



**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 Donnelley'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

For Sale: Child's 6-speed mountain bike (20" wheels). Specialized Hard Rock "Mega", 1991 model. Used only 4 months - like new. \$175.00 (1992 model costs \$250). Call Samuel Johnson at 269-8261.

from The Human Powered Transit Association (HPTA), Reseda, California

## 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 is 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 be just 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.



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