

APRIL NEWSLETTER

SVBC OFFICERS

President: Michael "Neups" Neupauer	434-1878
Vice-President: Jody Hensley	289-5591
Secretary: David Knicely	828-3599
Treasurer: Marcia Lamphier	289-6712

President's/Editor's Column

Every now and then I get someone who waves at me when I'm out riding. And usually I have no clue as to who it was. Maybe we can get a law passed that says if you wave at someone, you have to call him on the phone that night to let him know it was you.

On the flip side, when I'm riding I do a lot of waving to mountain bikers on the road, or those with mountain bikes strapped to their cars. And they don't

wave back to me. At times this reminds me of when I went cross-country. I would wave to those on road (racing) bikes and they would snub me. It was as if, back then, if you weren't racing you weren't really riding. Now I sometimes get the impression that if you aren't mountain biking, you're not really riding. Let's not forget in these days of specialization that we're all part of the same family.

Neups

MARCH MEETING MINUTES

Nine club members were in attendance. After the meeting was called to order, Neups presented the results of the election, and the slate of officers assumed their positions - Neups, President; Jody, Vice-President; Marcia, Treasurer; and David Knicely, Secretary. Other club business included Marcia's Treasurer's report of \$1,118.41 and Art's continued involvement with bicycle advocacy.

A discussion and video presentation by Russ Culver about RAGBRAI was planned for the meeting but had to be delayed due to Russ's unfortunate biking accident. Everyone hopes you have a speedy recovery, Russ. We have rescheduled him for our May meeting.

The remaining part of the meeting was discussing upcoming events: 1) Trash Day on April 30th at 8:30am at the Donnelley parking lot. Any and all help will be greatly appreciated. 2) April's monthly meeting on the 11th. Scott Gauthier will give a presentation on structural integration.

The meeting came to a close with a bull session, which, surprisingly, lasted twice as long as the regular meeting.

Knicely

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.

WELCOME NEW MEMBERS

Kent Holland & Family Basye
Stin Lenkerd Mt. Crawford

WELCOME BACK RETURNING MEMBERS

Art Fovargue & Family Harrisonburg
Neups Harrisonburg

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

CLASSIFIEDS

19" Road Bike. Lotus Triathlon Series - Classique. 14-speed, turquoise color, Shimano 105 components, optional Scott aerobar. Good condition. Asking \$200 or make offer. Call Bart Johnson at (703) 269-8261.

Bell Image Helmet (M/L), \$30. Ambrosio Sew-up rims (2), \$30. Both items brand new and in original packaging. Call Brian Bauer at (703) 298-0014.

Racing Wheelset, Campy hubs, Mavic rims, Vittoria sewups. \$90 for the pair. Call Winston Shifflett at (703) 433-6767.

IT TAKES A LICKING AND KEEPS ON ...

I don't think we can really use "ticking" here, but this is the story. A recent new member was doing his wash and already had the load in the dryer. He happened to here a noise in the dryer, so he stopped it to investigate. He found that his Avocet cyclocomputer was knocking around in there, with the battery having popped out. He searched and found the battery, put it in the computer, and it still worked. All he needed to do was recalibrate it. What an ad!

BICYCLE PLAN

Good news! The final draft of the Harrisonburg-Rockingham Bicycle Plan is finished, complete with maps, tables, figures, and a good looking cover. Also, the first step of the approval process, review by the City Planning Commission, is under way. Discussion is tentatively scheduled for the April 20th (Wednesday) Planning Commission meeting. Watch the local paper for confirmation, or call me a week prior. You can show your support for bicycling in Harrisonburg by attending this meeting, and showing support is crucial. I will try to get an update in the next newsletter and include information on the County's agenda. To review the Plan contact the City Planning Department. May the Spring breezes be always at your back.

Art Fovargue (433-9247)

TRASH DAY

We'll do our semi-annual trash pickup on Saturday, April 30th. We'll start as usual at the Donnelley parking lot on Kratzer Rd. (Rt. 753) at 8:30am. Be sure to wear long pants, long-sleeved shirt, and boots if you have them. Also, bring work gloves. The more the merrier, really. Also, for those who help, we'll finish at Mr. Jay's for some refreshments, on the club. Come join us and find out what everyone is talking about.

UPCOMING APRIL RIDES

Park and Park Ride

This will be a D ride, 5 miles (or a little under) and slow. I can't say that it will be entirely easy, but I can say that some of us will walk up the worst hill, and without shame. If there's interest and fat tires enough, we can even leave the pavement for a short stretch. Any skinny tires may stay on the hardtop.

