

## NOV./DECEMBER NEWSLETTER

### SVBC OFFICERS

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

### President's/Editor's Column

It seems that we're ending the riding season the way it began, with a lot of wind. But who would have thought we'd be riding in shorts the last two weekends of October? And maybe I'm just getting lazy, but I just don't seem to be able to push against the wind these days as I had been.

Did you know there is a measured mile

on Route 340 near the Coors plant? I finally got to ride in that area and ran across this fact. You might want to try it on a Saturday morning to calibrate your cyclo-computer.

While I'm speaking of Route 340, go south from Port Republic Road. You might have the pleasure of being chased by the same two pit bulls I was. They're quite quick!

NEUPS

### UPCOMING MEETINGS

November 14th at 7:30 we'll have a representative from the Valley Wellness Center speaking on alternative exercises for the colder months that are good for bicycling. *order prog* *who?*

December 12th at 7:30 we'll look to also have a speaker. Both the meetings are on the second floor of the Wellness Center. Hope to see you there.

*Jan pot luck supper 6:00 pm*

*Feb wrap month elections*

*1 - Art ✓  
mm  
any use*

### SEPTEMBER MEETING MINUTES

I find this time of year a bittersweet period for me, as a cyclist and a person. I'm sure many of you know exactly what I'm talking about. The humid summer weather begins to fade and that bodes well for my cycling and just being outdoors with friends and family. Yet, as the summer weather cools, I realize that arctic weather and a time change are just around the bend. Both seem to confine me within the four walls of my warm house, restricting my fitness level, outdoor recreation (I'm not a skier), and state of mind. Maybe this year I'll either ride my mountain bike and hike more often or join a health club/gym to support my fitness and sanity levels. for now, I'll just keep my pedals spinning while appreciating the spectacular and crisp weather.

The day after the 12th Annual Century, seven intrepid cyclists returned to Hillandale Park for the premeeting ride. The group left the park at 6:10pm and headed toward the Mt. Clinton Pike area for a scenic 16-mile ride. Although most everyone was tired, we all enjoyed the cooler weather, camaraderie, and laughter.

Upon returning from the ride, four other club members joined the group. Given that Neups has a night class on Mondays, the official club meeting was called to order by Knicely at 7:30pm. Art gave a brief summation of the Century. Approximately 139 riders registered for either the 30-, 50-, or 100-mile rides. The event was praised by many of the riders for the organization, routes, baked goods, etc. Four of the riders even joined our club. A BIG club thanks goes out to Art,

Mark's Bike Shop, Cool Breeze Cyclery, Blue Ridge Cycle Works, and Mole Hill Bikes all contribute to the cost of the monthly newsletters.

Please support these local shops.

Chairman of the Century Committee. In addition, thanks to all of the club members who devoted their time over the last couple of months to help make this year's event a memorable one. I'm sure that we'll talk about a few of the happenings for several years. Right, Judith and Damarius?

The remaining half of the meeting dealt with upcoming club events. 1) Monthly meetings return to the Wellness Center in October. We'll have Dave and Nancy Cary giving a presentation on their recent trip to Glacier National Park and the Going to the Sun Route. 2) Skyline Drive Ride on Sunday, September 18th. 3) Trash day on Saturday, October 22nd, starting at 8:30am. Finally, Marcia reported a Treasury balance of \$796.24. The meeting adjourned at 8pm. Knically

### OCTOBER MEETING MINUTES

October's monthly meeting returned to the Valley Wellness Center. Jody called the official meeting to order at 7:35pm. Club members Dave and Nancy Cary treated eight other club members to a discussion and presentation regarding their 8-day summer trip through Glacier National Park. Their slides and pictures of mountains, lakes, and wildlife in Canada and the U.S. were more than breathtaking. They told stories of people they met and places they stayed (careful not to pitch that tent on the railroad tracks). After their discussion, other club members told of their past and recent bike trips and tours.

Jody discussed other club business during the remaining half. First, the Club's trash pickup will be on October 22nd and 8:30am. We'll meet at the Penn Laird Post Office. Secondly, Bike Virginia officials asked for Club assistance in the Mt. Solon area on October 15th. In concluding, Marcia gave the Treasurer's report of \$1,385.28. The October meeting came to a close around 8:45pm. Knically

### 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.

**Cadex Carbon Fiber ATB, 2 years old, SPD pedals, Cateye Mity Computer, great condition. \$600.** Call Steve Slaubaugh at (703) 289-9430.

