

MARCH NEWSLETTER

SVBC OFFICERS

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

President's/Editor's Column

Spring is fast approaching. Is everyone anxious to get back on their bikes?

We have a change. Greg Gum will no longer be the newsletter editor. I will be taking over that job. If you have any contributions or suggestions for the newsletter, either give me a call or mail them to our P.O. box. I'd like to thank Greg for his work on this endeavor over the past year.

By the way, if anyone is thinking of having a bathroom remodeled, give me a call and I'll tell you who not to use.

Glad to see so many members at the January and February meetings!

NEUPS

A NOTE ON MEMBERSHIP AND DUES

There is a new system to let you know when dues expire. If you noticed there is a date on your mailing label. This is the date you last renewed. Be sure to pay your dues before that same month the following year. If the date is highlighted in yellow, it means your dues are due by the end of the month. If the date is crossed through in red, it means that your dues have expired and that this is your last newsletter unless you renew your membership.

JANUARY MEETING MINUTES

The meeting was well attended, most likely because of all the good food brought for our annual potluck dinner. Scott Harlow even called his parents down from New York just to attend our dinner. Neups started the meeting at 6pm by noting that the ballots for the March elections were missing from the newsletter and would be included in the March Newsletter. Be sure to get them mail by March 4th or bring them to the March meeting.

The insurance forms have started being returned, but many still are out there. There will be another copy in the March Newsletter for those who still need to return the form(s). Please do so.

Blue Ridge Cycle Works, Cool Breeze Cyclery, Mark's Bike Shop and Mole Hill Bikes
all contribute to the cost of the monthly newsletters.

Please support these local shops.

MINUTES Continued

Sue Weideman spoke on the upcoming American Lung Association's upcoming Go With The Pros to take place during the Tour DuPont. The opportunity looks wonderful. Help will be appreciated on mapping a local route for the participants.

The meeting adjourned for dinner around 6:20.

FEBRUARY MEETING MINUTES

Look for these in the April Newsletter. Next meeting is March 8th at 7:30pm in the Valley Wellness Center. Our guest will be Garth from Cool Breeze.

WELCOME NEW MEMBERS

Myron & Joyce Lind.....Harrisonburg, VA

CLASSIFIEDS

FOR SALE: Schwinn Sprint 10-speed. Hardly ridden. 23" frame. \$100. Call Neups. Helmet, Bell Spectrum. Size M/L. New-never used. \$20. Call Neups.

BICYCLE MAINTENANCE CLASSES

If you've ever considered learning how to handle bicycle maintenance, here are two opportunities. First, Stewart from Cool Breeze will be conducting maintenance class at the Bike Academy. The dates and times are: Thursday, March 11th from 7-9pm, Friday, March 12th from 7-9pm, and Saturday, March 13th from 8am until everything has been covered. Over 20 procedures, road and trail emergency repairs, and routine adjustments will be covered. Bring your own bike! The cost is \$75.00 and space is limited. Call Stewart at 433-3222 to register or for more information.

Also, the Waynesboro Parks and Recreation Department is conducting a class on Basic Bicycle Repair on Thursday, March 18th from 7-9pm. You can call them at 703-949-6505 for more information.

TIDBITS

Virginia's law requires cyclists to ride as close as possible to the right edge of the roadway. It also requires cyclists to ride on a usable parallel path if one is provided. And lastly, it does not recognize the right-arm-out signal as a legal right turn signal!

SCHEDULE OF EVENTS

- SATURDAYS 1:30pm. Impromptu ride starting at Waterman Elementary school.
- MARCH 8 7:30pm. Monthly meeting, Valley Wellness Center. Garth from Cool Breeze will talk on what's new this year in equipment.
- MARCH 13 & 14 Wildlife Art & Photography Show. Annandale, VA. Call Merni Fitzgerald, 703-246-5662.
- MARCH 27 Hope House Foundation Bike-A-Thon. Smithfield, VA. Call 804-625-6161.

