



## SEPTEMBER 1998 NEWSLETTER

### SVBC OFFICERS

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

### DOWN THE ROAD

Okay. I admit it. I'm a junkie. I'm hooked on riding my bike, lifting weights, hiking trails, spending time with my two sons, and, believe it or not, writing articles for the Club's newsletter. Then again, maybe all of those activities are my therapy and happiness, *including* writing articles for the newsletter. For sure, my prose will never win me a publishing contract. But, I have grown accustomed to sharing my sometimes off the wall thoughts about cycling with others. In other words, I have decided to continue to write an article (bimonthly), promoting cycling even though I'm not an officer of your Club. Since becoming Vice President in 1995, my articles were titled, "From the Saddle". Given that I had to relinquish Presidential control to Bob, I do not feel that I should use that particular article title any more. A more appropriate title would be "Down the Road". More suited to me stepping down as President; and my new job and living arrangements. I am working for First Citizens Bank in Roanoke, Virginia. Now, I'm down the road.

From July 12 to August 21, I was working for First Union in Charlotte, NC. Even though I was

not sure if I would find a place to ride in or around Charlotte (the largest city in both Carolinas), I also packed my bike for the trip. I had several adventures that I could share, but I'll briefly share three of them. My first cycling adventure was a real challenge, not knowing the county roads of Mecklenburg County (all the roads I took seemed to lead into Charlotte). The twelve mile loop was hard and technical. After visiting the Chamber of Commerce the following day, I discovered a cycling map detailing various safe cycling road, which helped me establish loops of 20-, 25-, & 35-miles. After riding alone for three weeks, I discovered a club that rode on Tuesday evenings (like the Wednesday rides). The local club was called the Cannon Ballers. [Afterwards, I found out that George Hincappie rides with the club at times.] Can you see where I am going with this story? When I arrived one Tuesday evening, I quizzed the locals about the pace and course. I was happy with their answers - in a nutshell, a swift pace but not a strong pace. So off we went, 15 guys and three girls...pacing lining right out of the parking lot! (Like the Thursday

training rides in Keezletown.) After cycling 8 miles at a 24mph pace, I lost the wheel of the girl in front of me. And I really liked being there! Read between the lines....OK. Overall, I got dusted; but I met some new people. As I write this, I am planning to join the club for another fast-paced ride. Marq Lewis e-mailed me saying, "going fast can be a real hoot". During my last couple of outings, I have ridden, off and on, with eight other cyclists. We had great conversations, me finding out about them and their community and me telling them about the Shenandoah Valley and myself. All in all, each of my adventures turned out to be positive, fun, and enlightening, even though they started out with the unknown. If you want to hear of more cycling adventures that started from knowing very little about an area, ask Marshall Hammond about his recent business trip to San Francisco. He has great mountain biking stories. Exploring. That is one of the things that life is about.

Until next time, keep those pedals spinning.

Knically

### UPCOMING MEETINGS

September 14 6:00pm  
7:30pm

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

## AUGUST MEETING MINUTES

This month's meeting was held at Luigi's, and included a complimentary pre-meeting ride. Six people participated in a 14-mile spin before sitting down to the carbo feast. Several more people joined the crowd and Bob McGovern-Waite brought the meeting to some resemblance of order.

Bill McAnulty briefed us on the success/future of the Bike Festival, and thanked all of the volunteers for their support and efforts. The focus of the meeting quickly changed to new agenda items, mainly the upcoming SVBC Century on September 13th. Art could still use a few more volunteers to assist in event-day tasks-- please contact him if you can help. In addition, we will be gathering at Brent and Judy's

house the night before the event (6 p.m. on 9/12) to prepare food. Please contact one of the Club officers for directions.

In other news, we discussed the continuation of the Wannabe Rides. Bob and Zack have offered their services as ride leaders, so check the Club Calendar for these rides as well as other planned events. Marcia gave the Treasurer's Report of \$1,672.93.

When the food dwindled and the agenda had been covered, Bob adjourned the meeting. Until next month, I hope to see you out on the roads and trails.

Eric

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

Robert Brookshire  
Judy Freudenthal

Harrisonburg  
Harrisonburg

## WELCOME BACK RETURNING MEMBERS

Robert Byrd  
Brent & Judie McNett  
Bill, Ellen, & Chris Painter  
Hank Schiefer

Swoope  
Dayton  
McGaheysville  
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>	needed	
	Web page	<a href="http://members.tripod.com/~Neups/SVBC.html">http://members.tripod.com/~Neups/SVBC.html</a>			

## 8<sup>TH</sup> ANNUAL ICE CREAM RIDE

The day started sunny, then turned to cloudy, keeping the heat off the fifteen cyclists and one passenger for the annual ice cream ride. With no takers for the longer ride option, the entire group followed Marcia toward Dayton and then back north. And then south again. A deer was seen running across the road and jumping a fence. After about twenty miles, Kline's beckoned and the Club graciously provided for the ice cream (raspberry was the flavor of the day) and shakes that were enjoyed by all.

