August NewsLetter

SVBC Officers
President: Michael Neupauer 434-1878
Vice President: Greg Gum 828-0520
Secretary: Michelle Gum 828-0520
Treasurer: Marcia Lamphier 289-6712

President's Column

July's meeting had a good turnout. Maybe it was all that good food. Even the stuff made with bulgur. We'll go back to the pre-meeting ride in August. August's meeting will deal mostly with the revised Constitution. For September we're trying to get a speaker from the Shenandoah National Park to talk about mountain biking in the park's boundaries.

Try to partake in the bicycle festival. It's shaping up to be a pretty good affair. Volunteer to lead or just be a rider.

Mike Wenger is running a ski trip March 6-13th, 1993, to Keystone, Colorado. The cost is $860 with a deposit of $100 due August 1st. Call Mike for details at 564-0723.

Art's Reddish Knob ride is August 23rd. And I'll run the 2nd Annual Ice Cream ride on the 29th. Call us for details.

Neups

July Meeting Minutes

There was no official meeting during July only the Annual Picnic which was well attended.

Michelle

Join the Finest Ride in History

Oct. 2-4, 1992
Williamsburg, Va.
A 2-day, 100-mile luxury tour of Colonial Virginia
For information, call 1 800 243-TREK
Century option available!

AMERICAN LUNG ASSOCIATION OF VIRGINIA
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**Helmets are required for all CLUB rides.**

**OTHER RIDES**


August 8 Roanoke Valley Biathlon, Catawba, VA. Call Artie Levin, 703-774-2828.

September 11-13 14th Annual great Peanut Bicycle Tour and Rides, Emporia, VA. Call Robert C. Wrenn, 804-634-2222.

September 13 SVBC Century.

September 19 Maryland Wine Festival Bike Tour, Carroll County, MD. 10-, 25-, or 50-miles. Call Theresa Dent, 1-800-492-7527.

September 19-20 Tour of the Eastern Shore, Virginia Beach, VA. Call Neups for information.

September 20 Winchester Wheelmen Century. Call Fred Lonas, 667-5716.

September 26 General A.P. Hill Rides, Bowling Green, VA. Call Neups for information.

September 26 CAM Fat Tire Rally, Baltimore, MD. Call Sarah Pick, 410-465-5982.

September 26-7 Deep Creek Lake Autumn Bike Tour, McHenry, MD. 15-, 25-, or 40-mile per day routes. Call Glen Besa, 1-800-222-9974.

September 27 Storming of Thunder Ridge, Lynchburg, VA. Call 804-846-1829 or 1-800-345-LUNG.

September 27 Fredericksburg Century. Call 703-371-0398.

October 2-4 Colonial Virginia Bike Trek, Williamsburg, VA. Call 1-800-362-5864.

October 10 Sea Gull Century, Salisbury State, MD. Call 410-548-2772.

October 18 Adams County Bike Ride, Gettysburg, PA. Call 717-334-8151.
Welcome returning Members

New Members
Steven P. Johnson   Harrisonburg
Mike Huffman       Harrisonburg
Zack Perdue        Harrisonburg
Mark Miller        Charlottesville

Renewed Members
Don, Debbie, Leslie & Shavonne Ritchie  Elkton
Marc & Susan Trubutz
Richard P. Wettstone  Pleasant Valley
Greg & Michelle Gum   Bridgewater

Worker's Century
On Labor Day weekend, most likely Sept 7, we will have the Worker's Century. This ride is for those who won't be able to ride the SVC, or anyone else, to mark the roads and check out the route. Again, you can do any distance you want, however there is no support services. If interested, call Art Fovargue or Marcia Lamphier for place and time to meet.

10th Annual SV Century
We hope you've made plans for the SVBC's 10th annual century ride, scheduled for Sunday, September 13. This year we expect over 200 riders to tackle our 30, 50, or 100 mile routes (other combinations available too!). The rides start and finish at Hillandale Park, and are ride at your own pace. Maps and cue sheets are provided, arrows marked on the road and SAGs patrol the course. As always, generous amounts of food and drink are provided at the checkpoint in Bridgewater, and delectable calories in the form of baked goods at the finish. Patches and 10th annual commemorative Tee-Shirts will be available for purchase. To guarantee availability (and size) of Tee-Shirt, you must pre-register by Aug 28. ANSI or Snell approved helmets are required.
For those interested in how fast you can do your chosen distance, we keep track of the times (again, this is not a race). Fastest times from the past SVC's are:

**MEN**

25 Miles 1:29 1990  
Brian Manning

50 Miles 2:35 1990  
Dave Sprinkel

100 Miles 5:31 1989  
Craig Mauck

**WOMEN**

2:17 1987  
Serena Benson

3:06 1991  
Leslie Troxel

6:11 1991  
Barbara Minor/Beth Portman

Again, help is needed in various ways to support our Century:

1) Prior to ride - posters, publicity, shopping, preparing food, marking roads.

2) Day of ride - SAG, registration, checkpoint, gopher, parking director. Even if you can only help a few hours, your help is desperately needed.

3) Day of ride - Baked goods. Please mark you calendar to bake your favorite goody now. Deliver to Art's house by Sept 12 or to Shelter 11 at Hillandale the morning of the ride.

If you can help, the next century meeting is Aug 26 - Time & Place to be announced. If you can't attend, call Art 433-9247.