EVENTS Continued

- APRIL 25 Earth Day '93. Hillandale Park.
APRIL 15 Tea Burner Century Bicycle Ride. Carmel, NJ. Call Mel Kornbluh, 609-451-5104 after 6pm.
- MAY 1 American Diabetes Association's Tour de Cure. Appomattox, VA. Call 703-989-7871.
- MAY 6-16 Tour DuPont.
- MAY 9-14 American Lung Association's Go With The Pros. Call 1-800-345-LUNG.
- MAY 22 Sports Festival, Hagerstown, MD. Triathlon, biathlon, 10k race. Call Neups.
- MAY 22 & 23 Clean Air Challenge. Fairfax to Ashland, VA. Call 703-591-4131.
- JUNE 5 & 6 MS Virginia Dare Bike Tour. 8th Annual. Richmond, VA. Call John Miller, 804-748-4190.
- JUNE 12 & 13 MS 150 Bike Tour. Charlottesville, VA. Call 1-800-451-0373.
- JUNE 13-18 Ride Around Wyoming. Call 307-672-6323.
- JUNE 18-23 Sixth Annual Bike Virginia. Bristol to Floyd, VA. Average 50 miles/day. \$125 per adult. Call 804-229-0507.
- JUNE 27 Bay to Bay Ride, Betterton, MD. Call Neups for address.
- JULY 2-6 L.A.W. National Rally. Kutztown, PA. Neups and Jody Hensley have already registered. Call one of them for information.
- JULY 3-25 Tour de France. 80th Annual.
- JULY 10-17 GRABAAWR-VIII, Wisconsin. Call 608-256-2686.
- JULY 18 Sizzler Bicycle Tour. Carmel, NJ. Call Mel Kornbluh, 609-451-5104 after 6pm.
- JULY 23-25 Harrisonburg-Rockingham County Bike Festival, Weekend 1.
- JULY 25-31 Cycle Across Maryland V. Write to CAM Corp., P.O. Box 21572, Baltimore, MI 21208.
- JULY 25-31 RAGRBAI XXI. Iowa.
- JULY 29-AUG. 1 L.A.W. GEAR 1993. Geneseo, NY. Call Neups for info.
- JULY 30-AUG. 1 Harrisonburg-rockingham County Bike Festival, Weekend 2.
- AUGUST 1-7 Cycle Colorado. Information Hotline, 303-254-8520.
- AUGUST 7 Roanoke Valley Biathlon. Catawba, VA
- AUGUST 14 & 15 Snowshoe Mountain Bike Challenge. Snowshoe, WV. Call 304-572-1000.
- AUGUST 15 Double or Nothing Tandem Bicycle Ride. Carmel, NJ. Call Mel Kornbluh, 609-451-5104 after 6pm
- AUGUST 22 Winchester Triathlon.
- SEPTEMBER 10-12 Great National Peanut Rides. Emporia, VA. Call Robert Wrenn, 804-634-4191.
- SEPTEMBER 12 SVBC Century Ride.
- SEPTEMBER 26 Winchester Wheelmen Century Ride.

ELECTION BALLOT

PRESIDENT

Michael A. "Neups" Neupauer

VICE-PRESIDENT

Jody F. Hensley

TREASURER

Marcia Lamphier

SECRETARY

Steve Strider

Please check here if yours is a family membership _____

Mail your ballot(s) to our post office box as noted on the front of your newsletter, or bring them to the March meeting.

Effective Cycling

By Susie Jones, Education Director, League of American Wheelmen

"I've been riding a bike since I was six years old, and I've never had an accident—what could I possibly gain from taking an Effective Cycling class?"

Most cyclists think of bicycling as a self-taught activity and feel they have nothing to learn from a class about bicycling. True, the basic skills involved in propelling a bicycle can be picked up easily through trial and error. However, the error component of this method of instruction can be dangerous when sharing the road with motor vehicles, or sharing a recreational path with other cyclists, joggers, walkers, skaters, children, and animals.

Effective Cycling (EC) is the only nationally-recognized bicycling education program with certified instructors. Its hallmarks are on-the-road training and an emphasis on learning to ride safely and effectively in all conditions of road and traffic.

