November - December
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

Thank you to Serena Benson and Scott Harlow for the wonderful slide show and talk. Quite interesting.

Much has been written about Virginia's Bond Referendum during this election. I've seen mostly good things about it, with most groups supporting it. The main thing out is to get out and vote. Please do so.

I have yet to receive any mileage figures for the year. Statistics from the figures could help us if we ever need to present information to a body (governmental or otherwise) that could help us.

Does anybody know a lawyer in the area that is sensitive to bicyclists? Any ideas on a monthly meeting at a local restaurant? Call me or any of the officers and let us know your thoughts. Thanks.

Neups

October Meeting Minutes

The September meeting started at 7:30. Neups noted the need to vote this coming election day and mentioned the Virginia Bond Referendum. Most groups in the Commonwealth are in favor of it.

Questions to think about were thrown out to the group: is meeting at a local restaurant (members pay for their own meals), anybody for naming the newsletter. Anyone with thoughts on these should call Neups.

The Great Virginia Trash-Off is this coming Saturday. The club will do our stretch starting at Donnelly's at 8:30 AM. Hopefully we will have enough people to do it in one day instead of our normal two.

Art mentioned his involvement with bicycling organizations, especially the Virginia Bicycling Federation, which is reorganizing after an absence since 1984. Art suggested having the club become an affiliate member. Neups spoke in favor of it. There were no objections and the club will become a member.

The treasury has $1,069.06.

After business was attended to, Serena started her presentation and took us to Nepal and Katmandu. There was a full house for the presentation (good to see everyone there). We were also taken to Bangkok, Thailand, and Malaysia. Scott helped point out items of note and had some good anecdotes.

Respectfully submitted,
Neups
Schedule of Events

Saturdays 1 PM. Impromptu ride starting at Waterman Elementary School.
November 3 VOTE!
November 8 Fifth Annual Gator 110, Lake Charles, LA. Call 1-800-94-GATOR for details.
November 9 Monthly Meeting, 7:30 PM, Valley Wellness Center.
    Art will be explaining about the current progress on the City/County Bicycling Plan. Members from the planning committee will be there with maps and a draft of the plan and this will be a good chance to have your questions answered or to express any suggestions or concerns that you may have. Please try and attend.
December 14 Monthly Meeting, 7:30 PM, Valley Wellness Center. A Night with Our Bike Cop.

Welcome returning Members
    New Members
Jim Borkholder Harrisonburg
Carrie Carreno Harrisonburg

Renewed Members
Samuel and Margaret Johnson & Family Keezletown
Sam Piercy Elkton
Steve Strider Waynesboro
Earl Zmijewski and Laurie Hulbert Harrisonburg

Great State Trash Off
A special "Thank You" to my Adopt-A-Highway helpers. A total of 17 bags were filled from Rt. 753 to Rt. 838 (Kratzer Road). A fun time was had by all. Including great Mr. J's bagels & coffee to celebrate our participation in the Great Va. Trash Off Day - Saturday, October 17. Next time we'd love YOUR help, too. Come join us. Thanks John Zban, Art Fovargue, Judith Trumbo, and Larry Grossman.

Classifieds
COMMUTE BY BICYCLE

Bicycle Commuters are different from other cyclists because they consciously choose to ride twice a day, usually on busy streets, during rush hour. If you are going to be a cycle commuter:

■ Ride in Harmony with Traffic
You have the same rights and responsibilities as drivers of automobiles. You must blend with traffic, signal for turns, stop for signs and lights, yield to the driver on the right at a four-way stop, and share the road with others.

Ride smoothly and predictably. The key to flow with traffic and make sure that other drivers see you and understand your intentions.

■ Ride the Right Way
Ride with traffic, never against traffic—a major cause of accidents. Going the wrong way makes your closing velocity the sum, instead of the difference, of your speed and the speed of the oncoming car! The motorist has less time to react if you suddenly move out to avoid some hazard in the bicycle or parking lane.

Drivers coming out of a driveway or alley to turn right always look to the left for oncoming traffic. They seldom glance to the right, the incorrect direction of travel. Left turners won’t be expecting to see a moving vehicle approaching from the left either.

Remember—ride in harmony with traffic at all times. GO WITH THE FLOW!

■ Commuting Strategy—You Plan
Advance planning can make your bicycle travel convenient and enjoyable as well as economical.

You know your starting point and destination; but how will you select the best route? How can you secure your bike at work? How can you clean up after an aggressive race with a bus?

