



JULY 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

The advent of warmer weather has certainly brought out a number of cyclists - the young & old and the neophytes & experts. Even the Harrisonburg Police Department's Bike Patrol has been seen riding their bikes. As a result, an ever increasing number of cyclists are sharing the road with motorists. This leads me to re-visit a familiar issue - bike safety (let me rephrase that - personal safety). We need to remember that most drivers have not had to deal with a large number of cyclists on the road since last October. In other words, WATCH OUT! I'm not going to turn this into a safety commentary, but please remember to wear your helmet, obey all traffic signals and signs, and follow the rules of the road.

Since early June, I have been informally meeting with Patrolman Jason Pettit and Patrolman Greg Deeds of the HPD's Bike Patrol. We have discussed various local cycling issues which concern all cyclists, neophyte and expert. I have also been in contact with various state and national agencies regarding cycling issues. In conjunction with the HPD, I am enclosing a copy of the "Virginia Motor Vehicle Code - Sections Pertaining to Bicycles" in this newsletter for the Club members to read. Given the timing of this enclosure and our busy season, I have asked Jason and Greg to be our guest speakers at our July monthly meeting/picnic.

As our season of riding picks up, many of us wonder when we will begin seeing some of the new faces which accompany the new (and old) names on our membership roster. Can there really be more to being a member of the SVBC than receiving your newsletter each month, reading about local and regional events, and secretly enjoying my writings? How about getting involved? We have rides for riders of all levels and there are so many opportunities to meet others with varied interests in cycling. I've personally been on a couple of rides that have attracted from nine to eleven participants.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

July 1 **7:30pm**
July 8 **5:30pm**
 6:30pm

Century meeting at Art Fovargue's house.
Pre-meeting ride starting at Hillandale Park, Shelter #1. Note time!
Official meeting at Hillandale Park, Shelter #1. Note the different time. This is our annual picnic meeting!

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.

JUNE MEETING MINUTES

In an effort to shake up the Club and try something just a little different, June's monthly meeting was held on the second Saturday, rather than the second Monday. That was a trial Saturday morning meeting to discover if the weekend would be a better time for the Club's monthly meetings. The seven people who wandered into Hillandale Park at 10:00am for the pre-meeting ride on Saturday, June 8th enjoyed a 19-mile ride. So we'll probably have another Saturday morning meeting at some point. Keep your eyes on the newsletter. Returning from the ride, we gathered under the shade of a large, old maple tree. David called the meeting to order around 11:35am. The following Club issues were discussed in an open forum: 1) The Club-sponsored rides have seen a consistent increase as the weeks have progressed. 2) Art informed us that Bike Aid will be passing through our area in August. 3) The new 14th Annual Century brochures were handed out by Art, followed by a brief discussion about the May 29th meeting held at David's house. 4) Marcia addressed the upcoming Shenandoah Valley Bike Festival. If you are interested in being a ride leader, you better call Marcia as quick as you can. 5) The next Club meeting/annual potluck picnic will be held at Hillandale on Monday, July 8th at 6:30pm, with a pre-meeting ride beginning at 5:30pm. Hopefully, Patrolman Jason Pettit and Patrolman Greg Deeds of the Harrisonburg Police Department's Bike Patrol will join us for an in-town bike ride and afterwards, briefly discuss personal safety while bicycling. Other club business included Marcia's Treasurer's report of \$1,278.85. The meeting came to close around 8:10pm.

Knically

WELCOME NEW MEMBERS

Eula R. Eppard
Daniel Neher

Harrisonburg
Harrisonburg

WELCOME BACK RETURNING MEMBERS

David Knically
Dave Yutzy

Bridgewater
Timberville

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

How many of you sing a song in your head while riding? What song is it? I do it a lot. Maybe it's my somewhat musical background. Anyway, the other day I took a ride and started hearing "Don't you want me" by the Human League in my head, but halfway through the ride I somehow switched to "White Mice" by one of my favorite rock groups of the 70's, The Sweet. I can't

say I remember ever singing to myself in a race or fast group ride, but when you ride during the day, which for me means mostly alone, I guess you have to do something with all that brain power. ☺ If you have the notion to let everyone know your songs, give me a call and I'll write you up.