If you've never been involved in an accident, that does not necessarily mean that you are demonstrating appropriate riding behavior. You just may have been lucky—so far. Effective Cyclists, though, are armed with more than just luck. They ride *smart*, with knowledge and confidence to claim their proper position on the roadway.

Still not convinced that an Effective Cycling class is right for you? Here is what you will get from investing just a little time in an EC course.

- Increased confidence to bicycle in any traffic situation, allowing you to ride more places, more often.
- Improved efficiency on the bike, allowing you to ride further and faster with less effort.
- Knowledge about common accident scenarios, as well as avoidance techniques.

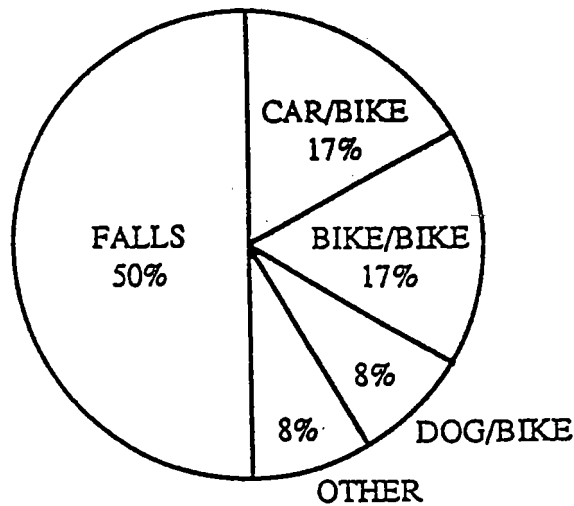
- Knowledge and skills to perform routine and emergency maintenance on your bike, prolonging the life of your bike and saving you money.
- Certification, which demonstrates that you have passed the only nationally recognized cycling education course. This can be used in court if you are involved in an accident and have to show proof of cycling instruction and/or certification (like a motorist having to present a driver's license and clean driving record).
- Answers to questions you may have about traffic law, lane positioning, clothing and equipment, commuting, touring, or group riding.
- Cycling partners and lasting friendships.

Consider the following statistics, which pertain to accident rate and distribution of accident types in the United States:

<u>Miles Per Cyclist Type</u>	<u>Accident</u>
Children	1,500
College-associated adults	2,000
Club cyclists	10,000

Most Dangerous Facilities
(based on total accident rate)

1. Bikepaths
2. Roads with heavy traffic
3. Roads with light traffic



The chart below illustrates the distance and time required to learn traffic-safe cycling:

Type of Learning	Miles	Months
Self-Teaching	50,000	120-240
Club-Cycling	5,000	24
Learning from books	2,500	12
E.C. Instruction	800	3

By this time you are probably convinced that an Effective Cycling course will be well worth the effort, but you still have a few nagging questions. Here are the answers to some of the most commonly asked questions about the program.

How do I find out about Effective Cycling classes in my area?

There are currently about 250 Effective Cycling Instructors (ECIs) and Trainees (ECITs) across the country who are qualified to teach EC. Contact the ones in your area to find out if they have a class scheduled (most teach an average of one class per year).

Where are classes held?

Instructors and Trainees teach through bike clubs, bike shops, civic organizations, community colleges, universities, elementary schools, and scout groups, so the facilities vary.

Will I need a bike for the class?

Yes. Effective Cycling has been successful over the years because it emphasizes on-bike instruction, with plenty of time to practice the skills and maneuvers discussed during class. At least 50 percent of your class time will be spent on the bike.

How many days or hours is a class?

It typically takes a minimum of 20 hours of instruction for a class to master the complete Effective Cycling curriculum. This may be structured as two-hour classes for 10 weeks, as a couple of intensive weekend sessions, or any other format that the Instructor sets up.

What if I am a seasoned rider and just want to take the maintenance portion of a class?

