



JULY NEWSLETTER

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

The Century is starting to take shape. The next planning meeting will take place on July 14th at my house at 117 N. Willow Street at 7pm. More help is always needed and appreciated. We'll also be in need of volunteers on the day of the Century, September 12th.

Jeff Smith will be at the July picnic to talk about this year's bicycle festival. Marcia is still in need of ride leaders to help show off our area. And remember you get all activities for free if you lead a ride-food, maps, guest speakers, pool party. Sounds good to me.

Jody and I are off to the League of American Wheelmen's National Bicycle Rally in Kutztown, Pennsylvania. We're looking forward to a good time. A report on the events will be in the next newsletter. Until next month...

NEUPS

JUNE MEETING MINUTES

The night started with a 14.5 mile ride that started at 6:15pm. The twelve of us rode into Dayton and out to the time trial road, then cut through some beautiful scenery back into Dayton and then back to Hillandale.

Neups started the meeting by reiterating his request for mountain bike rides to be led by a club member and newsletter articles. Also, he reminded us of the restart of time trials on the 22nd.

Serena Benson from the Virginia Wildlife Center (and a club member) then started her talk about the happenings at the Center. After some background information, she brought out Hooter, a wood owl. She even got him to drop a present between the picnic table slats. More information was given on Hooter and then Serena showed us some items offered by the Center for sale and passed out some brochures. A very good talk. Thanks, Serena!

Next month's meeting is our annual picnic. We'll begin with a ride at 5:30pm and then bring on the food at 6:30pm. Bring something to share with all. The club will provide the paper plates, cups, utensils, and napkins.

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.

11TH ANNUAL SHENANDOAH VALLEY CENTURY

It's hard to believe that we're entering our second decade of centuries. This year's edition is scheduled for September 12th, starting in Hillendale Park just as last year. As before rides of 30, 50, and 100 miles are planned.

Planning has gotten off to a late start due to other activities. We've had one planning meeting (Marcia, Neups, and myself). The next meeting is scheduled for Wednesday, July 14th, at Neups's house at 7pm. If you can help us a lot or a little, before and/or the day of the Century, please join us. We need lots of help, especially because we lost some usual volunteers to motherhood and moving away. If you can help, but can't make the next meeting, call Art or Marcia.

Art

BIKE AID

Mark Tuesday night, August 17th, on your calendar. This will be the day the "Bike Aid" bicyclists arrive in Harrisonburg and there will be a pot-luck welcoming picnic in Purcell Park that evening. The bicyclists are riding cross-country, from San Francisco to Washington, D.C. to raise funds for the Overseas Development Network. Don't worry, the picnic is not a fundraiser. It's just a lot of fun to sit down and share a dinner with the cyclists, listening to their stories of cycling cross country. Call Art (433-9247) or Pete Mahoney (433-8212) for details. Also, if you can put up 1, 2, or more cyclists for the evening it would be appreciated. It gives you a chance to share more stories. Beware, you could get bit by the touring bug.

THE REASONS FOR OUR FALLS

1. Collisions with other objects: parked cars, trees, curbs. This accounts for about 18% of our falls.
2. Collisions with another bicyclist. 26%.
3. An intrinsic loss of control: we cause our own fall - not paying attention, watching the girl in the bikini washing her car, that kind of stuff. This accounts for 46% of our falls.
4. Collisions with a car. Only 10%! But some of the worst accidents, so don't discount those vehicles.

WELCOME NEW MEMBERS

| | |
|--------------|--------------|
| Alan Johnson | Elkton |
| Lynn Scharf | Mt. Jackson |
| Cindy Yoder | Harrisonburg |

WELCOME BACK RETURNING MEMBERS

| | |
|------------------------|---------------|
| Kevin & Susan Arnold | McGaheysville |
| Mike Huffman | Harrisonburg |
| Bruce Johnson & Family | Keezletown |
| David Parker | Harrisonburg |
| Don Ritchie & Family | Elkton |

JULY CALENDER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|---|---|---|---|--------|---|
| | | | | 1 | 2 | 3 1:30pm- Impromptu Ride Waterman Elem. School |
| 4 Independence Day | 5 5:45pm-Women's Ride-Cool Breeze | 6 6pm-Time Trials- Dayton-Rt. 257 & 738 | 7 6:10pm-Training Ride-Cool Breeze | 8 6pm-Keezletown Ride-Keezletown Elementary School | 9 | 10 1:30pm- Impromptu Ride Waterman Elem. School |
| 11 | 12-5:30pm-Ride 6:30pm-Annual picnic, Shelter #1, Hillandale Bring food! | 13 6pm-Time Trials- Dayton-Rt. 257 & 738 | 14 6:10pm-Training Ride-Cool Breeze | 15 6pm-Keezletown Ride-Keezletown Elementary School | 16 | 17 Stage 5 Ride- Front Royal to Massanutten |
| 18 | 19 5:45pm-Women's Ride-Cool Breeze | 20 6pm-Time Trials- Dayton-Rt. 257 & 738 | 21 6:10pm-Training Ride-Cool Breeze | 22 6pm-Keezletown Ride-Keezletown Elementary School | 23 | 24 BICYCLE FESTIVAL |
| 25 BIKE FESTIVAL | 26 5:45pm-Women's Ride-Cool Breeze | 27 6pm-Time Trials- Dayton-Rt. 257 & 738 | 28 6:10pm-Training Ride-Cool Breeze | 29 6pm-Keezletown Ride-Keezletown Elementary School | 30 | 31 BICYCLE FESTIVAL |

17th-A sag person is needed. Bar-B-Que afterwards.

