

NOV./DECEMBER NEWSLETTER

SVBC OFFICERS

| | |
|--|----------|
| President: Michael "Neups" Neupauer | 434-1878 |
| Vice-President: David Knicely | 828-3599 |
| Secretary: Steve Strider | 289-5135 |
| Treasurer: Marcia Lamphier | 289-6712 |

President's/Editor's Column

Ever notice how much further you can see when the harvest is being completed? I've done some rides lately that seem different now that I can view more of the scenery.

Here's a new one on me. Riding through tree-lined roads makes one come across many spider webs crossing the roadway. Imagine my surprise at one

moment when I reached down for my water bottle and found a spider hitching a ride!

As a correction to last month's column, I can take submissions on 3.5" diskettes. I had an extra digit in there before.

Neups

UPCOMING MEETINGS

November 13 7:30pm, Monthly Meeting, Valley Wellness Center. We'll have a volunteer speaker from the hospital from the Organ Tissue Transplant Educational Program. The speaker will explain the process of donating organs and tissue and the rewards of doing so.

December 11 7:30pm, Monthly Meeting, Valley Wellness Center. We'll have a massage therapist in from Elkton to talk (and demonstrate) how a massage can benefit you and your riding.

WELCOME BACK RETURNING MEMBERS

| | |
|----------------------|--------------|
| Larry & Marcia Brown | Harrisonburg |
| Mark Eckroth | Weyers Cave |
| Bob McGovern-Waite | Bridgewater |
| Zack Perdue | Harrisonburg |

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

THANKS, JOHN ZBAN

Trash day dawned with a lack of rain and even some sun now and then, yet I seemed to be alone out in Penn Laird for our trash pick-up detail. That was until John showed up and helped me complete our areas. As before, it didn't take long to complete, but it's always faster when you have someone to talk to. Thanks for the company, John.

Neups

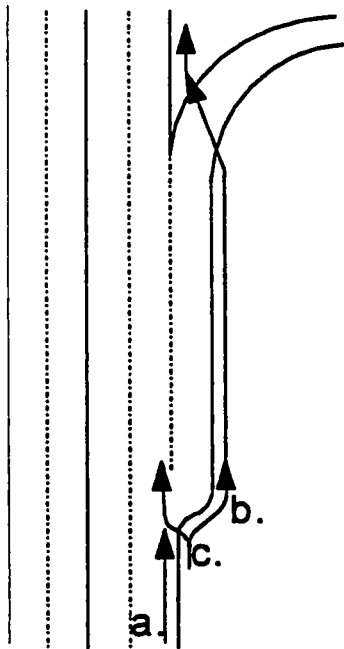
Mark's Bike Shop, Cool Breeze Cyclery, Blue Ridge CycleWorks, and Mole Hill Bike all contribute to the cost of the monthly newsletters.
Please support these local shops.

Intersections: "Messy Merging"

by Bonnie McClun

An intersection is defined as a place where two or more roads cross. Statistics show that intersections are where most car/bike crashes occur. *Effective Cycling*® cites the Cyclist's Lane Rule as a general guideline for lane positioning decisions prior to entering intersections: Choose the rightmost lane that serves your destination (left, straight, or right). There are, however, often circumstances that can complicate your decision. One of several messy merging situations that a cyclist may encounter is highlighted here - the others will follow in upcoming editions of the EC NOTEBOOK.

As a cyclist riding on a high speed (in excess of 50 mph) highway and approaching an expressway entrance ramp lane, what procedures are possible to carry you past this messy merging situation?



- a. Do you ride vehicularly for the entire length of the ramp lane? Steps to carry out this vehicular style procedure or if there is no useable shoulder:
 - Look for overtaking traffic preparing to enter the ramp
 - Signal with your left arm by pointing ahead that you intend to continue in the straight through direction - make eye contact with motorists
 - Proceed through remaining in the right third of the straight through lane;

or
- b. Do you ride on the shoulder adjoining the ramp lane (if there is a useable shoulder) until you are near the shoulder of the straight through lane, then cross the ramp lane? Steps to carry out this procedure:
 - Remain on the shoulder adjoining the entrance ramp lane. Continue to ride there until the point where the ramp diverges from the through road
 - Look over your shoulder and assess the traffic situation for an opening that will allow you time to cross the ramp lane
 - Adjust your speed so that you and the opening in traffic are both at the straight through shoulder at the same time
 - Look again to be certain of the location of overtaking traffic
 - Signal and quickly crossover to the straight through shoulder; *or*
- c. Do you cross to the right side of the straight through lane, ride vehicularly for the entire length of the ramp lane and then return to the shoulder? Steps to carry out this procedure:
 - Prepare to move off the shoulder *before* reaching the entrance ramp lane
 - Look for overtaking traffic. Signal with your left arm by pointing ahead (do not confuse motorists with a left turn signal) that you to continue on the highway
 - Look again for traffic - make eye contact with motorists.
 - Move left off the shoulder onto the straight through lane
 - Proceed through remaining in the right third of the lane until you reach the far side of the entrance ramp and can readily access the shoulder by moving right

