MAY NEWSLETTER -- FROM JACK FOSTER

Spring has arrived with a flurry of events that are occurring with amazing frequency. These opportunities to enjoy the special qualities of cycling in the Valley should satisfy many interests. Despite the cool wet conditions, Earth Day weekend was an appropriate example of things to come. We look forward to the upcoming major events in May and June. The American Lung Association's Clean Air Challenge, May 5th at Massanutten's Ski Center is the "intensified" result of the ever popular "Pizza Hut" rides. Only 19 other sites in the United States were chosen for this event. Hiking and use of recreational facilities are also available. Details are listed and also posted at many shops in the area. The bike route has been planned by none other than Art Forvarg and Russ Culver. This neck of the woods has great appeal as is witnessed by the continued success of the "Yee Hah" near Keezletown. Although enjoyment of this mountain bike event is greatly enhanced through participation, the wide variety of events married with the "laid back" execution provide a wonderful entertainment for anyone. Everybody celebrates! Bike Virginia rolls right through the Valley May 21-25. Whether you choose to ride, support or both, this is an opportunity to meet many cyclists outside of the Valley. Come join SVBC on a perennial favorite ride to Todd Lake on May 23rd. This is a food stop that is perfect considering the surroundings. Cyclists will be rolling in early (about 8:00 am). Anyone interested in a dawn ride at 6:30? If interested, call Jack (828-4047). Help in marshalling this event as it rolls through will be appreciated. The exciting pro/am event the Tour duPont will be coming right through Harrisonburg in May. Check the bike shops for further details.

On a more local note, the topic of the next meeting, Monday May 13th will concern organizing rides and tours. Demanding schedules and interests pose many conflicts to these regular activities. In attempting to meet these challenges a survey indicating your interest and preferred time to ride is included. This survey will also be available at the bike shops. Input provided by this survey will determine the nature and time of upcoming rides that will be planned May 13th. The meetings are also moved to Hillandale Park with a 6:00 ride preceding. If you want to enjoy the fellowship of club riding, it is imperative that we receive your input. With all that is happening, it is not hard to believe that the SVBC century is just around the corner. Keep spinning!
Harrisonburg Cycling Classic -- April 20, 1991

A very special "thank you" to all my volunteer course marshalls. Despite the damp, cool weather; everyone's excitement and enthusiasm was great. They all are to be commended for a job well done!

Also, my congratulations to Mitchell Slaymaker, race director, for the smooth operation of Saturday's race.

Again, thanks for all your help with the Harrisonburg Cycling Classic!!

Marcia

Barb Polin  Gene Miller  Heather Michaels
Sue Arnold  Sarah Miller  Jennifer Rota
David Frye  Jack Foster  Pat Hinson
Art Fovargue  Robin Baldwin  Heather Watson
Dennis Kenney  Suzanne Cavanaugh  Chris Marshall
Ed Strothers  Mark Deusche  Massanutten Amateur Radio
Karen Mason  Bonnie Bauserman  JMU ROTC

DRESS FOR SAFETY, Revisited

Last month's Dress for Safety article wonderfully describes the importance of dressing in bright, light-colored clothing to enhance our visibility when we try to get a ride in before dark or as we commute home by bicycle. The piece cites the distances that five different types/colors of clothing can be seen under the best of circumstances: no opposing headlights, a clear windshield, and a young sober adult behind the wheel. Of course we realize that's rarely the situation because of the frequency of oncoming vehicles, dirty windshields (even dirtier headlights), many older drivers (a 50 year old requires nearly twice the illumination a 20 year old requires), and the unfortunately high numbers of drivers impaired by a great variety of substances (it's been estimated that 1 of every 8 drivers is alcohol impaired on Friday evenings).

Let us now consider the importance of speed as it relates to the distances cited in Dress for Safety because vehicle drivers must not only be able to see and identify us as cyclists, but must be able to do so in time to properly react and steer safely around us.

<table>
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<td>1.3</td>
<td>0.9</td>
<td>0.7</td>
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<tr>
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<td>1.8</td>
<td>1.4</td>
<td>1.0</td>
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<tr>
<td>120 ft</td>
<td>4.1</td>
<td>2.7</td>
<td>2.0</td>
<td>1.5</td>
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<tr>
<td>150 ft</td>
<td>5.1</td>
<td>3.4</td>
<td>2.6</td>
<td>1.9</td>
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<td>500 ft</td>
<td>17.1</td>
<td>11.4</td>
<td>8.5</td>
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</table>

Time in Seconds to Travel Stated Distances at Various Speeds

*Allen Webb, The Pedaler (RABA)*
1991 Tour Du Pont -- America's Premier Cycling Event comes through HARRISONBURG on May 16th!!!


