 @ CLEMENTINE
DOWNTOWN HARRISONBURG**

Dynamo (continued) Some say the toughest yet of the 3 Dynamos but everyone kept smiling as the hours passed and the glint of daylight was seen to the east before ascending Shenandoah Mountain. • A few notes on the ride and riders. Kurt R. represented the spirit of the Dynamo with the only dynamo hub on the ride. Kyle had an epiphany before starting the big climb while Nathan and Julian became one on the FR 61 free for all. Johnyyyyy swears the rolling on SR 614 was all up hill. Carp and Andy R. went crazy on the gravel putting the hurt on those foolish enough to follow. Jonathan never eats, well on the bike anyway. Rumor has it he did eat a half piece of bacon at the Little Grill. Jeez, what does that guy live on? Alex had twisted nipples, whatever that is, and was the only "casualty" of the evening. Blake and Dan brought the boom box which was appreciated climbing out FR61 and on the Reddish climb. Nice music, I think. Spice drops and somebody's bag of potato chips ROCK! Did I say Andy and Carp were fast? • The 2008 Dynamo was a great evening with a really cool bunch of riders. • Route already in formulation for next year. Look for the 2009 Dynamo around this same time next year. Get ready...

SVBC in H'Burg Holiday Parade

Come one, come all to the Harrisonburg Holiday Parade Friday, December 5 at 8:00pm to support or participate in the Coalition's contribution. Thanks to Basil for signing us up. Contact Basil at basil.hangemanole@klinemay.com if interested!

Massanutten Western Slope Closed for the Season!

The trails on the Western Slope will be closed (except for Sundays) from November 1 thru mid February. Please respect the rules and help keep the Western Slope open for bikes! 2009 Season passes are now available.

Shenandoah Valley Century

by Art Fovarge

I never imagined that this year's Shenandoah Valley Century on September 14 could top last year's event when we went all out with rock bottom pricing, free water bottles, etc. But if the number of participants is the measure, then we did exceed last year's 272 riders by 20. If the measure is having fun & eating paninis, we did that too – in style. If you haven't already, check out the pictures in the Gallery in the Coalition's website. • Ice was a very popular item that day as we probably consumed 300 lb trying to keep riders cool. Although we don't have completed distances on all riders, 50 rode at least 25 miles, 102 at least 50 miles, 26 at least a metric century (62 miles) and 79 rode the century. Probably due to the warmer day, it appears that the average ride distance was less this year than last. • Many thanks once again to all our sponsors: Adventure Cycling, Branner Printing, Indigo Massage, Sage & Sandalwood Massage, Sharp Shopper, Strawderman Photography, and Valley Ballooning. And special thanks to Mr J's Bagels & Deli, for in spite of the fire putting our bagel source out of commission 3 days before the ride, they came through in the end. • Also, many, many thanks to all volunteers, especially those who helped the day of the ride – in no particular order - Mary, Kari, Barbara, Dave, Marshall, Jody, Marcia, Bill, Neups, Robin, Connie, Amy, Woody, Kevin, Jim, Carl, Adrie, Ben, TJ, Chris, Sarah, Rodney, Jenny and Gretchen. You all did a fantastic job – I believe it is our great support why riders keep coming back again & again. • Hope to see you all next year at the 27th.



Trail Work Update *by Michael Carpenter*

The Fall season has traditionally been a busy time for trail work and 2008 was no different as SVBC trail crews tackled projects in the GW National Forest, Hillandale Park, and Massanutten. SVBC's fall tradition of giving back to the trails began in 1995, harnessing the energy of the SixPac Downhill rides to motivate local cyclists to work on trails. Now our annual trail work efforts culminate each year with a major trail work project as part of the Shenandoah Mountain Bike Festival in early October. • Trail work in 2008 featured a variety of opportunities for Coalition members to get involved. With multiple projects and locations underway, there were opportunities to get out on Thursday evenings and Saturday mornings throughout the fall and to sample a variety of different trail work experiences.

