

NOV/DEC 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

I had the opportunity to go to the Pennsylvania Dutch Country Meander the first weekend of October. Once we got out of the motel's golf course, we started riding on some wonderful backroads. One note on the roads, though, is that they are narrow (some of these lanes were only one car width wide) and bumpy! Now the narrowness did not bother me

because it was very unusual to encounter a car, but the bumpiness sure had me watching out for my butt! I have much appreciation for our roads' relative smoothness in this area. If you get the chance to ride elsewhere, do so. Sometimes you'll come back with a better outlook on our area.

NEUPS

OCTOBER MEETING MINUTES

Five members were in attendance for the October monthly meeting. Jody Hensley facilitated the meeting where the constitutional change was discussed concerning the membership dues.

Art Fovargue said there were 176 official entries in the Century ride and talked about the Harrisonburg-Rockingham County Bicycle Plan that seems to have been officially placed on a back burner where no progress has been made.

Since there were so few in attendance, the meeting then became a bull session that was a lot of fun.

WELCOME NEW MEMBERS

Chris Trimble

Mt. Sidney

Chris is very interested in mountain bicycling and would welcome calls to him at 248-4808 to set up rides in his area or elsewhere. Give him a shout and show him the trails.

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.

EC Notebook #6-Lane Positioning II

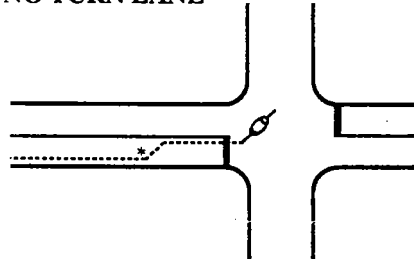
by Susie Jones

Executing a left turn on a bicycle in a busy intersection evokes fear in the minds of many cyclists. They are concerned about delaying motorist traffic and suffering the wrath of angry drivers. Overcoming this perceived fear is possible with an understanding of traffic patterns and ample opportunity to practice. By riding predictably, in a vehicular manner, cyclists will typically proceed through an intersection in the same amount of time as a motorist.

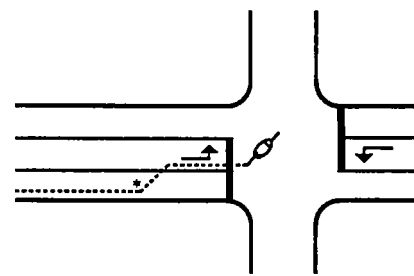
The diagrams shown here illustrate the "cyclists' lane rule" and are general guidelines for proper positioning for left turns. They assume daytime riding and a lane wide enough to be safely shared by motorists and cyclists. Traffic volume, traffic speed, lane width, road conditions, and visibility are factors that may, at times, require slight modifications to these rules.

Rather than attempting to cover all the variables in this column, cyclists are encouraged to enroll in an L.A.W. *Effective Cycling* Class. Understanding the cyclists' lane rule, and the factors involved, is what the EC Program is all about. Students are given the knowledge and training needed to make informed decisions about the safest place to ride given specific circumstances.

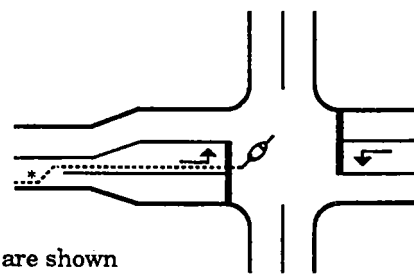
TWO-LANE ROAD WITH NO TURN LANE



ROAD WITH CONTINUOUS LEFT TURN LANE
(Usually 3 or 5 times total)



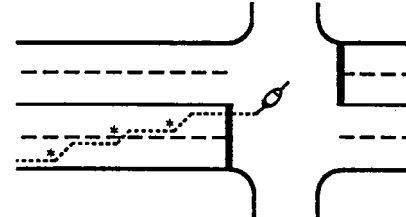
ROAD WITH LEFT-TURN-ONLY LANE



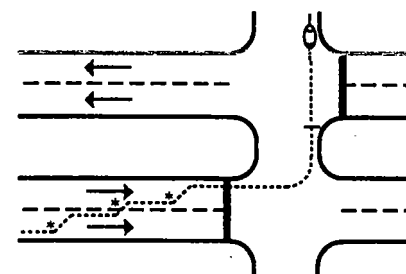
Cyclist tracks are shown

*Indicates "look behind, and make your move as traffic permits."

