

The Mellow Vêlo

October 2009

The Newsletter of Shenandoah Valley Bicycle Coalition

“When it’s time to change, you’ve got to rearrange...”

Pledge the One Mile Challenge!

By Lara Mack

Have you ever thought of trading in your car for a bicycle? Sure, it sounds like a crazy move, but how about just for trips of about a mile or less? That doesn’t sound too bad, right? 40% of America’s trips are 2 miles or less and 90% of those trips are made using cars. If we replaced these short car trips with walking, mass transit, or biking, imagine what you might save. Your gas money, the planet, your health, etc. This is what the One Mile Challenge Pledge is all about. We are working to get more people out of their cars and using bicycles (or other positive forms of alternative transportation). By doing so we hope to strengthen the alternative transportation culture in our area and make it fun, safe, and accessible for all, and we are starting off with a celebration of bikes to get the wheels turning, so to speak.

Attend the One Mile Challenge Kick Off Event to celebrate creating a bicycle and pedestrian friendly city! It will take place on the lawn next to the Farmer’s Market Pavilion in Downtown Harrisonburg from 1-4 pm on Saturday, October 3rd, 2009. We will have a multitude of activities, lessons, and presentations for kids of all ages about alternatives to cars (with the highlight on bikes). We’ll have tables with plenty of information from some of our local bike stores, the Harrisonburg Police Department, the Volunteer Gas Tax Group, as well as a table all about bicycle advocacy in Harrisonburg and how and why you should take the One Mile Challenge. Jay Lapp and Trent Wagler will be finishing their... (continues Page 2)

Bicycle & Pedestrian Plan Public Input Meeting

By Thanh Dang

A Public Input Meeting for citizen input on the draft Bicycle & Pedestrian Plan will be on Tuesday September 29, 2009 from 6:30pm-8:30pm in The Forum at Thomas Harrison Middle School, 1311 West Market Street, Harrisonburg. Join us to discuss and provide feedback to the draft plan that our 14-member Advisory Committee has been working on to improve bicycle and pedestrian facilities in the City of Harrisonburg. To view a copy of the draft Bicycle & Pedestrian Plan in advance of the meeting visit www.harrisonburgva.gov/bikeped. Come at anytime between 6:30pm-8:30pm.

Railroad Track Update

By Thomas Jenkins

After decades of neglect and hundreds of accidents the two most dangerous railroad track crossings in the City of Harrisonburg (if not the Country) have been improved for cyclists! Both the South Main Street and Country Club Road railroad crossings have had new tracks laid which include a rubber flange filler but the big improvement is the additional asphalt pathway that has been installed which allows cyclists to cross the tracks at an almost perpendicular angle. The new asphalt pathway routes will force a rider to slow down but cyclist are now provided a much safer crossing. The City of Harrisonburg completed the projects in the end... (continues Page 2)

DON'T MISS THE SVBCoalition MEETING AND SOCIAL!!

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

One Mile Challenge (continued) ...bike music tour with a final show at our event! There will be bike-churned ice cream and a commuter bike show. Activities include fast lessons to get your kid on 2 wheels, the slowest bike race, a bike verses car race with Kai Degner, and decorated bike parade to finish up the event! The event is free and open to all. Invite your friends and family and be sure to bring your bikes as well. If you are interested in riding with a group of friends to our event, you can look up a group ride leader near you or become one yourself by visiting the Shenandoah Valley Bicycle Coalition website or contacting Travis@dtlayman@msn.com.

FUNDFEST 2010

Here We Go Again!

By T. Jenkini

For the third time in seven years SVBC has been selected as one of the eight non profit groups to help with the annual summer time concert series known as Fundfest. This concert series occurs every other Wednesday between May and September in the field next to the farmers market, downtown Harrisonburg. SVBC will be required to have 25 volunteers on July 14th, 2010 so please mark your calendar to help. These concerts have been very fun and profitable for the organization in the past. Each group in 2009 received \$1400 for their participation. Proceeds from each event also benefit the Harrisonburg/Rockingham County SPCA.

