

***** APRIL MEETING - TOP CONDITIONING *****
 (OR AN INTIMATE LOOK AT A RACER'S DIARY!!)

The highlight of the April SVBC meeting was an informative and pulse quickening discussion by Bruce Werner on conditioning and training for bicyclists. Bruce, the SVBC's race director, shared information from a variety of sources, including his own racing experiences. The discussion started with a "hard core", olympic style training program that had many in the room grabbing for their hearts. Bruce then modified this program to fit the constraints of a person living in the real world (jobs, family, dedication, etc). Finally, Bruce emphasized that the key to it all was getting on the bike and riding! Thanks to Bruce for a great presentation, and perhaps he'll share some more intimate details from his racing diary at a future meeting!

***** MAY MEETING - CAMPING AND TOURING EQUIPMENT *****

Are you considering the purchase of some camping and/or bike touring equipment? Are you confused by the myriad of things available? Wouldn't it be nice to examine some equipment and talk to some more experienced folks before making the financial plunge? If you answered yes to any of these questions, you won't want to miss the May meeting of the SVBC (Tuesday, May 8, 7:30 PM, Hburg Nat'l Guard Armory). A variety of camping and bike touring equipment will be on display. Some experienced campers and bike tourers will discuss what equipment works best for them and why. Tents, sleeping bags, stoves, panniers, racks, and more will be exhibited. This is a very timely meeting with the SVBC's first overnight trip coming up in a few weeks (details elsewhere). Plan to attend, bring a friend! If you have some equipment or expertise that you would like to share, contact program directors Mary Lu and Dave Lewis at 967-5363.

***** SAFETY COMMITTEE REPORTS *****

SVBC Safety Committee chairman, Mario Dennis, reported at the April meeting on the progress of the committee. The committee is investigating the possibility of having the City of Hburg erect a sign at the dangerous tracks on S. Main St. by Roth Theatres to warn cyclists. In addition, the committee is in the process of locating some good films on bicycling safety for viewing at a future club meeting. Mario, on behalf of the SVBC, composed and read a letter to the Daily News Record editor encouraging safe bicycling in the Valley and affirming the SVBC's commitment to safe bicycling practices. The letter was accepted by the members present, and circulated for signatures. The letter appeared in the DNR last week. If you have some safety ideas, or would be interested in working with the Safety Committee, contact Mario at 289-9262.

***** PRESIDENTIAL PERAMBULATIONS by Ray Miller *****

The weather is just perfect (ed. note: hey Ray, it's raining today!) for riding, so plan on putting in some saddle time. The touring committee has been working hard to provide you with a good schedule. I was disappointed that no one showed up for my Easter ride, but I guess not many of you have bikes outfitted with pontoons. The Tour of the Eastern Shore (Restaurants) was a big success, and those who rode would like to thank V.K. Begoon for his role as Big Brother. If you haven't already done so, make plans for the upcoming overniter at Tusing Family Campground. Enjoy the May flowers!

***** MAY IS BICYCLING MONTH! *****

The bicycling industry and several bicycling organizations have designated May as the official "Bicycling Month." Although the SVBC does not have any formal plans, besides our normal activities, each member can do their part to promote bicycling in the Valley. Show off your bike to a friend, invite a friend to accompany you on one of your favorite short rides, bring a friend (or two or three or...) to the next club ride, but best of all, share the joy of two wheel travel. Make it a goal to save one lost soul from the sin of not bicycling!!!

***** OLYMPIC REPORT - URBAN CYCLING TEAM TRAINING UNDERWAY *****

Dr. Bike dropped us a postcard from L.A. to give us a brief update on the progress of the U.S. Olympic Urban Cycling Team, of which Bike was recently selected to coach. Dr. B reports that the team is beginning to take shape. In order to condition their lungs, eyes and skin, the cyclists have been riding behind L.A. transit buses for the past two weeks. In order to condition the ol' digestive tract, the dedicated cyclists have been placed on a strict diet of tacos, honey-dipped donuts and weak, black coffee. Everything appears on schedule, except that the riders have had some difficulty eating the tacos while riding behind the buses. Dr. Bike is considering a switch to burritos. He says he would welcome any suggestions on food. (ed. note: the folks who went on the Eastern Shore tour may be able to assist). Finally, Dr. Bike says to tune into ABC's Wide World of Sports this Sat. to see his interview with Howard Cosell!!

