

JUNE 1998 NEWSLETTER

SVBC OFFICERS

President: David Knicely	828-3599
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Eric Aschenbach	574-2798
Treasurer: Marcia Lamphier	289-6712

The advent of warmer weather, when it's not been raining, 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.

Your club sponsored rides for the beginning of the season have been great. The rides have been chock full of fun, conversations, quality miles, laughter, and challenges. The "Marcia-lead" Wednesday rides, leaving from

FROM THE SADDLE

First Union's parking lot, have seen an average of approximately 18 riders per ride. The bi-monthly Sunday Wannabe Rides, leaving from Bridgewater, have seen approximately 12 rides, with well over 20 cyclists showing for the first Wannabe ride of the Season. The two bike rides, on April 26, co-sponsored with the Valley Wellness Center were a great successes. A big thanks goes out to Marcia and David for leading the two rides, guiding approximately 20 total cyclists. After reading the last few sentences, I hope that you feel energized enough to make the time to join us on one of your club's rides.

For me, I have been working on quality rides rather than quantity rides. The 1,300 miles that I've ridden so far have been at a harder pace than usual. To try something new, I've time-trailed for the first time. My ride was bittersweet. My time was 30:27, which I feel was slow, but at least I tried something new and

challenging. I feel that I have no place to go but up. I had no idea that time trialing could be so tough.

The Ride Committee, headed by Bill, has established various rides for the month of June (see enclosed ride schedule). The 7th Annual Shenandoah Valley Bike Festival dates are set for July 24, 25, and 26. 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 next regular monthly meeting (June 8) will be held at Luigi's located at 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.

Until next time, keep those pedals spinning.

Knicely

UPCOMING MEETINGS

June 8 6:00pm
 7:30pm

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

MAY MEETING MINUTES

The monthly meeting began at Luigi's at 6:00pm with one pre-meeting rider. Yet, due to the rain, that cyclist enjoyed a leisurely 0-mile bike ride. By the time that I concluded my 0-mile, I had built up a hearty appetite. The size of the gathering increased to.....one

at Luigi's at 7:30. Being the only one at the meeting, and knowing the meeting information to be covered, I closed the meet at 7:40.

Knically

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

Rick Villiard

Broadway

WELCOME BACK RETURNING MEMBERS

Dan Funkhouser

Harrisonburg

Judith Trumbo

Broadway

Charlynn Turner

Harrisonburg

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

SVBC ACTIVITY COORDINATORS

Century

Art Fovargue 433-9247

Newsletter

Neups 434-1878

Rides

Bill Taylor 433-7154

Time Trial

David Knically 828-3599

GEAR SOUTH 1998

Johnson City, Tennessee was the site of this year's GEAR South, organized by the League of American Bicyclists. It was a very good event. Imagine roads better than ours, better weather over the Memorial Day holiday, ample (all you can eat) food, entertainment, and at a great price to boot!

I did a 20-mile ride on Friday to stretch the legs after the five-hour car drive. The views of the mountains were gorgeous. Saturday's century had its share of dogs to keep me on my toes. And the local club likes to back load their century - you start with some light hills, go to flat, move into the foothills, and come to mile 90 with a 2.5-mile mountain climb!

Along with the dogs, I say a peacock in the middle of the ride! What's with that?

Sunday's 60-mile ride to some of the TVA dams had more great views. The mist on the lake was ghostlike that morning. And again we were met with some climbs of one to 1-1/2 miles.

The only items not appreciated were the freight trains making some late night runs (midnight the first night) near the dorms. And some heightened humidity. But on the whole, a good long weekend. I invite everyone to join LAB and take in one of their rallies.

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

FOR SALE: Serotta Frame, 60LCM with a 60cm top tube. Titanium. Kestral fork. Call Marc at 269-8903 to work out a price.

FOR SALE: Cyclops trainer, like new, seldom used, \$125. Call Hank Schiefer, 434-3581.