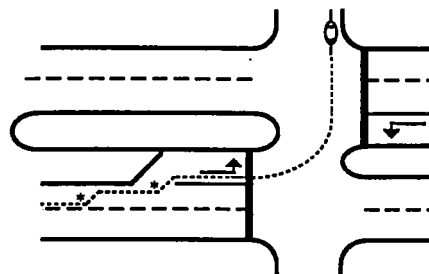
MULTILANE ROAD WITH NO TURN LANE



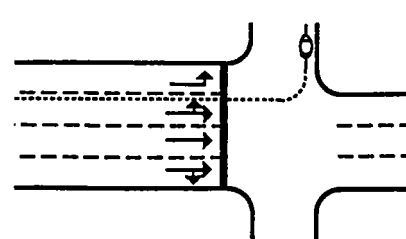
MULTILANE BOULEVARD WITH NO TURN LANES



MULTILANE HIGHWAY WITH LEFT TURN LANES



ONE-WAY ROADWAY WITH MULTIPLE LEFT TURN LANES



EC Notebook #7

Good Cyclists-Bad Choices

by Susie Jones

It is not uncommon to see experienced cyclists make the following well-intentioned mistakes.

Do you:

1. Call "CLEAR" to the riding companions behind you as you pass through an intersection?
2. Wave cars by when they have been delayed behind you and you spot an opening for them to pass?
3. Pull in front of cars that are stopped at an intersection?
4. Ride in a pack with friends?
5. Pull into openings between parked cars so motorists can pass you?

Why these seemingly innocent actions are a problem:

1. Even though you may think it is polite to let others know that an intersection is free of traffic, calling "CLEAR" invites them to roll through without stopping to check for themselves. Although this follow-the-leader syndrome is very common on group rides, it is also illegal and extremely dangerous. Each cyclist is required by law to stop at stop signs and check for traffic before proceeding. In effect, calling "CLEAR" just means that "the intersection was clear for me and it may be for you."
2. When you wave a motorist by, you can be held liable if that motorist is involved in a crash. Although it may be clear when you signal, there is the possibility that the motorist will wait a few seconds before proceeding. Those few seconds can make the difference between an opening in traffic and an impending collision. If you are occupying the correct lane position and are riding predictably, the motorist will pass you when space and traffic permit.
3. Never make a motorist pass you twice. When you are traveling on roads too narrow for a car and a bike to share easily, motorists may have

to wait for some time before passing you. Once they do, though, and you encounter them stopped at a red light, don't pull to the head of the line to get to the front of the intersection. Take your place in the line of stopped traffic just as you would in a motor vehicle.

4. When bicyclists take off together on group rides, they often forget that they are sharing the road with other vehicles. It is important to leave a gap for cars between every three or four bicycles so motorists can "leapfrog" around your group, especially on narrow roads and up hills.
5. Pulling into an opening between parked cars so motorists can pass you may seem like a good idea, but it creates a dangerous situation when you have to merge back in with moving traffic. Instead, ride predictably three feet to the left of parked cars, and motorists will pass you when space and traffic permit.

To find out more about these and other elements of L.A.W.'s Effective Cycling (EC) Program, talk to your nearest EC Instructor or contact League HQ for more information about classes in your area.

In an effort to promote safe cycling behavior among L.A.W. members, each issue of Bicycle USA will feature an Effective Cycling column. By reading and practicing the information and maneuvers covered in this column, you are on your way to becoming a safer, more confident cyclist. For even more information and one-on-one interaction with an experienced Instructor, sign up for an Effective Cycling class today.

WELCOME BACK RETURNING MEMBERS

S. Benson & S. Harlow Harrisonburg
Nancy Sheffield Waynesboro

Thanks to all the above for your continued support of the Club.

NEW BOOK

A book has recently come out that promises to combine the best bike loops from Natural Bridge to Mount Jackson as well as offering historic route information on the region. *A Cyclist's Guide to the Shenandoah Valley* is a compilation of 28 loop rides of varying length that start and stop in the Valley cities of Lexington, Staunton, Waynesboro, Harrisonburg, and Bridgewater.

If the book is not available at your local bookstore or bike shop, send \$14.95 plus \$3.00 postage/handling plus \$.67 tax for Virginia residents to Shenandoah Odysseys, P.O. Box 1968, Staunton, VA 24402-1968.

TIDBITS

Larry Beiler, I need your new phone number! - Neups

TIME TRIALS

It's been a short time trial season, but a good one. One week we saw five riders obtain either their personal or year's best time. Next year we'll start again in April, but I have a request. Marcia has been working the time trials for a few years now, with not much time off. She also helps with the Festival, trash pick-ups, etc... There aren't many others that work as hard for the Club.