STAGE 8, May 16th  The Homestead (Hot Springs, VA) to Winchester, a 168 mile road race will pass through Harrisonburg sometime between 12-2 pm (the early afternoon). They will come into town on 42, cross over Cantrell Avenue and turn onto North Main Street. In front of the Joshua Wilton House, a 10 second time bonus plus $500 cash awaits the first rider over the sprint line. The race will roll onward through Court Square, a left onto Elizabeth Street and back onto 42 heading for Winchester and the end of the race.

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Stages

Prologue, May 9
Wilmington, Del.

Stage 1, May 10
Delaware Bay Road Race, Wilmington, Del.

Stage 2, May 11
Newark, Del. to Columbia, Md. Road Race

Stage 3, May 12

Stage 4, May 13
Fredericksburg, Va. to Richmond, Va. Road Race

Stage 5, May 13
Richmond Criterium, Richmond, Va.

Stage 6, May 14
Richmond, Va. to Wintergreen Resort, Va. Road Race

Stage 7, May 15
Charlottesville, Va. to The Homestead (Hot Springs, Va.) Road Race

Stage 8, May 16
The Homestead to Winchester, Va. Road Race

Stage 9, May 17
Winchester, Va. to Harrisburg, Pa. Road Race

Stage 10, May 18
The Pocono Mountains Circuit, Stroudsburg, Pa.

Stage 11, May 19
Time Trial, Wilmington, Del.
The April SVBC meeting was called to order by Jack Foster at about 7:10 PM on April 3, 1991 at the Valley Wellness Center.

The next meeting will be held on May 13, about 7 PM at Hillendale Park. It will be preceded by a casual ride leaving from the Park at 6 PM.

Marcia Lamphier gave the Treasurer’s report: it was $853.84.

Marcia called for volunteers to help with the Adopt-a-Highway litter pickup on April 14 and promised to provide goodies. (Historical Note: she did, however, then it rained (more) and so we had to go home.)

Marcia also called for volunteers to act as road marshals at the H’burg Cycling Classic, April 20. (Historical Note: Marcia did a great job, and in spite of the RAIN & COLD, it was fun.)

Art Fovargue summarized the planned SVBC activities for Earth Day. Dave Frye and Jack Foster will lead rides. Art asked for volunteers to help with the booth and bicycle parking. (Historical Note: It didn’t RAIN, but was a little COOL – thanks to all who helped!!)

Some discussion took place regarding the proposed Wilderness area in the G W National Forest. Gene Layman felt it wasn’t necessary (Wilderness designation that is, not the discussion). Marcia said Steve Sherwood would be willing to do a program to discuss the Wilderness proposal, and Forest Service policy.

Rita Hertel gave us an update on the Lung Assoc’s Clean Air Challenge, planned for May 5 at Massanutten (If you have not gotten a brochure by this time call 434-LUNG for further info).

The passage of the Tour DuPont through H’burg in May was discussed.

Jack reminded everyone of the Bike Virginia tour which will be passing through our area in June.

Jack called for members to lead rides, and that it would be desirable to put together a season long schedule.

Jack announced that time trials start April 16, at 5:45 PM.

Gene Miller brought up that it would be nice to have the west side of Massanutten opened up to bicyclists. Jack (I think) mentioned that there may be more acceptance of this. Serena Benson mentioned that Steve Sherwood told her that an old jeep trail in Massanuttten may be opened for bicyclists.

The meeting closed about 8:15 PM. There were 12 in attendance.

BIKE VIRGINIA / Shenandoah Valley Odyssey / June 21-26, 1991

Bike Virginia will be in the Bridgewater area on Sunday, June 23. The SVBC will be providing a Rest Stop at Todd Lake for the riders.

I am seeking volunteers to help me with our Rest Stop. There may be as many as 800 bikers coming through our area -- I NEED YOUR HELP!!! Marcia (432-0419).

SVBC members are invited to ride along with the Bike Virginia Group on any parts of the ride.
Bike or Hike for Clean Air

May 5, 1991

A family event celebrating the air we breathe.