FOR SALE: Trek 8300 composite mtn. bike, rebuilt Manitou fork, RockRing, XT derailleur, \$400 OBO.
Answer Hyperlite bar-ends, 2 pair (med. & long), \$20/pair OBO.
Scott AT-4 mtn. bike handlebars, \$10.
Univega Aero road frame, approx. 58 cm, with front der., headset, stem, and bars, Best Offer.
Assorted aluminum road rims for sew-up tires, Best Offer.

If interested, leave name, number, and best time to call @ 804-961-5967 and I'll call you back.

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 rides. Together, we will work, train, and have a good time on our bikes and, hopefully, helping 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.

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TIME TRIALS

For June, 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. Below are the results from the latest time trials:

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	April 14	April 28
Eric Aschenbach	26:15	
Derek	25:03	
Neups	24:22	
Bruce Johnson		28:42
Dillon Johnson		27:41
Thomas Jenkins		26:01
Juan Ureta		23:29
Craig Lowery		23:01

JUNE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 5:45pm-Time Trials Dayton-Rts. 257 & 738	3 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride VWC	4 6pm-Keezletown Ride-Keezletown Elementary School	5	6
7	8 6pm Pre-meeting ride. LUIGI's 7:30pm Meeting LUIGI's	9 5:45pm-Time Trials Dayton-Rts. 257 & 738 (unofficial)	10 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride VWC	11 6pm-Keezletown Ride-Keezletown Elementary School	12	13
14	15	16 5:45pm-Time Trials Dayton-Rts. 257 & 738	17 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride VWC	18 6pm-Keezletown Ride-Keezletown Elementary School	19	20
21	22	23 5:45pm-Time Trials Dayton-Rts. 257 & 738 (unofficial)	24 5:15pm-B Ride <u>First Union Bank</u> 6pm-Training Ride VWC	25 6pm-Keezletown Ride-Keezletown Elementary School	26	27
28	29	30 5:45pm-Time Trials Dayton-Rts. 257 & 738 (unofficial)				

Helmets are required on all club rides.

SCHEDULE OF EVENTS

TUESDAYS

Tuesdays

5:45pm Time Trials in Montezuma.

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 W. Market Streets. Call Marcia at 289-6712 for more information.

THURSDAYS

Saturdays

6pm Road Ride at Keezletown Elementary School. Fast and furious.

10am. Shenandoah Velo Training Rides. Valley Wellness Center. Two to four hours of good, fast riding. Call Neups for more information.

June 6

Randonneur Brevet, 400km, Warrenton. Potomac Pedalers, Jim Kuehn, 410-721-2465.

June 12-14

Chesapeake Bay Bike Tour. Salisbury State University, MD. Benefits the American Lung Association. Call 800-642-1184 for more information.

June 14

Knotts Island Century Rides. 22nd Annual. Chesapeake. For more information contact Tom Adler at 757-482-5587.

June 15-August 1

GTE Big Ride Across America. Benefits the American Lung Association. Seattle, WA to Washington, DC. Call 1-800-BIG-RIDE for more information.

June 19-24

Bike Virginia Civil War Odyssey III. 757-229-0507.

JUNE 20

Summer Valley Wellness Center Rides. Call Marcia for information.

June 27

Randonneur Brevet, 600km, Warrenton. Potomac Pedalers, Gordon Meuse, 703-812-5166.

July 11

Navigate Indy This Evening, 11pm. No applications accepted after 7/1/98. Limited to 2500 riders. Call Neups for more information.

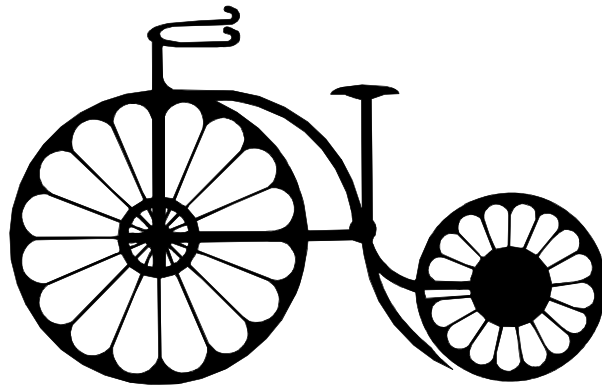
July 11-18

Pedal Pennsylvania Penn Central Tour. Pittsburgh to Philadelphia. 215-561-9679, or e-mail: bobi@pedal-pa.com

July 17-19

Virginia Commonwealth Games.