We'll start at Hillendale Park in Harrisonburg at about 10am on Saturday the 16th and ride back streets to Westover Park. Depending on interest (ie., how many kids are along) we may stop at the playground and/or the drinking fountain. Then it's back to Hillendale. About an hour, all together.

I'll have all my kids on their bikes, so bring yours. If you don't have any kids, maybe you could borrow some! Bring along a picnic lunch to enjoy afterwards, if you want. Don't forget, all riders must have a helmet.

DAYTON DONUT

For those of you who don't have A Cyclist's Guide to the Shenandoah Valley, the Dayton Donut starts and ends at Hillendale Park in Harrisonburg. It's 12.5 miles. We'll gather at 10am on the 23rd. That'll give everybody plenty of time to get back by lunch and still have the whole afternoon for going to the mall. This will be a definite C ride. So if those B-C notations on some of the club rides scare you off, come out for this ride which will stay somewhere between 8 and 12 mph.

Since I read the book, I know we'll pedal past a 100 year old lake, a 172 year old church, a 245 year old house, and a 50 million year old volcano. Hopefully, we won't feel too old when we finish. We'll take 1 1/2 to 2 hours.

The Guide shows five rides under 20 miles from Harrisonburg, Dayton, or Bridgewater. If there's enough interest, we'll do some more of them at a C pace. So if you can't come this time, give me a call to let me know you're interested for next time. If Saturdays at 10 is bad for you, let me know what would be better.

John Maxfield 432-1603

(I wish to thank John for trying these slower rides. I've been badgering him on leading some for some time now. I'm glad to see him trying them. Some of you should be, too. We have about 30% of our membership that has marked their applications as being either a C or D rider. So join him for some fun. Neups)

RIDE RECAP

March 6

A cool start, but lots of sun and more than adequate clothing kept six riders and one ridee(?) warm. It's amazing how warm one gets while pedaling, and this was a casual ride. Brian towed his daughter (the ridee). We swept from McGaheysville south into Augusta county, looping back into Weyers Cave and Port Republic. Other than the broken spoke (by Neups) and flat tire (by Brian - half a mile from the end!), the ride of 32 miles was excellent. Look for it again someday.

WEEKNIGHT RIDES DESCRIPTIONS

Monday Women's ride starting at Cool Breeze, 5:45pm. B-ride
Tuesday Time trials starting outside Dayton, 6pm. You make this one difficult or not. A flat course, but some traffic at times. The idea is to constantly improve your own time.
Wednesday Training ride starting at Cool Breeze, 6:10pm. Definitely an A-ride. Hard and fast.
Thursday Keezletown Ride starting at Keezletown Elementary School, 6:15pm. Early season this starts as a B-ride; by the end of the season it's a good A-ride. Usually some good hills.

TIME TRIALS

We're starting on the 5th, but still no timer. May have to work this out there.

APRIL CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Marcia's wed night rides 5:30 First Union		1 Good Friday	2 1:30pm- Impromptu Ride Waterman Elem. School
3 Easter Sunday Daylight Savings Begins	4 5:45pm-Women's Ride-Cool Breeze	5 6pm-Time Trials-Dayton-Rt. 257 & 738	6 6:10pm-Training Ride-Cool Breeze	7 6pm-Keezletown Ride-Keezletown Elementary School	8	9 1:30pm- Impromptu Ride Waterman Elem. School
10	11 ride? 7:30pm-Monthly Meeting-Valley Wellness Center	12 6pm-Time Trials-Dayton-Rt. 257 & 738	13 6:10pm-Training Ride-Cool Breeze	14 6pm-Keezletown Ride-Keezletown Elementary School	15	16 10am-Park and Park Ride
17	18 5:45pm-Women's Ride-Cool Breeze	19 6pm-Time Trials-Dayton-Rt. 257 & 738	20 6:10pm-Training Ride-Cool Breeze	21 6pm-Keezletown Ride-Keezletown Elementary School	22	23 10am-Dayton Donut Ride
24	25 5:45pm-Women's Ride-Cool Breeze	26 6pm-Time Trials-Dayton-Rt. 257 & 738	27 6:10pm-Training Ride-Cool Breeze	28 6pm-Keezletown Ride-Keezletown Elementary School	29	30 8:30am-Trash pickup, Donnelley parking lot, Kratzer Rd.

Helmets are required on all club rides.

