MARCH 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

As I type this I have had four straight days on the bike. It sure feels good to be out on the road again. I've needed a release for a few weeks now and I had been unwilling to go out in the colder weather. Riding sure helps.

Already there are three rides on the calendar. Brian's early season rides last year were superb and I highly recommend you try one or more. Also, if you'd like to lead a ride, just do it. All you need to know is a route and your pace. Call me to list it in the newsletter.

March starts the new club year with elections. The election committee has tried to get a few people for the secretary position, but have had no takers. We'd appreciate somebody stepping forward.

May the year hold promising rides for us all.

NEUPS

UPCOMING MEETINGS

March 13 7:30pm, Valley Wellness Center. Election of officers. Garth Kunkle of Cool Breeze Cyclery and Fitness will be talking on what's new. We last had this topic two years ago and it was quite interesting. It's definitely time for another talk on this subject.

April 10 6pm, pre-meeting ride, Hillandale Park, Shelter #1.  
7:30pm, Hillandale Park, Shelter #1. Earth Day will be held this year and we need to gather volunteers and work out our involvement. Please help us in this endeavor.

JANUARY MEETING MINUTES

Twelve hungry members (munch) battled the (crunch, munch) chilly night air to (munch) attend the Club's annual potluck dinner (munch, crunch). Sorry, it's tough to eat (munch) at the same time you are writing. Just past 6pm we began swarming over the spread of delicious food like honey bees to flowers in early spring. I was surprised to see a few members taking leftovers home.

Thanks to Neups's planning, door prizes were awarded for the second consecutive year. A very special thanks goes out to each of the donating sponsors. Below is a listing of the sponsors, prizes, and winners:

<table>
<thead>
<tr>
<th>Sponsor</th>
<th>Prize Description</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Ridge Cycle Works</td>
<td>Seat Pack</td>
<td>Neups</td>
</tr>
<tr>
<td>Cool Breeze Cyclery</td>
<td>Short-sleeve shirt</td>
<td>Marcia</td>
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<tr>
<td>Mole Hill Bikes</td>
<td>Taillight</td>
<td>Jody</td>
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<tr>
<td>Performance</td>
<td>$17.00 gift certificate</td>
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<td>Performance</td>
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<td>Art</td>
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<tr>
<td>Performance</td>
<td>$10.00 gift certificate</td>
<td>Nancy</td>
</tr>
</tbody>
</table>

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.
I know, from the above listing, it might appear that the drawing was rigged as each one of
the Club's officers won a prize, but truly, it was not an inside job. (Right, Neups, Marcia, and
Jody?)

Neups concluded the dinner/meeting by reminding us of the focus on upcoming Club
meetings and odds and ends. Swap meet in February and elections in March. Garth Kunkle will be
our featured speaker in March, discussing new products hitting the street and trails. Marcia's
Treasurer's report was $1,366.22. Neups asked for 1994 mileage. Call either Neups or another
officer with your 1994 mileage and we will include your miles in the newsletter. Placing your
hard-earned achievement within the newsletter is an excellent way to close out your cycling for
1994.

Knicely

FEBRUARY MEETING MINUTES

Well, winter has finally arrived in the Shenandoah Valley and I have not been on either
one of my bikes over the last three-week period. I must confess that after riding over 2,000 miles
(a personal best) in 1994, my legs are enjoying the rest. Actually, my legs still feel strong and
sturdy without going round and round. I guess there's something to be said about
relaxation. This year I'll try to remember that rest is good for the ol' legs and improves
performance.

After calling the meeting to order at 7:40pm, Neups turned the floor over to Diana, a
representative from Citizens Against Sexual Assault (CASA). This private, non-profit organization
provides crisis intervention, victim assistance, and community education services. This support is
provided through a professional staff and volunteers. Currently, CASA is searching for volunteers
for 1995. Training for the newest group of volunteers begins in March. If you have any
questions or would like further information, please contact either Diana or another
representative at 434-CASA.

Neups facilitated the remaining half of the meeting. He displayed, to the seven club
members, various literature that he received since the last monthly meeting. In addition Neups
asked everyone to consider ways that the club could assist in Earth Day 1995. Marcia gave a
Treasurer's report: $1,302.63. Art announced that he attended the state's DOT Bike Advisory
meeting in Richmond. As many of you might know, the City of Harrisonburg decided not to apply
for ISTEA funds for the Port Republic Road project this year. The February meeting came to a
close with the annual swap meet.

Knicely

WELCOME NEW MEMBERS
Gray Clark Harrisonburg
Mary Ann Kiser Harrisonburg

March has some rides, so come and join us so we can get to know you.

WELCOME BACK RETURNING MEMBERS
Art Fovargue Family Harrisonburg
Neups Harrisonburg

Thanks to all the above for your continued support of the Club.
EC Notebook #14

REASONS FOR RIDING ON THE RIGHT

As a serious cyclist, you know to ride on the right side of the road, in the same direction as other traffic. If someone asked you why, though, would you know how to explain your reasons? This edition of the League's "Effective Cycling Notebook" offers ammunition for those times you need to convince a friend, neighbor, child, or co-worker why this is such an important aspect of safe bicycling.

FACT: Wrong-way cyclists make up only five percent of bicycle traffic, but make up 21 percent of total car-bike collisions. Many people believe that they are safer riding against traffic because they can "see what's coming"—but only four to six percent of all car/bike collisions involve a cyclist being struck from behind. Real safety comes instead from travelling on the road in the same predictable manner as other road users.

Reasons to Ride on the Right:

1. Motorists expect to find other traffic on the right. Wrong-way cyclists are outside of the normal searching patterns. This is especially important at intersections, where auto drivers may only be scanning where they expect to see other traffic.

