



MARCH 1997 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

If you read one of the many daily newspapers or listened to a news broadcast, you might have discovered that Punxsutawney Phil (alias "The Groundhog") failed to detect his gray companion on February 2nd. If you happen to believe in folklore, we'll have six more weeks of winter weather. All I can say is that I'm looking forward to Springtime whenever it happens to arrive.

Once again, the Club started the new year in a cycling type of fashion. Bill Taylor organized his third annual Icicle Ride for New Year's day. There was a great turnout, even though the weather was on the cold, damp side (see Marcia's article). I was not able to ride due to another commitment. Yet, I've had the opportunity to

ride quite a bit in the month of January and February. When January ended, I had ridden close to 300 miles - a personal best for January. A big thanks to Marcia, Larry, Matt, and Bill for pushing me a little further. The Sunday winter rides have been wonderful. I have discovered, with Bill's and Matt's help, more new off-roads in Rockingham County this winter. Hopefully, March's weather will be good for weekend riding, so come out and join us.

If re-elected your President, I solemnly promise not to give a "State of the Club" speech that will last over ONE HOUR.....maybe around 45 minutes or so. 1996 was the first year that we had a very active executive committee. The committee met regularly

throughout the year and reached many of the goals that were established. Remember last year, with me stating that the President (me) and the other officers were planning to shake up and juggle some things over the next twelve months? Going into that, the other officers and I were willing to accept the responsibility that approximately 20% of the changes would be embraced as magnificent ideas, whereas the remaining 80% would be declared as dumb, if not down-right stupid, ideas. Well, a few of the new and innovative ideas have stuck and will be continued in the next twelve months.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

March 10

7:00pm

Monthly meeting at the Valley Wellness Center. Elections.

JANUARY MEETING MINUTES

Eleven hungry members (munch) battled the (crunch, munch) frigid and 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 6:00pm, we began swarming over the spread of delicious food like honey bees to flowers in early spring. We had new member Debbie Tuler and Myron of Blue Ridge Cycle Works join us for the pot luck dinner. I was surprised to see a few members taking leftovers home.

Thanks to David's planning, door prizes were awarded for the fourth consecutive year. A very special thanks goes out to each of the donating sponsors - Blue Ridge Cycle Works, Mole Hill Bikes, First Union, & Jim Ratterree. In addition, certificates of appreciation were presented to the Club's officers and executive committee members, thanking each of them for their work in 1996. (See Superlative/Roast Comments article)

David concluded the dinner/meeting by reminding us of the focus on upcoming club meetings and odds & ends: 1) Swap meet in February and elections in March. 2) According to membership records, the club now supports 52 members. 3) Neups has established a home web page for the Club on his Internet access (<http://www.user.shentel.net/neups>). 4) Marcia's Treasurer's report was \$1,074.32. 5) David asked for 1996 mileage. Call either David or Neups with your 1996 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 1996. David handed out new mileage logs for 1997. If you would like one, please see David at the next monthly meeting. The meeting came to a close at 7:30pm.

Knically

FEBRUARY MEETING MINUTES

After calling the meeting to order at 7:10pm, David began the monthly meeting by displaying to the nine club members present various literature and periodicals that the club received since January's monthly meeting. The meeting then turned to discussing the Sunday Winter Rides lead by Matt, Bill, Marcia, and David. In January, the Sunday Winter Rides were met with warmer than normal weather. There has been some discussion about an organized cross-country ski trip to somewhere. If you are interested, tell one of the club officers. Marcia gave her Treasurer's report. Art announced that there was an article in the "Virginia Cyclist" that called for support needed for ISTEVA in Virginia. He will write an article, recapping the ISTEVA article. The February meeting came to a close with the annual swap meet.

Knically

SUPERLATIVE/ROAST COMMENTS

During the annual pot luck meeting, David presented certificates of appreciation to the Club's officers and executive committee members, thanking each of them for their work in 1996. In addition, he stated the following:

MOST IMPROVED RIDER FOR 1996 - Everyone in the club. We each pushed each other to be just a little bit better than the year before.