**Yakima Bike Rack, top of car, good condition, holds two bikes.** Call Deb Rigby at (703) 564-0716 home, or 434-6224 work.

**Blue Sky Bicycle Trailer, very good condition, \$150.** Call Randy at (703) 885-9671.

**WANTED:** Good black and white mountain bike photos of the George Washington National Forest. Vertical format. Will be used in A Mountain Biker's Guide to the Shenandoah Valley. For photos used you'll receive a free copy of the book when published. Call Randy Porter at (703) 885-9671.

### TRASH PICK-UP

The new trash route is so much nicer in terms of traffic and amount of trash. Thanks to Alice Stecker and Judith Trumbo who joined me and provided their time (just over an hour) and conversations to the effort. Only three bags were filled, compared to the sometimes twenty on the old route. Thanks again! Neups

### TIDBITS

The banana has been called the most ancient fruit on earth. It probably first grew in Malaysia and Thailand, then was carried by natives to China and India. In 1516 the plant was taken to the New World and planted throughout Central and South America.

Around 1900 traders found better ways to transport fresh bananas to the U.S., making them less expensive. As such, the banana is today one of America's most popular fruits. We eat about 12 billion bananas each year, about 19 pounds per person. (I'm sure cyclists skew this figure to the right. I ate three on my last century alone.)

# EC Notebook #12

## Preventing & Avoiding Motorist Errors

By Susie Jones

- Did you know . . . . .
- Most car/bike collisions involving child cyclists are caused by the child.
  - Most car/bike collisions involving adult cyclists are caused by the motorist.

For both child and adult bicyclists, riding safely in traffic doesn't have to be a hit or miss (pun intended) situation. There are **preventative measures** which can be taken to reduce the likelihood of a crash and **avoidance techniques** which can be employed if a crash is imminent.

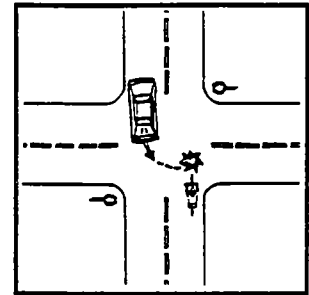
As a cyclist, you are likely to encounter the following motorist errors at intersections:

### 1. MOTORIST LEFT TURN WITHOUT YIELDING TO STRAIGHT-THROUGH CYCLIST

**Prevention:**

- Be visible—wear bright colored clothing, establish eye contact, use lights at night;
- Be predictable—maintain proper lane position, ride a straight line;
- Be assertive—plan to take your appropriate right-of-way, and act accordingly;
- Be alert—assess the situation, and be prepared to take evasive action.

**Avoidance:** panic stop\*, instant turn.\*

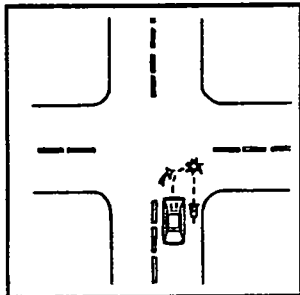


### 2. MOTORIST RIGHT TURN, CUTTING IN FRONT OF STRAIGHT-THROUGH CYCLIST

**Prevention:**

- Be visible—wear bright colored clothing, establish eye contact, don't ride in motorist's blind spot;
- Be predictable—maintain proper lane position, ride a straight line, **do not pass motorist on right**;
- Be assertive—plan to take your appropriate right-of-way, and act accordingly;
- Be alert—assess the situation, look for a turn signal or watch the front wheel of the car, be prepared to take evasive action.

**Avoidance:** panic stop\*, instant turn.\*

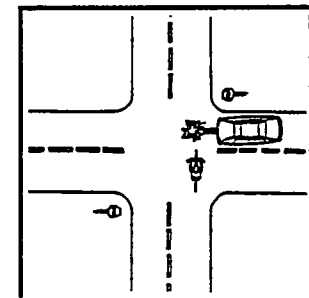


### 3. MOTORIST PULLING INTO INTERSECTION FROM CROSS STREET WITHOUT YIELDING TO STRAIGHT-THROUGH CYCLIST

**Prevention:**

- Be visible—establish eye contact or use sound to make the motorist aware of you;
- Be predictable—maintain just-to-the-right-of-center lane position so you are where motorists expect to see traffic, ride a straight line;
- Be assertive—plan to take your appropriate right-of-way, and act accordingly;
- Be alert—assess the situation, and be prepared to take evasive action.