## 7<sup>TH</sup> ANNUAL SHENANDOAH VALLEY BIKE FESTIVAL

I would like to take this opportunity to extend a very special THANK YOU to all my Ride Volunteers for the 7<sup>th</sup> Annual Shenandoah Valley Bike Festival held July 24-26. I really appreciate all your help and support throughout the entire weekend. My Ride Volunteers are the BEST!!!

Bob McGovern-Waite  
Marshall Hammond  
Eric Aschenbach  
Jean Johnson  
Jim Mitchell  
Zack Perdue  
Marq Lewis

John Maxfield  
Tom Mayer  
Dan Finseth  
Rich Harris  
Alice Stecker  
Bill Taylor  
Garth Kunkle

David Knicely  
Neups  
Brent & Judie McNett  
Sylvia DeVita-Isaacson  
Ken Isaacson  
Tim Miller  
Larry Grossman

Congratulations to Bill McAnulty for another successful SVBF. We appreciate all your hard work and the endless hours you put into this event. Your efforts do not go unnoticed!!

Marcia

*(And neither do yours, Marcia. - Ed.)*

## **16<sup>th</sup> ANNUAL SHENANDOAH VALLEY CENTURY**

Well, the time is now for our 16<sup>th</sup> Annual Shenandoah Valley Century. The date is Sunday, September 13. Registration forms are in all area bicycle shops, as well as in other spots frequented by cyclists. You will also find one in this month's newsletter.

We still need volunteers for the day of the ride; for registration, sagging, and working at the checkpoint. Please give me a call if you will be able to help out a few hours that day. We also need donations of our traditional baked goods for the finish of the century. Our next planning meeting is Thursday, September 3 at 7:30pm at my house. We'd love to have you join us for final preparations.

Art Fovargue 433-9247.

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

**FOR SALE:** Ladies Rivat Cycling Shoes, size 8-1/2. Call Jean Smith at 289-5846 if interested.

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

**FOR SALE:** Giant Cadex Road Bike. 56 cm CFR, carbon fiber frame, Shimano 105 components w/16 speed drive train, Shimano 747/SPD pedals, pump, very solid and has been kept up well. Call Ken at 434-4945 if interested.

## SEPTEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5:45pm-Time Trials Dayton-Rts. 257 & 738	2 5:15pm-B Ride First Union Bank	3 6pm-Keezletown Ride-Keezletown Elementary School	4	5
6 Winchester Century	7	8 5:45pm-Time Trials Dayton-Rts. 257 & 738	9 5:15pm-B Ride First Union Bank	10 6pm-Keezletown Ride-Keezletown Elementary School	11	12
13 <b>Shenandoah Valley Century!!!</b>	14 6pm Pre-mtng ride. Luigi's 7:30pm Monthly meeting. Luigi's	15 5:45pm-Time Trials Dayton-Rts. 257 & 738	16 5:15pm-B Ride First Union Bank	17 6pm-Keezletown Ride-Keezletown Elementary School	18	19 <b>8:30am Breakfast Ride. Wilbur Pence Middle School</b>
20 <b>12:30pm Wannabe Ride. Wildwood Park</b>	21	22 5:45pm-Time Trials Dayton-Rts. 257 & 738	23 5:15pm-B Ride First Union Bank	24 6pm-Keezletown Ride-Keezletown Elementary School	25	26
27	28	29 5:45pm-Time Trials Dayton-Rts. 257 & 738	30 5:15pm-B Ride First Union Bank			

Helmets are required on all club rides.

## SCHEDULE OF EVENTS

### TUESDAYS

**5:45pm Time Trials in Montezuma.**

### 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

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

September 5

The Greg LeMond Bike Ride. Chicago, IL. Call 800-637-3135 or e-mail [astark@thresholds.org](mailto:astark@thresholds.org) for more information.

September 6

10<sup>th</sup> Annual Waynesboro Century. Call Neups for more information.

**September 13**

**16<sup>th</sup> Annual Shenandoah Valley Century!!!**

**September 19**

**Breakfast ride. 8:30am. Meet at Wilbur Pence Middle School for a 20-25 mile ride led by Brent and Judie McNett. Call 879-2056 for details.**

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 [kfkm01@citizen.infi.net](mailto:kfkm01@citizen.infi.net).

**September 20**

**Wannabe Ride. 12:30pm. Meet at Wildwood Park in Bridgewater. Contact Bill Taylor at 433-7154 for details.**

September 20

Heart of Virginia Festival, Lynchburg. Various routes, including the Challenge of Thunder Ridge. Call 804-846-6559 for more information.

September 20

Lake Anna Century, Ashland. 25, 63, and 100-miles of beautiful scenery and rolling to hilly terrain. \$14 if postmarked by 9/12. For registration form, visit RABA's website at [www.erols.com/debraj/raba](http://www.erols.com/debraj/raba) or call their fax on demand system at 804-266-2453, option 4, document #2662. Kim Moore at 804-358-0935 is the coordinator.