Instructors have learned over the years that class enrollment will be low unless they understand the needs of potential students and structure a class to fit these needs. This may mean holding a three week maintenance-only workshop, or a four hour class for Boy Scouts. However, these classes usually won't include the certification portion of the program, because the students have not had the opportunity to learn and practice all the essential components.

What is certification?

In order to receive certification as an Effective Cyclist, it is necessary to pass a multiple-choice exam and a road test. The 50-question multiple-choice exam tests students on their knowledge of vehicular cycling, basic maintenance, and some of the politics of bicycling, all of which are covered in the book *Effective Cycling* by John Forester. The road test is an opportunity for the Instructor to observe the students as they perform emergency maneuvers and cycle in various traffic situations.

Do I have to take the tests?

No. Testing may be offered at the end of the class for any interested students, but it is not mandatory. In fact, many Instructors do not even schedule the testing as part of the class unless someone requests it.

How much does a class cost?

Costs vary depending on the length of the course, sponsoring agency, facility, distance to the location from the Instructor's home, or many other factors.

For more details on the program contact the L.A.W. at 190 W. Ostend St., Suite 120, Baltimore, MD 21230-3755; (410) 539-3399.

If you have ever had even a mild case of road rash from a bicycle accident, then you know just how painful a minor mishap can be. Look into an Effective Cycling class today—the skin you save may be your own.

Effective Cycling Notebook

by Susie Jones

Rock Dodge

Riding safely on the road requires a knowledge and understanding of traffic laws and the principles that determine and govern these laws. However, even when you ride predictably and occupy your proper place on the roadway, situations may arise that necessitate an emergency maneuver on your part. The ability to execute an evasive maneuver could mean the difference between a close call and a serious or fatal accident.

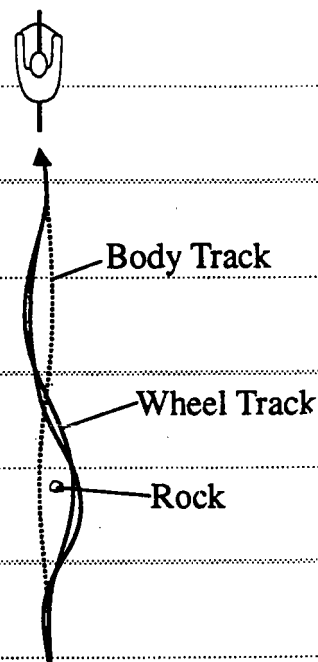
In this first column, I will discuss a maneuver called *Rock Dodging*, an essential skill for any cyclist to master. Picture yourself riding along when suddenly you see a rock in your path. There is a ditch to your right, and a car or another cyclist to your left. You don't have to hit the rock - there is a way to go around it.

Before the technique will make sense, though, it is important to understand how you stay upright on your bike and what happens during a turn. To keep from falling over on the bike, you steer the wheels so they are always exactly under you. Using John Forester's example in *Effective Cycling*, imagine that you are balancing a stick upright with one end resting in the palm of your hand. You balance it by moving your hand so that it stays under the stick, no matter which way it starts to fall. This is also what happens on a bike. It is not possible to balance exactly; you are always wobbling to one side or the other, steering to correct the unwanted lean. If you fall it is because you have steered the wheels out from under you.

To execute a *Rock Dodge*, keep riding straight until you are very close to the rock. Just before the rock, turn the handlebars suddenly without leaning so the front wheel goes around the rock. For example, if you steer to the right of the rock you will automatically start to fall (lean) left. However, you will catch yourself as soon as your wheels have passed the rock by steering more to the left than is natural. Your wheel snakes around the rock (see illustration), but your body and handlebars have barely moved.

The entire action happens in a split second.

This technique will feel unnatural at first and will take quite a bit of practice before you can do it smoothly. Once you master the *Rock Dodge*, practice it regularly to maintain proficiency. While out riding, dodge rocks that you would otherwise be able to avoid, or make constructive use of time spent waiting for an organized ride to begin by practicing in the parking lot. For an emergency maneuver to actually work in an emergency, it has got to come naturally, without your having to think it through first.