***** BIKE TRAIL PETITION RECEIVED *****

A petition has been received by the SVBC encouraging the construction of a bike trail along route 42 between Hburg and Broadway. Perhaps some of you read of this petition in the editorial section of the DNR several weeks ago. The petition will be available at the May meeting for signing and discussion. At this point, the SVBC has no position of support or opposition to this proposal.

***** THE RACER'S CORNER by Bruce Werner *****

The first time trial of the season was held on Saturday, April 28 out on Dry River road. Originally billed as a 25 miler, common sense prevailed and a 18 miler was run. Six riders participated and the times are given below. It looks like it's gonna be a fast year!!

MEN'S DIVISION: Craig Hauck 24:31.3; Dennis Herr 25:16.0; Ed Gainer 27:28.8; Dale Hartzler 27:25.4; Larry (we forgot your last name, opps) 29:08.5

WOMEN'S DIVISION: Sue Rippy 30:16.6

Regular time trials start on May 15 at 6:30PM ON Dry River Rd. These will be run every Tues at 6:30 on Dry River Road, except for club meetings. All riders are welcome. See you there! Check the schedule for other racing events.

5/15, TUES, 6:30PM, Dry River Rd., first Tuesday evening time trial of the season. Contact Bruce Werner for details (433-8977).

5/26, SAT, 9AM, Purcell Park, 35 mile training ride, moderate pace, class A/B/C. Leader: Bruce Werner

***** SVBC CLASSIFIED *****

FOR SALE: 26" Schwinn Collegiate Sport, Black, exc cond., best offer (783-942-2385 Waynesboro)

FOR SALE: Two wheels, front and rear, Suzue Hubs, Rigidairias (788c), Trek tires, 433-6618(days), 867-9489(vele)

FOR SALE: 25" Frame, Japan. chromo/moly tubing, stripped, somewhat priced. Sell, or trade for Santana tandem (23/21) 433-3419.

*** VOYAGEUR by Art Fovargue ***

Just returned from a successful 2nd annual TOTES (Tour Of The Eastern Shore, or Eating Shore as some called it!). Although there were a few deviations from the alterations of the revised route (the maps were great Ken, some road signs were missing), all ten of us were accounted for at the end. The weather treated us fine - the only rain came at night and none of the tents leaked too badly. As alluded to before, we tried to do our share of sampling of the culinary arts of the Chesapeake Bay. The daily mileage varied inversely with our waist lines. Depending on who followed what road sign, we rode about 66, 48 and 24 miles for the three days. Mark your '85 calendar for the 3rd annual TOTES!

We have many and varied rides in May. Included is the "carry your own gear" camping trip the weekend of 5/19. There will be a sag wagon, but for emergency use only! We will camp at Tusing Campground near Broadway (about 25 miles away) Cost is \$4 per tent and it is a real pretty location. Unfortunately, no showers, but bring your bathing suit and you can soak in the creek. Bring your own food and extras to pass around if you like. If you are planning on going, please contact me (433-9247) or J. Phillips (433-3419), so that I can give them a rough idea of how many are coming.

On June 3, come out and earn the first of the 4 "century" patches (check a recent Bicycle USA mag for a picture). Dave Lewis promises a hilly, but slow paced 25 miles (quarter century). The patches (optional) will cost 1.75 or so.

The June 18 ride was volunteered all the way from Raleigh, NC, home of Ed Funkhouser. Ed says that if the group wishes, stops may be made at the Shenandoah Vineyards and/or Shenandoah Caverns (nothing like tipsy cyclists getting lost in caves!) This should be a ride well worth a trip up to New Market.

Lastly, note the new ride code put together by the touring committee as an attempt to be a bit more descriptive (your comments desired). Keep this in mind when you plan YOUR ride. Let me know your ideas for rides and tours. The next meeting of the Touring Committee will be Thurs, 5/17 at our house. Have a great and safe month of bicycling!!

