

NEWSLETTER - APRIL

SVBC OFFICERS

President: Michael "Neups" Neupauer 434-1878
Vice-President: Jody Hensley 289-5591
Secretary: Steve Strider 289-5135
Treasurer: Marcia Lamphier 289-6712

President's/Editor's Column

Congratulations to the new officers. I look forward to working with the new group.

April's meeting will have two goals to accomplish: 1) organize our involvement with Earth Day, and 2) bring to fruition a tentative ride calendar for the season. We'll need volunteers for Earth Day. If you are unable to attend the meeting but are willing to help out on this day, please contact one of the officers.

There will be no May meeting. The Tour duPont will be arriving in our area on that day. Instead of making the meeting, volunteer for your Tour of duty. You owe it to your country.

NEUPS

FEBRUARY MEETING MINUTES

February was our annual swap meeting. Thanks to all who participated. Neups would like everyone to begin thinking of potential rides for this year. Some that were suggested were the Ice Cream ride, Skyline Drive rides, and another Tour duPont ride.

March will be the election meeting. The ballot will be printed in the newsletter.

The Bike Festival will be the end of July and early August. Ride leaders will be needed. Contact Marcia if you are interested. As Marcia was absent, there was no Treasurer's report.

A note to all members: thank you for all your support over the last year. Good luck to the new officers! Thank you!

Greg & Michelle Gum

MARCH MEETING MINUTES

The Valley Wellness Center meeting room was filled to capacity to hear Garth Kunkle of Cool Breeze Cyclery speak on state of the art bicycle technology. He showed such items as clipless pedals, replaceable sealed bottom brackets, fingertip shifters, and soft rubber tires on a top-of-the-line Serotta road and mountain bikes.

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.

March minutes continued...

Garth was most generous in giving out complimentary Cool Breeze water bottles to all those in attendance.

Thanks, Garth for taking your time, trouble, and expense to give such an interesting and informative presentation.

Lots of activities and rides were introduced for discussion now that Spring is almost here and bicyclists are itching to get out of the cabin. Included in the list was Earth Day, April 25th, Trash Day, April 17th, Tour de Cure, Tour duPont, Harrisonburg's Bike Festival, and our own Century.

Neups gave information on the new insurance policy he is considering and Marcia gave the treasurer's report of \$1,031.31.

WELCOME NEW MEMBERS

Bob Converse	Charlottesville
Jeff Holsapple	Harrisonburg

WELCOME BACK RETURNING MEMBERS

Bernie Edwards	Weyers Cave
Art Fovargue & Family	Harrisonburg
Sue Gier	Singers Glen
Marcia E. Lamphier & Larry E. Grossman	McGaheysville
Mary & Ted Miller	Woodstock
Neups	Harrisonburg
Steve Slaubaugh	Harrisonburg
Mike Wenger	Harrisonburg

TIDBITS

Now is the time for LSD. No, not the 60's drug of some of that generation, but Long Steady Distance. If you're just getting back in the saddle after the winter layoff, don't start out pushing yourself. Try to stay on flatter routes. Increase your mileage by no more than 10% a week. An even better method is to go by time, with the same idea in mind. Spin those cranks to acclimate your knees and muscles to their new demands. And ENJOY!

AND MORE TIDBITS

Last month's newsletter noted bicyclists must ride as close as possible to the right edge of the roadway. It should have read as close as practical. Lawful exceptions to this rule include 1) overtaking and passing another vehicle, 2) preparing for a left turn, 3) avoiding unsafe conditions, and 4) when the lane width is too narrow to share with a motor vehicle.

Also, bicyclists are required to ride on usable bikepaths only if local ordinance requires it. And we are required to signal our intention to stop or turn (remember, with the left arm only), but do not have to do so continuously if both hands are needed to control or operate our bicycles.

TIME TRIALS

For the moment, time trials will not be held. It seems our insurance does not include that activity of ours. Also, depending on which insurance carrier we choose, we may or may not be able to run time trials as all. We are most hopeful that we will be able to do so. That would happen around the middle of June. Stay tuned for more.

There is nothing preventing someone from going out to the course and timing himself. If you do so, call Marcia or Neups with the date and your time. We will be happy to print it in the next newsletter. Remember, you're on your honor.

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.

TRASH PICK-UP DAY

We will have trash pick-up on Saturday, April 17th at 8am. We start at the Donnelley parking lot. It's on Kratzer Road, north of Harrisonburg. It's also Route 753. Call Neups if you need directions.

As an incentive the club will be going to Mr. J's Bagels directly after we get done with the pick-up. And, we'll even pay up to \$3.00 towards your bill! So join us for trash and bagels.

BICYCLE PLAN UPDATE

After about 1 1/2 years worth of meetings, Harrisonburg-Rockingham County has completed and approved a joint bicycle plan. The next step is one of review and approval by the city and county planning bodies, and then the city council and the county board of supervisors. The city is tentatively looking at May for the plan being on the planning board agenda. At some point after that, there will probably be a public hearing. No schedule yet exists from the county. At all these steps, public support (this means you) and enthusiasm will be essential. I will try to keep all informed regarding dates and places, but watch the local media, too, in case things move faster than our newsletter schedule.