This column is provided as part of our benefit package as an affiliated club of the League of American Wheelmen (L.A.W.), and will focus on various aspects of Effective Cycling (EC). EC is the only nationally-recognized bicycling education program. If you would like to learn more about L.A.W. or the EC program, contact the League at (410) 539-3399.

1992 MILEAGES

Neups.....	3,223
Art Fovargue.....	2,506

If you have your 1992 total, call Neups to have it listed.

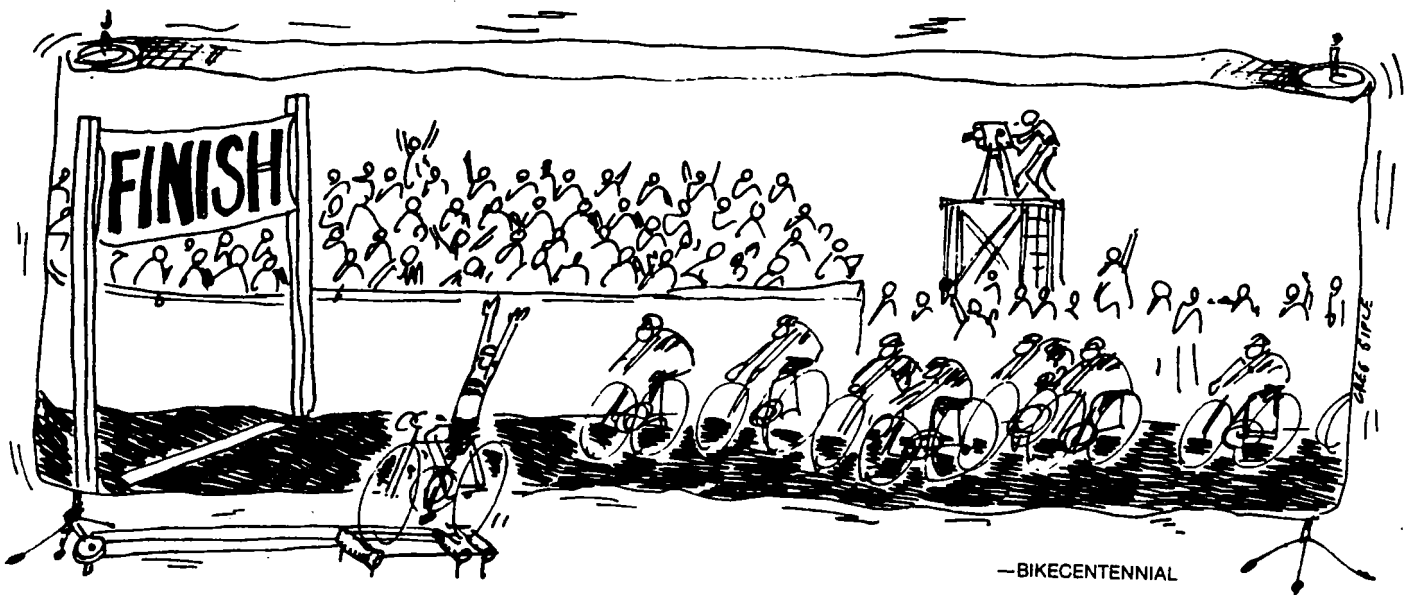
INSURANCE UPDATE

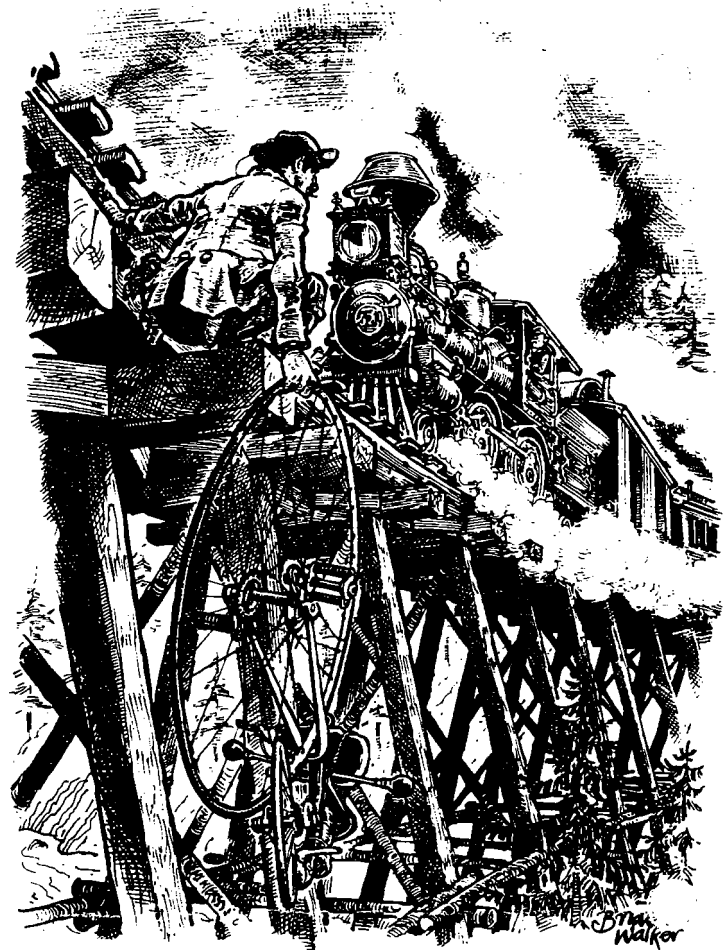
Our current insurance policy will conclude shortly and our current insurer will no longer be covering us. We will be switching to a new insurer.

Again, there are two forms in this issue of the newsletter that must be completed by each and every member of the club. Completing the form once will cover you as long as you remain an active member. It is imperative for us to receive these forms back as soon as possible so that we may continue as a club.

Please take the time now to complete the forms and mail them back to our post office box. When filling out the forms, please do not fill out the "witness" areas. While you're at it, complete the ballot and mail it back at the same time.

I thank those who have already completed the form(s) and sent them in.