**Avoidance:** panic stop\*, instant turn.\*



\* For information about these maneuvers, see *Bicycle USA*, March/April '93 for Panic Stop and May '93 for Instant Turn.

**Use of a bicycle helmet and gloves may reduce the severity of injuries sustained in a crash that can't be avoided.**

## UPCOMING ELECTIONS

Have some ideas? Like to run things? Think about being an officer. Let one of the current officers know. The ballots will come out shortly for the March vote. Don't be shy!

## SCHEDULE OF EVENTS

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

There is an idea thrown out for a New Year's Day ride. Start in the afternoon for a 20-mile ride with a stop midway for some hot chocolate. More details in the next newsletter.

### Bicycle Plan - Call to Action

No new news on the Harrisonburg-Rockingham Bicycle Plan. The City has still adopted the plan, and as far as I know the County still has the plan under study of an ad hoc committee (even though as far as I know it hasn't met yet). I'm afraid that if the County board of supervisors doesn't see any interest in the plan, they will conclude that there is no interest. It is important to keep the momentum (that does exist) going. So I plead with all you county residents - please do two things:

1) Write your supervisor and ask him what is going on with the plan. Tell him you are interested in seeing it adopted by the County (and why if you feel like getting into it). Ask when it will be voted on by the board of supervisors. Write your supervisor at :

His name  
Supervisor, County of Rockingham  
P.O. Box 1250  
Harrisonburg, VA 22801

The supervisors and the towns in their districts are: Pablo Cuevas-District 1; Charles W. Ahrend-District 2; James V. Couch-District 3; William B. Kyger, Jr.-District 4; and Joseph R. Correa, Jr.-District 5. William G. O'Brien is the County Administrator.

2) Call the County planning department (564-3030). Make it a short call. Ask as to the status of the plan. Ask why no action has taken place since the planning commission adopted it in July. Tell them you support the plan and you want to see action taken.

Call me (433-9247) if you have questions. There still should be a copy in the library for review, or stop by the County offices on East Gay Street. Also, please let me know (sometime) if you wrote a letter or made a call (it will make me feel better). I do believe it is time to show our support.

Art Fovargue

### 12th Annual Century - Recap #1

I haven't had time to do any statistics (number of bananas eaten, flat tires, riders from Texas, etc.) and I'm sitting here in Jess's with my last piece of paper trying to meet the newsletter deadline. So for this recap #1, let me just say that again we have had a successful century. Rider count was 139, down from the last couple of years, but it's quality, not quantity that counts. So let me thank the main ingredient in what makes our century the quality ride it is:

Sags: Jeff Smith, Don Kohlenstein, Brent McNett, Bill McAnulty, Dave Frye

Parkers: David Knicely, John (one arm) and Cory Maxfield

Registerers: Judith Trumbo, Damarius Marion, Martha Porter, Janet Vaglia

Checkpointers: Neups, Sarah Miller, Tom Mayer, Marcia Lamphier

Also, many thanks to Alice Stecker, our 1994 poster girl, and to all of you who made the wonderful baked goods and other snacks (it was our best spread yet.)

Lastly, thanks to Branner Printing, Mr. J's Bagels, and Ponderosa for their generous donations. Next month, recap #2.

Art Fovargue

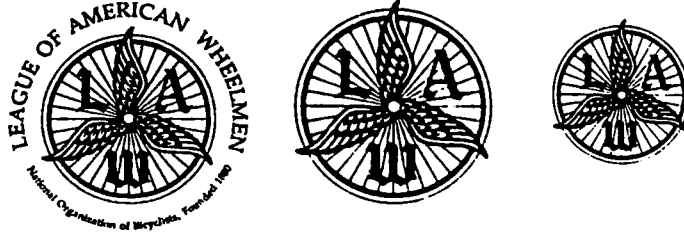
### 1994 MILEAGES

If you have your 1994 total, call Neups to have it listed in the next newsletter.

## 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 January/February  
Gene Miller



# Five Comebacks to "Bikes Don't Pay the Gas Tax"

By Noel Weyrich

W. Director of State and Local Advocacy

Sooner or later, every bicycle advocate hears it: "Why should cyclists get any special consideration in road design? They don't pay the gas tax!"