REVISED TOURING RIDE CODE

- Class A For strong, experienced riders, 25 to 100 miles at 14 to 22 mph average. Few, if any, stops. Expect difficult terrain.
 Class B Consistent pace, 15 to 60 miles at 12 to 16 mph average. Some hills likely. For the competent cyclist. Some stops.
 Class C For average riders - ride 10 to 35 miles at an average pace of 8 to 12 mph. Stops definitely included - hills kept to a minimum.
 Class D A ride of 5 to 15 miles on any type of well-maintained bicycle. Frequent stops, mostly easy terrain, less than 10 mph average.
 Class E Leisurely, slow paced, family rides. All ride together as a group.
 No classification scheme is perfect. If you ever have a question about a ride, feel free to contact the ride leader.

*** RIDE CALENDAR ***

MAY

6, SUN "Double Gap Gasp" - 10AM, Plains Elementary, Timberville. 40 mile ride, bring lunch and low gears, about 5 miles of narrow winding roads. Class B/C. Leader: Ray Ritchie (896-2618), Rodney Yankey (896-2913)

9, WED "Wed. Niter" - 5:30PM, Keister Elem. 20 miles, Class C. Leader: Mario Dennis (289-9262)

13, SUN "Mother's Day Ride" - 10AM, Waterman School. Approx. 35 mile ride to Natural Chimneys Park. Bring a lunch and money for park admission. Class C. Lotsa stops. Leader: Phillips (433-3419)

16, WED "Wed. Niter" - 5:30 PM, Keister. 15-20 miles. Class C. Leader: John Coyle (434-6594)

19, 20 "Overniter to Broadway" - 1PM, sat., Nat'l Guard Armory. Details elsewhere. Leader: Art Fovargue (433-9247)

20, SUN "Smithland Ride" - 2:00 PM, Spotswood Elem. Slow 15-20 miles out towards Keezletown. Class C/D. Leader: Marian Leberz (422-8825)

23, WED "Wed. Niter" - 5:30 PM, Keister. 15-20 miles. Class B/C. Leader: Dave Lewis (867-5363)

26, SAT "Infirmity of the Mind and Purification of the Body (2nd annual)", BAN, Shoney's Parking lot. Ride up and over Massanutten. Breakfast at BAN, Ride at 9 AM. Class B/C. Lotsa stops about 30 miles. Leader: Dave Lewis (867-5363)

27, SUN "Memorial Day/Easter Ride" - 1:30 PM, Purcell Park. 40 miles to Grottoes and back. Class B. LAW patch available (1.75). Leader: Ray Miller (896-1576)

30, WED "Wed. Niter" - 5:30PM, Keister. Family nite. Tool around town. Bring Mom, Dad, kids, dogs and cats. Definitely class E. Leader: Phillips (433-3419)

JUNE

2, SAT "Breakfast at Riverside" - 7:30 AM, Waterman. Ride to Broadway and those cheap eggs. 25 - 30 miles. Class C. Leader: Art "pancakes" Fovargue (433-9247)

3, SUN "Quarter Century" - 1PM, Waterman. 25 miles with hills. Class C. LAW Patch available. Leader: Dave Lewis (867-5363)

6, WED "Wed. Niter" - 6PM, Keister. 15 miles, class B/C. Leaders: Gregg McBillivary (828-2183)

10, SUN "Down in the Valley" - 1PM, New Market Elementary, New Market. 41 miles, Class B/C. Details elsewhere. Leader: Ed Funkhouser (477-2811)



President - Ray Miller
 Vice - President - Art Fovargue
 Treasurer - Sue Rippey
 Secretary - Kathy Fovargue

Racing	Bruce Warner	433-8977
Touring	Art Fovargue	433-9247
Safety	Mario Dennis	289-9262
Newsletter	John Phillips	433-3419
Publicity	Eleanor Price	434-6491
Program	Mary Lu and Dave Lewis	867-5363