Track Update (continued) ...of September complete with road marking and signage to help guide cyclist to the new pathway. No more getting off and walking or having to take up a full lane of track to cross the tracks safely. This project was long overdue but we are very appreciative to both the City of Harrisonburg and Norfolk Southern Railroad for their work.

2009 Dynamo

By Marshall Hammond

Come one, come all who dare, the 2009 Dynamo will take place on Oct 3-4, 2009. The crazies will leave SBC at 10 PM on Saturday October 3rd and return in time to eat at the Little Grill on Sunday Oct 4th. There might be a support vehicle to carry water, coats, food, and bodies if necessary, but plan on being as self-sufficient as possible. The route this year will be familiar to those who road the 2008 Dynamo, but reversed. We'll be topping the Branch Gap early in the night then descend to Sugar Grove. Williamsville will be our next destination by way of the Cow Pasture River Road, then Scotchtown Draft, Marble Valley through the dark scary woods and into Deerfield. Hopefully daylight will break at the old Carpenter Store then parade past Elkhorn, Todd, Stokesville, and Bridgewater. The Grill will serve beer for breakfast. • The only rules are; 1. tail lights must have a non-blinking option 2. some form of ID on you or your bike (for the occasional road side traffic stop to check drinking age). • Stokesville Market has a good supply of Sparks so head out there to stock up for the ride. • Charge up your lights and there is a full moon on the 4th so the 3rd should be pretty good. • No idea of the temperature but expect it to get pretty darn cold during the night.



Squeaker?

By Tim Richardson

The fall is falling and now is a great time to enjoy the best time of year for trail riding. Your bike has given another good summer of service and likely has many interesting noises by now that are trying to get your attention. Now is a great time to chase down the noises one at a time and remedy them before they cost you money or blood. • You can start with the front end, lock the front brake and forcibly wrestle the bars in all directions, any creaking can be one of the following: Bar stem interface, stem/steerer interface, headset/frame interface. Start by cleaning one thing at a time and retest to know for future diagnosis. Clean all mating surfaces, inspect for signs of stress, replace as needed and reassemble with a light grease on any bolts. These steps can all be done with Allen type wrenches. If the piece you are reassembling has more than one bolt, alternate tightening them gradually until they are adequately snug. Another likely suspect is the seatpost/frame/seat area. Take the seatpost out, clean mating surfaces including between frame and seat collar, between frame and post and seat post and seat rails. Again lube lightly between mating surfaces and snug to a torque that just prevents slipping. • Once you've gone through and done these preventative measures you should be back to a quiet ride which is safer all around. Noisy bikes are trying to communicate with you, time to listen.

Weekly Rides and Trail Work...

MONDAY: Social Mountain Bike Ride

MONDAY: Beginner Road Ride

TUESDAY: Ladies Mountain Bike Ride

WEDNESDAY: Road Ride from HHS

THURSDAY: Trail Work Evening

FRIDAY: Six Pack Series

SATURDAY: Trail Work Day

SUNDAY: Casual Road Ride

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

Bike Commuting Tax Benefit

By Heidi Lestyan

Although few people seem to be aware of it, a bicycle commuting tax benefit was added to the US tax code in fall of 2008, as part H.R.1424, Title II, Section 211, which became the Emergency Economic Stabilization Act of 2008. Although this benefit is capped at a relatively meager \$240 annual sum, that is more than enough for a swanky new set of neon handlebar tassels. • The bicycle commuting benefit is implemented as a tax credit for your employer that is structured similarly to existing parking and mass-transit commuting benefits. Your employer can reimburse you \$20 each month, up to \$240 annually, if a "substantial" portion of your commute for the month is by bike. Any amount that they reimburse you over \$240, or in excess of \$20/month, is subject to tax. The tax-free \$20/month benefit does not require receipts (similar to a per diem for meals), and would come to you from your employer like any other expense reimbursement. • The IRS describes "eligible expenses" as including the purchase of a bicycle, bicycle improvements, bicycle repair, and bicycle storage. If you are trying to get reimbursed for a bike purchase, or any of these other aforementioned items in a chunk greater than \$20/month, your employer has to include this amount as part of your wages, you need to document the expense with a receipt, and it is subject to tax. • My employer has implemented this as follows: those of us who are claiming this benefit submit an expense report at the beginning of the month claiming the \$20. Because no receipt is required by the IRS, whomever within your organization approves the expense report for reimbursement essentially vouches that you are in fact biking to work and are therefore eligible to claim it. • Additional information is available on the IRS website, Guideline 15-B, under section 2: transportation (commuting) benefits. <http://www.irs.gov/publications/p15b/ar02.html>



