



MAY 1997 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Matt Madden	574-6062
Treasurer: Marcia Lamphier	289-6712

FROM THE SADDLE

OK, who caught my mistake in last month's article? I wrote, "For the first three months of the year, I have been lucky enough to have ridden a substantial 54 days out of the first 57 days of the year, equating to just under 69% of the time." At last check the result of 57 over 54 is not 69%. My sentence should have read, "For the first three months of the year, I have been lucky enough to have ridden a substantial 54 days out of the first 79 days of the year, equating to just under 69% of the time."

The advent of warmer weather and the longer daylight hours have certainly brought out a large number of cyclists - the young & old and the novices & experts. As a result, an ever increasing number of cyclists are sharing the road with motorists. Just 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. The Shenandoah Valley Bicycle Club is planning to be host of a plethora of rides this season - Time Trials on Tuesdays, First Union rides on Wednesdays, and weekend rides galore. Check out the May Ride Schedule for rides this month, and come on out and join a group of excited and motivated cyclists.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

May 12 6:00pm
 7:30pm

Pre-meeting ride starting at Luigi's.
 Monthly meeting at Luigi's.

APRIL MEETING MINUTES

Hi! I am Matt and I am your new Secretary. For those of you who do not know who I am, well, you will just have to come to a ride or the monthly meetings. My job is to keep an official record of the matters discussed at each meeting for the Newsletter.

The first and perhaps most important business on our agenda was the counting of ballots for the runoff election of Secretary. Our previous Secretary, Steve Strider, received three votes; Neups got one vote; and I had five.

Just as important as the election, Neups disclosed that his new employer, RR Donnelley, supports civic activities. This allows him to copy the newsletter at work, which will save roughly \$400 for the club.

Marcia gave a Treasurer's report of \$1,006.87.

David prepared budget projections for 1998 based on past budgets going back to 1994. Anyone wanting a copy can call David.

It was reported that AETNA, the club's insurance provider, is getting out of that area of insurance. If there are any insurance representatives in the club that could direct us where to shop for a new policy, give David a call.

Volunteers are needed for the Chamber's Bike Festival in Bridgewater at the end of July. Call Marcia if you are interested.

Next month's meeting will be held at Luigi's on South High Street on May 12th. If you are hungry or thirsty, bring some change with you. I hope to meet you there.
 Matthew Madden

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.
(Also underwritten by R.R. Donnelley & Sons Company)

WELCOME BACK RETURNING MEMBERS

Dan Funkhouser
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 Knicely	828-3599

EDITOR'S COLUMN

So has everyone had enough of the wind already? Do we not remember the wind from the prior year, or has it really been worse this year? Either way, I'm tired of it. And I need some warmer weather. Please!!

I have been amassing a plethora of ride routes since moving to Harrisonburg. I have them written in

shorthand - just the major turns and route numbers. If anyone is interested in them, give me a call. I can print them in order of mileage or the amount of time it took me to ride them. Or by the starting direction. Just let me know.

Neups

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) 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, holds two bikes, \$100. Call Bill at 433-7154.

TALKING TRASH

A fine hour's work was put in by Mark Eckroth, Marc Stecker, Kay Huskins, Matt Madden, and John Zban at our bi-annual trash pick-up. The trash was heavier than expected this time, but we managed to get it all. We even found a couple of car batteries this time. And since Marc and Kay were heading to the dump, they were kind enough to pick up the bags and such along the road and escort them to their final resting place. Thanks, all!

Neups

TIME TRIALS

The first SVBC-sponsored 10-mile TT of the season took place on TUESDAY, April 15, 1997 at 5:45pm. with three participants. I was there to greet the riders, give them encouragement, and keep their times. Even though it was a sunny, slightly breezy day, only two riders decided to race against the clock. For May, 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.