NEUPS

CLASSIFIEDS

- 1) Nishiki Modulus - 56 cm - 12 speed - 105 groupo - Look pedals - Good condition - \$200.
- 2) Giant Iguana - 18" - Alivio groupo - New 95' - \$350.
- 3) Specialized Rockhopper Ultra - 17" - 21 speed - STX and Alivio groupo - Like new - never ridden - \$350.
- 4) Trek 1000 Aluminum - 54 cm - Blaze groupo - good trainer or beginners bike - \$150.

Call Brian - 433-4977 - or - 1-800-972-5234 on any or all of the four above items.

Ross Gran Tour Road Bike - 12 speed - 23 inch - recently tuned by Mark's Bike Shop - \$100 - phone: 434-6380.

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

WANNABES

I have been pleasantly surprised at the popularity of the Club-sponsored Wannabe rides. As an example, before the torrential downpour on June 9th, I was anticipating a group ride of at least fifteen cyclists, which would have included novice group-riders and veteran group-riders. As I write this (June 20th), I believe that the June 30th Wannabe Ride will be attended by a great number of participants. 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, July 14th at 1:00pm and July 21st at 1:00pm. Together, we will work, train, and 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. Theses 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 your cycling skills. Call me at 828-3599 for more information, like starting point.

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CENTURY MEETING

On Monday, July 1 we will have the third planning meeting for our 14th Annual Shenandoah Valley Century. Help is needed for pre-event publicity and with other items. If you can help a little, or a lot, your assistance will be appreciated. The meeting is at 7:30pm at my house, 210 Monument Ave. Also, help is needed the day of the ride, Sunday, September 8 for registration, check-point work, and sagging. Please let me know if you can help out before or during the event!

Brochures advertising the event are complete, thanks to L B Branner and Branner Printing. Hopefully you will soon see them around town. Contact me if you know a good place for them that you can deliver to.

September will be here before we know it, so start telling your friends and get them in training.

Art Fovargue 433-9247

SPECIAL MEETING OF THE MEMBERSHIP

At the last meeting of the executive committee, a resolution was passed to delete two types of memberships available through the Shenandoah Valley Bicycle Club - Associate and Junior. Changing the available memberships requires that the Constitution and By-laws be amended to reflect the changes. Article VIII of the Constitution and the Amendments of By-laws require that the entire membership be notified in writing at least thirty days in advance of a Special Meeting, normally by way of this newsletter. In addition, the changes must be proposed at least one regular club meeting prior to the Special Meeting. The Special Meeting to amend the by-laws will be part of August's regular monthly meeting. The proposed changes to the Constitution and By-laws are as follows:

Change Article III, Section 2 to read as follows:

Types of memberships available:

- a. Individual
- b. Family

Change Article IV, Section 2 to read as follows:

Amount of annual dues:

- a. Individual \$10.00
- b. Family \$15.00

The by-laws do not require a quorum to be present at the Special Meeting to amend the by-laws. This notice covers the entire scope of the changes to the bylaws. No other changes can be considered. Approval of the changes requires at least two-thirds majority of those present at the meeting. There is no requirement for minimum number of executive committee members to be present.

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TIME TRIALS

What a wet, wet Spring it has been in the Shenandoah Valley. Just ask any of the Tuesday time-trialers how many times it has rained on Tuesday evening and the answer will likely be every single Tuesday for the last two months. Hopefully, Mother Nature will offer us a July without rain on upcoming Tuesdays. For July, a Club representative will be present on the 1st and 3rd Tuesday of the month. The following are the results of the recent time trials when it has not rained:

