



JUNE 1996 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Steve Strider	289-5135
Treasurer: Marcia Lamphier	289-6712

FROM THE SADDLE

As some of you may know, I sprained the sacroiliac joint in my lower back during a mountain bike ride in early October. Anybody who has injured their back knows what I'm talking about when I say I hurt when I did anything - cycling, exercising, sitting, and, sometimes, even just moving. A physical therapist at RMH's Sport Medicine, our own ride coordinator, Bill Taylor, helped me get back (no pun intended) on track with my physical life. In mid-January, I set a number of goals for myself with an overall objection of returning to the cycling form that I held during last summer. I believed that I was on target until the weekend of May 17th, when I discovered that my goals needed to be analyzed and re-adjusted if I was going to meet my overall objective. What happened, you ask?! Well, I agreed to take a cyclist from Louisiana, a visiting grad student doing research at JMU, for a bike ride in the Todd Lake area. To cut to the chase, all that I will say is that I had to bail out after riding only one-third of the ride. I just felt terrible. I also felt spurious because I bailed out while leading an out-of-state visitor on a modestly-

challenging bike ride. To save face, I gave Katelynn directions so she could complete her ride, while I sluggishly retreated to her car. This incident made me re-evaluate my goals, since I apparently was not going to meet my overall objective on my present course. So, I made some major changes; and hopefully, am now on track.

This inauspicious story leads me to your Club's goals. As I mentioned in last month's "From the Saddle" article, the executive committee met in March to establish Club goals for 1996. As in any organization, the overall objective is for like-minded people to come together to benefit a specific crusade. In an effort to enhance your Club, we have established the following goals through March 1997: 1) Experiment and incorporate new monthly meetings during the summer months. In June, the club's monthly meeting has been changed to the second Saturday of the month, rather than the second Monday. This will be a morning meeting rather than an evening meeting. 2) Encourage other "treat" rides for club members. Many ideas are being considered, such as

restaurant-to-restaurant rides, progressive-dinner rides, and more ice cream rides. 3) Promote the Club at the local bike shops. New membership applications have been developed and approved by the executive committee. The Club officers are planning to ride on many of the bike shop rides. The officers also plan to participate during sales at the local bike shops. Finally, the executive committee is working on developing calling cards for the Club. 4) Improve Club membership, finances, & visibility. As stated above, new membership applications have been developed and distributed. The Daily News-Record has been publishing our monthly ride schedule since April. 5) Increase involvement with neighboring bike clubs. Bob McGovern-Waite and Matt Madden will be working to coordinate joint rides with the surrounding cycling clubs. I'm sure that these goals may need to be re-adjusted over time if this administration is going to meet our/your overall objective.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

June 8 **10am** Pre-meeting ride starting at Hillandale Park, Shelter #1.
 11:30am Official meeting at Hillandale Park, Shelter #1

NOTE: June's meeting is a trial Saturday morning meeting. We'll be done by 12:30pm.

MAY MEETING MINUTES

Five brave and heavily clothed souls showed up at 6:00pm at Hillandale for the pre-meeting ride on Monday, May 13th. Although it was quite chilly and a little windy, we rode a scenic 17-mile bike ride through Park View to Dayton. Returning from the crisp ride, we huddled together for warmth and the club's monthly meeting; and were joined by four other warm bodies. Upon calling the meeting to order around 7:30, David handed out his meeting agenda and began discussing the following issues: 1) Club goals were discussed (see my From the Saddle article). 2) Upcoming rides - SVBC May ride schedule, shop rides, and other in-state rides - were mentioned. 3) Neups, John, Bob, Alice, Debbie, and Rebecca were recognized for their trash pick-up effort last month. A motion was made and carried to renew the current Adopt-a-Highway permit for the next two-year period. 4) May was recognized as National Bicycle Month. 5) The location of Art's Century meeting on May 29th was changed to David's house at 7:30pm. 6) The Chamber's Bike Festival was addressed. If you are interested in being a ride leader, you better call Marcia as quick as you can. 7) The next Club meeting will be at Hillandale on June 8th at 11:30am, with a pre-meeting ride beginning at 10:00 am. Hopefully, Bill McAnulty, Chairman of the Shenandoah Valley Bike Festival, will present an overview of this year's festival, concentrating on the major changes. Other club business included Marcia's Treasurer's report of \$1,323.37 and the results of the satisfactory audit on the treasury/checking account.

The meeting came to a close around 8:00pm.