Knically

MAY CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6pm-Keezletown Ride-Keezletown Elementary School	2	3
4	5 6pm Casual Ride Blue Ridge Cycle	6 5:45pm-Time Trials Dayton-Rts. 257 & 738	7 5:15pm-B Ride First Union Bank	8 6pm-Keezletown Ride-Keezletown Elementary School	9	10
11	12 6pm-Pre-Meeting Ride- Luigi's 7:30pm-Meeting Luigi's	13 6pm-Mountain Bike Ride-Union Springs Dam	14 5:15pm-B Ride First Union Bank	15 6pm-Keezletown Ride-Keezletown Elementary School	16	17 Skyline Drive Ride Meet 12:30pm at Park & Ride in McGaheysville
18	19 6pm Casual Ride Blue Ridge Cycle	20 5:45pm-Time Trials Dayton-Rts. 257 & 738	21 5:15pm-B Ride First Union Bank	22 6pm-Keezletown Ride-Keezletown Elementary School	23	24
25	26 6pm Casual Ride Blue Ridge Cycle	27 6pm-Mountain Bike Ride-Union Springs Dam	28 5:15pm-B Ride First Union Bank	29 6pm-Keezletown Ride-Keezletown Elementary School	30	31

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** **5:45pm Time Trials in Montezuma or 6pm sharp. Mountain Bike Rides at Union Springs Dam. Moderately difficult. Various skill levels welcome. Approximately 1 1/2 hours. Call Matt at 574-6062 for more information.**
- Tuesdays** Keezlenut Ride. Beginner to moderately advanced Mountain Bike ride. 6:00pm. Meet at blue house on Rt. 758 (approximately two miles north of Keezletown off Rt. 620). Call 269-4602 or 432-0280 for more details.
- 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.**
- THURSDAYS** **6pm Road Ride at Keezletown Elementary School. Fast and furious.**
- May 3 Tour de Cure. Roanoke, VA. Benefits the American Diabetes Association. Call 1-800-868-7888 for more information.
- May 3 Pedal the (Colonial) Parkway. 7am-noon for the exclusive use of bikers.
- 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 nonrider, includes lunch, camping, and T-shirt, other meals extra; Bike Virginia, PO Box 203, Williamsburg, VA 23187-0203; 757-229-0507.
- May 10 Tour de Cure. Baltimore, Annapolis, or Washington, DC. Benefits the American Diabetes Association. Call 1-800-868-7888 for more information.
- May 10 3-State 3-Mountain Challenge. Chattanooga, TN. Quarter, Metric, and Full Centuries. Call Daisy Blanton at 706-820-1157 for more information.
- MAY 17 Skyline Drive Ride. 50 miles. Meet at the McGaheysville Park & Ride. Call Neups for more information. 434-1878.**
- 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 <Bikevent@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 Knotts Island Century Rides. Chesapeake, VA. 100-, 66-, 33-miles and a 50-mile timed event. Century includes a 55 minute ferry cruise. Call Kim Aldridge at 757-436-2079 for more information.
- 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.
- June 29 Bay to Bay Ride. Betters town, MD. 50 to 107 miles, flat. Swim in the Chesapeake Bay after the ride. 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 Shenandoah Valley Bike Festival.**

- 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 Bikeevent@aol.com; or Web page: <http://www.bikeleague.org>

1996 MILEAGES

Art Fovargue	3,002.2	Neups	6,750
Larry Grossman	766	Hank Schiefer	1,202
David Knicely	2,603	Bill Taylor	5,258
Marcia Lamphier	5,424	Mahlon Webb	1,280
Bill McAnulty	579	Alice Webb	980
Bryant Morris	798	Ann Wenger	1,669
		Mike Wenger	2,350

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 MAY/June

<u>Michael Friedmann</u>	<u>Ron Helmuth Family</u>	<u>Carol Lowry</u>	<u>Mike Wenger</u>
C. David Knicely	Melissa Reilly	Judith Trumbo	Dave Yutzky

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. The deadline for articles is the second to last Monday of the month. 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.