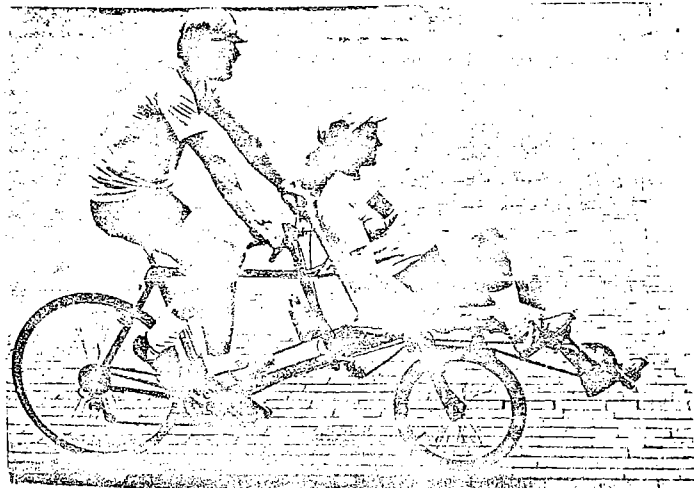
UPCOMING EVENTS IN AND AROUND VIRGINIA

..SE = Self Addressed Stamped Envelope, a common courtesy!!)

- MAY 6, Half and full metric centuries. Lynchburg, Hill City Wheelmen. Central Virginia Community College Parking lot. Registration:8:30, ride at 9AM.
- MAY 18-20 - Annual Gathering of Virginia Bicyclists. Rides from 9 to 100 miles around the Richmond area. Send SASE to Richmond Area Bicycling Assoc., 9013 Prestondale Ave., Richmond, VA 23229
- JUNE 8-11 - GEAR Charlotte, BICYCLE USA Rally, rides of all lengths, workshops, etc. See Feb BICYCLE USA magazine for details and application or send SASE to GEAR Charlotte, P.O. Box 220912, Charlotte, NC 28222
- JUNE 15-18 - GEAR UP, Baltimore, MD, BICYCLE USA Rally, similar to GEAR Charlotte, see BICYCLE USA mag., or send SASE to GEAR-UP, 3-B Torlina Court, Baltimore, MD 21207
- JUNE 22-24 - AGVITHH III, tour from Harrisburg to Harrisburg, PA. Contact Daily News Record for info
- JULY 3-8 - BICYCLE USA National Rally and Convention, Indianapolis, IN. See BICYCLE USA mag. for application and details.

MISCELLANEOUS TIDBITS - OUT OF THE EDITOR'S (waste)BASKET

COUNTERPOINT TANDEM - a new design for a tandem (bicycle built for two) appeared in the last issue of BICYCLE USA. (See photo below) The design incorporates a recumbent design with a second rider. The captain (person who steers) rides behind the recumbent stoker. One big advantage is that it gives both riders a clear view of the road (usually the stoker has a beautiful view of the captain's back). They are commercially available at about 2300 bucks. The patent is pending. Interested? Contact Jim Heaver, Counterpoint Conveyance, Ltd., PO Box 33475, Seattle, WA 98133.



Victorian saddle built character

The Lovelin
SADDLE CO., Inc.
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Price, \$3.00.

Delaware Cycling Club
Muncie, Indiana

Those who wonder why the bicycle died out from the early years of this century until recently may be intrigued by this picture. It's a bicycle seat used in past years. In the Victorian era, pain was supposed to build character, and so the bicycle

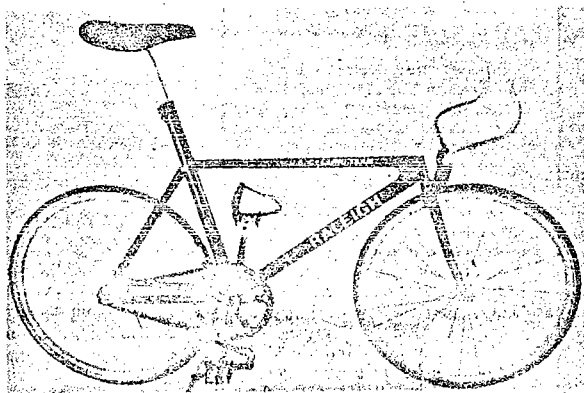
saddle was invented. But in 1956, a Mr. Joshua Mirckwerth of Lansdown, Pa., discovered that if you turned the saddle over so that the leather was on top and not the bracket, you could actually sit down on it for minutes at a time. The Bicycle Boom was born, and the rest is history.

