President's/Editor's Column

There's nothing like a couple of days of straight rain to get me itching to ride again. The morning it broke, I rode to work. What gorgeous views!

Be sure to ride the century, or at least help out with baked goods or volunteering if called upon. Thanks for your contributions to this year's event.

NEUPS

SVC 12 - CENTURY UPDATE

Plans for our 12th Annual Shenandoah Valley Century are falling into place. Thanks to all who attended our planning meeting at the regular SVBC meeting in August and for taking posters to help advertise. If anyone knows of a place that should have a century poster but doesn't, you can get one from Alice Stecker.

Thanks for Neups, too, for putting together a draft, three panel century brochure with registration. We'll try it out this year in a few spots and see the response.

BAKED GOODS! As always, to make our century the attraction that it is, we need your donation of goodies. Bring some cookies, breads, brownies, etc. (or even other treats that you think cyclists would enjoy after a ride, such as salads and other items) to Shelter #12 in Hillandale Park on Sunday, September 11th before noon. Your contribution is truly appreciated by the riders and the century organizers.

Also, we still need some volunteers to help out the day of the ride as of this writing. Wanted: sag drivers, parking assistants, registrars for 9am and checkpoint helpers. If you can help out anywhere from two hours or more, call Art (433-9247). Your help is a noted contribution to the Shenandoah Valley Bicycle Club.

For those who help out the day of the ride, and others, we will have our "workers' century" on Monday, September 5th. We'll meet at Wildwood Park in Bridgewater at 9am to mark the route and check out maps and road conditions. You can ride on e or more 25-mile loops, but remember, this is unsupported, so bring your own water and snacks (and money).

Lastly, be sure to encourage all your bicycling acquaintances, near and far, to come out and ride the century on the 11th. See this newsletter or area bicycle shops for registration info. This should be our best century yet.

Art

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.
AUGUST MEETING MINUTES

My oldest son and I were on our way to Hillandale Park to practice baseball before the club's monthly meeting, when we approached a group of cyclists - the premeeting riders - heading south on route 42. For some reason when I see a group of bicyclists and friends riding together, I become mesmerized. At those times I find my heart beating faster as my adrenaline starts to flow. I feel exhilarated and even younger, like a kid again. After the premeeting riders waved and rolled by, my son looked at me and said, "why the BIG smile, dad?" That's the way it is for me. What about you?

The ten cyclists returned from their picturesque 16-mile ride at 7:15pm and were joined by four more people and three large piping-hot pizzas. I know that I speak for everyone when I say, "OUCH!" Everyone seemed to burn something - a finger, a tongue, or the roof of the mouth. Many thanks go out to Art (and the Century budget) for supplying the delicious pizzas.

Neups called the meeting to order at approximately 7:40pm by discussing upcoming club events and interests. 1) Possible Tour duPont ride on the 13th. 2) Trash day on Saturday, October 22nd. Remember, we have a new route (655/683 in Penn Laird). 3) Ice Cream Rides (both A/B and C paced) on the 20th. 4) Workers' Century on Monday, September 5th at 9am. Other business included Marcia's Treasurer's report of $1,064.80. Marcia also extended sincere thanks to the Bicycle Festival's ride volunteers. Alice Stecker was recognized as the person leading the most rides (3) and the only ride volunteer to lose a cyclist. (Don't worry, Alice. We all know that it was not your fault.) Art took the floor and briefed those attending on the progress of the Harrisonburg/Rockingham county Bicycle Plan. Hold on to your hats, the City Council adopted the plan. However, the Board of County Supervisors still have the plan in an ad hoc committee for further examination.

Art, Chairman of the Century Committee, conducted the century meeting. After a brief history on the club's past centuries, Art addressed particulars for the upcoming 12th Annual Century on September 11th. So far, Art, Neups, Marcia, Judith, Alice, Sylvia, L.B., and Sarah have accomplished a notable job in getting the century off to a rolling start. The next century meeting will be at Art's house on August 24th at 7:30pm. The century committee appeals for your assistance in making this year's event operate smoothly for our friends and guests. Who knows, once you see the groups of 30-, 50-, and 100-mile riders, you may also find yourself blessed with a BIG smile.

Knicely

WELCOME BACK RETURNING MEMBERS

B. Bauer & D. Warnaar Elkton
L.B. & Ibbey Branner Broadway
Sandy Brownscombe Harrisonburg
Marc Stecker Harrisonburg

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

CLASSIFIEDS

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.

TIDBITS

I haven't yet seen this in the Daily News-Record, so I'm trying to scoop them. No scooping Q101, though. Anyway, we have an engagement to announce: Christina Holland is engaged to Garth Kunkle. I've suggested they ride from the church on a tandem. The Club wishes them both luck and happiness!
I’d like to get up to the Skyline Drive one more time this year, so I’m shooting for Saturday the 18th, meeting at the McGaheysville Park & Ride. This will be an A-pace for 50 miles. Good hills and good views. Neups 434-1878

**TIME TRIALS**

Now some guys, they just give up living, and start dying little by little, piece by piece. Some guys come home and wash up and go racing in the streets. B. Springsteen

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### SEPTEMBER CALENDER

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- 4: Workers' Century
- 5: 9am-Wildwood, Park-Bridgewater
- 6-7:30pm-Monthly Meeting-Sheridor #1-Hillandale
- 12-20: 6pm-Time Trials-Dayton-Rt. 257 & 738
- 13-21: 6pm-Time Trials-Dayton-Rt. 257 & 738
- 14-22: 6:10pm-Training-Ride-Cool Breeze
- 15-22: 6pm-Keezletown Elementary School
- 16-23: 6pm-Keezletown Elementary School
- 17-24: 6pm-Keezletown Elementary School
- 18-25: 6pm-Keezletown Elementary School
- 19-26: 6pm-Keezletown Elementary School
- 20-27: 6pm-Keezletown Elementary School
- 21-28: 6pm-Keezletown Elementary School
- 22-29: 6pm-Keezletown Elementary School
- 23-30: 6pm-Keezletown Elementary School