I'd like her to get some kind of break. In that vein I'd like to have a person or persons volunteer to run the time trials every Tuesday. If nothing else maybe the ones who regularly do the trials can switch off every week. Please get back to me on this!

OFFICERS

Thinking about becoming an officer of the club? Now is the time to put your name in for the upcoming elections. Remember, we're not in the U.S. Congress, so we have no huge PAC support. And new blood is always wanted, and needed. We'll need your name by the end of November, so call one of the officers. You can also call us with your nomination(s).

ADVOCACY

I hope all of you saw the article in October 11th's Daily News-Record on the Harrisonburg Area Transportation Study (HATS). It had city and county maps in multi-color showing proposed roads and improvements to improve traffic flow around and in the area. Best of all they are looking for your comments as to which routes should be the highest priority, etc.

And one of the items listed was "create marked bike routes." This is your chance to have your bicyclist voice heard! If we don't put in our two cents for improved bicycling facilities in the area, who will? If we don't respond, I'm afraid the powers that be will draw the obvious conclusion; that people are not interested in an improved bicycling atmosphere. Call or write to a city council representative or county supervisor, or mail comments to:

Transportation Committee, Harrisonburg-Rockingham Chamber of Commerce, P.O. Box One, Harrisonburg, VA 22801. If you don't have access to this article, let me know and I will try to get you a copy.

The necessary additions to the final draft of the Harrisonburg-Rockingham County Bicycle

Plan have been completed by VDOT. However, the map quality is poor, and so the Electric Commission is going to be contacted for a better base map. I believe if things move fast, it may be possible to get it before the local planning commission late November or early December. Your calls to the Planning Directors will encourage them to move fast (Stacey Turner, City 434-2463; Bill Veno, County 564-3000). Watch the local paper for when it may come up on the Planning Commission's agenda. I encourage all to attend these meetings to show support. Notices don't always show in the paper, so if you want to attend, let me know and I'll try to contact you when the time comes.

The City of Harrisonburg is making plans to improve the pedestrian/bicyclist

situation along Port Republic Road between JMU and the student housing east of there. Preliminary plans are to put in a sidewalk on the south side, and I just got a letter from the superintendent of streets saying that paving the shoulder on the north side would also be incorporated. This proposal(s) should be coming up before City Council soon. Again, the bicycling community's support, whether or not you ride there often, is important. Contact me if you want to be updated.

Lastly, I'll have order forms and a sample of 1994 "Cycle and Recycle" calendars at the November meeting. They are published by The Bicycle Network, a cooperative of sixteen international bicycle advocacy groups.

Art Fovargue
433-9247

SCHEDULE OF EVENTS

- SATURDAYS** 10am. Mountain Bike Rides. Beginning at and sponsored by Mark's Bike Shop. 434-5151.
- SATURDAYS** 1:30pm. Impromptu ride starting at Waterman Elementary School.
- NOVEMBER 8** Monthly meeting, Valley Wellness Center, 7:30pm. Steve Strider will give a presentation on his trip to Cuba.
- DECEMBER 13** Monthly meeting, Valley Wellness Center, 7:30pm. Over the last few months we have been including in the newsletter articles from the League of American Wheelmen on Effective Cycling. At this month's meeting we will show the accompanying video. Be sure to join us.

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____ / _____

ADDRESS _____

Street _____ City _____ State _____ Zip _____

Individual _____ (\$7) Family _____ (\$10) Junior (12-16) _____ (\$4) Associate (non-voting) _____ (\$7)

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

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	under 10	5 - 15	_____

TYPE(S) OF CYCLING

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

COMMITTEES

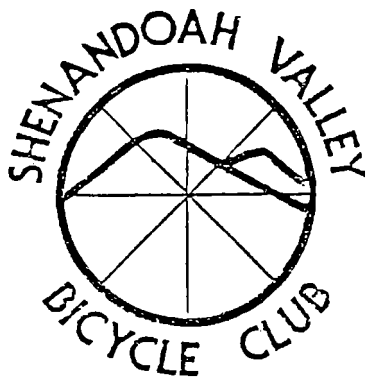
Racing _____ Mt. Biking _____ Touring _____ Century _____ Newsletter _____

INSURANCE RELEASE

In signing this release for myself, or the named entrant, I hereby agree to absolve and hold harmless the Club, the Club officers, the members, and 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 bicycling.

Member signature _____ Date _____ Signature of parent/guardian (under 18) _____

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



P.O. Box 1014
Harrisonburg, VA 22801

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