HIGH TECH U.S. OLYMPIC TRACK BIKES

If you watch the cycling in the Olympics this summer, you'll see some odd looking bikes, the likes of which have never been seen on a Wed nite ride. High tech is the name of the game this year in track bicycle racing, and the US is leading the field in the design of extremely aerodynamic bikes. This new equipment will only be used in track racing, where the elimination of as much weight and wind resistance as possible is of prime importance. In the road racing events, where cyclists ride around a marked road course, riding close behind one another to minimize wind resistance (drafting), strategy and other factors other than a highly streamlined bike are more important, so the new, "high tech" bikes will not be used.

The equipment on these US track bikes includes teardrop shaped helmets, tiny radios in the helmets designed to allow the coach to communicate with the rider (faster, faster!!!) and skin suits to minimize wind resistance around the body. The bikes, however, are the real story. They will feature upturned handlebars instead of traditional drop bars, oval tubing in the frame, and smaller than normal wheels to allow one cyclist to ride more closely behind another and use him as a windbreak. The pedals have been redesigned and the cyclist's foot will be bolted to the pedal with a titanium bolt. To decrease resistance, the shoelaces and pedal will be covered with a smooth material. The pedal weighs less than a fifty cent piece.

Chester R. Kyle, a mechanical engineer working with the US Olympic team says that wind resistance foras about 90% of the impediment to a cyclist's speed. Maximum streamlining of the bike and rider can result in a vehicle that requires up to 70% less energy to pedal at the same speed. Or in other words, using the same energy, you go faster!! In the designs for the US team, researchers are looking to lower wind resistance by 3 to 5%. This could mean a 10 to 15 second improvement in a 4000 meter race. A picture of one of these high tech track bikes is below. Betcha Dave Lewis will have one of these before the season is over!!



Above is a prototype of the unusual track-racing bicycles that will be used by the American team in this summer's Olympic Games. The new bikes will have covered wheel spokes and will require riders to bolt shoes to pedals.

FAT TIRE FORUM by Craig Mauck

The SVBC is happy to welcome this new, hopefully regular, feature to the monthly newsletter by Fat Tire specialist, Craig Mauck.

FIRST FAT, NET RACE OF THE SEASON - Sue Rippy, SVBC Treasurer, won the Dooasday 10K Race on 3/25 at Bryan Park in Richmond by almost a mile! The Open Race was won by Laird Knight of Davis, WV, 10 seconds ahead of Frank Grerham (6'8") of Richmond. Craig Mauck was third and Gino Bell of Harrisonburg was fourth. The event was a five lap race along a path through the park with several fallen tree crossings, and 300 yards of deep mud. Rain was constant throughout the day. Two Wheel Travel will sponsor fat tire events during the spring, summer and fall. Stay posted for dates and times.

FAT TIPS - A 2.5 inch piece of 1.75 inch tube will protect your lower headset bearing better than anything. When you fatties want to ride with the thin crowd, a road pressure of 60 psi will really let you roll!

CANAAN MOUNTAIN SERIES - Blackwater Bikes and East-West Printing of Davis, WV will sponsor three weekends of fat tire competition this season. The first will take place May 19,20 with trials riding on Sat at 1PM, and a 10K off-road race on Sun at 10AM. June 21,22 finds the same schedule, with the off-road race increased to 20K. The final event of the season will be Sept. 22,23 and the distance goes up to 40K. Trials are tests of balance, agility, and bike handling, with the time aspect being less important than not touching the ground with the feet or bracing off of obstacles. Brochures with complete details and entry information are available at the local bike shops.

LOCAL FAT TIRE RIDES - May finds more terrain open for fat tire rides near town and scheduled events. Come try out focused riding to develop skills and learn the routes for traffic free cycling.