BEST SAYING DURING A RIDE IN 1996 - While using a slow stop at an intersection to check for oncoming autos, the first cyclist in the intersections said, (I'm not going to mention whom, or is it who), "From what I can see, I sorta think that it sort of looks clear only if you HURRY UP!"

MARCIA - I'm proposing a name change for the club this year. It's going to be called, "Marcia's Shenandoah Valley Bike Club". Think about it.....She does it all.....I'm not sure where "Ms. Die Hard" gets all of her energy, but I'm glad she has it and some to spare.

BOB - For a year and a half, I would always see Bob riding his bike, but he was going in the opposite direction that I was going. Last year I rode a lot with "Wrong way Bob" and he is the only person I know that likes to tell off-beat jokes and sing songs on those long uphill climbs.

ART - Mr. Century. He has directed the Century for every year except this past one. "Mr. FRAN" took a lot on that uneventful, never-ending day.

BILL - I could always count on Bill during the rides. He always asked before the rides, "Now who's leading this ride?". On one Wednesday ride that I was leading, I made the mistake of asking the group which type of ride they wanted. Well, I received answers of no hills, in the shade, wind at our back. You get the rest.....right.

NEUPS - We only have one question for Neups. Are you taking the summer off this year, too? I have to admit that one of the funniest things last year was hearing Neups talk about his even-day and odd-day gloves.

STEVE - I was really surprised that Steve showed up "ON TIME" for the Icicle ride on Jan. 1st. At first I thought that he had made a New Year's resolution.....but then I realized that he had probably just forgotten to turn his clock back last fall.....so, by Steve's Clocks, he was still an hour late.

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.

WELCOME NEW MEMBERS

Rich Harris
Mike Miller

Bridgewater
Harrisonburg

WELCOME BACK RETURNING MEMBERS

Damarius Marion & John Williams
Richard McGuffin
Marc Stecker & Kay Huskins

Bridgewater
Bridgewater
Keezletown

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 Knicely	828-3599

EDITOR'S COLUMN

For those who haven't heard, the SVBC is now on the World Wide Web. I have web space available to me through my internet provider and have used part of it for the Club. The URL is <http://www.user.shentel.net/neups>. It has general information about the club and also a listing of the current ride schedule. When the time comes, I will be adding information for the annual Bike Festival and our Century. Have a look and let me know what you think.

I now have access to a scanner. As such, I'd like to add some pictures to the newsletter. Black and white photos will work best, but I can convert color. If you have some to submit, send them to the Club's P.O. box. Even better, attach them as a file in an e-mail to me. I believe I can handle most formats. Let me know of any other ideas you may have for the newsletter. Thanks.

Neups

A LETTER FROM THE HEART

Many of you do not know me. Because of health problems, I was not able to make it to the pot luck dinner. But the club was going out the same door that I had just come in through.

I want to tell you a little about myself. Oh course, I will tell only the good things. (Only joking. You must hear the good and the bad.)

I am married and am 41 years old, going on 90. My wife and I are wishing for a great year for us all. There have been some trying times for us the past two years. In 1994 I had a major heart attack that killed over 60% of my heart. My chances didn't look all that great. While at UVA I had a second heart attack. Now my days were numbered. There was only one change for me to live - a heart transplant. This in not the greatest thing to think about. I've had dreams of seeing myself on the table. If not for a loving wife to listen when I needed to talk, I think I would have lost my mind. People facing such a radical thing, they need a person to give them some answers. They don't want to hear how simple the operation, or told any more these days it's like having a tooth pulled. WRONG!

I am a counselor on heart surgery. Mainly because I've been there, seen it, and had it done. I was given my second chance at life. There are so many that never get that second chance. I feel we all should get that second go around.

There are so many that die while waiting on that heart, kidney, lung, or liver. I do not want this article to be about me. As I said on a TV interview, I got my second chance. Now it's time to look at the others that are waiting, some for years. They are running out of time.

I know at this point you have to be saying , "but there is nothing I can do." The answer is, there is! You can join me in a bike tour being planned for the 12th & 13th of April. All you need is \$25 to register and \$50 in pledges. Please try to get your pledges as soon as you can. When you feel like giving up, remember how lucky we are!