July 19-25	Bicycle Tour of Colorado. Benefits the Make-A-Wish Foundation. 1-800-985-9399.
July 23 - 29	Cycle Across Maryland. Tenth anniversary. Explore the Eastern Shore area. Call 1-888-226-7433 to be put on the mailing list.
July 24-26	7th Annual Shenandoah Valley Bike Festival. Harrisonburg-Rockingham Chamber of Commerce, 434-3862.
July 26-31	Moose Tour, Maine. Maine Wheels Bicycle Club, 207-743-2577, or e-mail: moostour@megalink.net
July 26-Aug. 1	Bon Ton Roulet. Auburn & Cortland, NY YMCA's, 315-253-5304.
August 1	Richardsville Ramble Summer Century, VA. Call 540-399-9718 or e-mail n2biking@juno.com for more information.
August 1-7	MOOSA Tour, Main & Canada. Can-Am Wheelers, 207-743-9018, or e-mail: moosa@megalink.net
August 1-7	Cycle Montana, Adventure Cycling Association, 1-800-755-2453.
August 8	Dog Daze Century, Nottingham, PA. Brandywine Bicycle Club, Susan Grove, 610-626-1040.
August 9-14	New England Adventure. 320 miles in MA, NH, and VT. Tri-State Wheelers, 1-800-727-9711.
August 9-15	Lighthouse Tour, Nova Scotia. Can-Am Wheelers, 207-743-9018, or e-mail: moosa@megalink.net
August 15	BRBC Biathlon. Catawba (Just outside Roanoke).
August 16-23	Cascade Peaks. 4 th Annual. Adventure Cycling Association. Starts and ends in Redmond, WA. Call 1-800-755-2453 for more information.
August 29	Hotter 'n Hell Hundred. Wichita Falls, TX. Call their hotline at 940-723-5800 for more information.
September 5	The Greg LeMond Bike Ride. Chicago, IL. Call 800-637-3135 or e-mail astark@thresholds.org for more information.
September 19	Rappahannock RoughRide. Second Annual. 12, 35 or 50+ mile paved tours and 20 or 30 mile paved and unpaved courses. Hilly terrain, beautiful scenery. To pre-register send \$20 (\$18 before September 9) to PO Box 3138, Warrenton, VA 20188. Registration includes a long sleeve T-shirt (guaranteed to the 1st 250 registered riders) as well as the chance to win dinner for two at the Inn in Little Washington or Four & Twenty Blackbirds. All proceeds to benefit the Fauquier Free Clinic, Inc. For more information call (540) 347-0394 or e-mail kfk01@citizen.infi.net.
October 9-11	Hilly Hundred Weekend Bicycle Tour. Carmel, IN. Late fee charged after 8/1/98. Call Neups for more information.
Various	Grand American Cycling Tour. Killington, VT. Call 800-621-MTNS.
Various	National Park, Cross-State, and Coast-to-Coast Tours. Cycle America, 800-245-3263.
Various	The Wayfarers Tours, 201-796-9344, or e-mail: cycling@idt.net



1997 MILEAGES



Jim Mitchell	2,400	Bill Painter	3,070
Neups	5,480	Hank Schiefer	1,783
Bill McAnulty	2,074	Art Fovargue	2,036
Marcia Lamphier	5,263	Larry Grossman	3,850
David Knicely	3,884	Zack Perdue	3,201
Mahlon Webb	3,200	Alice Webb	960
Sharon Babcock	1,030		

If you have your 1997 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

Thomas Jenkins

Eric Aschenbach

David Knicely

Eula Eppard

Daniel Neher

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.