George Washington National Forest

Empowered by the DCR Grant awarded to SVBC for trail projects in the GW National Forest, work on the Wolfe Ridge trail began in earnest this September. After the advance planning was completed this spring, the USFS helped clear the trail corridor by providing a Virginia State Department of Corrections work crew. These hardworking inmates brushed and sawed open the corridor for the new trail work. Getting the dirt moving this fall, representatives from SVBC, IMBA, and CAMBC used mechanized trail building equipment to rough in portions of the new trail which will reroute the unsustainable lower portions of the Wolfe Ridge trail. This advance work provided plenty of opportunity for Coalition trail crews at the Festival. Over 100 people brandished trail tools during the Festival weekend helping to finish trail, bench in new trail, and to start the reclamation of the old trail corridor. Also getting involved on this project has been JMU's Outdoor Adventure Program including a formidable number of JMU students. Offered through the University Recreation Program,

Adventure Program leaders were trained on the basics skills and instruction needed to be trail crew leaders. These folks empowered a couple of work crews of 60 plus JMU students to further the progress on Wolfe Ridge. While we are off to a great start, plenty of work remains - we hope to see you out on the trail as we push this project to completion.

Hillandale Park

Although most of the efforts this late summer and fall have been elsewhere our local single track gem is still receiving some attention with yet more development on tap. SVBC crews brushed back the late summer growth opening up the trail corridor and keeping all the lines open. Lots of riding and riders are helping these trails develop – it's exciting to see so many people on their bikes enjoying this local resource. Plans for new trail, expansion of the pump track, and maintenance of the existing network will be taking place in the coming seasons. The winter will be a good time to work at Hillandale – watch SVBCoalition.org for scheduled work days.

Massanutten

Thursday evening trail work outings at Massanutten, which are slowly becoming a cult classic, continued through the fall with the season's last workday on October 30th. Our work has focused on the creation of a new trail heading south from the overlook and connecting to the existing trail network. Work has progressed nicely and although the total footage completed this season is not that huge, the quality of the new trail building is unsurpassed. Carved into the rock and contour of the ridge and featuring incredible vistas and outcroppings, the new trail will offer a rugged technical feel yet be very rideable for folks of all abilities. We expect this new trail to be open by early summer 2009 but will need your help on Thursday evenings next spring to finish the project.

Needing the Pieces to the Puzzle

by Thomas Jenkinian

"I am not a real cyclist," this is a term heard when talking with folks who ride bicycles. This is said from casual recreational riders, commuters and others who don't see themselves as "serious" cyclists. It is time we start emphasizing to everyone who rides a bike that they are a cyclist, a real cyclist, an important cyclist. We need to remind them how Webster's defines a cyclist as "a person who rides or travels by bicycle". The dictionary does not state that you have to ride an expensive bike, ride at least 20 miles per trip or be of certain fitness or size. You ride a bike then you are a cyclist!! Until we can begin to break down this "Cyclist" barrier, cycling will continue to be secondary in the mind of politicians. Cycling will continue being viewed as "alternative transportation" instead of a "means of transportation" and cycling accommodations will continue to be poorly funded and not receive the financial support that is needed and deserved. We as cyclists must begin to convince everyone who rides a bike that they are a "cyclist," an important cyclist, one who can vote or who will vote in the future. If we can start to break down this barrier then the political arena will begin to realize that cycling is an important issue, one of transportation, health and community. I believe on the local level we have already started to see cycling on the minds of politicians, at least two Harrisonburg City Council candidates have been promoting cycling as an important issue in their campaign. Hopefully this issue will be able to work its way up through the levels of politics and see more time and funding at the State and Federal level—remember those folks are elected by "we the Citizens" as well. So the next time you are in a conversation with someone and they say they are not a "real cyclist" convince them they are wrong, they are a cyclist and probably the most important piece of the puzzle that is missing. Until we can collect all these pieces we will be unable to complete the picture and vision of bikes throughout our community. Now get out and vote!! Including this, our first SVBC election!!

SVBC AWARDED USA CYCLING TRAIL TUNE UP GRANT!