Also, if you know of anyone that would work the rest stops or as sags, please have them call me. We need people to mark out the course. We will need people with two-way radios. (I feel I can take care of that.)

The following is a part of the letter I wrote to the donor family. This was to show some of the emotions that the recipient also feels. - - - The first thing I want to say is that I pray for your family and that God grant your family peace and comfort. I have thought and prayed into the early morning hours for the words and expressions to thank you for returning life to my badly damaged heart, body, and my very soul. [The letter gets very heavy. If anyone wants a copy, let me know.]

Bryant Morris, 434-4816

CLASSIFIEDS

FOR SALE: Two bike roof racks. A bit aged with a bit of iron oxide, but still functional for that second car, or where cosmetics don't matter.

#1 - Barrecrafters Spoke Tote (BR-20) - Was last on a '72 Capri (was necessary for structural integrity of auto). Connects to rain gutters (remember those?).

#2 - Convert-A-Porter (No. 1002) - Was last on a '76 Datsun hatchback. Connected to an inverted rain gutter (designed to keep water on road from splashing your roof - never caught on).

Both carry two bicycles. Best offer or for-the-taking (before I'm forced to throw 'em out). Call Art Fovargue at 433-9247.

FOR SALE: 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.

FOR SALE: 1) Look PP136 Pedals with ARC Cleats - Brand New - Never Used - \$25.

2) Serotta T-Max Mountain Bike with XT group - 20 1/2" - \$750.

3) Hiking Boot Gators - \$10.

Call Marc Stecker at 433-2711 during work hours for any or all of the three above items.

FOR SALE: Schwinn Circuit road/street bike. Red, 56cm, Sante components (you can eat off of), like new condition. \$350 firm. Serious inquires only, please! Call 564-0211 and ask for Brian.

FOR SALE: Yakima Bike Rack. Accommodates both short and long roofs, hold two bikes, \$100. Call Bill at 433-7154.

THIRD ANNUAL ICICLE RIDE

The 3rd Annual Icicle Ride was a hit - despite the cool, gloomy weather!! Eleven brave cyclists met at Hillandale Park. A cappuccino stop at "Neighbors" convenience store near EMU was in order to thaw a few cold body parts during our 17-mile spin around the northwestern side of the 'Burg. A fun time was had by all!! Thanks - Brian Bauer, Debbie Warnaar, Bill Taylor, Bill McAnulty, Matt Madden, John Maxfield, Art Fovargue, Larry Grossman, Steve Strider, and Darlene - it was GREAT to see everyone starting the 1997 cycling season!!

(P.S. Where were the rest of you??? Come on out next year!!)

Marcia

WINTER RIDES - OFF TO A GOOD START

Marcia Lamphier lead the first of the '97 Winter Sunday Rides. Debbie Warnaar, Bill McAnulty, and I met at the McGaheysville Post Office. We toured McGaheysville, Pineville, and Port Republic. Bill learned the joy of cycling uphill into a STRONG headwind. He also had the opportunity to participate in Flat Tire Fixing 101/The Roadside Adventure - discovering that three heads are better than one. Especially if they all leave their cycling helmets on their heads. Fourteen minutes. NOT BAD!!