May 21

Bill Taylor	26:40
David Frye	28:17
Bob McGovern-Waite	28:49

June 11

Neups	23:51
Matt Madden	24:59
Bill Taylor	26:26

June 18

Craig Lowry	23:18
Al Clague	24:32
Bob McGovern-Waite	26:54

Neups	23:47
Bill Taylor	26:33

JULY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6pm Casual Ride Blue Ridge Cycle 7:30pm Century Meeting-Art's	2 5:45pm-Time Trials Dayton-Rts. 257 & 738	3 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	4 6pm-Keezletown Ride-Keezletown Elementary School	5	6 7am-Race paced training ride. Wilbur Pence Middle School.
7 9am-Mountain Bike Ride. Call Marcia for details, 289-6712.	8 5:30pm Pre-picnic ride. Hillandale 6:30pm Picnic Mtg. Hillandale #1	9 5:45pm-Time Trials Dayton-Rts. 257 & 738	10 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	11 6pm-Keezletown Ride-Keezletown Elementary School	12	13 7am-Training Ride Wilbur Pence Middle School.
14 1pm Wannabe Ride. Call David for starting point, 828-3599.	15 6pm Casual Ride Blue Ridge Cycle	16 5:45pm-Time Trials Dayton-Rts. 257 & 738	17 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	18 6pm-Keezletown Ride-Keezletown Elementary School	19	20
21 1pm Wannabe Ride. Call David for starting point, 828-3599.	22 6pm Casual Ride Blue Ridge Cycle	23 5:45pm-Time Trials Dayton-Rts. 257 & 738	24 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle	25 6pm-Keezletown Ride-Keezletown Elementary School	26 Chamber of Commerce Bike Festival!	27 Chamber of Commerce Bike Festival!
28 Chamber of Commerce Bike Festival!	29 6pm Casual Ride Blue Ridge Cycle	30 5:45pm-Time Trials Dayton-Rts. 257 & 738	31 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride Blue Ridge Cycle			

Helmets are required on all club rides.

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.**
- July 1** **Century Meeting. 7:30pm. Art Fovargue's house. Call 433-9247.**
- 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 6** **Race paced training ride, about 2 1/2 hours. Start 7am at Wilbur Pence Middle School in Dayton. Call Matt at 574-6062 to confirm.**
- July 7** **Mountain bike ride. 9am. Call Marcia at 289-6712 for more details.**
- July 13** **Training ride, 2 1/2 to 3 hours. Start 7am at Wilbur Pence Middle School in Dayton. Call Bill Taylor at 433-7154 to confirm.**
- July 14** **Wannabe Ride. 1pm. Call David at 828-3599 for starting point.**
- July 21** **Wannabe Ride. 1pm. Call David at 828-3599 for starting point.**
- 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 26-28 Chowan College Weekend. Tidewater. Preregistration, postmarked by July 19, is required. Contact Carole Taylor at 804-490-1831.
- July 28-Aug 2 Moose Tour. 6-day Maine bicycle adventure. Call 207-743-2577 for more information.
- August 11-17 Wheeling Washington III.

August 31-Sept. 2	Tour of the C&O Canal. Atlantic Cycling. Call Neups for more information.
September 15	Tour of the Maryland Eastern Shore. 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 21	Maryland Wine Festival Bike Tour. Benefits American Lung Association.
September 22	Reston Century. Includes 200-km, 100-miles, 100-km, 50-miles, and a 26-mile ride. Pre-register and get a T-shirt. Call 703-904-0900 for more information.
September 28	Adams Apple Ride. Sixth Annual. Rain date on the 29 th . 25-, 50-, and 100-mile rides out of Gettysburg, PA. Call (717) 334-8151 for more information.
October 13	Fabulous Fat Tire Fall Foliage Festival. Atlantic Cycling. Call Neups for more information.
October 18-20	29 th Hilly Hundred Tour. Indianapolis, IN. Call (317) 257-5607 for more information.
October 25-27	Bike Virginia Fall Festival Weekend.
October 26	Frederick County Fall Classic. Atlantic Cycling. Call Neups for more information.

1995 MILEAGES

Art Fovargue	2,515
David Knicely	3,330
Marcia Lamphier	5,895
Stin Lenkerd	2,090
Brent & Judie McNett	1,600 on tandem
Neups	5,001

If 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 before then.

MEMBERSHIPS EXPIRING JULY/August

Chris Kearnes	Stin Lenkerd	John Reeves Family
<u>David & Sue Schrock Family</u>		
L.B. & Ibbey Branner	Sandy Brownscombe	David Frye