Look For Wide Lanes
To choose the best route, drive your car on a weekend, and, using a good street map, look for roadways with wide right-hand lanes. There are often good parallel roads, some with specially marked bicycle lanes, which carry less traffic. The best route may not be the most direct but it may be safer and more interesting. However, even with more traffic, the major thoroughfares are often the safest and best routes.

Take A Test Ride
After you choose a tentative route, ride it on another weekend to check the road surface for potential hazards and check the time it takes to ride the distance. The test ride is important for confidence and timing. Becoming familiar with the route will make your first real commute a positive event.

Secure Your Bicycle
Make arrangements in advance for locking your bike at work. Wherever you leave your bike, make sure you secure it with a high-quality chain and/or u-shaped lock. If you leave the cable and lock at work, you won’t have to carry them back and forth.

Many businesses will be glad to provide bicycle parking because that makes more motor vehicle spaces available.

If you keep your bike clean and remove your front wheel, perhaps your employer will allow you to store your bike inside a closet or storeroom. Many companies may be required by law to provide bicycle facilities for employees.

Clean-Up
When you begin work, you want to be clean and refreshed. Allow about 15 minutes for a quick sponge in the restroom. By using small wet-pack cleansers, or rubbing alcohol and tissues, you can quickly be socially acceptable. Some people like to use talcum powder to stay dry. You may carry work clothes (in panniers or backpack) or have a change of clothes at work. For men, it may just be the shirt that needs changing.

■ Equipment And Accessories
For your protection, always wear a helmet and gloves. Secure your pantleg with a strap or clip and have a rearview mirror on your helmet, glasses, or bike. A spray can of Halt (or squeeze bottle of ammonia) deters aggressive dogs.

Your bike should be equipped with a pump, tire repair kit, and a few small tools. Even though you don’t plan on riding in the dark, your bike is required to have reflectors. If you plan to do some night riding, equip your bike with good front and rear lights. You can also wear a small leg or arm light and/or wear a flashing beacon on your back.

You can bike in street or work clothes, but cycling shorts, shoes, or jerseys can make your riding more efficient and comfortable. It’s best to wear light or brightly colored cycling clothes for high visibility. Remember to dress for the weather. Your effort will produce heat and your speed will contribute to a wind-chill. Add thermal underwear or tight and arm warmers when it’s cold. A small rack-pack or panniers will provide plenty of room for carrying a change of clothes or rain gear.

When it’s too cold or too wet, you can always take the car or the bus.

■ A Few More Tips
Remember, when it’s raining, motorists may not be able to see you as easily as when it’s clear. And, when it’s wet bikes and cars can’t stop as quickly. Watch for slick spots on the road and don’t ride through puddles which may be hiding broken glass.

When the sun is low in the sky, watch for drivers who may be blinded by it. Your shadow points to the driver who may not be able to see you.

Practice changing a flat tire before the need arises.

Always carry personal identification, phone numbers, and important medical information in your pocket.

Riding with a friend and wearing a smile will make your ride more pleasant.

■ Sources of Information
Two comprehensive books which cover all aspects of bicycling are: John Forester’s Effective Cycling (MIT Press, 1984); and Complete Book of Bicycle Commuting by John Allen (Rodale Press, 1981).

Your local Department of Transportation (city or county) may be able to provide maps and other resources. HPTA cycle-commuting seminars show the film Bicycling Safety on the Road, produced by Iowa State University. Next to actual practice, this film most clearly shows effective cycling in traffic. HPTA, P.O. Box 1552, Reseda, CA 91335, (818) 781-2453.
 Shenandoah Valley Bicycle Club Membership Application

Name(s) ___________________________ Phone _______/_______

Address ____________________________________________

Street _____________________________________________________________________

City _____________________________________________________________________

ST Zip ____________________________________________

Check Type of Membership desired:

Individual____ ($7) Family____ ($10) Junior(12-16)____ ($4) Associate(non-voting)____ ($7)

NOTE: Membership lasts for one year from month dues are paid.

PLEASE INDICATE YOUR INTERESTS BELOW

<table>
<thead>
<tr>
<th>Ride Class Designation</th>
<th>Approx. Speed</th>
<th>Approx. Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>A 14 - 22</td>
<td>25 - 100</td>
<td></td>
</tr>
<tr>
<td>B 12 - 16</td>
<td>15 - 60</td>
<td></td>
</tr>
<tr>
<td>C 8 - 12</td>
<td>10 - 35</td>
<td></td>
</tr>
<tr>
<td>D less than 10</td>
<td>5 - 15</td>
<td></td>
</tr>
</tbody>
</table>

Check Here

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

P.O. Box 1014
Harrisonburg VA 22801

printed on recycled paper

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.

Please Support these local businesses.