In October SVBC was awarded a \$500 grant to help build the "New Trail" at Massanutten. The Trail Tune Grant is awarded to organizations that help maintain and build trails used for mountain bike racing. The funds will go towards a week of machine work in the spring of 2009 to help finish the much anticipated new trail on the Western Slope.

Bicycle Friendly America

by Neups

The League of American Bicyclists has recently expanded its efforts in building a Bicycle Friendly America with its Bicycle Friendly State Program. The two part program recognizes states that promote cycling through legislation, policies, programs, and by creating new places to ride, educating motorists and cyclists, and encouraging people to bike for transportation and recreation. • The first part of the program has been to create an annual ranking of all 50 states. The ranking was based on 74 questions across 6 categories, and looks at all Virginia is doing for bicycling and bicyclists. Virginia has finished 23 overall. In each of the 6 categories Virginia ranked: 8-tied in Legislation, 19-tied in Policies & Programs, 25-tied in Infrastructure, 29 in Education & Encouragement, 14-tied in Evaluation & Planning, 34-tied in Enforcement. For a full listing of all 50 states visit bikeleague.org. • As advocates, the League hopes you find the Bicycle Friendly State program to be a great tool to assist you in your work to make Virginia a great state for cyclists, as it allows a unique opportunity to open doors with the DOT, tourism board and state legislators. We hope you encourage Virginia to apply for further recognition- Bronze through Platinum, similar to our popular Bicycle Friendly Community program. This award program will be open to all states regardless of where they ranked, and the additional questions will allow for the further description of policies and programs that many of you asked for. This BFS Award application will be available later this fall, and will build upon the information already collected.



OK. Now that the *other* election is history, it's time to get to the real business at hand: electing the Board of Directors for SVBC. As an SVBC member, it's your duty to vote in this election. If you're not a member of SVBC, well, you should be. For voting process details (when, where, how) please point your browser to www.SVBCoalition.org. Here's what the candidates have to say about themselves:

□ Erin Bishop

I hope that my skills in marketing and communications will have various benefits to the SVBC through a position on the board. I'd like to help further organize the membership process, including outreach to new and potential members; promote the coalition, its mission and happenings within and to the community and other organizations; and identify opportunities to increase the efficiency and effectiveness of these communications. I'm very interested in the process of identifying and obtaining grants for the coalition, and I would like to learn more about and lend my writing skills to that effort. It's also very important to me to help the SVBC to begin organizing kid and junior cycling rides and events as a means to further promote the coalition and the many benefits - and enjoyment - of cycling.



□ Michael Carpenter

I seek your support in the upcoming election for the SVBC Board. I am a proud member of the cycling community, a former SMBC Board member, and currently manage the membership duties for the Coalition. I have been involved in the development of cycling in the Harrisonburg area since 1994 - helping especially with our events and trail work. As part of the leadership that helped merge our former clubs into the SVBCoalition, I am very excited to work with this motivated group of citizens towards the vision of the SVBC. I feel that my experiences, contacts, and family values can help the Coalition reach its vision of furthering cycling in our community as a means of transportation, fitness, recreation and freedom. In the event our esteemed President does not run for re-election, I will volunteer for this position to help facilitate normal operations until new candidates are groomed. I ask for your support and furthermore your involvement with SVBCoalition activities, your contribution will help us improve cycling opportunities in and around the Shenandoah Valley. Michael Carpenter, 310 Ohio Avenue, carpenmc@jmu.edu



□ Marcia Lamphier

This letter is to acknowledge that I would like to serve on the Board of Directors of the Shenandoah Valley Bicycle Coalition. My passion and devotion to cycling and the cycling community is proven with over 20 years of dedicated involvement with the Shenandoah Valley Bicycle Club as well as the Shenandoah Mountain Bike Club. • My election to the Board of Directors would bring a sense of stability, dependability, and a commitment to the SVBCoalition. Not only would I bring to the Board of Directors a voice from the past but also a link to the future. • I would appreciate your consideration of my offer to serve on the Board of Directors. Respectfully Submitted, Marcia E. Lamphier



□ Jim Lofton

Jim Lofton is new to the biking community in Harrisonburg. He is a lawyer who is interested in working with city, county and state agencies to make the Harrisonburg community more bicycle-friendly.