Knically

WELCOME NEW MEMBERS

Melissa Reilly

Harrisonburg

WELCOME BACK RETURNING MEMBERS

Judith Trumbo

Broadway

Mike Wenger

Harrisonburg

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

SVBC ACTIVITY COORDINATORS

<u>Century</u>	Art Fovargue	433-9247	<u>Newsletter</u>	Neups	434-1878
<u>Rides</u>	Bill Taylor	433-7154	<u>Time Trial</u>	David Knically	828-3599

EDITOR'S COLUMN

For those of you who missed my Skyline Drive ride (and since I rode alone, that's all of you), it was quite a ride. Not only were there beautiful vistas, but I got to learn a couple things: 1) Thunderstorms can come up on you in a hurry, so if you suspect rain, take your raingear. 2) If you wear contacts, do not put suntan lotion on your forehead above your eyes - in a rainstorm it only washes into your eyes and blinds you! Other than that, the ride was quite lovely when it wasn't

storming. The views were clear, especially after the rain cleaned the air. Seeing a thunderstorm off in the distance from atop a mountain is also breathtaking. And you can fly with hawks if you get lucky. I had four on my right side - they were riding a thermal and I kept pace just by coasting the wave of tarmac. If you get the chance, be sure to make it up to the Drive someday to ride. We live too close to pass up its beauty.
Neups

Mark's Bike Shop, Blue Ridge CycleWorks, and Mole Hill Bikes
all contribute to the cost of the monthly newsletters.

Please support these local shops.

WANNABES

During the month of May, I began my Wannabe rides and have been very pleased with the number of riders that have shown up to support this Club-sponsored event. The first adventure saw four riders spinning the flat, 13-mile ride. For the second event, six riders enjoyed the flat, 15-mile ride. Once again, if you are you a rider (10 to 12 mph) who would like to become smoother, faster, and/or more efficient, but you're not really sure how to accomplish your goals, come out (place to be announced) and join me and the others on my rides on Sunday, June 9th at 1:00pm and June 30th at 1:00pm. Together, we will work, train, have a good time on our bikes, and hopefully help you meet your cycling goals. We will talk about some of the ways that may improve your riding skills and your speed - techniques that have worked for me and that I continue to use. We will share with each other our experiences and help each other to become better riders. The rides will start at a C pace with a distance of about 10 - 15 miles. Periodically during each ride, the speed will be increased for a short time. At later rides, the speed and/or distance will gradually increase (along with a more challenging terrain) based on the needs of the group. These rides are learning /training rides, but also FUN rides and at no time will anyone be dropped. So come out, train, and learn with me. I promise that everyone will learn at least one new way to improve his/her cycling skills. Call me at 828-3599 for more information, like the starting point. Knically

BIKE FESTIVAL

The 1996 Shenandoah Valley Bike Festival dates are set for July 26, 27, and 28. The festival will be held on the campus of Bridgewater College. Please contact me as soon as possible to become one of this year's "ride volunteers." I will need two volunteers per ride. Please call me at 289-6712. There are a few changes on the routes, scheduling, etc. This year we will see the addition of two mountain bike rides in the Todd Lake area. Brochures may be picked up at the local bike shops or at the Chamber of Commerce office at 800 Country Club Road. The telephone number for the Chamber is (540) 434-3862.

Thanks in advance for your help!

Marcia

Friday

4:30pm	Westward Ho	31 miles
5:00pm	Briery Branch	19.5 miles
5:15pm	Airport Run	7 miles

Saturday

7:00am	Century	100 miles
7:30am	Cross Country	52 miles
8:00am	Turkey Trot	26 miles
8:30am	Prisoner of Zenda	42 miles
9:00am	Natural Chimneys	32 miles
9:30am	Mountain Bike (2 rides)	10 & 20 miles
10:00am	County Line	20 miles
1:30pm	Silver Lake	20 miles
All Day	Family Ride	5 miles

Sunday

8:00am	Base of the Mountain	39 miles
8:30am	Lazy Days	24 miles
9:00am	Country Ramble	28 miles

BIKE VIRGINIA, ANYONE?

I'll be riding Bike Virginia this year. If anyone else from the area is going and would like to carpool to Manassas, give me a call and we'll make arrangements. Neups 434-1878

THE 21st ANNUAL ASSAULT ON MT. MITCHELL

WOW! Both Al Clague and I did this ride last month for the first time. All that we had worried about never came to be - the weather was just perfect and the wind was about non-existent. The first forty miles passed at 20mph over flat terrain. By Marion, the 73 mile mark, we were still averaging over 18.5mph. Then came the climbing. After very few miles of rolling hills, we came to the climb up to the Blue Ridge Parkway- and then the climbs on the Parkway itself. It has been a few years since I last rode on the Parkway, but the section we were on had mountains much longer and steeper than what we have here on the Skyline Drive. The total ride had about 11,000 feet of cumulative climb! The last miles of climbing (and the toughest) take you to Mt. Mitchell, the highest point east of the Rockies. After we finished riding, we still had to walk up 100 feet to the peak, and then up three flights of steps into the observation tower. But it was definitely all worth it. My thanks to all who gave me words of encouragement and helped me train these last few months.