Of all the commonly held misperceptions about cycling, the idea that "bikes don't pay their way" is probably the most destructive, because it paints the cycling public as a hoard of freeloaders who are lucky not to be banned from the highways altogether. It may well be the source of all that anger manifest in motorists who harass us with profanities or deliberately buzz by too close for comfort. It is a myth nurtured by highway officials seeking a handy rationalization for not doing more for us. And I have personally heard it muttered in our own ranks as a cause for resigning ourselves to the bottom of the transportation pecking order!

Well, as Mark Twain was fond of saying, "It's not what we don't know that gets us in trouble. It's what we know for sure that just ain't so!"

A closer look at the facts shows that it is motorists who are not pulling their weight in terms of infrastructure carrying costs. Bicyclists, by contrast, probably pay more than their fair share when considering all forms of taxation and adding their negligible contribution to roadway wear and tear.

So, next time you're accused of being a "highway freeloader," here are five snappy retorts to

knock 'em back on their heels and make 'em think twice before ever raising the issue again with anyone:

- 1) Bicyclists do pay the gas tax. Although many cyclists lead car-free lives, the vast majority of cyclists own automobiles and pay all the corresponding state and federal gasoline taxes that contribute to road building and maintenance. Just because we pay these taxes through fuel consumption doesn't mean we're "voting" for automotive supremacy. People, not their automobiles, pay these taxes, and a significant portion of these people are bicyclists as well as motorists. They pay the tax to ensure safe roads for everyone.
- 2) Accommodating bicyclists benefits motorists. Motorists are happiest when they can pass slower-moving bicyclists with ease. Substandard lanes and inadequate shoulder widths create dangers and frustrations for bicyclists and motorists alike, while good design for bikes usually improves traffic flow for motorists.
- 3) Most so-called bicycle improvements contribute greatly to overall highway safety. Wide right lanes and paved shoulders provide vital recovery areas for motorists. A road made safe for cyclists is safer for everyone.

- 4) The liquid fuels tax does not even begin to pay for the entire cost of driving. It is commonly estimated that gasoline would be priced between \$4.50 and \$7.50 per gallon in order for a fuel tax to recover what the automobile costs society. This includes the real maintenance costs of highways, law enforcement costs, emergency services, motor oil pollution in storm water runoff, and dozens of other buried costs. More importantly, bicycles do not cause any of the bridge and road surface deterioration brought on by motor vehicles in general and overloaded trucks in particular.
- 5) The public right-of-way is not the private preserve of any one group. Remember, most public rights-of-ways, especially in the East, predate the automobile. In any event, safe passage on a public right-of-way is not the exclusive privilege of motor vehicles. Accordingly, design decisions should accommodate all transportation modes legally entitled to use a given road. Under a variety of conditions, to varying degrees, wide right lanes, paved shoulders, or bike lanes can help accomplish this socially equitable objective. Who pays or doesn't pay hardly enters into it.

The gas tax argument is a red herring, one that's long overdue for the filet knife.

**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	16 - 22	25 - 100	_____
B	12 - 16	15 - 60	_____
C	10 - 12	10 - 35	_____
D	under 10	5 - 15	_____

**TYPE(S) OF CYCLING**

Racing \_\_\_\_\_ Mountain \_\_\_\_\_ Recreational \_\_\_\_\_ Overnight Tours \_\_\_\_\_ Other (specify) \_\_\_\_\_

**COMMITTEES**

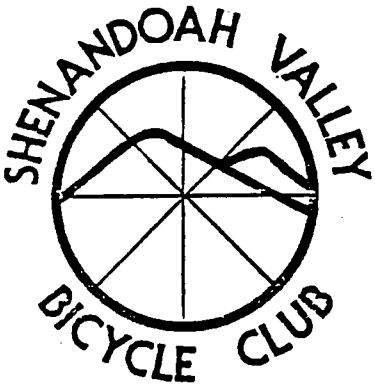
Racing \_\_\_\_\_ Mt. Biking \_\_\_\_\_ Touring \_\_\_\_\_ Century \_\_\_\_\_ Newsletter \_\_\_\_\_

**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**  
103-B WEEPING WILLOW LN.  
BRIDGEWATER, VA 22812