On May 14, I was forced to return from a week-long vacation trip to Mississippi. My trek down South was to visit my sister and brother-in-law, Lisa and Mark. The Mississippi excursion was really great - moderate temperatures and great weather, off- & on-road bike rides, late-nights in the woods, sitting by campfires, southern & Cajun cooking, making new friends, and talking to old friends (and seeing their new babies). "Life is good." Due to my voyage out of the state of Virginia, I am now working under the pressure of Neups's newsletter deadline. Therefore, I have decided to write about various cycling issues.

May was National Bike Month. I hope that someone was able to participate in Pedal the Parkway in Williamsburg or another sponsored event. If you did and would like to submit an article to the next newsletter, please give Neups a call.

The two bike rides, on April 26, that started and ended at the Valley Wellness Center were a great success. Thanks to Bob and Marcia for leading the two rides, guiding seventeen total cyclists. We even had a cycling friend of Marcia's and mine, Janell, who lives in Richmond, join us on one of the rides. That was the third time that Janell rode with the Shenandoah Valley Bike Club. After each ride, she has told me that our club rides are very enjoyable and challenging. However, she was most impressed that we have never dusted any of the riders during a ride.

An executive decision was made to once again have the regular monthly meeting (June 9) at Luigi's located on South High Street, Harrisonburg. There will be a pre-meeting ride, beginning at 6:00pm, with an official meeting beginning at 7:30pm. The meeting will be short.....I promise; whereas, the feasting will be long..........I'm sure.

The ride committee, headed by Bill, has established various rides for the month of June (see enclosed ride schedule). Marcia has planned a breakfast ride for June 7. In addition, the area shops have begun shop rides.

The 6th Annual Shenandoah Valley Bike Festival dates are set for July 25, 26, and 27. The festival will be held on the campus of Bridgewater College. Please contact Marcia if you would like to become a ride leader or volunteer.

The Massanutten Hoo-Ha Mountain Bike event will be held July 4, 5, and 6th. This Hoo-Ha is a NORBA event. World class teams and professionals will be involved with this event. Come out a see some great downhill and mountain bike racing.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

June 9 6:00pm Pre-meeting ride starting at Luigi’s.
7:30pm Monthly meeting at Luigi’s.

MAY MEETING MINUTES

The first meeting held at Luigi’s drew more of a turnout than was usual. If it were not for several regular attendees not making it, the group would have been the largest I have seen.

Because David Knicely was out of town, Bob McGovern-Waite presided over the meeting. He opened the meeting with a statement like, “I call the meeting to order. If there are no motions, this meeting
is adjourned.” Nobody had anything to say, so the
official part took as long as it took him to say that, and
the rest of the meeting was spent devouring food.

Until the next meeting………..
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 NEW MEMBERS
Thomas Jenkins Harrisonburg

WELCOME BACK RETURNING MEMBERS
Ron Helmuth Family Harrisonburg
Mike and Ann Wenger Harrisonburg

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

SVBC ACTIVITY COORDINATORS

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Phone</th>
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<tr>
<td>Century</td>
<td>Art Fovargue</td>
<td>433-9247</td>
</tr>
<tr>
<td>Rides</td>
<td>Bill Taylor</td>
<td>433-7154</td>
</tr>
<tr>
<td>Newsletter</td>
<td>Neups</td>
<td>434-1878</td>
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<tr>
<td>Neups</td>
<td>David Knicely</td>
<td>828-3599</td>
</tr>
<tr>
<td>Time Trial</td>
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EDITOR’S COLUMN

Wherever I am I seem to draw a lot of flak. One of
the things I’ve drawn a lot of flak on is my choice of
liquid refreshment during and after a ride. I was
vindicated once when Bicycling magazine listed an
article that included Yoo-Hoo in a list of good foods
under disguise. Now we’ve reached the pinnacle. I
have noticed in the last few episodes of NBC’s Friends
that Chandler Bind now drinks my favorite
refreshment. Make sure you look for it when the new
season rolls around in the fall.