Trails Close for Hunting Season

Beginning November, the trails of the Western Slope will be closed Monday-Saturday for hunting season, which ends in the middle of February. The trails will be open to those with a valid pass on Sundays which is a no hunt day in the State of Virginia. Please respect this and all other rules of the Western Slope.

The New Trail (Yet to be Officially Named)

Nearing completion after two years of building and another year of planning, SVBC has completed over 1020 volunteers on "the new trail" in 2009 bringing the grand total of trail work hours for this mile of love to over 1600 hours. The new trail officially opened for the Massanutten Hoo-Ha during the first week in June but crews have continued on Thursday evenings to complete the finishing touches. SVBC will sign off on the new trail this October and hopefully give it an official name. Thank you to everyone who has put a tool into the ground and helped make this trail a reality.

Massanutten Passes

To have access to the western slope trails one must have current pass. The passes expire Dec. 31st of each year but if you obtain a pass after September 1st the pass will not expire until the Dec. 31st of the following year. There has been some confusion this year on obtaining a pass so here are the details:

- 1: You must be current SVBC member.
- 2: You must complete a sign Massanutten waiver.

AND

- 3: You must fulfill one of these **two** requirements:

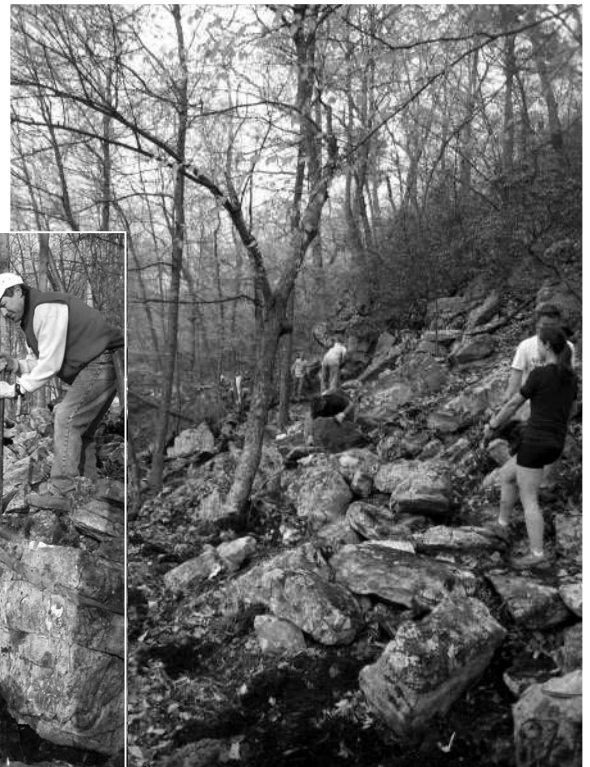
A: commit to doing 8 hours of trail work during the course of the year (and actually do it)

OR

B: pay \$50 (which goes towards the trails)