□ Basil Hangemanole

I came to cycling late in life. Like many kids I rode a bike until I was old enough to drive, after which, the bike was parked for the next 45 years or so. • The re-discovery of the joy of riding has meant a lot to me. Finding new friends has meant even more! I would like now to serve as a board member to contribute to something that has given me so much. • But much more importantly; our board needs at least one old fart to keep the young pups in line. GREY POWER! Basil



□ Marty Neary

For those of you that dont know me, my name is Marty Neary and I am seeking a position on the board of SVBC. I am a 20 year resident of Harrisonburg and a Commercial Airline Pilot for United Airlines as well as being an avid cyclist. I am a mountain biker primarily and dedicate 99% of my riding to that endeavor. I usually race a few events a year and travel extensively across the country riding different parts of the USA as often as I can. I have three children, Dane 17, Morgan 12 and Cameron 9 and my wife Christine who currently serves as treasurer for the club. I have served on 3 boards of different corporations for various enterprises and currently am president of Outdoor Specialties a VA based corporation specializing in a variety of outdoor gear and supplies. I have been active in club functions, trail work and advocacy and have good relationships with city council members and congressman Goodlattes office. I have done volunteer work for Skyline literacy coalition, Spotswood PTA and Make-A-Wish foundation as well as numerous local events. • My goal for the club, would be to advance an agenda that would focus on the youth in our community. I would advocate for dedicated Children's rides, a Children's race schedule and coordinate the effort with volunteers. I feel strongly that the future of our club is in the hands of the youth and would expand the base of the club as well as provide an outlet for many of our neighborhood kids. • My phone number is 560-2776. Feel free to call me with any questions you may have. I look forward to serving on your behalf.



□ Jason Sajko

How do I count the ways that I like bikes, and the things they do for people? My love of the process of human beings riding bikes is of course a reason and perhaps a pre-requisite for why I am interested in the Shenandoah Valley Bicycle Coalition. • In addition, I am a huge fan of the community that exists here in the Shenandoah Valley. Where cities and towns, mountains and valleys, roads and paths, and all sorts of people exist and live together. Bicycles play a huge part in this community, bringing joy to families, tourists and commuters alike. I want to help foster and grow this community and show other people and organizations how bikes fit into modern cultures in an extremely positive way. Bicycles affect the personal health, community bonds, and the Earth's environmental well-being. So I see the SVBC as much more than bikes. • If chosen for the Board, I would bring the perspective of a family man with a wife and 2 children, a cyclist who enjoys all types of bikes (road, moutnain, bmx, even kids bikes in moderation), a professional with insights into the workings of S&L and Federal goverments, an active member of the SMBC and SVBC, and a former bike-commuter in a major metropolitan area. Combine these things with a desire to make a positive impact on individuals and a community, and I think I can serve the SVBC well. • A goal of mine is to see our local and state governments recognize the value of bicycles to the residential and economic development and sustainability of their jurisdictions. • Thanks for your consideration, Jason Sajko