- September 26 Berryville Bicentennial Bike Tour. 25 or 50 miles. Call Susan Bailey at 540-955-4001 for more information.
- September 26 8<sup>th</sup> Annual Adams Apple Ride, Gettysburg. \$10 before August 23. Call 717-334-8151 for more information.
- September 27 Ride for Raptors, Pendleton, SC. 100, 66, or 25 miles. Winner of 1993 LAB "Century Challenge" Award. Featured in August "Bicyclist" magazine. \$20 entry fee includes t-shirt, map, rest stops, SAG etc. Profits go to Carolina Raptor Center for rehabilitation and preservation of birds of prey. Rick-(864)868-4739 or Raptorride@aol.com or [www.cs.clemson.edu/~grossman/raptors](http://www.cs.clemson.edu/~grossman/raptors) for more information.
- September 27 Reston Century. Benefits the MDA. 31-, 63-, and 100 miles Call 703-904-0900 or visit their webpage at <http://cyberider.us.net/reston> for more information.
- September 27 Cannon Ball Century, Fredericksburg. 8am. 25, 50, 62, or 100 miles through Civil War history. \$20 until 9/11. T-shirt included. Call Willie McCrory at 540-659-5138 for more information.
- October 3-4 2<sup>nd</sup> Annual Friedman, Billings, Ramsey, MS 150 Bike Tour. Starts and ends at Cedar Creek Battlefield near Middletown with an overnight at Shrine Mont Conference Center in Orkney Springs. Call 1-800-451-0373 for more information.
- October 3 Sea Gull Century. Salisbury State University, MD. 10<sup>th</sup> anniversary. Call 410-548-2772 for more information, or visit their homepage at [www.ssu.edu/seagullcentury.html](http://www.ssu.edu/seagullcentury.html)
- October 4 5<sup>th</sup> Annual National Capital Bicycle Tours, American University, Washington, DC. Phone 202-628-2500, e-mail [waba@waba.org](mailto:waba@waba.org), or visit their webpage at [www.waba.org](http://www.waba.org) for more information.
- October 9-11 Hilly Hundred Weekend Bicycle Tour. Carmel, IN. Late fee charged after 8/1/98. Call Neups for more information.
- October 23-25 Shenandoah Fall foliage Bike Festival. 8<sup>th</sup> Annual. Road and mountain bike rides. Camping in Gypsy Hill Park, Staunton. Call 757-229-0507 or visit their webpage at [www.bikevirginia.org](http://www.bikevirginia.org) for more information.
- October 24 Between the Waters Bike Tour. Eastville. Phone 757-678-7157 for more information or visit their web page at <http://www.esva.net/~cbes>
- 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](mailto: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.

## EARTH FORCE

Earth Force, a national non-profit youth organization, is launching a two-year national campaign by youth to make the U.S. more bike-friendly. The campaign, called "Get Out Spoke'n," is asking young people to set up community projects that will encourage bicycle riding as an environmentally sound form of transportation. The campaign will be launched in September. Youth groups that are interested in finding out more about the campaign can call 1-800-23-FORCE or send an e-mail to <getoutspoken@earthforce.org>.

Earth Force is a youth-driven national non-partisan, non-profit organization whose mission is to enable young people (grades 5-9) to change their communities and care for the environment. To obtain more information, visit its website at <<http://www.earthforce.org>>.

## CAR SHARING GAINS FOOTHOLD IN U.S.

Implemented with increasing success in cities and towns across Europe, car sharing clubs are now beginning to take off in the United States. In addition to an existing program in Portland, Oregon, efforts are underway in the San Francisco Bay Area to begin a club that would open its doors in mid-1999. As an alternative to the high cost of individual car ownership, car-sharers buy into a neighborhood fleet of vehicles that provide members with access to a range of cars depending upon need. Members call a reservation line to "check out" vehicles, and bills arrive at the end of each month with a time and mileage charge.

Car-sharing solves one of the crucial pricing distortions that locks people into over-reliance on car use, getting people out from under the fixed costs of private car ownership: purchase cost, insurance, and registration. Car-sharing turns these costs into variable costs based on mileage driven. Experienced car-sharing organizations report an average one-third reduction in driving by their members.

For more information about the Bay Area effort, contact Kate White at Urban Ecology, 415.487.1978, or via e-mail <[ueblueprint@igc.apc.org](mailto:ueblueprint@igc.apc.org)>.

## 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 SEPTEMBER/October

<b>Sandy Brownscombe</b>	<b>Deane Carroll</b>	<b>Sylvia DeVita</b>
<b>Steven Hottle</b>	<b>Matt Madden</b>	<b>Bill McAnulty</b>
<b>Jim &amp; Charlene Mitchell</b>	<b>Ray &amp; Nancy Ritchie Family</b>	<b>Mahlon &amp; Alice Webb</b>
<b><u>Dick &amp; Lois Wettstone</u></b>	<b><u>John Zban</u></b>	
Dave & Nancy Cary	James D. Hammer	Bruce Johnson
Jean Johnson	Tom Mayer	Bob McGovern-Waite
Zack Perdue		

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](mailto:neups@shentel.net) or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.