Neups

ROADS TO AVOID UPDATE

To assist you in returning to the Shenandoah Valley roadways this spring, the Shenandoah Valley Bicycle Club has been reporting "Roads to Avoid" for the last few months. This will be our last update. The Club officers hope that the past listings have helped you avoid a few road obstacles.

- Route 738 - Dry River Road, Bridgewater
- Route 910 - Garbers Church Road
- Route 704 - Pleasant Valley area
- Route 988 - Auto Auction Road
- Bank Street - Bridgewater

Knically

JUNE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:30am Mountain Bike Ride. Deb's. Matt Madden.
2	3 6pm Casual Ride Blue Ridge Cycle	4 5:45pm-Time Trials Dayton-Rts. 257 & 738	5 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	6 6pm-Keezletown Ride-Keezletown Elementary School	7	8 10am Pre-Meeting Ride-Hillandale 11:30am Monthly Meeting-Hillandale
9 1pm Wannabe Ride. Knically.	10 6pm Casual Ride Blue Ridge Cycle	11 5:45pm-Time Trials Dayton-Rts. 257 & 738	12 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	13 6pm-Keezletown Ride-Keezletown Elementary School	14	15 8am Training Ride. Bill Taylor.
16	17 6pm Casual Ride Blue Ridge Cycle	18 5:45pm-Time Trials Dayton-Rts. 257 & 738	19 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	20 6pm-Keezletown Ride-Keezletown Elementary School	21	22 9am Road Ride. Marcia.
23	24 6pm Casual Ride Blue Ridge Cycle	25 5:45pm-Time Trials Dayton-Rts. 257 & 738	26 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	27 6pm-Keezletown Ride-Keezletown Elementary School	28	29
1pm Wannabe Ride. Knically.	30					

Helmets are required on all club rides.

TIDBITS

Bill Wade, the Superintendent of the Shenandoah National Park, was guest speaker at the Winchester Wheelmen's March meeting. He noted that the Bike/Hike Day held last fall will not be repeated in 1996. The Park is organizing an event for the Spring of 1997, which will coincide with a national "March for the Parks" event. We'll keep you informed.

TIME TRIALS OF 1996

What is it about Tuesdays? Four out of the last six Tuesdays (ending May 14th), the weather has been cold, rainy, and windy for Tuesday time-trialing. All of those special elements of nature that a person racing against the clock hates. Nevertheless, several riders have shown up to test themselves against the clock for the 10-mile time trial. Marcia and I have been there to greet the riders, give them encouragement, and keep their time. As previously mentioned, the Club is working on recruiting people as time-keepers this year. For June, a Club representative will be present on the 1st and 3rd Tuesdays of the month. If you are reading this and are not a member of the SVBC, you may want to join to keep up with the schedule and other Club activities. The following are the results of the recent time trials:

April 16

Neups 30:19

April 30

Matt Madden 27:20

Bob McGovern-Waite 30:05

SCHEDULE OF EVENTS

Mondays 6:00pm sharp! 10-12 mile, very casual ride. Blue Ridge CycleWorks. Call 432-0280 for further details.

Tuesdays 3:30pm. Women's Ride. Two to four hours. Beginners welcome. Meet at Mark's Bike Shop. Call Erin at 433-3437 for more information.

WEDNESDAYS **5:15pm. 1 1/2 hours at a B-pace. Meet at First Union Bank parking lot at the corner of Mason and Main streets. Call Marcia at 289-6712 for more information.**

JUNE 1 **Mountain bike ride. 2 1/2 to 3 hours in the Reddish Knob/Flagpole area. Meet at Deb's Restaurant, 9:30am. Call Matt at 574-6062 for more info.**

June 1 National Trails Day.

June 1 & 2 Race for Freedom, Southside Speedway near Richmond. To help fight hunger and homelessness. Call 804-788-3907 for more information.

June 7-9 10th Annual Chesapeake Bay Bike Tour. Benefits American Lung Association.

June 7-10 GEAR '96. Millersville, PA. A choice of 30 rides in the wonderful PA Dutch farm country. Exhibits, workshops, and entertainment. Sponsored by LAB. Call 410-539-3399.