**Bike Aid**

As outlined in the July Newsletter, host homes are needed for 21 cross country bicyclists the night of Tuesday, August 18. These cyclists have raised funds to support the Overseas Development Network which in turn supports grassroots domestic and international development initiatives. A number of us put up some riders in the past and it is a very rewarding experiences. If you can supply sleeping space to one or two (or whatever), call Pete Mahoney (433-8212). To welcome them to town, there will be a pot luck picnic at Purcell Park that evening (6-8 pm). Call Pete for details.
10th Annual Shenandoah Valley Century
Sunday, September 13, 1992

Bicycle rides of 30, 50, or 100 miles through the scenic and historic Shenandoah Valley of Virginia

Sponsored by the Shenandoah Valley Bicycle Club

The SHENANDOAH VALLEY CENTURY is a special bicycling event sponsored in conjunction with a number of bicycling organizations nationwide that are offering similar rides during September. The term "Century" refers to the longest ride being 100 miles (a century of miles). Century rides originated in the late 1800's. Cyclists would attempt to ride 100 miles in under 10 hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

We invite you to join us and many others on the SHENANDOAH VALLEY CENTURY for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race. Maps are provided and the route will be patrolled by auto sag to provide assistance as needed. A food and drink stop is provided every 25 miles and at the midpoint of the 30 mile ride. At the end of the ride, bicyclists are treated to a variety of baked goods donated by the Shenandoah Valley Bicycle Club members.

To avoid delays in waiting for the sag, be prepared to fix minor repairs yourself, e.g. a flat tire.

DATE: Sunday, September 13, 1992

TIME: 100 mile ride: registration at 7:00 AM; start 8:00 AM
30 & 50 miles: registration at 9:00 AM; start 10:00 AM

PLACE: Hillandale Park Shelter # 11
Hillandale Avenue
Harrisonburg, VA

COST: Individual $5 on or before September 11; $7 after
Family $15 (3 or more family members)

Registration includes route map, marked route, route patrol, mechanical help, food and water stops during the ride and after ride treats. National Century patches from League of American Wheelmen (a national bicycling organization) will be available for $2.50. 10th Annual SVC commemorative T-shirts will be available for $6.00 for those that pre-register early. ANSI OF SNELL APPROVED HELMETS ARE REQUIRED.

Harrisonburg is easily reached from the north or south via I-81. Hillandale Ave. is off Rt. 42 on the western side of the city. Parking in Hillandale may be limited; additional parking available at Food Lion and other locations.

INFORMATION: Art Fovargue (703) 433-9247
Marcia L amphier (703) 289-6712

The registration form is on the back of this flyer. Additional forms may be obtained at Harrisonburg area bicycle shops. Participants are encouraged to re-register.
REGISTRATION FORM - Shenandoah Valley Century
Sunday, September 13, 1992
ANSI or SNELL APPROVED HELMETS ARE REQUIRED

Name(s)__________________________________________________________

Address__________________________________________________________

City________________________State_________Zip_______________________

Tour distance (check one) 25 mile____ 50 mile____ 100 mile____

Cost  $5/person on or before 9/11/92;  $7 after 9/11/92 $____
$15/family (3 or more members) ______

________ number of family members $____

(____) 10th Annual Commemorative T-shirt ($6.00 each) $____
To guarantee receiving T-shirt, preregister by Aug. 28, otherwise
availability will be limited. size: S____ M____ L____ XL____ XXL____

RELEASE: In consideration of the Shenandoah Valley Bicycle Club sponsoring
a tour on the above date, I state:
1. I shall be _____ years of age on the tour date, and have no physical or
other limitations preventing me from riding a bicycle on this tour.
Furthermore, if I am under 14 years of age I will ride with an adult over
18 years of age. Name of adult
2. I have inspected my bicycle for this tour and I know it to be in
reasonably good and safe condition for the tour.
3. I have adequate and reasonable knowledge of what is prudent and safe
bicycle riding, and shall ride in that manner, for my own protection, and
for the protection of others.
4. I agree to check in with those operating the tour at the completion of
my ride so that they will know when I am finished on the tour route.
Furthermore if I quit my ride on the tour before completion, I agree to
inform those operating the tour that I am finished.
5. In signing this release for myself, or for the named entrant, I
understand that the Shenandoah Valley Bicycle Club, the club officers, the
club members, League of American Wheelman, the City of Harrisonburg, and
any others connected with this event are not responsible for and are not
insurers of my personal safety during the ride. I recognize that bicycling
on the roads may be hazardous and that various dangers such as rough roads,
RR tracks, etc. may be encountered.

I thus release the above organizations and their officers, employers,
and members and agree to absolve and hold them harmless, from any and all
liabilities arising from my having sustained any property damage or
personal injury by reason of their negligence in participating, sponsoring,
planning, or arranging this event. I shall abide by all traffic laws and
practice courtesy and safety in bicycling. I shall wear an ANSI or SNELL
approved helmet.

Signature of rider:______________________________________________

Signature of Parent if rider is under
18 years of age________________________________________________

ALL PARTICIPANTS MUST COMPLETE AND SIGN THE RELEASE. THIS REGISTRATION
FORM WILL NOT BE HONORED IF THE RELEASE IS NOT SIGNED.
Mail form and check payable to SHENANDOAH VALLEY BICYCLE CLUB, to:

SHENANDOAH VALLEY CENTURY
 c/o Art Fovargue
 210 Monument Avenue
 Harrisonburg, VA 22801
# Dry River Time Trial Results

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SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s) _____________________________ Phone ____________________________

Address _____________________________ ____________________________

street __________________________________ city __________________________

Check type of membership desired:

INDIVIDUAL ___ (4)  FAMILY ___ (4)  JUNIOR (12-16 Yrs) ___ (4)

NOTE: Membership begins in March of this year and lasts until next March.

PLEASE INDICATE YOUR INTERESTS BELOW

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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 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, 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 also 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

___________________________
signature of Club member or applicant

___________________________
date

Gregory & Michelle Gum
Rt 1  Box 419
Bridgewater, VA 22812

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

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