One hundred years ago, Thomas Stevens became the first bicyclist to cross North America. Because of the lack of roads or bridges, he was regularly forced to push or carry—as was the case in Nevada—even float his bicycle.

Thomas Stevens, the first bicyclist to cross North America, followed railroad tracks for much of his journey. Caught on a trestle in California, he perched himself on the end of a cross-beam, then hung his “high-wheeler” over the edge.

As Thomas Stevens crossed the continent in 1884, he was frequently called upon to demonstrate his “high-wheel” bicycle. On one such ride, around a barroom pool table in the West, he nearly scalped himself on a bronze chandelier.



The Bicycle Travel Association
P.O. Box 8306, Missoula, MT 59807
(406) 721-1776

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____ / _____

ADDRESS _____

Street

City

State

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

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	_____

TYPE(S) OF CYCLING

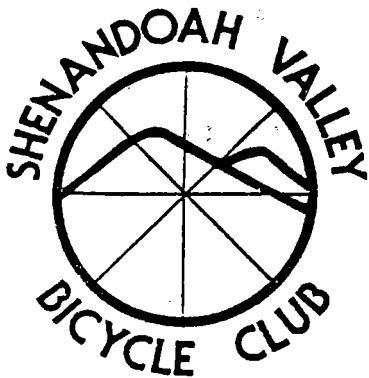
Racing _____ Mountain _____ Recreational _____ Overnight Tours _____ Other (specify) _____

COMMITTEES

Racing _____ Mt. Biking _____ Touring _____ Century _____ Newsletter _____

INSURANCE RELEASE FORM MUST BE SIGNED

Return to: Shenandoah Valley Bicycle Club, P.O. Box 1014, Harrisonburg, VA 22801



P.O. Box 1014
Harrisonburg, VA 22801



SECRETARY, SVBC
RT. 2, BOX 405-B
ELKTON, VA 22827

Mar-93

printed on recycled paper