The New Trail





The Featured Road Ride

Quarter Century

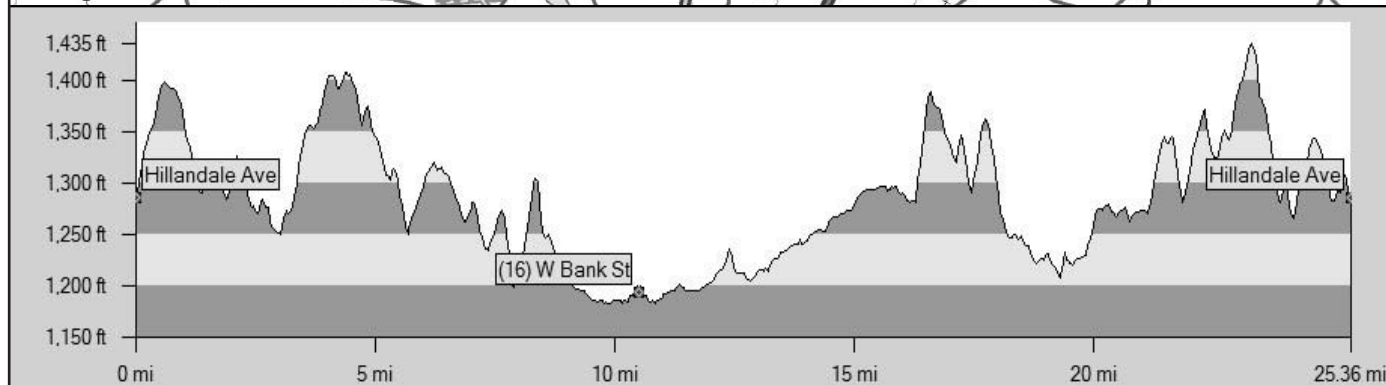
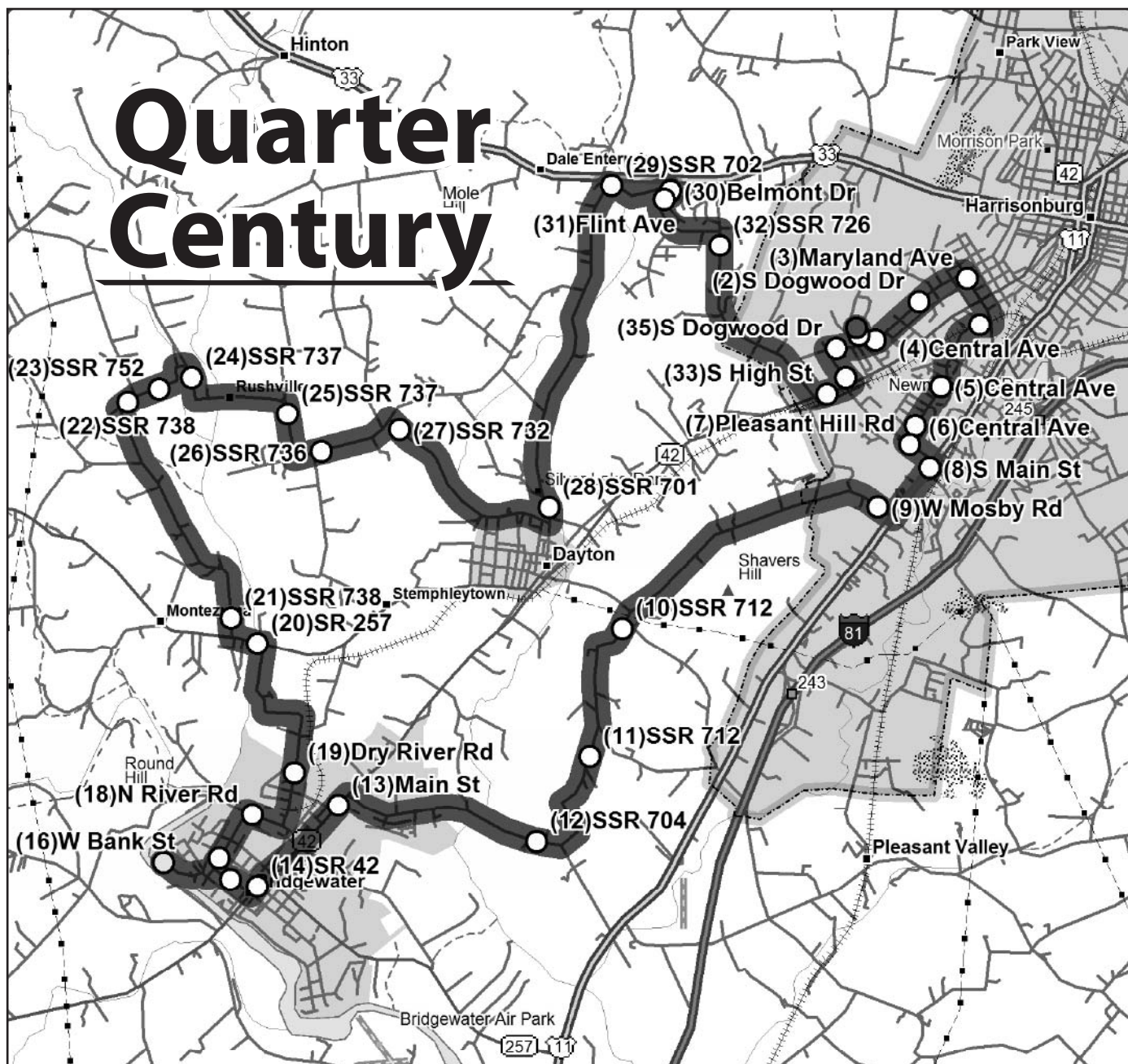
Start at Hillendale Park, Shelter 1