The Featured Road Ride



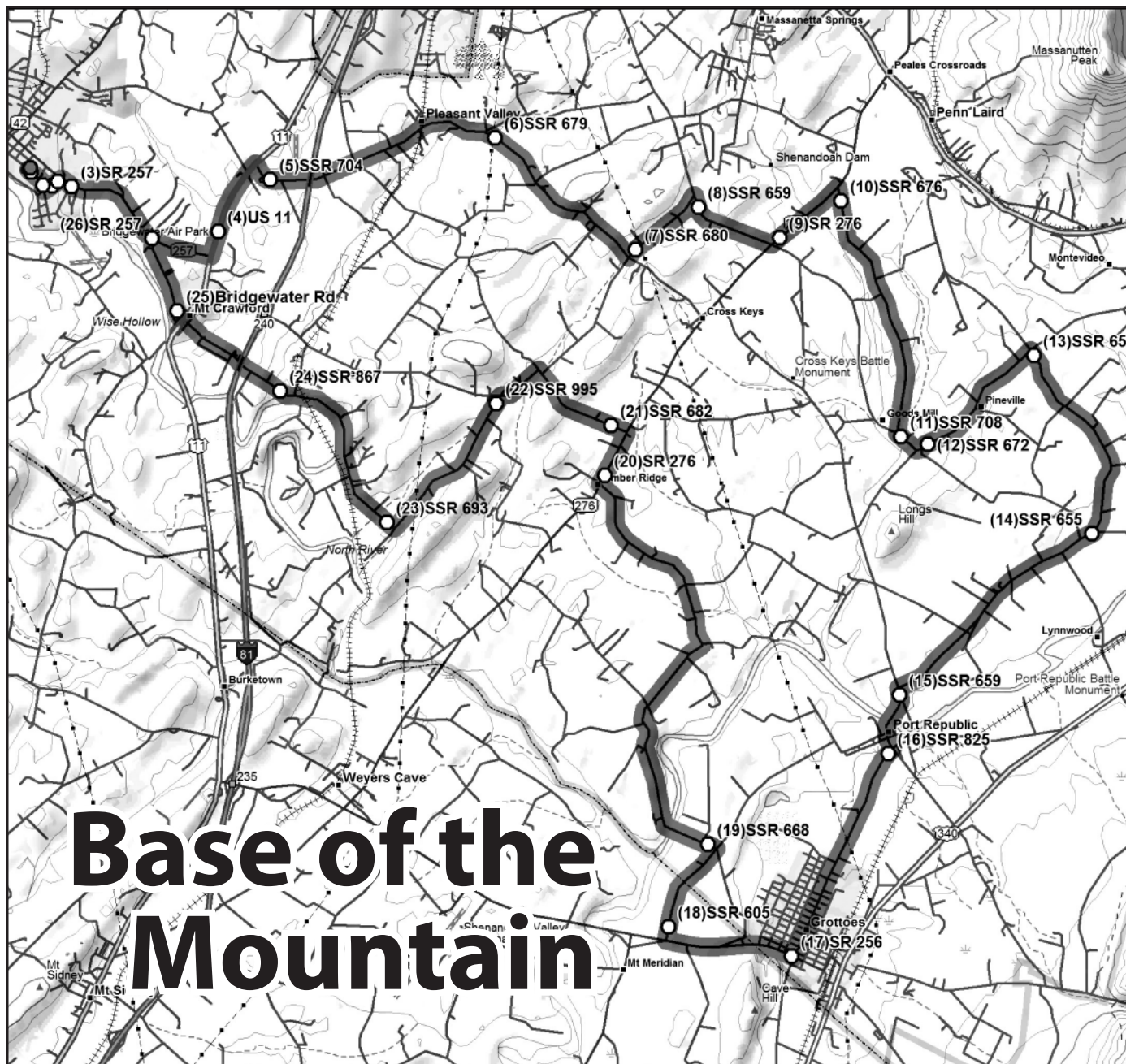
Base of the Mountain

Start at Bridgewater College

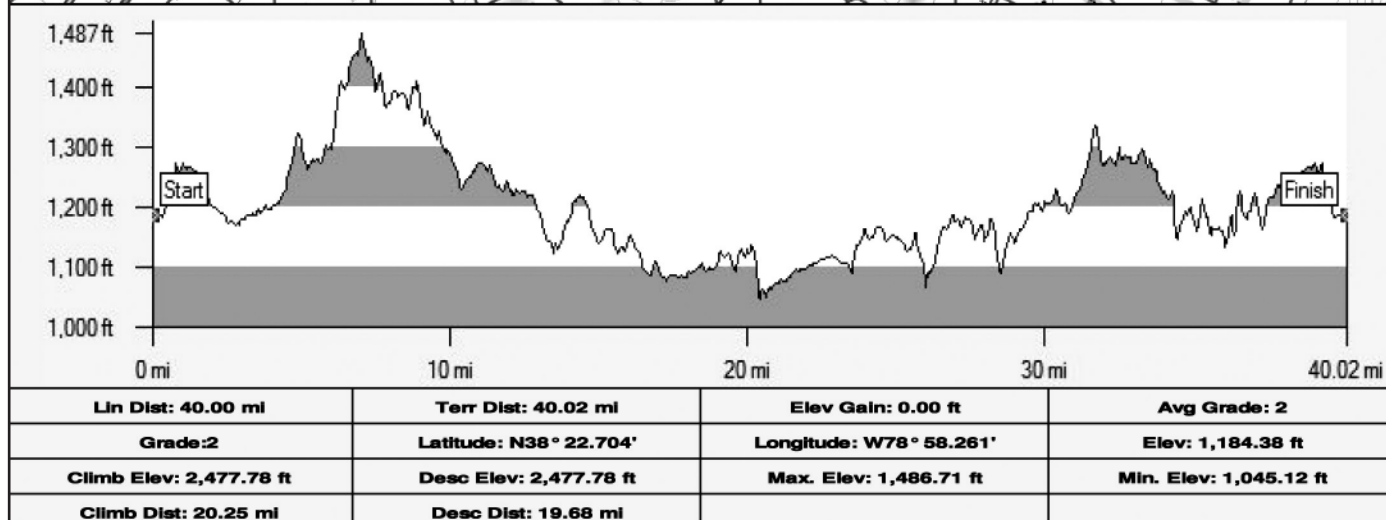
Dist		Turn		Road	Total Dist
- mi		left (SE)	on to	E College St	- mi
0.28 mi	Turn	left (NE)	on to	College View Dr	0.28 mi
0.21 mi	Turn	right (ESE)	on to	SR 257	0.49 mi
1.81 mi	Turn	left (NNE)	on to	US 11	2.30 mi
1.05 mi	Turn	right (ENE)	on to	SSR 704	3.35 mi
1.91 mi	Bear	right (ESE)	on to	SSR 679	5.26 mi
2.63 mi	Turn	left (NE)	on to	SSR 680	7.89 mi
0.92 mi	Turn	right (ESE)	on to	SSR 659	8.81 mi
0.99 mi	Turn	left (NE)	on to	SR 276	9.80 mi
0.89 mi	Turn	right (SSE)	on to	SSR 676	10.69 mi
2.67 mi	Turn	left (ESE)	on to	SSR 708	13.35 mi
0.31 mi	Bear	left (NE)	on to	SSR 672	13.66 mi
1.53 mi	Turn	right (SSW)	on to	SSR 655	15.19 mi
4.73 mi	Turn	left (S)	on to	SSR 659	19.92 mi
0.67 mi	Turn	right (SSW)	on to	SSR 825	20.59 mi
1.23 mi	Go	straight (SSW)	on to	Dogwood Ave	21.83 mi
1.10 mi	Turn	right (W)	on to	SR 256 (3rd St)	22.92 mi
1.33 mi	Turn	right (NNE)	on to	SSR 605	24.25 mi
1.10 mi	Turn	left (NNW)	on to	SSR 668	25.36 mi
4.76 mi	Turn	right (NNE)	on to	SR 276	30.12 mi
0.59 mi	Turn	left (WNW)	on to	SSR 682	30.71 mi
1.61 mi	Turn	left (SW)	on to	SSR 995	32.32 mi
1.76 mi	Turn	right (NW)	on to	SSR 693	34.08 mi
1.85 mi	Bear	left (WNW)	on to	SSR 867	35.93 mi
2.25 mi	Turn	left (WNW)	on to	SR 257	38.18 mi
1.23 mi	Turn	left (SW)	on to	College View Dr	39.41 mi
0.21 mi	Turn	right (NW)	on to	E College St	39.62 mi
0.28 mi	Go	right	in to	Bridgewater College	39.90 mi

Here's a nice, medium length ride for the fall season. The profile looks bad, but it's only about 2500' of climbing over 40 miles. That gives it a rating of 62 (100 and above is tough). This ride was used in the early days of the Shenandoah Bike Festival. You'll have some traffic to contend with on a few roads, but not for that great a distance. Enjoy. - Neups

After you try this ride, how about 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.)