Art

1992 MILEAGES

Tim Wolters	3,656
Neups	3,223
Art Fovargue	2,506

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

DUES

Remember to pay your dues when the date on your mailing label is highlighted. The newsletter deadline is the third Monday of each month, so have your check in by then.

APRIL CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 1:30pm- Impromptu Ride Waterman Elem. School
4 2am-Daylight Savings Time Begins	5 5:45pm-Women's Ride-Cool Breeze	6	7 6:10pm-Training Ride-Cool Breeze	8 6pm-Keezletown Ride-Keezletown Elementary School	9	10 10am-Brian and Debbie's Ride 30 miles, A-pace
11	12-5:45pm-Wmns Ride-Cool Breeze 7:30pm-Monthly Meeting-Valley Wellness Center	13	14 6:10pm-Training Ride-Cool Breeze	15 6pm-Keezletown Ride-Keezletown Elementary School	16	17 8am-Trash Pickup, Donnelley Parking Lot Then Mr. J's!
18 EASTER	19 5:45pm-Women's Ride-Cool Breeze	20	21 6:10pm-Training Ride-Cool Breeze	22 6pm-Keezletown Ride-Keezletown Elementary School	23	24 1:30pm- Impromptu Ride Waterman Elem. School
25 1-6pm-Earth Day Hillandale Park	26 5:45pm-Women's Ride-Cool Breeze	27	28 5:10pm-Training Ride-Cool Breeze	29 6pm-Keezletown Ride-Keezletown Elementary School	30	31 1:30pm- Impromptu Ride Waterman Elem. School

Brian and Debbie's ride on the 10th will start from their home on Route 644E right off Route 33 near McGaheysville. For better directions, call them at 298-0014.

Helmets are required on all club rides.

SCHEDULE OF EVENTS

SATURDAYS 1:30pm. Impromptu ride starting at Waterman Elementary school.

APRIL 12 Monthly meeting, Valley Wellness Center, 7:30pm. We will be filling the ride calendar for the year and also planning our Earth Day participation.

APRIL 17 8am. Trash Pick-up. Meet at Donnelley's parking lot. Then Mr. J's!

APRIL 17-18 Thunder in Holyland II. VA State MTB Championship Series Finals. Call Neups for more information.

APRIL 25 Earth Day '93. Hillandale Park, 1-6pm.

MAY 1 American Diabetes Association's Tour de Cure. Appomattox, VA. Call 703-989-7871.

Events continued

- MAY 1-2 Leukemia Society of America, Virginia Chapter's Commonwealth Classic Cycling Tour. Chesterfield, VA 107 miles. Call 800-866-4483 for further information.
- MAY 6-16 Tour DuPont.
- MAY 8 VPF Bicycle Tour. Bridgewater/Dayton area. Leisurely. Call 433-2451.
- MAY 8-9 Elkton Tour DuPont Warm-up days. Look for more information in the next newsletter.
- MAY 9-14 American Lung Association's Go With The Pros. Call 1-800-345-LUNG.
- MAY 15-16 National Bicycle Weekend.
- 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 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 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, MD 21208.
- 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 7 Roanoke Valley Biathlon. Catawba, VA
- AUGUST 14 & 15 Snowshoe Mountain Bike Challenge. Snowshoe, WV. Call 304-572-1000.
- 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.

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.

Effective Cycling Notebook

by Susie Jones

Panic Stop

There is an art to effectively stopping a bicycle in an emergency. Doing it incorrectly could cause you to: 1) hit the object you are trying to avoid; 2) somersault over the handlebars; or 3) lose control of the bike as the rear wheel skids out from under you. If you are like many people, you instinctively grab both brakes in an emergency and apply them equally until the bike begins to skid. This is inefficient because you have no control over a locked wheel (it cannot be steered), and a wheel that is skidding offers you virtually no stopping power.

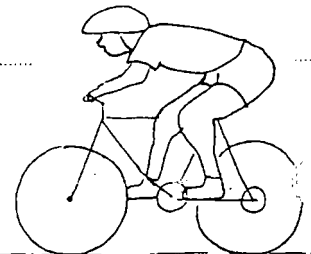
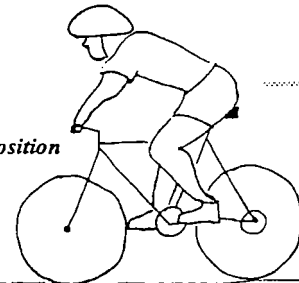
When you apply either the front or rear brake, the bicycle begins to slow down and your weight transfers forward because of inertia. The more weight a wheel supports, the more effective the applied braking force, and the less tendency to skid.

Thus, if you apply only the rear brake hard, your weight is shifted to the front, decreasing weight on the rear wheel. Since the rear wheel is supporting less weight, it will skid as you brake, decreasing the effectiveness of the brake.