Dist		Turn		Road	Total Dist
- mi		left	on to	Hillendale Ave.	- mi
0.12 mi	Turn	left (NE)	on to	S Dogwood Dr.	0.12 mi
0.86 mi	Turn	right (SSE)	on to	Maryland Ave.	0.98 mi
0.41 mi	Turn	right (SW)	on to	Central Ave.	1.39 mi
1.07 mi	Turn	left (SE)	on to	Pleasant Hill Rd.	2.46 mi
0.24 mi	Turn	right (SW)	on to	US 11 (S Main St.)	2.70 mi
0.49 mi	Turn	right (WNW)	on to	W Mosby Rd. (becomes SSR 712)	3.19 mi
2.10 mi	Turn	left (SSW)	on to	Pike Church Rd. (SSR 712)	5.29 mi
0.10 mi	Turn	right (SW)	on to	Liskey Rd. (SSR 712)	5.39 mi
0.90 mi	Turn	right (SSW)	on to	Lewis Byrd Rd. (SSR 712)	6.29 mi
1.00 mi	Turn	right (WNW)	on to	SSR 704	7.29 mi
1.57 mi	Turn	left (SW)	on to	SR 42 (N Main St.)	8.86 mi
0.96 mi	Turn	right (WNW)	on to	W College St.	9.82 mi
0.31 mi	Turn	left (SW)	on to	SW View St.	10.13 mi
0.07 mi	Turn	right (WNW)	on to	W Bank St.	10.20 mi
0.34 mi	Stop	at		Wildwood Park	10.54 mi
	Return	out of Park	on to	W Bank St.	10.54 mi
0.34 mi	Turn	left (NE)	on to	SW View St.	10.88 mi
0.52 mi	Turn	right (ESE)	on to	N River Rd.	11.40 mi
0.70 mi	Turn	left (NNE)	on to	Dry River Rd. (becomes SSR 738)	12.10 mi
1.09 mi	Turn	left (WNW)	on to	SR 257	13.19 mi
0.22 mi	Turn	right (NNW)	on to	SSR 738	13.41 mi
2.00 mi	Bear	right (ENE)	on to	SSR 752	15.41 mi
0.48 mi	Turn	right (SE)	on to	SSR 737	15.89 mi
1.25 mi	Turn	left (ENE)	on to	SSR 736	17.14 mi
0.73 mi	Turn	right (SE)	on to	SSR 732 (Bowman Rd.)	17.87 mi
1.37 mi	Turn	left (N)	on to	College St. (becomes SSR 701)	19.24 mi
2.52 mi	Turn	right (E)	on to	Old Route 33	21.76 mi
0.48 mi	Turn	right (S)	on to	Belmont Dr.	22.24 mi
0.06 mi	Turn	right (SE)	on to	Flint Ave.	22.30 mi
0.62 mi	Turn	right (SSE)	on to	SSR 726 (Garbers Rd.)	22.92 mi
1.47 mi	Turn	left (ENE)	on to	SR 42	24.39 mi
0.27 mi	Turn	left (NW)	on to	Hidden Creek Ln.	24.66 mi
0.29 mi	Turn	right (E)	on to	S Dogwood Dr.	24.95 mi
0.25 mi	Turn	left (NNW)	on to	Hillendale Ave.	25.20 mi
0.12 mi	Finish	at		Hillendale Hillendale Ave.	25.32 mi