Base of the Mountain



13th Annual Shenandoah Mountain Bike Festival Recap

by Thomas Jenkini

The 13th annual Shenandoah Mountain Bike Festival came to end on Sunday October 12th with an empty campground, the sun setting over the mountains and a lot of tired mountain bikers. 230 folks came out over the weekend to make this year's event one of the largest and most profitable for SVBC. It is hard to put into words everything that happened over the weekend so we thought it would be best to highlight some of the facts and statistics from the event.

- **Profit** from: Registration: \$3300, Donations: \$620 (Thanks Sole Source, Wilderness Voyagers, Radical Roots), Membership Dues: \$420, SVBC "Store": \$106. **Volunteer Trail Work Hours:** 300+ hours on the Wolfe Ridge Trail. **New and Renewed Memberships:** 7 Families, 7 Individuals. **Consumption Highlights:** 630 Eggs, 3 Gallons of Syrup, 50lbs of Chicken, 320 Mushrooms, 5 Gallons of Orange Juice, 5 Gallons of Buttermilk, 340 Tortillas, 7 Kegs, 100 Peppers, 16 lbs of Pasta, 68 lbs of Hash Browns, 260 Sausage Links...this is just some of the stuff. • Thanks to everyone who helped to make this such a fun and successful event!!

Railroad Track Update

by Thomas Jinksen

The longest ongoing cycling issue in Harrisonburg is getting closer to becoming a piece of history. Every week another cyclist takes a nasty spill on either the Country Club or South Main Street Railroad Tracks and this will continue until a solution is constructed and in place. Hopefully a solution is closer then ever with engineering for both sites completed, communication continuing between the City of Harrisonburg, VDOT, Northfolk Southern and the City Council's authorization for the City Manager to move forward with the project. Even though the solution may not be the best fix (it is just a bad crossing!!) it will provide a safe crossing alternative at a 70 degree angle instead of the existing 20 degree crossing. SVBC

thanks the City Staff for their continued work on this important issue and City Council member Charlie Chenault for his devotion to this project.

Walk Smart, Bike Smart at International Festival

by Thanh Dang

Thank you to everyone who helped with the "Walk Smart, Bike Smart" tent at the International Festival in September! It was a great success! Together we gave out 322 FREE bicycle helmets, gave out hundreds of flashing reflective lights, got people to take bike quizzes and engaged visitors in talking about bicycling in our area. Partners and sponsors, in addition to the Shenandoah Valley Bicycle Coalition, included: Harrisonburg-Rockingham Metropolitan Planning Organization, The City of Harrisonburg, Central Shenandoah Planning District Commission, RMH Community Health, Safe Kids of the Central Shenandoah Valley, JMU's Institute for Visual Studies, Everyday Bikes!, Harrisonburg Transportation Safety Commission, Harrisonburg Bicycle & Pedestrian Committee, and community members. We hope to see you again next year!

Weekly Rides and Trail Work...

It's Fall now and Winter is just around the corner, but that doesn't mean that there's no regular riding going on in the 'Burg. Every Tuesday grab your Fixed Gear for the Tuesday Fixie Ride, and since it's dark so early these days, every Wednesday grab your lights for the Wednesday Night Mountain Bike Ride. And don't forget about the trail work -- that's a regular Saturday morning event, serving the almighty GWNF and our own special Hillandale Park Trail System. If you want to ride 'em, first you gotta build 'em and then keep 'em rideable. Details and specifics on all of these efforts are available at the Forum on SVBCoalition.org.

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

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 email at the address listed above.

Member Signature _____ Date _____

Signature of Parent / Guardian (under 18) _____ Date _____