SAT, 5/5 "Show the Ways" - 5 PM Westover Park. Ride the proposed trials course for club competition - check out the trails behind Madison. Ride leader: Craig Mauck

THUR, 5/10 "Bridgewater Dirt" - 5PM Westover Park. Ride Sue's backyard and look at the river. Ride Leader: Sue Rippy

SUN, 5/13 "Little Bald Knob" - 10 AM Westover or meet at noon near Todd Lake. Ride to near Todd Lake to check out the 10 mile trail up to Little Bald Knob - easy pace, picnic at the top. Total miles = 40. Leader: Craig Mauck

THURS, 5/17 "Westover to Hillendale" - 5PM, Westover. Practice for WV trials event. Timed for second run. Three loops. Leader: Craig Mauck

THURS, 5/24 "Hill Climbing and Descending" - 5 PM Westover. Local steep places, up and down! Leader: Craig Mauck.

FUN ON THE FAT TIRES!! by Sue Rippy

Sunday, 4/29, the first of many Mountain Bike Rallys happened, taking off from Graves Mill near Wolfton, VA. Andre Meyer and Curt Campbell, mechanics at Skyline Schwinn Bicycle Shop in Charlottesville organized the informal ride for friends and off road enthusiasts. Eleven people started out of which most were from Cville, several from Richmond, one from WV and myself.

Believe it took 4 hours to climb 8 miles to an elevation of 3400 ft?? Yes it did--many stops for regrouping, food, camaraderie, interesting stories, which got more interesting as the day progressed. All of us were off the bikes, pushing slowly up the steeper grades half the time, and pushing granny gears the rest. Climb, climb and more climb up rocky, narrow paths, through streams and meadows--over everything and everybody--grand fun!! Six of us reached a point approximately 2000 ft where three ascended and three descended. I chose the road down, as I was beginning to wonder how tired I could get.

Long downhill on a Mountain Bike are the icing on the cake. I can't begin to say enough about the thrill of literally flying off the mountain. Thanks to good equipment, luck and enthusiasm, I arrived back at the starting point glowing, as did we all. More camaraderie and finally, it was farewell to these people I'll be glad to see again at the next Mountain Bike gathering.

More downhill on the way back--this time I could have used a higher gear to spin out down Elkton mountain. Just coasting 40 mph was fun. Definitely a four star day!!!***



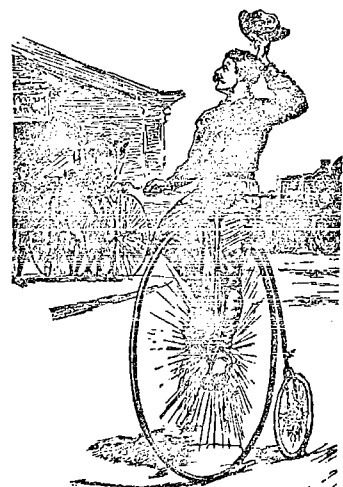
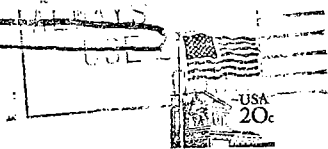
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527 Collicello St.,
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Back Alley Bikes and Mark's Bike Shop
contribute to the cost of the SVBC
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THE OPERATION OF BICYCLES AND MOPEDS ON VIRGINIA'S PUBLIC ROADS

Each year thousands of Virginians as well as visitors to the Commonwealth bicycle our public roads. Touring bicyclists frequently make use of the three long-distance bike routes that pass through the state, while other recreational bicyclists ride close to home in their own neighborhoods and take short day trips. Although most bicyclists ride for fun, many ride to work or school, to recreation areas, or to the store. As a result, bicyclists in ever increasing numbers are sharing the road with motorists.

In 1981, the laws addressing bicycling on Virginia's public highways were amended. These changes clarified previously ambiguous sections of the traffic law and defined the rights and duties of bicyclists as well as the motorists with whom they share the roadway. Basically motorists and bicyclists have the same rights and duties, and the laws governing the regulation of traffic apply to both equally. The main difference is that bicyclists ride to the right side of the roadway, so that overtaking traffic can stay in its lane and proceed without undue hindrance.

The following summary is intended to aid in understanding the laws which apply to the operation of bicycles and mopeds. Generally the laws governing bicycling and moped operation are similar. The primary exceptions are that moped operators must be at least 16 years old and mopeds cannot be driven on bike paths or sidewalks.