In cycling news, May 20th was Bike to Work Day.
How many besides myself rode in? It’s really not that
difficult to do. Think about it. The feeling of invigoration
really helps the day begin. Call me if you want some
tips on bike commuting.

Neups

VWC SPRING RIDE

April 26th was a beautiful spring day here in the Valley. Seventeen eager cyclists ventured out on the roads
from the Valley Wellness Center. Bob McGovern-Waite lead the 30-mile riders on a loop touring Bridgewater,
Dayton, and Spring Creek (only appropriate for a Spring Ride!!). The rest of us headed to Dayton and returned by
way of Silver Lake Road, Belmont Estates, and Hillandale Park. We had the pleasure of sharing the roads with some
new friends from the VWC, along with the company of SVBC members. We would like to thank the Valley
Wellness Center for giving us the opportunity to jointly coordinate these rides. A special thanks to Deb Sweigart for
all her efforts.

Marcia

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) Serotta T-Max Mountain Bike with XT group - 20 1/2” - $550.
2) Hiking Boot Gators - $5.
3) Bike rack, hatchback design. Holds two bikes with fork mount. $15.
   Call Marc Stecker at 269-8903 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.


WANNABES

Are you a C-pace rider (10 to 12 mph) who would like to become faster, smoother, and/or more efficient, but you're not really sure how to accomplish your goals? Then come out and join me on my ride - June 15 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. 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 your cycling skills. Call me at 828-3599 for more information, like starting point. (See ride schedule.)

Knicely

TIME TRIALS OF 1997

What a cold, windy spring it has been in the Shenandoah Valley. Just ask any of the Tuesday time-trialers how many times it has been cold or windy on Tuesday evening and the answer will likely be every single Tuesday for the last month. Hopefully, Mother Nature will offer us a warmer June. For June, 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:

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<td>24:58</td>
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### JUNE CALENDAR

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<tr>
<th>SUNDAY</th>
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<tr>
<td></td>
<td>6pm Casual Ride Blue Ridge Cycle</td>
<td>5:45pm-Time Trials Dayton-Rts. 257 &amp; 738</td>
<td>5:15pm-B Ride First Union Bank Elementary School</td>
<td>6pm-Keezletown Ride-Keezletown Elementary School</td>
<td>8:30am Breakfast Ride. Meet at First Union Bank. 25 miles with Marcia</td>
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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 Bill at 433-7154 for more information.

Tuesdays

Keezleput 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.

June 6-8

Chesapeake Bay Bike Tour, St. Mary’s College, Timonium, MD. Call 1-800-642-1184 to register.

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**

Breakfast Ride. Meet at 8:30am at First Union Bank on Mason St. for a 25-mile ride with a breakfast stop at the Dayton Farmer’s Market. Call Marcia for more information at 289-6712.

June 7


June 7

National Trails Day; celebrations around the U.S.; contact American Hiking Society, Virginia Trails <VATrails@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**

**Wannabe Ride. 1pm. Call David at 828-3599 for start location and 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 Pennsylvannia Battlefield Ramble. Call Neups for more information.

June 29 Bay to Bay Ride. Bettertown, MD. 50 to 107 miles, flat. Swim in the Chesapeake Bay after the ride. Call Neups for more information.

July 18-20 Virginia Commonwealth Games, Roanoke. Road Race, Hill Climb, Criterium. Call 1-800-333-8274 for more information.

**July 25-27 Shenandoah Valley Bike Festival.**

**1996 MILEAGES**

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<td>Neups</td>
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<td>Larry Grossman</td>
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<td>Bryant Morris</td>
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<td>Alice Webb</td>
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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 JUNE/July**

<table>
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<th>Name</th>
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<tr>
<td>David Knicely</td>
<td>Melissa Reilly</td>
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<tr>
<td>Eula Eppard</td>
<td>Daniel Neher</td>
<td>Steve Strider</td>
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</table>

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.