JUNE 8 **Mountain bike ride. South Peddler ATV trail near Buena Vista/Blue Ridge Parkway. Call Matt at 574-6062 for details.**

June 8 Warrenton 600km Randonneur Brevet. 4am start. 40 hour time limit. Contact Jim Kuehn at 410-721-2465 for more information.

June 8 Bedford Cycling Classic. Bedford, PA. Criterium for public and categorized racers. Call 1-800-765-3331 for more information.

June 8 Morristown Sportsfest Road Ride. 35-, 62-, and 100-mile rides. Call Clark Rucker at (615) 581-1183 for more information.

June 8 & 9 Pedal the Piedmont MS 150 Bike Tour. Charlottesville to Farmville to Concord. Call 800-451-0373 for more information.

JUNE 9 **Wannabe ride at 1pm. See article for details. Call David Knicely at 828-3599 for start area.**

June 10-Aug 19 Bicycling Ministry Wheel Power Christian Cyclists Across America Tour. San Francisco to Yorktown Beach, VA. Call 804 385-7213 for more information.

June 14-16 West Virginia Bicycle Tours. Road tour with meals and lodging. Also daytime and evening entertainment. Call 800-566-8573 for more information.

- JUNE 15** **Training ride. 3 hours at an A pace. Start 8am at Hillandale Park. Call Bill Taylor at 433-7154 to confirm.**
- June 15 Knotts Island Century. Norfolk. 33-, 68-, and 100-mile routes. For more information call Tom Adler at (804) 482-5587.
- June 15-23 Pedal Pennsylvania, Erie to Philadelphia. Call Robert Ingersoll at 215-561-9679 for more information.
- June 21-26 Bike Virginia Civil War Odyssey. Old Town Manassas, Fredericksburg, Bowling Green, Culpeper, back to Old Town Manassas. Call 804-229-0507 for more information.
- JUNE 22** **Road ride. 30 miles. Start 9am. Call Marcia at 289-6712 for details.**
- June 29 Montebello Double Century. 6am near Milepost 29 of the Blue Ridge Parkway. 15 hour time limit. Call Paul Evans at 540-377-6454 for more information.
- June 29-30 Ocean City Weekend. Atlantic Cycling. Call Neups for more information.
- JUNE 30** **Wannabe ride at 1pm. See article for details. Call David Knicely at 828-3599 for start area.**
- June 30 Blue and Gray Century. Winchester. Rides of 50 and 100 miles. 8am start at Lord Fairfax Community College. \$10. Call Mike or Karen at (540) 662-1510 for more information.
- June 30 Bay to Bay Ride. Chestertown, MD. 27 to 107 miles. Call 410-778-4881.
- July 3-7 LAB National Rally. Dayton, OH. A wide variety of rides in gently rolling terrain. Advocacy program plus many workshops, exhibits, and entertainment. Call 410-539-3399.
- July 14-19 Bicycle Tour of Colorado. Breckenridge. Benefits Down Syndrome Association. Call 800-985-9399 for more information.
- July 20-21 Deep Creek Lake Weekend. Atlantic Cycling. Call Neups for more information.
- July 20-27 Pedal Pennsylvania, Pittsburgh to Philadelphia. . Call Robert Ingersoll at 215-561-9679 for more information.
- July 21-27 Cycle Across Maryland.
- July 26-28** **Harrisonburg-Rockingham County Chamber of Commerce Bike Festival.**
- July 28-Aug 2 Moose Tour. 6-day Maine bicycle adventure. Call 207-743-2577 for more information.
- August 31-Sept. 2 Tour of the C&O Canal. Atlantic Cycling. Call Neups for more information.
- September 8** **14th Annual Shenandoah Valley Century.**
- Sept. 16 - Nov. 2 Southern Cross Bicycle Classic. Disneyland (CA) to Disney World (FL).
- September 21** **Cycle For Life. American Cancer Society. Purcell Park. Registration opens 6am. Call 434-3360 for more information.**
- September 22 Reston Century.
- September 28 Adams Apple Ride. Sixth Annual. Rain date on the 29th. 25-, 50-, and 100-mile rides out of Gettysburg, PA. Call (717) 334-8151 for more information.
- October 25-27 Bike Virginia Fall Festival Weekend.

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 before then.

MEMBERSHIPS EXPIRING JUNE/July

Ellen Harrison	David Knicely	Matthew Madden
John Maxfield Family	Zandra Pavicic	Rich Pickett Family
Alice Stecker	Dave Yutz	
Chris Kearnes	Stin Lenkerd	John Reeves Family
David & Sue Schrock Family		