2. Turning maneuvers for wrong-way cyclists are more dangerous and complicated because a cyclist must cross paths with so many other vehicles on the road.

3. Wrong-way cyclists are in head-on conflict with cyclists who are riding correctly, which can result in a net speed of impact of over 40 miles-per-hour.

4. The speed difference between a car and wrong-way cyclist in the same lane is much greater than for cyclists riding correctly. Any impact, therefore, will be much more damaging. In addition, approaching motorists have less time to respond to the presence of a wrong-way cyclist. A motorist has more time to react to a cyclist riding with traffic, and more time to plan to give the cyclist adequate room to share the road.

5. Traffic control devices (such as stop lights, stop signs, and yield signs) and other important regulatory signs that apply to all road users can't be seen as easily by cyclists riding on the wrong side of the road.

6. If you need additional motivation, the Vehicle Codes of all 50 states require bicyclists to ride on the right with the flow of traffic.

There are exceptions to the strict rule of riding on the right, such as on one-way streets and when a cyclist is changing position to prepare for an upcoming maneuver. For more on these issues, see "E.C. Notebook" #5 (July/August '93) and #6 (Sept. '93) on Lane Positioning; also see "E.C. Notebook" #10 (May/June '94), "How Far Right Is Right?". Note that even in these cases, however, the cyclist is still riding with traffic and not against traffic.

In an effort to promote safe cycling behavior among League members, each issue of Bicycle USA features an Effective Cycling column. Reading and practicing the information and maneuvers covered in this column can help you become a safer, more confident cyclist. For more information and one-on-one interaction with an experienced Instructor, sign up for an Effective Cycling Class today.

This column is sent in camera-ready format to all League affiliated clubs and coalitions c/o the League Rep. for reprinting in their newsletters. If your club is not taking advantage of this benefit, and you would like to contact your League Rep. but don't know who that is, call us at (410) 539-3399.
SCHEDULE OF EVENTS

SATURDAYS
MARCH 5
1:30pm. Impromptu ride starting at Waterman Elementary School.
10am, Montevideo Middle School, about 30 miles, B-pace. Led by Brian Bauer. Call 298-0014.

MARCH 19
10am, Montevideo Middle School, about 30 miles, B-pace. Led by Brian Bauer. Call 298-0014.

APRIL 2
10am, Montevideo Middle School, about 30 miles, B-pace. Led by Brian Bauer. Call 298-0014.

April 1
Jubilee Joy Ride, Anderson, SC. Call 803-947-9629.

April 29
Tour de Cure, Appomattox County H.S. Benefits American Diabetes Association. Must raise $50 in pledges. Call 1-800-TOUR-888.

May 13
Shenandoah Valley Amateur Bicycle Race, Front Royal, VA. Must register by April 28. Call 1-800-338-2576.

June 10-11

June 16-19
GEAR '95, Amherst, MA. 30 rides, exhibits, workshops, and entertainment. Call Neups or Jody for more information, or 410-539-3399.

June 23-28
Bike Virginia Two State Odyssey. Roanoke to Keysville. Call Neups.

June 23-25
Annual Great Valley Interstate Tour: Harrisonburg, VA to Harrisburg, PA. Must register by April 1. Call 717-697-8343 or 717-697-1740.

June 23-25
Blue & Gray Rally, Gettysburg College, PA. Call Tom Helm at 717-975-0925.

July 6-9
LAB National Rally, Asheville, NC.

July 30-Aug. 4
Cycle Moosa-1, starts in South Paris, ME. Call 207-743-2577.

September 24

ICICLE BIKE RIDE

Eight cyclists helped bring in the New Year on the first ride of the 1995 season. We're looking forward to the Icicle Bike Ride to become a Club tradition. We were greeted by an unseasonably warm day with temperatures reaching the upper fifties. Twenty-five miles were cycled as we made our way on back roads to and from Bridgewater. Hot chocolate was not needed as we had no difficulty keeping warm on the ride. Our day out on this ride was great! I am now looking forward to warmer weather and more rides.

Bill Taylor

CLASSIFIEDS

Cadex Carbon Fiber ATB, 2 years old, SPD pedals, Cateye Mity Computer, great condition. $600. Call Steve Slabaugh 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.

BIKE VIRGINIA

The Club has been offered a free Bike Virginia adult registration for this year's event. They are asking only that we help distribute their brochures in our area. We already have the brochures. If you are looking to ride Bike Virginia this year and are interested in not paying, call Neups by March 15th or see him at the March meeting. If more than one person is interested, we'll see if we can't work something out.

1994 MILEAGES

David Knicely 2,195
Marcia Lamphier 4,100
Bill Taylor 4,118
Neups 5,000

If you have your 1994 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 MARCH/April

M. Lamphier/L. Grossman Bruce Miller
Deb Rigby Alice Stecker
Kent & Judith Holland Stin Lenkard

The League of American Bicyclists’ New Year’s Resolution to You...

The League hereby resolves to improve bicycling conditions in America by...

★ Working at the national and grassroots levels to make sure you’re able to ride when you want and where you want, with dignity and respect.

★ Encouraging better roads and facilities to accommodate bicyclists safely and conveniently.

★ Educating motorists about bicyclists’ rights and responsibilities and about how to share the roads with us.

Help us make this resolution a reality by becoming a member of the League of American Bicyclists today.

Working together, we can make a difference!

To join by phone call: 1-800-288-BIKE

Or send $30 to:
League of American Bicyclists
190 W. Ostend St., Suite 120
Baltimore, MD 21230-3755
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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<th>Approx. Distance (Miles)</th>
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<td>25 - 100</td>
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<td>B</td>
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<td>5 - 15</td>
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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

C. DAVID KINICLY 94-06
109-B WEEPING WILLOW LN.
BRIDGEWATER, VA 22812

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