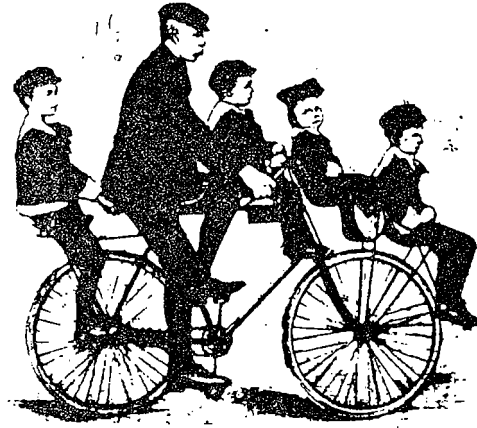


April



Don't forget - Next meeting April 8th, Wellness Center
7 p.m.

Harrisonburg Cycling Classic

April 20, 1991 - Downtown Harrisonburg

Volunteers are needed to help as course marshalls, etc. Contact
Marcia Lamphier 432-0419 or Mitchell Slaymaker 434-5151.

Adopt-A-Highway

Let's do our part to help "clean-up" in celebration of Earth Day 1991.
We need volunteers to help on April 14 to clean up Kratzer Road.

Breakfast will be provided to all "trash collectors". APRIL 14 9 A.M.
We will meet in the Donnelley Parking Lot/Kratzer Road. Contact Marcia
432-0419 or Art 433-9247.

Minutes - March SVBC Meeting

The meeting was opened at 7:07 p.m. by Jack Foster at the Valley
Wellness Center on Monday, March 11, 1991.

Various upcoming cycling events were reviewed and discussed. Volunteers
are needed as road marshalls for the 2nd Annual Harrisonburg Cycling Classic
April 20. Contact Marcia Lamphier if you can help at all. April 21 is Earth
Day and the emphasis is on families and bicycle education. The SVBC will have
a "booth" and coordinate bicycle parking as last year.

Art Fovargue summarized the plans for the Clean Air Challenge planned
for May 5 by the American Lung Association at Massanutten Resort.

Martha Edwards presented a great program, with slides, on Bike Virginia.
This trek, dubbed the Shenandoah Valley Odyssey, goes from Lexington to
Berryville, VA, June 21 to 26. Cyclists will be staying at Bridgewater
College the night of Sunday, June 23. The SVBC will set up a rest stop at
Todd Lake that day.

The meeting closed about 8:45 p.m. Ten members were present.

Dry River Time Trials

Time Trials start up April 16, 1991. Sign-up at 5:45 P.M. 6 P.M. start.
more info: contact Jack Foster 828-4047 or Marcia Lamphier 432-0419.

MAILBAG

The SVBC gets much information on tours, workshops, etc. via the postal service. The senders of this information desire wide coverage and so we'll list some of the most recent. If you are interested further, either Jack Foster or ART Fovargue has further details - so call them.

Michigan Bicycle Touring 1991 - catalog of bicycling, hiking, sailing tours, kayaks, canoes, lighthouses, etc.

MS 150 Bike Tour "The Best Dam Bike Tour"
Charlottesville to Leesville Dam June 8-9, 1991 (804)971-8010 or 1-800-451-0373

Cycle Across Maryland (CAM III)
Seven day cycling vacation tour July 28-August 3. Kathy Hillman (301)484-4211

4th Annual Bike Virginia, Shenandoah Valley Odyssey,
June 21-26, 1991 (804)229-0507

VOLUNTEERING ADDS YEARS TO YOUR LIFE

You many have long suspected that volunteers live longer, but it's now been verified! A recent article by Eileen Rockefeller Growald and Allen Luks in *American Health Magazine*, explores volunteering research performed by epidemiologist James House and colleagues at the University of Michigan's Survey Research Center. After studying 2,700 people for more than 10 years, the researchers found that regular volunteering dramatically increased life expectancy, and probably vitality—more than any other activity!

Men who did not volunteer were more than two and a half times as likely to die during the study as men who volunteered at least once a week. Health benefits for women were less clear, perhaps because women already spend a lot of time serving others.

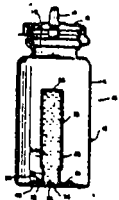
Several studies have shown that people need social contacts for their health's sake. Aiding others also inspires warmth and gratitude within volunteers, insulating them from life's daily pressures, and thereby helping to reduce stress. The good feeling that comes from helping others may well come from endorphins—amino acids secreted in the brain that have a pain relieving affect—that have also been linked to the high that can be achieved from exercise or meditation. Scientists have also discovered that volunteering may be good for your immune system and nervous system.

So the next time someone tells you that they don't have time to volunteer, point out that in the long run, volunteering may help them live longer, providing more time to do the things they enjoy.

—Steve Smith

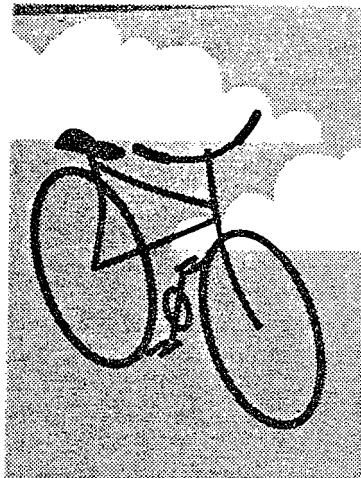
from "League Volunteer"

4.981.022. REFRIGERATED BICYCLE BEVERAGE CARRIER. Daniel G. Snyder, Los Angeles, Calif., assignor to American Cycle Industries, Inc., Santa Fe Springs, Calif.



