



JUNE 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

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**
 7:30pm

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

- #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.

FOR SALE: North Face Sleeping Bag. Size - Long, fits to 6'-5". Temperature - minus 5°F. Weight - 4 pounds. \$150. Call Larry Grossman at (540) 289-6739. Tested at Gorak Ship, base camp for Everest!

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.)

Knically

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:

<u>April 15</u>		<u>May 6</u>		<u>May 20</u>	
Neups	24:58	Neups	27:20	Matt Madden	25:32
Bill Taylor	28:56	Bill Taylor	31:04	Neups	25:15
				Bill Taylor	29:04

JUNE CALENDAR

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

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 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 <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 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. 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

Art Fovargue	3,002.2	Neups	6,750
Larry Grossman	766	Zack Perdue	2,632
David Knicely	2,603	Hank Schiefer	1,202
Marcia Lamphier	5,424	Bill Taylor	5,258
Bill McAnulty	579	Mahlon Webb	1,280
Bryant Morris	798	Alice Webb	980

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

<u>David Knicely</u>	<u>Melissa Reilly</u>	<u>Judith Trumbo</u>	<u>Dave Yutzzy</u>
Eula Eppard	Daniel Neher	Steve Strider	

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.