Neither a., b., nor c. decision is clear-cut. Examine the situation and *gather information* on which to make your decision. Be sure to also consider: the **length of the entrance ramp lane** - how long will you be in high speed traffic if you decide to follow path a?; **amount of traffic** - is it rush hour?; **are you climbing or decending a hill?**; **is visibility reduced** by a right curved roadway or hill? The conclusion here is: **BE VISIBLE, BE ALERT, BE PREDICTABLE (SIGNAL YOUR INTENTIONS) AND BE PREPARED FOR ANY EMERGENCY MANEUVERS THAT MAY BE NECESSARY.**

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 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 do not know who that is, call us at (410)539-3399.

RECIPE - Chicken Rice Waldorf Salad

- | | |
|--------------------------------------|--------------------------|
| 1 1/2 cups Instant Brown Rice | 1 cup mayonnaise |
| 1 large red apple, diced | 1 tablespoon lemon juice |
| 2 cups (12 oz.) diced cooked chicken | 1 cup diced celery |
| 1 cup seedless green grapes | |

Prepare rice as directed on package.

Mix in mayonnaise.

Mix apple with lemon juice. Stir into rice mixture with remaining ingredients. Chill.

Makes 6 servings.

Thanks to Jane Pickett and Damarius Marion.

MORE CENTURY

Just some comments from fan mail:

"The road marking was great. ... Thanks a bunch to you, your fellow club members, and your sponsors for a great event. **YOU BET I'LL BE BACK!**"

Harry Colman, Tour de Valley Century Director (Waynesboro)

"...thanks for a great ride. ...sag stops were bountiful and nicely staffed by friendly folks"

Peter D. Chapman

CLASSIFIED

FOR SALE: Cannondale Road Tandem - 21"/19" with all the goodies and fewer than 500 miles. Like new. Cost upwards of \$3,000. Will take \$1,800. Call Randy Porter at (540) 885-9671.

1995 MILEAGES

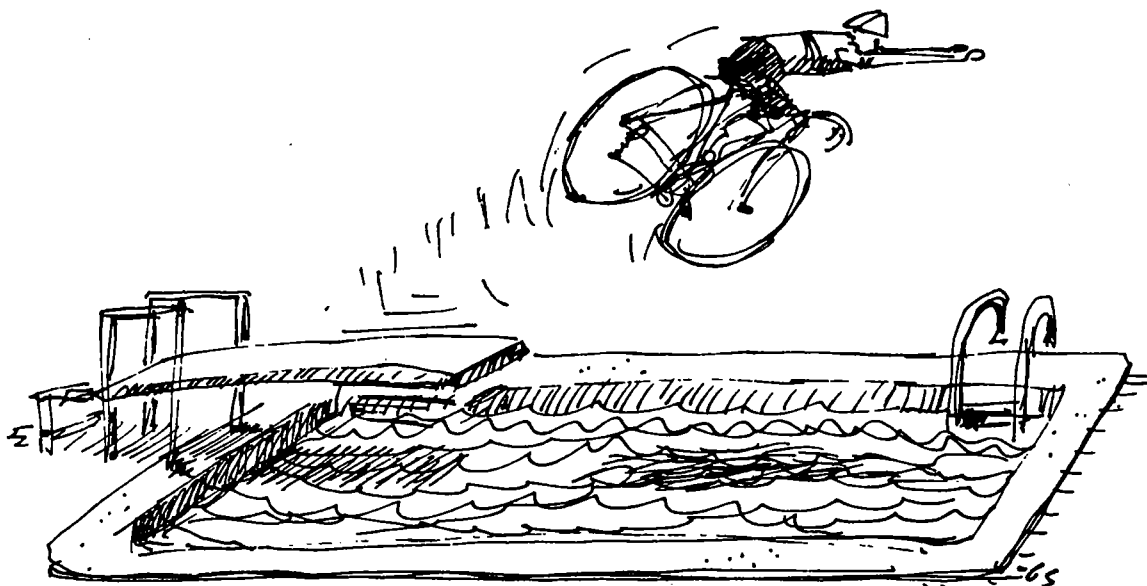
When you have your 1995 total, call Neups to have it listed.

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 January

Fran Kray/Pat Dwyer Damarius Marion William Taylor



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

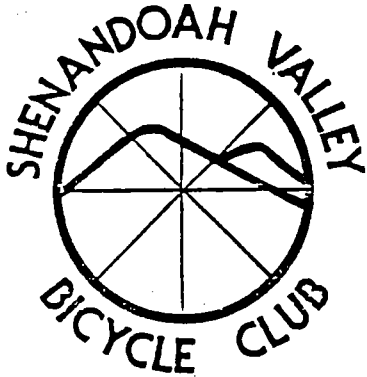
Racing _____ Mt. Biking _____ Touring _____ Century _____ Newsletter _____

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



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