Marcia

SCHEDULE OF EVENTS

Sundays	12 Noon	Sunday Winter Rides	This winter, plan on joining a group of cyclists who want to rush the winter season. We will be meeting on a weekly basis for rides of one to two hours in length - weather to dictate the distance. Ride leaders will include Marcia, David, Matt, and Bill on a rotating basis. First ride to begin on January 5. We will continue these rides through March. Rides will depend on weather - major snowfall accumulations could mean cancellation, so call Bill or David to confirm and for details. Shake off the cabin fever and join us!
March 16-20 and/or March 23-27			WinterGEAR '97. Mount Dora, FL. Sponsored by LAB. Rides and workshops in lake country. Call 410-539-3399 for more information.
March 29			Icicle Metric Century, Newark, DE; 7:30 AM, Univ. of DE; 16/32/62 miles, rolling, \$10 by 3/25, then \$15; Dave Bundas, White Clay Bicycle Club, 321 Indian Town Rd, Landenberg, PA 19350, 610-255-0799.
April 12-13			Bike tour benefit. \$25 to register and \$50 in pledges. Call Bryant Morris at 434-4816 for more information.
April 13			Taxing Metric Century. Knauertown, PA. 100k or 50k. Call Sue at 610-983-9127 for more information.
April 19			Potomac Pedalers Brevet Series. Warrenton. Call Jim Kuehn at 410-721-2465 for more information.
April 19			Mountain Bike Mania Metric Century. Caldwell County, NC. Call Neups for more information.
April 26			Spring Ride. 11am. 15- and 30-mile options. Meet at Valley Wellness Center. Rain date April 27.
April 26			Maryland 500 Ride, College Park, MD; 10 AM, casual, community-oriented family ride that seeks to attract 500 riders; College Park Area Bicycle Coalition, Bill Kelly, PO Box 1035, College Park, MD, 301-441-2740, email <bleau@umd.edu>, http://umdsp.umd.edu/~bleau/cpabc.html
May 3			Potomac Pedalers Brevet Series. Frederick. Call Jim Kuehn at 410-721-2465 for more information.
May 10			Tour de Chesapeake, Mathews County, VA; 10/20/30/50/64/100 miles, flat; \$40 adults, \$20 children, \$100 family, \$15 non-rider, includes lunch, camping, and T-shirt, other meals extra; Bike Virginia, PO Box 203, Williamsburg, VA 23187-0203; 757-229-0507.
May 17			Potomac Pedalers Brevet Series. Frederick. Call Jim Kuehn at 410-721-2465 for more information.
May 18			Heart of Virginia Bike Festival. Includes 100k Storming of Thunder Ridge.
May 31			Clean Air Challenge Bike and Hike, Fairfax, VA; 20 to 100 mile rides, benefits the American Lung Association of Northern Virginia; CAC c/o ALANV, 9735 Main St., Fairfax, VA 22031, 703-591-4131.
June 6 - 9			GEAR South, Williamsburg, VA; College of William & Mary. League of American Bicyclists, Mary Kay Ellenberger, 190 W. Ostend Street, Suite 120, Baltimore, MD 21230-3755; 410-539-3399 x211; fax 410-539-3496; e-mail <Bikeevent@aol.com>; or Web page: http://www.bikeleague.org
June 7			Potomac Pedalers Brevet Series. Warrenton. Call Jim Kuehn at 410-721-2465 for more information.
June 7			National Trails Day; celebrations around the U.S.; contact American Hiking Society, Virginia Trails <VA_Trails@aol.com>, or the Washington Area Bicyclist Association <WABA@capaccess.org>.
June 7-8			National Multiple Sclerosis Society MS150 tour. Charlottesville to John H. Kerr Reservoir. For more information, call 804-971-8010.
June 14			Knott's Island Century Rides; 100/63/33 miles through pastoral Virginia and North Carolina countryside, ferry ride and cookout; Kim Aldridge, Tidewater Bicycle Assoc., Box 12254, Norfolk, VA 23502, 757-436-9300 or 757-427-6260.