Helmets are required on all club rides.
RIDE RECAP

We had the annual Ice Cream Ride with an A/B and a C option. Eight people came for the rides - or was it the ice cream? Six rode the C-place down to Linville and back to Dayton before returning for their just deserts. Two rode through Linville into Zenda and Keesletown on the A/B-place ride, though they didn't get any extra ice cream for it. Marcia wrote a club check after we all put in our orders. It wasn't fat free, or cholesterol free, but it was free. Anyway, fat, calories, and cholesterol don't count after riding for two hours, right?

SHENANDOAH VALLEY BIKE FESTIVAL

The 3rd Annual Shenandoah Valley Bike Festival was a HUGE success! Thanks to all my ride volunteers for a job well done. This year's event was based out of Bridgewater College. The Harrisonburg/Rockingham County Chamber of Commerce was very pleased with the Festival plus very appreciative of the SVBC's support.

It was great to see all of you out there on the Shenandoah Valley roads showing off the beauty of it all. We are very fortunate to live in such a scenic area. Over 200 cyclists participated in the Festival.

THANKS FOR ALL YOUR GREAT HELP!

Scott Harlow       Serena Benson       David Schrock
Sue Schrock        Stin Lenkerd       Sylvia DeVita
Alice Stecker      Barbara Polin       Larry Grossman
Judith Trumbo      Mike Neupauer       Jody Hensley
Bill Taylor        Damarius Marion     David Knicely
John Maxfield

Please feel free to contact me (289-6712) with any comments and/or suggestions for the 4th Annual Shenandoah Valley Bike Festival...thanks!

P.S. A quote from the Chamber of Commerce's thank you letter to Marcia:

"The festival has consistently received very nice feedback from the participants and I know that that is due in large measure to the well-run rides. We certainly could not provide such safe yet fun experiences were it not for you folks."

BICYCLE PLAN UPDATE

We're halfway to having an adopted bicycle plan in our area. At their meeting on July 26th, the Harrisonburg City Council unanimously passed a resolution to adopt the plan with minor revisions. Thanks to those city residents who showed support, and if you know any city planning commissioners or council members, give them your appreciation.

Regarding the county, as of this writing the plan is still with an ad hoc committee that was (is to be?) set up to study its implementation. County residents, you need to show your concern that the plan is acted on and doesn't become dead by inaction. Let your voice be heard by calling the county planning department (564-3030) and simply inquire as to the status of the plan to show your interest. State your support for the plan and that you want action taken. This is important not to let them think we don't care.

Art Fovargue

UPCOMING RIDES

September will have a C-ride on Saturday the 10th, meeting at Hillandale Park at 10am. About 15 easy miles. The next day is the century, so come out and do a few miles to stretch and make sure you and your bicycle are ready to be all you can be on Sunday.

Max 432-1603
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.

SEPTEMBER 4 Ride for Raptors, Central, SC. 25-, 62.5-, and 100 miles. A 1993 century challenge winner as awarded by LAB. Call Rick or Kathy Hane at 803-868-4739.

SEPTEMBER 5 Workers' Century, 9am, Wildwood Park, Bridgewater.
SEPT. 8-11 Great National Peanut Rides, Emporia. Call Robert Wrenn at 804-634-4191 for more information.

SEPTEMBER 10 MS Harvest Tour, Charlottesville. Routes of 25-, 50, and 100 miles. Call 800-451-0373 for more information.

SEPT. 10 C-ride, Hillandale Park, 10am, 15 miles. Call Max, 432-1603.

SEPT. 11 SVBC Century!
SEPTEMBER 11 Bryans Road Century, Charles County, MD. Call Neups for information.
SEPTEMBER 17 General A.P. Hill Rides, Bowling Green, VA. Call Neups for information.


SEPTEMBER 18 Ed Harvey Memorial Tours, Mechanicsville, VA. Call Neups for form.
SEPTEMBER 18 Surry Century.
SEPTEMBER 18 PPTC Century. Starts at Charles County Community College in LaPlata, MD. Call Neups for more information.

SEPTEMBER 18 The Storming of Thunder Ridge, Lynchburg, VA. Benefits ALA.

SEPTEMBER 25 Artie Levin Century, Salem, VA.

SEPTEMBER 25 Reston Century, 7am, Issac Newton Square. 25-, 50-, 62-, and 100 miles. Call 703-904-0900 and leave a message for more information.

OCTOBER 7-9 Colonial Virginia Bike Trek. Benefits ALAV. Call 1-800-LUNG USA for info.
OCTOBER 22 The Great State Trash-Off. This will be our next trash pickup day.

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 SEPTEMBER/October

Sylvia DeVita Gary Flynn Greg & Michelle Gum
Jeff Lotts Damarius Marion Jeremy Martin
Brent McNett Jim & C. Mitchell Zack Perdue
Charlynn Turner Patrick Wilson Tim Wolters
E. Zmijewski & L. Huibert
Mark Eckroth S. Harlow & S. Benson Sam Johnson Family
Nancy Sheffield Steve Strider Chris Trimble
Marc & Suzi Trubitz
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.

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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
103-B WEEPING WILLOW LN.
BRIDGEWATER, VA 22812

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