In honor of the just completed SVC 27, here's the Quarter Century map and cue sheet. Thanks, Art, for another wonderful year.

-Neups

Quarter Century



Lin Dist: 25.35 mi	Terr Dist: 25.36 mi	Elev Gain: 0.03 ft	Avg Grade: 2
Grade: 2	Latitude: N38° 26.318'	Longitude: W78° 53.936'	Elev: 1,284.95 ft
Climb Elev: 1,601.60 ft	Desc Elev: 1,601.58 ft	Max. Elev: 1,434.44 ft	Min. Elev: 1,181.33 ft
Climb Dist: 12.88 mi	Desc Dist: 12.43 mi		

Rocktown Trails Receives State Recognition

In early September the Rocktown Trail System at Hillandale Park was awarded the "Best New Greenway, Blueway or Trail" in the 25,000 – 50,000 population category by the Virginia State Parks. The award was announced and presented to Harrisonburg Parks and Recreation at the Virginia Parks and Recreation Society Annual Conference awards banquet in Roanoke, Virginia. Lee Forester, the director of the Harrisonburg Parks and Recreation was very excited and wanted to pass on to the entire bicycle community that "You and the many volunteers and club members of SVBC should be very proud and pleased at this reward for all of your efforts and hard work in establishing and maintaining this wonderful facility".

Shenandoah Mountain 100 SVBC Update

By Chris Scott

The sold out 11th annual Shenandoah Mountain 100 was a huge success yet again. The event brought participants from the far corners of the US and as far as the UK to ride SVBC maintained National Forest trails. Riders really enjoyed the trails and were amazed at the remote backcountry nature of the route that took them deep into the Little River Potential Wilderness Area. • The Sole Source of Harrisonburg generously offered to match the purse as a donation to the club if either the men's or women's course record was broken. They have given a \$400 donation to SVBC in the name of Jeremiah Bishop for knocking over 17 minutes off the course record. The 2009 event leveraged over 400 hours of trail work on the route and generated over \$3,000 in donations to partner mountain bike clubs. • A huge thanks to Marshall Hammond of SVBC for coordinating volunteers, the USFS, Massanutten Amateur Radio Club, Search and Rescue, and our local first responders and medics for making this such a successful event.

Take A Kid Mountain Biking

By Marty Neary

SVBC, HPD and Parks and Recreation will host the October 3rd event of "Take a Kid Mountain Biking Day" at Hillandale park at 0900-11:30. This is an International event underwritten and sponsored by IMBA. There will be a packet of goodies from IMBA for each child, (or those that act like one :-0). Following the event at 12:00 we will have a Kids Time Trial series in the park and an adult series at around 2pm. This looks like it could be huge, the boys and girls center is planning on bringing a van load of kids over, all new bikers that have never done this before. I've got a ton of free helmets lined up, HPD will be on hand with 8 officers to do their mountain bike course and traffic safety lecture, Parks and Rec will have bars and drinks, and SVBC will have the main event, Cool!



**shenandoah
mountain bike
festival**

**OCTOBER 9-11
STOKESVILLE**

 SWEET DEALS AT THE GEAR SWAP!
FOR DETAILS, VOLUNTEER INFO & REGISTRATION:
WWW.SVBCOALITION.ORG

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