- June 15 BAW 100 (Baltimore-Annapolis-Washington Century), rolling; benefits Wheelers Not Dealers and the East Coast Greenway Alliance.
- June 19 - 22 North Carolina to Washington DC AIDS Ride, 300 miles; benefits Food & Friends and Whitman-Walker Clinic, providers of HIV/AIDS services in Washington DC; limited to 1700 riders; call 1-800-825-1000 or 202-293-RIDE to register or volunteer.
- June 20 - 25 Bike Virginia, The Civil War Odyssey II: Lee's Retreat, Petersburg, VA; 227- to 346-mile, flat-to-rolling loop over five days with overnights in Amelia, Farmville, and Lawrenceville (optional century or zero mileage on day 3), 2000 riders; \$180 adults, \$50 children, \$450 families; includes camping and showers, luggage transport, T-shirt, ending lunch, and more; meals are extra. Bike Virginia, PO Box 203, Williamsburg, VA 23187-0203; 757-229-0507.
- June 28 - July 5 Pedal Pennsylvania Battlefield Ramble. Call Neups for more information.
- July 6 Delaware Doublecross, a family ride twice across the width of Delaware; Paul Stevenson, White Clay Bicycle Club, 35 Rossiter Cir., Newark, DE 19702; 302-368-2167.
- July 13-19 Bicycle Tour of Colorado. Loop tour starting in Breckenridge. Benefits the Mile High Down Syndrome Association. Call Neups for more information.
- July 19-24 Bikefrat-500. Harrisonburg, PA. Call 717-238-FRAT for more information.
- July 19-26 Pedal Pennsylvania Penn Central. Call Neups for more information.
- July 25 - 27 Chowan Weekend Getaway; 10-63 mile rides from local college; Kim Aldridge, Tidewater Bicycle Assoc., Box 12254, Norfolk, VA 23502, 757-436-9300 or 757-427-6260.
- July 26 - 31 CAM Tour (Cycle Across Maryland), 350 miles over six days in southern and central MD; also, new 3-day option; 1500 riders; CAM Tour, 7 Church Ln., Suite 8, Baltimore, MD 21208, 410-653-8288.
- July 27 - August 1 5th Annual Moose Tour. A six day loop ride, fully supported, tent camping; starts in South Paris, Maine. For more information, call 207-743-2577.
- August 1-8 5th Annual MOOSA Tour. Cycle in Maine and southeastern Quebec. Call 207-743-9018 for more information.
- August 10-16 Lighthouse Tour. Cycle the rim of the Bay of Fundy, Maine. Call 207-743-9018 for more information.
- August 30 - Sept. 1 Bicycle Across Missouri. 576 miles in 63 hours. Call Neups for more information.
- September 5-8 Tour de Towpath, PPTC, Mike High
- September 21 PPTC Century, Potomac Pedalers Touring Club, 202-363-8687.
- October 5 National Capital Bicycle Tour, Washington DC; starts 7:30 AM - 10 AM from American University, 9 to 100 miles, flat to moderately hilly; choose city sights, urban greenways, or county roads; Washington Area Bicyclist Association, 818 Connecticut Ave. NW Suite 300, Washington DC 20006; 202-872-9830, <waba@capaccess.org>
- October 11 Seagull Century, Salisbury, MD. (This old info is probably valid: starts 7:30 am to 9 am from Salisbury State U; 62 or 100 miles on the pancake flat Eastern Shore; \$20 (includes T-shirt), must register by 7/31/97. Salisbury State U BC, SSU Campus Box 3046, 1101 Camden Ave, Salisbury, MD 21801-6860; 410-548-2772).
- October 12 Tour de Port, Baltimore, MD; Rash Field; urban/family tour of Inner Harbor, port, and historic neighborhoods; League of American Bicyclists, Mary Kay Ellenberger, 190 W. Ostend Street, Suite 120, Baltimore, MD 21230-3755; 410-539-3399 x211; fax 410-539-3496; e-mail Bikevent@aol.com; or Web page: <http://www.bikeleague.org>
- October 17 - 19 Frederick Fall Foliage Frolics, Frederick, MD, Potomac Pedalers Touring Club, 202-363-8687.
- October 31 - November 2 PPTC/BBC Chincoteague Weekend, Chincoteague, VA, Bob & Willa Friedman <friedman@cais.com>
- October ? Bicycle Ride Across Tennessee (BRAT), 420 miles, rolling; \$50 plus \$200 in pledges; includes camping, showers, luggage transport, T-shirt, etc.; BRAT, 4219 Hillsboro Dr., Suite 306, Nashville, TN 37215.

1996 MILEAGES

Art Fovargue	3,002.2
Larry Grossman	766
David Knicely	2,603
Marcia Lamphier	5,424
Bill McAnulty	579
Bryant Morris	798
Neups	6,750
Hank Schiefer	1,202
Bill Taylor	5,258

If you have your 1996 total, call, e-mail, or fax 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 MARCH/April

Art Fovargue Family
Brian Ailles

Dan Funkhouser
Bill Taylor

Marcia Lamphier & L. Grossman

REMEMBER that the Newsletter is available for delivery via e-mail, fax, or regular mail. The same can be said for articles submitted for the Newsletter. Just e-mail to Neups at neups@shentel.net or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.