The applicable section of the Code of Virginia (COV) from which the law is summarized is given in parenthesis.

I. TRAFFIC REGULATIONS

1. Bicyclists and moped operators are required to obey all traffic signs, signals, markings, and lights. (COV 46.1-173)

II. WHERE TO RIDE

2. Bicyclists and moped operators must ride as close as practicable to the right hand curb or edge EXCEPT:
 - when overtaking and passing another vehicle
 - when preparing for a left turn
 - when people, animals, parked cars, or other objects make traveling unsafe
 - when narrow lane widths do not provide sufficient room for the motor vehicle and bicycle to share the lane (COV 46.1-229.1)
3. If a bicycle path is located adjacent to a roadway and if its use is required by local ordinance, the bicyclist must ride on the path, not the roadway. (COV 46.1-119.1)
4. Bicyclists and moped operators are not permitted to ride on interstate and certain other controlled access highways. These restrictions are posted on conspicuous signs at the entrances to the highway. (COV 46.1-171.1)
5. Bicyclists and moped operators must ride in single file on highways. Riding two or more abreast is permitted on paths or parts of highways established exclusively for bike use. (COV 46.1-229.1)
6. Bicyclists and moped operators must ride with the flow of traffic. (COV 46.1-173 and 46.1-229.1)
7. Unless prohibited by local ordinance bicycles may be ridden on sidewalks. On sidewalks pedestrians always have the right of way; bicyclists must sound a horn or bell before passing a pedestrian. Motorists pulling out of a driveway are required to yield the right of way to bicyclists on sidewalks. (COV 46.1-229.01 and 46.1-222)

III. PASSING

8. Motorists must approach and pass a bicyclist or moped operator at a safe distance and with reasonable and proper speed. (COV 46.1-208.1)
9. Bicyclists and moped operators may pass another vehicle on the left or right. When passing, the bicyclist/moped operator may stay in the same lane as the vehicle being passed, change to a different lane, or ride off the roadway as necessary to pass safely. (COV 46.1-229.2:1)
10. Bicyclists and moped operators must not travel between two lanes of traffic moving in the same direction EXCEPT when one lane is a separate or mandatory turn lane. (COV 46.1-229.2:1)

IV. CHANGING DIRECTIONS

11. Bicyclists and moped operators must signal their intentions to turn, stop, or change directions. Signals do not need to be given continuously if both hands are needed to control the vehicle. (COV 46.1-217)
12. Bicyclists and moped operators may make left turns as either motorists or pedestrians do. (COV 46.1-215.1) The "pedestrian" left turn is made as follows:
 - (a) stay as close as practicable to the right on the approaching roadway. Obey all traffic signs and signals.
 - (b) proceed across the intersecting roadway,
 - (c) stop as necessary to obey all traffic signs and signals,
 - (d) turn left and cross the roadway.

V. SAFETY CONSIDERATIONS

13. Bicyclists and moped operators must keep at least one hand on the handlebars at all times. (COV 46.1-229.2)
14. Hitching rides on moving vehicles is not permitted. (COV 46.1-235)

VI. ACCIDENTS

15. In the case of an accident involving death, injury, or property damage, the bicyclist or moped operator must stop and report the accident to the police. The bicyclist must give his/her name and address to any persons involved in the accident.
If the accident involves damage to an unattended vehicle or other property, the bicyclist or moped operator must make a reasonable effort to find the owner and report the accident. If the owner cannot be located the bicyclist must leave a note at the accident site and report the accident to the police within 24 hours. (COV 46.1-176)

VII. REGISTRATION

16. Bicyclists may register the serial numbers of their bicycles with the local police or sheriff's department. (COV 46.1-66.1)

VIII. EQUIPMENT

17. Bicycles and mopeds ridden on the highway must have brakes which skid the wheels on clean, dry pavement. (COV 46.1-277)
18. When ridden between sunset and sunrise, bicycles and mopeds must have a white lamp in front visible 500 feet to the front, and a red reflector on the rear visible 300 feet to the rear. A red light visible 500 feet to the rear may be used in place of or in addition to the red reflector. (COV 46.1-26b)