For a limited time, the League of American Wheelmen is offering a trial membership. For four dollars, you will receive: two issues of BICYCLE USA, the League membership magazine which contains informative articles, product reviews, bicycle action information, health and legal advice, and a national ride calendar. Please send four dollars to: L.A.W., 6707 Whitestone Rd., Suite 209T, Baltimore, MD 21207-4106.

TRIAL MEMBERSHIP OFFER

For a limited time, the League of American Wheelmen is offering a trial membership. For four dollars, you will receive: two issues of BICYCLE USA, the League membership magazine which contains informative articles, product reviews, bicycle action information, health and legal advice, and a national ride calendar.

Name ___________________________________________
Address _________________________________________
City ______ State _____ Zip ________
Club ____________________________________________

send application and four dollars to:
League of American Wheelmen
6707 Whitestone Rd.
Suite 209T
Baltimore, MD 21207-4106

this trial membership offer is good through September, 1991. Please allow time for processing.
As part of the thirty-fifth annual celebration of National Bike Month the League of American Wheelman is conducting a survey to find out more about the nature and needs of the active bicycling community. Please answer the following questions and return the form by May 31, 1991. If you include a stamped, self-addressed envelope (SASE) we will send you a National Bike Month sticker and a reprint of "Bicycle Commuting," one of the items from the 1991 Bike Month Organizer’s Kit, as long as supplies last. You could help even more by duplicating the survey form (or contacting us for more copies) and encouraging other cyclists to complete it. We need the maximum possible response in order for the data to be meaningful. If you do not have, or wish to provide, information for each item, that is fine. Any information that you do give is helpful. Thank you for your participation.

1. How many miles did you bicycle in 1990? Est._____ or Actual_____.

2. In a typical year what is your annual mileage?_____

3. In a typical year what is your average monthly mileage?
   Jan  Feb  Mar  Apr  May  Jun  Jul  Aug  Sep  Oct  Nov  Dec

4. If you know it, what was your actual monthly mileage for 1990?
   Jan  Feb  Mar  Apr  May  Jun  Jul  Aug  Sep  Oct  Nov  Dec

5. Where do you ride?

6. What percentage of your riding would you estimate to be off-road?______ on road?______

7. Of your off-road riding, what percentage is on a bike path?______  Which one(s)?______

8. When do you ride?  Time of day______ Day(s) of week______

9. For what purpose(s) do you ride?________________________

10. What obstacles are you aware of?________________________

11. Female______ Male______

12. Age______

13. Why does bicycling appeal to you?________________________

14. Please give any references you have to similar information about bicycle usage in your area (club surveys, campus or employer studies, etc.) - or better still, enclose a copy.

Return survey by May 31, 1991 with an SASE for your sticker and reprint to: Anne Markham, BUSA Survey, League of American Wheelmen, 6707 Whitestone Road, Suite 209, Baltimore, Maryland 21207. Thank you.

OR BRING TO MEETING MAY 18

AND WE’ll MAIL IN
Rides


Out-of-Town Rides

May 18 Annapolis Bicycle Club Spring Century; 25, 62 or 100 miles $9.00 including complementary massages! Call Tom Swartz 301-261-6750.

Down East Bicycle Tours - Outdoor adventure vacations in Nova Scotia

New England Bicycle Tours Adventure Vacations - Bicycling, canoes, sailing, skiing

"Make the Scene at Aberdeen" MS150 Tour from Harrisburg, PA to Aberdeen, MD, July 27-28, 1991 (717) 652-2108

Ride Interest Survey.

Please check which applies and return to either meeting, bike shops or mail to the club.

<table>
<thead>
<tr>
<th>Name, Phone</th>
<th>Schedule (Please write times)</th>
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<tr>
<td>Intrests</td>
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</tr>
<tr>
<td>Recreational</td>
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<td>Century and</td>
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<td>Overnighters</td>
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<tr>
<td>Competitive</td>
<td></td>
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<tr>
<td>Other</td>
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</table>
SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) __________________________ Phone __________________________
Address __________________________ __________________________
Street __________________________ City __________________________ State ________

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

PLEASE INDICATE YOUR INTERESTS BELOW

<table>
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<th>RIDE CLASS</th>
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<th>APPROP. DISTANCE (MILES)</th>
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<td>12-16</td>
<td>15-60</td>
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<tr>
<td>C</td>
<td>8-12</td>
<td>10-35</td>
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<td>D</td>
<td>less than 10</td>
<td>5-15</td>
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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 individual, 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, mishap, 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

P.O. Box 1014
Harrisonburg, VA
22801

printed on recycled paper

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