Applying only the front brake hard also shifts weight to the front wheel. In this case, however, the weight transfer increases the effectiveness of the brake, and the tendency of the braked front wheel to skid is greatly reduced. However, the danger is that if the front brake is applied too hard, the rear wheel will lift off the road and the rider may be pitched over the handlebars.

The implications, then, for effective braking are as follows:

- Braking with the rear brake alone will avoid pitchover, but it is not very effective.
- The theoretically fastest stop is made with the front brake alone, but this is dangerous — only a slight error will pitch you over.
- The best system for a fast, safe stop is to use both brakes in a 3:1 ratio, front:rear, which produces the optimum deceleration. If the rear wheel starts to skid, this indicates that you are unweighting the rear wheel almost to the pitchover point. Therefore, when the rear wheel skids, ease up slightly on the front brake.
- When braking hard, slide your body and the saddle as far as possible. Although it is not necessary for an effective Panic Stop, you can transfer even more weight to the rear wheel by lifting your buttocks off of the saddle and thrusting them straight back over the rear axle.
- If you are carrying a heavy load on the rear of your bike, you will be able to brake harder before pitchover occurs.



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.

ANOTHER INSURANCE UPDATE

There is also another company we may go with for insurance. Neither one is yet for certain, but this one would allow us to run time trials. As such, until we know for sure, please return the insurance forms if you still have not.

CUBA!

The newly elected Secretary, Steve Strider, will be attending the international bicycle conference "Bicycles: Option for the 21st Century" in Havana, Cuba from April 12th through the 16th. He will be meeting bicycle advocates and transportation planners from around the world to discuss means to promote and utilize the bicycle as a viable mode of transportation to commute to work, school, stores, and everywhere else internal combustion powered vehicles go.

Steve will be part of the North American contingent of Bikes Not Bombs, a grassroots education and development organization promoting affordable and environmentally sound transportation.

Steve will be taking pictures and notes for a presentation to the SVBC at an upcoming meeting and to provide local newspapers with information on the bicycle conference.

OUR CLUB

As of this writing the club has a total of 66 memberships. Twenty-two of those are family. Using the information on the applications, I came up with the following:

<u>Ride Type</u>	<u>Percentage</u>	<u>Cycling Type</u>	<u>Percentage</u>
A	53	Race	36
B	48	Mountain	44
C	18	Recreational	76
D	14	Overnite Tours	42
		Other	11

Keep in mind that a person(s) can mark more than one ride or cycling type. Also, some members did not mark anything on their applications. But this gives us a good idea of our make-up.

LEAGUE OF AMERICAN WHEELMEN MEMBERSHIP APPLICATION

I want to join the national organization of bicyclists. Please start my subscription to *BICYCLE USA* magazine. Also send my membership materials, including bike and window decals, and membership card.

L.A.W. Membership Categories
(Add \$15 for postage to foreign countries. Pay by check drawn in U.S. funds or by money order.)

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 TELEPHONE (____) _____
 CLUB _____

- | | |
|-----------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Advocate/Individual: \$35* | <input type="checkbox"/> Bike Shop: \$50 |
| <input type="checkbox"/> Advocate/Family: \$40* | <input type="checkbox"/> Individual Life: \$425* |
| <input type="checkbox"/> Individual: \$25 | <input type="checkbox"/> Family Life: \$525* |
| <input type="checkbox"/> Family: \$30 | <input type="checkbox"/> Public Library: \$19 |
| <input type="checkbox"/> Sustaining: \$50* | <input type="checkbox"/> IPMBA: \$35 |

* Note: Only these categories receive *Bicyclists Advocacy Bulletin*.

Check enclosed Please bill my VISA or MasterCard, Exp. Date _____ Act. # _____

Membership Hotline 1-800-288-BIKE League of American Wheelmen, 190 W. Ostend St., Suite 120, Baltimore, MD 21230

**LEAGUE OF AMERICAN WHEELMEN ("LAW")
PARENTAL CONSENT RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK,
AND INDEMNITY AGREEMENT ("AGREEMENT")**

IN CONSIDERATION of my minor child being permitted to participate in any way in SHENANDOAH VALLEY BICYCLE CLUB (Name of LAW Club) ("Club") sponsored Bicycling Activities ("Activity") I agree:

1. I understand the nature of Bicycling Activities and the Minor's experience and capabilities and believe the Minor to be qualified to participate in such Activity. I further acknowledge that I and the Minor are aware the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of travelling are to be expected. I further agree and warrant and will instruct the Minor that if at any time the Minor believes conditions to be unsafe, he/she will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by the Minor's own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred as a result of the Minor's participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAW, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and leasers of premises on which the Activity take place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I AND THE MINOR HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name of Minor Participant

Signature of Parent or Legal Guardian

Signature of Witness

Date

Printed Name of Parent or Legal Guardian

Printed Name of Witness

Date