IX. DEFINITIONS

1. A bicycle is defined as a device propelled solely by human power, having pedals, two or more wheels, and a seat height of more than 26 inches from the ground when adjusted to

- its maximum height. A bicycle is a vehicle when operated upon the highway. (COV 46.1-1(1a))
2. A moped is a bicycle-like device with pedals and a helper motor rated at no more than two brake horsepower and producing a maximum speed of 30 miles per hour. A moped is a vehicle when operated upon the highway. (COV 46.1-1(14b))
 3. A vehicle is every device in, upon or by which any person or property is or may be transported or drawn upon a highway. A motor vehicle is every vehicle which is self-propelled or designed for self-propulsion. Bicycles and mopeds are not considered motor vehicles. (COV 46.1-15 & 34)
 4. A highway is defined as the entire width between the boundary lines of every way or place of whatever nature, open to the use of the public for purposes of vehicular travel. (COV 46.1-(10))
 5. A roadway is defined as the portion of the highway improved, designed or ordinarily used for vehicular travel, exclusive of the shoulder. (COV 46.1-1(10a))

PLEASE NOTE

This summary condenses or paraphrases the actual language of the Virginia vehicle laws. In a court, which is guided by the full and exact language of the laws, it is not a proper authority to cite.

Violation of the State traffic laws is considered a traffic infraction, and punishable by a fine of not more than \$100 unless other specific penalty provisions apply.

TIPS FOR SAFE BICYCLING

1. Be a predictable, responsible, alert bicyclist. Let motorists, pedestrians, and other bicyclists know your intentions. Use proper hand signals and comply with all rules of the road.
2. Never ride against the flow of traffic. Not only is it illegal, but it puts you in an unexpected position relative to other road users and pedestrians. They may not see you!
3. Learn to anticipate the actions of motorists. Some may not yield the right-of-way to you.
4. Never ride to the right of a right turning motorist. Do not ride in a right turn only lane if you plan to continue straight ahead. Look for clues to determine the motorists' actions: turn signals, slowing vehicles, brake lights.

6. Exercise extreme caution when riding in bus traffic. Do not pass a bus on the right. You could collide with passengers getting on or off, or the bus could collide with you as it pulls to the curb. If a bus is pulling to the curb, stay behind it or pass on the left. Buses sometimes roll back when starting up, so stay a safe distance behind one that is stopped. When passing a bus stay where the driver can see you.
6. Ride defensively. Protect yourself from road and weather hazards and the errors of other road users.
7. Walk your bicycle if the traffic situation becomes more than your bicycling experience enables you to cope with. Remember that when walking your bicycle, under the law you are considered a pedestrian.
8. To park your bicycle, secure both wheels and the frame with a sturdy lock to a stationary object in a conspicuous location. Do not block sidewalks or access to buildings or emergency drives.
9. Dress for bicycling. Wear a helmet. It will protect your head in case of a fall or collision. Motorists are more likely to respect you as a competent cyclist if you wear a helmet. Use velcro, metal or rubber bands to keep loose pant legs out of the chain. During daylight hours wear bright colored clothing.
10. Maximize your visibility for night riding. If you must ride at night, in addition to the mandatory front white light and red rear reflector apply reflective tape to your bicycle and clothing. Wear a leg reflector and reflective vest.
11. Register or license your bicycle if this service is required or provided by your community.

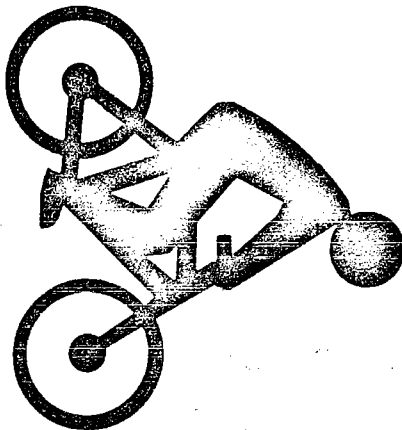
This pamphlet was a joint project of the Virginia Division of Parks and Recreation and Virginia Department of Highways and Transportation and individuals interested in safe bicycling.

Your comments on this pamphlet and requests for more information on bicycling in Virginia should be directed to:

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Laws And Safety Tips



VIRGINIA ROADS

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