June 30, 1991

BETTERTON, MARYLAND 6th annual "Bay to Bay Ride"
Berterton beach front, 7:00 am. 72, 86, or 107 miles, flat; \$6.00 until June 10, 1991, after that \$8.00. Helmet required. Includes: map, marked route, sag, waterbottle, 3 food stops, swimming in the Chesapeake Bay at end of ride. 4th of July LAW patch will be available.



**CLEAN
AIR
CHALLENGE™**

**Bike or Hike
for Clean Air**

A family event celebrating
the air we breathe.

May 5, 1991

Massanutten Resort

For more information call
703 434-LUNG
or
1 800 345-LUNG.

 **AMERICAN LUNG
ASSOCIATION®
OF VIRGINIA**

ROAD REPAIR

The SVBC receives notices of highway improvement projects in our region. Listed below are some upcoming projects that could affect bicycling:

ROUTE 753 from ROUTE 721 (Linville) to ROUTE 42. Public Hearing
Wednesday, April 3, 7 pm Linville-Edom Elementary School
Caffeteria. (Project 0753-082-194, C-501)

ROUTE 759 (Furnace Road), Elkton Public Hearing Wednesday,
April 17, 7 pm Elkton Middle School (Project 0759-082-215, C-501)

Typically maps and charts are available before hand at VDOT offices.
Call Art Fovargue for additional information.

Shenandoah National Park Cleanup

As part of the 1991 Earth Day celebration, Shenandoah National Park is sponsoring a Park Clean-Up Day on April 20. Plans are to pickup litter from below overlooks, at dumpsites, and along sections of the drive. If this interests you and you would like to act as part of an SVBC contingent (volunteer or leader) call Jack Foster or Deanne Adams, Chief, Interpretation and Visitor Services (703-999-3483). Entrance fees will be waived and pickup materials supplied.

DRESS FOR SAFETY

With the days growing longer, some of us are trying to get a ride in before dark. However, sometimes we get caught out after sundown. At what distances are you visible to a motorist at night? The distances below assume that it is a clear night; there are no opposing headlights; the windshield is clean and the driver is a young sober adult:

If you wear:

| | |
|-----------------------------|----------|
| dark colored clothing | 55 feet |
| red colored clothing | 80 feet |
| yellow colored clothing | 120 feet |
| white colored clothing | 150 feet |
| reflective trimmed clothing | 500 feet |

Reflect on what you wear at dawn and dusk.

THE PEDALER (RABA)

NEW MEMBERS

We would like to extend a big welcome to new SVBC members:

Jeff & Lisa Smith
Ed Strother

Harrisonburg
Harrisonburg

May all you cycling be with a tailwind and effortless as can be. (Back to the real world, keep it safe and have fun) Hope to see you at our upcoming events.

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

If this box is checked, your dues expire this month.

Name(s) _____ Phone _____

Address _____
street city state zip

Check type of membership desired:

INDIVIDUAL (5) FAMILY (10) JUNIOR (12-16 Yrs) (34)
 NOTE: Membership begins in March of this year, and lasts until next March.

PLEASE INDICATE YOUR INTERESTS BELOW

| RIDE CLASS DESIGNATION | APPROX. SPEED (MPH) | APPROX. DISTANCE (MILES) | CHECK HERE |
|------------------------|---------------------|--------------------------|------------|
| A | 14-22 | 25-100 | _____ |
| B | 12-16 | 15-60 | _____ |
| C | 8-12 | 10-35 | _____ |
| D | less than 10 | 5-15 | _____ |

INDICATE TYPE(S) OF CYCLING IN WHICH YOU ARE INTERESTED

Racing Off-Road Recreational Overnight Tours Other (specify) _____

WOULD YOU BE INTERESTED IN SERVING ON ANY OF THE FOLLOWING COMMITTEES?

Racing Touring Program Safety Century

SHENANDOAH VALLEY BICYCLE CLUB RELEASE

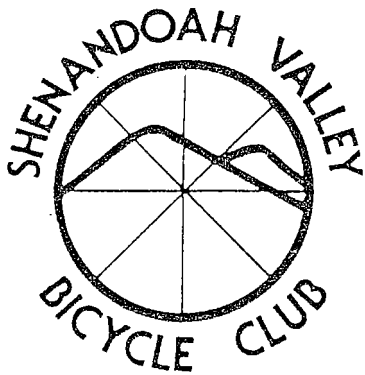
All club members must sign the release below. For persons under the age of 18, the parent or guardian must sign. Any person riding on an invitational status must furnish a release. This signed release will remain in effect as long as the Club is officially active.

In signing this release for myself or for the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, and the members, also any others 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 Club is not responsible for and is not an 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 cycling.

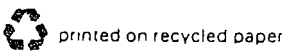
 signature of Club member or applicant date signature of parent or guardian of member under 18

RETURN TO: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801

If this box is checked, your dues have expired, this is your last newsletter



P.O. Box 1014
 Harrisonburg, VA
 22801



Cool Breeze Cyclery and Mark's Bike Shop contribute to the cost of the monthly newsletters