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.
- APRIL 11** Monthly meeting, 7:30pm, Valley Wellness Center. We'll have Scott Gauthier, a practitioner of structural integration, giving us a presentation.
- APRIL 16** Park and Park ride, D pace, 5 miles, 10am. Led by John Maxfield. Call 432-1603 (see article).
- April 16** Battle of Gettysburg Weekend Ride. Gettysburg, PA. Criterium races on Saturday, road races on Sunday. Also recreational 25- or 50-mile rides on the 16th. Call 717-334-8151 for more information.
- APRIL 16-23** Southern Caribbean Bicycle Cruise Tour. Call (800) 337-TOUR for more information.
- APRIL 23** Dayton Donut ride, C pace, 12.5 miles, 10am, Led by John Maxfield. Call 432-1603 (see article).
- APRIL 23** Berryville Chili Blast. 50-mile bike ride. Call Neups.
- APRIL 24** Watermen's Museum Ride, Yorktown.
- APRIL 24** Cheaha Challenge, Piedmont Civic Center, AL. 22 to 110 miles. Call Neups.
- APRIL 30** Trash pickup, 8:30am, Donnelley parking lot, Kratzer Rd. Mr. Jay's afterward (see article).

APRIL 30

Tour de Cure, Appomattox. Call (703) 989-7871 or 800-944-6766 for more information.

MAY 9

Pre-meeting ride, 6pm, Hillandale Park, Shelter #1. Monthly meeting, 7:30pm.

MAY 14

Skyline Drive ride, A pace, 50 miles, 9am, McGaheysville Park & Ride. Call Neups!

MAY 14

2nd Annual Shenandoah Valley Amateur Bicycle Race, Front Royal. 32.6 miles, \$15. Call 703-635-3185 for more information.

MAY 14-15

Commonwealth Classic, Richmond. Benefits the Leukemia Society of America. Call (800) 866-4483 for more information.

MAY 21

Hawk Sports Festival Triathlon, Fat Tire Scramble, and 10K Foot Races. Greenbrier State Park near Hagerstown, MD. For information call Lino Giannoni at 301-790-2800 x404.

MAY 21-22

Fairfax to Richmond Clean Air Challenge. Benefits the American Lung Association. Call 1-800-AL-CYCLE for more information.

MAY 28

Williamsburg Weenie Rides.

MAY 29

ROC Hill Climb, Roanoke. USCF race up Mill Mountain.

MAY 30

Saturn Cup, Roanoke. USCF sanctioned criterium.

JUNE 11-12

MS 150 Bike Tour, Piedmont Virginia CC, Charlottesville. Call Neups.

JUNE 24-29

Bike Virginia. This year's route will be from Bedford to Goochland. Call (804) 229-0507 for more information.

JULY 14-17

Virginia Commonwealth Games, Roanoke. Call (703) 343-0987 for more information.

JULY 21-24

L.A.W. Greater Eastern Area Rally (GEAR). Salisbury, MD.

JULY 29-31

Shenandoah Valley Bike Festival, Bridgewater College Campus.

~~AUGUST 13~~

Roanoke Valley Biathlon, Catawba, VA. 5 mile run, 20 mile ride. Call BilliBob Abshire at 703-343-7632 for more information.

SEPTEMBER 8-11

Great National Peanut Rides, Emporia. Call Robert Wrenn at 804-634-4191 for more information.

SEPTEMBER 11

SVBC Century!

1993 MILEAGES

Tony Cascio	2,309
Neups	3,800
Bill Taylor	3,998
Tim Wolthers	6,615
Earl Zmijewski	12,784

If you have your 1993 total, call Neups to have it listed.

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 APRIL/May

Bob Converse	Jeff Holsapple	
Dave & Nancy Cary	Al Clague & Family	Bill Gaidos & Family
Jody Hensley	Jim Printy Family	Hohn Ralston
Dave Shrock Family		

SHENANDOAH VALLEY BICYCLE CLUB MEMBERSHIP APPLICATION

NAME(S) _____ PHONE _____ / _____

ADDRESS _____
 Street _____ City _____ State _____ Zip _____

Individual _____ (\$10) Family _____ (\$15) Junior (12-16) _____ (\$5) Associate (non-voting) _____ (\$10)

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) _____

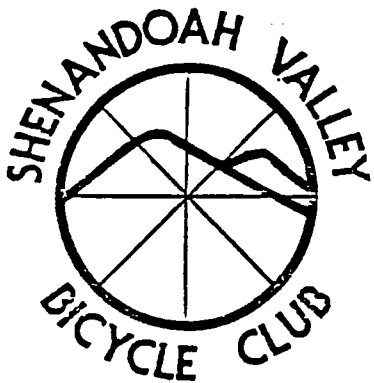
COMMITTEES

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

C. DAVID KNICELY 06-93
103-B WEEPING WILLOW LN.
BRIDGEWATER, VA 22812