Bike Festival-Ride leaders are needed. Call Marcia.

Helmets are required on all club rides.

SCHEDULE OF EVENTS

- JULY 3-25 Tour de France. 80th Annual.
- JULY 12 Club meeting at Hillandale Park, Shelter #1. Annual Picnic! Bring something to share. Ride begins as 5:30, food begins at 6:30.
- JULY 14 Century Planning Meeting, 7pm, Neups's house.
- JULY 17 Tour du Pont Stage 5 Ride. Call Jody or Neups for information.
- 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, MD 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 1-20 Pedal for Progress, Montreal to Washington, DC. Contact Bike-Aid at 415-431-4480 to request an application.
- AUGUST 7 Roanoke Valley Biathlon. Catawba, VA. Phone Artie Levin at 703-774-2828
- AUGUST 14 & 15 Snowshoe Mountain Bike Challenge. Snowshoe, WV. Call 304-572-1000.
- AUGUST 15 Art's Reddish Knob ride. 50 miles, B-pace. Start at Keister Elementary School on Central Avenue, 8am.
- AUGUST 15 Double or Nothing Tandem Bicycle Ride. Carmel, NJ. Call Mel Kornbluh, 609-451-5104 after 6pm.
- AUGUST 21 Ice Cream Ride. 10am from Kline's Dairy Barn. 25 miles at a B/C pace. Ice cream on the club after the ride. Call Neups.
- AUGUST 22 Winchester Triathlon.
- SEPTEMBER 12 SVBC Century Ride.

1992 MILEAGES

| | |
|---------------|-------|
| Dave Sprinkle | 6,134 |
| Tim Wolters | 3,656 |
| Neups | 3,223 |
| Art Fovargue | 2,506 |

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

BICYCLE MECHANICS

The East Coast Bicycle Academy is holding a course on bicycle mechanics for the enthusiast on July 3-5. Classes will cover safety checks, tune-ups, wheel truing, bike fit, road/trail repairs, and tools. For more information call 433-3222. This course will be held again on September 4-6.

1993 SHENANDOAH VALLEY BIKE FESTIVAL

Remember all the fun we had as ride leaders on the 1992 Shenandoah Valley Bike Festival rides? Once again, the SVBC is being asked to provide ride leaders. Ride leaders will receive free T-shirts, snacks, meals, etc.

It's a great way to show off the beautiful Shenandoah Valley. Anyone interested in leading a ride(s), please call Marcia at 289-6712 as soon as possible. Volunteers are also needed with Festival activities--contact the Chamber of Commerce at 434-3862.

All rides leave from the C.F. Gilkerson CAC (Westover Park) in Harrisonburg. Distances vary from a 5-mile family ride to a century ride. Various local businesses are sponsoring the two weekends. Over 180 cyclists participated in last year's event.

Friday and Saturday evening rides will be followed by a dinner and lecture beginning at 7pm. The weekends are July 23rd-25th and July 30th-August 1st.

JUNE UPDATE: Please...Please...I need ride leaders! Call Marcia at 289-6712.

The ride schedule is as follows (same schedule for both weekends):

FRIDAY RIDES

| <u>Time</u> | <u>Distance</u> | <u>Ride Name</u> |
|-------------|-----------------|-------------------|
| 4:00 pm | 27 miles | Lazy Days |
| 4:30 pm | 32 | Prisoner of Zenda |
| 5:00 pm | 24 | Turkey Trot |

SATURDAY RIDES

| | | |
|-----------|-----------|---|
| 7:30 am | 100 miles | Century |
| 8:00 am | 50 | Cross Country |
| 8:30 am | 5 | Family Ride (Bridgewater) |
| * 9:00 am | 32 | Dry River Run (missed on last month's schedule) |
| 1:00 pm | 30 | Westward Ho |
| 1:30 pm | 34 | Natural Chimney |
| 3:00 pm | 19 | Gertie's Gambol |

SUNDAY RIDES

| | | |
|---------|----------|----------------------|
| 8:00 am | 27 miles | Silver Lake Ride |
| 8:30 am | 42 | Base of the Mountain |
| 9:00 am | 25 | Country Ramble |

HELMETS

Did you know that even a simple fall from a non-moving bicycle can cause 1,000 G's of destruction to brain tissue? The use of an approved helmet will reduce that blow to as little as 100 G's. A local rider was recently hit by a driver who crossed over into the shoulder of the road. She believes the helmet kept her living. You should, too.

DUES

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

MEMBERSHIPS EXPIRING JULY and AUGUST

| | | |
|---------------------------|-----------------------|-----------------------|
| Larry L. Beiler | David M. Clark | Greg Gooden |
| Greg & Michelle Gum | Mark Miller | David L. Sprinkel |
| Randy Swecker | Marc & Suzi Trubitz | Dick Wettstone |
| <u>Timothy A. Wolters</u> | <u>Wiatt Wright</u> | |
| Scott Alexander Family | B. Bauer & D. Warnaer | L.B. & Ibbly Branner |
| Tony Cascio | Dave Frye | S. Harlow & S. Benson |
| Kay Harrison | Jonathan Moss | William Taylor |